



RSVP

The Retired and Senior Volunteer Program in the Capital Region (RSVP)

What is RSVP? RSVP is all about marshalling the extraordinary talents, experience and energy of seniors throughout the Capital Region to serve as volunteers for local community agencies.

Our mission statement:

RSVP exists because people over 55 have a wealth of talents to give back to their community. To overcome barriers such as no motivation, lack of organization and poor communication, RSVP acts as a clearinghouse to match volunteers with community needs. The measurable impact on this community affirms its existence.

RSVP in the Capital Region is part of the National Senior Service Corps of the Corporation for National and Community Service, and is sponsored locally by the University at Albany's Center for Excellence in Aging, and is also supported by the New York State Office for Aging.

Your invitation to serve! RSVP volunteers serve in about 100 community service agencies doing a broad range of tasks. RSVP also provides innovative models for senior volunteering such as its "America Reads" Discovery Box Youth Literacy Program, and Strong Bones Plus: Osteoporosis Prevention and Exercise.

- ❖ **For Youth:** Supporting literacy and other learning activities for school children at-risk, RSVP literacy volunteers work with elementary schools and after school programs. RSVP volunteers also serve in STARS (Seniors Teaching and Reaching out to Student) and other award-winning programs.
- ❖ **For the Elderly:** Reaching out to seniors at risk of losing their independence is another key area of service for RSVP volunteers. Volunteers reach out through telephone reassurance, home visiting, health education, recreation, home repair, transportation, shopping, and meal delivery. Many area elderly are able to maintain their independence and quality of life at home, because of RSVP volunteers.

- ❖ **For Families in Need:** A third focus for RSVP is service to families in need by helping with food, clothing and shelter.
- ❖ **For Emergency Services and Disaster Preparedness:** RSVP assist local emergency service organizations in a variety of ways from communicating ways to be prepared to assisting their local police and fire departments.
- ❖ **For Hundreds of Community Services:** RSVP volunteers serve as teachers, technicians, docents, and greeters.... as mentors, builders, gardeners and advisors... as drivers, visitors, companions, and aides... and so much more!

Who is eligible to join? Anyone 55 years of age or older is eligible to join. There are no education, experience or income requirements. **Membership is free.**

What does membership offer me? Membership offers rewarding feelings of satisfaction that come from sharing one's time and talents within the community. RSVP offers incentives like mileage reimbursement, free supplemental liability insurance (for volunteers while on the job), links to hundreds of service organizations seeking volunteers, and a gala end-of-year event to thank you for your service!

Why not SMILE with us?

- ❖ **S**haring your talents, skills and experience with others.
- ❖ **M**ileage reimbursement.
- ❖ **I**nsurance, (free supplemental liability insurance).
- ❖ **L**inks to hundreds of community volunteer jobs.
- ❖ **E**ntertainment, great food, and fun at our Spring awards luncheon.

How do I get started as a volunteer? Simply contact us at 518-442-5855 or RSVP@albany.edu . An enrollment package will be sent to you, including an Enrollment Card. We will provide you with a list of volunteer opportunities for you to read and choose from. If you need assistance in placement, a staff member will discuss with you your interests, location preferences, time availability and other considerations. An interview will be set up for you to visit the agency. If the first choice isn't what you

expected, other assignments are always possible. We appreciate hearing from you about how you like your volunteer job, and we follow up regularly. You may volunteer in various locations and for as many hours as you wish. Wherever you volunteer, you will be assigned to volunteer supervisor who will record your hours of service, and ensure they are sent to RSVP each month. Your hours of service form an important record of service nationally by like-minded senior citizens. You will receive a regular newsletter with updated volunteer listings, and informative articles.

If you are serve at least 25 hours during the year, we will thank you with an invitation to our gala annual awards luncheon.

Contact us by phone at: 518-442-5585 or by fax at: 518- 442-5326

By mail at:

RSVP, University at Albany, Richardson Rm. 388, 135 Western Ave., Albany, NY 12222

By e-mail at: rsvp@albany.edu

Please visit our Website at: www.albany.edu/aging/RSVP

--Special Notes about Supplemental Liability Insurance and Mileage Reimbursement --:

Membership offers free liability and accident insurance while on assignment. RSVP carries several types of insurance: personal liability up to \$1,000 (not auto related), accident (covers the volunteer beyond what the agency may carry for an accident while on assignment), auto liability (not collision) up to \$500,000, and excess auto insurance on the volunteer up to \$25,000 for medical expenses.

Mileage reimbursement (for car, bus, and taxi) is available upon request to volunteers to a maximum of \$25 per month, for up to two years. Preference is given to volunteers for whom mileage reimbursement is necessary in order for them to volunteer, and to volunteers who are serving in key impact areas of youth service, elderly assistance, and family assistance. RSVP makes every effort to extend this benefit to as many volunteers as possible, however funding is always subject to availability.

Mileage reimbursement is from the volunteer's home to the agency site in either of Albany, Schenectady or Rensselaer Counties. If your home is in a different county, reimbursement can only be made from the county line to the site and back to the county line. Mileage is reimbursed for volunteer jobs that benefit the community at large. Unless otherwise provided, mileage to and from a senior center may not be reimbursed if the volunteer activity does not benefit the wider community. If there are questions, please contact us, and we'll do our best to work out a positive solution.