

RSVP UCAN
133 NW D ST
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RSVP Volunteer Opportunities
Weekly Column Update

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Grants Pass, OR □ The Retired & Senior Volunteer Program matches the talents and experience of people aged 55 and older and channels them into meaningful volunteer work that supports public and nonprofit agencies, as well as health care facilities throughout Josephine County. Their lifetime of experience is building our community

Are you caring for someone with Alzheimer's? Caring for someone with Alzheimer's disease or other dementia can be challenging and often overwhelming task. STAR-C is a program that was designed to help caregivers reduce or eliminate their family member's problem behaviors. A trained STAR-C consultant makes home visits to work with the caregiver and follow up phone calls. This evidence-based program, developed at the University of Washington, was clinically tested and proven to lower depression in caregivers and decrease problem behaviors in the person with dementia. This program can help you if you live in Jackson or Josephine County, are caring for someone with Alzheimer's or dementia, dealing with challenging or frustrating behavior, feeling frustrated, depressed or anxious and want to keep your loved one at home. To get more information on this program, contact Carol Terry at 541-471-2863 RVCOG, Senior and Disabled Services.

St. Vincent de Paul Dining Room at 7th and M Streets serves on an average 80-100 people a nutritious hot meal at noon every day and they are in desperate need of cooks and other volunteer help. Hours are from 8-2pm or 10-2pm and you can choose your day. Any help you can give will be greatly appreciated. Please consider joining these dedicated volunteers and help them in their mission to serve those in need.

Toys for Tots Drop off: RSVP is a drop off location again this year. Please bring in any new toys to our main lobby drop box. The toy giveaway this year is Saturday, Dec. 17 in Merlin at 345 Merlin Road from 8am-2:30 pm. Our office hours are Monday-Friday, 9am-noon & 1-4pm and don't forget we have a new office location this year at 201 NE 8th St, behind Roe Motors.