

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

For Immediate Release

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Sponsored By UCAN – United Community Action Network

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

Community Awareness Fair at the Club Northwest, Wednesday, February 23. Come join RSVP Volunteers and twenty other services including TRCH auxiliary, Josephine County Library, Jo Co Courthouse, Sheriff's department, Wild Life Images, Rogue Valley Kennel Club, and Grants Pass Art Museum to name a few. The fair will be open to the public from 9:00 a.m. until noon. Come by 2160 NW Vine Street to meet the team and find out what other services are in our community.

Alzheimer Workshop: Communication: The Key to Understanding Behaviors; Communication is a basic need and a hallmark of humans. As Alzheimer's disease affects language and communication skills in persons with the disease, they still maintain that basic need to communicate and connect with others. Often what appears to be a "*challenging behavior*" on the part of the person with dementia is actually his way of communicating an unmet need or unacknowledged feeling. Learn to cultivate effective listening and observation skills, to pay attention to verbal and non-verbal cues and triggers, and to ask appropriate questions to defuse potential problem behavior. When you understand how Alzheimer's impacts the person's ability to communicate, you can develop new communication techniques to head off or manage a challenging behavior and facilitate meaningful interactions with the person for whom you are caring. This one and a half hour workshop is designed for caregivers and staff at long term care facilities, adult foster care providers, in-home care providers and family caregivers. Wednesday, February 23, 2:00pm to 3:30pm Spring Meadow Retirement Community, 1357 Redwood Circle, Grants Pass. Registration fee: \$15.00 per person, Call RSVP to register 541-956-4472.

Did you know that 46,000 Oregonians will turn 65 this year? Born in 1946, they are the first Baby Boomers to enter Medicare. Boomers in Oregon will be receiving postcards informing them of how to reach a SHIBA volunteer to get the most current information on Medicare, Part D prescription plans and what choices you have to make. Call RSVP and make an appointment with one of our SHIBA volunteers so you are educated before you make any important decisions with your healthcare options. 541-956-4472

Free Tax Assistance: RSVP of Josephine County and AARP bring you free tax preparation services. Appointments will begin Feb. 1, 2011 and appointments can be made beginning Tuesday, January 18. We are back to our old location at Washington Outpatient Center located at 1505 NW Washington Blvd. a BIG thank you to Asante for donating this space to us to provide free services to our community. Call the NEW Tax line 541-787-4113 or RSVP for more information 541-956-4472. Appointments are also available in Rogue River 582-1482, Rogue River Multi-Service Ctr, 132 Broadway, Rogue River and in Cave Junction 592-6139, IV Family Coalition, 535 E. River St., Cave Junction.