

RSVP UCAN

133 NW D ST
Grants Pass OR 97526

RSVP Volunteer Opportunities

Weekly Column Update

For Immediate Release

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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

Bring some warmth inside this winter as a respite volunteers, by giving time relief to a caregivers of individuals suffering from a chronic conditions. These special volunteers are nurturing individuals and provide a time out for caregivers, so they can go grocery shopping, attend a personal appointment or just make it possible to have a few hours of peaceful private time. More volunteers are in demand as our community ages rapidly, and a few hours are all it takes to make a world of difference in sustaining families. If you would be willing to give to these families the gift of time, please contact RSVP today at 956-4472

See if you qualify for a little extra help. Make a Medicare Benefits Checkup appointment now and review your options, as well as apply for extra help in paying for the Medicare Part D Prescription Drug Premiums. SHIBA volunteers are available by appointment to help you identify eligibility for the Low Income Subsidy (LIS) and if you qualify, you can get the extra help needed to pay Part D premiums as well as the benefit of very low cost medications. Contact our office at 956-4472 now to schedule your personalized time with a qualified SHIBA representative to see if you meet the guidelines that can help you stay healthy, even on a tight budget. Beneficiaries have until December 31st to make their choices for 2010, so don't delay and get the facts now.

Warm coats, blankets and socks can make a wintery night a little more bearable and many in our community are need of these basic items. If you have good condition sleeping bags, tents or tarps available for donation, the 2010 One Night Homeless Count Project would love to have your help. On January 26th, Josephine County will undergo a night of number-crunching to help quantify the number of individuals who

are without homes and in desperate need of services. An accurate count raises awareness, as well as funding, and helps tell the story of many working families today who are experiencing homelessness. You may drop your donation off at 124 NW D St the UCAN Main Office for Housing, Energy and Weatherization Services. For further information and donation sites, please contact UCAN at 956-4050.

Happy meals, ready to go! All they need is you to come help out with the Food & Friends Program for Home Meal Delivery Drivers or with the Senior Dining Center. Active adults make a difference in the lives of the isolated by making sure they have a nutritional meal daily, and one day a week can make all the difference in ensuring enough support is available to make sure no one goes hungry. Please take a long look at your schedules and see if there is any room for a brief trip around town, once a week, to deliver a smile and some good food to an individual who wants to remain independent and healthy

It only takes a little time to be a part of the excellence in care provided by the Three Rivers Community Hospital Auxiliary. These volunteers serve in a variety of capacities within the hospital, extending resources for valuable departments. Supported and trained by fellow volunteers, volunteers are enrolled in making our health care system stronger. If you enjoy a challenge, want to apply your skills and learn more in an innovative setting, this volunteer activity may be for you. It is an opportunity to meet people, and contribute something tangible that enhances our community's continuum of care.