

RSVP UCAN

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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

Join the trifecta of dedicated service that comes from the St Vincent de Paul Society in one of their three service facilities in Grants Pass, supported almost entirely by volunteers. St Vincent's sponsors a local Thrift Store which sales help support the crisis needs of individuals in our community through the work performed by volunteers at the Social Service Office, and a Dining Room serves warm meals to people daily. Last year the Social Service Office helped approx. 1,350 families with counseling and assistance with basic necessities such as emergency assistance with utilities and shelter, while the Dining Room serves 75-80 hot meals each weekday for the hungry and homeless. Volunteers are urgently needed to help carry on the good work of helping those in need who live in our own community. Work schedules can be flexible - a small amount of time each week would make a big difference. Friendly on the job training is provided so consider a New Year resolution around service and join a dedicated group of volunteers, who find a great deal of satisfaction in helping people move forward from crisis to a hopeful future.

Give a cheery welcome reception at Coalition for Kids, spreading sunshine in the mornings. Coalition For Kids volunteers cherish their mission to create opportunities for children and families to flourish. Computer skills would be also be a fabulous addition to help, truly giving a boost to a special site in service to healthy families. A special request is being made to replace the refrigerator at the Coalition For Kids Family Resource Center, so if you have one that is gently used and you no longer need, please contact Peggy at 479-1929.

AARP Driver Safety Training makes a refreshingly positive impact on our abilities to drive well and sometimes save us money in the pocket book, with lower insurance

costs. Book today your opportunity brush up your skills as well as set yourself up to save in 2010 by enrolling in the next class. Fees are \$14.00 or 12 for AARP members and payable to a trained AARP volunteer instructor, who guides you through two 4 hour sessions, and upon successful completion, gives you a certificate that boasts you took the time to learn more about keeping safe on the highway and passed with flying colors. Start your New Year right by making a plan to be safe and save by calling for the next available class dates with pre-registration at 956-4472.

Ending hunger is possible through strong community partnerships and volunteers working together. But to make this dream occur effective scheduling of volunteer efforts are needed. Volunteers are needed to help the Josephine County Food Bank maximize their volunteer efforts and opportunities by being a keen administrative aid in scheduling volunteer duties. If this seems like an organizational task you would enjoy, lend a hand to make the volunteer calendar work smoothly. Through Josephine County Food Bank, fresh, nutritious, donated food helps feed our community, and volunteers are critical to the distribution, collection and now seasonally to cultivate productive gardens for greater health.

Interested in giving support and good information on the phone? Do you wish you could help keep someone safe, or know more about suicide prevention? By training as a Helpline volunteer you will learn amazing things about our community, our resources and process that support individuals in need. The best part is you can prepare to serve once a week, anonymously, and put all that good knowledge to work to benefit many, and keep a 24-hour resource in tiptop shape. Contact Joy and request a special Helpline Volunteer application to apply for volunteer mentor training. We need at least 10 individuals to run a course and would like to complete the 16 hour training by February 1 to start the New Year with fresh voices, so please call now to help join in this important volunteer effort.