

RSVP UCAN
133 NW D ST
Grants Pass OR 97526

RSVP Volunteer Opportunities
Weekly Column Update

For Immediate Release

Friday, February 05, 2010

Contact: Kelly D. Wessels, Director 956-4472

Kelly.wessels@ucancap.org

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

Front office receptionist and clerical assistance is needed to field phone calls, provide information and schedule appointments for nonprofit entities in our community. Office and computer skills are a wonderful asset to come and share with these diverse organization. Time commitments range from 4 hour shifts to full day, once a week activities, so give RSVP a call so we can enlist your talent to strengthen the resources of some of our most critical agencies in our community.

Take care of you so you can care for another, by attending the last of a six-part on support for the compassionate caregiver sponsored by UCAN/RSVP. Monday Feb 22 the final session will address tools and best practices in daily living that strengthen and fortify the caregiver. Statistics show that caregivers are at greater risk of illness and stress-related health concerns when they neglect themselves why focusing on their loved one, so come learn some new techniques and ideas to include in your daily routine. This course begins at 2- 3:30pm with a session on Registration is \$15 and fee includes handouts, certificate of completion and 1.5 educational credit units for Adult Foster Care providers. These classes are designed for care giving staff at long term facilities, Adult Foster Care providers, in- home care providers and family caregivers so register today by calling 956-4472. Sessions will be held in Conference Room A, TRCH Washington Campus 1505 NW Washington Blvd.

2010 Tax Aide Program ready to schedule your appointments for the TAX Aide program, supported by AARP & RSVP, for free tax preparation services, including electronic filing. Tax Aide volunteers have a longstanding, highly regarded reputation for their skill and commitment to this program, completing state, federal, earned income credit and elderly renters credit forms for seniors, disabled and families of

Josephine County. Call 956-4472 today for your appointment to be scheduled **ONLY**. This year our services are being conducted in Grants Pass at Coalition For Kids 233 SE M St, and for services in the Illinois Valley you may call 592-6139 or Rogue River 582-1482. All services are by appointment only, with several days and time to choose from including evening and weekends.

The call is out for fun and so start volunteering as an extra special assistant on events, chess player or one of the other dozen entertaining activities available to cheer residents at Oak Lane Retirement. Socialize with the residents and bring some sunshine indoors, a little laughter and participate in some healthy activities that keep bodies and minds active. Your sociable nature will increase the bounty of human resources that fill this assisted living facility, and may just be the beginning of other opportunities that serve these special residents.

Help remove the darkness of illiteracy hurts and light up the world for another by helping someone learn to read by volunteering your time with the Literacy Council for Josephine County. The Literacy Council helps prepare tutors to work with students in basic literacy in reading, writing, spelling and math, English as a second language and GED. Change a life, become a tutor and open the door for a richer, safer life.

With demand high for services, RSVP volunteers continue to stay committed to help those most in need, but as numbers grow, they need your help. SHIBA volunteers, Senior Health Insurance Benefits Assistance advocates spend time researching and training, and improve the lives of our community dealing with the impact on medically needy seniors and disabled. Become a SHIBA volunteer yourself, gaining knowledge that can continue to expand our services that are critical to community members. Training can be performed on-line, and once completed, you get to shadow with one of our seasoned volunteers to gain valuable experience in Medicare advocacy. Contact Program Joy Kilishek at 956-4472 as the need for this type of helpful hand in our aging community is growing daily