

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

Serving from the heart in the Illinois Valley as a respite volunteer can give critical 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.

You can be the answer! The call is out to bring new volunteers to the Food & Friends Program for Home Meal Delivery Drivers as well as Senior Dining Center Help in areas such as Merlin and Grants Pass. 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.

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 by enrolling in the next class at 956-4472. Fees are \$12 & \$14 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.

RSVP P, B & J Brigade supports Hunger Awareness Month! Your support this month in gathering food can be a huge success, so join us in making a difference by bringing in contributions of a health protein. Keep up the support and help stop the hurt of hunger with UCAN/RSVP & Josephine County Food Bank by participating in our “P, B & J Brigade” and contribute peanut butter and jelly to increase resources for our local food pantries. These donations of a protein product that does not require any other additional means of food preparation make it easy and nutritious to help those in need, many who have no means of formal food preparation. Over 10,000 people a month access our local food pantries and half of these consumers are children, so please join us by bringing in these precious food sources to the UCAN RSVP offices at 133 NW D St, Grants Pass, between the hours of 9am and 4pm beginning March 8th.

Do you qualify for the Oregon Elderly Rental Assistance Program credit? If you were 58 or older on December 31, 2009 and have an income under \$10,000 annually you may be eligible. Volunteers will help you in completing state elderly renters credit forms beginning March 9th by appointment only. To see if you qualify and schedule your appointment, please call 956-4472 for further information on this support program.

Major strides for a successful tax season already underway with over 1500 appointments made so far! Now is the time schedule your appointments for the 2010 AARP TAX Aide program, supported by AARP & RSVP, for free tax preparation services, including electronic filing. We are now scheduling for 90 Elderly Renter’s Credit appointments for those who qualify for this rebate. 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.