

**RSVP UCAN**

133 NW D ST  
Grants Pass OR 97526

**RSVP Volunteer Opportunities*****Weekly Column Update***

For Immediate Release

Friday, October 09, 2009

**Contact: Kelly D. Wessels, Director 956-4472**

**[Kelly.wessels@ucancap.org](mailto: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

**Drive to help others thrive!** Support to those who need transportation to necessary appointments through UCAN's Escort Transportation programs, especially in the Illinois Valley. Volunteer Drivers use their own personal vehicle which needs to be a sedan (4-door) or minivan with an operating air conditioner/heater. After clearing the background check and vehicle inspection you are ready to roll. Volunteers attend a Defensive drivers class and receive First Aid/CPR training as well as reimbursed at a rate of .40 per mile for non-client miles and .55 per mile for client miles. Take the neighbor to neighbor approach and join a team that focuses on eliminating barriers in our rural community and increase the transportation resources that will help keep clients healthy and secure. Contact Joy at RSVP at 956-4472 for further information on this red hot opportunity.

**Do your share, show you care.** Donate winter items to increase the resources of those in need at the Make A Difference Day event on October 24<sup>th</sup> 10am until 1pm at the Coalition For Kids parking lot, 233 SE M St. On this day community partners will receive your donated goods as well as offer items to those in need. This "freecycle" activity is meant to embrace the neighborhood spirit of "giving what you can, take what you need" so we can all get through this wintry season with some comfort. UCAN, UCAN RSVP, Josephine County Food Bank, Coalition For Kids and Save A Child's Life Foundation have teamed together to recruit donations of targeted items needed now: coats, blankets, sleeping bags, tents, backpacks and hygiene products. We are also looking for non perishable food items and crockpots to help families cook nutritious meals for low costs. All donated items must be in excellent working order, clean, smoke-free and ready to use, as we must protect the health and safety of the

receiver of these items. If you are interested in donating or helping sponsor this event call 956-4472.

**Medicare assistance at all-time high**, and 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 is reaching critical heights, and with Open Season for Medicare around the corner, we need you now.

**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.

**Aspire to make a difference** this year by helping high school students on the right path to higher educational goals and career planning. The ASPIRE program, Access to Student Assistance Programs in Reach of everyone, matches students from local high schools with an Aspire advisor, working on-on-one to help make post-high school planning as productive as possible. This work includes college admissions research, scholarship information and application processes and mentoring for viewing the spectrum of opportunity ahead. Individuals of all backgrounds can and are encouraged to contribute, for your volunteer time is valuable and sets an example of service for another generation.