

**RSVP UCAN**

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Grants Pass OR 97526

**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

**Show you care by driving by and donating** winter items or food to increase the resources of those in need at the Make A Difference Day event on Saturday 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. Bring donations of targeted items needed now: coats, blankets, sleeping bags, tents, backpacks and hygiene products to this event, enjoy some music and a cup of soup or coffee. 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. Special thanks to Rogue Coffee Roasters, Ethereal Café, Caveman Kiwanis and all the donors and volunteers who have helped us create a day of service for our community.

**Caregiver challenged by the behavior of one you love?** You're a caregiver, and pretty good at what you do until the elderly person you're caring for challenges you with an unexpected or difficult behavior such as resistance, wandering, etc. Whatever the challenging behavior, you want to understand why the person is behaving that way and what tools you can use to intervene or defuse the situation. UCAN/RSVP presents October's workshop on "Understanding and Coping with Challenging Behaviors in Social Settings & Interactions" is designed to answer those questions and provide you with tools and resources to become an even more effective and compassionate caregiver. The last Monday of each month RSVP will host classes, next one being October 26th from 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.

**Help further the success** of Josephine County Libraries Inc. and pledge to get involved as an event volunteer, bringing your time and talent together to benefit this rich community resource. Now is an excellent time to get involved in bringing together a team of volunteers who want to fundraise, plan benefit events, recruit other like-minded volunteers and increase support to keep services moving in the right direction. Your ideas and desire to help sustain the future of our libraries is the base of an impactful volunteer assignment. Be the key to long-term capacity building for our library system by getting connected today.

**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.