

RSVP UCAN
133 NW D ST
Grants Pass OR 97526

RSVP Volunteer Opportunities
Weekly Column Update

For Immediate Release

Friday, January 15, 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

Warm coats, blankets and socks can make a wintery night a little more bearable and many in our community are need of these basic items. If you have good condition sleeping bags, tents or tarps available for donation, the 2010 One Night Homeless Count Project would love to have your help. On January 26th, Josephine County will undergo a night of number-crunching to help quantify the number of individuals who are without homes and in desperate need of services. An accurate count raises awareness, as well as funding, and helps tell the story of many working families today who are experiencing homelessness. You may drop your donation off at 124 NW D St the UCAN Main Office for Housing, Energy and Weatherization Services. For further information and donation sites, please contact UCAN at 956-4050.

Coalition For Kids, which provides support and services for families of all ages through their Family Resource Center Bldg, , is looking for enthusiastic individuals to be a part of their board. If you have a special place in your heart for this longtime community partner that has brought smiles and hugs to many families, contact Executive Director Gina Marie Agosta 479-1927, to see what a difference you can make in helping grow this dynamic organization in this new decade.

Caregiver resource session enrolling now. Join us as UCAN/RSVP presents on January 25th a workshop focusing on “Community Resources for Behavior Intervention” designed to give support and resources to become an even more effective and compassionate caregiver especially in light of a loved one’s challenging behavior. 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.

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for an older relative or friend. A new session is coming up, sponsored by Rogue Valley Council of Governments. The benefits from this class are long-lasting, whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. If you are interested in finding out about respite resources in your area or other classes in the local area, please call Joy Kilishek for further information at 956-4472. This class is a **six-week series** that meets for two and a half hours each week.

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.