



## RSVP\* to Lifespan's invitation to take on a meaningful volunteer experience!

Lots of people with time to spare say they don't volunteer because they have never been asked.

Lifespan is asking you to pitch in, take it on, get involved, or try something new.

\*RSVP is Lifespan's volunteer program. For more than 40 years, RSVP has been connecting adults 55 and older to a wide range of interesting and rewarding volunteer experiences throughout the community.

**Lifespan provides information, guidance and services that help older adults take on both the challenges and the opportunities of longer life.**

### Eldercare Services

- Care management through Eldersource\*
- CheckIt!, a bill payer service
- In-home financial management assistance
- Guidance on financing long-term care related to Medicare & Medicaid
- Guidance on Medicare & Medicare Part D
- Elder abuse prevention & scam intervention/education
- Home modification for fall prevention
- Advocacy for nursing home residents
- Geriatric addictions program
- Service coordination for older adults with developmental disabilities
- Day habilitation for older adults with developmental disabilities
- Future Care Planning for persons with disabilities\*\*
- Home Energy Assistance Program (HEAP)
- Guardianship for incapacitated older adults

### Employment & Volunteerism

- Job placement assistance for women re-entering the workforce
- Job training for low income adults (55 and older)
- Volunteer placement for adults (55 and older) in area non-profits
- Give-a-Lift: Volunteer placement for drivers

### Training & Education

- Workshops on aging issues
- St. John Fisher Geriatric Certificate Program
- Elder Aware training for businesses
- Living Healthy and a Matter of Balance workshops

### American Sign Language Interpreting

### Wolk Older Adult Center at Lifespan Downtown Lily Café at Maplewood YMCA

Meals, recreation, education, socialization

\*in partnership with Catholic Family Center

\*\*in partnership with the Al Sigl Community of Agencies and Arc of Monroe County.

*Se habla Español.*



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# Do good. Feel good.



## Take it on!

Get involved with a rewarding volunteer experience today.

Join Lifespan's  
RSVP Volunteer Program



## RSVP Volunteers Make A Difference

The time and talent you have to offer can make a real difference for your neighbors right here in Monroe County. Lifespan's RSVP volunteers contribute their efforts to a wide array of not-for-profit agencies throughout Rochester and Monroe County.

Whether it is a long or short-term commitment, something you have a passion for already, or something brand new that you've always wanted to try — Lifespan's RSVP volunteer placement program offers adults age 55 and older a personalized service that will match you to a rewarding volunteer experience that fits your interests and schedule.

### Take It On!

RSVP today to Lifespan's invitation to become a community volunteer!

**Call 244-8400**

[www.lifespan-roch.org](http://www.lifespan-roch.org)



## RSVP volunteers often say that they get back much more than they give.

Being a community volunteer —

- ... boosts the spirit, and gives meaning to your own life as you reach out to help others.
- ... offers a chance to meet other people with similar interests.
- ... is an opportunity to take on something new that you've always wanted to try.
- ... develops skills that could be valuable in the job market.
- ... contributes to a good quality of life and enhances good health.
- ... is a way to transition from full-time employment and stay active in the community.

You will receive free supplemental accident/liability insurance...and invitations to special events...sponsored by Lifespan's RSVP.

Lifespan's RSVP volunteers may be eligible for transportation reimbursement. Ask us if you qualify.

## Answer the Call to Volunteer – RSVP Today

If you are just getting started and want information about taking on a new volunteer experience that matches your interests and schedule, call RSVP at 244-8400 to set up an appointment.

or

We hold orientations twice a month. Call RSVP to register at (585) 244-8400.



*RSVP is a program of Lifespan,  
funded by the Corporation for National and  
Community Service*

**Learn more about RSVP and other  
Lifespan services on the Internet at  
[www.lifespan-roch.org](http://www.lifespan-roch.org).**

