

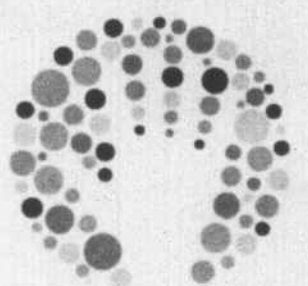
# Retired Senior Volunteer Program Connects Volunteers with Opportunities

The **Retired Senior Volunteer Program (RSVP)** is designed to help individuals aged 55 and older to connect with meaningful volunteer experiences that fit their schedule and match their skills. The national RSVP program began in 1971. Today over 300,000 RSVP volunteers serve around the country providing invaluable service to their communities. Nationally, RSVP is funded by the Corporation for National and Community Service (CNCS).

Within the past year, **HandsON RSVP** of Forsyth and Stokes counties has undergone many positive changes. The program has been revamped to align with The Corporation for National and Community Service strategy for addressing the six focus areas identified in the Serve America Act:

- Disaster services
- Economic opportunity
- Education
- Environmental stewardship
- Healthy futures
- Veterans and military families.

With a continuing emphasis on healthy futures, HandsON RSVP strives to help seniors "age in place" by supporting programs that provide transportation, food distribution, and education for seniors. A dialogue will begin soon with groups that focus on veterans and economic opportunities which are so needed in our community.



Hands On  
NORTHWEST NORTH CAROLINA

Locally, HandsON RSVP currently has 389 active volunteers who volunteer at 17 RSVP stations which include:

- The American Red Cross
- Crisis Control Ministry
- Stokes Arts
- East Stokes Outreach Ministry
- Forsyth Jail and Prison Ministry
- King Outreach Ministry
- Senior Services (Meals On Wheels)
- Triad Mental Health Association
- Newborns In Need
- Salem Towne Retirement Home
- Samaritan's Ministries
- Speas Elementary School
- Sunnyside Ministry
- The Shepherd's Center Kernersville
- The Shepherd's Center of Greater Winston-Salem
- Veterans of Foreign Wars
- Village Care of King.

Notably, the work of our current volunteers is selfless and necessary to meet the needs of our communities, such as providing transportation services to seniors and people with disabilities. It is an important service to seniors, disabled and those who are unable to afford private transportation services. Recipients have often stated, "Without the volunteer drivers, we would not be able to make our doctors' appointments."

The staff at HandsOn are excited about all of the changes taking place, and the ability to connect with great volunteers in both Forsyth and Stokes Counties. We are proud of our volunteers who serve in such a variety of ways and always lead with experience. **Come join us!**

For more information about Hands-On Northwest North Carolina and the RSVP Program, visit [www.handsonnwn.org](http://www.handsonnwn.org).

## Interesting Facts About Volunteering

- People who volunteer have a better chance of finding jobs after being out of work than non-volunteers.
- Adults who began volunteering as youths are twice as likely to volunteer than those who did not volunteer when they were younger.
- Volunteering leads to better health and older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities.
- Non-volunteers are more likely to serve if asked by a trusted friend.
- Approximately 25 percent of Americans volunteer.
- People with a higher level of education are more likely to volunteer.
- Youth who volunteer are less likely to engage in risky behavior, are more likely to feel connected to their communities, and tend to do better in school.
- A youth who has a parent who volunteers is nearly three times more likely to volunteer on a regular basis.
- In 2013, one in four adults volunteered through an organization.
- Over 62 percent of adults engaged in informal volunteering – helping a neighbor, feeding a friend's pet, watching children or helping with shopping.
- Volunteers are twice as likely as non-volunteers to donate to charity.