

What is RSVP?

The Retired and Senior Volunteer Program (RSVP) promotes and supports volunteerism in “the second half” of life. RSVP is a program of the national Senior Corps, sponsored locally by Lifelong.



Over 400 RSVP volunteers, age 55 and older, serve at not-for-profit agencies in Tompkins County. Participation is completely free for both volunteers and agencies.

Some RSVP partners include:

- Danby Food Pantry
- Tax Counseling for the Elderly
- Cornell Plantations
- Flu Clinics/T.C. Dept of Health
- Elementary Schools via CRVIS
- FISH & Gadabout Transportation



The RSVP Office at 121 W. Court St. is open year-round - check our website for office hours or call ahead to make an appointment.

Lifelong is a United Way member agency



Volunteer Impact!

RSVP volunteers are appreciated in the diverse roles they serve:

RSVP volunteers ... develop relationships with each other, the organization and clients. They provide hospitality and a constant presence. —Loaves & Fishes staff

RSVP tutors help adults meet their personal goals by improving reading, writing, speaking, computer, or math skills. —Tompkins Learning Partners staff

RSVP volunteers provide invaluable personal contact with clients and families in a period of personal crisis, on-going support. —Cancer Resource Center staff

I feel that RSVP volunteers are giving the best help there is —Ithaca Kitchen Cupboard client

[My RSVP counselor] is very thorough, patient and knowledgeable. I appreciate the individual attention and his expertise. —Tax Counseling for the Elderly client

Contact Us:

RSVP Office
121 W. Court St
Ithaca, NY 14850
(607) 273-1511
rsvp@tclifelong.org

www.tclifelong.org

RSVP

Retired and Senior Volunteer Program

Lead with Experience



Myers Park Playground Project in Lansing

Putting your time and talent to work for our community



Lifelong

Why Volunteer?

Volunteering is a great way to stay active, meet new friends, and make a positive impact. **Retired and senior volunteers are in high demand** – not-for-profits value your lifetime of experience, and need your help to serve critical needs in Tompkins County.



Volunteering is truly rewarding:

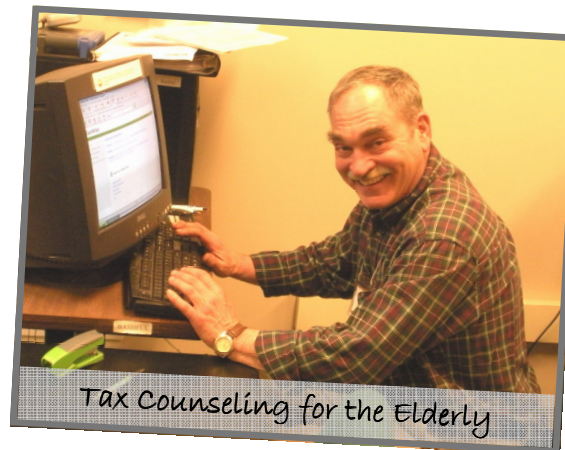
- **Share the experience of a lifetime**
- See your service benefit your neighbors and community.
- Stay physically, mentally and socially active – volunteering is good for your health!
- Meet new people and discover local services.
- Pursue new interests and learn new skills, find your second calling.

Benefits for RSVP Members

To enrich their volunteer experiences, **RSVP members age 55+ can:**

- Sign up to be notified when new opportunities matching their interests become available
- Receive a quarterly newsletter
- Win prizes from local businesses
- Receive supplemental liability insurance and travel reimbursement (when funds are available)
- Attend recognition events
- Share stories about volunteering with others

Through recording volunteer hours and conducting client surveys, **RSVP** demonstrates to the community the impact senior volunteers can create!



Get Involved!

To begin volunteering with RSVP:

- Give us a call at (607) 273-1511
- Browse opportunities at www.tclifelong.org
- Complete an Enrollment Form

RSVP will schedule an orientation meeting with you to help match your interests with volunteer opportunities.

Under 55?

RSVP's volunteer opportunities are open to volunteers of all ages. Once you turn 55, you'll become eligible for additional benefits.



Other ways to support RSVP

There are several ways to support senior volunteers in Tompkins County. Get involved as an Advisory Council or committee member, or make a contribution to help reward senior volunteers for their work! Call the RSVP Office at (607) 273-1511 for details.