

What RSVP members have to say about volunteering:

"What you give is what you get! I get much more than I give." Y.C. Kuan

"I have been a part of RSVP for ten years. I have enjoyed every moment. Sharing myself with others. It has been wonderful." J. Peoples

"Getting 'That's Cool!' from a young visitor." Betty T.

"When I came from India seven years ago, I was feeling lost. But this work as a volunteer has given me a new home away, a close family and a feeling of being wanted. I am not giving but getting, which I do not know how to thank you for." M. Mirashi

"The best part of volunteering is the opportunity to meet so many wonderful and interesting people from all walks of life. I have met many of our servicemen and women at the USO, people from many countries at the airport and great seniors. I gain more than I give" R. Dominguez

"I love to work with people - I meet so many new friends and I always learn something new. I work for the Tech Museum and it is special there!" Gudrum B.

"Those who have an opportunity to volunteer when they're retired are the ones that live longer, stay healthier, have less tension in their lives, and sleep easier." *Living Longer and Loving It! Fall 2000, Living Legend Dr. Jack McConnell; Transforming Health Care, His Community and Himself.*

Do you have what it takes to be an RSVP Volunteer?

RSVP Volunteers:

- ✓ Are over 55 years of age;
- ✓ Volunteer in Santa Clara County;
- ✓ Complete a one-time RSVP application form;
- ✓ Fill out monthly time sheets of hours volunteered each day;
- ✓ Can volunteer at least a few hours every month;
- ✓ Enjoy working with others to fill a community need and solve problems

For more information contact RSVP at:

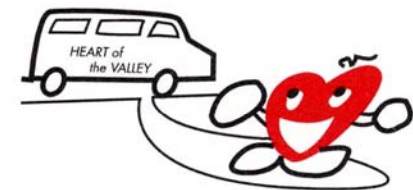
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5730 Chambertin Drive

San Jose, CA 95118

Do You RSVP?



Sponsored by:
City of San José, Department of Parks, Recreation
and Neighborhood Services
Office on Aging
and
The Corporation for National and Community
Service

CITY OF
SAN JOSE
CAPITAL OF SILICON VALLEY



What is RSVP?

RSVP (Retired and Senior Volunteer Program) is offered through the City of San José, Department of Parks, Recreation and Neighborhood Services, Office on Aging in partnership with the National Corporation for Community Service. RSVP promotes volunteerism by offering adults (55 years and older) the opportunity to meet a variety of community needs through various volunteer services.

What do RSVP volunteers do?

RSVP volunteers serve in nonprofit and community agencies, governmental agencies, health care facilities and provide help to individuals in need. Assignments include:

- ♥ Reading to Children
- ♥ Food Distribution
- ♥ Help in hospitals
- ♥ Support Senior Centers
- ♥ Homeless Shelters
- ♥ Libraries/Museums
- ♥ Volunteer Income Tax Program

Benefits of Volunteering for RSVP

- ♥ Opportunity to meet new people and connect with a community of volunteers
- ♥ Way to share your experience and skills with others.
- ♥ Chance to learn something new
- ♥ Ability to make a difference in peoples lives
- ♥ Free volunteer placement and training
- ♥ Recognition at yearly events
- ♥ Quarterly Newsletters
- ♥ Supplemental Insurance provided to all volunteers at no cost
- ♥ Limited reimbursement, if needed, for travel to and from volunteer site

I already volunteer, why should I join RSVP?

By taking the time to report your volunteer hours served, you are helping RSVP record the significant contributions that adults 55 and older bring to our community. Every hour that you serve is recorded and reported on in our annual grant and shows the Corporation for National and Community Service how volunteers are making a difference in their community. The more grant hours that we show could possibly translate into more grant money, which would mean we could be able to provide more support to our RSVP sites.

How can I sign up with RSVP?

- ♥ Contact your local RSVP office to learn more about possible volunteer opportunities
- ♥ We will assist you in selecting a volunteer assignment that matches your interests
- ♥ If you are already volunteering at an RSVP site, simply fill out our brief application and begin reporting monthly
- ♥ If you are volunteering somewhere that you feel could be a possible RSVP site, contact us and we will gladly meet with the volunteer coordinator of that site

Your Local RSVP Office

Office on Aging

5730 Chambertin Drive

San Jose, CA 95118

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