

## VOLUNTEER VIEWS

WINTER, 2011

### View from the Office

#### VOLUNTEER YOUR WAY TO A HEALTHIER YOU

*Diane Dzwill, Program Coordinator*

If your New Year's resolution was to get healthier, volunteering may help you achieve your goal! A number of studies have shown that older adults, who volunteer just 2 hours per week, or about 100 hours per year, live longer and are healthier and happier than those who don't volunteer. (One study suggested that these positive effects could be seen at just 40 hours per year!)

With career and family demands diminishing, retired empty nesters often have time and energy they can give to others. It appears that volunteering fosters a personal sense of accomplishment and provides a sense of purpose. One study even suggested that among older adults, volunteering contributed more to life satisfaction than working for pay.

Volunteering also expands one's social network, which may serve to buffer stress and reduce the risk of disease.

It appears that age does matter when it comes to realizing health benefits from volunteering. Volunteers age 60 and older reap the health benefits of volunteering more than those under age 60.

Already volunteering at least 2 hours per week? Then you're already experiencing the health benefits of volunteering. Not quite 2 hours per week yet? Then resolve now to jump start your volunteering efforts to give at least 2 hours per week and you'll be well on your way to a healthier you!

If you'd like to read more, go to [http://www.nationalservice.gov/pdf/07\\_0506\\_hbr.pdf](http://www.nationalservice.gov/pdf/07_0506_hbr.pdf)



#### REFER A FRIEND

*Karen Bennett, Director*

It is often better to "exercise" with a buddy. This is a great time to think about recruiting a friend to be an RSVP Volunteer buddy and also get a chance to win a \$200 gift card in the process. Submit the name and contact information of friends interested in volunteering to [Ddzwill@bcc.edu](mailto:Ddzwill@bcc.edu) or call 609-894-9311 x1583 and you will be entered into a drawing at the May 17<sup>th</sup> Recognition Brunch. You can submit the names of as many friends or acquaintances as you wish. Each new volunteer registered gives you another chance to win!



#### BRIDGING THE DIGITAL DIVIDE

*Erica Franklin, Service Learning Coordinator*

BCC's "Bridging the Digital Divide" is a service-learning program aimed at helping individuals improve their computer literacy. The program, sponsored by Computer Information Systems students, BCC Service-Learning, and Learn and Serve America, offers a free series of seminars on a variety of computer topics. The program will teach basic computer and Internet skills that include Microsoft Word, Excel and PowerPoint; using Internet for research, social networks and security. All sessions will be at the **Mt. Laurel Campus** Tuesday March 29<sup>th</sup>, Thursday March 31<sup>st</sup> and Tuesday April 5<sup>th</sup>.

To register, email your name, phone number, email address and the sessions you want to attend to [efrankli@bcc.edu](mailto:efrankli@bcc.edu). Title your email **BDD Program** so it is not identified as junk mail which could get accidentally re-directed. You can also register by mailing this information to Erica Franklin, Burlington County College, 413G Parker, 601 Pemberton Browns Mills Road, Pemberton, NJ 08068

**Session 1 (room 208 Tech Center)**

- Tuesday, March 29<sup>th</sup> @ 11:00am-12:00 (Microsoft Word)

**Session 2 (room 306 Tech Center)**

- Tuesday, March 29<sup>th</sup> @ 2:00-3:00pm (Connecting to the Internet: Wired and Wireless)

**Session 3 (room 305 Laurel Hall)**

- Tuesday, March 29<sup>th</sup> @ 5:00-6:00pm (Using the Internet and Internet Security)

**Session 4 (room 208 Tech Center)**

- Thursday, March 31<sup>st</sup> @ 11:00am-12:00 (Microsoft Excel)

**Session 5 (room 306 Tech Center)**

- Thursday, March 31<sup>st</sup> @ 2:00-3:00pm (Using Social Network and Internet Searching and Researching)

**Session 6 (room 208 Tech Center)**

- Tuesday, April 5<sup>th</sup> @ 11:00am-12:00 (Microsoft PowerPoint)

**Session 7 (room 305 Laurel Hall)**

- Tuesday, April 5<sup>th</sup> @ 5:00-6:00PM (Using the Internet and Internet Safety)

## Spotlight on Stations

### MONEY MANAGER PROGRAM

*Blanche Renz, Money Manager Coordinator*



The **Money Management Program**, formerly the “Bill Payer Program,” is sponsored through the **Burlington County Office of Aging** and administered by **RSVP**. Trained, insured volunteers help manage monthly bills for low-income seniors unable to write their checks.

Recently, the RSVP Money Manager program was able to save a client’s home from foreclosure. “Mary”, due to health issues, did not realize she had not kept up on her

mortgage. She was also unaware of a foreclosure notice posted on her home. A Money Management Program Volunteer noted the posting and immediately connected Mary with a lawyer through the county’s lawyer referral service. The lawyer rectified the problem and “Mary’s” home was saved. Had it not been for the Money Management Program volunteer’s alert attention, this vulnerable individual would have lost her home.

If you know of anyone who may qualify for this program, please call the **Money Management Program Office at 609-894-9311 x1358**. Also, if you are interested in being trained to provide these services, please call. Volunteers typically visit one time per month to organize paperwork and pay bills from a checking account within program limits.

## Impact in Action



Last year, the efforts of Burlington County RSVP volunteers could be valued at **\$564,045**. On average, volunteers contributed 96.82 hours of service. Based on current research equated at \$25.22 per hour, this was worth almost \$2,442 from each of our volunteers. That was a major gift to people and the community in need locally. **Thank YOU for your efforts!**

[http://www.independentsector.org/volunteer\\_time](http://www.independentsector.org/volunteer_time)

## Immediate Volunteer Opportunities!



### MAKING VISIONS POSSIBLE

*Diane Dzwil, Program Coordinator*

“Making Visions Possible” (MVP) is a program at Willingboro High School. Sponsored by the State of New Jersey and in partnership with the Educational Information and Resource Center, and the Center for Family Guidance, MVP works to empower teens and young adults through its employment, health, social, and recreational services.

The MVP room at Willingboro High School, with its brightly colored walls, overstuffed couches and foosball

tables, is an inviting place. It's open to students Monday through Friday from 7:30 AM to 4:00 PM. Between 50 to 100 students drop in on any given day. They come in to talk, hang out or play foosball. But on Wednesdays during the lunch periods (10:00 AM – 1:00 PM) the foosball tables are off limits: that's tutoring time and RSVP volunteers are on hand to help.

**Mike Carroll** has been an RSVP volunteer with MVP since this past September. He enjoys his weekly visits to the high school where he sees kids with lots of potential and determination who he believes will make great strides given the right assistance. While some students come to receive tutoring, there are some students who volunteer to help their peers. Mike is impressed by these student tutors who he describes as "high performing, talented, smart kids with excellent leadership skills."

**Pat Russell** is a retired math teacher who helps students with their math. She says the needs she sees can be "mind boggling" but she enjoys the time she spends at Willingboro High School and knows she's making a difference.

Jessica Fitzgerald-Nowlan, program director, hopes to have an academic "camp" over the summer. But, in order to do so, she needs at least 5 volunteers. Currently, RSVP sends 2 volunteers.

**MVP is looking for more volunteers.** No special skills are required. If you enjoy making a difference in a teenager's life or you've wondered if you would, please consider MVP. **Call the RSVP office at 609-894-9311, ext 1583,** for more information.

## **ELEMENTARY SCHOOL LITERACY**

*Diane Dzwil, Program Coordinator*

A study from the University of Virginia found that children who are not fluent readers and writers by the end of third grade may never catch up to their peers. When an elementary school in Browns Mills recently found that 1/3 of their kindergarten students did not fully understand rhyming, (a critical skill in literacy development) it asked RSVP for help.

RSVP is looking for volunteers to commit one to two hours per week to help these students improve their

literacy skills. Volunteers will work with the same students each week. Activities will include reading stories and poems to the students to help them practice rhyming, letter and sound identification, and sight word recognition. All training and materials will be provided.

You can help a child succeed in school and in life. **Call the RSVP office at 609-894-9311, ext 1583** for more information.

## **Upcoming Event**



### **VOLUNTEERS ARE TREASURES!**

Save the Date! **Tuesday, May 17<sup>th</sup>** Volunteer Recognition Brunch BBC Center- Mount Holly.

## **Photo Views**



### **RSVP joins the National Day of Service – January 2011**

RSVP joined Virtual Thrift Shop with a Martin Luther King Jr. National Day of Service Project on January 17, 2011. This year, donations were collected for Providence House, a shelter for persons affected by domestic abuse. Linens, bedding and children's crafts items were collected and distributed for the drive.



### **SHIP Medicare Update- Nov. 4, 2010**

RSVP hosted a state presentation to more than 65 people in Burlington County. Thanks to the increased publicity available through the MIPPA grant, many more seniors attended the annual event this year than in past years.

**WANT TO LEARN MORE ABOUT RSVP?**

Mail this form to Karen Bennett, RSVP Director  
Burlington County College  
601 Pemberton Browns Mills Road  
Pemberton, NJ 08068  
Email kbennett@bcc.edu or call 609-894-9311 x1499

**Yes, I am interested in**

- Becoming an RSVP volunteer**
- Obtaining further information RSVP**
- Involving my organization I the RSVP program**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_