

RSVP



Retired & Senior Volunteer Program of Burlington County

Winter 2012 Volunteer Voices

601 Pemberton Browns Mills Rd.
Pemberton NJ 08068
609-894-9311 x 1498
<http://staff.bcc.edu/rsvp/>

Message From Director

RSVP Burlington County extends

SEASONS GREETINGS

to our incredible volunteers! It's been a year since our last newsletter, so a quick catch-up is in order:

-  New staffing and new monthly hour reporting is now easier than ever! Go to <http://staff.bcc.edu/rsvp/hours.asp>
-  Burlington County RSVP was awarded an augmentation grant (only 2 given in state) allowing us to increase our part-time staffing to 32 hrs/week.
-  RSVP successfully completed the 2012 Medicare open-enrollment season, with almost 300 clients served between Oct. 15 and Dec. 7.
-  Two staff were certified as Healthy Bones Trainers (Consider having this osteoporosis prevention program in your community, please contact our office for details)
-  Once again RSVP volunteers have given back over \$500,000 in services to Burlington County in 2012!

 As an alternative to the materialistic holiday mania, consider offering a "gift" of RSVP. Recommend a friend to the rewards of volunteering by referring him/her to RSVP as a new member. If every member found a member, not only would our membership double, but the impact we make in our communities would double as well. Wouldn't it be INCREDIBLE if we could give back **\$1 million** to Burlington County in our priority areas of Healthy Futures, Environmental Stewardship, Education, and Economic Opportunities? Now that WOULD be a gift!

Karen Bennett



2012 RSVP Volunteer Recognition Event

The 2102 RSVP Volunteer Recognition event was held October 4 at the BCC Mount Holly Center with a lovely Brunch and Information Fair. It was a wonderful success; 222 Volunteers were honored in several categories led by David Berlin, winner of the Call to Service Award, for his 4,000 Hours Life-Time Achievement. Connie Crist, Harriett DiLeonardo, and Alice Farkas received recognition for their 20 years of RSVP service and Silvia Hellman, Betty Lucas and John McIntyre were acknowledged for their 15 years of service. The highlight of the event was a beautiful speech by Harriet DiLeonardo. Harriet recounted her beginnings and many years of volunteering with RSVP and ended with "20 years of volunteering for RSVP and I feel certain that it has benefited me so that I can still work on my 21st year. Thank You and Happy Volunteering"



Harriett DiLeonardo



How to refer a friend to join RSVP

1. Apply on line at:

<http://staff.bcc.edu/rsvp/application.asp>

2. Or Clip and send to:

RSVP-- Burlington County College

601 Pemberton Browns Mills Rd. Pemberton, NJ 08068

e-mail: kbennett@bcc.edu



Name	
Address	
Telephone	
e-mail	

Meet the new RSVP Program Coordinators



Courtney Kurzweil is the Volunteer Coordinator for RSVP. She graduated from the University of Massachusetts in 2011 and did a year of service as an AmeriCorps VISTA in Massachusetts. Courtney is currently pursuing a Masters Degree in Corporate and Public Communications at Monmouth University. ckurzweil@bcc.edu 609-894-9311 x1051



Karen Hrach is the LIFE Secretary and a RSVP Program Coordinator. She has served in this capacity since September 2012. Karen has a Human Resources background focusing on Training & Development, Recruitment and Resource Management. She has a Masters degree in Labor Relations & Human Resources and a Masters degree in Education (Adult Learning & Development). Karen volunteers with the Career Transitions Partnership and Career Connections groups which provide pro-bono job search and mentoring services to the unemployed/underemployed of Burlington and Camden Counties. khhrach@bcc.edu 609-894-9311 x 1499



Gaye Pino is the RSVP Outreach Program Coordinator. Gaye has a social work and business background and a long time history of volunteer work. Gaye has served on volunteer boards, led neighborhood groups and church programs. Gaye has also been very active in her township with senior volunteer and arts programs. She has been the recipient of several awards for her volunteer work and is a recipient of the Camden County 2013 Martin Luther King Freedom Medal in recognition for community volunteer work. gpino2@bcc.edu 609-894-9311 x 1583

January 21, 2013— MLK Day of Service



"Life's most persistent and urgent question is: 'What are you doing for others?'" Dr. Martin Luther King Jr.

In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service. The holiday is an opportunity for Americans to serve their neighbors and communities. From the Corporation for National and Community Service: "The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community." **Consider participating in a service project this day!**

To Learn More: <http://www.mlkdayofservice.org/>



Volunteering Can Improve Your Life in Many Ways

A growing body of research has pointed to the social, emotional, and even physical health benefits of volunteering. A recent study, published in the journal *The Gerontologist*, zeroes in on the particular benefits volunteering offers older adults. The study, led by University of Pittsburgh researcher Fengyan Tang, surveyed more than 200 volunteers aged 50 or older. The volunteers were from varied socioeconomic backgrounds and contributed an average of six hours a week to nonprofit or government programs. Tang and her colleagues found that the volunteers reported significant improvements in their mental health, along with other socio-emotional benefits ranging from increased feelings of productivity, social activity and an overall sense that their life had improved. The researchers found that volunteers of low socioeconomic status reported more socio-emotional benefits than did volunteers of higher socioeconomic status.

Tang and her colleagues argue that in this way, older adults are able to find purpose, satisfaction, and good health later in life at the same time that they give back to society.

"With the support from host organizations," they write, "older volunteers are able to continue their efforts and contributions and derive satisfaction and emotional well-being from their volunteer experience."

From *The Greater Good, The Science of a Meaningful life* [Bernie Wong](#)

Get healthy, make a difference, have fun!!

A New LIFE Schedule is coming in January!

LIFE members have been preparing the Spring

2013 schedule of classes and other events for 2013 classes beginning January 23. LIFE (Learning is for Everyone) is for Burlington County residents aged 50 and above. For an annual fee of \$80, a member can choose an unlimited number of classes from over 100 course offerings a year (e.g. computer skills, music appreciation, history, memory strategies, water aerobics). Classes are held at BCC campuses in Pemberton, Mt. Holly, Willingboro and Mount Laurel with free parking available. LIFE members make new friends while attending functions...an opportunity to learn and have fun too.

To learn more about LIFE visit the website <http://staff.bcc.edu/LIFE/index.htm> or call 609-894-9311 ext. 1499