



Have you **RSVP**'d?

We're looking for volunteers to
make a difference in their
community.

JOIN THE **RETIRED AND SENIOR VOLUNTEER PROGRAM**

RSVP is a local program that shows you how you can apply the skills and wisdom you have acquired throughout your life to make a difference in the lives of others. You never know how much it can help someone until you do it.

[Facebook.com/FGPRSV](https://www.facebook.com/FGPRSV)

The Retired and Senior Volunteer Program is hosted by the Catholic Charities of the Diocese of Ogdensburg and supported by AmeriCorps Seniors, a federally funded agency responsible for building volunteer based programs for over 50 years and counting.

Now is the perfect time to volunteer.

With everything that has happened in our community this year, it is more important than ever for volunteers to stand up and support their friends and neighbors. When joining **RSVP**, not only are you helping your community, but you're joining a family who cares as much as you.



Upcoming opportunities

There are so many ways you can help your community out that you might not even know about! Here are some examples of what you can do!



Be a Friend

Check on friends, share a meal, help around the house, go for a walk or just stop by to catch up.



Give a Ride

Drive your neighbors to their appointments, to pick up prescriptions or to the store.



Help at School

Volunteer at local elementary schools, tutor students, or be a mentor to those in need.



Give a Meal

Support the local food pantry by shopping, organizing, cooking, or anything else.



Meals On Wheels

Donate your time to your local Meals on Wheels program and prepare or deliver meals.

Not only do you get the benefit of feeling amazing after helping someone, RSVP will help pay some of your mileage (.56 cents/mile) and honor your efforts at a yearly recognition event.