

## CONGRATULATIONS ON YOUR RETIREMENT!

If you are like many of my friends and family, you are entering a wonderful and scary moment of your life. Whether or not you are someone with your retirement plan laid out, I would like to introduce you to Monroe County RSVP (Retired & Senior Volunteer Program) and some important facts about retirement. I hope you will read the accompanying information about the benefits of volunteering for retirees. Whether you choose to volunteer with Monroe County RSVP or not, I do hope you will consider volunteering somewhere. Staying active is the single best gift you can give yourself in your retirement. Now about Monroe County RSVP...

Our organization is part of AmeriCorps Seniors RSVP program, which pairs thousands of Americans aged 55 and older with organizations making change in communities across the country. There is no cost to join. We are funded federally and by the local senior millage.

Monroe County RSVP volunteers choose how, where and when they want to serve, with service options ranging from a few hours a month to many hours a week. We help you find an opportunity with any of the 50+ organizations we work with that see service as a solution to local challenges. AmeriCorp RSVP volunteers report better health and longevity having served their community, and you can make friends and connections right here in Monroe County.

The benefits of joining RSVP include:

- Mileage reimbursement for travel related to volunteering (up to \$60/month, based on job).
- Meal reimbursement when volunteering four or more hours in a day (up to 15 meals/month).
- Supplemental accident, personal liability, and automobile liability insurance.
- We acquaint volunteers with opportunities to serve across Monroe County. We work with over 50 organizations, including schools, food pantries, thrift shops, shelters, animal rescues, as well as fun, one-day events.
- Volunteers receive our quarterly newsletter which keeps them informed of opportunities and events in Monroe County.
- Invitation to our annual Volunteer Appreciation & Recognition Awards Dinner.

Thank you for your time and I wish you a very long, happy and healthy retirement. You earned it!



Beth Berlin, Monroe County RSVP Program Director



**Whether you're about to begin your retirement or been retired for years, finding a way to volunteer has the potential to enhance your quality of life. Especially if you can connect to a cause that you're passionate about, volunteering can change your lifestyle for the better!**

**Studies prove that adults aged 60 and older who volunteer reported lower levels of disability and higher levels of overall well-being compared to those who did not volunteer. In addition to increasing one's independence and total sense of wellness, volunteering during retirement has plenty of other benefits as well.**

### **Benefits of Volunteering In Retirement**

- **Retirees who are active in charities have a stronger sense of purpose and higher self-esteem.**
- **Volunteering can pull older people out of isolation, even if it's only for a few hours a week.**
- **Staying active and engaged in the community can lessen the likelihood of seniors developing illness, help lower blood pressure and play a part in lowering mortality rates. Studies have found volunteers keep up on their own health significantly better than their non-volunteering peers.**
- **Cognitive function is improved by staying active and involved since volunteering provides opportunities to keep a flow of conversation going with others and stimulate the brain.**
- **Volunteers have lower rates of depression.**
- **Physical activity is important for all ages but vital for an older adult. Less than one-third of people between 65 and 74 are physically active, and that number is cut in half for those over 75, according to the University of Southern California's School of Gerontology. Inactivity as you age can promote the advancement of heart issues, bone loss, joint pain, weight gain and a slew of other health issues. Getting out and volunteering can help combat these issues.**

**Retirement is an exciting and freeing time, but many retirees struggle to find things to fill up their time. Volunteering can help you get out of the house and keep social engagements alive while making new friends and learning new skills. It gives you something to look forward to.**



*Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has.*  
 ~ Margaret Mead



Visit us at:

- ◆ <https://rsvpmonroecounty.com>
- ◆ <https://www.facebook.com/rsvpmonroemi>



AmeriCorps  
Seniors

Monroe County RSVP



### BENEFITS OF MONROE RSVP

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- ◆ Meal reimbursement when volunteering four or more hours in a day (up to 15 meals/month).
- ◆ Supplemental accident, personal liability, and automobile liability insurance.
- ◆ We acquaint volunteers with opportunities to serve across Monroe County. We work with 60 organizations, including schools, food pantries, thrift shops, shelters, animal rescues, as well as fun, one-day events.
- ◆ Volunteers receive our quarterly newsletter which keeps them informed of opportunities and events in Monroe County.
- ◆ Invitation to our annual Volunteer Appreciation & Recognition Awards Dinner.



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## VOLUNTEER OPPORTUNITIES IN MONROE COUNTY



## RSVP VOLUNTEERS MAKE A DIFFERENCE EVERYDAY



## **60 MONROE COUNTY ORGANIZATIONS PARTNERED WITH RSVP**

- ◆ Alzheimer's Association
- ◆ American Cancer Society (Relay For Life)
- ◆ Area Agency on Aging 1B (MMAP)
- ◆ Bedford Adult Education
- ◆ Bedford Public Schools
- ◆ Bedford Senior Community Center
- ◆ Bedford Township
- ◆ Bedford Township Veteran's Center
- ◆ Cancer Connection (ProMedica)
- ◆ Children With Hair Loss
- ◆ Damascus House
- ◆ Fairview County Home
- ◆ Family Medical Center of Michigan
- ◆ Frenchtown Center for Active Adults
- ◆ Frenchtown C.E.R.T.
- ◆ Friends of Companion Animals
- ◆ God Works! Family Soup Kitchen
- ◆ Habitat for Humanity
- ◆ Heartbeat of Monroe
- ◆ Home, Inc.
- ◆ Humane Society of Monroe County
- ◆ IHM, Immaculate Heart of Mary
- ◆ In The Spirit of Giving
- ◆ Jefferson Schools
- ◆ Lion's Den
- ◆ Milan Seniors for Healthy Living
- ◆ Mobile Meals of Monroe
- ◆ Monroe Center for Healthy Aging
- ◆ Monroe Center for Independent Living
- ◆ Monroe County Commission on Aging
- ◆ Monroe County Department of Health and Human Services (DHHS)
- ◆ Monroe County Emergency Mgmt
- ◆ Monroe County Fair Association
- ◆ Monroe County Health Department
- ◆ Monroe County History Museum
- ◆ Monroe Intermediate School District
- ◆ Monroe County Library System
- ◆ Monroe County Opportunity Program
- ◆ Monroe County Probate Court
- ◆ Monroe County RSVP
- ◆ Monroe County Youth Center
- ◆ Monroe Family YMCA
- ◆ Monroe Housing Commission
- ◆ Monroe Public Schools
- ◆ New Beginnings Mercy House
- ◆ New Directions Peer Recovery Ctr
- ◆ Oaks of Righteousness
- ◆ Opportunity Center at ALCC
- ◆ Paula's House
- ◆ Philadelphia House
- ◆ ProMedica Hospital and Hospice
- ◆ Ribbons of Monroe
- ◆ River Raisin Centre for the Arts
- ◆ River Raisin National Battlefield
- ◆ The Mon-Arc Monroe Inc.
- ◆ The Salvation Army
- ◆ Thrift Shop Association of Monroe
- ◆ United Way of Monroe/Lenawee
- ◆ VFW Ladies Auxiliary Post 1138
- ◆ Water Tower Senior Center

***PUT YOUR TALENT & EXPERIENCE AT THE SERVICE OF MONROE'S COMMUNITY***