

# BENEFITS OF BECOMING AN RSVP VOLUNTEER

- ✔ Create new friendships and become involved in your local community.  
Many of our RSVP volunteers develop a deeper sense of purpose and make lifelong friends with their fellow volunteers!
- ✔ Improve your physical and mental well-being.  
A recent study from Carnegie Mellon University says people who volunteer are less likely to develop high-blood pressure than non-volunteers.  
Volunteering with RSVP is a fun way to get active and stay sharp while making a genuine difference.
- ✔ Receive mileage reimbursement and liability insurance.  
Volunteers are eligible to receive 67 cents a mile up to 200 miles. There is no limit for our RSVP Nutrition and Medical Drivers!



MAKE A  
DIFFERENCE  
AND BECOME AN  
RSVP VOLUNTEER  
TODAY!

## CONTACT US

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# AmeriCorps Seniors

## SULLIVAN COUNTY RETIRED AND SENIOR VOLUNTEER PROGRAM



# MAMAKATING'S STORY

The Mamakating Seniors are affectionately known as “The Chain Gang” and have hand-crafted countless hats, blankets, and scarves for our County’s seniors and children.



The Mamakating Seniors are one of many talented RSVP groups crocheting away the cold and providing much-needed warmth to those in Sullivan County.

# JOHN'S STORY

John drives for RSVP and has helped countless seniors make it to their important medical appointments on time.

“ I love to drive, and it’s a great feeling helping fellow seniors get the care they deserve. ”

John follows in the footsteps of his mother Marie who has been an RSVP volunteer for over a decade!



# YOUR STORY

What will your RSVP story be? Find an opportunity below and start your journey to making a difference!



- Telephone Reassurance Program
- Time and the Valleys Museum
- AARP Income Tax Aide Program
- RSVP Medical Transportation
- Hospice of Orange and Sullivan
- Bethel Woods Center for the Arts
- Public Library - multiple locations
- Noah’s Arch Thrift Shop
- Sullivan County Historical Society
- Radio Catskills
- Meals on Wheels
- Liberty United Methodist Church
- Literacy Volunteers of America
- Cards for Veterans Program
- Alzheimer’s Assoc. Local Chapter
- And many more!