

The YMCA delivers on its promise to strengthen the foundations of the communities we serve

For over 135 years the YMCA has nurtured the potential of all youth and teens through **Youth Development**; been committed to improving the health and well-being of our community through **Healthy Living**; and given back to and supported our neighbors through **Social Responsibility**.

Each day we live our values dedicated to Caring, Honesty, Respect, and Responsibility.

We show up **Welcoming, Determined, Hopeful, Genuine and Nurturing** in order to live our cause to help create a better community, a better you, and a **better us**.



The YMCA proudly supports the Retired and Senior Volunteer Program of Spokane County

ymcainw.org | 509 777 YMCA (9622)

RSVP Means Results

Your time is valuable, and we maximize every minute. Our highly structured program focuses on making a tangible difference. National performance measures guide our efforts and ensure your work contributes to real, lasting change in our community. **We'll prepare you for success** with pre-service orientation and training from the organization where you'll serve.



Giving Back is Good For You, Too

Older adults who volunteer frequently **live longer and report better health**. Volunteering can also lead to **new friendships** and a **more positive attitude**.

Additionally, RSVP volunteers receive the following benefits:

- **Supplemental insurance** while in service
- **Transportation reimbursement** for income-eligible volunteers
- Invitation to **volunteer recognition events** and social gatherings



Join RSVP Today

Respond to the Call.

Ready to share your lifetime of experience in service of the community?

Contact Us

Phone
509 344 7787

Email
rsvp@ymcainw.org

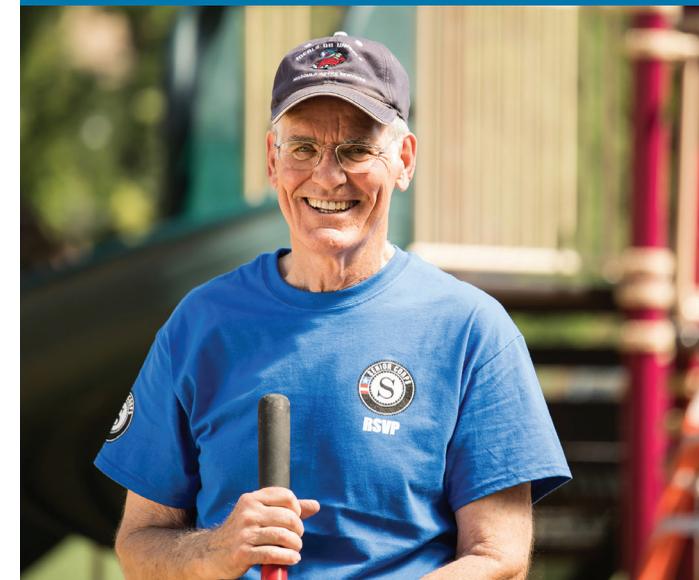
Website
rsvpspokane.org

Or visit our office
YMCA of the Inland Northwest
1126 N Monroe
Spokane, WA 99201

RSVP is a part of **Senior Corps**, along with the Foster Grandparent and Senior Companion Programs. Senior Corps is administered by the **Corporation for National and Community Service**, the federal agency that improves lives, strengthens communities, and fosters civic engagement through service and volunteering.



Retired and Senior Volunteer Program of Spokane County



Make a Difference in Your Community Today!



Put Your Experience to Work

The **Retired and Senior Volunteer Program (RSVP)** is America's largest volunteer network for people 55 and over, with more than 300,000 volunteers tackling tough issues nationwide.

Sponsored by the **YMCA of the Inland Northwest** since 1975, **RSVP of Spokane County** has contributed over **3 million hours** of volunteer service to our community.

You choose how and where you want to serve, how much time you want to give, and whether you want to share skills you have or develop new ones.

Join RSVP Today!

Help Where It's Needed Most

RSVP will match you with a local or national organization in our community, based on **your skills, experience, and interests.**

Choose from service activities in the following focus areas:

AGING IN PLACE

- Coach a falls prevention program for older adults
- Deliver hot meals to homebound seniors and adults with disabilities
- Transport seniors and adults with disabilities to medical appointments

EDUCATION

- Tutor and mentor youth in-school and in after-school programs
- Teach financial literacy and entrepreneurship in the classroom
- Facilitate youth activities to promote creativity, imagination, and innovation

FOOD SECURITY

- Collect, sort, distribute and package food pantry donations
- Serve meals at community meal sites

NONPROFIT CAPACITY BUILDING

- Demonstrate leadership and apply your professional skills in areas like fundraising, outreach, volunteer recruitment, and database management



Support Organizations Making Our Community Stronger!

Below are some of the organizations that can benefit from your service:

Aging & Long Term Care of Eastern Washington

American Cancer Society

American Red Cross

Cheney Outreach Center

Corbin Senior Activity Center

The First Tee of the Inland Northwest

The HUB Sports Center

Junior Achievement

Eastern Washington/Northern Idaho

Meals on Wheels

New Hope Resource Center

Second Harvest

Serve Spokane

Spokane County Library District

Spokane Eastside Reunion Association

Spokane Neighborhood Action Partners

Spark Central



Project Warm-Up provides hats, mittens, blankets, and other much-needed items to those who are low-income, no-income, and homeless in Spokane County. Volunteers work individually at home and in groups to create warm items which are distributed county-wide to curtail the risk of hypothermia.

Since 1991, Project Warm-Up has distributed over 145,000 items to more than 65 local agencies.

RSVP will supply all yarn, knitting needles, crochet hooks, and needed patterns. **All you need to supply is your creative talent, your time, and your desire to help others.**

