



# **VOLUNTEER OPPORTUNITIES**

## **FEBRUARY 2020 Issue**

(Monthly Time Sheet attached)



*According to the AARP Connect2Affect website:*

**Isolation is a growing health epidemic.  
More than 8 million adults age 50+ are affected by isolation  
*The health risks of prolonged isolation are = smoking 15 cigarettes a day!!***

*To bring attention to this serious and growing problem,  
MC Area Agency on Aging, RSVP and PA Link  
will host an all-day conference focusing Senior Social Isolation.*

**THE LONELINESS EPIDEMIC**  
**Northampton Community College- Tannersville**  
**Thursday, April 23, 2020**  
**8:30 am – 3:30 pm**  
**Details will follow**

*From Merle: I urge RSVP Volunteers who already are Friendly Visitors or who are considering becoming Friendly Visitors to join us for the conference and see how a few hours of your time per month can make a difference in the lives of our lonely and isolated seniors. Whether it's just conversation, playing cards, reading a newspaper or teaching a skill, those hours mean someone is engaging in a social activity, with real-time brain activity, better blood circulation and not focusing on other distractions, like stress and illness.*



*An RSVP Volunteer Friendly Visitor is much, much more than just a kind face.*

### **YOU CAN MAKE A SIGNIFICANT DIFFERENCE BY BECOMING AN RSVP FRIENDLY VISITOR!!**

**WE ARE URGENTLY SEEKING FRIENDLY VISITORS FOR 21 NEW REQUESTS!!**

**That means 21 very lonely people in our county are in need of an hour or two of your time to engage in conversation, read a paper, play cards or board games! No special training necessary just to enjoy someone's company. YOU CAN MAKE A DIFFERENCE!!**

City	M/F	Age	Pets	Smoke	Notes
Stroudsburg	F	74	N	N	Suffers from Depression, enjoys bingo, lonely
Stroudsburg	F	75	Dog	Yes	Crosswords, movies, sits outside
Stroudsburg	F	74	Dog	No	Movies, Art, mobility issues
Stroudsburg	F				Needs help organizing & Decluttering
Stroudsburg	F	68	No	No	Movies, friendly,
Stroudsburg	F	71	No	No	Egyptian, Muslim
E. Stroudsburg	F	83	Fish	Yes	Mobility issues, crochets, cards, TV

E. Stroudsburg	F		Dog	No	Housebound due to injury, lonely, Dialysis
E. Stroudsburg	F	78	No	Yes	On Oxygen, crosswords, TV, Patchwork, Weekdays only
E. Stroudsburg	F	69	No	No	Throat Cancer, whispers, Italian, music, movies
E. Stroudsburg	F	68	No	Yes	Wheel Chair, movies, sit on porch, very lonely
Tobyhanna	M	84	No	No	Friendly, internet, reads, very interesting man
Tobyhanna	M	80	No	No	Dementia, music, needs to be busy
Tobyhanna	F	65	No	No	Slight dementia, arrange through son only
Tobyhanna	M	88	No	No	Likes board games, severe alzheimers
Mt. Pocono	M	47	Dog	No	Walking issues, Wife needs respite
Blakeslee	M	81	No	No	Man's man, hunting, fishing, truck driver
Blakeslee	F	71	D/C	No	Wheelchair, cooks, sews, misses gardening
Blakeslee	F	88	No	No	Hard of hearing, needs to interact with someone
Kunkletown	M	82	D/C	No	Talk about the old days
Kunkletown	F	89	No	No	Likes to draw, friendly, alert,



**RSVP OFFICE NEEDS YOUR HELP!!!** Seeking volunteers who love to talk on the phone and make matches! We have Friendly Visitors and Grocery Shopper requests that need volunteers to help our loneliest and frailest population! Please consider helping us out once or twice a week.

We are also seeking volunteers to help out with general office work, answering phones, putting together promotional material, sending out birthday cards, keeping Emily company!! Flexible days, morning or afternoon shifts available. Free parking, bottomless coffee and pretzels

**Grocery Shopper volunteers needed:** Weekly or bi-weekly visits, flexible with your schedule and convenient to your location. **Clients provide money and grocery list. Volunteers will provide clients with receipt, count out change and if needed, stock supplies.**

CITY	M/F	Age	Pet	Smokes	NOTES
Stroudsburg	F	79	No	No	Mild dementia, Whitestone Commons
Stroudsburg	F	68	Cat		Order called in to Shop Rite, P/U only, Reeders area
Stroudsburg	F	87	No	No	Arthritis, near Reeders, Camp Akiba
Brodheadsavl	F	74	No	No	Health issues, caregiver to husband
Tobyhanna	F	70	No	No	Depression, health issues, ulcer
Long Pond	F	85	Dog	No	Dialysis
Stroudsburg	F	70	No	No	Parkinson, depression, Near Bartonsville
Mt Pocono	F		No	No	Walker
Stroudsburg	M	62	Cat	Yes	Mobility issues

## **VOLUNTEER OPPORTUNITIES FROM OUR RSVP PARTNER STATIONS:**

- **Help local Library raise funds by sorting and totaling Weis Market receipts. Last year this fundraiser provided over \$4000 to our local library. Must be detailed and organized. You can do this at home. All training will be provided.**
- **VOLUNTEER FROM YOUR HOME – HELPING LOCAL VETERANS & HOMELESS BY GATHERING INFORMATION FOR QUESTIONAIRRE. Must be confident on the phone, insightful to questions to ask and organize gathered information.**
- **VETERAN HOME NEEDS CLERICAL/ORGANIZATIONAL HELP!!! WORK CAN BE DONE EITHER AT THE LOCATION OR AT HOME!! DATA ENTRY INPUT from various sources need to be merged into a database. Must have computer skills (data input) to keep track of donations and other demographic information. Organized, patient and not afraid to ask questions. Flexible dates and time – can be done at home.**
- **Local Non-Profit Historical Museum in Downtown Stroudsburg location seeking clerical/filing work. Library help, light office duties, receptionist to greet visitors, possible tour guide. Busy location with lots of people contact. Pleasant personality, likes people and mobile. Any weekday except Monday. Flexible hours.**
- **Baby Cuddler program located in Tobyhanna. Ooooh, so sweet! Must have all PA Child related clearances. Come hold and rock the babies. Flexible time and dates.**
- **Local Downtown Stroudsburg recreational facility is looking for someone to help out with clerical work to keep track of classes, attendance and scheduling of programs. Once or twice a week, flexible hours. Must be reliable and pleasant with clients.**
- **West End Food Pantry & Donation center seeking volunteers to help organize and participate in upcoming Summer Breakfast & Lunch program for children. Will need all PA required clearances.**
- **West End Food Pantry & Donation center seeking volunteers to help clients picking up pantry items, sorting food donations, sort clothing donations, registration and carrying packages for senior clients. Must be a people person, non-judgmental and able to carry packages (not too heavy, but you must be mobile).**
- **Hospital Volunteers needed at local hospital in East Stroudsburg, includes patient escorts, reception/greeters, clerical and other assorted office duties. Large variety of volunteer opportunities available. Flexible times and days, various positions available.**
- **Local Soup Kitchen (East Stroudsburg) in need of assistance Tuesdays, Wednesday and Thursdays, 9:00 – 1:00. Various positions available. Must be consistent and reliable.**
- **Local Soup Kitchen (East Stroudsburg) in need of volunteers every Monday evening between 4:00 pm and 7:00 pm. Easy parking, jobs include serving, assorting clothes donations, distributing extra food donations, clearing and cleaning tables, interacting with guests.**

- **Local Transitional Housing seeking volunteers to work four hour shifts 9 – 1 or 1 – 5 (2 hour shifts are possible). Answer doors, phones and take messages, help with applications and logging mail. Training provided.**
- **West End Personal Care Facility seeking volunteers to transport wheel-chair bound residents so they can participate in field trips, go to restaurants and shopping trips. Tues & Thur.**

**We are always seeking: (Refer your friends & neighbors to RSVP!)**

- 1. Elementary School & Headstart Tutors & Story Tellers**
- 2. Interesting Speakers on various Topics**
- 3. Grocery Shoppers**
- 4. Friendly Visitors & Phone Callers**
- 5. Blood Drive Ambassadors**
- 6. Disaster Preparedness presenters for Children & Seniors**
- 7. Hospital Volunteers**

**DONATIONS ACCEPTED IN THE OFFICE INCLUDE:**

**Clean Plastic Grocery Bags for our Merry Mat Makers (Crocheted sleeping mats project)**  
**Clean Acrylic Yarn, Wool, Cotton Yarn, Cotton fabric**  
**Prescription Glasses**  
**Cell phones with Chargers (Please remove SIM cards and Data)**  
**NEW Toiletries for the Homeless & Sheltered**

**Please call the RSVP office to say you can help with one or more of the above volunteer requests. Volunteering is flexible, rewarding and essential! Please call the RSVP office at 570-420-3747. Thank you!**

*Merle Turitz*

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