

	<p>BROOKE-HANCOCK- OHIO-MARSHALL RSVP NEWSLETTER</p>		<p>RSVP—LEAD WITH EXPERIENCE Phone: 304.527.3410 Fax: 304.527.4278</p>
<p>DECEMBER 2018</p>	<p>Corporation for NATIONAL & COMMUNITY SERVICE</p>		<p>Tonette Alward, Director talward@RSVPwv.org Linda Vidoni, Coordinator, Ohio and Marshall lvidoni@RSVPwv.org Pauline Boring, Asst. Director Coordinator, Hancock and Brooke boringp@RSVPwv.org</p>

Join us at Senior Corps by becoming an RSVP Volunteer!

Read on to learn about the health benefits of becoming a volunteer.

Senior Corps & Health Benefits:

For decades, volunteers age 55+ have been serving their communities through Senior Corps programs, led by the Corporation for National and Community Service, the federal agency for service, volunteering, and civic engagement. Each year, Senior Corps engages more than 245,000 older adults in volunteer service through its Foster Grandparent, Senior Companion, and RSVP programs, enriching the lives of the volunteers and benefiting their communities.

Senior Corps Volunteer Study The Senior Corps volunteer study showed that just after one year of service:

Nearly half of Senior Corps volunteers (46%) reported improved health and well-being, and more than one-third who initially reported they were in good health, reported improved health at the end of the one-year period.

Almost two-thirds of Senior Corps volunteers (63%) reported a decrease in feelings of isolation, and 67% of those who first reported they “often” lack companionship, reported improved social connections.

70% of Senior Corps volunteers who initially reported five or more symptoms of depression, report fewer symptoms at the end of the first year of service, and 63% of volunteers who initially reported three or four symptoms of depression also report fewer symptoms.

SeniorCorps.gov/HealthyVolunteers



SENIOR CORPS
Making a Difference
for Generations
NationalService.gov

<p>220,000 Senior Corps volunteers</p>	<p>54 MILLION Hours served</p>	<p>840,000 Frail elderly receiving independent living services <i>www.nationalservice.gov</i></p>
<p>25,000 Senior Corps locations</p>	<p>267,000 Children tutored and mentored</p>	

All figures from 2015

MERRY CHRISTMAS



DECEMBER BIRTHDAYS

Nancy Barry	Elwood Beihl	David Bierkorte	Edward Brothers
Julia Calvert	James Craft	David Dalton	Charles Hill
Lova Hitt	Joyce McColloch	Norma Meyer	Vera Morton
Richard Oswald	Dianne Sincavich	Ruth Sperry	Jean Tennant
Vicki Tomich	Gwen Upton	Hank Vincent	Sharon Walmar
Candace Wittig			