



*Volunteers
Caring
For Our
Community*

PROGRAMS and SERVICES



**AmeriCorps
Seniors**

**RSVP
SUFFOLK**

The primary mission of **RSVP Suffolk** is to provide diverse and rewarding volunteer opportunities for people 55 and older who would like to remain active, share their unique talents and make a difference in their communities. We match volunteers on the basis of interests and abilities, community needs, geographic convenience, and experience.

TELEPHONE REASSURANCE – Daily phone calls by senior volunteers to seniors living in the community to socialize and monitor their well-being. An emergency back-up procedure for each recipient saves lives.

LIVING HEALTHY WITH BETTER CHOICES – A series of four programs related to senior health concerns, each providing an informative series of workshops which include information, instruction and exercise to enable participants to improve their health and well-being. These programs include:

- The Chronic Disease Self-Management Program (CDSMP)
- The Diabetes Self-Management Program (DSMP)
- Tai Chi for Arthritis
- A Matter of Balance

COMMUNITY COMPUTER CONNECTIONS PROGRAM – Donated computers are refurbished under a Microsoft license by tech-savvy seniors and installed in the homes of financially-challenged seniors, families and individuals who cannot afford this essential technology.

HIICAP (HEALTH INSURANCE INFORMATION COUNSELING ASSISTANCE PROGRAM) – Trained volunteers provide guidance in local libraries, by appointment, to those with questions involving Medicare and Medicaid and on an Information Line (631-979-9490 x18). Counselors return calls in a timely manner.

SPEAKERS' BUREAU – Trained volunteers present topics of interest at senior sites and libraries throughout Suffolk County.

ALL RSVP PROGRAMS & SERVICES ARE FREE.

**For more information, please call RSVP at 631-979-9490
or visit our website at www.rsvpsuffolk.org**

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