



Community Volunteer Network

 A PRR Organization

# Community Volunteer Network

Ashland Senior Advisory Council

January 8, 2024

# Our Community: Jackson County

- 2,801 miles, roughly the size of Delaware
- 69% of residents live in Medford, Ashland, and Central Point
- 31% resides in rural, non-incorporated areas
- 21.8% of the total population is above the age of 65
- County has a higher percentage of older adults living with depression than Oregon overall
- County's suicide rates are **double** the national average

# Community Volunteer Network

 A PRS Organization

- ▶ We provide meaningful services and volunteer opportunities for adults 55+ to enrich the lives of people in our community
- ▶ 501(c)(3) non-profit

## Our Goals -

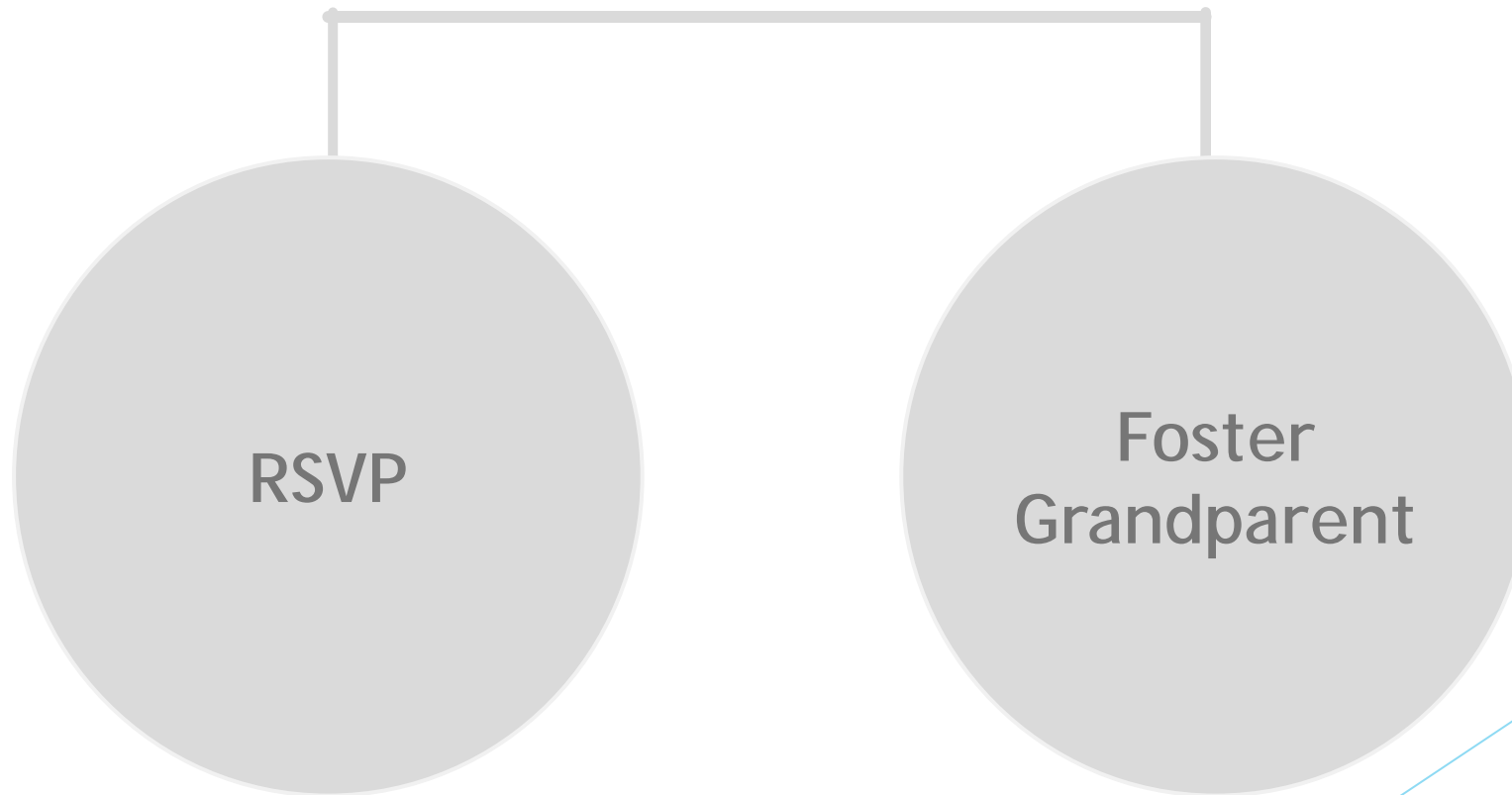


- ▶ Foster a healthier future for everyone
- ▶ Reduce isolation and loneliness
- ▶ Increase senior engagement and connectivity to the community.

# Community Volunteer Network

 A PRS Organization

## AmeriCorps Seniors



National and Community  
Service Act of 1990

Domestic Volunteer  
Service Act 1973

NATIONAL SERVICE IN

# OREGON



**400**

local service sites



**2,300**

AmeriCorps Seniors and  
AmeriCorps members



**\$14.2**

million AmeriCorps  
and local funding



**\$71.2**

million AmeriCorps  
scholarships earned  
since 1994

[AmeriCorps.gov/Oregon](https://americorps.gov/Oregon)



<https://americorps.gov/national-service-report/or>

# RSVP Signature Service Programs

Age Wise Age Well  
Call-A-Ride  
SHIBA

(Senior Health Insurance Benefits Assistance)

&  
other community priorities

# Other Community Priorities

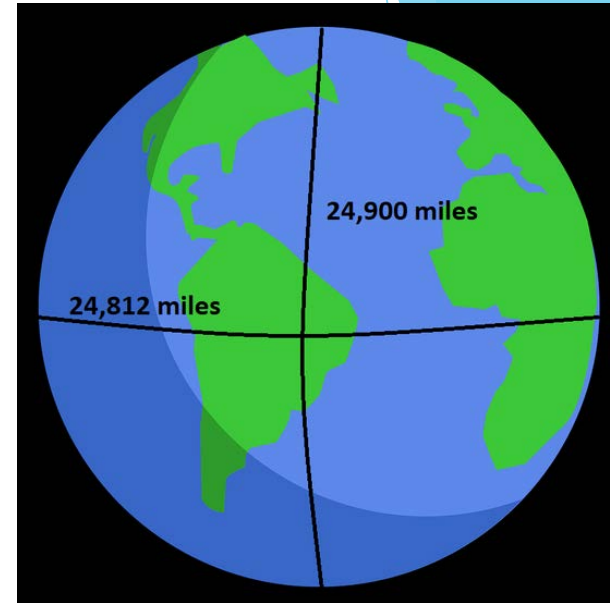
20-30 Additional Station Partners (including):

- ▶ ACCESS
- ▶ Food and Friends
- ▶ Southern Oregon Humane Society
- ▶ St. Vincent de Paul
- ▶ Teresa McCormick Center
- ▶ Rogue Retreat
- ▶ Britt
- ▶ SMART



# Call-A-Ride

- ▶ 44 Volunteers
- ▶ 120 Clients Enrolled, 80 Clients Served
- ▶ 2,223 hours
- ▶ 37,641 miles



*"Thank you so much for this service. Not having to worry about transportation to medical appointments has made life better for me. The volunteer drivers are amazing. Friendly and easy to talk to. Sharing favorite authors, recipes, gardening tips and grandchildren stories along the way is enjoyable. My appreciation for the staff is immense. I thank you all for all you do! "*

# Call-A-Ride Medical Transportation

## Client Profile

- Age 60 and over or
- Adults with disabilities
- Cannot qualify for other transportation services
- Not able to ride public transportation
- Complete brief survey at conclusion of service

## Referral Sources

- 211
- ADRC
- Asante
- Providence
- Other Providers
- Senior Center
- Family and Loved Ones

# Call-A-Ride

## Volunteer Profile

- Age 55 or older
- Register as an RSVP volunteer
- Computer/email capabilities
- Have vehicle with license and insurance
- Clean DMV Record
- Complete AARP Driver Safety Course
- Flexible schedule
- Participate in quarterly meetings
- Complete monthly timesheets and mileage log

## Volunteer Benefits

- ▶ Lunch and Learns
- ▶ Meaning and Purpose
- ▶ Flexibility
- ▶ Resource Network
- ▶ System Navigation
- ▶ Shared Experiences
- ▶ New Friends

# Looking to the Future

## Transportation People NEED

- ▶ Medical
- ▶ Dental
- ▶ Behavioral Health
- ▶ Groceries
- ▶ Food Pantries

## Transportation People WANT

- ▶ Community Centers
- ▶ Cultural Activities
- ▶ Parks
- ▶ Church
- ▶ Social
- ▶ Other!!!

# Age Wise Age Well

- ▶ 17 Volunteers
- ▶ 66 Clients Served
- ▶ 879 Direct Service Hours
- ▶ 2,213 Total Hours

Peer Counseling



# Age Wise Age Well

## Peer Counseling



### Client Profile:

- Age 55 or older
- Complete an in-take interview
- Facing changes related to aging
- Experiencing new or difficulties/challenges
- Participate in one-on-one sessions
- Complete brief survey at conclusion of service

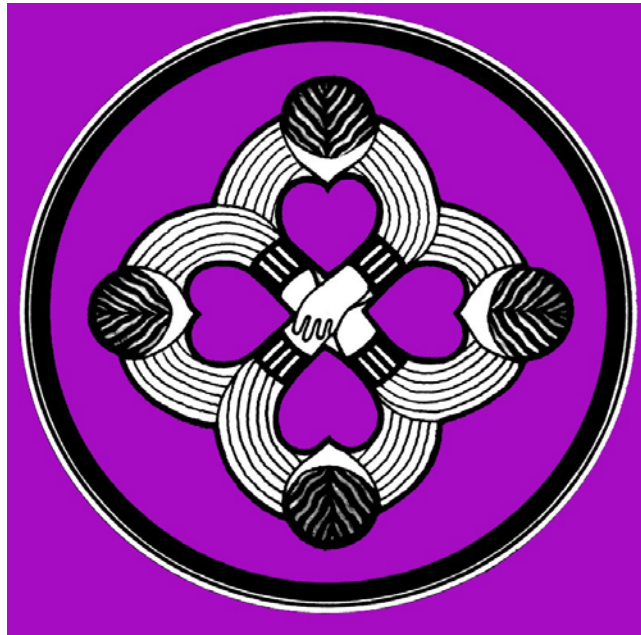
### Volunteer Profile:

- Age 55 or older
- Register as an RSVP volunteer
- Willing to offer a listening ear
- Provide support, empathy, and compassion
- Complete comprehensive training and background check
- Facilitate one-on-one sessions
- Participate in weekly supervision meetings
- Complete monthly timesheets

# Scope of Work - Description of Services

Peer Counseling

Intake



Assessment

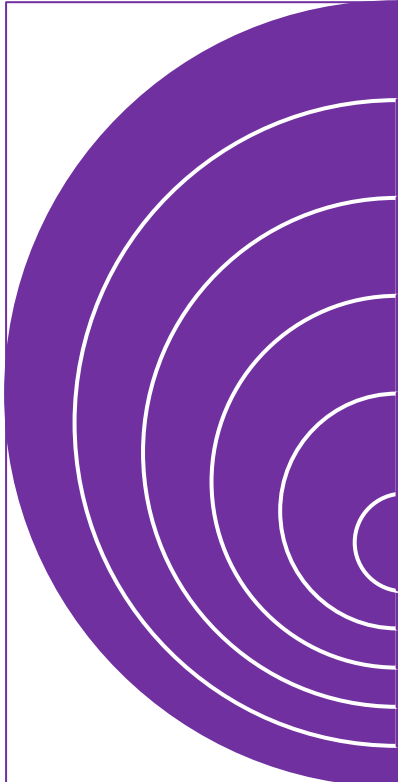
Community

Referrals



## Scope of Work - Issues Addressed

Peer Counselors help clients address specific issues of aging such as:



Loss Of Health
Change in Functional Abilities
Maintaining Independence
Depression/Anxiety
Loneliness/ Isolation / Grief
Stress Related to Caregiving





# SHIBA

## Senior Health Insurance Benefit Assistance

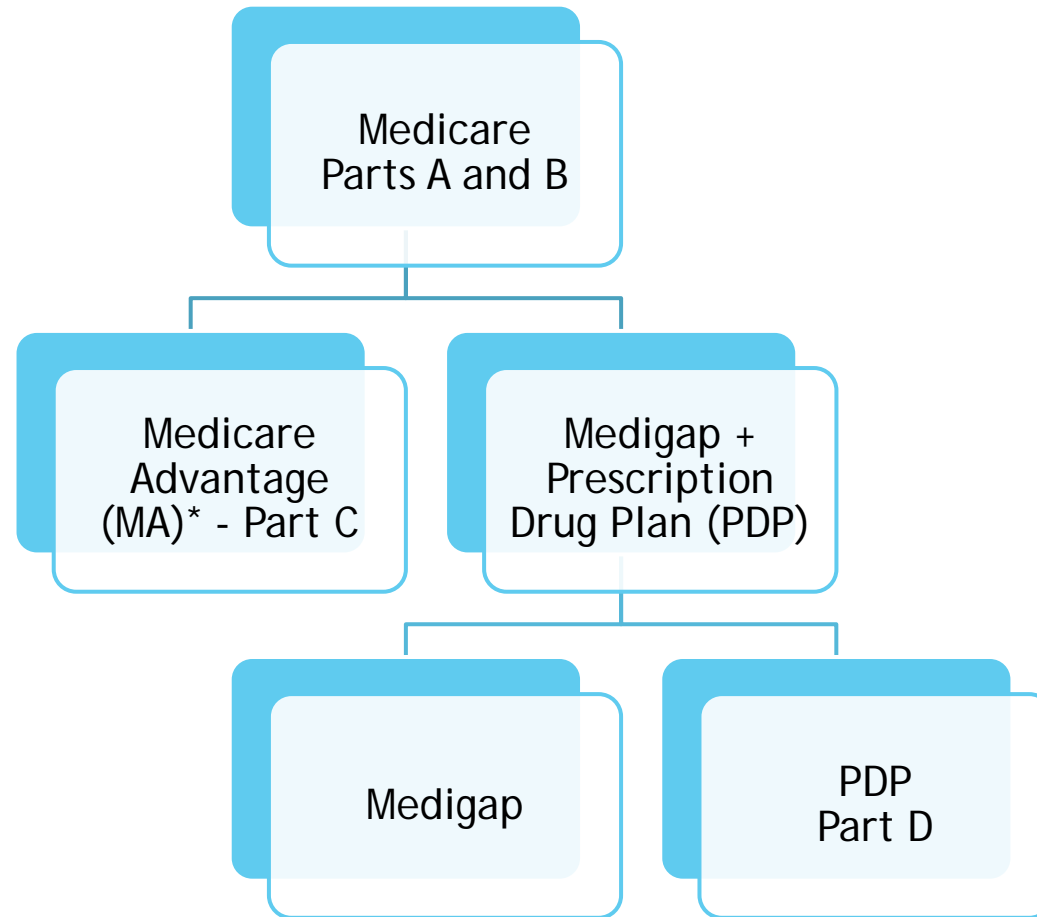


8 Volunteers

- ▶ 835 Clients Served
- ▶ 1,986 hours



# Medicare Options



\*Medicare Advantage plans typically include prescription drug coverage. Some do not and are only recommended for people with alternative drug coverage (e.g., VA)



# SHIBA

## Senior Health Insurance Benefit Assistance



### Client Profile

- Anyone with questions about Medicare
  - Turning age 65?
  - Help selecting a supplement?
  - Questions about prescription drug coverage?
  - Confused by a bill?
  - Planning for a big procedure?
- Call the office for an appointment
- Complete brief survey at conclusion of service


### Volunteer Profile


- Age 55 or older
- Register as an RSVP volunteer
- Computer/email capabilities
- Interest in ongoing education and lifelong learning
- Complete a comprehensive training and background check
- Provide one-on-one support and system navigation
- Participate in monthly meetings
- Complete monthly timesheets and log client interactions in system

# Assistance with Fraud: Senior Medicare Patrol (SMP)

- ▶ Educates beneficiaries to protect themselves from consequences of Medicare fraud, errors, and abuse
  - ▶ [www.smpresource.org](http://www.smpresource.org)
- ▶ Contact the Aging and Disabilities Resource Center at 855-673-2372 or go to [ADRCofOregon.org](http://ADRCofOregon.org)

# Be Savvy

About Us | Contact Us | Events | 

 **Be Savvy**  
Be connected. Be healthy.


[Home](#) [COVID-19](#) [Community](#) [Learning](#) [Entertainment](#)

New Lesson:  
**How to FaceTime**


[Click Here](#)

**How to Use Instacart**


[Click Here](#)




**Stay Connected**  
ways to connect with



**How to Download an App**



**How to Zoom**  
Learn how to make a video



**Computer Basics**  
Learn the basics of your

<https://besavvyso.org/>

# Foster Grandparent Program

Nurture,  
Mentor, and  
Tutor Children  
within organizations serving  
youth, e.g., public schools,  
Early Learning Centers, and  
after-school programs

<https://vimeo.com/manage/videos/631442624>

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# Benchmark Levels By County

## Jackson

- Reading  
= 33.0 %
- Math  
= 19.8%

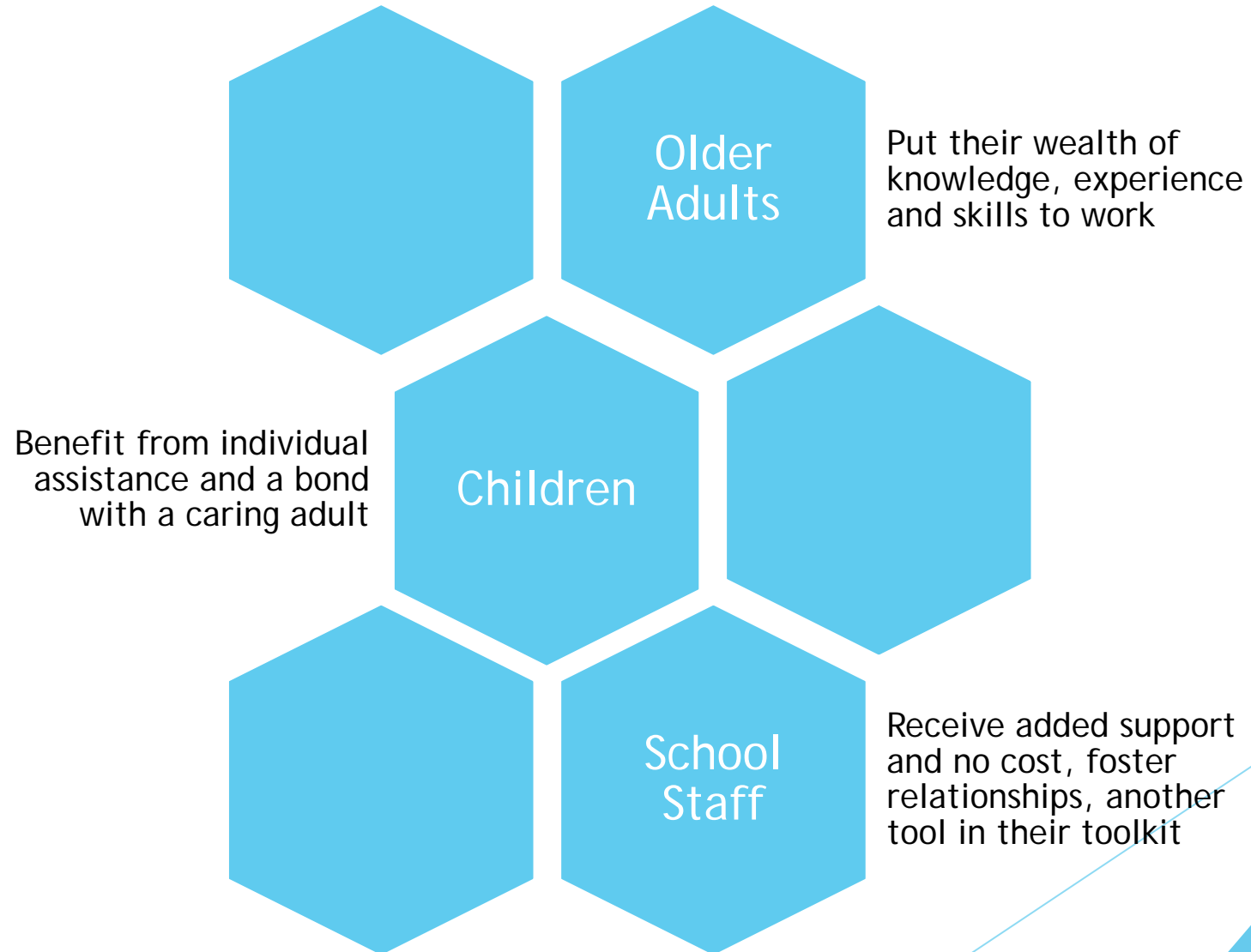
## Josephine

- Reading  
= 34.5%
- Math  
= 19.0%

## Klamath

- Reading  
= 30.1%
- Math  
= 18.5%

# FGP's Multi-Faceted Solution





# Program Outcomes

## Children

- ▶ School Readiness
- ▶ K-12 Academic Engagement
- ▶ Social and Emotional Learning

## Older Adults

- ▶ Increase Income
- ▶ Support Food Security
- ▶ Elder Abuse Prevention
- ▶ Socialization
- ▶ Access to Health Care
- ▶ Education and Resources
- ▶ Transportation Access
- ▶ DEIAB Training

# Healthy Living Initiative



# Resiliency Demonstration Project



# Birthday Books with Beth

I'm attaching a photo of some of the kiddos in my class at PES holding up the books I gave them to celebrate my birthday. My daughter-in-law teaches 1st grade in California and had given me a box of books to recycle where I thought best, so I gave one to each child in the class and told them the best birthday present they could give me was to learn to read.

Each one of them made me a Happy Birthday card and they sang Happy Birthday (at least 4 times LOL) The photo isn't very clear as my phone was about out of juice and they were wigglers, but I love it.

The teacher, Mrs. H, helped them with the cards I'm sure - and we all had a good time. Oh, and they were fascinated by the fact that it was my 70th birthday - wow, I'm old like a sea turtle! Good times.



# Foster Grandparent Program Impact

- ▶ 51 Volunteers serving at 34 sites.
- ▶ 2021 -2022 stipend and mileage reimbursement to seniors in our community: \$137,835



# Foster Grandparent Program Details

## ▶ Eligibility:

- ▶ 55+
- ▶ Minimum 5 hrs/week
- ▶ Low-Income \*Stipend

## ▶ Benefits:

- ▶ \$4.00/hr. non taxable stipend
- ▶ Accrued personal leave
- ▶ Meals
- ▶ Transportation/Mileage reimbursement
- ▶ Free annual physicals
- ▶ Recognition

# Collaboration

- ▶ Community Housing
- ▶ RVM
- ▶ RVGOG, ADRC, APD
- ▶ Older Adult Behavioral Health Specialists
- ▶ Ashland Senior Services Division
- ▶ Senior Centers
- ▶ Unete
- ▶ OLLI
- ▶ School Districts, Early Learning Centers
- ▶ Service Organizations - Rotary, Soroptimist, Kiwanis
- ▶ Many Others

# Community Volunteer Network

501(c)(3) organization

## CVN Makes a Difference in our Community

We get to provide direct services for clients and volunteer opportunities!

### Volunteerism Research Data:

- ▶ Adults 60+ experience improved physical and mental health
- ▶ Increased sense of personal accomplishment
- ▶ Creates a renewed sense of purpose
- ▶ Older adults who volunteer report an overall greater satisfaction in life



Comparing baseline scores with a second-year follow-up, Senior Corps volunteers were healthier, less depressed, and less socially isolated than those who did not serve:

**Less Socially Isolated**

88 percent reported fewer feelings of isolation

**Better Health**

84 percent reported stable or improving health

**Less Depressed**

78 percent reported fewer symptoms of depression

**1**

## TANGIBLE BENEFITS FOR VOLUNTEERS

- Mileage Reimbursement
- Recognition Events
- Supplemental Insurance

## MAKE A DIFFERENCE

- Strengthen The Community
- Stay fulfilled
- Find a renewed purpose

**2**

# 3

## IT'S GOOD FOR YOU

- Volunteers report better health and longevity
- Increase socialization and reduce loneliness
- Meaningful and productive activities improve your outlook

## LIFELONG LEARNING

- Share your lived experience
- Learn from others
- Enhance or add to your skillset

# 4

**5**

## SERVICE IS A SOLUTION

- Help the community solve problems
- Address local, regional, and national issues
- Be part of the change and movement

## MEASURABLE IMPACTS

- Service is accounted for and reported
- Outcomes are measurable
- Qualitative and Quantitative

**6**

**7**

## ENHANCE YOUR NETWORK

- Stay connected to the community
- Learn about resources
- Build your support system



**AmeriCorps  
Seniors**

**Community Volunteer Network**

 A PRC Organization

# How to get involved and what to expect as a service recipient or a volunteer:

- ▶ Age Wise Age Well (541)646-3402

[bkirkland@retirement.org](mailto:bkirkland@retirement.org)

- ▶ SHIBA and Other Community Priorities (541) 857-7780

[rsvp@retirement.org](mailto:rsvp@retirement.org)

- ▶ Call-A-Ride (541) 857-7783

[callaride@retirement.org](mailto:callaride@retirement.org)

- ▶ Foster Grandparent Program (541) 857-7786

[fqp@retirement.org](mailto:fqp@retirement.org)

Any Questions?

