

“GAP is a very rewarding experience in many ways. To share such a small amount of your time to help another person is so worth while. A friendly smile and a caring attitude can be the highlight of someone’s day or week. It’s a win-win situation for all.”

— Edward, GAP volunteer

Grocery Assistance Program (GAP)

*A project of RSVP
in Greene and Boone County*

What is GAP?

GAP is a free service that helps disabled adults of any age and

individuals 60 and older who may have difficulty getting

groceries from the store to the kitchen. Participation may be short term (temporary illness or recuperation) or long term. GAP volunteers grocery shop to help

individuals eat healthy, maintain their independence, and remain in their home.



Background checks are completed on Respite, In-home and GAP volunteers.

Community involvement... respond through volunteerism!

www.volunteer-rsvp.com

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*RSVP is a non-profit agency
and is sponsored locally by:*



Funded through:

AmeriCorps Seniors

State of Iowa

United Way of Boone County

Boone & Greene County Supervisors

City of Boone

Fundraising, Individual & Business Donations



Boone & Greene Counties



Stay active.

Improve health.

Be the solution.

VOLUNTEER

Why should you join RSVP?

RSVP values the knowledge and experience of volunteers.

RSVP is caring power! You are helping to improve lives by joining the caring power of your community.

It feels good! Volunteering means you're helping others, and that will give you satisfaction like nothing else.

You will meet new people! By volunteering, you meet people you may not otherwise have the pleasure of meeting.

RSVP helps keep people in their home and builds relationships.

RSVP works to help local non-profits, education, health proprietors, and city and county entities meet their needs through volunteerism.

RSVP is available for presentations about services to help and befriend those in need, as well as volunteer opportunities.

RSVP offers "Matter of Balance" Falls Prevention Classes and nutrition talks for older adults. Contact RSVP to schedule either one.

Many volunteer opportunities are available in the following areas:

- Elementary literacy
- Mentoring
- Outreach support by phone
- County tourism
- Food pantries
- Offices
- Nursing homes
- Pen pals
- Hospice
- Disaster preparedness (youth)
- Adult caregiver respite
- In-home visitation
- Phone Friend
- Grocery shopping

** Please ask which counties these opportunities are available in, as well as what other opportunities are available.*

Give of yourself! Volunteering reduces stress and can make you healthier and happier.



Adult Caregiver Respite Program

*A project of RSVP
in Boone and Greene County*

What is RSVP Respite?

RSVP Respite is a free service that provides the gift of time, rest and relief to a full-time caregiver of an adult family member or friend who cannot be left alone.

Respite volunteers offer quality companionship to care recipients; no personal care involved.

In-Home Visitation and Phone Friend Programs

*A project of RSVP
in Boone and Greene County*

What is In-Home Visitation and Phone Friend?

These are free services that provides friendship and companionship for older adults who are socially isolated, who may be lonely or just want good conversation. In-home and phone friend volunteers brighten someone's day by bringing some friendship and fun into their life. Participate in either program or both.

"Elaine is therapy for me. I really enjoy visiting with her. I asked her if it was okay to stay for longer visits."

- Darlene, In-home & Respite Volunteer