

# REDISCOVER, RECONNECT.....VOLUNTEER!



## Retired and Senior Volunteer Program of Greater Long Beach



### Strengthening Communities through Service

Your skills, time and experience are an important asset; Use them, don't lose them. Meet new people while serving your community.

### How to RSVP

Contact us at:

**myrsvp@hotmail.com**  
or call (562) 506-2801

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Alpert Jewish Community Center,  
City of Long Beach &  
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Community Service



### WHY YOU SHOULD GET INVOLVED!

You have the energy and passion to make a difference. You now have a little more time and a lot more experience to give. RSVP can introduce you to organizations that need your enthusiasm and experience. We offer you:

- Opportunities to put your skills & experience to work for the community
- A connection with people who want to make a difference
- Free portal to portal insurance for your protection
- Reimbursement for travel expenses
- Recognition for a job well done

### RESPOND TODAY, IF YOU PLEASE...TO RSVP

RSVP connects individuals over 55 to a wide range of local volunteer options that make a difference both to our community and to the volunteer. RSVP:

- Values your skills, experience, energy, and time
- Works with you to find appropriate service opportunities
- Supports the work of local nonprofits by finding and placing active, engaged volunteers.

### WHAT IS RSVP?

We are a part of the national organization that recruits and connects Greater Long Beach residents 55 years of age and over with volunteer opportunities that strengthen our community. We are unique because we focus on you, the volunteer. We work with you in determining where best you can apply your experiences, learn new skills, address important local needs, and have opportunities to meet new people. Here are some RSVP volunteer options:

- Work to preserve history through oral history assignments
- Provide assistance to local fire and police departments
- Support local arts, history and culture
- Address community needs while serving a diverse population.

### WHY VOLUNTEER?

Your reasons for volunteering are unique to you. You may care deeply about community involvement and helping others, or you may volunteer to meet new people. You may want to try new things and put your skills to use in a new way. Research shows that volunteers benefit by living longer and enjoying a higher quality of life. The most important reason that people volunteer is because someone asked them. We are asking YOU to serve.

## RETIRED AND SENIOR VOLUNTEER PROGRAM

Alpert Jewish Community Center  
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### Helping the Homebound

**Meals on Wheels:** Dedicated to the in-home nourishment of ill, disabled and elderly homebound residents in the cities of Long Beach and Signal Hill. Their goal is to keep participants well fed and independent in their own homes for as long as possible.

**The Heart of Ida:** a minor repair and fix program serving low income to moderate income seniors. The goal is to help participants retain their independence while also helping them remain safer and more secure in their own homes. – Minor “handyman” jobs.

**Independence At Home Faith in Action and Volunteer Action for Aging:** A volunteer care giving program that is designed to assist homebound seniors and disabled adults, providing support and reassurance to those at home. – be a “friendly visitor”.

**Food Finders:** An organization dedicated to feeding the hungry, as volunteers pick up and deliver food that has been donated. The food is delivered to service agencies such as homes for battered women and children, alcohol and drug recovery centers, pregnancy centers, senior centers, hospice, family shelters.

### Becoming an Ambassador

**Long Beach Airport; Travel Ambassadors:** Provide guided tours educating the public with behind the scenes glimpses of aviation operations, history, architecture and art. Travel ambassadors greet, assist and direct travelers at the airport.

**Long Beach Fire Ambassadors:** Inform 3<sup>rd</sup> graders about fire safety, provide fire safety information to the public and support the “Spark of Love” toy drive. Ambassadors also provide education to seniors in the community.

**Long Beach Senior Police Partners (SPP):** Are liaisons between the older adults of the community and the police department. SPP’s provides victim support and referrals to agencies, monitor handicap violations and act as liaisons for the police department.

### Local Community Centers

**El Dorado Community Center, Long Beach Senior Center, Alpert Jewish Community Center, Normandale Senior Center, LGBTQ Center Long Beach:** Be an integral part of your local community center. Volunteer to serve meals or food prep, teach a class, work in the library, and help as a clerical assistant.

## Teaching a Piece of History

### **Rancho Los Cerritos Historical Site & Rancho Los Alamitos Historical Site**

Do you have a passion for California History? Share your knowledge of local history with others. Join one of our committees, such as curatorial, gift shop, garden crafts, or living history. Adults and mature teens can assist with our special events and holiday programs.

**SS Lane Victory**: Definitely not your typical Volunteer job. Be a part of this living history monument. Join the all-volunteer team that maintains the WWII merchant marine ship. Assist in the ships galley or mess rooms, volunteer in the gift shop or work the gangway welcoming the public.

## Helping at Hospitals

### **Lakewood Regional, Long Beach Community Hospital, Long Beach Memorial Hospital & St. Mary's Medical Center, VA Hospital**

Clerical volunteers assist with filing, data entry mailing, & a range of other special needs. Individuals who have good communication skills may want to volunteer their time assisting visitors at the information desk with providing information, answering general questions, and directing visitors. Volunteers can also assist hospital staff by distributing reading materials to the patients or simply by helping in the gift shop.

**Pathways Volunteer Hospice**: Dedicated to providing support and compassion for terminally ill patients and their families while providing support to grieving children and their families through bereavement support groups.

**Haven Health**: The leading provider of hospice services in Southern California. "Volunteers are the heart of hospice."

## Arts & Culture

**Carpenter Performing Arts Center**: Supports the activities of the center by ushering at performance and special student matinees, doing clerical work and mailings, or helping to put on our biggest party of the year, Top of the World. Our volunteers are an essential factor in the Carpenter Centers mission of bringing the arts to the community.

**Long Beach Play House**; is looking for volunteers to help in a variety of activities mailing, costume, construction set design, telephoning, costumer design, and ushering.

## Working with Kids; Tutors & Mentors

**School on Wheels, Inc.:** One-on-one tutoring, peer tutoring, online tutoring, group tutoring. Our volunteers come from all backgrounds and profession with one goal...to make a positive difference in the life of a homeless student.

**Boys & Girls Club LA Harbor**: True to its mission since 1937, the Boys & Girls Clubs of the Los Angeles Harbor helps young people, especially those who need us most, to reach their full potential as productive, caring, and responsible citizens. The Club achieves this by providing a safe, nurturing environment where quality programs and services inspire its members to greatness.