

## **RSVP of Macomb**

### **What is RSVP?**

The Retired and Senior Volunteer Program (RSVP) is one of three National Senior Corps programs under the Corporation for National and Community Service and Michigan Office of Services to the Aging. Catholic Services of Macomb is the local sponsor of the program in Macomb County.

### **What does RSVP do?**

RSVP of Macomb places adults age 55 or older in volunteer positions at over 60 sites throughout Macomb County, including hospitals, schools, community and senior centers, child care centers, nutrition programs and other non-profit organizations.

### **What do RSVP volunteers do?**

There are as many volunteer assignments as there are individual ways to meet community needs. RSVP volunteers tutor children; interview local veterans as part of the National Veterans History Project; work in hospitals; visit the homebound; deliver meals; do special, one-time projects for nonprofit organizations; provide computer and clerical support for nonprofit organizations; knit; crochet or sew lap robes, baby clothing and layette sets, and other items for those in need; support military families whose loved ones are deployed through Selfridge Air National Guard Base; give presentations on emergency preparedness; and perform other tasks that meet community needs. RSVP matches each volunteer's knowledge, skills and interests with assignments that are satisfying and rewarding.

### **Who can volunteer?**

Any person age 55 or older who wants to serve her/his community is welcome to join RSVP of Macomb. There are no limitations based on education, income, or experience.

For those between ages 44-54, RSVP also offers opportunities through **VIP – Volunteers Investing in People**.

### **Why volunteer?**

Volunteers experience personal satisfaction, increased self-esteem, and new friendships. Volunteering on a regular basis can also strengthen immune systems and increase life expectancy. RSVP volunteers may also receive mileage reimbursement for travel to and from their placement sites.

### **How can you become involved in RSVP or VIP?**

For more information or to become a member of RSVP or VIP of Macomb, click on the [Contact Us](#) on this web site; call **RSVP of Macomb at 1.586.756.1430** or email [rsvp@csmacomb.org](mailto:rsvp@csmacomb.org)