

UMaine, Center on Aging, Retired Senior Volunteer Program (RSVP) Impact Report

The purpose of RSVP under the guidelines of the AmeriCorps Seniors is “...for the dual purpose of engaging persons 55 and older in volunteer service to meet **critical** community needs; and to provide a high-quality experience that will enrich the lives of volunteers.”

RSVP partners and collaborates with local agencies and organizations in its four-county service area. The counties served are, Hancock, Penobscot, Piscataquis, and Washington. Approximately 120 volunteers will serve 30+ agencies in meeting critical community needs over the next three years.

- ✓ 8 community stations offer free Bone Builders’ classes twice a week. This program is designed to prevent and reverse the effects of osteoporosis through strength training, and balance exercises. Health-related education is provided to over 150 participants with an average age of 78. One participant said, *“Thanks to Bone Builders, my balance is better, my understanding of muscles and how they work is better, my overall health is better. Margaret Barton Small, age 90.*
- ✓ Our RSVP’s Let’s Read Let’s Grow Program served 120 individuals which directly impacted school readiness for 75 children.
- ✓ RSVP volunteers for Meals on Wheels and Commodity Supplemental Food Program helped to serve 676 consumers. 100% reported an increase in food security.
- ✓ RSVP volunteers for adult day services/respite have provided over 2,500 hours of volunteer service in 2024.
- ✓ Estimated value of service and civic engagement: Value: 97,000

RSVP Impacts

1. **Community Support:** By addressing critical needs like food insecurity and older adult wellness, the program helps improve the quality of life for older adults.
2. **Volunteer Enrichment:** Volunteers aged 55+ gain a sense of purpose and fulfillment, enhancing their well-being through meaningful service.
3. **Intergenerational Connections:** Programs like “Let’s Read, Let’s Grow” foster connections between older adults and young children, promoting literacy and school readiness.
4. **Health Benefits:** Wellness programs such as Bone Builders and Tai Chi for Arthritis help older adults maintain physical health and prevent and or reverse the effects of osteoporosis and arthritis.
5. **Caregiver Relief:** Adult day services provide much-needed respite for caregivers, supporting families and reducing caregiver burnout.

UMaine, Center on Aging, RSVP volunteer services have continued to enrich the lives of older adults by promoting well-being, fostering social connections, and providing a sense of accomplishment for more than 21 years.

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