

Mayflower RSVP, Inc. ~ 36 Cordage Park Circle, #220 ~ Plymouth MA 02360

## The Plymouth County Center for Volunteerism

Recruit, Train, Support, Celebrate volunteers!

# JULY 2010 NEWS NOTES



Call RSVP for Calendar Details (508) 746-7787, Toll Free (877) 746-RSVP

- July 14 10 am - 7 pm** **29<sup>th</sup> Annual Garden Tour “Through the Garden Gate”** sponsored by the S.S. Natural Science Center. Featuring gardens in Norwell, Scituate and Marshfield. Music, artists, and special garden center discounts. Visit the website for details at [www.ssnsc.org](http://www.ssnsc.org) or call 781 659-2559.
- July 20, 21, 26 & 28 6 – 7:30 pm** **Are you a current or former resident of Plymouth 21- 25 years old?** CMCA, Communities Mobilizing for a Change on Alcohol, is seeking individuals for a confidential focus group to gather information about perspectives on underage drinking & ideas to reduce it. To be held at Curry College, North Park St., Plymouth. Info call 508 746-3964 or email [cmcaplymouth@yahoo.com](mailto:cmcaplymouth@yahoo.com).
- July 22 1 – 3 pm** **Memoirs Class** at Home Concepts with author and RSVP member Jan Alsheimer; reservation required. Call Susan at RSVP.
- July 25** Come join us as **RSVP cooks breakfast at the Jones River Landing!** You should not miss this event with the Major John Bradford Homestead as a backdrop and the river practically at your feet – see details in this issue.

### Volunteers Opportunities

Please contact Susan O’Neil at RSVP for further details

#### Adult Student in need of Tutor, Brockton

A Jamaican student referred by Catholic Charities needs tutoring in reading and writing. 1-2 days per week at the English Transcultural center in Brockton.

#### “Grade 3 students lagging in reading”

A recent Boston Globe article goes on to state that “almost half score below proficient”!

**South Shore Women’s Center**, Plymouth, is desperately seeking childcare help while their mothers are in a counseling session. Tuesday evenings at the Women’s Center from 5:30 - 7:30 pm. This is a perfect opportunity for your children or grandchildren to earn community service hours for their school while providing a crucial service at the Center.

#### Welcome new RSVP partner Jones River Landing in Kingston!

RSVP volunteers have “counted herring” and participated in other adventures at the River. There are some great ecological ventures for the outdoor person. Visit their website [www.jonesriverlanding.org](http://www.jonesriverlanding.org) for opportunities.

#### Pilgrim Hall Museum

Meet and greet people from all over the world as they visit the extraordinary 17<sup>th</sup> century Pilgrim artifacts and the world-renowned history paintings at the Pilgrim Hall Museum. Reception volunteers needed on Fridays from 9:30 am -1:00 pm or 1:00 - 4:30 pm.

#### Habitat for Humanity, Greater Plymouth

Habitat is ready to break ground on a new home build in Carver. Volunteers will be needed for building, landscaping, painting etc. Contact Susan O’Neal to keep informed of these opportunities.

#### Boys & Girls Club Summer Reading Program

Join us at the Plymouth Boys & Girls Club this summer to read with, play games with and teach new skills to 6, 7 & 8 year old kids. During the summer months we keep the children interested in reading and learning by engaging them in educational enrichment activities. Our program begins Tues., July 6 and ends on Thurs., August 5. We meet on Mondays, Tuesdays & Thursdays from 12:30 to 1:30 pm. Choose one day or more! Orientation and support provided. The Boys & Girls club is a proven successful program to help kids stay on track.

#### Memoirs Class

RSVP Volunteer Jan Alsheimer, a retired teacher and author of two award winning young adult books has given RSVP members a great opportunity by instructing a writing class entitled “Memoirs”. The class meets monthly and will continue through the end of this year. If you are interested in attending, please contact Susan O’Neal.

**Reading Partners needed** in 5 Plymouth & 1 Brockton elementary & a Plymouth Charter middle school for Fall 2010. A Boston Globe article states – “almost half score below proficient . . .” in reading.

## Grant Seeking series continues!

Our first was a sell out and people keep asking when the next one will be! We finally got a commitment from Certified Fund Raising Executive Jane B. Ford for her return by popular demand.

The dates are Oct. 21; Nov. 4 and 18 for three four hour sessions held two weeks apart. The first how-to session with Mrs. Ford will be followed by a group work session facilitated by another grant seeking professional and end with a finalization session with Mrs. Ford.

Discount price of \$25 for current RSVP members and \$50 for non-members. The workbook's retail price of \$18 is included in the registration fee.

Call RSVP at 508 746-7787 to reserve your seat; payment in full guarantees your place. To insure personalized instruction, class size is limited to 25.

All sessions will be held at Home Concepts, The Shops At 5 Drive, Plymouth, from 9 am to 1 pm.

## RSVP to host Jones River Village Breakfast

The Major John Bradford Homestead at the corner of Maple Street and Landing Road, Kingston will be the site of a gala breakfast put on by volunteers from Mayflower RSVP on Sun., July 25.

From early July to the end of August each year, the Jones River Village Historical Society opens the Homestead's doors each Sunday offering their facility to outside groups willing to host a breakfast from 9 to 11:30 a.m. A full breakfast is served with prices adults \$8 and children (4 to 10 years) \$4.

RSVP's staff and Board of Directors are recruiting additional help to make this first-time event a success! The Society provides the facility and some food items, the majority must be gathered by RSVP.

Approximately 15 volunteers are needed to help set-up tables and chairs; coordinate the preparation of baked goods and fruit; cooking; serving and of course, clean-up. Since these breakfasts provide great exposure to the hosting groups, RSVP will have hosts and hostesses there to answer questions about RSVP and the many benefits of volunteers and volunteering. Contact Susan O'Neal to sign up for this event.

During the breakfast, the Society holds guided tours of the Bradford House, an exhibition, a silent auction in the barn and a children's art exhibit. Hope to see you there!

## Join our Events Call List!

With an increasing number of special events and meetings on the Mayflower RSVP calendar recently, we have found the need for extra hands to take over some of the myriad details these events entail.

Current and new RSVP volunteers are invited to join the Events-On-call-Help list. Helpers in the following areas are especially needed: Reservation Management; Room & Table Decorators; Event Hosts & Hostesses; Ticket sellers/takers; Program Book Sponsor Seekers; Lead Baker (see Jones River Breakfast, this issue).

## Thinking even further ahead . . .

September's Full Moon, the Harvest Moon, will shine on Mayflower RSVP and its guests as we celebrate the end of summer at Plimoth Plantation's outdoor pavilion. The theme is **Getting to Know You** and RSVP's member volunteers, staff, and Board of Directors will host visiting staff, volunteers and board members from our many agency partners from throughout the county. There will also be live music, refreshments a cash bar and silent auction. Please save the date on your calendar Thurs., Sept. 23, 5 to 7 pm. More details to follow next month . . .



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## Fact Sheet

### ***VOLUNTEERING AND YOUR HEALTH: HOW GIVING BACK BENEFITS EVERYONE***

A survey released by UnitedHealthcare, a UnitedHealth Group company, and VolunteerMatch identifies some of the key health benefits of volunteering. The *UnitedHealthcare/VolunteerMatch Do Good. Live Well. Survey* of more than 4,500 American adults found that 68 percent of those who volunteered in the past year report that volunteering has made them feel physically healthier.

#### **Volunteering and Health:**

Volunteers agree that volunteering helps them to lead healthier lives.

- 68% of volunteers agree that “volunteering has made me feel physically healthier.”
- 89% of volunteers agree that “volunteering has improved my sense of well-being.”
- 73% of volunteers agree that “volunteering lowers my stress levels.”
- 29% of volunteers who suffer from a chronic condition agree that “volunteering has helped me manage a chronic illness.”
- Volunteering appears to correspond to a healthier BMI. 34% of volunteers are considered to have an “average” BMI, compared to 27% of non-volunteers. In addition, a lower proportion of volunteers (31%) were identified as obese when compared to non-volunteers (36%).

#### **Volunteering and Satisfaction with Life:**

Volunteering appears to correspond with higher levels of life satisfaction – including a greater sense of meaning and purpose and higher levels of optimism.

- 92% of volunteers agree that volunteering enriches their sense of purpose in life.
- Volunteers are significantly more likely (72%) to characterize themselves as “optimistic” compared to non-volunteers (60%).
- They are also significantly more likely (36%) to rate their overall satisfaction with their lives as “very good” compared to non-volunteers (26%).
- Volunteers are significantly more likely (42%) to say they have a “very good” sense of meaning in their lives, compared to non-volunteers (28%).
- Volunteers are significantly more likely (40%) to say they have a “very good” sense of purpose in their life, compared to non-volunteers (27%).

#### **Volunteering Rates and Relationship to Work:**

Employers have an important role to play in encouraging volunteerism among their employees.

- 25% of those who volunteer do so through their place of work.
- Among those who volunteer through work:
  - 84% agree that “more people would volunteer if their employers helped provide the means and the motivation.”
  - 81% agree that “volunteering with work colleagues has strengthened our relationships.”
  - 76% agree that “I feel better about my employer because of their involvement in my volunteer activities.”
  - 21% agree that “I would not be a volunteer if it wasn’t for my employer.”
  - 88% of all volunteers agree that volunteering provides networking/career development opportunities.

## **Volunteerism in America**

- More than four in every 10 Americans (41%) have volunteered in the last year (e.g., engaged in unpaid service activities, not including giving money or donations).
- 69% of Americans have made donations to an organization in the past year.
- 44% of Americans report that they intend to volunteer in 2010, with many citing “the opportunity to make a difference” as the motivation.

## **UnitedHealthcare/VolunteerMatch Do Good. Live Well. Survey Methodology**

In February 2010, UnitedHealthcare and VolunteerMatch sponsored a study among Americans to understand patterns of volunteering in the United States and its relationship to health and well-being. An online survey was administered to a national sample of 4,582 Americans over the age of 18 regarding their health and their propensity to volunteer. The sampling plan was balanced and the data were weighted to reflect the demographic profile of the U.S. adult population.

The main objectives of the study were to assess current perceptions of Americans’ own physical and emotional health, determine attitudes and beliefs about volunteering, determine the effect of volunteering on the volunteer, measure incidence and motivation of volunteerism in the U.S., gauge popularity and impact of workplace volunteer opportunities, and highlight the differences between seniors who volunteer and those who do not in terms of health and lifestyle.

The study was conducted by TNS (Taylor Nelson Sofres) from Feb. 25 to March 8, 2010. TNS is the world’s largest custom research agency. TNS provides comprehensive industry knowledge within the consumer, technology, finance, automotive and political & social sectors, supported by a unique product offering that stretches across the entire range of marketing and business issues, specializing in product development & innovation, brand & communication, stakeholder management, retail & shopper, and qualitative research. Delivering best-in-class service across more than 75 countries, TNS is part of Kantar, the world’s largest research, insight and consultancy network. Please visit [www.tns-global.com](http://www.tns-global.com) for more information.

Complete results of the survey can be viewed at [www.DoGoodLiveWell.org/OurCommitment.html](http://www.DoGoodLiveWell.org/OurCommitment.html) .

## **About UnitedHealth Group**

UnitedHealth Group is a diversified health and well-being company dedicated to making health care work better. Headquartered in Minneapolis, Minn., UnitedHealth Group offers a broad spectrum of products and services through six operating businesses: UnitedHealthcare, Ovations, AmeriChoice, OptumHealth, Ingenix, and Prescription Solutions. Through its family of businesses, UnitedHealth Group serves more than 70 million individuals nationwide.

## **About VolunteerMatch**

VolunteerMatch is a national nonprofit dedicated to strengthening communities by helping good people and good causes to connect. Its award-winning online service, [www.VolunteerMatch.org](http://www.VolunteerMatch.org), makes it easy to find a way to make a difference by location, expertise, or availability, and is the #1 ranking for “volunteer” on Google, Yahoo! and Bing. In addition to its public Web site, VolunteerMatch provides many of the nation’s most recognized businesses, campuses and organizations with Web-based solutions to facilitate and track their volunteer engagement. The VolunteerMatch network regularly welcomes more than 190,000 visitors each week and has become the preferred volunteer recruiting service for tens of thousands of participating nonprofits.

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