

RSVP is one of the largest volunteer networks in the nation for people 55 and over. It is part of Senior Corp, an organization that taps the skills of more than 270,000 Americans age 55 and over to meet a wide range of community challenges. As part of RSVP, the Retired and Senior Volunteer Program, you can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your community.

Service opportunities are as diverse as the communities in which volunteers serve and may include:

- Helping senior citizens stay healthy and in their homes
- Tutoring and mentoring disadvantaged or disabled youth
- Helping with food distribution through food shelves and pantries, and Meals on Wheels
- Preserving our natural resources
- Supporting the arts and teaching new skills
- Assisting victims of natural disasters

In Lake and Cook County, MN, volunteers of all ages may be registered with

- **Arrowhead RSVP**, which engages persons 55 and better in volunteer service to meet critical community needs and to provide a high quality experience to enrich their lives.
- **Northland Volunteer Center** promotes volunteering by assisting people of all ages – including families -- to find meaningful volunteer opportunities in their communities, provides education and information, networking meetings, and sponsors special volunteer events like the annual Volunteer Fair, Purple Ribbon Recognition, and Hall of Fame Volunteer Awards.

Eligibility

Anyone who has a desire to serve the community as a volunteer is eligible to register with Arrowhead RSVP or Northland Volunteer Center. There are no restrictions based on education, income, or experience.

Service

Our volunteers serve Cook, Lake and St. Louis Counties, including the City of Duluth, through nonprofit organizations and health care facilities; including schools, libraries, hospitals, tourist attractions, conservation areas, nursing homes, animal shelters, food shelves, and a wide variety of other community programs.

Volunteer opportunities involve helping children to read, delivering Meals on Wheels, preserving the natural environment, providing tourist information, friendly visiting and more. Our volunteers provide the equivalent of 4.9 million dollars in volunteer service annually.

Service hours are scheduled to meet the individual wishes and interests of the volunteer as well as the volunteer location. Each volunteer is asked to give 48 or more service hours during the year.

RSVP and NVC Volunteers are Provided:

- Personal assistance in finding an opportunity that is interesting and rewarding
- A chance to share life experiences to help others
- Satisfaction in knowing one is helping to meet critical community needs
- The opportunity to meet new people and face new challenges
- Excess accident and liability insurance while volunteering
- Help with travel expenses if needed (for RSVP volunteers only)
- Recognition for service; annual volunteer luncheons; purple ribbon recognition week

Contact us at any of these locations:

<p>St. Louis County (Administrative Office) Arrowhead RSVP AEOA 702 - 3rd Avenue South Virginia, MN 55792</p>	<p>Bonnie Ebnet Director</p>	<p>218-748-7328 or 1-800-662-5711 ext. 7328 bonnie.ebnet@aeoa.org</p>
<p>Lake & Cook Counties Arrowhead RSVP AEOA 2764 Highway 61</p>	<p>Nancy Frischmann Coordinator Lake & Cook Counties</p>	<p>218-226-8809 nancy.frischmann@aeoa.org</p>

Two Harbors, MN 55616		
Duluth Area Arrowhead RSVP 2014 W 3rd St Duluth, MN 55806	Kirsten Ryden Coordinator, Duluth Area	218-409-5991 kirsten.ryden@aeoa.org

RSVP, with the Foster Grandparent and Senior Companion Programs, is part of Senior Corps and sponsored by AEOA. Funding is provided by the Corporation for National & Community Service; Minnesota Board on Aging; St. Louis & Lake Counties.