

# Retired and Senior Volunteer Program



*Center of Essex & Hudson Counties*

## RSVP Now Sponsored by Jewish Family Service of MetroWest NJ

The Retired & Senior Volunteer Program (RSVP) Center of Essex and Hudson Counties is now sponsored by Jewish Family Service (JFS) of MetroWest New Jersey.



For over 150 years, JFS has provided the MetroWest community with life-changing mental health and social services. From their establishment in the mid-nineteenth century as an orphanage to the present day, they have stayed true to their mission to help all those in need.

Guided by the wisdom and values of their tradition of respect for all people, JFS provides innovative, compassionate and outstanding social services to enhance the independence and well-being of individuals and families throughout all stages of life.

JFS aims to be the premier Agency within the MetroWest, NJ area providing for the social services and mental health needs of the greater community with unparalleled professionalism, humanity and respect for all who seek its support.

Throughout JFS's history, they have fulfilled their mission of helping those in need. They have resettled Holocaust survivors, supported the poor, assisted with adoptions, helped older adults to remain independent in their own homes, educated the community about domestic abuse, administered the Hebrew Free Loan fund, counseled adults, families, children and teens, supported local synagogues and sister Jewish communal agencies, and so much more.

RSVP Center of Essex and Hudson Counties is proud to be sponsored by such an outstanding agency. We look forward to a productive and long lasting relationship.

For more information regarding Jewish Family Service of MetroWest New Jersey and the services they offer, please visit their website at [www.jfsmetrowest.org](http://www.jfsmetrowest.org) or call 973-765-9050.

### Special points of interest:

- Meet the RSVP Staff!
- Get involved in your community
- Find out who RSVP's Volunteer of the Month is!
- Learn about RSVP's rich history
- See a full listing of all RSVP's Volunteer Stations

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## Volunteer Station Spotlight: Friend Advocate

JFS is the administrator of the Essex County Friend Advocate Volunteer Program. This successful volunteer program is funded by the Essex County Division on Aging. The program is free to persons 60+ in Essex County.

The Friend Advocate program provides training, matching and supervision of volunteers who provide assistance to clients 60+, many of

whom are frail, isolated and vulnerable. Volunteers provide assistance to older adults in such areas as bill paying, reading mail, scheduling medical appointments and transportation, making phone calls, and providing companionship.

To apply, call the RSVP Coordinator at 973-637-1766 or email [sgrove@jfsmetrowest.org](mailto:sgrove@jfsmetrowest.org).



Stephanie Grove, LSW  
RSVP Director

## RSVP Center of Essex & Hudson Counties Director

We are proud to announce that leading the RSVP Center of Essex and Hudson Counties will be Stephanie Grove, LSW. Stephanie is a Licensed Social Worker with the State of New Jersey. She has experience with volunteer management and non-profit program development. She graduated with a Master in Social Work from Rutgers University with a focus on Non Profit Management and a Certificate in Gerontology. Stephanie has experience working with older adults in a number of settings including case management, clinical work, and volunteer services.

Stephanie joined our team in July and will be responsible for developing Volunteer Stations for RSVP. She will oversee volunteer recruitment and assist volunteers in choosing a Volunteer Station

that meets their interests, goals, and skill set.

In addition, Stephanie is available to assist all RSVP Volunteers and Stations with concerns, questions, or any issues that arise while volunteering.

Stephanie is excited to begin work on the program and looks forward to working with the older adult population of Essex and Hudson Counties.

Stephanie is located at the Jewish Family Service of MetroWest New Jersey Main Office at 256 Columbia Turnpike Florham Park, NJ 07932. Stop by to meet her or contact her by phone at 973-637-1766 or by email at [sgrove@jfsmetrowest.org](mailto:sgrove@jfsmetrowest.org).

*“She will be connecting seniors by matching their goals, interests and skills sets to volunteer stations throughout the Hudson County”*

## RSVP Hudson County Program Manager

We are excited to introduced Alexandra Nagy, LSW as the new RSVP Hudson County Program Manager in collaboration with United Way of Hudson County. She is a licensed social worker in the State of NJ and a graduate of Rutgers School of Social Work. She specializes in working with people over the age of 55 and has a Certificate in Gerontology from Rutgers. Her experience and passion has been in case management and bereavement for seniors as well as community involvement. She has been involved in the Jersey City area by volunteering for non-profits.

Alexandra recently joined Jewish Family Service in October and is enthusiastic about this new venture. She will be connecting seniors by matching their goals, interests and skills sets to volunteer stations throughout the Hudson County area. She will also be reaching out and recruiting seniors within the Latino community.

Alexandra’s office is located in the United Way of Hudson County, 857 Bergen Ave, Jersey City, NJ. You can contact her directly by phone at 201-526-9706 or email her at [anagy@jfsmetrowest.org](mailto:anagy@jfsmetrowest.org). Please feel free to contact her for questions or comments as she will be happy to assist you.



RSVP volunteers, from left, Tessie Schapiro, Sarah Moskowitz, Ruth Palen, Arline Rubin and Marilyn Goldberg work on a project at the Jewish Federation Plaza in W Orange.

## RSVP Volunteer of the Month: The Lovely Ladies of the Plaza

This month the RSVP Center of Essex & Hudson Counties would like to honor a group of women who have been helping spread the word about RSVP: Tessie Schapiro, Sarah Moskowitz, Ruth Palen, Arline Rubin and Marilyn Goldberg. These lovely ladies helped RSVP prepare goodie bags at the Jewish Federation Plaza in West Orange. Over 300 bags were assembled with information on RSVP’s programs for volunteers, contact information and best of all candy. These bags were distributed by RSVP staff to potential volunteers

at the Essex County Senior Wellness Day at Richard J. Cody Arena in West Orange in September. They also helped one of our volunteer stations put together thank you gifts for their volunteers. Tessie Schapiro, Sarah Moskowitz, Ruth Palen, Arline Rubin and Marilyn Goldberg appeared in the New Jersey Jewish News of MetroWest in September for their volunteer work for RSVP. Everyone at RSVP thanks them for their work and looks forward having their assistance in the future!

## History of RSVP

RSVP is one of the three Senior Corps programs run by the Corporation for National and Community Service. The other two Senior Corps programs are the Foster Grandparent Program (FGP) and the Senior Companion Program (SCP). Senior Corps is the nation's largest organization for volunteers age 55 and over. Volunteers with the Foster Grandparent Program tutor or mentor children with special needs. Volunteers with the senior companion program assist frail older adults to help them maintain their independence in their homes. Both foster grandparent and senior companion volunteers serve between 15 and 40 hours each week.

RSVP differs in that volunteers can serve in a variety of opportunities with flexible hours.

Senior Corps projects can be found in every state, as well as the District of Columbia, Puerto Rico, and the Virgin Islands. Senior Corps volunteers support more than 70,000 nonprofit and public agencies across the country.

All Senior Corps programs are supported by CNCS headquarters staff as well as 47 field offices or State Offices spread out across the country.

RSVP was established in 1971. Each year, 296,000 RSVP volunteers serve through 685 RSVP projects spread out across the country.

To learn more about RSVP visit the CNCS website at [www.nationalservice.gov](http://www.nationalservice.gov) or call your local RSVP Coordinator.



The mission of the CNCS is to improve lives, strengthen communities, and foster civic engagement through service and volunteering.

## Benefits of Being an RSVP Volunteer

The RSVP Center of Essex and Hudson Counties provides local agencies and organizations with volunteers to contribute their time and efforts towards bettering their community. These volunteers assist with providing companionship to homebound adults, serving meals at local soup kitchens, support victims of domestic violence, help struggling students, and more.

Beyond the effects of serving their community, RSVP Volunteers benefit so much from the time they commit.

RSVP Volunteers participate in meaningful, chal-

lenging and interesting volunteer opportunities. They meet new people and make new friends. Volunteers can learn new skills or share current abilities with others. RSVP Volunteers receive free supplemental accident, liability, and automobile insurance while traveling to and from volunteer assignments, provided by the RSVP Center of Essex and Hudson Counties.

Volunteers also received recognition for their work throughout the year and are invited to attend RSVP of Essex and Hudson Counties Annual Volunteer Recognition Event.

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*“Beyond the effects of serving their community, RSVP Volunteers benefit so much from the time they commit.”*

## Wanted: Party Planner

Beginning in 2015, the RSVP Center of Essex and Hudson Counties will hold an annual Volunteer Recognition Event. This event will honor all of the RSVP Volunteers whose efforts have strengthened their communities and RSVP's Volunteer Stations which have enabled RSVP to grow and serve so many people in the community.

For this event, the RSVP Center of Essex and Hudson Counties is seeking a dedicated volunteer to assist with planning the party! This RSVP Volunteer will work with the RSVP Coordinator directly

and assist with scheduling the party, ordering party favors and decorations, inviting RSVP Volunteers and Stations, etc.

If you are organized, creative and enjoy party planning let us know! All RSVP Volunteers must be 55 and over. This Volunteer Assignment will be located in the Florham Park office and vary from 5-7 hours each week. Traveling to the party venue or vendors may be necessary. For more information, contact the Stephanie Grove at 973-637-1766.

## Retired and Senior Volunteer Program

### *Center of Essex and Hudson Counties*

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Florham Park, NJ 07932

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[www.jfsmetrowest.org/RSVP](http://www.jfsmetrowest.org/RSVP)



The President's Call to Service

The Retired and Senior Volunteer program is part of the Corporation for National and Community Service and the USA Freedom Corps.

*RSVP Center of Essex and Hudson Counties is a comprehensive community service organization through Jewish Family Service of MetroWest New Jersey designed to mobilize members of the community who are 55 years of age and older in giving back to their own neighborhoods through volunteer service. We currently cover the counties of Essex and Hudson.*

*RSVP is a federally funded program of the Corporation for National & Community Service whose mission is to provide opportunity for individuals 55 years of age and older to provide volunteer service in their community. It has over 500,000 members nationwide.*

*For the potential volunteer, RSVP provides a single location where they can review a number of local volunteer opportunities and receive the help of a trained Volunteer Coordinator.*

## RSVP's Current Volunteer Stations

### **Essex County:**

**Jewish Family Service of MetroWest**  
**American Red Cross of Northern New Jersey**  
**Barnabas Health Home Care and Hospice**  
**Bike&Walk Montclair**  
**Bobrow Kosher Food Pantry**  
**Community Food Bank of New Jersey**  
**Daughters of Israel**  
**Friendship Circle**  
**Girls on the Run NJ East**  
**Interfaith Hospitality Network of Essex County,**  
**JCC MetroWest**  
**Jewish Federation of Greater MetroWest NJ**  
**HackensackUMC Mountainside (Montclair)**  
**Meadowlink/EZ Ride**  
**Montclair Child Development Center**  
**National Council of Jewish Women, Essex Section**  
**Neighbor to Neighbor Network (NTNN)**  
**Rachel Coalition**  
**Rebuilding Together**  
**RSVP Center of Essex and Hudson Counties**  
**State Health Insurance Program (SHIP)**  
**Toni's Kitchen**  
**Travelers Aid**

### **United Way of Essex and West Hudson**

**United Way of Northern New Jersey**  
**VA New Jersey Health Care System**  
**WAE Center**  
**YMCA of Montclair**

### **Hudson County:**

**American Red Cross**  
**Angela Cares**  
**Better Tomorrows**  
**Bike JC**  
**Boys and Girls Club**  
**Grace Van Vorst Church**  
**Garden State Episcopal Community Development Corp**  
**HOPES, Inc**  
**Hudson CASA**  
**Hudson Pride**  
**Jersey City Medical Center**  
**Jersey City Parks**  
**Liberty Science Center**  
**NJ Division of Disabilities**  
**Palisades Emergency Residence Corp**  
**Rebuilding Together of JC**  
**Urban League of Hudson County**  
**United Way of Hudson County**