Vision

The Nevada Rural Counties Retired & Senior Volunteer Program (RSVP) vision is to empower volunteers who wish to make a difference for good in their communities and to enhance the quality of life for all through high impact volunteer service.

Mission

The RSVP mission is to provide Lifesaving Volunteer Programs that help Seniors Maintain their Dignity, Self-Respect & Independence.

CARING IS GIVING
Dear Friends,

This past year, the support of our communities has been outstanding! You helped ensure the endurance of our high quality volunteer-delivered services, which have been in place for forty five years.

Through the gifts of volunteerism, individual donations, corporate contributions and grants; RSVP stewarded the support necessary for Nevada’s seniors, veterans, caregivers and adults living with a disability to receive the care and lifesaving services which are so necessary for health, independence and the dignity they deserve.

Thank you for your support and for being part of the solution to foster healthy communities in our state.

Sincerely,

Caroline Punches, Board President          Susan C. Haas, Executive Director & C.E.O.

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A brief history: 45 years strong

- **1973** Carson City begins the first RSVP rural program as a satellite of Washoe County RSVP.
- **1974** A 5 Rural Counties RSVP is launched by a grant awarded to the Carson River Basin Council of Governments as sponsor.
- **1982** A 13 Rural Counties RSVP grant is awarded by ACTION to City of Carson as sponsor.
- **1986** A 15 Rural Counties RSVP grant is awarded by ACTION to NACO as sponsor.
- **1988** A 15 Rural Counties RSVP grant is awarded by ACTION to City of Carson as sponsor.
- **1993** Nevada Rural Counties RSVP non-profit becomes the sponsor for the 15 Rural Counties RSVP.
- **Current** RSVP is a self-funded and self-sponsored community service organization.

RSVP receives funding from the Corporation for National and Community Service (CNCS) which operates a network of national service programs for Americans 55 years and older through Senior Corps - which engages volunteers to improve lives and foster civic engagement by addressing critical community needs, including elderly care.
Accomplishments

2018 was an impactful year for RSVP! Below are just a few highlights of our accomplishments:

- RSVP continued the long standing tradition of presenting RSVP’s Carson City Carnivals & Celebrations in May, July and October;

- RSVP launched E-News – our first digital newsletter to bring you important monthly updates;

- RSVP added two new events to support our Veterans – Reaching For Zero and Veterans & Their Caregivers Resource Fair;

- RSVP presented 6 Respite Education & Support Tools Trainings (REST) to 64 caregivers, volunteers, and interested community members;

- RSVP hosted a Dementia Friends Information Session - reaching 57 caregivers in 5 communities;

- RSVP issued a Call to Action utilizing local newspapers, social media, radio and TV to help create awareness of Transportation and Respite Services;

- RSVP was awarded two Innovation Project Grants from the Nevada Aging & Disability Services to implement “Friends Day Out” featuring Java Music Club; and “Effective Solutions in rural Transportation” to deliver technology, program expansion, increase public awareness and volunteer engagement.
WHY JOIN OUR
COMMUNITY OF
VOLUNTEERS?

According to “The Benefits of Volunteering for Older Americans”, a 2012 Fact Sheet issued by The Corporation for National and Community Service, a growing body of research shows an association between volunteering and mental and physical health benefits. Older volunteers also report lower mortality rates, lower rates of depression, fewer physical limitations, and higher levels of well being.

A Salute to Our 10+ Year Volunteers

RSVP Volunteers donate countless hours of selfless service each year to improve the quality of life in our communities and ensure the health and independence of seniors and others in need.

With 520 active volunteers in 2018, RSVP would like to give a special salute to our volunteers who have served continuously for 10+ Years.

RSVP Volunteers with 10+ Years of Service

| Emmabell Herak | 34 | Teri Lockie | 15 |
| Nancy Gloeckner | 29 | Patricia O’Connor | 15 |
| Nancy Maslach | 27 | Toni Pardee | 14 |
| Loretta Jones | 26 | Christene Balew | 14 |
| Rosemary Davis | 25 | Jeannie Baret | 13 |
| Dolores Gilgert | 22 | Patricia Buckler | 13 |
| June Taylor | 22 | Cindy Byington | 13 |
| Robert V. Brewer | 21 | Pamela Johnson | 13 |
| Janet Gray | 19 | Susan M. Kimbrough | 13 |
| Rose Stieha | 19 | Jan Lindsay | 13 |
| Spencer C. Gray | 17 | Arlene Terborg | 13 |
| Judy Berg | 16 | Barbara Rohde | 12 |
| Janet Whitemore | 16 | Elayne Peterson | 12 |
| Jackie Stroud | 15 | Dixie Buzick | 11 |
| Jolena Johnson | 15 | Gloria Smith | 11 |
| Sharon Weaver | 14 | Debra Cauley | 10 |
| Ed Jackson | 13 | Robert Komac | 10 |
| Carolyn Southard | 13 | Jacquelyn Spacek | 10 |
| Betty Thoreson | 12 |

Volunteers Honored by Community

RSVP Volunteers that were recognized in 2018 for their extraordinary service:

**Governor’s Points of Light Award**
- Albert Bass (Individual, Rural Nevada) Recipient
- Cozette Eldridge (Volunteer Manager) Recipient
- Kevin McClelland (Individual, Northern Nevada) Finalist

**Linda Carr Caregiver Award**
- James Glaser (Caregiver for a Veteran)

**Veteran of the Month (July)** Veterans Services Commission
- Craig (Skip) Becker
RSVP is Dementia Friendly

The Dementia Friendly America Initiative is catalyzing a movement to more effectively support and serve those who are living with dementia and their family and friend care partners.

In 2018 RSVP launched a campaign to tackle the stigma and lack of understanding around dementia. RSVP is a valued partner in the Dementia Friendly Nevada Initiative—providing services that are informed, safe, respectful and inclusive of persons living with dementia and their Care Partners. RSVP’s Independent Living Programs such as transportation, companionship and respite care, are part of the relevant service connection that align with this Initiative.

RSVP presented Dementia Friends Information Sessions - educating 57 caregivers. A Dementia Friend learns a little bit more about what it’s like to live with dementia and then turns that understanding into action.

According to the Alzheimer’s Association, “there are approximately 45,000 individuals living with dementia in Nevada. By the year 2025, that number is projected to increase by 42% to 64,000 people.”

“I care for my 91 year old mom who has Alzheimer’s. The RSVP program has changed our ability to complete our simplest tasks. The RSVP drivers are kind, patient, understanding and totally professional. They treat Mom with tremendous respect and dignity.”

- RSVP Caregiver
Field Representatives by County

- Carson City (Veterans VIP): James Glaser
- Elko (Transportation): Mackenzie Gonzales
- Humboldt: Kate Fries
- Lincoln: June Taylor
- Lyon: Robert & Sharon Roscher
- Mineral: MJ Dykxhoorn
- Nye: Jan Lindsay, Tonya Brum
- Storey: Louise Peña
- Washoe: Joan Lee, Dave Hart
- White Pine: Cozette Eldridge, Calvin Kennedy

Volunteers Deliver Lifesaving Services

- Home companions reached 1,173 clients.
- Homemakers provided 114 clients with housekeeping services.
- Transportation volunteers provided 1,209 seniors and disabled adults with essential trips such as medical and dental appts.
- CARE Law provided 1,187 low-income seniors with legal services including help with debt problems, probate and elder abuse issues.
- Respite Care volunteers provided respite to 219 caregivers and care recipients.
- Personal emergency response systems were installed/maintained in the homes of 288 seniors for access to emergency services.
- Elder Exercise Program provided 51 seniors with light weight exercise to improve mobility, strength and help prevent falls.
- Senior Farmers Market Coupons were distributed to 625 low-income seniors. RSVP administers the program statewide, providing coupons to an extra 4,600 seniors.
- Food Distribution and Food Drop was provided to 1,034 seniors to help reduce hunger.
- Senior Arts & Crafts Program reached 30 seniors to offer opportunities for creative expression, socialization & enrichment.
- RSVP referred 111 Veteran clients to the Carson City Sheriff’s Office Volunteers in Partnership Program (VIPS for Vets).
- RSVP provided a total of 95,286 volunteer hours to 51 station sites at health care facilities, government agencies and community non-profits.

By the Numbers ➔ 2018 Impact

5,416 People received direct services
5,225 Seniors across the state received Farmer’s Market Coupons
54,425 Volunteer hours provided for direct services
40,861 Volunteer hours provided at Community Volunteer Stations

“I feel safe and worry free knowing I have someone dependable to get me to my doctor. God bless this Program.”
- RSVP Transportation Client, 2018 Client Satisfaction Survey
Volunteers are recognized during RSVP’s Annual Volunteer Appreciation & Holiday Event held in December at the Carson Nugget

By the Numbers → County by County

<table>
<thead>
<tr>
<th>County</th>
<th>Clients/Recipients</th>
<th>Volunteers</th>
<th>Value of RSVP Services</th>
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Board of Directors
Caroline Punches, President
Allan Ward, Vice President
Kevin S. Kirkeby, Treasurer
Stacey Giomi, Secretary
Nick Marano, Director
Abigail M. Wheeler, Director
Jerry Thurman, Past President

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Executive Director & CEO

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Lora E. Myles
Attorney
Melanie Barkley
Director of Development
Sandy Severance
HCP & Veterans VIP Program Director
Lauren Jones
Accounting Assistant & Lifeline Manager
Kathy Hanson
Respite Coordinator
Karen Caldwell-Weil
Respite Supervisor
Kris Hughes
Program Coordinator & PERS, Homemaker, Data Manager
Nancy Henry
Transportation Manager
Innovations Project
Steven Nichols
Respite Program Director
Innovations Project & Carnival Manager
RSVP VOLUNTEER
STATIONS
SHOW IMPACT

Alamo Senior Center
Bible Talk Ministries
Carson Aquatic Center
Carson City Library
Carson City Sheriff’s Office
Carson-Tahoe Regional Medical Center
Carson City Literacy
Children’s Museum of Northern Nevada
ComputerCorps
Dayton Valley Branch Library
Douglas County Backpack Buddies
Ely Renaissance Society
ESL In-Home Program of Northern Nevada
Elko Family Resource Center
Fernley Food Pantry
FISH Pantry & Dining Room
G.C. Dils Hospital Auxiliary Thrift Shop
Lincoln County Box Car Museum
Lincoln County Community Service
Lincoln County Food Drop
Lincoln County Library
Loving Care Animal Society Thrift Store
Nevada Legislative Counsel Bureau
Nevada State Museum
Nevada State Railroad Museum
N. Nevada Medical Center
Nye County Sheriff’s Auxiliary
Olson Senior Center
Pahranagat Wildlife Refuge
Pahrump Community Library
Pahrump Senior Center
River District Advisory Council
River District Community Service
River District Social Activities
USDA Commodity Foods (3 Stations)
War Veterans Memorial
WE CARE
Western Nevada College
White Pine County Commission
White Pine County Senior Center
White Pine Nutrition Program
Winnemucca Family Support Center

Financial Overview

Revenue by Type

In 2018, RSVP’s revenue categories were grouped in seven categories by Type:

Government Grants (City, State, Federal): $1,064,352 - 52%
Private Grants: $119,265 - 6%
Individual Contributions: $144,634 - 7%
Special Events: $93,638 - 5%
Contributed Professional Services: $541,651 - 26%
Lifeline Income: $73,073 - 4%
Miscellaneous Revenue: $2,809 - .001%

Giving Makes a Difference

“My driver, Becca, is an angel and a God send. She has gone from not only driving me to my appointments, but also picks up my prescriptions when I am unable to do so. I would be lost if not for RSVP as I am 100% house bound.”

- RSVP Elko Transportation and Lifeline Client
Allocation of Expenses

In 2018, RSVP’s expense categories were grouped in three functional categories:

Program Services: $1,751,411 - 84%
Fundraising: $56,307 - 3%
Administrative & General: $271,592 - 13%

Return on Volunteer Investment

Keeping seniors in their own homes is advantageous for many reasons. Not only is it the most fiscally prudent way to help them, it’s the right thing to do. Living independently helps to retain the dignity and lifestyle of the individual. They are able to avoid costly and premature institutionalization in a long-term care facility at a cost that ranges between $82,125 and $94,969 annually in Nevada (AARP Long-Term Care Calculator, 2015).

⇒ 2018 Value of RSVP services for 95,286 hours of volunteer contribution: $2,405,399

(This cost is based on the number of volunteer hours at the Independent Sector’s Value of Volunteer Time 2017 Nevada Index—$21.85 per hour, and professional fees for legal services of $300 per hour).
In times of war and conflict, we leave no soldier behind...as well as at home, no veteran should be left behind. The Carson City Sheriff’s Office partners with RSVP so that no veteran is left behind.”

- Sheriff Ken Furlong
Carson City Sheriff’s Office

In Nevada, as the aging veteran population is expected to continue to grow - veterans that are living in poverty, at risk of suicide or costly institutionalization, and who are unable to remain independent and in their own homes without assistance will continue to be a serious community need.

RSVP expanded its scope of services to include a dedicated Veterans program to help make a difference in the lives of Veterans. We offer support and assistance to Veterans in need, and recruit Veterans to volunteer to help seniors and their peers—other Veterans. Additionally, RSVP helps Veterans access suicide prevention and awareness resources.

The RSVP Veterans Volunteers in Partnership (VIP) Program is a collaboration with numerous groups dedicated to assisting Veterans.

**Highlights of Success**

- AmeriCorps VISTA members worked to build the Program’s infrastructure for long-term comprehensive support system through initial funding from the Corporation for National and Community Service.

- With funding from the Community Development Block Grant (CDBG) Program, Carson City - the VIP Program helps empower veterans and their families to emerge from poverty and remain independent.

- RSVP partners with the Carson City Sheriff’s Office to transport RSVP Veteran clients to their local and long-distance doctor appointments, the VA Medical Center in Reno, and the VA Carson Valley Clinic in Gardnerville.

- RSVP presented the first “Veterans & Their Caregivers” Resource Fair which drew more than 75 Veterans and 40 participating organizations and sponsors.

- RSVP partners with the Nevada Office of Suicide Prevention to provide Veterans with referrals for suicide prevention resources and education.

- RSVP presented a new fundraiser, "Reaching For Zero", a Veteran Appreciation and Veteran Suicide Awareness Event at the Nevada Governor’s Mansion. The event drew over 100 attendees and featured a color guard ceremony, brunch, entertainment, auction, raffle, and keynote speakers from the Nevada Office of Suicide Prevention, Western Nevada College & Warm Springs Correction Center.

- RSVP teamed up with the Carson City Sheriff’s Office to collect and send “Christmas packages to our Troops” serving overseas. The Project was organized by Gardnerville resident Sally Wiley.

- RSVP was a recipient of the 2017 Governor's 'Points of Light Award' in the Category: Volunteer Program Serving Veterans. This Award honors the contribution to communities through volunteer service that exemplifies achievement, need, innovation, mobilization and endurance.
Donors  Foundations, Organizations & Companies

Gifts Totaling $50,000 or more

- Nevada Aging & Disability Services Division
- Nevada Department of Health & Human Services
- Nevada Clinical Services
- Nevada Department of Transportation Corporation for National and Community Service
- May & Stanley Smith Charitable Trust

Gifts Totaling $10,000 to $49,999

- City of Carson
- Humboldt County
- John Ben Snow Foundation
- Lincoln County
- Nevada Bar Foundation
- NV Energy Foundation
- Nye County
- William N. Pennington Foundation
- White Pine County

Gifts Totaling $5,000 to $9,999

- Carson City Toyota
- Mineral County
- City of Winnemucca
- EJC Foundation
- EL Cord Foundation
- City of Elko
- Storey County
- United Way of Northern Nevada and the Sierra
- Carson City Redevelopment Authority

Gifts Totaling $1,000 to $4,999

- AT&T Inc.
- Barrick Gold of North America
- Carson Tahoe Health System
- Douglas County
- Gold Dust West Hotel & Casino
- Greater Nevada Credit Union
- IBM Corp.
- Nevada Division of Welfare & Supportive Services Employee Giving
- Newmont Legacy Fund
- Robert F. Pritchett Family Trust
- Southwest Gas
- WCF Insurance

Gifts Totaling up to $999

- Alpine Insurance
- Advanced Home Health Care
- Carson City Emblem Club
- Consumer Direct Care Network
- Gerard’s Paella
- Humboldt General Hospital Employee Fund
- Snap-on Carson City
- Southwest Airlines
- Vietnam Veterans of America Sierra Nevada Chapter
- Vietnam Veterans of America Carson Area Chapter
- Welcome All Veterans Everywhere

Call to Action

RSVP’s 2018 Marketing Campaign helped raise public awareness about the need for Respite and Transportation in rural Nevada.
RSVP offers a variety of ways you can get involved, including:

- Volunteer opportunities
- Corporate matching gift programs
- Upcoming fundraising events
- Online fundraising campaigns

Visit us online at www.nevadaruralrsvp.org or call 775-687-4680, ext. 2, to learn more.