

CITY OF SULTAN
AGENDA ITEM COVER SHEET

Agenda Item : C-5

Date: June 11, 2009

SUBJECT: Snohomish County Retired and Senior Volunteer Program (RSVP)
Memorandum of Understanding



CONTACT PERSON: Donna Murphy Grants and Economic Development Coordinator

ISSUE:

The issue before the Council is to authorize the Mayor to sign the Memorandum of Understanding between the City of Sultan and Snohomish County Retired and Senior Volunteer Program.

STAFF RECOMMENDATION:

Authorize Mayor Eslick to sign the Memorandum of Understanding between the City of Sultan and Snohomish County Retired and Senior Volunteer Program.

SUMMARY STATEMENT:

The Snohomish County Retired and Senior Volunteer Program recruits, screens and enrolls senior citizen volunteers for referral to volunteer programs within Snohomish County. A partnership with this organization will enable the City of Sultan Volunteer Program to expand its volunteer resources.

The City attorney has reviewed and approved the Memorandum of Understanding.

FISCAL IMPACTS: There is no cost to participate in the referral program. Additional volunteers can assist the City with accomplishing tasks such as graffiti removal and litter pick up, saving taxpayers money for delivering City services such as road maintenance.

RECOMMENDED MOTION:

I move to authorize Mayor Eslick to sign the Memorandum of Understanding between the City of Sultan and Snohomish County Retired and Senior Volunteer Program.

ATTACHMENTS:

1. Memorandum of Understanding
2. Other Snohomish County Partners
3. RSVP Promotions



RSVP

Lead With Experience

Memorandum of Understanding

between
Catholic Community Services, sponsor of
The Retired and Senior Volunteer Program
1918 Everett Avenue, Everett Washington 98201
And

IRS 501-C-3 # _____

Volunteer Station: _____ Contact: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: (____) _____ Fax: (____) _____ E-mail: _____

Basic Provisions of Memorandum of Understanding

A) Snohomish County Retired and Senior Volunteer Program (RSVP):

- 1) Recruit, screen and enroll RSVP volunteers and refer volunteers to the volunteer station.
- 2) Instruct RSVP volunteers in proper use of monthly reports, reimbursement guidance and program procedures.
- 3) Specify, either by written information or verbally, that RSVP volunteers are participants of the RSVP publicity; radio, TV, print or verbal presentation.
- 4) Furnish accident, personal liability, and excess automobile insurance coverage as required by program policies. Insurance is secondary coverage and is not primary insurance.
- 5) Periodically monitor volunteer activities at volunteer station to assess and/or discuss needs of volunteers and volunteer station.
- 6) Reimburse RSVP volunteers for transportation cost between their home and volunteer station in accordance with RSVP policies.

B) Volunteer Station:

- 1) Implement orientation, in-service instruction, or special training of volunteers.
- 2) Interview and make final decision on assignment of volunteers.
- 3) Furnish volunteers with materials required for each assignment, as needed.
- 4) Furnish volunteers with transportation, if applicable.
- 5) Complete RSVP Updates and Surveys as needed.
- 6) Provide for adequate safety of the volunteers.
- 7) Collect and validate appropriate volunteer reports for submission to RSVP office on a monthly basis.
- 8) Submit all accident/injury reports to the RSVP office in writing as they occur.
- 9) If meals are provided to volunteers, please complete this portion:
 - A) Contributed meals are **FEDERALLY FUNDED** under:



RSVP
Lead With Experience

Memorandum of Understanding

- (i) _____ Title III of the Older Americans Act
- (ii) _____ Other federal funding source
- (iii) _____ Contributed meals are not provided by Federal Funds. Meals will be provided to RSVP volunteers at a free or reduced price when _____ hours of service have been or will be volunteered during that day.

NOTE: The value of a free or reduced meal which is not provided by federal funds will be recorded by RSVP volunteers on their monthly Volunteer Time Sheet and verified by the Volunteer Station Supervisor. This documents important in-kind support for RSVP.

C) Other Provisions:

- 1) **Separation from Volunteer Service:** The volunteer station may request the removal of an RSVP volunteer at any time. RSVP volunteers may withdraw from service at the Station or from the RSVP program at any time.
- 2) **Letters of Agreement:** When in-home assignments of volunteers are made, a letter of agreement will be signed by the parties involved.
- 3) **Prohibited Activities:** The Volunteer Station will not request or assign RSVP volunteers to conduct or engage in religious, sectarian, or political activities.
- 4) **Displacement of Employees:** The Volunteer Station will not assign RSVP volunteers to any assignment which would displace employed workers or impair existing contacts for services.
- 5) **Accessibility and Accommodation:** The Volunteer Station will maintain the programs and activities to which RSVP volunteers are assigned accessible to persons with disabilities and provide reasonable accommodations to allow participation of those with disabilities.
- 6) **Discrimination:** The Volunteer Station will not discriminate against RSVP volunteers or in the operation of its program on the basis of race, color, national origin, sex, age, political affiliation, religion, or disability, if the volunteer is qualified.
- 7) Specify, either by written information or verbally, that RSVP volunteers are participants in the stations program in all publicity featuring such volunteers, whether it be radio, TV, print or verbal presentation. Display RSVP signage where it may be viewed by the public.
- 8) Supply statistical data on volunteer impact on community needs to the RSVP program.

Conditions of the MOU may be amended or terminated in writing at any time at the request of either party. It will be reviewed every three years to permit needed changes. This MOU contains all the terms and conditions agreed upon by the contacting parties. No other understanding, oral or otherwise, shall be deemed to exist or to bind any of the parties hereto. This will be in effect upon dated signature of the Catholic Community Services Executive Director.

Name and Title, Volunteer Station Date

RSVP Coordinator/Director Date

For Catholic Community Services Date

RSVP

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Volunteer Opportunities

Arlington

- Arlington Sno-Isle Library
- Purrfect Pals
- Stillaguamish Senior Center

Edmonds

- Creative Retirement Institute
- Edmonds Chamber of Commerce
- Edmonds Elementary School
- Edmonds Food Bank
- Edmonds School District
- Edmonds Sno-Isle Library
- Multiple Sclerosis Helping Hands
- South County Senior Center
- Stevens Hospital
- USA Foundation

Everett

- Adopt a Stream
- All Aboard
- Arts Council of Snohomish County
- Assistance League of Everett
- Bethany of the Northwest
- Big Brothers/Big Sisters
- Catholic Community Services
- Christmas House
- City Concierge Center
- Deaconess Children's Services
- Domestic Violence Services
- Elder Health Northwest
- Everett Community College Literacy
- Everett Housing Authority
- Everett Police Department
- Everett School District
- Everett Senior Center
- Everett Symphony
- Familias Unidas
- Friends of Flying Heritage Museum
- Fire District One-Snohomish County
- Guardianship Monitoring Program
- Habitat for Humanity
- Hands of Hope Food Bank
- Housing Hope
- Imagine Children's Museum
- Interfaith Association
- KSER Foundation
- Mill Creek Senior Program
- Muscular Dystrophy Association

Everett

- Olivia Park Elementary
- Operation Lookout
- Perpetual Help Food Bank
- Providence Health/Hospice
- Puget Sound Blood Center
- Sharing Wheels Community Bike Pgm
- Sno Co LTC Ombudsman Program
- Snohomish County Visitor Information
- St. Vincent de Paul
- Stilly Snohomish Fisheries Task Force
- United Way of Snohomish County
- Volunteers of America
- VGAL/CASA Snohomish County

Granite Falls

- Granite Falls Sno-Isle Library
- Mountain Way Elementary

Lake Stevens

- Lake Stevens Senior Center
- Lake Stevens Sno-Isle Library

Lynnwood

- All Aboard
- Clothes for Kids
- College Place Elementary
- Dollars for Scholars (LETI)
- Family Center of So. Snohomish County
- Lynnwood Elementary
- Lynnwood Fire Department
- Lynnwood Food Bank
- Lynnwood Police Department
- Lynnwood Senior Center
- Lynnwood Sno-Isle Library
- Meadowdale Elementary
- Meadowdale Middle School
- Pathways for Women
- PAWS

Marysville

- Binky Patrol
- Fleet and Family Support Center
- Ken Baxter-Marysville Senior Center
- Marysville Sno-Isle Library
- Marysville Food Bank
- Marysville Police Department (MSAC)
- Marysville Tulalip Chamber
- Navy Marine Corps Relief Society
- Tulalip Elementary School

Monroe

- East County Senior Center
- Evergreen State Fairgrounds
- Monroe Sno-Isle Library
- Sky Valley Food Bank
- Sky Valley CSO
- Valley General Hospital

Mountlake Terrace

- Concern for Neighbors Food Bank
- Mountlake Terrace Elementary School
- MLT Sno-Isle Library

Mukilteo

- Eagles Nest Foundation
- Mukilteo Seniors
- Mukilteo Sno-Isle Library
- Senior Services - DART
- Senior Services- Minor Home Repair
- Senior Services - Peer Counseling
- Senior Services - SHIBA
- Senior Services - Senior Source

Snohomish

- Snohomish Senior Center
- Snohomish Sno-Isle Library
- Sunrise Senior Living

Stanwood

- Stanwood Senior Center
- Stanwood Sno-Isle Library
- Warm Beach Senior Community

RSVP contact information:

1918 Everett Ave
Everett, 98201
425-257-2111

Paulette Jacobson x3311
RSVP Director





RSVP

Lead With Experience

Monroe/Sultan area volunteer opportunities with the Retired Senior Volunteer Program (RSVP)



*East County Senior Center
Evergreen State Fairgrounds
Monroe Sno-Isle Library
Sky Valley Food Bank
Sky Valley CSO
Valley General Hospital*

Sultan Sno-Isle Library

RSVP is sponsored by Catholic Community Services
RSVP contact information:
1918 Everett Ave
Everett, 98201
425-257-2111
Paulette Jacobson x3311

Volunteering May Be Good For Your Health

By Adam Voiland

Posted 5/7/07

Could volunteering be good for your health? A new report that draws from the results of more than 30 studies on the topic says yes. According to the report, older people who volunteer enjoy longer lives, higher functional ability, and lower rates of depression and heart disease.

"Volunteering can give you a new sense of purpose and keep you active. If people volunteer regularly it helps contribute to the maintenance of a strong social network," says Robert Grimm, director of the research and policy development office at the Corporation for National & Community Service, a government organization that promotes community service and published the report. This seems especially true in an American culture in which older people often find themselves feeling isolated and alone—proven risk factors for depression and other health problems. Two of the studies indicate that there is a threshold of about 100 hours per year of volunteer activity, or about two hours per week, required to achieve a health benefit.

The sense of social connectedness that volunteering can produce is critical, agrees Stephen Post, director of the Institute for Research on Unlimited Love, a Case Western Reserve University research group that focuses on the scientific study of altruism, compassion, and service. "The helping impulse is very fundamental. When it is locked off we do not flourish," he says. Though Post acknowledges that the scientific study of altruism is new and that researchers have yet to tease out exactly how helping others could improve health, he notes that the stress hormones associated with depression, such as cortisol and epinephrine, have been shown to impair the immune system. By contrast, oxytocin, which seems to cause a "helper's high," may offer protective benefits. "Causality is such a complicated matter. Could we have the cart before the horse?" asks Post, referring to the reality that having good health in the first place allows higher rates of volunteering. But many of the studies—which control for this fact—suggest that volunteering provides an additional benefit.

Want to give altruism a try? According to Post, you don't have to do anything dramatic. "It's not as if people have to look for a voluntary association. It starts with a shift from thinking, 'I am the center of the world,' to a willingness to act toward others in helpful ways." If organizations are more your style, you can visit www.volunteer.gov to search for volunteer opportunities by ZIP code, says Grimm.