

YES! Tell me more about volunteering with FGP.

Please send information to:

Name: _____

Address: _____

Phone: _____

I can't volunteer but I'd like to help.

Enclosed is my tax-deductible donation of:

\$10 \$25 \$50 \$100

\$Other _____

Name: _____

Address: _____

Phone: _____

Please detach and mail to:



Green Mountain Foster Grandparent Program
6 Court Street
Rutland, VT 05701
www.volunteersinvt.org

Explore new worlds. Volunteer.



Has anyone ever asked you to volunteer? Well, we are now.

You have the experience, wisdom and know-how to make a difference in your community. Organizations that serve our children – schools, recreation departments, and libraries are all in need of your services.

The Green Mountain Foster Grandparent Program will match your talents and interests to the needs of our children – right here in Rutland, Bennington and Addison Counties. You can help by giving anywhere from 15 to 40 hours a week and you will receive a stipend and travel reimbursement. Together we can build a stronger generation of children and a better community, for ourselves and our neighbors.

Through your gifts of time and talent, you can share something very special...yourself. Visit us in Rutland at **6 Court St.** or call us at **773-4719**. In Middlebury, visit us at **48 Court St.** or call us at **388-7044**. Or simply fill out the panel on this brochure and mail it in. We'll be happy to contact you.



Sponsored by Rutland Community Programs
—A UNITED WAY AGENCY—

The Green Mountain Foster Grandparent Program of Rutland, Addison and Bennington Counties is part of the Corporation for National and Community Service's Senior Service Corps, which also includes RSVP and The Senior Companion Program.

This network of projects throughout the United States has over a million volunteers serving their communities in countless ways. The impact of their efforts is measured, documented and tangible. The value of their contributions is priceless as is the personal satisfaction that the volunteer feels each time they touch a life, share a talent, or spend an hour volunteering.



Green Mountain FGP is part of the Community Care Network and is a Rutland Community Program.

We are also a proud agency member of our local United Ways.



Share the Experience of a Lifetime!



Be a Volunteer Grandparent

FGP—Responding to the needs of children and youth.

The Foster Grandparent Program, founded nationally in 1965, is a program that provides opportunities for volunteers to work with one of our most valuable resources – today’s youth. By serving in settings that range from classrooms to day care centers to recreation department programs to libraries, Foster Grandparents lend their time, skill, and life experiences to assist our children in reaching their potential – academically, behaviorally, developmentally. By interacting on a regular basis with our youth, Foster Grandparents provide the mentoring and role modeling that so many of today’s children lack in their lives. The heart of the program is the one-on-one daily attention that Foster Grandparents provide. This special care helps young people grow, gain confidence, learn, and become full and productive members of society. The benefits to individuals and communities are both immediate and lasting.

Together we can make a difference in the life of a child.

As a Foster Grandparent, your placement is based on your schedule and interests. You can serve from 15 to 40 hours a week, depending on your personal preferences and position availability. There are no education or experience requirements and Foster Grandparents can choose to work with children from infant years through high school.

Foster Grandparents are not intended to be a replacement for regular staff, but rather provide an added dimension of one on one attention that contributes to achieving developmentally appropriate skills for children of all ages. In fact, you will work closely with the classroom teacher or agency personnel and the FGP staff to develop your own unique volunteer activities that will best suit both you and the children.



This is just a sample of the activities you might do as a Foster Grandparent:

- ♥ Help students with homework assignments. Check that they are complete and submitted on time.
- ♥ Support students in their reading, and writing activities. Work in small groups and/or one on one sharing your love of books. Help students with journaling activities.
- ♥ Work with infants, providing the nurturing experience that only a “grandparent” can provide.
- ♥ Share your passion for math or science with students by being a tutor or classroom helper in these subjects.
- ♥ Assist in general classroom activities that utilize your own special talents and interests.
- ♥ Share your love of arts and crafts and/or music with students through activities that address these areas of interest.



The Benefits of Volunteering as a Foster Grandparent

Since its beginning, FGP volunteers report that they derive a strong sense of fulfillment and satisfaction from their work which translates into a more rewarding and connected lifestyle. In fact, studies show that volunteering improves one’s physical, mental and social well being and enhances the quality of life for the volunteer.

In addition, the **stipend, insurance benefits, and travel reimbursement** provided by FGP contributes to a sense of financial security for those on fixed or limited incomes. Frequent newsletters and recognition events provide opportunities for the community to express its gratitude and appreciation for your volunteer service and a chance to visit with other volunteer Grandparents.

Our staff at FGP will make sure you have appropriate orientation, training, administrative support, a safe environment to work in and interesting in-service opportunities.

For more information:

To find out more about FGP or to volunteer your time, please contact us.

In Rutland and Bennington Counties call

(802) 773-4719

In Addison County call

(802) 388-7044

E-mail us at fgp@volunteersinvt.org

Visit our website at www.volunteersinvt.org to learn more about our program.