

## News Release

# RSVP of the Red River Valley Awarded Grant

By Elizabeth Tollefson on Wednesday, October 11, 2017

The Retired and Senior Volunteer Program (RSVP) of the Red River Valley has been awarded a Corporation for National and Community Service Augmentation grant through March 2020. The \$13,326 grant supports Evidence-Based Programming promotion.

RSVP of the Red River Valley has 31 individual Stay Active and Independent for Life (SAIL) exercise classes throughout the 7 county region with more than 400 rural participants. SAIL, a falls prevention program for seniors, was recognized in 2012 by the Administration on Aging as achieving the highest level criteria for an evidence based program, and is listed as an National Council on Aging (NCOA) approved Health Promotion/Disease Prevention Program.

The grant award will enable RSVP to ensure broad replication and fidelity to the SAIL model among classes, with expansion of classes, volunteer trainers and participants. It will also allow ongoing and upgraded training opportunities for volunteer trainers who lead the 31 classes. RSVP of the RRV is the only RSVP in the State of MN who received an augmentation grant from the federal awarding agency.

### About RSVP

RSVP connects volunteers age 55 and over with service opportunities in their communities that match their skills and availability. From building houses tutoring children, from enhancing the capacity of non-profit organizations to improving and protecting the environment, RSVP volunteers put their unique talents to work to make a difference.

For 40 years, RSVP has matched problems to be solved with people willing to help. Today, more than 500,000 seniors participate in RSVP, making it one of the largest volunteer efforts in the nation. You can be a part of this family of caring volunteers that is solving problems and bringing our communities together.

The University of Minnesota Crookston now delivers 34 bachelor's degree programs, 22 minors, and 40 areas of emphasis on campus as well as 14 degree programs entirely online. These degrees are offered in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit [www.umcrookston.edu](http://www.umcrookston.edu).

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