Looking to Kick Start Your Volunteer Career?
Choose from the following websites to learn about opportunities in Rhode Island:

- aarp.org/rivolunteers
- www.createthegood.org
- NationalService.gov/senior-corps
- volunteer.uwri.org
- www.agefriendlyRl.org
Why Volunteer?

- Opportunities that suit many interests
- Do what you love
- Flexible schedules
- Utilize your skills
- Make new friends
- Improve health

Your knowledge, professional skills, and life experiences are needed in our communities. You can make a difference.

Contributions to Health

**INCREASES**

- Mental Functioning
- Physical Fitness
- Social Connections
- Sense of Purpose
- Longevity

**DECREASES**

- Chronic Pain
- Depression
- Social Isolation
- Risk of Disease
- Stress

Words of a Volunteer:

The Foster Grandparent Program is life saving. It makes me feel good about myself, makes me happy and I think that’s what keeps me healthy. I get up every morning and I do something I love. I used to have high blood pressure in the past but now it’s normal. This program helps people keep themselves healthy.

Rella Marro
Foster Grandparent Volunteer
Federal Hill House

Volunteer Today. Improve Tomorrow.