

Looking to Kick Start Your Volunteer Career?

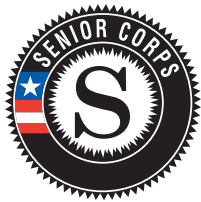
Choose from the following websites
to learn about opportunities
in Rhode Island:

AARP® Real
Possibilities
Rhode Island

AARP®
Create the Good

aarp.org/rivolunteers

www.createthegood.org



NationalService.gov/senior-corps



United Way of Rhode Island

volunteer.uwri.org

For additional volunteer
opportunities or listings:



Age-Friendly
RHODE ISLAND

Volunteerism For Older Adults

YOUR
COMMUNITY
NEEDS YOU!



Age-Friendly RI
www.agefriendlyRI.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.



Volunteer Today.
Improve Tomorrow.

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

