



Center on Aging

mainecenteronaging.umaine.edu

Retired and Senior Volunteer Program (RSVP)

Volunteers are needed in Eastern Maine

UMaine Center on Aging Retired and Senior Volunteer Program (RSVP) members, age 55 and older, invest their skills and life experiences to make a difference for generations in Eastern Maine through volunteer service. Our service area covers Hancock, Penobscot, Piscataquis and Washington counties.



How it works

RSVP volunteers serve a few hours weekly, biweekly or monthly to provide critical services that help children, seniors and veterans in their local communities.

RSVP staff work with you to match you with volunteer opportunities that best fit your lifestyle. All you need is a little spare time and a desire to help others in your community.

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** ★★ ★



You can make a difference

- Promote reading in young children
- Help elementary schoolchildren get excited about math and science
- Enable seniors to live independently in their homes
- Help seniors stay active and healthy
- Assist caregivers by providing respite
- Support veterans accessing benefits and services



RSVP is a program of the National Senior Corps administered by the Corporation for Community & National Service (CNCS). According to research by CNCS, seniors who engage in community service reap benefits such as:

- Improved mental and physical health
- Increased intellectual stimulation
- Boosted self-esteem
- Increased feelings of belongingness

Learn more:

207.262.7924; cynthia.whitney@maine.edu.

Center on Aging

Camden Hall, 25 Texas Ave., Bangor, ME 04401-4324

Phone: 207.262.7920 • Fax: 207.262.7921

info@mainecenteronaging.org • mainecenteronaging.umaine.edu

Find us on Facebook

