

Did you know...

VOLUNTEERING IS GOOD



FOR YOUR BRAIN HEALTH!

Volunteering not only helps your community, it can also support brain health! Research has connected volunteering with a variety of positive impacts for older adults. In fact, volunteering can help you maintain your brain health by helping you to learn new things, meet new people, and stay physically active.

The University of Maine Center on Aging carries out research, education, and community services to improve the lives of older adults and their families in Maine and beyond.

If you or someone you know is looking for ways to serve as a volunteer that are fulfilling, exciting, and make a difference, we have exciting volunteer program opportunities with both our Senior Companion Program and the Retired and Senior Volunteer Program.

SENIOR COMPANION PROGRAM (SCP)

If you or someone you know is a Maine resident age 55 and older and interested in helping homebound or isolated adults age in place, this may be for you! Income eligible volunteers will receive a tax-free stipend and mileage reimbursement.

WHAT DOES A SENIOR COMPANION DO?:

- Serve 10+ hours per week visiting homebound or isolated seniors
- Provide companionship by talking, reading, taking walks, shopping, and being a friend
- Provide respite for family caregivers

CALL 207.262.7927

OR E-MAIL

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RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

UMaine Center on Aging RSVP members, age 55 and older, invest their skills and life experiences to make a difference for generations in eastern Maine through volunteer service.

JOIN US! RSVP VOLUNTEER OPPORTUNITIES:

- Reading aloud to children
- Help fight food insecurity
- Lead senior exercise classes
- Provide respite for caregivers through Adult Day Programs

CALL 207.262.7924

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