

# RETIRED & SENIOR Volunteer Program (RSVP)

Serving Hancock, Penobscot,  
Piscataquis, and Washington  
counties

*“Success is not measured  
in the amount of dollars you make,  
but the amount of lives  
you impact.” Anonymous*

Volunteers are needed for the  
following rewarding opportunities:

- Reading aloud to children
- Helping to fight food insecurity
- Leading senior wellness programs
- Serving in other capacities



**AmeriCorps  
Seniors**





# AmeriCorps Seniors

UMaine Center on Aging RSVP, an AmeriCorps Seniors Program, embraces positive change by offering diverse volunteer opportunities which impact our communities. Volunteers are age 55-plus. They use their skills and experience to make a difference in their local communities.

RSVP volunteers serve on their own schedule, maybe a few hours a month or even a week. We match you to an opportunity that fits your lifestyle.



Volunteers have better mental and physical health, increased self-esteem, and sense of belonging.

**Join the RSVP Team Today.**



Call 262-7924  
to learn more  
or visit

[mainecenteronaging.umaine.edu](http://mainecenteronaging.umaine.edu)

The University of Maine is an EEO/AA employer, and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).