



## Use Life Experience For Life's Work.

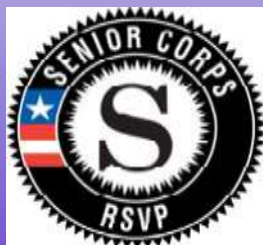
### **VOLUNTEER**

We are asking YOU to put your life experience to work with RSVP. You will join many others who are taking time to improve the lives of men, women and children in communities nationwide. With RSVP you can match your talents and interests with what needs to get done in your community.

### **JOIN US!!**

### **RSVP of Greater Long Beach**

(Retired and Senior Volunteer Program)



## **EXPLORE NEW WORLDS: VOLUNTEER!!**

### **WHY YOU SHOULD GET INVOLVED!**

If you are 55 or older, join over 450 energetic RSVP volunteers who have made a significant difference in our community by contributing 240,000 hours of service to approximately 50 non-profit agencies during 2016. You too can experience the most exciting, fulfilling time of your life!

### **WHAT IS THE RETIRED AND SENIOR VOLUNTEER PROGRAM?**

RSVP is a unique program designed for people 55 and older who are willing and able to donate anywhere from 2 to 40 hours a week to help others in the community. The flexibility of volunteering allows persons of various skill levels and expertise to help resolve problems that affect their communities. Volunteers may provide food for the homeless and hungry, mentor children, assist in community policing, and prepare tax returns for elderly and low-income individuals and much, much more.

For over 30 years, RSVP has matched problems to be solved with people willing to help. Today, more than 450,000 seniors participate nationwide in RSVP, making it one of the largest volunteer efforts.

### **WHY DO RSVP VOLUNTEERS GET INVOLVED?**

RSVP helps seniors stay active and involved. Volunteers join a large service network, using their experiences, skills and talents they have developed over a lifetime or learning new skills.

RSVP volunteers have lived in their communities for many years. Serving is their way to give something back to the community. Studies show that seniors who volunteer live longer, healthier and more fulfilling lives. RSVP volunteers discover when they give, they gain a lot too!

### **PLEASE CONTACT:**

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