



Use Life Experience For Life's Work.

VOLUNTEER

We are asking YOU to put your life experience to work with RSVP. You will be joining 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 to what needs to get done in your area.

JOIN US!!

**Retired and Senior
Volunteer Program
of
Greater Long Beach**



EXPLORE NEW WORLDS: VOLUNTEER!!

WHY YOU SHOULD GET INVOLVED!

If you are 55 or older, join over 500 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 2015. 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 for people 55 and older who are willing to donate anywhere from 2 to 40 hours a week. Its flexibility allows persons of various skill levels and expertise to help resolve problems that affect their communities. Volunteers provide food for the homeless and hungry, mentor children, assist in community policing, 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 in RSVP, making it one of the largest volunteer efforts in the nation.

WHY DO RSVP VOLUNTEERS GET INVOLVED?

Some people feel a lack of productivity when they no longer have a regular work site or schedule. RSVP helps seniors stay active and involved. Volunteers join a large service network, learning new skills or using the know-how they have developed over a lifetime.

Many RSVP volunteers have lived in their communities for a long time. Because the community has given them so much, the volunteer sees serving as a way to give something back. RSVP volunteers discover when they give, they gain a lot too! Studies show that seniors who volunteer live longer, healthier and more fulfilling lives.

PLEASE CONTACT:

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