



RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP) - Our 45th Anniversary

BENEFITS OF VOLUNTEERING THROUGH RSVP - AGE 55+

- FREE Membership in nation's largest senior volunteer network
 - FREE Volunteer Excess Insurance Coverage
 - FREE Semi-Annual Newsletter
- FREE Annual Volunteer Appreciation Banquet (CDA Inn Grand Ballroom)
- CREDIBILITY: Sponsored by Area Agency on Aging & N.I.C. – 45 Years
- CHOICES • FLEXIBILITY • ACCESS TO SENIOR RELATED SERVICES

PERSONAL HEALTH BENEFITS OF VOLUNTEERING

- Stronger Community • Improved Physical & Mental Health • Extended Life
- Reduced Chronic Pain • Reduced Depression & Anxiety • Increased Independence
- Increased Self-Esteem & Confidence • Improved Quality of Life • Social Interaction

"It's great to be blessed; but far greater to bless the lives of others"

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