

# VOLUNTEER WITH RSVP

RETIRED & SENIOR VOLUNTEER PROGRAM



## What is RSVP?

A volunteer program for adults age 55 & better to serve community needs

## How do RSVP volunteers help?

Assist aging adults to:

- Stay connected & healthy
- Receive a ride or a meal
- Learn new skills
- Access food & resources



**NEIGHBORS**  
TAKING CARE OF OUR OWN...



## Volunteering has benefits!

- Flexible schedule (as little as 1 hour!)
- Stay healthy, stay engaged
- Help others, help yourself
- Impact your community!



## Sign up!

**Call:** 515-689-3290

**Email:** [shelly.elrod@iowa.gov](mailto:shelly.elrod@iowa.gov)

Volunteer enrollment

**Form:** [iowaaging.gov/RSVP](http://iowaaging.gov/RSVP)

# VOLUNTEER WITH RSVP

RETIRED & SENIOR VOLUNTEER PROGRAM



## What is RSVP?

A volunteer program for adults age 55 & better to serve community needs

## How do RSVP volunteers help?

Assist aging adults to:

- Stay connected & healthy
- Receive a ride or a meal
- Learn new skills
- Access food & resources



**NEIGHBORS**  
TAKING CARE OF OUR OWN...



## Volunteering has benefits!

- Flexible schedule (as little as 1 hour!)
- Stay healthy, stay engaged
- Help others, help yourself
- Impact your community!



## Sign up!

**Call:** 515-689-3290

**Email:** [shelly.elrod@iowa.gov](mailto:shelly.elrod@iowa.gov)

Volunteer enrollment

**Form:** [iowaaging.gov/RSVP](http://iowaaging.gov/RSVP)