



Name _____

Phone # _____

Email: _____

Please Mail Form to: **RSVP - UMaine Center on Aging**

Camden Hall, 25 Texas Avenue

Bangor, ME 04401-4324

Fax: (207) 262-7921, Tel: (207) 262-7926

My Volunteer Interests Checklist

UMaine Center on Aging - Retired and Senior Volunteer Program (RSVP) of Penobscot, Piscataquis, Hancock and Washington Counties, matches and supports volunteers age 55+ with rewarding volunteer positions that tap their interest, experience, and skills. Volunteer as often as you like, according to your interests and schedule.

Please complete and return this volunteer interests sheet with your volunteer registration form, so that we may better assist you in locating the right volunteer opportunities for you. Check any and all that apply.

Transportation

- Transport seniors to appointments

Independent Living

- Creative activities in adult day care
- Friendly visiting
- Telephone assurances
- Simple home repairs
- Assist at a senior center

Nutrition and Health

- Lead an osteoporosis exercise class
- Lead a fall prevention education class
- Assist and serve at Meals for Me
- Delivered prepared meals
- Assist at a food pantry or food bank

Emergency and Disaster

Preparedness

- Emergency or Disaster Volunteers
- Help at Red Cross blood drives

Literacy Programs and School

- Reading to toddlers in a child care setting
- Adult reading tutor/educator

Capacity Building

- Library assistance
- Gift/thrift shop helper
- Office help
- Historical Society
- Museum Docents
- Advisory Board Member

Community Building Programs

- Community Educators
 - ___ Health Education
 - ___ Senior Safety
 - ___ Basic computer use for seniors
 - ___ Other topics areas as needed
- Maine Safe Medicine Disposal for ME
 - ___ Environmental Community Education
 - ___ Proper RX Disposal Education
- Assist in hospitals, hospices, health care clinics, and nursing homes
- Entertainment at adult day care/nursing homes and other senior facilities

Other

- Maine Troop Greeters
- Design your own volunteer activity

