



## Make Giving Back Your Second Act

Get involved and choose to make a positive difference in your community. AmeriCorps, the federal agency for national service and volunteerism, provides opportunities for Americans of all backgrounds to serve their country, address the nation's most pressing challenges, improve lives, and strengthen civic engagement.

***Nearing retirement?*** Join other adults, who, like yourself, are making new friends, learning new skills, and enjoying life while serving in ways that benefit others and improve communities.

***Interested in a career change?*** AmeriCorps service can also provide on the job training in a new field.

## Enrich your Life by Helping Others

### ***AmeriCorps Seniors Programs***

**Join a community of your peers.** AmeriCorps Seniors offers three distinct volunteer programs for Americans aged 55 and older. Volunteers can choose to serve anywhere from five to 40 hours a week in each of these programs.

#### **Foster Grandparent Program**

Volunteers mentor and guide students to higher academic achievement and grow life skills. This intergenerational program focuses on mentoring and tutoring children and youth, which helps them develop academic and life skills.

#### **Senior Companion Program**

Volunteers serve as a friend and companion by assisting seniors who have difficulty with daily living tasks. The program aims to keep seniors independent longer and provide respite to family caregivers.

#### **RSVP**

Volunteers use their skills and talents learned over the years, or develop new ones, to serve their community in a variety of areas.

### ***AmeriCorps Programs***

#### **AmeriCorps State and National**

**Put your passion into action.** AmeriCorps State and National offers all Americans the opportunity to serve in a program that best fits their unique interests. Members can serve part-time or full-time in areas related to youth mentorship, environmental conservation, workforce development, veteran assistance, and more.

#### **AmeriCorps VISTA**

**Serve where the need is greatest.** AmeriCorps members in the VISTA program serve full-time with organizations that are addressing poverty in America. Members may coordinate administrative projects such as data management, grant writing, communications and marketing materials development, and more.



# Explore AmeriCorps Service Benefits

## STAY HEALTHY

Older adults who participate in volunteer programs remain active and engaged in their communities. A growing body of research points to significant mental and physical health benefits including lower mortality rates, increased strength and energy, and fewer physical limitations.

## EARN BENEFITS

AmeriCorps members and AmeriCorps Seniors volunteers may receive living allowances or stipends, supplemental health insurance, travel reimbursement, food assistance, developmental trainings, networking opportunities, and more during their service term. Stipends/living allowances do not count as income for government assistance programs.

## BUILD YOUR COMMUNITY

When you serve with AmeriCorps or AmeriCorps Seniors, you join a national network. Gain colleagues and friends from your community and serve alongside them. Utilize your lifetime of experience, knowledge, and skills to inspire other generations, drive change, and make an impact in your community.

# 84%

of volunteers reported improved or stable health

# 88%

of volunteers reported a decrease in feelings of isolation

# 78%

of volunteers felt less depressed

