

# Work Wonders with your Experience



There are several **RSVP** programs that could use your help:

**CAIR (Capital Area Interfaith Respite)** – The mission of CAIR is “Neighbors helping Neighbors.” The program is designed to keep area senior and disabled neighbors safe and independent in their own homes as long as possible.

**MRC (Medical Reserve Corps)** – The MRC program coordinates the skills of practicing and retired physicians, nurses and other health care professionals interested in health issues. These volunteers are eager to address the community’s ongoing public health needs and to help their community during large-scale emergency situations.

**Senior Companions** – By becoming a companion to a frail person, a volunteer can help that person stay in his or her own home by giving families and/or professional caregivers much needed time off, running errands or just being a friend.

**Foster Grandparents** – Volunteers share their love, time and experience to help a child who needs them. A Foster Godparent is a role model, mentor and friend to a child at a critical time in his or her life.



You’ve gained a **lifetime of experience**. Now is the time to put your skills and talents to good use by volunteering through **RSVP**.

**RSVP** is America’s largest volunteer network for people 55 and older. Join **RSVP** and join nearly 500,000 volunteers across the country who are tackling tough issues in their communities.



With **RSVP** you choose how much and where you want to serve. You choose the amount of time you want to give. And you choose whether you want to draw on your skills or develop new ones.



# RSVP

Retired and Senior Volunteer Program

*When you are a volunteer, you are not just helping others – you are helping yourself.* Volunteering leads to new discoveries and new friends. Plus studies show that volunteering helps you live longer and promotes a positive outlook on life. **So call RSVP or visit our Website to learn more about volunteering.**

517-887-6116

volunteerlansing.com