

JOIN US OUT IN THE COMMUNITY SERVING OTHERS!



WE BET
YOU'D
LOOK
GOOD IN
SERVICE
BLUE TOO!



CONTACT US



CENTRAL ARKANSAS OFFICE

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SOUTHEAST ARKANSAS OFFICE

807 W 6th Ave Pine Bluff, AR 71601

Complete the Volunteer Interest Form Here:



BECOME AN AMERICORPS SENIORS PROGRAM VOLUNTEER

AmeriCorps Seniors programs are open specifically to Americans 55 and older. Future Builders' Retired Seniors Volunteer Program (RSVP) relies on the generosity of volunteers throughout the year. Make giving back your second act. Bring your unique skill sets and experiences to help people and communities thrive.



Benefits of Being a Senior Volunteer

Volunteer Insurance Coverage



Decreased anxiety, depression, and loneliness



Self-Improvement by learning new skills



Build lasting connections with others



Be an essential part to something bigger



View more benefits of becoming a Senior Volunteer on the back

COUNTIES WE SERVE



Central : Garland | Lonoke | Pulaski | Saline

Southeast: Cleveland | Drew | Grant | Jefferson | Lincoln

For More Information:

www.futurebuildersinc.org/ameri-corps-seniors

501-897-5566



MORE BENEFITS OF BEING A SENIOR VOLUNTEER

- **Enhanced Mental and Physical Health:**

- Staying active through volunteering can improve both mental and physical well-being, reducing the risk of depression, anxiety, and cognitive decline. It also promotes physical activity, crucial for maintaining mobility and overall health.

- **Social Connections:**

- Volunteering provides opportunities to build new friendships and strengthen existing relationships. This can combat loneliness and isolation, common challenges for older adults, leading to a greater sense of belonging and purpose.

- **Sense of Purpose:**

- Contributing to the community gives seniors a renewed sense of purpose and fulfillment. Knowing one is making a difference can boost self-esteem and life satisfaction.

- **Skill Utilization and Development:**

- Seniors can apply their experience and skills to meaningful causes, keeping their minds sharp and even learning new things. This continuous engagement fosters lifelong learning and personal growth which provides access to new learning experiences and challenges while keeping the mind engaged and active.



- **Sense of Accomplishment:**

- Contributing to causes one cares about provides a deep sense of achievement and satisfaction, knowing that your efforts are making a positive difference.

- **Flexibility:**

- Many volunteer programs offer flexible schedules, allowing seniors to contribute time according to their availability and interests. This makes it easier to balance volunteering with other life commitments.

- **Recognition, Appreciation, & Respect:**

- Volunteers often receive recognition for their contributions, which can be a rewarding affirmation of their efforts and dedication.

- **Training and Support:**

- Participants receive training and ongoing support from the RSVP program to help them succeed in their volunteer roles. This includes orientation, skills training, and access to resources.



CONSIDER THE COMMUNITY IMPACT OF YOUR SERVICE

- **Addressing Local Needs:**

- RSVP volunteers contribute to a wide range of community needs, from tutoring and mentoring to disaster response and senior services. Your work directly benefits the community and can lead to meaningful change.

- **Strengthening Community Resources:**

- Your efforts help to bolster local organizations and initiatives, improving their capacity to serve others and enhancing overall community support systems.

- **Filling Gaps:**

- Senior volunteers can help fill gaps in services and support that might otherwise go unmet, especially in areas like literacy programs, senior services, and community outreach.

- **Role Modeling:**

- Seniors serve as role models for younger generations, demonstrating the value of community service and inspiring others to get involved.

LEARN MORE ABOUT OUR SERVICE FOCUS AREAS



- **Healthy Futures** (Ex. health care fraud/scams awareness)
- **Food Insecurity** (Ex. providing nutrition education & resources)
- **Education** (Ex. literacy tutors/mentors for children & adults in literacy, history presentation at museums & libraries, etc.)
- **Environmental Stewardship** (Ex. protecting natural resources through land restoration, community gardens, and more)

Interested in becoming a Senior Volunteer? Complete our Interest Form!