



## Volunteer Opportunities For Seniors 55+ Years of Age

### **A Community That Shares (ACTS)**

Volunteers receive, repair, or disperse free medical equipment in the ACTS' warehouse. Office volunteers work a four hour shift answering phone calls and arranging equipment pick-up. ACTS warehouse is located in the 7th district of St. Mary's County in Avenue.

### **Volunteers for Veterans**

Volunteers are needed to provide friendly visitation to Veterans residing at the Charlotte Hall Veterans Home. Volunteers provide a friendly face and listening ear to cheer the day of these veterans. Volunteers visit, talk, listen, and read with a Veteran as well as escort them to special activities. There is also help needed in the gift shop. Technology support volunteers assist Veterans with computers, tablets, and cell phones.

### **Patuxent Habitat for Humanity**

Volunteers are needed to provide customer assistance within the ReStore in Lexington Park. Volunteers receive, price, and tag items to sell in the ReStore. Many other volunteer opportunities are available such as fundraising, public relations, computer data entry, home renovations, and more! Volunteers for the Aging in Place Program initiative are also needed. Weekly commitment requested.

### **Teen Court Program**

This innovative and highly successful youth diversion program provides teens charged with misdemeanors an opportunity to get their lives back on track and have their juvenile records expunged. Volunteers are needed to serve as Jury Monitors and Courtroom Assistants for the Teen Court Program, Courtroom volunteers should have experience working with teens, youth groups, counseling, law enforcement, or education. Also needed are volunteers with good administrative skills to help with filing and other office tasks.

### **Senior Activity Centers**

Multiple volunteer opportunities available at our Senior Activity Centers including Group Activity Leaders, Special Event/Project Assistants, Computer Tutors, Touchscreen Monitors, Administrative Assistance, Grounds-keeping, Jewelry-Making Instructor, & more!



# RSVP

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### **Home-Delivered Meals Volunteer Drivers**

Deliver nutritious meals to homebound seniors. Drivers use their own vehicle. Mileage reimbursement available if needed. Delivery drivers needed throughout St. Mary's County. Volunteers provide mid-day meal delivery from 11:00 am—1:30 pm. Variety of shifts available to suit most schedules. Training is provided.

### **Hospice of St. Mary's**

Patient Care volunteers needed for bed-side visits, reading to patients, administrative support, gardening and grocery shopping. Also seeking volunteers to cook for Hospice House patients.

### **Patuxent River Naval Air Museum**

The museum has a number of volunteer teams to help support its operations. Also seeking tour guides and data entry attendants.

### **Senior Rides Volunteer Driver**

Drive homebound seniors to doctor's appointments, shopping, and other important errands using your car throughout St. Mary's County and Southern Maryland. Mileage reimbursement available if needed. Volunteers able to drive to DC, Baltimore, Annapolis, and Prince Frederick are especially needed.

#### **Historic Sotterley**

Volunteer as a docent, providing guided tours of Sotterley's historic house. Assist in the Museum Gift Shop or help maintain flower gardens. Also seeking volunteers to help with special events.

### S.W.A.T Team: "Seniors With Available Time" for Special Events & Projects

Help with one-day special events and projects, such as the annual Health Fair sponsored by the Department of Aging & Human Services.

Please contact Monika Williams, RSVP Project Manager, at 301-475-4200, ext. 1653 or RSVP@stmarysmd.com to begin volunteering or to learn of more volunteer opportunities within The Retired and Senior Volunteer Program (RSVP) of St. Mary's County.