

AmeriCorps is a federal agency dedicated to bringing people together to tackle the country's most pressing challenges through national service and volunteering. AmeriCorps Seniors matches people 55 and older with fulfilling volunteer opportunities.

Today, more than 200,000 AmeriCorps Seniors volunteers are serving throughout our country in nonprofit partners like Lifespan.

Explore all of the benefits of serving as an AmeriCorps Seniors volunteer with Lifespan in Monroe and Livingston counties including:

- Self-improvement.
- Insurance.
- New skills.
- Partial mileage reimbursement.

**Together,
let's bring out the best
in America!**



To learn more about volunteer opportunities locally, visit lifespanrochester.org/volunteer or call us at 585-244-8400.



**When you
do good,
you feel
good!**

**Together we can
make an impact!**

Learn more about fulfilling volunteer roles!



Make giving back your second act!

AmeriCorps Seniors at Lifespan of Greater Rochester helps people 55 and older living in Monroe and Livingston counties find fulfilling volunteer roles.



You choose how and where you want to serve, how much time you want to give and whether you want to share the skills you have or develop new ones.

For example:

- Become a “friendly caller” by calling an isolated older adult weekly. Provide a caregiver with a short break from responsibilities.
- Advocate for residents living in long-term care communities.
- Help someone choose the right Medicare plan. Training provided!
- Become a coach for our health and wellness workshops.
- Assist with disaster preparedness in our community.
- Drive a Veteran to medical appointments.
- And many more!



When you do good, you feel good!

Just ask our current volunteers.

“I feel productive and know I am making somebody else’s day brighter. I know my days are brighter.”

– OMBUDSMAN VOLUNTEER

“I’ve become friends with people I would never met otherwise. I hear their perspectives and experiences, and it brightens my day. I believe we are all here to help each other.”

– A BEFRIENDER CALLER

“Volunteering is a nice part of my life. It is a great experience that helps me and the client in many ways. Giving back makes me feel good and I know I have made a difference in someone’s life.”

– WELLNESS COACH

Take on the challenges and opportunities of longer life!

