

## **Volunteer Opportunities**

Community organizations that are actively seeking individuals with the requisite knowledge, skills and experience who are willing to offer their services and work on a full or part-time basis without remuneration on projects or in positions that benefit the organization itself or the people it serves.

Article

## **Giving Back Helps Others... And You**

Volunteering offers many health benefits—especially for older adults.

Source

[AARP](#)

Links

## **Oasis Institute - Lifelong Adventure**

Source

[Oasis Institute - Lifelong Adventure](#)

Links

## **AARP Events and Resources Near You**

Source

[AARP Events and Resources Near You](#)

Article

## **Greet the Neighbors: 5 Practical Tips for Making Connections Close to Home**

Strong social connections are important for our physical and mental well-being. Making connections with neighbors can reduce social isolation and be transformative for everyone!

Source

[AARP](#)

Links

## **National Volunteer Caregiving Network (NVCN)**

Source

[National Volunteer Caregiving Network \(NVCN\)](#)

Article

## **Self-Assessment: Is Isolation Affecting Me?**

You can take the Connect2Affect Self-Assessment for social isolation for yourself or someone you know.

Source

[AARP](#)

Article

## **Doing Good is Good for You: Volunteer!**

Volunteering provides many benefits to your community and to you as a volunteer!

Source

[National Association of Area Agencies on Aging](#)

Links

## **Create the Good by AARP: Community Volunteer Opportunities**

Source

[Create the Good by AARP: Community Volunteer Opportunities](#)

Links

## **VolunteerMatch**

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[VolunteerMatch](#)

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# Shepherd's Centers of America (SCA)

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