

WHO WE ARE

WHAT IS RSVP?

RSVP provides meaningful volunteer opportunities, for adults 55 and better, with non profit organizations to support growth and development of local communities.

WANT TO VOLUNTEER?

Volunteers are matched with opportunities that respond to local needs by relying on the volunteers' skills and wisdom acquired over their lifetimes. Volunteers choose how much they want to serve, how much time they want to give and whether they want to share skills they have or develop new ones.

NEED VOLUNTEERS?

RSVP staff work with nonprofit agencies in the community to fill volunteer positions. We do this by helping stations develop volunteer position descriptions, handle all of the recruitment efforts, assist during the placement process and are available after placement for continued support.

RSVP is a part of Senior Corps. Senior Corps is administered by the Corporation for National and Community Service, the federal agency that improves lives, strengthens communities, and fosters civic engagement through service and volunteering.

RESPOND TO THE CALL AND
JOIN **RSVP** TODAY.

CALL US

(603) 634-1169
SNHS-RSVP Main Office

(603) 598-9421
RSVP Nashua Office

TTY: 800 877 8339

VISIT OUR WEBSITE

www.snhs.org

FIND US ON FACEBOOK

SNHS Volunteer Services

We cannot wait to hear from you!

RSVP

Lead With Experience

Volunteers 55+ Serving Our Local Communities

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** 

All SNHS programs ensure nondiscrimination and equal opportunity for all applicants, employees, and contractors without regard to race, color, sex, religion, age, national origin, disability, political affiliation or belief or genetic information.

Retired and Senior Volunteer Program



DISCOVER YOUR PASSION



SHARE YOUR TALENTS



MAKE A DIFFERENCE
IN YOUR COMMUNITY

Sponsored locally by:

Helping People. Changing Lives.
SNHS
The Community Action Program for
Hillsborough and Rockingham Counties

RSVP Signature Programs

Bone Builders Program

A strength training and balance exercising program to prevent and reverse osteoporosis. Volunteer leaders are trained and lead small group classes.

Healthy Habits

A program that provides wellness, nutrition and fitness lessons to seniors and/or children in kindergarten through grade 5.

Fixit Corps

Volunteers rely on their skill set to provide minor home maintenance and repair for seniors 60 years or older and disabled citizens living in their own homes.

Pen Pal Program

Volunteers exchange letters with local elementary schools, foster an interest in reading and writing to improve language, written communication and social skills.

Thresholds and Decisions

Making Course

A critical thinking and decision-making course presented to inmates in county jails by trained RSVP volunteers who meet one-on-one in weekly one-hour sessions with selected inmates for twelve weeks.

VOLUNTEER WHERE IT'S NEEDED MOST



*“Volunteering
enriches my life mainly
because it gives me a
chance to give.”*

RSVP Volunteer



RSVP has six **FOCUS AREAS** which allow volunteers to serve in a variety of ways such as:

Disaster Services

Setting up call centers, staffing shelters, assisting with fire recovery

Economic Opportunity

Supporting GED programs, support adult education, building/repairing homes

Education

Tutoring, mentoring, assisting teachers in classrooms

Environmental Stewardship

Restoring trails and waterways, remove debris, composting

Healthy Futures

Deliver food, support food pantries, provide health education, provide companionship

Veterans and Military Families

Coaching/counseling, assisting Veterans Affairs program

*Call us today to learn more about
volunteer opportunities in focus
areas listed above.*



GIVING BACK IS GOOD FOR YOU, TOO!

Older Americans who volunteer frequently live longer and report better health. Volunteering can also lead to more friendships and a more positive attitude.

