TEAM CEAP

## **VOLUNTEER VOICE**

# Special Edition!



CEAP is excited to offer a new volunteer program! AmeriCorps Seniors connects volunteers over the age of 55 to stay engaged and active while extending a hand of support to our neighbors.

#### **Benefits**



#### **Health and Wellness**

AmeriCorps Seniors volunteers experience decreased anxiety, depression, and loneliness. 84% of volunteers report stable or improving health after one year of service.



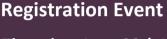
#### **Self-improvement**

See the daily impact of your service as you build on the skills you already have and develop new ones.



#### Insurance

AmeriCorps Seniors offers accident, personal liability, and excess automobile liability insurance.



**Thursday, June 20 | 11am-1pm**CEAP's Community Room

Join CEAP and AmeriCorps to learn more and get started!

Interested, but can't attend the event?
Connect with Maggie!
maggie.murphy@ceap.com



### Community

Connect with others and be part of something bigger. 88% of volunteers who felt a lack of companionship reported fewer feelings of isolation after becoming an AmeriCorps Seniors volunteer.



#### **Program Opportunities**

Participate in special community events and program opportunities, designed specially for you!



#### **Senior Advisory Group**

Share your voice and support community outreach initiatives.