

50+ Volunteering Facts

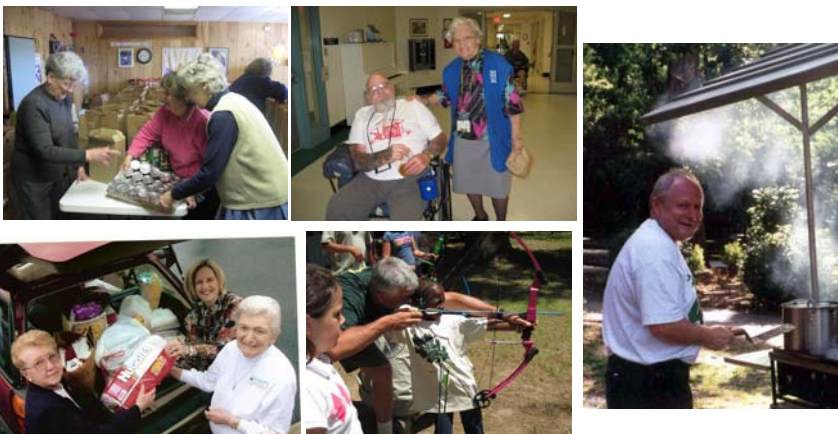
You can help make the world better while gaining fulfillment, excitement, social opportunities, new experiences and learning opportunities.

Retired volunteers are healthier and less socially isolated. They also have a higher self esteem than their non active counterparts.

Volunteers also have more access to social and psychological resources which is known to counter negative moods such as depression and anxiety.



VOLUNTEERING IS GOOD FOR THE HEART AND THE SOUL.



Serving the Tri-County Area



A 50+ GUIDE TO VOLUNTEERING



ShoreCAN

Volunteer Center

77 million boomers are more healthy, educated, and experienced than any generation before them.

Your generation is continuing its legacy to make a difference and today your efforts are needed now more than ever.

Lead, Inspire, and Change the world....AGAIN.

Contact the ShoreCAN Volunteer Center to identify local volunteer opportunities!



1324 BELMONT AVENUE, SUITE 401

SALISBURY, MD 21804

410-742-9911

WWW.SHORECAN.ORG



Professional

◆ Grant Writing Assistant

Contact: Cancer Support Community,
Linda Amey 410-546-1200

Contact: Diakonia, Susan Blaney 410-213-0923

Contact: Holly Community, Rose Carey 443-260-0822

Contact: Garland Hayward Youth Center,
Krystal Perkins 410-651-2668

Opportunity: Identify funding opportunities and assist in the grant writing process.



Medical/Healthcare

◆ Deer's Head Hospital Center

Contact: Helen Young, 410-543-4052

Opportunity: provide patient and staff support at the hospital.

◆ Coastal Hospice & Palliative Care

Contact: Judy Hunt-Harris, 410-742-8732

Opportunity: provide companionship to patients and respite for family members. NEW: thrift shop positions also open.



Mentoring/Leadership

◆ Advisory Committee Member

Contact: Easter Seals, Leslie Gale 302-253-1100

Opportunity: Serve on an advisory committee which meets on a quarterly basis and promotes awareness of the Easter Seals mission in a variety of ways.

◆ Salisbury SCORE Chapter #298

Contact: Chuck Lemak, 410-749-0185

Opportunity: Volunteer as a professional counselor to help entrepreneurs in the local community.

◆ Lower Shore CASA

Contact: Brooke Gemberling, 410-641-4598

Opportunity: Advocate for abused and neglected children who are involved in the foster care and court systems.

Historical Preservation

◆ Adkins Historical & Museum Complex, Inc.

Contact: Carolyn Adkins, 410-677-4740

Opportunity: Volunteer as a museum guide at the Adkins complex in Mardela Springs.

◆ Friends of Poplar Hill Mansion

Contact: Nancy Marasco, 410-749-1776

Opportunity: Assist the museum curator with office organization and public events.

◆ Ward Museum

Contact: Renee Frederickson, 410-742-4988

Opportunity: Join the team and volunteer as a museum docent, special events assistant, or education program assistant.