Volunteer with Senior Services

Be part of the Senior Services family, and donate your time and talent to improve the lives of older adults in our community.

Whatever skills or interests you have, you can find a volunteer opportunity with Senior Services that is fulfilling and makes an impact.

Our volunteers are skilled, dedicated, and passionate about giving back to their communities and helping others live their best lives.

When you join the Senior Services family of volunteers, we will provide you with all of the training and support you need to make a difference, make new connections, and have fun at the same time.

Senior Services
of Southeastern Virginia

(757) 461-9481
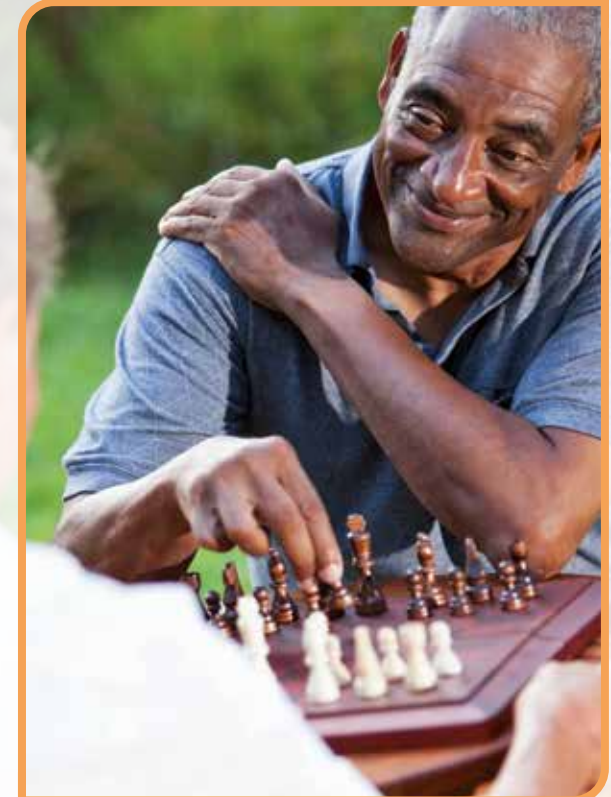
2551 Eltham Avenue, Suite Q
Norfolk, VA 23513

Hayden Village Center
680 Oak Street
Franklin, VA 23851

www.SSSEVA.org/volunteer
www.facebook.com/SSSEVA

Senior Services of Southeastern Virginia is a 501(c)(3) nonprofit organization.

VIRGINIA No Wrong Door — ACCESS. OPTIONS. ANSWERS.   United Way   MEALS ON WHEELS AMERICA MEMBER   DARS

04/23

Keeping You
Healthy, Active,
& Engaged

Senior Services
of Southeastern Virginia

Be a Volunteer

When you volunteer with Senior Services you are helping one of the most important resources in our community — our older adults. You can give back and help us keep our older adults healthy, active, and engaged.

Volunteering is fun, rewarding, and challenging. There are many ways that you can choose to help:

- Benefits counseling
- Meal deliveries
- Office associate
- Special events
- Technology coaching

Our older adult community deserves an equitable share of your care and support. Give us a call and let's determine how you fit into the Senior Services family.

Make a Difference

When you volunteer with Senior Services you have an immediate impact on peoples' lives and mold the future of our community.

- Make new friends
- Apply your knowledge
- Learn new skills
- Impact your community
- Change lives for the better
- Assist those who need a helping hand

"Having recently retired I was concerned with how I could feel productive while still helping others. Volunteering for Senior Services has done all of that and more! I love working with the seniors and I've seen it make a real difference in their lives. It's a win-win for all!"

~ Senior Services Volunteer

Help Change Lives

Eighty percent (80%) of health outcomes are determined by what happens outside of clinical care. Health-related actions outside of clinical care are known as the *Social Drivers of Health*. These actions largely determine an individual's health as they age.

Senior Services of Southeastern Virginia focuses on promoting healthy behaviors outside the walls of clinical care. We empower older adults to stay healthy, active, and engaged by providing programs and services designed to improve their health.

Life Changing Services:

- Affordable Senior Housing
- Fitness
- In-Home Services
- Meals on Wheels
- Nutrition Counseling
- Socialization
- Transportation