

## Why Volunteers?

- ◆ Love helping people;
- ◆ Contribute to the community;
- ◆ Share your time and knowledge;
- ◆ Make a difference.



Senior Health Insurance  
Information Program

Call 1-800-224-6330

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Help Us Give a Helping Hand



Volunteering  
is **HEART**  
work!



## How you can help

- Become a Medicare Advisor
- Health Fairs
- Distribute Medicare and AR SHIIP information
- Office Assistance
- Assist our local AR SHIIP with daily operations
- Community Outreach
- Work with community
- Partners to educate

Call Arkansas Senior  
Health Insurance  
Information Program  
(AR SHIIP)  
1-800-224-6330

## Volunteering is

### Good For You



About a quarter of the people who have volunteered in the past 12 months say that volunteering has helped them to manage a chronic illness.

**76%**

of people who volunteered in the last twelve months say that volunteering has made them **feel healthier**.



**94%**

of people who volunteered in the last twelve months say that volunteering **improves their mood**.



**95%**

say they are helping to make their **community a better place**.

**96%**

say that volunteering enriches their **sense of purpose** in life.



**80%**

of the people who have volunteered in the past 12 months say that they feel they have **control over their health**.



**78%**

of people who volunteered in the last 12 months say that volunteering **lowers their stress levels**.