



# Pay It Forward

Volunteer to Offer Transportation to Our Seniors



**Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer.** The right match can help you to find friends, connect with the community, and learn new skills. Giving to others can also help protect your mental and physical health.

**Many seniors in our community do not drive and have limited resources when it comes to finding transportation to medical appointments or to get groceries or even a haircut.** You can help by offering them transportation.

**Perks include: *government rate mileage reimbursement, liability insurance, flexibility, and training.***

*“Volunteers not only provide an invaluable service, but also their very presence is a testimonial to the **dignity and worth** of the older adults we serve.”* – Adele Mehta, Director of Senior Outreach & Caregiver Services

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