The Power of One
Dr. Ethel Percy Andrus, a retired school teacher, founded AARP in 1958 at the age of 73. We don’t put an age limit on our goals and dreams. Join our volunteer team and be a part of Dr. Andrus’ extraordinary legacy. Together, we can make a difference right here at home.

Voices of AARP
Maine Volunteers

“When I make my voice heard in Augusta, I represent many others who are not able to be there in person. This is my chance to make a difference and I am proud to do my part.”
— Rena Heath, Local Advocate, Hallowell

“Volunteering with AARP is a really rewarding experience. We do practical, meaningful work throughout Maine. AARP respects its volunteers and does everything possible to make the experience worthwhile.”
— Rich Livingston, AARP Maine Volunteer State President, Biddeford

“As a volunteer, I feel a lot of positive energy from the AARP staff and enjoy their ‘can do’ spirit. As Gandhi said, ‘Be the change you wish to see in the world.’ I want to play an active role in making those changes happen.”
— Sammee Quong, Local Advocate, Augusta

“Our work on scam and fraud awareness in Maine has helped us engage with community leaders, legislators and many other important partners. The more we work together to empower our community members, the more we can successfully prevent these crimes in Maine. I’m proud to be part of this mission.”
— Jeff Fowler, Speakers Bureau, Buxton

About AARP
AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. We have a membership of 230,000 in Maine and almost 38 million nationwide.

At AARP Maine we:
• Offer information and resources on important issues
• Engage in advocacy in state and federal issues
• Provide quality volunteer opportunities for members

It is the Association’s policy that all AARP volunteers will receive equal opportunity and treatment throughout recruitment, appointment, training, and service. There will be no discrimination based on age, disabilities, gender, race, national or ethnic origin, religion, economic status, or sexual orientation.

Get Involved in Maine
AARP volunteers find that giving back to their community maximizes their enjoyment of life.

For more information, call toll-free 1-866-554-5380 or email me@aarp.org.

Become an AARP Volunteer in Maine

Volunteer State President, Rich Livingston, speaking to AARP members in Augusta.
You have a lifetime of experience to offer. Why not share your talents right here in Maine? Through outreach, advocacy and service, AARP volunteers and staff work together to enhance the quality of life for Mainers of all ages. Whether it is behind the scenes supporting the daily work of AARP Maine or lending a hand directly to others in Maine communities, we offer a wide range of volunteer opportunities.

As an AARP Maine volunteer you will:

- Share the benefits of your life experiences.
- Have fun!
- Help improve the health and financial security of Mainers over 50.
- Join the fight to protect yourself and your family from consumer and investment fraud.
- Advance age-friendly community initiatives that help us all to “age in place.”
- Participate in volunteer trainings and workshops.
- Meet like-minded Mainers working to improve their own town and community.
- Partner with others who share your commitment to Maine.
- Give your time and make a difference!

How you can help:

Local Advocates
Our advocacy program gives you a voice on the issues that matter most to your family, friends and community such as health care, caregiving needs and fair utility costs. Volunteer advocates engage legislators, deliver testimony, and support important state and federal issues that impact the health and financial security of Mainers over 50. Interested in policy or concerned about the political process? Join us for “Tuesdays at the State House” when the legislature is in session. Let’s work together to bring positive changes to Maine.

Community Engagement
Fun with purpose is a theme for our community work around Maine. Community engagement volunteers work together with local residents, community leaders, and organizations to host events (such as our free coffee and on-tap social events), support community projects and share information and resources—a perfect way to make a difference in towns across Maine!

Speakers Bureau
We are always looking for outgoing volunteers who can represent us around Maine. We’ll work with you and give you the resources you need to give simple presentations to groups and organizations on a variety of topics including Social Security and Medicare, livable communities, fraud protection and more.

Online Advocate
Would you like to stay connected with AARP Maine through email and social media? Join a growing group of Mainers who have become the voice for the 50-plus online! With our brief email alerts, you’ll be in the loop on local events and statewide issues. Liking us on Facebook (facebook.com/aarpmaine) and following us on Twitter (@aarpmaine) are easy ways to stay connected to our local opportunities. Every voice makes a difference on the critical issues we address on behalf of our members and their families.

Behind the Scenes
If you prefer to work behind the scenes, AARP Maine offers a variety of ways to get involved. From mailing parties to member phone banks and event preparation, we welcome your time and talents.

Would you like to learn more about volunteering with AARP Maine?

Getting started is easy!
- Call us at 1-866-554-5380
- Email us at me@aarp.org
- Complete the form below and return it to an AARP staff member or volunteer
- Mail the completed form to: AARP Maine 53 Baxter Boulevard, Suite 202 Portland, ME 04101

Yes, I am interested in hearing more about AARP Maine’s volunteer opportunities:

I’m interested in:

- Local Advocate
- Community Engagement
- Speakers Bureau
- Online Advocate
- Behind the Scenes
- Other (please specify):

YOUR NAME (PLEASE PRINT CLEARLY)

ADDRESS

ADDRESS

CITY, STATE, ZIP

HOME PHONE

CELL PHONE

EMAIL