



GIVE 5

Give 5 is an innovative, free, community-based program designed for Tulsa area residents. The program introduces participants to nonprofit organizations addressing our city's primary areas of need and helps establish purpose and meaning in retirement.

Members of the Give 5 cohort meet once a week for five weeks to gain a better understanding of Tulsa's challenges and are introduced to a variety of nonprofits working to address these issues.

An important goal of the experience is to help prospective volunteers realize what a significant impact they can make in our community through their gifts of time. Give 5 volunteers may be called to work directly with children or vulnerable community members, or provide services in their area(s) of expertise.

There are options available that work for a wide variety of schedules and interests, and they all make a difference.

Interested in becoming part of Give 5? Visit www.LIFEseniorservices.org or contact Carrie Clevenger by calling (918) 664-900, ext 1255 or email cclevenger@LIFEseniorservices.org.





Thank you for your interest in participating in the Give 5 civic matchmaking program presented by United Healthcare. To participate, please complete the form below and e-mail it to LIFE Senior Services at clevenger@lifeseniorservices.org We will follow up with you soon!

Full Name: _____

Phone #: _____ Email: _____ Date of Birth: _____

Address: _____

Retired? Yes No Anticipated retirement date: _____

Where did you retire from?
Where did you spend most of your career?

Where do you currently volunteer?

Physical Limitations:

Dietary Restrictions:

Areas of interest for volunteering

Select All

- Administrative/office functions
- Advocacy and human rights
- Animals
- Arts and culture
- Board service
- Children and youth

- Computers and technology
- Crisis support
- Disabled
- Education and literacy
- Employment
- Faith-based
- Health and medicine
- Homeless and housing
- Hunger
- Immigrants and refugees
- Outdoor work
- Poverty and basic needs
- Seniors
- Special events
- Victims' services

Are you applying to participate with a friend or friends? If so, please indicate name(s).

How did you hear about Give 5?

Do you know someone who might also be interested in the Give 5 program? If so, please let us know and we'll reach out to them!

Name

Phone

Email

Thanks for your interest in the Give 5 program. We look forward to talking with you! For more information, call Carrie Clevenger at 918-664-9000, ext 1255, or email cclevenger@lifeseniorservices.org



Give 5 is an in-person training event. Participants will be shuttled throughout the community to tour and learn about participating nonprofit agencies. Due to the nature of the format, and for the safety of all, Give 5 program participants are required to be vaccinated against the COVID-19 virus and to wear a mask while in contact with others.

- By checking this box, I agree to the conditions above.