

Be Part of the Solution



GIVE 5

Retiree Civic Matchmaking Program

Looking for a place to match your skills and interests with nonprofit organizations in need of volunteer help?

Give 5 may be the program for you!



 @COMOGive5 

www.UWHeartMO.org/Give-5 • 573-443-4523 • lestes@uwheartmo.org



The Presenting Sponsor of Give 5 is UnitedHealthcare and hosted by Heart of Missouri United Way



About the Program:

Give 5 is an innovative, free, community-based program designed for Boone County residents. The program matches participants with nonprofit organizations addressing our city's primary areas of need and helps re-establish purpose and meaning in retirement.

Give 5 provides retired baby boomers with the opportunity to go behind the scenes of Columbia's most interesting nonprofit organizations and public service agencies. Over five program days, classmates are to visit more than 20 organizations, getting a "taste test" of volunteer opportunities and an understanding of the needs these organizations address.

At the end of the program, participants are asked to consider committing to five hours of volunteerism per month to the cause(s) of their choice. Give 5 began in Springfield, MO. In the program's first year alone, Give 5 volunteers provided an estimated \$300,000 in time value to Springfield and Greene County nonprofit organizations.

How to Participate:

To apply to participate in Give 5, pick up a printed application at ...

- **Heart of Missouri United Way (105 E. Ash St. Suite 300)**

Applications are also available online at www.UWHeartMO.org/Give-5.

Dates you should know:

Class 1	Thursdays:	April 2, 9, 16, 23 and 30 from 8:30 a.m. - 4:30 p.m.
Class 2	Wednesdays:	June 3, 10, 17, 24 and July 1 from 8:30 a.m. - 4:30 p.m.
Class 3	Tuesdays:	Aug. 4, 11, 18, 25 and Sept. 1 from 8:30 a.m. - 4:30 p.m.
Class 4	Wednesdays:	Oct. 7, 14, 21, 28, and Nov. 4 from 8:30 a.m. - 4:30 p.m.

Classes will be held at the State Historical Society of Missouri Center for Missouri Studies located at 605 Elm St., Columbia, MO 65201

Application Form



First Name: _____ Last Name: _____

Email Address: _____ Phone Number: _____

Date of Birth: _____ Gender: _____

Street Address: _____

City, State, Zip Code: _____

Retired: _____ Yes _____ No

What Organizations do you volunteer with? _____

Highest level of education completed (circle one):

Doctoral degree Master's degree Bachelor's degree Associate's degree some college high school

Physical limitations: _____

Dietary restrictions: _____

When would you be interested in participating in the program?

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: _____

Email: _____

Phone: _____

Thank you for applying! We will be in touch with you soon. Give 5 is brought to Columbia, Boone County by Heart of Missouri United Way and is funded by sponsoring organizations and private donors.

Presenting sponsor is United Healthcare

Email to: lestes@uwheartmo.org
 Mail to: Laura Estes
 Heart of Missouri United Way
 105 East Ash St., Ste 300
 Columbia, MO 65203



"When we decided to retire at the end of 2017, we began looking at what we might do with our time when this happened. We truly believe we've been BLESSED and need to give back to our community. WOW, what an experience! We believe this program is exactly what retirees need to keep themselves active and productive for our community. We know there are many ways for retirees to get involved, but this program allows them to get familiar with the organizations. We learned a lot about our community and the non-profit organizations within our community. Out of these organizations we chose three to volunteer our time, Community Partnership of the Ozarks, Springfield Public Schools and Senior Age."

– **Laverne and Shirley Schell**