

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



## 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!**



Heart of Missouri United Way



[www.UWHeartMO.org/Give-5](http://www.UWHeartMO.org/Give-5)  
573-443-4523 • [office@uwheartmo.org](mailto:office@uwheartmo.org)

 @COMOGive5

# 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.

*The next Give 5 Cohort will meet  
Fridays, Sept 20, 27, Oct 4, 11 & 18  
from 8:30 a.m. - 3:30 p.m.*



## GIVE 5 Application Form

Applications are also available online at [www.UWHeartMO.org/Give-5](http://www.UWHeartMO.org/Give-5).

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City, State, Zip Code: \_\_\_\_\_

Retired:  Yes  No

When would you be interested in participating in the program?

FALL 2024    SPRING 2025

*\*Check the website for future dates!*

Presenting Sponsor



Email to: [LGustavis@uwheartmo.org](mailto:LGustavis@uwheartmo.org)

Mail to: Lorraine Gustavis  
Heart of Missouri United Way  
105 East Ash St., Ste 300  
Columbia, MO 65203