



SUCCESSFULLY AGING AND LIVING IN SAN ANTONIO

SALSA (Successfully Aging and Living in San Antonio) is a community of individuals and organizations dedicated to ensuring San Antonio's older adults are respected, thrive, and enjoy connected lives. We promote a culture of positive aging, catalyze collaboration across the community, inform policy, influence funders, and offer educational resources.

This guide offers a wide variety of volunteer opportunities from our community of SALSA partners.

saafdn.org/volunteer
EMAIL: salsa@saafdn.org

VOLUNTEER RESOURCE GUIDE

Engage your joy and life experience, find your passion and encourage your purpose, connect & volunteer!

WHY VOLUNTEER

Volunteering is more than just giving your time! It's about making a positive impact in your community and beyond. When you volunteer, you contribute to causes you care about, meet new people, and gain a sense of fulfillment that comes from helping others. It's a win-win for everyone involved!

BENEFITS OF VOLUNTEERING

Make a Positive Impact

Whether it's helping those in need, supporting local organizations, or improving the environment, your efforts can create meaningful change.

Build New Skills

Volunteering offers a chance to learn and develop new skills that can enhance your personal and professional life.

Connect with Others

Meet like-minded individuals, form new friendships, and expand your network.

Boost Your Well-being

Helping others can improve your mental and physical health, reduce stress, and increase happiness.

Give Back

Volunteering is a great way to give back to the community that supports you.

WAYS TO GET INVOLVED

Local Community

Participate in neighborhood clean-ups, food drives, or community events.

Nonprofit Organizations

Offer your skills to help nonprofits in areas like education, healthcare, or animal welfare.

Virtual Volunteering

Use your talents online to support causes you care about from the comfort of your home.

Mentorship

Share your knowledge and experience by mentoring someone in need of guidance.

HOW TO START VOLUNTEERING

1. IDENTIFY YOUR INTERESTS
2. FIND OPPORTUNITIES
3. COMMIT YOUR TIME
4. REACH OUT



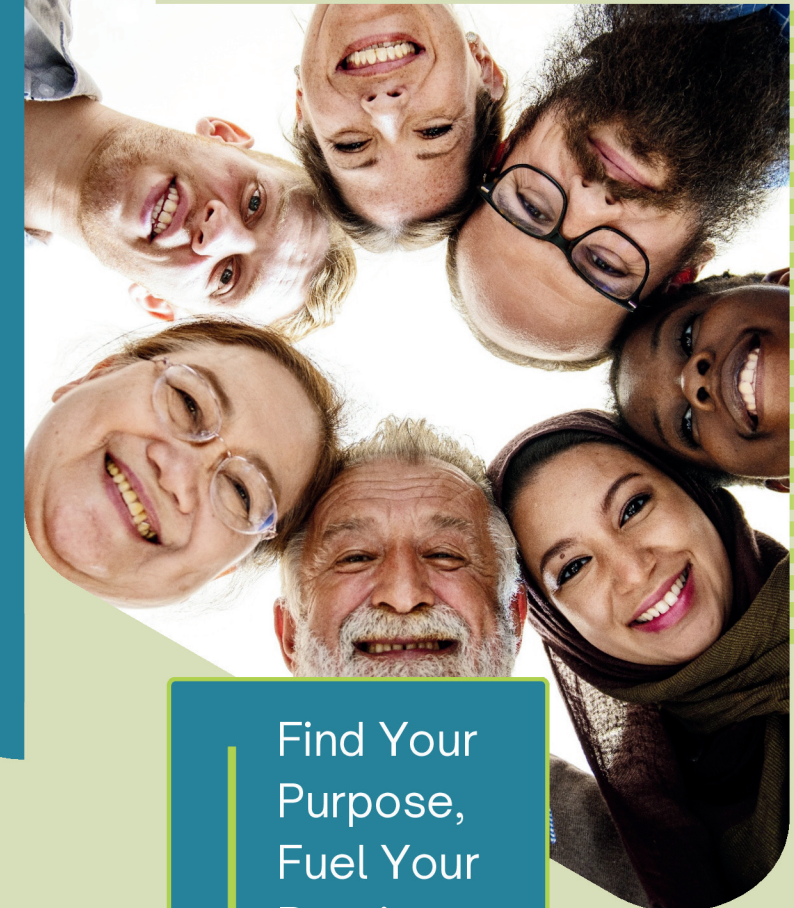
There are opportunities for everyone. All organizations listed in this guide are welcoming of all abilities. Ask about remote, virtual, and accessible volunteering opportunities.

Time Commitments Vary:
One-Time | Short-Term | Ongoing



Online Guide & More Info
saafdn.org/volunteer

VOLUNTEER RESOURCE GUIDE



Find Your
Purpose,
Fuel Your
Passion


San Antonio
Area Foundation

saafdn.org/volunteer

Make a meaningful impact by volunteering with National Church Residences—whether through gardening, music, activities, translation, fitness, maintenance, pet care, sending cards, spiritual support, or tech training, your time and compassion can bring joy and support to older and disabled adults in our independent living communities.

 **(800) 388-2151**
nationalchurchresidences.org
Volunteers@nationalchurchresidences.org

ABODE teaches the art of contemplative living and dying while providing a beautiful home and compassionate care for those at end of life – at no charge. Volunteers can help with guest services, meal prep, laundry, cleaning, yard work, office/admin, fundraising, special events and sitting with our Guests.

 **210-967-9891**
abodehome.org/volunteers
info@abodehome.org

AARP Foundation creates and advances effective solutions to reduce poverty for and with older adults. The AARP Foundation Senior Community Service Employment Program (SCSEP) helps those 55+ reenter the workforce or learn new skills through community service with nonprofits/public entities.

 **210-223-8900**
aarp.org/foundation

Alzheimer's Association - Passionate people working to fight a devastating disease, honor loved ones, & bring care & support to those who need it. In-person and virtual volunteer opportunities, training to help you grow your knowledge and skills. There's a spot waiting for you on our team.

 **alz.org/get-involved-now/volunteer**

Family Service has a range of volunteer projects from "adopting" one of our early childhood education centers and visiting once-a-month to projects centered on national days, like reading awareness, to beautification and painting of our classrooms and service centers to donation drives for our families.

 **210-299-2400**
family-service.org
communications@family-service.org

City of SA - Help your local library, wipe out graffiti, volunteer with Income Tax Assistance or just help your community with Human Services? Learn about ways you can volunteer with us! Animal Care | Development Services | Historic Preservation Human Services | Library | Parks and Recreation

 **210-207-6000**
sa.gov/volunteer


Meals on Wheels - Meal Delivery, care & nutrition to thousands of seniors & homebound members. | Friendly Visitors help improve physical, emotional, & mental well-being, reducing loneliness & social isolation with in-person visits, phone calls, or weekly written mail. AniMeals help those we serve keep their furry companions fed and healthy, too!

 **210-735-5115**
mowsatx.org
volunteer@mowsatx.org

Low Vision Resource Center (LVRC) - Provides free services to the visually impaired, including 24/7 Owl Radio broadcasts, monthly Low Vision Club meetings, and veterans' support. Volunteer opportunities: reading, event support, & outreach.

 **210-829-4223**
owlradio.org
lowvisionresource@gmail.com

OASIS - San Antonio Oasis promotes healthy aging through lifelong learning, active lifestyles, and volunteer engagement. Volunteer Opportunities: Silver Connect - Center Volunteers - Intergenerational Tutoring - Computer Instructors - Calling Committee - Curriculum Committee - Health Fairs.

 **210-236-5954**
san-antonio.oasisnet.org

Merced helps individuals, families, and older adults maintain the safe, affordable and accessible housing that everyone deserves – regardless of income, regardless of geography. We look forward to working alongside you to continue making a difference in our community.

 **210-281-0234**
Mercedhousingtexas.org
externalrelations@mercedhousingtexas.org

Project MEND – Transforming lives through medical equipment reuse for over 30 years! Share your talents and help with: Cleaning equipment in the warehouse, marketing and fundraising, administrative, data entry, grant research and grant writing.

 **210-223-6363 ext 3**
projectmend.org
volunteer@projectmend.org

Are you interested in making a lasting impact on the lives of others? Join us in loving, serving, and caring for those in our community through volunteering at the YMCA. There are many opportunities such as volunteering as a coach in sports, being a Y ambassador, reading to our children, supporting our participants with disabilities, and more.

 **210-246-9600**
ymcasatx.org/volunteer
foreverwell@ymcasatx.org

Morningside Ministries - Support our Life Enrichment staff through the Music and Memory Program, assist as a worship services assistant, sign-up to be a musical entertainer, a guest speaker, or simply have a one-on-one visit with a resident! Impact residents' lives by assisting with activities, in-room visits, and more.

 **210-734-1000**
mmiliving.org
info@mmiliving.org

Ride Connect Texas' mission is to promote independence, preserve dignity and enhance the quality of life of older adults and people with disabilities by coordinating and providing educational and transportation services. Errands, Medical Appointments, Grocery Store - Volunteer Drivers needed - you set your schedule (Stipend provided for mileage)

 **210-558-0007**
rideconnecttexas.org
support@rideconnecttexas.org

Volunteer with The Arc! Volunteers can help with sports and recreation, arts and culture, special events, and leisure activities. Volunteers include college students exploring potential career paths, retirees, families, and corporate groups giving back. Groups can range from 2-15 people.

 **210-490-4300**
arcpsa.org
(Geovana) gtejeda@arc-sa.org

Building Hope Together - Our mission is to help older adults age in place in safe, secure, and economically sustainable housing. We're always looking for interested volunteers like YOU!

 **(210) 343-1650**
buildinghopetogethersa.org/getinvolved
info@BuildingHopeTogether.org

King's Compassion serves homebound seniors who have little to no care. Volunteers of all ages can help us make care calls to our seniors to remind them they are not forgotten to mowing lawns, as well as packing and delivering groceries and essential home items.

 **210-201-2402**
kingscompassion.org
volunteer@kingscompassion.org

San Antonio Jewish Senior Services (SAJSS) works to address the needs and enrich the quality of life of San Antonio Jewish older adults and their families. Volunteers make weekly deliveries, prepare mailings, plan events, and more.

 **210-616-4811**
sajss.com/volunteer
sandraw@sajss.com

Texas Grandparents Raising Grandchildren - Join us in making a meaningful impact in the lives of grandparents raising grandchildren across Texas. At TXGRG, volunteers play a crucial role in supporting our mission to provide resources, advocacy, and community for grandfamilies in need.

 **txgrg.com/volunteer**
beth.brown@txgrg.com

Vibrant Works empowers people with vision loss to lead independent lives through employment and comprehensive services. Volunteer opportunities include event support for Dining in the Dark, Beeping Easter Egg Hunt, Breakfast with Santa, and more.

 **210-533-5195**
vibrantworks.org
info@vibrantworks.org


The Village at Incarnate Word - We provide training & guidance to our volunteers. Visit with our residents, assisting with activities such as crafts, bingo, & special events, Luau, Halloween & Deck the Halls.

 **210-829-7561**
thevillageiw.org/volunteer-opportunities
volunteer@thevillageiw.org

WellMed Charitable Foundation (WCF) is looking for volunteer instructors to teach ESL and Spanish computer classes within the WCF Senior Activity Centers. Class size will be around 10-12 people.

 **210-927-9328**
wellmedcharitablefoundation.org
(Laura) lvillarreal@wellmed.net


Northeast Senior Assistance (NESA) - We'll help put you in the spot that's right for you! Help one client at a time. You decide how much you volunteer: once daily, weekly, or monthly. Opportunities include: Transportation - Grocery Shopping - Food Pantry Delivery - Handy Helper, plus more.

 **210-967-6372**
neseniorassistance.org
neseniorassistance@sbcglobal.net

Good Samaritan Community Services is a catalyst for change, supporting individuals and families by providing excellent community services to overcome the impact of poverty. Become a mentor to our teens, help serve our older adults, or outdoor work on our campus.

 **210-434-5531 ext. 2010**
volunteers.coordinator@goodsamtx.org
goodsamaritans.wpengine.com/volunteer

Join us in making a difference! Community Options, Inc. supports individuals with disabilities through housing and employment. Volunteer at our Cupid's Chase 5K and help raise funds that directly benefit those we support. Sign up today!

 **210-212-4969**
delma.macias@comop.org


Madonna Center helps individuals and families improve their daily lives through education, connections to resources, healthy aging, and creating a sense of community. Volunteer in the office, phones, classrooms with the children, senior center, etc.

 **210-432-2374**
madonnacentersa.org
info@madonnacentersa.org

Bulverde Spring Branch Activity Center is to facilitate active aging and enhance the quality of life for older adults in our communities. Volunteer opportunities - Front Desk, Office Assistance, Gift Shop, General Maintenance/Repairs & Lawn/Yard Work

 **210-432-2374**
madonnacentersa.org
info@madonnacentersa.org

Habitat for Humanity of San Antonio & Guadalupe Valley - We are not a charity or a "handout" program, but rather we help families in need help themselves to become homeowners. Volunteers are the heart of our organization! They build homes alongside our homebuyers, feed hungry volunteers, work at our Home Centers, and more.

 **210-223-5203 X161**
habitatsa.org
Volunteer@HabitatSA.org


disABILITYsa - Celebrate culture and inclusion with activities such as one-time volunteer events, recurring in-office assignments, or community engagement opportunities. Have your accommodations met and utilize your strengths with disABILITYsa!

 **210-704-7262**
disabilitysa.org
Volunteer@disabilitysa.org

At House of Neighborly, we are on a mission to serve our older adults of San Antonio with hot meal deliveries and yard clean-up assistance. Just 3 hours of your time can brighten someone's day while making a real impact in our community.

 **210-890-9081**
hns today.org
volunteer@hns-tx.org

The Texas Department of Family & Protective Services (DFPS) protects children, older Texans, and adults with disabilities from abuse, neglect, and exploitation. Volunteer with us today. A little time, a big impact. Emergency Resource Room Support, Outreach & Special Events

 **210.216.8450**
dfps.texas.gov/community/volunteer

Texas Diaper Bank - 5,100 volunteers work with us every year to make our mission possible and we need your help! Repackage diapers & wipes, build emergency kits, & facilitate warehouse management. Education, supportive services, Goods & long-term impact.

 **210 761 7026**
texasdiaperbank.org
volunteer@texasdiaperbank.org

The Gonzaba Foundation - aims, to improve the lives of the older adult population in SA, TX. Volunteer for: Senior Mobile Pantry - Hygiene Program - Senior Grass Busters - Golden Gardeners - Spurs Senior Night - Ambassador Program

 **210-640-9400**
gonzabafoundation.org
gonzabafoundation@gmail.com

Catholic Charities' mission is to provide for the needs of our community through selfless service under the sign of love. VOLUNTEER WITH US! Join thousands of volunteers from around the city who are serving with us to strengthen the most vulnerable.

 **210-222-1294**
ccaosa.org/volunteer-now/
info@ccaosa.org