Find Your Purpose, Fuel Your Passion

VOLUNTEER RESOURCE GUIDE

San Antonio Area Foundation

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 or supporting local nonprofits, your efforts can create meaningful change and give back to your community

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

Boost Your Well-being
Helping others can improve your overall health and reduce stress.

Everyone is welcome.

Find the Fit for You!

Ask about:

- Remote
- Virtual
- Accessible
- One-Time
- Short-Term
- Ongoing

SUCCESSFULLY AGING AND LIVING IN SAN ANTONIO
An Initiative of the San Antonio Area Foundation
John L. Santikos Charitable Foundation

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.

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

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

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.

LOCAL OPPORTUNITIES TO VOLUNTEER

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.

AARP Foundation
210-223-8900
aarp.org/foundation

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.

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

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.

ALZHEIMER'S ASSOCIATION
alz.org/get-involved-now/volunteer

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!

Building Hope Together
(210) 343-1650
buildinghopetogethersa.org/getinvolved
info@BuildingHopeTogether.org

Bulverde Spring Branch Activity Center facilitates 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

BULVERDE SPRING BRANCH ACTIVITY CENTER / MEALS on WHEELS
830-438-3111
bsbac.com
info@bsbac.com

Catholic Charities' mission is to provide for the needs of the 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.

Catholic Charities Archdiocese of San Antonio, Inc.
210-222-1294
ccaosa.org/volunteer-now
info@ccaosa.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

HUMAN SERVICES
210-207-6000
sa.gov/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!

Community Options, Inc.
210-212-4969
delma.macias@comop.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!

disability sa
210-704-7262
disabilitysa.org
Volunteer@disabilitysa.org

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.

Family Service
210-299-2400
family-service.org
communications@family-service.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

The Gonzaba Foundation
210-640-9400
gonzabafoundation.org
gonzabafoundation@gmail.com

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.

GOOD SAMARITAN COMMUNITY SERVICES
210-434-5531 ext. 2010
volunteers.coordinator@goodsamtx.org
goodsamaritans.wpengine.com/volunteer

WHERE TO 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. AntiMeals help those we serve keep their furry companions fed and healthy, too!

MEALS on WHEELS SAN ANTONIO
210-735-5115 mowsatx.org
volunteer@mowsatx.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.

MERCED HOUSING TEXAS
210-281-0234
Mercedhousingtexas.org
externalrelations@mercedhousingtexas.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.

Morningside Ministries
210-734-1000
mmliving.org
info@mmliving.org

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.

Northeast Senior Assistance
210-967-6372
neseniorassistance.org
neseniorassistance@sbcglobal.net

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.

Oasis Making Minds Move
210-236-5954
san-antonio.oasisnet.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.

OWL RADIO
210-829-4223
owlradio.org
lowvisionresource@gmail.com

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.

Project MEND Medical Equipment Reuse
210-223-6363 ext 3
projectmend.org
volunteer@projectmend.org

Balanced Caregivers Adventure's community singing group Grace Notes Community Singers brings joy and connection to seniors by singing old and new favorites together in a fun, energetic environment. Volunteer needs include singers, technical support, volunteer coordinators, and member support.

BCA
amy@oaksongmusictherapy.com
www.oaksongmusictherapy.com.

Haven for Hope's mission is to offer a place of hope, love, and new beginnings by providing, delivering, or coordinating impactful care for people experiencing homelessness. We offer individual and group volunteer opportunities, including direct client interactions, spiritual services, administrative support, donation sorting, and more.

Haven for Hope
volunteers@havenforhope.org
https://www.havenforhope.org/give/volunteer/

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.

At House of Neighborly
210-890-9081
hnstoday.org
volunteer@hns-tx.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.

King's Compassion
210-201-2402
kingscompassion.org
volunteer@kingscompassion.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.

Madonna Center
210-432-2374
madonnacentersa.org
info@madonnacentersa.org

Rebuilding Together Austin San Antonio repairs homes, revitalizes communities, and rebuilds lives by ensuring safe, healthy housing for neighbors in need. We welcome individuals and corporate volunteer teams to roll up their sleeves, strengthen communities, and create lasting impact through hands-on service across Central Texas.

Rebuilding Together
Volunteer-Info@RTASA.org
RTASA.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)

Ride Connect Texas
rideconnecttexas.org
support@rideconnecttexas.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

TEXAS Department of Family and Protective Services
210.216.8450
dfps.texas.gov/community/volunteer

Texas Ramp Project builds free wheelchair ramps for low-income older adults and others with disabilities. Every Saturday morning several volunteer teams spend 3 to 4 hours providing safe access to homebound individuals. Join us - all tools, materials and directions are provided.

Texas Ramp Project
210-365-3491
texasramps.org/volunteer
info@texasramps.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.

The Arc of San Antonio
210-490-4300
arcsa.org
(Geovana) gtejeda@arc-sa.org

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.

Texas Diaper Bank
210 761 7026
texasdiaperbank.org
volunteer@texasdiaperbank.org

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
txgrg.com/volunteer
txgrg.com/volunteer

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

The Village at Incarnate Word
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.

WellMed Charitable Foundation
210-927-9328
wellmedcharitablefoundation.org
caregiverson@wellmed.net

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.

The Y
210-246-9600
ymcasatx.org/volunteer
foreverwell@ymcasatx.org

WHERE TO VOLUNTEER