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Volunteer opportunities are available with the Maine State Health Insurance Program (SHIP) and the Maine Senior Medicare Patrol (SMP). Working together, these programs provide a variety of volunteer opportunities to help educate and assist Mainers with a variety of Medicare issues and empower beneficiaries, their families and caregivers to prevent health care errors, fraud and abuse. Here are some of the opportunities that may be available in your area:

**Assisting with administration:** Help with work such as copying, filing, data entry and placing phone calls in support of SMP activity.

**Distributing information:** Help with transporting and disseminating SMP information materials to sites and events; may include presenting prepared copy or performing scripted activities for small groups.

**Staffing exhibits:** Help by staffing information booths or exhibits at events such as health fairs; also may provide general information about SMP to the public and answer simple questions.

**Making group presentations:** Help by giving presentations on SMP topics to small and large groups; may interact with the audience by answering questions and through discussion.

**Counseling:** Help by having direct conversations with Medicare beneficiaries about their individual situations; may include review of personal information such as Medicare Summary Notices, billing statements, and other related financial and health documents.

Interested in checking out SHIP/SMP volunteer opportunities in your area? Contact your local Area Agency on Aging to learn more:

**Aroostook Agency on Aging:** Serving Aroostook County.

1-800-439-1789 or [www.arostookaging.org](http://www.arostookaging.org)

**Eastern Area Agency on Aging:** Serving Penobscot, Piscataquis, Washington and Hancock Counties.

1-800-432-7812 or [www.eaaa.org](http://www.eaaa.org)

**SeniorsPlus:** Serving Androscoggin, Oxford and Franklin Counties.

1-800-427-1241 or [www.seniorsplus.org](http://www.seniorsplus.org)

**Spectrum Generations:** Serving Kennebec, Waldo, Knox, Lincoln, Sagadahoc and Somerset Counties.

1-800-639-1553 or [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

**Southern Maine Agency on Aging:** Serving Cumberland and York Counties.

1-800-427-7411 or [www.smaaa.org](http://www.smaaa.org)