

COMMUNICATION CONNECTION

VOLUNTEERISM

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One of the greatest gifts you can give someone is your time. "Whatever you do may seem insignificant, but it is most important that you do it." (Ghandi)
Throughout your lives you may have volunteered your time in a variety of ways and settings as your circumstances and interests changed. As an older adult, you may find yourself with some free time or just feel a need to give back in gratitude for the many blessings in your life. Sometimes you are lucky enough to give back to the person or organization that has helped you. Sometimes it is just about passing the favor on.

If you are presently volunteering, you are certainly aware of how that experience can add to your life. The rewards are many including meeting new people, using some of your interests and talents and sharing your years of experience and wisdom. When you are at a place in your life where you have some flexibility in your schedule, there may be some interesting volunteer opportunities you might consider that would meet both your interests and changing needs. Whether it working with a favorite organization, a church community, a local senior or medical facility or spending more time with children or young adults, the possibilities are endless. Many hands make light work and you might want to ask friend to join you who may be thinking about volunteering so they can see what it is all about. If they are unable to leave their home easily, you might suggest they get involved in making phone calls or helping with mailings for a community organization.

People of all ages often seek to find meaning in their day to day activities. What brings you deep personal satisfaction? How can you serve by offering your assistance, support, creativity, and time? Little things mean a lot and sometimes it can be as simple as giving someone a hug, helping with an errand, or just listening. As you connect to your sense of joy and find new ways to participate more fully in each day - as you tap into some other purpose for your life, you may feel a desire to share some of those insights with others around you.

FOCUS on Mature Lifestyles

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NOTE: Volunteerism and socialization are keys to successful aging.
For additional ideas:

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