



Volunteer Tips: Senior Volunteers

1. What have you wanted or waited your whole life to try? Why not try it now? See if an organization of interest to you offers training opportunities, and volunteer to do something you never thought you would do but would love to try.
2. Research the causes or issues that are important to you. Look for a group that deals with issues about which you feel strongly.
3. Look for opportunities that meet your skills and interests. Consider serving in an organization that can benefit from your particular personal and professional skills. Your experience and knowledge can be a great asset to an organization that is working to serve in your community. You can seek more challenging volunteer opportunities such as professional and management activities like strategic planning, marketing and budgeting.
4. Think outside the box! Many community groups that are looking for volunteers, like neighborhood programs, disaster volunteers at Volunteer Center, youth organizations, intergenerational programs, and park services may not have occurred to you but could just be the perfect fit.
5. Check into doing a short-term volunteering experience. Many organizations have opportunities that will fit with different time commitment needs so you can find the volunteer activity that fits your schedule.
6. Help a child find his or her own special gifts. You have tons of information to share, so help the younger generations learn from your experience and knowledge. Mentoring programs are a great way to do this.
7. Stay active and strong—volunteer! With a few extra moments of your time, you can change our community and you can also change yourself. Research shows that there are a number of health benefits that come from of volunteering, including lower risk of heart disease and depression, and even longer life-span.
8. Not sure where to start? The website www.volunteercenterjwc.org will help you locate opportunities in our area, as well as your area of interest.
9. Volunteer with friends or family. Volunteering as part of a group can be less intimidating and more fun. But don't underestimate the potential to meet new people through volunteering.
10. Look into volunteering events in order to get a taste of volunteering if you're not sure about committing right away. Make a Difference Day, Martin Luther King Day of Service and many other one-day events are scheduled throughout the year.