

Why Volunteer?

Benefits to You!

- Reduces stress
- Provides purpose and meaning
- Improves your physical and mental state
- Opportunity to meet new people and socialize
- Gain new skills and experience

Benefits to the Community!

- Creates connections and strengthens relationships
- Brings people together from diverse backgrounds
- Provides much needed service; The estimated value of a volunteer's time in 2022 was \$29.95 an hour
- Helps foster empathy and self-efficacy through a better understanding of community needs
- Gain knowledge of resources available to solve community needs
- Earn deeper understanding of challenges facing older adults

Benefits to the Senior Center!

- Contributes to a greater sense of community and teamwork
- Increases our ability to focus on additional goals and plans
- With more hands, older adults are better served and supported
- We gain new information and improved efficiency of operations
- Assists us in qualifying for grants and improvements at the Center

