

HOW VOLUNTEERING WILL ADD YEARS AND QUALITY TO YOUR LIFE!

So you've finally retired and you've done the multiple rounds of golf, multiple hands of Mah Jongg, and multiple days in the sun lounging by the pool...is that all there is to retirement?

IT SHOULDN'T BE!

If you think the days of finding purpose and fulfillment ended with your "job", take heart, VOLUNTEERING may be just what you need to balance out the days of leisure. So why is volunteering so good for you and how can you get the most out of the experience?

- It's been proven that **volunteering improves your OVERALL well-being** because of its ability to boost your mental and physical health. There are many studies that provide how seniors who volunteer have fewer physical limitations, lower rates of feeling isolated and being depressed, better cognitive function and in general, live longer lives than those who do no volunteering.
- **As Humans we are hardwired to help and give to others.** It's a fact: The more we are able to give, the happier we will feel!
- **Volunteering can help you live your faith.** The scripture from Matthew 25:40 reads: 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' If you did not have the time in your working life to reach out and help others, give of your time, talent, and resources, it's not too late. There are many great opportunities to match up your skill set with a need and by so doing help your "neighbor". 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' Well done good and faithful servant awaits you!

HOW TO GET STARTED:

- Are you already aware of a group that you admire and respect for the work they do? Maybe it's an organization that you already financially support? Here at CVLC there are many opportunities to reach out and help others. Or perhaps you even see a need that is unfulfilled at the time – start something new!
- Think about what you find interesting, what your skill set looks like, and what your priorities/values might be. Be honest with yourself about what you enjoy or hope to learn and accomplish through your volunteering.
- ***Here are a few things to consider:***
 - Do you want to try something new or do something you already know how to do?
 - Are there things you don't want to do?
 - What causes and community needs matter most to you?
 - Do you prefer to work alone or as part of a team?
 - Are you trying to meet new people as well?
 - Are you better in a behind the scenes role, or one that is leading the way?
 - Do you want to volunteer on-site or from home?
- You can ask friends, family members, or your pastor and see what they might suggest for you. You can even check your local directory of community service opportunities.

REGARDLESS OF WHERE YOU DECIDE TO SERVE – just do it!

Reach out and see who you might be able to help...you'll find all parties benefit when you do!