



## Volunteer Time and Talents

Time is precious and valuable. It can be used to make miracles and to change lives. Be a volunteer and devote some of your time, talent, wisdom and experience to a worthy cause. Every community needs volunteers.

Volunteering strengthens communities, solves problems, and transforms lives. Studies demonstrate volunteers feel good, physically and mentally. They live longer (compared to non-volunteers), have higher functional ability, lower rates of depression, less incidence of heart disease and health improves. These are pretty good benefits. It is a win-win situation for everyone involved.



Enjoy the possibilities in the year ahead. Give the most valuable gift--yourself! Your effort can make a huge difference in the lives you touch. For more detailed information, or to learn about volunteer opportunities, take a look at the sites below.

### Resources:

- [Administration on Aging - Volunteer Opportunities](#)
- [Corporation for National Community Service - Volunteering Produces Health Benefits](#)
- [AmeriCorps: Changing Lives, Changing America. A Report on AmeriCorps' Impact on Members and Nonprofit Organizations](#)
- [Corporation for National Community Service - Senior Corps](#)