

Why Volunteer?

1. Volunteering provides physical and mental rewards. It:
 - Reduces stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
 - Makes you healthier: Moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.
2. Volunteering provides valuable community services so more money can be spent on direct programs and services. The estimated value of a volunteer's time is \$15.39 per hour.
3. Volunteers gain professional experience. You can test out a career.
4. It brings people together. As a volunteer you assist in:
 - Uniting people from diverse backgrounds to work toward a common goal
 - Building camaraderie and teamwork.
5. It promotes personal growth and self esteem. Understanding community needs helps foster empathy and self-efficacy.
6. Volunteering strengthens your community. Community service and volunteerism are an investment in our community and the people who live in it.



7. You learn a lot about your...
 - Self: Discover hidden talents that may change your view on your self worth.
 - Government: Through working with the Senior Center, you learn about the functions and operation of our government.
 - Community: Gain knowledge of resources available to solve community needs.