



## **VOLUNTEERING**

April is National Volunteer Month. Volunteering is something any one at any age can do. There are many benefits to being a volunteer; it feels good to know you're helping someone else, and you can often see the positive results of your efforts. It's a great way to feel meaningful and purposeful - things people sometimes find hard to achieve as we age.

Often the way we spend time changes as our circumstances change over the years. Maybe you were a pre-school co-op parent or coach when your children were young; maybe you built houses with Habitat when you were more physically active; or perhaps you were very involved with a faith community that was the center of your spiritual and social life. Now, you may spend time babysitting grandchildren or taking someone out shopping. There are always ways you can help others.

There are many opportunities for giving back to your community in ways that meet your interests and abilities. Some people want to do something using the skills they've developed in life, such as teaching literature, while others want to explore something entirely different - maybe a chemist wants to step out of the lab and mentor a teen.

PSRC has many opportunities for volunteers, from helping with office work or putting on an event to becoming a GrandPal reading with children or a HomeFriends visitor helping people who have difficulty getting out to shop or socialize. Our Evergreen Forum instructors are volunteers, as are many of our group facilitators and lecturers. Their donation of time makes a huge difference to PSRC - we couldn't do much of what we do without them! Last year 472 volunteers came to PSRC, all doing meaningful work for us, some for a few hours and others multiple days a week. We're very grateful for your interest and view every moment of your valuable time as a gift.

Other non-profit organizations in the area also rely on volunteers, whether as museum docents or teen mentors, or to serve on boards, committees or commissions. There are also needs in the community, for dog walkers, meal delivery, transportation to medical appointments, trail maintenance, library aid, and in many other areas where a little bit of help makes a big difference. There are even opportunities for people to volunteer from home, for example as callers for daily reassurance contact.

If you're seeking an opportunity to get involved, you might look at websites such as [volunteermatch.org](http://volunteermatch.org), [pointsoflight.org](http://pointsoflight.org), and [volunteerconnectnj.org](http://volunteerconnectnj.org) (for skill-based volunteering.) You can also directly contact an organization you would like to help, or check the volunteer board in the entrance lobby at PSRC. We are happy to help you connect with

local

opportunities.

Happy Volunteer Month! Thank you for your service!

Susan W. Hoskins, LCSW