

# Tips for Volunteering

## TIPS FOR BOOMERS WHO WANT TO VOLUNTEER

1. What have you waited your whole life to try? Why not attempt it now? See if an organization of interest to you offers training and professional development opportunities, and volunteer to do something you never thought you would do but would love to try.
2. Look for opportunities that meet your skills and interests. Consider serving in an organization that can benefit from your particular personal and professional skills. Your experience and knowledge can be a great asset to an organization that is working to serve in your community. You can seek more challenging volunteer opportunities such as professional and management activities like strategic planning, marketing and budgeting.
3. Check into doing a short-term, intensive volunteering experience. Many organizations are looking for qualified professionals to serve in communities in need, whether overseas or right here in the United States.
3. Help a young person find his or her own special gifts. You have tons of information to share, so help the younger generations learn from your wealth of knowledge. Mentoring programs are a great way to do this.
4. Stay active and strong—volunteer! With a few extra moments of your time, you can change your community, and your world, and you can also change yourself. Studies show that there are a number of health benefits that come from of volunteering, including lower risk of heart disease and depression, and even longer life-span.
5. Improve yourself through volunteering. Not only will your service assist your community, but you can also use your volunteer activity as an opportunity to focus on self development. Do you have a fear of public speaking? Assisting your local school or museum with educational programs can help you get past that. Are you looking for motivation to get in shape? Coaching youth sports can be a fun and rewarding way to get you going.
6. Not sure where to start? The website [www.getinvolved.gov](http://www.getinvolved.gov) will help you locate opportunities in your geographic area as well as your area of interest. You can also visit your local volunteer center for more ideas.
7. Virtual Volunteering. If you have a computer and some savvy skills, you can assist an organization by volunteering online. Using today's technology, *virtually* anything is possible!
8. Volunteer in your child's school. Even if you work during the school day, there may be ways you can help at home. Perhaps the school play needs costumes sewn or the football team needs help with a fundraiser. Your child's teachers or the school PTA will probably be happy to help you find ways to get involved.
9. If you are part of a religious organization, leaders may know of numerous opportunities for you to serve with your congregation or in the community. Don't hesitate to ask!

10. Volunteer with friends or family. Volunteering as part of a group can be less intimidating and more fun. But don't underestimate the potential to meet new people in your community through volunteering.

11. Look into volunteering events in order to get a taste of volunteering if you're not sure about committing right away. Martin Luther King Day of Service in January is a great opportunity to find one-day events across the country.

12. Talk to people at work about volunteering together. Volunteering with your company can be a great way to get to know your co-workers better and also presents a positive image of your company to the community.

13. Get into volunteering while you are still working, as you are more likely to continue volunteering in the future if you begin while you are employed. You will be presented with more opportunities through the networks you develop at work.