

... *The Value of Volunteering*

There are as many reasons to serve as there are people who serve. Volunteering is an opportunity to advance in all areas of your life. Here are a just a few of the things you can gain when you give of your time and yourself:

- Connect with your community.
- Share your skills and gain new ones.
- Promote a worthwhile activity.
- Feel needed and valued.
- Serve your country.

...*I'm Ready to Serve*

There are many ways to serve, and many reasons. Each one is an opportunity to express your patriotism, deepen your ties to the community, and do lasting good. No matter what your age or background, your education or interests, your experience or abilities, there is a place for you to volunteer.

...*Benefits of*

The first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country.

The intangible benefits —such as pride, satisfaction and accomplishment— are very worthwhile reasons to serve.

BENEFITS OF VOLUNTEERING

Did you know ? Over the past two decades there has been a growing body of research that indicates volunteering provides individual health benefits in addition to social benefits. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

Contact your local VFW Auxiliary to learn about volunteer opportunities in your area.

Veterans of Foreign Wars Auxiliary



Volunteerism.

What's in it for me ?

Department of Kansas
Hospital Program
2024-2025

There are a multitude of reasons to volunteer.... Find the one that's right for YOU !

For the love of veterans
 Take personal satisfaction
 Inspire others
 It's my civic duty
 Build personal & professional contacts
 Achieve self-fulfillment
 Showcase good citizenship
 Make your mark
 Help others stay healthy
 Gain new insights
 Be part of a team
 Help a friend
 Help solve problems
 Add meaning to your day
 Set a positive example
 Help others reach their potential
 Achieve harmony in life
 Because there's no one else to do it
 Reach out to others
 Get energized
 Be a companion
 Motivate others
 Get out of the house
 Make dreams come true
 Right a wrong
 Find a purpose
 Deepen your sense of belonging
 Show that you care
 Feel good about yourself
 Add new meaning to life
 Stay young at heart

Build self-esteem
 Enrich your life
 Put caring into action
 Keep active
 Answer a need
 Be a positive influence
 Feel Appreciated
 Spread joy
 Pass along wisdom
 Raise your awareness
 Teach others
 Show your compassion
 Provide comfort
 Give hope to others
 Experience new excitement
 Support a cause
 Cheer up a shut-in
 Bridge the Generation Gap
 Tackle new challenges
 Declare your dedication
 Delight in your efforts
 Help those who can't help themselves
 Make new friends
 Lift someone's spirits
 See others smile
 Develop new talents
 Change someone's life
 Help others stay healthy
 Put your skills to work
 Blaze a trail
 Add new meaning to your life



Volunteerism...
It promotes heart health.

"..Research has established a strong relationship between volunteering and health:"

DOING GOOD, DOES YOU GOOD

...It boost your brainpower !

Being exposed to new experiences (as through volunteer work) is study-proven to help sharpen your brain.

... It promotes heart health !

Giving your time has been shown to lower blood pressure and improve your immune system – benefits that have also been shown to speed recovery.

... It helps you live longer !

Research shows that people who volunteer at least 1-2 hours a week live longer than those who don't volunteer at all!

... It zaps stress !

The relaxing brain chemicals released when you volunteer reduce anxiety and prevent insomnia.

...It gives you a helper's high!

Volunteering releases the same mood-boosting endorphins as yoga and exercise.

What's on your list of top reasons to volunteer?



One goal of the Veterans of Foreign Wars (VFW) Auxiliary is to collaborate with other organizations to serve our communities.

