

... 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

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

Volunteerism.

What's in it for me ?

Department of Kansas
Hospital Program

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.

