

Volunteering? Good for You!

When people donate their time and resources to others, they often benefit as much as those they serve. Many people enjoy a sense of achievement, connection and emotional well-being from their volunteer efforts. As a volunteer you may explore your personal interests, learn new skills and boost your self-confidence and morale.

We have countless ways to donate our time and resources to people and programs in need. To find a good fit, think about the kind of experience that's suitable to your abilities, your personality and your likes and dislikes.

During the holiday giving season, why not consider hands-on volunteering? Some ideas:

- ◆ Help homebound people with everyday tasks, meals, yard cleanup, shopping or other errands.
- ◆ Give blood or help out at your local blood donation center.
- ◆ Send care packages to soldiers stationed overseas.
- ◆ Bring the whole family to help at your local soup kitchen.
- ◆ Mentor school kids, read to seniors or help out at a food bank.
- ◆ Search opportunities online at [volunteermatch.org](https://www.volunteermatch.org).

Many of us are already volunteers — maybe you help out at your church or nearby animal shelter, or coach a school sports team. Keep up the good work and the spirits of those you serve.

