

The Power of Volunteering

Volunteering is one of the simplest ways people can make a difference in the lives of others—and in their own lives as well. No matter our age or ability, offering kindness, time, or attention can bring meaning, purpose, and connection.

Many people think volunteering has to involve a large commitment, but even small acts matter. Calling a lonely neighbor, helping serve a meal, knitting hats for babies, reading to children, or simply listening to someone who needs companionship are all valuable forms of service. Every act of caring has the power to brighten another person's day.

Research has shown that volunteering can improve emotional well-being. People who volunteer often report feeling happier, more connected, and less isolated. Helping others gives us a sense of purpose and reminds us that we still have gifts to share. It can also reduce stress and create feelings of gratitude and hope.

For seniors, volunteering can be especially meaningful. Many older adults have years of wisdom, patience, and life experience that younger generations greatly benefit from. A kind word, a story from the past, or guidance offered from experience can leave a lasting impact. Volunteering also helps people stay socially active and engaged with their communities.

Volunteering does not require perfect health, lots of energy, or special skills. Sometimes the greatest gift we can give is simply our presence. Smiling at someone, sending a card, praying for others, or offering encouragement can be powerful acts of service.

One beautiful thing about volunteering is that it works both ways. While we help others, we often discover that we receive something in return: friendship, joy, laughter, and a deeper sense of meaning. As

the saying goes, “To the world you may be one person, but to one person you may be the world.”

No matter our stage in life, we all have something valuable to offer. Volunteering reminds us that kindness matters, connection matters, and every person has the ability to make a difference.