

# Volunteer with CJE SeniorLife!

*The best way to find yourself is to lose yourself in the service of others. —Mahatma Gandhi*

- 1. It's Fun**—CJE offers a variety of volunteer assignments. What sets us apart is finding an opportunity that speaks to your strengths. Look around, don't be surprised to find like-minded passionate and energetic folks, just like you.
- 2. Physical Health**—Studies show that volunteering reduces hypertension, which in turn lowers your risk for diseases such as heart attack and stroke. Volunteers also tend to be more physically active. All these factors can contribute to a longer lifespan.
- 3. Mental Health**—Along with physical health benefits, mental health improvements are also attributed to volunteering. Volunteers report having less stress, increased social connections, and greater feelings of happiness.
- 4. Sense of Purpose**—People are often motivated to give back to organizations to which they feel connected. Perhaps a close relative received a CJE service. We strive to place you in a role that will provide you with meaning and purpose.
- 5. Community**—Communities do not always happen, often they are built. Over time, shared values and connections may deepen. In turn, these connections make for a kinder and more caring world.
- 6. Direct Impact**—Survey results find that bringing a smile or laugh to someone else's day is the number one reason for volunteering. While sharing stories, games, and activities, all who participate benefit. At CJE SeniorLife we have heard many reports of long lasting relationships that result from our programs.
- 7. Gain Work Experience**—In addition to bolstering your resume, volunteers acquire important soft skills such as compassion, interpersonal communication, and advocacy to name a few. Many of these cannot be taught, but may be learned by watching, modeling, and practicing some new behaviors.
- 8. Explore Interests**—As a volunteer, you will most likely be asked about your interests. There may be a unique opportunity that you have wanted to explore. A chance may be offered to develop an untapped talent or discover a new interest.
- 9. Increase Personal Growth**—Volunteering will often present the occasion to take a risk, reach in a different direction... to stretch! Do you accept the challenge of trying a new skill? The decision is yours to make, and ideally the payoff will be worthwhile.
- 10. Making a Difference**—At CJE SeniorLife, we believe that any act of giving to another makes a difference and is important. As expressed by our volunteers Jacquie and Al, "If we improved one person's quality of life, we have succeeded."

*Originally it was to honor my mother but the joy I bring to the residents of The Friend Center is matched by the joy they bring me.*  
—Steve

*CJE is there every day to offer support, services and many helping hands to its members, so I am honored to be part of the team.*  
—Abby

