

# ENCORE VOLUNTEERS (50+)

GIVE.

ADVOCATE.

**VOLUNTEER.**

**OPEN YOUR HEART. LEND YOUR MUSCLE. GIVE AN HOUR. MAKE A DIFFERENCE.**

Over 26 million senior citizens throughout our country have already discovered the sense of purpose and accomplishment that comes from serving meals at a soup kitchen, teaching English, or recruiting donors for a blood drive. And the work comes with a hefty bonus: Seniors who volunteer may actually add years to their lives.

Researchers at the University of Michigan discovered a remarkable link between volunteer work and longevity by surveying 1,211 adults over 65 (mostly retirees) in 1986 and checking up on them eight years later. The subjects who volunteered at least 40 hours each year were 40% more likely than non-volunteers to be alive at the end of study.

Of course, senior citizens who volunteer their time do much more than help themselves. Their experience, expertise, and attitude make them valuable members of many organizations.

If you have the time to spare, your talents and experience will help to build a stronger community.

Getting started is easy! Simply call us at 989.631.3670 or visit our web site at [www.volunteermidland.org](http://www.volunteermidland.org).

◀ Mary shows there is no “tired” in retired. At the age of 88 she dedicated over 700 **VOLUNTEER** hours to make our community stronger—and that was just last year!



## WHY VOLUNTEER?

- Share your extensive knowledge
- Help shape the next generation
- Build a stronger community
- Keep engaged with others
- Challenge yourself
- Lead a more active lifestyle
- It's fun and rewarding!

## BENEFITS TO THE VOLUNTEER

- Better quality of life
- Fewer physical limitations
- Lower risk of depression
- More friends and social interactions
- Reduced stress levels
- Build stronger self-esteem
- Improved memory

**LIVE UNITED.**