

## WHY SHOULD I VOLUNTEER?

### **1. Volunteers live longer and are healthier!**

Volunteers are happier and healthier than non-volunteers. In fact, during later life, volunteering is even more beneficial for one's health than exercising and eating well. Older people who volunteer remain physically functional longer, have more robust psychological well-being, and live longer. However, older people who volunteer are almost always people who volunteered earlier in life. Health and longevity gains from volunteering come from establishing meaningful volunteer roles before you retire and continuing to volunteer once you arrive in your post-retirement years.

### **2. Volunteering establishes strong relationships!**

Despite all the online connections that are available at our fingertips, people are lonelier now than ever before. Online connections, while useful for maintaining existing relationships, are not very helpful in establishing lasting, new ones. Working alongside people who feel as strongly as you do about supporting a cause creates a path to developing strong relationships with others. In addition, volunteering alongside other members of your family strengthens family bonds based in "doing" your values. And these benefits have a ripple effect. **Children who volunteer with their parents are more likely to become adults who volunteer.**

- *Psychology Today*

## HOW MANY VOLUNTEERS DO YOU NEED?

Approximately 250!

## I CANNOT VOLUNTEER "FESTIVAL WEEK". CAN YOU USE VOLUNTEERS AT ANY OTHER TIME?

Yes! Yes! Yes! There are times that some of our coordinators can use an "extra hand" with various pre-festival tasks and preparation. Call the office or e-mail Nancy Stampelis at [nmstampelis@gmail.com](mailto:nmstampelis@gmail.com) with your name and phone number which we will add to our "CALL LIST". If one of our committee members is looking for some assistance, we will call to see if you are available on that particular day and time!