

VOLUNTEERING in Retirement

Retirement is the perfect time to volunteer if you've wanted to give back to the community but could never fit it into your schedule!



How to VOLUNTEER

If you're new to volunteering or want to enhance your search for opportunities, you'll need to establish your:



Passions:

Ask yourself your values, what matters most to you, and what motivates you. This will help you when using keyword search to find opportunities and research the organization's mission, vision, and values.



Skills and Talents:

While many people continue to work during retirement, you might find other ways to capitalize on your career, hobby, or vocational expertise through mentorship.



Time Commitment:

How many hours in the week can you donate? Days in the month? Weeks in the year? Some volunteer opportunities are ongoing and require regular commitment, and others are for a temporary length. Assess the time you have and are willing to give to a volunteer commitment.



Accessibility Needs:

Are you able to drive to the work site, or will you need transportation services available? Can you handle long or frequent hours of physical activity and standing? Do you need accommodations for outside or inside work? Knowing your accessibility needs can help you decide if the work needs to be some combination of remote or in-person.

Where to VOLUNTEER

You can make the most of retirement and get started on your volunteering journey through many places:

AARP's Create the Good connects you with opportunities to share your skills, life experiences, and passions with your community

Animal shelters, nature centers, and national parks

Charities and nonprofits, such as food banks and homeless shelters

CoGenerate bridges the generational divide to co-create the future

Community and recreation centers

Hospitals and hospice care that need patient companions



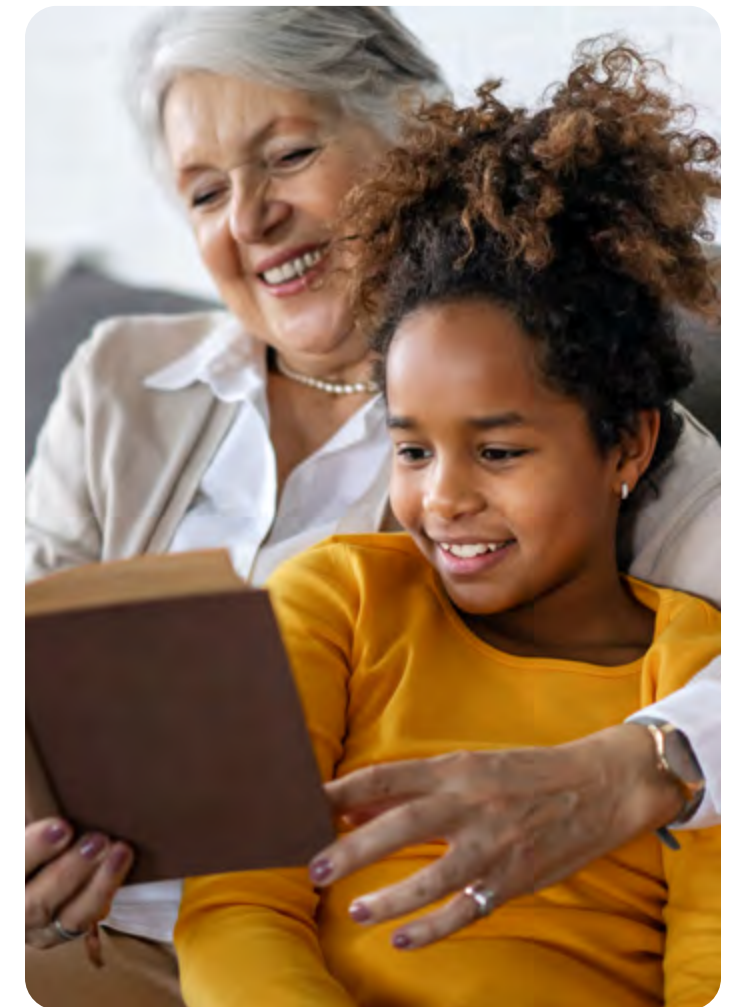
Public libraries that need assistance with administrative tasks, organizing events, and reading to children

Religious organizations that need assistance with community service and pastoral care

Schools and universities that need assistance with mentoring and tutoring

Volunteer.gov helps you find your passion and make an impact

Your own senior living community



The Benefits of VOLUNTEERING

Donating your time and volunteering can help you:



Bridge the generation gap by interacting with various age groups and demographics



Establish a healthy routine that fills your days



Expose yourself to new ideas, cultures, and activities



Fight social isolation, create a sense of belonging, and develop valuable relationships



Improve mental health and emotional well-being by motivating you to fulfill a purpose



Improve physical activity through required movement for the job, such as walking, lifting, and organizing



Leave a lasting legacy full of kindness and compassion



Promote a green and eco-friendly lifestyle



Reignite passions and support lifelong learning



Strengthen your advocacy skills



Support your community and make it a better place to live in

**Explore how you
can make the most
of retirement in our
ebook, Lifestyle
Opportunities
in Senior Living
Communities!**

At Life Enriching Communities (LEC), we're committed to ensuring patrons feel well-equipped to plan their future and age how they wish. Explore more resources on senior living or contact us today to learn more about our legacy of services and programs that bring meaning and purpose to every stage of life.





Life Enriching Communities owns and operates six senior living communities (CCRCs)...

CINCINNATI AREA

Twin Towers, College Hill: **513-853-2000**

Twin Lakes, Montgomery: **513-247-1300**

Confident Living, Tri-State Area: **513-719-3522**

CLEVELAND AREA

Concord Reserve, Westlake: **440-961-3700**

COLUMBUS AREA

Wesley Glen, Clintonville: **614-888-7492**

Wesley Ridge, Reynoldsburg: **614-759-0023**

Wesley Woods, New Albany: **614-656-4100**

Wesley Hospice, Central Ohio: **614-451-6700**



For additional resources, visit us online at lec.org.