3 Ways Older Adults Can Pay It Forward Through Volunteering

AARP Media Solutions created this video to bring to life Commissioner of the Corporation for National and Community Service (CNCS) Michael J. Brown's remarks on how AmeriCorps members and alumni volunteer to support communities throughout the United States.

Volunteering is a great way to give back to your local community. There are many ways to get involved, from helping out at a local food bank to mentoring a child. Whether you're looking for a one-time project or a long-term commitment, there's a volunteer opportunity that's right for you.

Volunteering can also help you develop new skills and gain valuable experience. You could learn how to work with computers, how to communicate effectively, or how to manage your time. Volunteering is a great way to give back to your community and also improve your own skills.

Some benefits of volunteering include:

1. Building your skill set
2. Gaining experience
3. Meeting new people
4. Helping your community
5. Feeling good about yourself

For more information about AmeriCorps and volunteering opportunities, visit americorps.gov.

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