

## Q2 2023

## BRANDAMP BY AARP



**AARP** DID YOU KNOW YOU COULD SAVE ON AUTO INSURANCE?

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### 3 Ways Older Adults Can Pay It Forward Through Volunteering

How 50+ adults make their aging through community connections.

**Respond to Local Needs**

There are plenty of people and organizations in your community who can benefit from your skills and abilities. From building houses to delivering food, volunteer opportunities offer after-the-hour ways to make your schedule. Do you teach a subject, speak a second language, or have a special skill? Are you a retired professional or someone with a lot of experience in a particular field? There are many ways to use your skills and experience to help others. If you have a talent for teaching others, there are numerous opportunities for you to use those who have served our country.

"It's the people you meet when you're a volunteer that sets the stories and experiences," said a volunteer in a senior volunteer role. "You find that very rewarding and it enriches your life. Doing the service is a way of paying it forward. It supports the community. It keeps me active, which is a good thing. It gives me a purpose."

**Serve as Mentors**

For older adults interested in working with children, there are many ways that can volunteer with local schools and other child-focused organizations. These opportunities can include reading to and tutoring with students, reading groups, or individual mentors. If you can read and they love you, consider spending an hour or two at a local library or child development center. You can put your reading skills to work by reading high school students through the reading program of completing college essays and applications.

"My motto is, 'There's never a time when you can't read a book or a letter.' I've been reading books for me for 50 years and I read them as much as I can. I read them to my kids. I read them to my grandkids. And at the same time, I'm teaching them."

**Provide a Helping Hand to Other Older Adults**

Fostering relationships with other older adults is another rewarding and greatly needed option. As a volunteer with seniors, you can help others in many ways, such as by spending time with them, offering companionship. You can help those who have difficulty with daily tasks like meal prep, grocery shopping, or getting to medical appointments. And as someone who has lived a long life, a volunteer can help with wisdom, you can provide advice to family members looking for a solution with a chronic illness.

"Volunteering has changed me. It keeps me grounded," volunteer Carmen Bonner said. "When you help others and do for others, you enrich your life. My focus is to be a helpful and kind of service to them. Whatever their ability is, whether it's reading or anything else. I'll do what I can to help them through and understand it. When it makes the day."

**Taking Action Is Easy**

As a first step for anyone looking to explore volunteer opportunities, AmeriCorps and AmeriCorps Seniors connect individuals and organizations through service and relationships. The main AmericanAARP website offers opportunities to explore their communities by joining their free Jackson, skills, and experience their needs. AARP also offers an online volunteer opportunity through their program, AARP's Older Americans Resource Program and the Senior Connection Program.

AARP offers a range of ways to explore volunteer opportunities. This opportunity is available with a variety of volunteer organizations. This is likely a good fit for someone who is interested in volunteering. Plus, it's a chance to meet the needs of people who share your interests. All volunteers share a goal of making a difference in their communities. They also help volunteer to work there to take care of their needs and to be meaningful connections.

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While it may seem difficult to get started, there are many ways to get started and make a difference in your community. Getting older can seem like a long process, but it's not. Getting older can seem like a long process, but it's not. Getting older can seem like a long process, but it's not.

By choosing to volunteer with AmeriCorps Seniors, you're making a difference in your community and helping others. You're also helping to build a stronger, more resilient community. You're also helping to build a stronger, more resilient community. You're also helping to build a stronger, more resilient community.

Are you ready to get involved, give back, and help someone?

Click here to find AmeriCorps Seniors volunteer opportunities [\(link\)](#) or call 1-800-542-2677.

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