

The Volunteer Center of Ozaukee County's vision is to create a sense of community in which every person is engaged in a volunteer experience.

When people were asked which barriers kept them from volunteering, 39 percent said they had not found the "right opportunity." The Volunteer Center of Ozaukee County promises to work to match everyone with their ideal volunteer opportunity.

Sign into www.volunteerozaukee.com to view over 500 volunteer opportunities. We can also send you a copy of our 500 Volunteer opportunities. Call 262-377-1616.



Volunteering is a great learning experience at any age.

Doing regular volunteer work, more than any other activity, dramatically increases life expectancy.



**Volunteer Center
of Ozaukee
County**

885 Badger Circle
Grafton WI 53024
262-377-1616

Email: vcozaukee@yahoo.com
Website: www.volunteerozaukee.com

**Do You...
Want to live a
longer, healthier
life?**



Boomerang Program
*Giving back to your
community improves your
health!*





Why volunteer?

- Older adult volunteers live longer than non-volunteers. Studies report that engaging in regular volunteer work increases life expectancy because social interaction improves quality of life.
- Research supports that volunteering can have a very positive impact on both the volunteers themselves, as well as the people their volunteer service affects.
- Over 50% of senior volunteers reported that they volunteered because they wanted to give back to society some of the benefits they received themselves.
- Volunteering can improve self-esteem, reduce heart rates and blood pressure, increase endorphin production, enhance immune systems, buffer the impact of stress, and combat social isolation.

Boomerang Program

The Boomerang program encourages people over the age of 55 to volunteer. The program informs people who are 55 and over about the benefits of volunteering and numerous ways of giving back to the community.

For the Volunteers

- People who do volunteer are healthier.
- When volunteering for a cause one believes in, work is enjoyable and one feels needed.
- Volunteering enhances social support networks which improves individuals well being.

For the community agencies

- Boomerang volunteers bring their life long learning experiences and their vast wealth of knowledge.
- Volunteers help rebuild communities and aid in solving serious social problems.
- By staying active and involved it will delay the Baby Boomer's need for community services and lessen the impact this group will have on community resources.

Volunteer Opportunities

The Volunteer Center works with area nonprofit agencies to bring their volunteer opportunities to the community. Below are some of the volunteer opportunities specific to the 55+ group that are available to start volunteering today.

Ticket taking at fundraising events Get a group of friends to volunteer together.

Teach your children or grandchildren about community spirit and take them along on a volunteer adventure.

Deliver meals to shut-ins and meal centers

People lovers -Receptionist & concierges

Adopt a fellow 55+ adult—Drive, run errands and do chores for other 55+ adults so they can remain independent in their homes.

Compassionate Listeners – 24 hour Hotline

Board advisory committees – Here for 6 months of the year? By volunteering at one of our local agencies your special interest is sure to be represented and your expertise and knowledge can be shared with a community agency of your choice.

