Volunteering: A practical approach for finding the right fit

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L’Don Sawyer
Tucson Medical Center
TMC for Seniors
Today’s Talk

- Volunteering
  - History
  - Volunteer Profile
  - Benefits

- The Volunteer Experience - Gail’s Story

- Finding Your Fit
History of Volunteerism

- 1736  Ben Franklin - Union Fire Company
- 1775 Revolutionary War fought with volunteers
- 1813 Ladies Benevolent Society first volunteer nursing service for the sick poor
- 1830+ Underground Railroad
- 1881 American Red Cross
- 1960  Peace Corps
- 1993 Corporation for National and Community Service (AmeriCorps, Senior Corp)
1999 –
Marc Freedman

- Civic Ventures
- Candy Striper, My Ass! A culture clash is looming as a high-powered wave of retiring executives meets the genteel world of volunteerism.
- Encore.org
Volunteerism Going Strong

Nationally – 2013

- 25.4% of adults volunteered through an organization
  - 62.6 million Americans
  - 7.7 billion hours
    - Estimated Value $173 billion
- 138 million adults engaged in “informal volunteering”
Volunteerism Strong in Arizona

Statewide – 2013

- 24.1% volunteer
  - 1.19 million volunteers
  - 159.5 million hours of service
    - Estimated Value $3.6 billion ($22.52 hr)
- Ranked 40th in volunteer service
- 58.5% engage in “informal volunteering”
Doing Good is Good for You

- United Healthcare – Optum 2013 Health and Volunteering Study
  - 76 percent report that volunteering has made them feel healthier
  - 78 percent report that volunteering lowers their levels of stress
Positive Outcomes of Volunteering

- 79% --- volunteer activities helped them with their interpersonal skills, such as:
  - understanding people better,
  - motivating others, and
  - dealing with difficult situations

- 68% -- volunteering helped them improve communication skills
- 63% -- increased knowledge about issues related to their volunteering
4 Key Benefits that Impact Health

- **Health**: volunteers say that they feel better – physically, mentally and emotionally;
- **Stress**: volunteering helps people manage and lower their stress levels;
- **Purpose**: volunteers feel a deeper connection to communities and to others;
- **Engagement**: volunteers are more informed health care consumers, and more engaged and involved in managing their health.
Why Give Back?

Many Reasons including:

- the desire to make lasting contributions
- the desire to feel connected with others, both of which strengthen as we age. Grant and Wade-Benzoni (2009)
- Help those less fortunate
  - Nearly nine in ten Americans (87 percent) ages 50 and older report feeling a sense of responsibility to help those less fortunate than themselves (Participant Media and Encore.org, 2012).
What our volunteers said...

- To gain satisfaction from accomplishment
- To offer your skills and caring spirit
- To make an impact
- To feel needed, valued and appreciated
- To have fun
- To be of service to others
- To give of yourself and get back in return
- To feel a part of the Tucson community
- To volunteer in a friendly organization
- To share personal good fortune
- To continue a connection after retirement
- For a creative and productive use of leisure time
- Learn or develop skills
- Teach your skills to others
- Build self-esteem and self-confidence
- Meet people and make new friends
- Express gratitude for help you may have received in the past
- Because you care about the community
- To solve a community problem
- Advance a worthy cause
Gail’s Story – A 5 Yr Journey

- 2007 – Director of Development, The University of Arizona Mel and Enid Zuckerman College of Public Health
Life Happens

- 2010 – Unplanned Event
  - Stroke
- 2011 – Work Changes
  - Rehab-Therapy Continues
  - Second Act - Seeking Connections
- 2012 – Volunteering Begins
  - Peer Assignments
  - 2013 Administrative Volunteer Role
What’s In It For Me?

- Health, Personal Growth and Personal Reward
- Staying Connected
- Making New Acquaintances
- Staying Vibrant and Relevant
Lessons to Share

- Mental Health & Vitality
- There is life beyond illness
- Internal/External Structure
- The Second Act is Yours to Define

Gailblackisback.com
- You Still Have a Future
Getting Started
Finding the Right Fit

- Interest & Skill Inventory
  - The Value you Bring
  - What do YOU want from the Experience
A tool to assist you...

Volunteer Skills and Interests Worksheet

This worksheet is designed to help you identify the type of volunteer service that suits your skills and interests. The completed worksheet is also a tool that you could share with organizations as you seek the volunteer service that is right for you.

Education
Check highest level of education: [ ] HS Student [ ] HS Diploma [ ] Some college coursework [ ] 2 yr degree [ ] 4 yr degree [ ] Masters [ ] Doctorate [ ] Current Certificates, Licenses or Registrations: ____________________________

Work History
[ ] Retired [ ] Part-time job [ ] Fulltime job [ ] Other ______________________

What is your current or past profession/career? ____________________________

Please check all of the following that you have used on the job or as a volunteer or student:

[ ] Computer [ ] Multi-button phone [ ] Copier [ ] Fax machine
[ ] Other: ____________________________

Volunteer History

<table>
<thead>
<tr>
<th>Organization</th>
<th>Role you Played</th>
<th>Dates</th>
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Skills
Please check all of the following skills/experience you have:

[ ] Teaching [ ] Medical [ ] Computer Technology
[ ] Software Applications (MS Office - word, excel, power point) [ ] Music [ ] Dance/Movement [ ] Yoga/Tai Chi
[ ] Writing [ ] Career development [ ] Group Leader
[ ] Switchboard/Receptionist [ ] Data entry/database maintenance
[ ] Workshop Facilitation [ ] Presentations/lectures (public speaking)
[ ] Program/project management [ ] Electronic Communications (Facebook, Twitter, etc.)
[ ] Team Coach (sports, arts or academic) [ ] Caring for children
[ ] Bilingual (please list) [ ] Other: ____________________________

Interests
I would describe myself as (check all that apply):

[ ] Organized [ ] Detail-oriented [ ] Enthusiastic
[ ] Patient [ ] Compassionate [ ] Tolerant of other cultures/systems of belief
[ ] Someone who likes to work with children [ ] Someone who likes to work with seniors
[ ] Someone who likes to work with teenagers [ ] Someone who likes to work with adults

Please check all of the following interests you have in volunteering your time and talent:

[ ] Teaching [ ] Office Work [ ] Mentoring
[ ] Arts and Crafts [ ] Music [ ] Exercise/Fitness
[ ] Medical [ ] Workshop Facilitation [ ] Making presentations
[ ] Computer Training [ ] Database maintenance [ ] Program or project management
[ ] Help adults gain skills to get a job [ ] Training and curriculum development
[ ] Other: ____________________________

I would prefer (check all that apply):

[ ] To do work from home on own time [ ] To get out of the house
[ ] To work with others [ ] To work independently
[ ] To volunteer in the evenings [ ] To volunteer in the daytime
[ ] To do jobs that require standing/moving around [ ] To do jobs that are mostly seated
[ ] To perform regularly scheduled work [ ] To do a one-time job
[ ] To do something familiar [ ] To try something new
[ ] To coordinate a project [ ] To use my skills in a higher-level position

Purpose
Take a few moments and think about why you want to volunteer. Please check all that apply:

[ ] To give back to my community [ ] To meet new people
[ ] To use my existing talent and skills [ ] To learn new skills
[ ] To learn about programs in the community [ ] To belong to a group

Please describe what you hope to get (and receive) from your volunteer experience.

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Things to look for in an agency

- Volunteer Coordinator
- Job Description
- Training
- Defined Time Commitment
- Requirements (Fingerprint clearance, background checks, immunization)
- Liability Insurance
Place to start your search

- United Way of Tucson and Southern Arizona
- Senior Corps
- Volunteer Center of Southern Arizona
- Volunteer Match
- Civic Organizations
- Faith-based Organizations
- HealthCare Organizations
- Social Service Agencies
Get Involved!
Lead. Share. Inspire.

Overview - For Individuals

We found 58 Opportunities

<table>
<thead>
<tr>
<th>opportunity</th>
<th>organization</th>
<th>location</th>
<th>date</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Adoption Counselors Needed</td>
<td>PACC Partners</td>
<td>Tucson, AZ</td>
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<tr>
<td>2. Mentor a child right from your computer! - Tucson</td>
<td>ePals Foundation</td>
<td>Tucson, AZ</td>
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<tr>
<td>4. Make a difference in a child's life right from your computer!</td>
<td>ePals Foundation</td>
<td>National</td>
<td>--</td>
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</table>
Senior Corps

Retired Senior Volunteer Program
PCOA  (520)790-0504

Senior Companion Program
Our Family  (520) 323-1708 x 240
Three Suggestions

- Choose causes you are passionate about.
- Start incrementally. Avoid over-committing until you know you are comfortable with the organization and your role.
- Bring a buddy. The hardest part is getting started so social support can be helpful.
Thank You!

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