

# *Volunteering: Benefits & Opportunities*

Volunteering is a feel-good activity for many people. It benefits both the one on the receiving end and the one doing the volunteer work. If you are considering becoming a volunteer, consider these positive “side effects:”

- You could potentially acquire new knowledge or a new skill
- Your community involvement will increase
- Sometimes more career options are available for those who volunteer
- You will feel inspired to change someone’s life, as well as proud when you make even the smallest of differences
- You may discover a hidden gift or talent, or find a new activity that you find joy in
- You will meet and learn from a wide range of people
- Volunteering can boost your mental and physical well-being, which makes for an all-around healthier you

Now that you know the benefits of volunteering, you might be wondering where and how to get started. Here at our Trilogy campuses, there are ample opportunities to volunteer. Don’t feel like you need

any specific talent or experience—even the simplest positive activity can brighten a resident’s day! Some of our volunteer opportunities include:

- Helping with our annual Campus in Color gardening competition
- Helping with our year-round Living Colors program, where residents can create art using specific mediums at specific times
- Following this, helping decide which Residents’ creations will be turned into holiday cards, note cards, birthday cards, etc
- Helping with our life-long learning program by teaching our residents a new life-skill or just something interesting
- Coming in to read
- Bringing a pet
- Sharing something like poetry or music
- Simply taking the time to talk with a resident

There are many more opportunities for volunteering on our campuses, but hopefully this list will help you get started. Remember that excluding any time-specific events, you are able to choose the dates and times you are free to volunteer. We hope to see your smiling face involved in our campuses soon!