


Why Volunteer?




**Minnesota is the #2
state in rankings for
volunteers!**

What state ranks #1?

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- ❖ **Volunteer work is important for your health**
 - ❖ **Improves psychological and physical health**
 - ❖ **Volunteers reap the benefits**
 - Build social networks**
 - ❖ **Personal Sense of accomplishment**

Volunteer work provides an organization with a free resource to help it meet its mission of goals.

- ❖ **Meals delivered to homebound people**
 - ❖ **Mentoring an individual**
 - ❖ **Driving a client to a Dr. appt.**
 - ❖ **Helping at the local park or library**
 - ❖ **Calling bingo for the elderly**

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- ❖ **Organizations that benefit most from volunteers**
 - ❖ **Religious/Faith organizations**
 - ❖ **Educational programs**
 - ❖ **Programs benefitting young people**

Volunteer Landscape



Volunteering

- * **One on one volunteering**
 - * **File paperwork or help with mailings**
 - * **Library assistant**
 - * **Mentoring**
 - * **Receptionist**

Micro Volunteering

Lets people volunteer in small bits of time.

- * Each action can be accomplished in a small amount of time but has a huge impact in combination with the efforts of other volunteers.**

Skills Based Volunteering

- * **Skills –Based volunteering**
 - * **Leveraging the specialized skills and talents of individuals to strengthen the work on a wide variety of projects.**

Group-Project Volunteering

- * **The more the merrier –**
 - * **Kitchen meal preparation – Ronald McDonald house**
 - * **Feed my Starving Children**
 - * **FISH – Gathering group to grant request**
 - * **Team building**

Get involved

**Be the
Change!!**