



Volunteer Vibrations

The Newsletter for Volunteers and Volunteer Guardians at LifeSpan

I've learned that you shouldn't go through life with a catchers mitts on both hands. You need to be able to throw something back.

~Maya Angelou

Kara's Corner

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Volunteer Vibes



We would like to recognize all the volunteers who helped LifeSpan in 2009. There are office volunteers who helped stuff and address envelopes, make up folders for ESP, and scan documents. There are the Volunteer Guardians who continue to do a great job with those in our community who need someone to speak for them. There are the young people from UGive and Miami University who help us with events and all kinds of other things. Special thanks to Jessica Reading of Miami Hamilton and to Carol Rountree at UGive for their leadership. And finally to all the people who volunteer their time, their talents or their money for worthy causes. All of you make this a better planet to live on for all of us. **Happy Holidays** to you and yours.

Names, Upcoming Dates, Numbers and Addresses to Remember

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- Thanks to all who attended our last volunteer guardian meeting of 2009. We hope attendance continues to improve as we continue to bring in guest speakers. Thanks to Steve Jesse from VITAS Hospice for presenting at our last meeting.



LifeSpan - We link families with solutions.

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Strengthening families and individuals who seek to improve the quality of their lives.



Volunteering as a family.

Think about looking for a volunteer opportunity suitable for parents and children to do together, or for a husband and wife to take on as a team. When a family volunteers to work together at a nonprofit organization, the experience can bring them closer together, teach young children the value of giving their time and effort, introduce everyone in the family to skills and experiences never before encountered, and give the entire family a shared experience as a wonderful family memory.

Taken from the Network for Good -10 tips on volunteering wisely. Know of any families? Feel free to share.



Thank you for Participating in the Tradition of Volunteering from The Network for Good.

- Approximately 109 million American adults volunteer annually — that's 56% of all adults.
- Volunteers contribute an average of 3.5 hours per week — totaling 20 billion hours with an estimated dollar value of \$225 billion.
- 59% of teenagers volunteer an average of 3.5 hours per week — that's 13.3 million volunteers totaling 2.4 billion hours at a total value of \$7.7 billion.

The nonprofit sector cannot take the place of government programs, nor can it single handedly cure the ills and disparities of society. But each of us can make a difference in a small way, in our own sphere, and can find ways to help that will make our efforts worth the time and trouble we invest in them.

Some of the best reasons to give are the ones you may not have considered the ones that make it worth your while to go that extra step. People who have spent time volunteering for a cause report that they get back in satisfaction and joy more than they ever expend in inconvenience or effort what you get back is immeasurable. You'll also receive these benefits:

- Volunteering makes you feel needed.
- Volunteering can lead to learning new skills.
- Volunteering can help you deal with some of your personal problems.
- Volunteering helps you meet new people and breaks down barriers of misunderstanding, mistrust and fear.
- Volunteering can create new contacts which may help your business or career.

You might be thinking, "The little bit that I can do will never help much!" or "What in the world can I do?" If you've ever spent ten minutes reading a book to a lonely child, you know that even that small amount of compassion and attention can make a world of difference. No one person can solve the world's problems, but what little you do can make your little corner of the world — or one far away from yours a happier, healthier, safer place to live for those who need your help. Each of us can right a wrong, fill a plate, visit a shut in or clean up a park, and that does make a difference for us all!