Volunteering During Retirement

Men are used to adhering to schedules and gaining a feeling of accomplishment from their work. Many find their retirement years to be most fulfilling if they continue to use skills they have developed throughout their careers. Some decide to work as consultants in their pre-retirement fields; others pursue long-delayed dreams of teaching, painting or writing. A few even choose to open new businesses.

For many men, volunteering ignites their passion to help others, gives them a reason to get up in the morning and lends structure to their day. Most agree that they get more than they give through their volunteer work. How do you get started and find your niche? If you are affiliated with a religious or social service group, opportunities may exist within the same organization. Think about other opportunities in your area through the school system, at local libraries, food banks and senior centers, but then think beyond your immediate area. Many retirees find volunteer options which become vacations.

One place to find more global options is RSVP (Retired and Senior Volunteer Program) which is a part of the Seniors Corps. They are a federal program coordinating volunteer opportunities for those aged 55 and older. RSVP recommends that retirees looking to volunteer ask the following questions. The answers will help you decide if the organizations being considered are a good match.

- What does your organization do?
- Whom do you serve? (People in a certain geographic area, age group, etc.)
- What outcomes have your efforts produced?
- Do you have a specific philosophy guiding your work?
- How many volunteers are in your group? What are their responsibilities?
- Is there a designated volunteer coordinator who would be my point of contact?
- What is the time commitment?
- Do you provide assistance with travel, parking, or other incidental expenses?
- Can I speak with others who have volunteered with the organization in the past?
- What opportunities are there for family members to accompany me?

In addition to the organizations in your area, a multitude of volunteer opportunities can be found through databases on the following websites as well as many others:

http://www.seniorcorps.org/ Opportunities available through RSVP and other parts of the Senior Corps.
http://createthegood.org/ A database of volunteer opportunities maintained by AARP.
http://www.nps.gov The National Park Service website which directs users to volunteer opportunities.

www.myliferesource.com

Carebridge services are available to covered employees and their families at no cost to them. Contact Carebridge at any time by calling 800-437-0911 or emailing clientservice@carebridge.com.