



Improving Self- Esteem and Personal Fulfillment in Retirement

There are close to 15 million older adults in Canada over the age of 45. This means that over 43% of our population is retired or transitioning into retirement. What a rich resource these older adults are for communities throughout Canada.

Retirement today is more than about your money. Most people plan for their housing needs, travel, health needs and hobbies. Often, the notion of volunteering can be put on the backburner because we think we will figure it out when we have more time or we will figure out what to do when we get there. Too many people go into volunteering with only general assumptions or vague thoughts about what their interests are and what skills to use that can make volunteering a rewarding and dynamic part of retirement. Volunteering provides people with opportunities to stay active, learn, share and leave a legacy for future generations.

Volunteering can provide extra meaning to your days. It can connect you to your community, help maintain, grow or develop new skills, and facilitate your participation in the democratic process. Volunteering helps you shape and preserve the society you want to live in for yourself and for generations to come.

An important part of retirement planning is exploring how volunteering fits in and actually connects to these important considerations. Each and every retiree has been through all kinds of experiences in their life that will influence their interests, availability, personal goals and motivations that one may have for volunteering.

“Volunteerism has little to do with being a ‘do-gooder.’ It is about ... self-esteem and freely sharing one’s talent and wisdom; being valued, not paid; empowerment, growth and creativity; enhancing the community’s quality of life. It is also about having fun in the process.” MICHAEL L. HADLEY, CENTRE FOR STUDIES IN RELIGION AND SOCIETY

To help you explore the types of volunteering to consider, ask yourself the following questions: 1. Where am I in my life now? What are my current circumstances? What time can I put aside to focus on volunteering? 2. What do I care about? How can I make a difference? What kind of volunteer would I be? 3. What skills or experience do I have to offer or do I want to gain?

The face of volunteering is varied and exciting and offers a gamut of rewarding experiences. Whatever your circumstances there are volunteer needs in every community where your time and help are valued.

The South Okanagan Similkameen Volunteer Centre is a great connection to help you plan for volunteering in retirement. Browse Opportunities and register as a volunteer to receive news on current volunteer roles at www.volunteercentre.info. For more information e-mail info@volunteercentre.info or call 1-888-576-5661.

“I find more pleasure in life from volunteering and helping other people than I do from acquiring tangible things. Improving the conditions which we live by not only for ourselves, but for others, really is the key to personal fulfillment.” HERBERT SIMPSON, 82



The South Okanagan Similkameen Volunteer Centre

The South Okanagan Similkameen Volunteer Centre plays an important role in developing the quality of volunteering, not just in providing volunteers. We:

- promote and advocate for volunteerism in the region
- are a source of research based information on volunteering
- manage local databases including;
 - registered volunteers
 - organizations that need volunteers
 - searchable volunteer opportunities
- inform volunteers on their rights and responsibilities
- offer personal consults with volunteers of all ages and stages of life on applying their skills and interests
- provide tools, resources, and consultation to organizations who need volunteers



Join in at one of our Volunteer Team Gatherings once a month where team members:

- Meet others in the community who are wanting to help out
- Learn where volunteers are needed
- Benefit from available training
- Volunteer as part of a group in the community
- Share information and volunteer stories at gatherings

The SOSVC connects residents with meaningful volunteer work. Browse Opportunities and register as a volunteer to receive updates at www.volunteercentre.info. For more information or to meet with a staff member e-mail info@volunteercentre.info or call [1-888-576-5661](tel:1-888-576-5661).

Vision: A Community that provides the ultimate volunteer experience.

Mission: The South Okanagan Similkameen Volunteer Centre is committed to building a vibrant community by connecting people through meaningful involvement.

