

Retiree Volunteering Benefits

It is easy to think of the benefits of volunteering from the perspective of beneficiaries – it seems they get all the positive impacts. However, the benefit of volunteering is not one-sided. The act is highly rewarding to volunteers, too!

If you're still asking, "why volunteer?" here are 7 life-altering benefits that may get you to consider volunteering with Local Union 1319 Retirees.

1. Volunteering Makes You Happier

In many cases, being generous or helping others can make you feel happier than even when you do something for yourself. That's because volunteering gives you a sense of fulfillment. Feeling fulfilled is not the same as pleasure; instead, it is satisfaction or happiness for doing something that really matters to you and your Union. Little wonder seniors who engage in charity tend to have lower blood pressure, lower rates of depression, and lower mortality rates. They have a higher sense of self-esteem as well as a stronger sense of purpose.

2. It Promotes Physical Activity

Picture two seniors; one stays indoors all day reading the newspaper while the other gives a helping hand to the local sports team three times a week. Volunteering often involves physical activities, and this plays a vital role in maintaining your health as you grow older.

3. Volunteering Helps You renew and Make New Social Connections

It is common for many retirees to lose their social circle. This can be an emotionally difficult challenge to handle with the kids gone and no colleagues to interact with. Volunteering provides the opportunity to meet new people and establish new relationships. Plus, you get to spend quality time with people that share similar interests and values when you do volunteer work.

4. Prevents Loneliness and Depression in Retirement

Retirees have a higher chance of social isolation, especially if they don't have any reason to get out of the house regularly. A lonely or socially isolated individual is a prime candidate for depression. Thankfully, volunteering requires working with the Brother and Sister Union Members.

5. It Bridges the Generation Gap

You can bridge the generation gap that often exists between older and younger Union Members by sharing your expertise, knowledge, and wealth of experience, and wisdom with younger members. But that's only one side of the equation. Young people can also teach you something new from their perspective. All of this is possible, thanks to volunteering opportunities that bring both Apprentices and Journeypersons together to work on community projects for our Local Union.

6. Volunteering Boost Cognitive Health

Memory loss is not uncommon with older people. One way to fight it is by committing to goals, maintaining healthy social interactions, and generally staying active. These are opportunities that abound for Retirees who volunteer. Interestingly, these volunteering tasks do not only lower your risk of memory loss; they also improve your cognitive resilience.

7. Boost Your Sense of Self-Worth

One of the things that make people take pride in their work is the increased sense of self-worth that comes with working. Fortunately, you can still get that sense of self-worth in retirement. Actively volunteering means you are doing something productive consistently, even though you are retired. This will help you feel capable and, in turn, boost your self-esteem and self-worth.

Conclusion

Why volunteer in retirement when you can be having the time of your life? The reason for volunteering can be purely personal for many retirees, but generally, helping other retirees creates a sense of purpose and fulfillment in retirement. Also, it helps retirees to stay active and maintain a healthy social connection. This reduces both physical and mental health issues. But perhaps the most important reason to volunteer in retirement is that it makes you feel good about yourself and your Local Union.

Things Local Union 1319 Retiree Volunteers can do.

Politics: Every election cycle our Political Action Committee interviews candidates. We support candidates who support us, "Carpenter Economics" Jobs, Wages, Benefits.

- Candidate Interviews
- Phone Banking our Members
- Neighborhood canvassing, door hangers
- Sign erecting for endorsed Candidates

Recruitment:

- Outreach Events
- Career Fairs
- Possible shop teacher positions

Assist Volunteer Committee:

Twinkle Light Parade Float. Shop remodel, Pergolas at Tingly Beach

Many of the above qualify for CUPP hours

Some Past Projects:

Tiny Home Village, Safe Streets building, Window Rock Hogan, improve little league fields, Training at TNT Boxing. Habitat for Humanity, Benches for US Forest Service.