

Volunteerism is good for you

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Written by Tim Lindloff, *Felician Village Volunteer Coordinator*

It's hard to believe that we are already creeping up on mid-January 2020. Have you set your New Year's resolutions? If so, how are you doing so far? Many resolutions seem to focus around the idea of self-improvement, but what if by improving yourself, you can help someone else too? In many cases you can accomplish your individual goals through volunteerism. The Corporation for National & Community Service noted that, "volunteering leads to better health... those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression."

How can volunteering at Felician Village help you with your 2020 goals?

- ***Exercise***
 - Felician Village is actively recruiting wheelchair assistants and TriShaw pilots. No lifting is involved. Push a resident in a wheelchair to and from Mass, entertainment or other on-campus activities and add a few hundred steps to your daily step count! You can also sign up to give our residents a ride as a "pilot" in one of our TriShaw bikes, a pedal bicycle aided by motor assistance that has a bench seat in the front. Our [Felician Village at Home](#) program is seeking volunteers to walk with our members near their own homes. Fate may be in action and you could be matched with a member that lives near you and gives you that extra push to move more this year.
- ***Reduce stress***
 - Positive social contact with our residents, members and staff can help reduce stress by providing a meaningful connection to another person. Our residents and at home members enjoy meeting new people spending time talking with them. We try to match our volunteers with another person who has shared backgrounds, interests and hobbies. Even if you can't always do this in person, some of our at home members would greatly appreciate a friendly telephone call.
- ***Learn something new***
 - It doesn't matter what age you are, learning something new every day can have a profound effect on your life. Volunteering offers the chance to try new things and build your skills. At Felician Village, we have opportunities to become a greeter at our front reception desk, serve food or coffee in our [Village Café](#), lead a book club or craft activity, and offer technology assistance. Our volunteer positions make a great addition to anyone looking to boost their resume experience. Most importantly our residents and at home members have decades of experiences, knowledge and connections that they enjoy sharing.



- ***Spend less money***

- Volunteering can fill time in someone's calendar that may have otherwise been filled with aimless wandering down the aisle of a retail store or clicking "buy now" on Amazon Prime. Think about becoming a volunteer with a close friend, sibling or spouse, and spend your time together giving back. Felician Village hosts many on-campus events throughout the year and appreciates help on those days to transport residents, serve food or drinks, greet attendees, set-up or take down and more.

No matter where you choose to give your time and talents, it's important that you find a cause or activity you are passionate about.

[Here's a fun quiz to inspire you on what kind of volunteer you might be.](#)

If you are interested in learning more about volunteering on the Felician Village Campus or serving our Felician Village at Home members in their own homes through Manitowoc County, please contact [Tim Lindloff, Volunteer Coordinator](#) or call, 920-684-7171, ext. 276.