

Giving Your Time & Talents



In Colorado, seniors give back to our communities in countless invaluable ways by volunteering, care giving and through paid work. In 2004, the value of volunteer contributions by older adults in our state was estimated at more than \$1.6 billion! If strategically mobilized, the powerful resource of an aging “Baby Boomer” population could increasingly fill our society’s gaps in the areas of education, health care and family support.

The result of such leveraging of seniors’ skills and time could translate to a savings of billions of tax dollars. A recent Business Week article noted, “If society can tap [Boomer] talents, employers will benefit, living standards will be higher, and the financing problems of Social Security and Medicare will be easier to resolve.”

Of course, getting started is always the biggest challenge. Here are a few suggestions:

- ✍ Volunteer at secondary schools
- ✍ Serve on the boards of non-profit organizations
- ✍ Volunteer with non-profit organizations
- ✍ Design or volunteer with an Intergenerational program in your community
- ✍ Assist grandparents who are raising grandchildren
- ✍ Support older volunteers who support families with special needs children
- ✍ Volunteer at a local library
- ✍ Help deliver meals to home-bound seniors
- ✍ Participate with your local city council
- ✍ Drive an older adult to church, shopping or doctor appointments
- ✍ Become a foster grandparent

For more ideas and information about senior volunteering, and specific opportunities in Colorado, visit

<http://www.seniorjournal.com/Volunteers.htm> or <http://www.voacolorado.org/>