

PEOPLE WHO VOLUNTEER LIVE LONGER, STUDY SUGGESTS

BY REMY MELINA

People who volunteer for selfless reasons, such as helping others, live longer than those who don't lend a helping hand, a new study shows. However, those who volunteer for more self-centered reasons do not reap the same life-extending benefits.

"This could mean that people who volunteer with other people as their main motivation may be buffered from potential stressors associated with volunteering, such as time constraints and lack of pay," study researcher Sara Konrath of the University of Michigan said in a statement.

Konrath and colleagues looked at results from the Wisconsin Longitudinal Study, which has followed a random sample of 10,317 Wisconsin residents from their high school graduation in 1957 until the present.

In 2004, the participants reported how often they had volunteered within the past 10 years. They also explained their reasons for volunteering, or, in cases of those who had not volunteered but were planning to, the reasons they would.

Some of the participants' motives were more oriented toward others, such as "I feel it is important to help others" or "Volunteering is an important activity to the people I know best." Other respondents, however, had more self-oriented reasons for volunteering, such as "Volunteering is a good escape from my own troubles," or "Volunteering makes me feel better about myself."

Researchers then compared the participants' responses with physical health information that had mostly been collected in 1992. The

researchers also considered the respondents' socioeconomic status, mental health, social support, marital status, and health risk factors, including smoking, body mass index, and alcohol use.

The findings showed that those who volunteered for more altruistic reasons had lower mortality rates as of 2008 than people who did not volunteer. Of the 2,384 non-volunteers, 4.3 percent were deceased four years later, compared with 1.6 percent of altruistic volunteers who had died.

"It is reasonable for people to volunteer in part because of benefits to the self; however, our research implies that, ironically, should these benefits to the self become the main motive for volunteering, they may not see the benefits." (reprinted from LiveScience)

JOIN OUR VOLUNTEER FORCE



HABITAT CLASSIFIEDS

Bakers

Do you like to bake cookies, bread, or other treats? Will you make an extra batch for our construction volunteers and students? We are in need of daily treats for the construction volunteers working so diligently to remodel our office building!

ReStore Task Force Committee

Share opinions and have input into the creation of the ReStore. Use your skills to ensure policy, advertising, and personnel decisions go into affect. Call upon your community contacts to plan a successful grand opening for the ReStore.

Pick up Driver

A volunteer donation pick-up driver is needed to bring in large donations for the ReStore. Many individuals wish to donate items that are too large to fit in their vehicles. To be a pick-up driver, all you need is your own truck and trailer, and some free time during the week. Bring a friend for the trips that require heavy lifting.

ReStore Volunteers

The ReStore will be staffed almost exclusively by volunteers. Cashiers, floor assistants, warehouse staff, donation preparation, and custodial work all need to be done by someone – why not you? This is a great opportunity for small groups to lend a hand.

Repurpose Donations

While most donations received are in good condition and ready for resale, some need a fresh coat of paint, a new knob, or other small repairs. Are you crafty and creative? Looking for variety? Do you like to make old items look and work like new? Volunteer time at the ReStore. New donations arrive everyday.

Breakfast Planning Committee

Join our group of dedicated volunteers working to organize our 2nd Annual Breakfast event. Recruit table hosts and sponsors. Develop our event theme and materials.

Women Build Planning Committee

We are eager to reinitiate a Women's Build week. We are seeking energetic women to recruit and lead women crews in their construction projects and fundraising efforts.

Construction

Get your hands dirty and have fun.. No experience necessary. Volunteers with construction skills or those who want to learn are wanted immediately for the remodeling of our new office building in downtown Willmar and the build site. A site supervisor is at the work site to supervise construction and safety at all times. Groups and Individuals are welcome!

Fund Development/Public Relations

Responsibilities include: researching, developing, fundraising, and implementing events and/or programs to raise funds and seek sponsorships. Develop sustainable giving as a means to eliminate substandard housing by soliciting financial support from corporations, individuals, civic groups, and foundations. The committee works to get the word out about upcoming events and opportunities with HFHWCM.

Cleaning Assistant

Do you enjoy cleaning? Do others tell you cleaning is your thing? Are you looking for a volunteer opportunity that allows you to utilize your skills? Our office is a construction zone. We need help keeping up with the dust, dirt, and demolition.

Volunteer Services Intern/Volunteer

Oversee the coordination of volunteers, both individual and group. Coordinate with staff to assess volunteers needs. Conduct new volunteer orientation. Develop protocols and procedures for our volunteer coordination.

Faith Relations Committee Member

Organize speaking arrangements with mission committees, faith groups, services, and/or ministerial associations. Help us strengthen and deepen our relationships with churches and faith communities.

Please contact Charline if you are interested in joining our volunteer force. By phone 320.231.2704 or email charline@habitatwcm.org

Habitat Wish List

Coffee Airpots
24-30 cup percolator
Carpet Shampooer
Conference room chairs
Cordless Drills
Table saw
Tool Chests
Tape measurers
Crowbars
4' and 6' foot ladders
Paint brushes and rollers
Colored printing paper
Commercial Carpet



Thank you!