



Non-Profit

Jannus

**Volunteer Powered
Programs**

www.AgingStrong.org

Proudly Serving Youth, Elders, Militarily Connected Families and Caregivers

❖ Purpose-Filled Golden Years ❖

AGING STRONG
programs by JANNUS

Make
Giving Back
Your
Second Act



Discovering your Passion



“If you can't figure out your purpose,
figure out your passion. For your
passion will lead you right into your
purpose.”

 BISHOP T.D. JAKES



Your Passions Lead to Your Purpose!

Discovering your Passion

1. What's been a common theme in your life? What's something that people would say about you in each job you've held?
2. What skills come to you naturally? (Get creative, this is just a brainstorming activity.)
3. What types of things do friends, colleagues, or family usually seek your input for?
4. What would you do for nothing? If you didn't have to worry about money, what would you be doing? (Again, this is just hypothetical.)
5. What's something that, when immersed in it, you lose track of time?
6. What gets your blood boiling? What's a problem in the world that you'd love to fix?

from Theresa Merrill <https://www.inc.com/the-muse/find-your-passion-today-with-these-14-questions.html>

Your Passions Lead to Your Purpose!

Act on Your Passions → PURPOSE



Your Passions Lead to Your Purpose!



Finding your Niche

Places to Volunteer in the Treasure Valley

- Deer Flat National Wildlife Refuge work crew
- Churches near you hosting events for holidays
- Making Good Wrapping the World with Quilts
- Court Appointed Special Advocates for Children
- Game Changers to help kids with disabilities in sports
- Mentoring Network
- Boys and Girls Club
- Family Advocates
- Feeding Our Friends
- Transportation for Idaho's Foster Children

Volunteering In Idaho

- Idaho Food Bank / Food Pantry
- Animal Shelters
- Baby kits for Refugees around the world
- Idaho Youth Ranch
- Blood Drives
- Big Brothers Big Sisters
- Libraries in need of organization help
- Idaho State Museum
- Hand in Hand Family Mentorship
- First Tee youth Golf Lessons
- Dental Care to your Neighbors
- 4H

You can find the place that is aligned with YOUR passions!

Where To Find Volunteer Opportunities Near You!

Some Volunteer Positions are Seasonal. Some are here Year-Long!

- Visit Volunteer Match
- Engage Engage (All For Good)
- JustServe
- United Way
- Do Something
- Habitat For Humanity
- Give Pulse
- AARP
- Feeding America
- American Red Cross



You can find the place that is aligned with YOUR passions!



Health Benefits to Volunteering

Health for Today

- Reduce feelings of isolation
- Get yourself moving again
- Finding purpose to reduce feelings of burden
- Find a community of like-minded individuals
- Utilize your lifetime of skills and knowledge
- Get access to resources you may need today
- Get access to extra benefits you may need today

Health for tomorrow

- Statistics show those who volunteer live longer (Luoh and Herzog, 2002; Harris and Thoresen, 2005)
- A study of Americans over age 60 found that those who volunteer reported lower disability and higher levels of well-being relative to non-volunteers. The effects of volunteering were found to be greater than other factors including income, education level, or marriage (Morrow-Howell et al., 2003)
- Finally, there is evidence that the health benefits of volunteering are strongest among rural retirees, and those who do not drive or are limited drivers (Lee et al 2010).

Volunteering is part of a Healthier Lifestyle!



Elders / Youth



Elders / Military Connected



Elders / Caregivers

AgingStrong.org



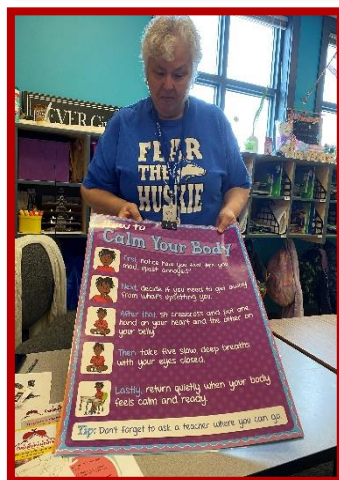
“Going to school each day has given me renewed purpose and the children have given me back my life.” I may have started for the money, but I have stayed because of the kids.

-- FGP Volunteer

Bringing Multigenerational Learning Into Classrooms



Let's talk REAL Impacts with REAL people!



VOLUNTEER OPPORTUNITIES: 55+, Low Income, Love Kids, Enjoy Reading, Nurturing



"In my mind, there is no better way to thank a veteran and their family than being a trusted companion when they need it most. Legacy Corps gives me that opportunity."

-- LC Volunteer

No Cost - Homebased Companionship and Respite Care For Military Connected Families



Let's talk REAL Impacts with REAL people!



VOLUNTEER OPPORTUNITIES: Enjoy the company of elders & stories of old, retired & looking for new purpose, recently moved into area & looking for connection, veteran to veteran friendships (NOTE: You do not need to be veteran)



You Are Not Alone



“The PTC Class gave me the confidence to make the tough decisions I had been avoiding. Just knowing I am not alone matters – it’s everything.”

PTC Class Attendee

Evidence Based Workshops Designed to Help Family Caregivers Find Balance



Let's talk REAL Impacts with REAL people!



What does a Powerful Tools for Caregivers Leader Do?

- ❖ Instruct 2 workshops per year, either online or in person (curriculum is provided for you)



If you have:

- ❖ Group facilitation skills
- ❖ Experience working with family caregivers
- ❖ A desire to teach, instruct, guide individuals who are thirsty to learn



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VOLUNTEER OPPORTUNITIES: Class Leaders – Often retired professionals

❖ Purpose-Filled Golden Years ❖

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