

*There is something powerful about being able to help someone with no expectations in return, but a big smile.*

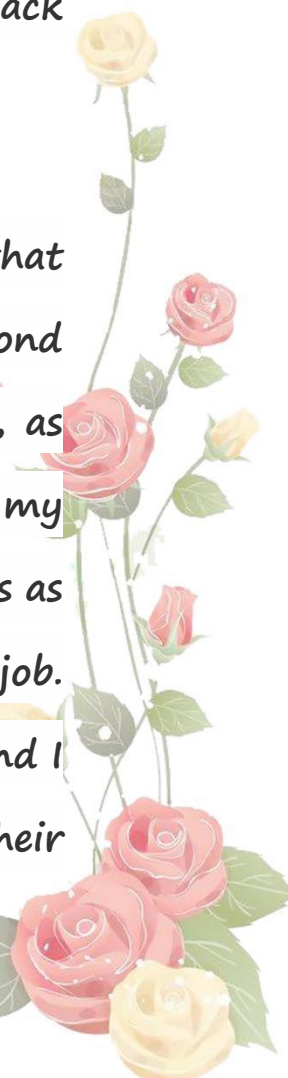
*-----Mumtaz Nathu, a RCRG volunteer for the seniors' transportation program, I&R, etc.*

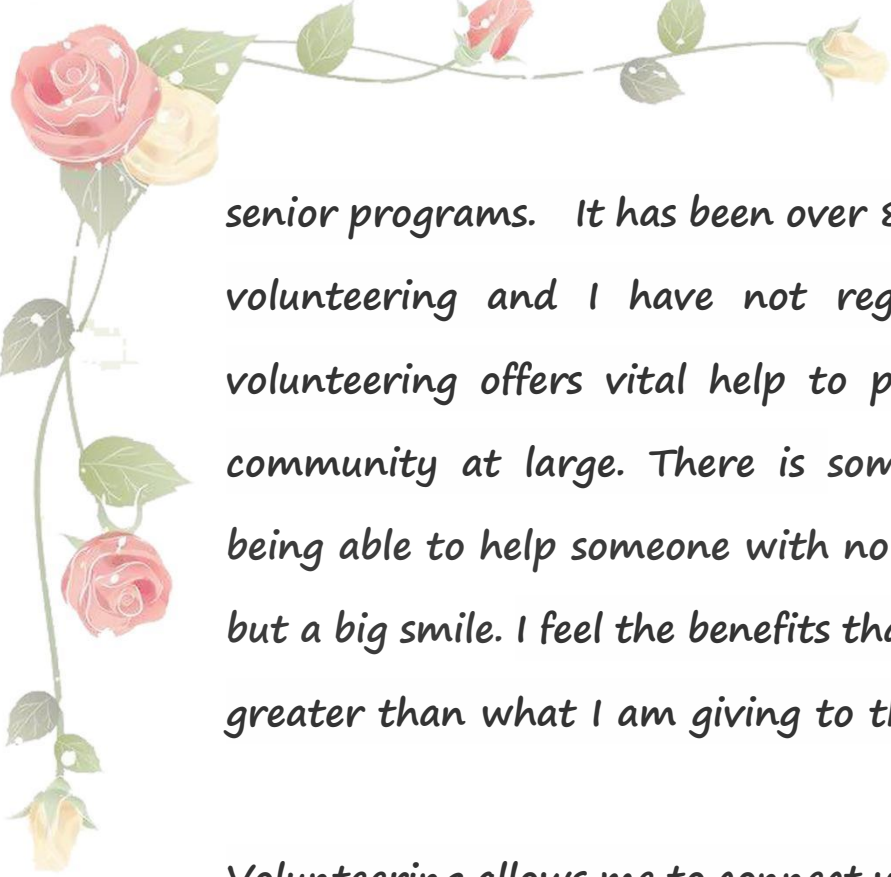


*Volunteering offers vital help to people in need.*

*I started to think of volunteering more seriously when I started planning for my retirement. Knowing that I would have more spare time on my hand, the urge of giving back to the community, became very important to me.*

*I looked around a few non-profit organizations and one that I thought I would start with was Richmond Care Richmond Give (RCRG). My interests were to work with seniors, as during my working life, I had the privilege to take care of my elderly parents. I had experienced some of the challenges as a Care Giver and a person with family and a full-time job. RCRG has several programs where they assist seniors, and I was fortunate enough to be accepted as a volunteer in their*



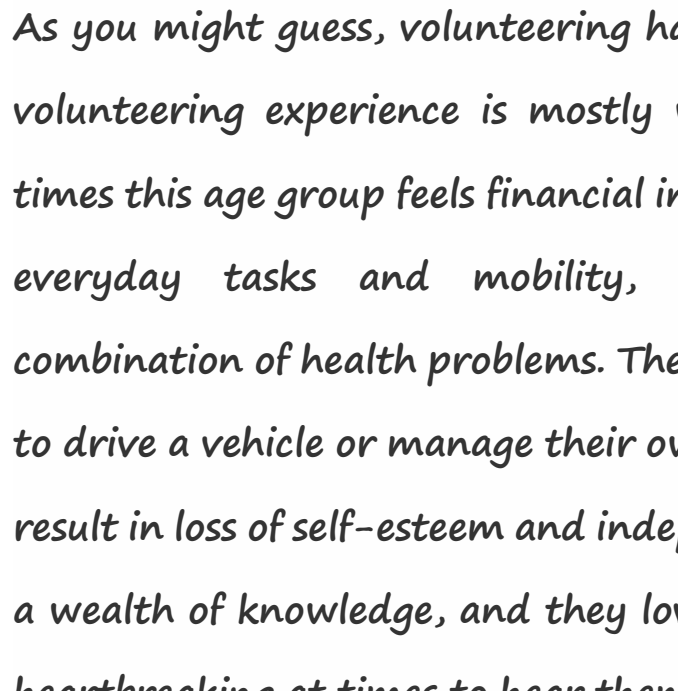


senior programs. It has been over 8 years since I have been volunteering and I have not regretted it. I find that volunteering offers vital help to people in need and the community at large. There is something powerful about being able to help someone with no expectations in return, but a big smile. I feel the benefits that I am gaining are even greater than what I am giving to the community.

Volunteering allows me to connect with the community and make it a better place. Even helping with the smallest tasks can make a real difference in the lives of people. Volunteering is a two-way street. It keeps me active, both mentally and physically. I make new friends, expand my network, and boost my social skills. It brings fun and fulfillment to my life.

Volunteering opportunities with RCRG have provided me with training. This has helped me in improving my skills in working with seniors. Doing volunteer work, I find meaningful and interesting. It is a relaxing, energizing escape from my day-to-day routine of work. Volunteering has also provided me with renewed creativity, motivation, and vision.





*As you might guess, volunteering has its challenges too. My volunteering experience is mostly with elderly people. At times this age group feels financial insecurity, difficulty with everyday tasks and mobility, managing a complex combination of health problems. They may no longer be able to drive a vehicle or manage their own finances. These issues result in loss of self-esteem and independence. Elderlies have a wealth of knowledge, and they love to share. Though it is heartbreaking at times to hear them out, as it is not easy to comprehend. However, it only strengthens my desire to help our older adults.*

*Volunteer your valuable time when the opportunity arises. Helping others - it's amazingly humbling to be able to do that.*

