

The Value of Volunteering



Our **vision**, in everything we do, is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity.

We are honored to care for our residents and share a passion to make their days enriching and fulfilling. It's **The Caraday Way!**

November is National Gratitude Month, and one of the best ways to show gratitude is by giving back. Volunteering not only supports your community—it also boosts your own well-being. Research shows that the more we give, the happier and healthier we feel.

People choose to volunteer for many reasons: to meet new people, share their skills, or simply express thanks for the blessings in their lives. Whatever the motivation, volunteers are essential and deeply appreciated.

Volunteering comes in many forms and can be tailored to your time and talents. Some help weekly in a kitchen or food pantry, while others knit blankets or crochet hats for the homeless when their schedules allow. Animal lovers may volunteer at shelters, walking dogs or fostering pets in need of homes. Others might read to children at libraries, deliver meals to homebound neighbors, or lend their green thumbs to community gardens. Families can involve grandchildren through sports demonstrations, musical performances, or holiday craft projects for nursing homes—spreading joy across generations. Even small acts, like writing notes to veterans or assembling care kits, can make a big impact.

In the U.S., more than 63 million people volunteer each year, and the estimated value of that time is over \$27 per hour. Yet the true impact goes far beyond dollars. Volunteers form the backbone of nonprofits, allowing organizations to extend services, strengthen communities, and bring hope to millions.

And the benefits flow both ways. Volunteering helps reduce stress, improves mood, builds social connections, and gives life greater meaning—all powerful outcomes linked to gratitude.

Ready to get involved? Contact your favorite nonprofit, community group, or place of worship, or simply search online for “volunteer opportunities near me.” Whether you share a skill, lend a hand, or give your time, your compassion can brighten someone else’s life—and yours too.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com