

The Value of Volunteering



Volunteerism can take on many shapes and forms. Sometimes it's the little things that are quietly done during a break or after work that are the most meaningful volunteer efforts — it's the Caraday Way.

Some of the ways Caraday helps residents is "by taking them outside for some fresh air when you go on a break, bring them some fresh cut flowers."

Geraldine Harbin
Regency House
San Angelo, Texas

The more we give the happier we feel. People volunteer for a variety of reasons – meet new people, contribute expertise, or simply give back to their community. Whatever the reason, we can agree that volunteers are important and highly valued for the work that they do.

Volunteerism is an intrinsic value that cannot be measured by money or hours, but instead through dedication and gratitude. The scope and diversity are broad and not all are glamorous such as planning large charity events or fundraisers.

Volunteering can take shape in serving meals at a food kitchen, knitting blankets for the homeless, or performing a song or other musical aspect for residents of a nursing home. Whatever the task, volunteering is crucial in spreading gratitude and helping things run smoothly.

The number of volunteers in the United States is estimated to be 63 million strong and the current estimated national value of each volunteer hour is \$27.20. This estimate is by no means thorough enough to describe the work that volunteers do, but it does help to acknowledge the millions of volunteers who dedicate their time, energy, and talents to make a difference. This number serves as an important reminder that volunteering may be priceless, but it is not free.

In the nonprofit sector, volunteers are the backbone of an organization and are crucial in helping it run smoothly and effectively. Volunteers help keep the doors open and enable nonprofits to deliver vital services to a larger number of people.

Volunteering is at the heart of community building. It fosters relationships and brings a smile to millions of people's faces every single day. It is even more important in recent years when many felt isolated and alone during the COVID-19 pandemic. Look into how you can support your neighbors by volunteering today.



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