

Feeling Good by Doing Good

(Family Features) All across the country ordinary people are serving their neighbors and communities by volunteering – and it's making a big difference in the lives of the most vulnerable.



You can find volunteering opportunities through your local house of worship, community center, workplace or school. You can search online at sites such as www.volunteeringinamerica.gov and www.volunteermatch.org, as well.

- If you have some specialized skills, such as teaching, cooking or sewing, look for places that could use those skills. Keep your own personality in mind, too – if you're an introvert that gets worn out by crowds, don't offer to be the greeter at a big event or the emcee at a banquet.
- There are different levels of commitment for different types of volunteer activities. Mentoring or tutoring requires a regular, rather intensive commitment, while serving at a charity race is a much shorter-term commitment.
- Volunteering with others is a great way to strengthen your relationships and help others at the same time. Consider opportunities suitable for parents and children, a husband and wife, or even a small group of friends to take on together.

Foresters™, a life insurance provider, gives members the opportunity to volunteer in their communities through partnerships with organizations such as KaBOOM!, helping to build playgrounds in some of North America's toughest and poorest neighborhoods. Learn more at www.foresters.com/community.