

June 2014

Dear Clients and Friends:

You're as old as you think you are. Or as Satchel Paige put it, "How old would you be if you didn't know how old you was?"

So long as you're able, a great way to stay young is by giving some of your time and talent to a cause. Right here in San Diego, volunteers are delivering meals, manning phone lines, keeping parks clean, tutoring, coaching, walking dogs, visiting the sick and elderly, and working as ushers, docents, and tour leaders.

Have you ever thought about serving in your community, but just not followed through? That unfulfilled notion will put you squarely in the majority. Many people would find something interesting to do, if they only knew about the possibilities at hand.

And now we can, by going to www.volunteermatch.org. This site currently has a list of 957 opportunities in San Diego. Some needs are ongoing, such as reading to children or volunteer driving, while others are only for a day or two, like helping with an event.

For those who aren't mobile, there are "virtual opportunities" that can be done from home using a phone or computer. You can call "shut-ins" with words of reassurance, making their day a little brighter. Or you can knit lap robes for people in hospice care.

The site lists 29 areas of interest, including animals, arts and culture, children, disabled, homeless and housing, hunger, seniors, recreation, and veterans. Everything you need to know is right there, along with contact information.

Those who can, do. Those who can do more, volunteer.

Regards,



Charles M. Shackelford