

Volunteering my time and effort gives me intangible benefits plus the social interaction I've missed since retiring. Others have told me they feel they are doing something meaningful and are giving back for the help they or their family once received. Still others feel it's a chance to commune with nature, to give back to the land for example while removing litter along an otherwise beautiful path or roadway.

Importantly, Johns Hopkins Bloomberg School of Public Health has studied the positive effects older adults derive from volunteering. They report it not only stopped age-related shrinking of the brain but some brains actually grew slightly over time according to the Hopkins research. I'm glad to read this. It's just what I need, what with possibly already having a smaller brain, pointed out by others over the years.

Volunteer opportunities abound in the Village.

- You could become a half-day a week or part time assistant at Paw Prints Thrift Shop VOC or at the Shelter in Sedona. Paws earnings go directly to support our homeless animal shelter. The really brave could ask for an assignment socializing cats or walking dogs. Call the Desk at 928- 282-4679.
- Yavapai Food Neighbors would love some help collecting food donations every two months. Call 928.254.8172.
- If you like my "litter" scenario above and prefer working alone or with a partner keeping our roadsides looking good? Become a KSB Litter Lifter or alternate. The commitment is about four hours a month with vacation or out of town coverage available. KSB will arrange a no-obligation experience for you. Call 928-282-4938. The work may sound boring and simplistic but it is very rewarding mentally and physically.

And there's so much more available. Seek out Sedona Recycles, Sedona Adult Community Center, Sedona Library, Sedona Historical Society and Cornucopia Community Advocates if you want to get involved in their significant ground-breaking Food Recovery Program. Just reach out and Look in the Not for Profit section of the printed phone book or just Google Sedona Volunteer opportunities. Your brain could benefit significantly.

Bill Pumphrey