For the Love of Volunteering

Valentine's Day, is considered by some to be the most loving day of the year. And, what better way to spread love than to volunteer?

In thinking about this this article I typed into Google "volunteer + spread the love" and this website, http://www.spreadthelove.ca/, popped up. This organization strives to end Canadian hunger and food insecurity by recruiting volunteers to make and deliver sandwiches to those who need it most. What a simple, yet truly meaningful way for volunteers to "spread the love."

This website got me thinking about how Alzheimer Society volunteers "spread the love." I don't know how to put it in words, but seeing the action of the Trent University student volunteers and our other Walk for Alzheimer's volunteers made me truly believe that we have a very compassionate group of people in our communities. Without the help of our volunteers we would not have pulled off such successful Walks in both Kawartha Lakes and in Peterborough. Throughout each of these days our volunteers were "spreading the love" by talking with participants, encouraging one another, and stepping up to do what some might consider a menial job, like parking lot attendant. The way the actions of these volunteers pulled the Walks together was impressive. They truly did spread the love!

Volunteering is not just tens of volunteers coming together to hold a Walk. As one website says volunteering is:

> *"spontaneous acts of kindness… large and small acts, given freely, [that] bind communities together. Volunteering is helping, not hiring; giving, not taking; contributing, not counting."* [1]

I could not have said it better myself. So spread the love, volunteer!

Thank you to all of our volunteers!

Shawna Peddar,
Volunteer Coordinator

1. Kovechar, Jean. (2012). "Value of volunteering: Acts small and large priceless." http://thebusinesstimes.com/?p=7940