

92.8% of Volunteers are Happy with their Volunteer Experience at JABA

JABA recognizes the value of volunteers to achieving its mission to provide programs and opportunities for healthy aging. Through the tireless dedication of our volunteers in Charlottesville and the counties of Albemarle, Fluvanna, Greene, Louisa and Nelson we have accomplished many positive impacts for individuals and families of all ages in our communities. People's lives have improved, communities have changed for the better, the spirit of giving and personal growth abounds – due to the generosity of volunteers.

But how does volunteering affect the volunteer? Research shows that volunteering makes people healthier and healthy people are happy people. We decided to find out how satisfied our volunteers are with the volunteer program here at JABA and recently completed a satisfaction survey sent to over 600 volunteers. The results were extraordinary. 92.8% of respondents said they were satisfied or very satisfied with their volunteer experience. When asked how their volunteer work affected them personally and influenced the quality of their lives, we received many responses such as:

“I find that I receive much more than I give, particularly when I am mentoring those who are younger and less experienced.”

“I feel enriched like I am making a difference in the community.”

“I love singing and feel satisfied when I can provide enjoyment to others.”

“I enjoy being with people – interacting, helping if possible. It makes me get out of bed and get going.”

Come join this exclusive group of caring and happy people who are the heart of all that we do at JABA. For more information on volunteering or the survey,

please contact Martha Williams, Manager of Volunteer Services, 434-817-5245,
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