



UNITED WAY:

We don't volunteer because it benefits us as an individual, we often do it to make a difference. Or as United Way volunteer coordinator Jeff Cothran puts it, "We're striving to make the world a better place."

Cothran works with United Way of Selma and Dallas County which has 16 partner agencies, including the American Red Cross, Salvation Army, Sabra Center, and Selma Area Food Bank. The nonprofit also provides three direct services programs - Doc in a Bus, Healthlink, and Dallas County VOAD.

Whether you're leading Girl Scouts on a hike or spending time preparing meals for people who may be struggling with poverty, you'll probably feel satisfaction in seeing the results of your efforts and you may even get a boost to your self-esteem and confidence. According to the Corporation for National and Community Service (CNSC), the physical and emotional perks may be intangible

but they're strong.

What are a few of the personal benefits of volunteerism?

- ♦ Gaining new skills and experiences. It's also an opportunity to build your professional network in the community.
- ♦ Taking on a new challenge gives a sense of accomplishment and purpose which may lead to more emotional stability. You may even find yourself less absorbed in your own problems while you focus on helping others.
- ♦ Offsetting a sedentary lifestyle.

Whether it's time spent on the couch watching television or sitting at a desk, many people struggle with their weight and other effects of inactivity. Keeping busy can help you burn calories and improve your physical well-being.

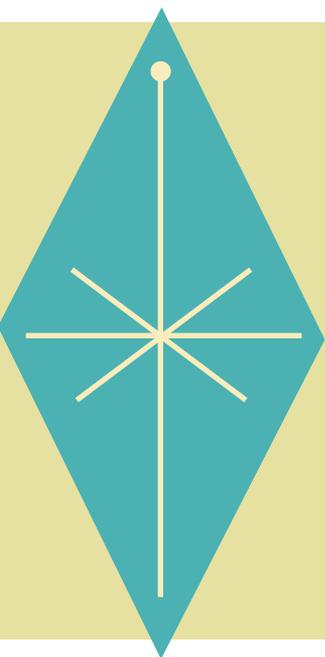
Older people may experience the greatest personal impact of volunteering. As we age, our role in our family and community often changes. Volunteer work

creates a sense of purpose and keeps us busy physically and mentally while providing social interaction and the chance to make new friends.

According to a report by the CNSC, volunteering can lead to lower mortality rates, greater functional ability, and lower rates of depression. Studies by the Journal of Gerontology have shown that people who volunteer may be at lower risk of dementia and Alzheimer's. Social interaction can delay or prevent Alzheimer's, and volunteering provides those connections.

How can you become a volunteer?

Contact Jeff Cothran at (334) 874-8383 or visit www.selmaunitedway.org. You can learn more about United Way's partners in Dallas County and their services through the website. You'll also find links to contact the organization about volunteering and fundraising.



UAB's Doc in a Bus available in Selma

More than one-third of the population in Dallas County doesn't have health insurance. With two direct services programs, United Way and its partners are creating a safety net to keep people healthy and to help them avoid the high costs of visiting an emergency room for routine care.

Through a partnership with UAB Selma Family Medicine, Doc In A Bus provides an array of free medical services for uninsured people who may have chronic and acute conditions, such as high blood pressure

and diabetes. Physicians who are in UAB's residency program volunteer their time and expertise to make the program possible. The clinics are held twice a month. For more information, call (334) 526-2144.

HealthLink is an initiative with Vaughan Community Health Services to bring low-cost prescriptions to residents who may not be able to afford their medications. The program has provided more than \$1.5 million in assistance to Dallas County. To learn more about HealthLink, call (334) 418-8800.