

QUESTIONNAIRE – “WHAT AM I ALL ABOUT?”

The following questions will help you match up with meaningful volunteer activities. Use them to identify your skills, experience and passions. Identify the types of organizations that would absolutely welcome your involvement. You may want to get feedback from a spouse or friend.

There aren't any right or wrong answers, and you don't have to grade or score them!

Your responses are for you, to give you a good starting point for determining where and how you might best use your interests and abilities now that you are a Boomer on the Loose!



1. What causes do you feel passionate about? You'll find supporters these throughout Portland.
 - a) Caring for the environment: Clear air, clean water, sustainable forests, wetlands, watersheds, rivers, climate, parks, and lakes. Sustainable living, recycling and reuse.
 - b) Caring for unserved or disadvantaged: Helping the hungry, homeless, disabled, elderly, disadvantaged families and youth, immigrants and refugees.
 - c) Caring for animals: Rescue, adoption and care for cats, dogs, wildlife or other animals.
 - d) Civic and municipal: support for libraries, law enforcement, municipal services and projects.
2. What types of places in the community attract your interest:
 - a) Arts and Culture: Performing arts, theater, music, film, ballet, photography, art museums, historical museums, gardens, libraries. Most of these have supporting "friends of" groups or needs for event volunteers.
 - b) Attractions in your community such as zoos, gardens, arboretums, museums.
 - c) Educational institutions and schools of all types.
3. What organizations are you already connected with, such as faith-based organizations and schools that sponsor community or charitable programs? Could you help youth in a grandchild's school?
4. What types of professional organizations or unions do you belong to or that represent your professional background? They may be a source of causes or community programs.
5. What types of community events and festivals do you attend that you think would be an enjoyable volunteer activity? Portland is a haven for every imaginable type of festival. Would you enjoy working at your local farmers market?
6. Do you have a special connection with any of the numerous health conditions that would inspire you to volunteer for it? For example, organizations that address heart disease, cancer, childhood diseases, or disabilities?

7. Do you have a special place in your heart for people who are hungry, mentally ill, addicted or homeless?
8. What about medical centers and hospitals or hospice? Or community non-profit health clinics that bring healthcare to everyone?
9. Have you considered seniors programs, helping seniors not so fortunate who may be housebound? Or, the numerous senior and community centers throughout Portland?
10. What age group would you feel comfortable with? Infants, small children, teens, young adults, parents, seniors?

Next, think about the types of skills and experience, you can bring to an organization. Maybe it's just the plain old desire to work hard which so many organizations need. There are places for everyone. Are you a leader or a worker bee? Are you best in an organization's start-up phase, or doing its ongoing work? What would you be best at in an organization? Consider:

11. Do you have good people skills?
12. Do you like working with groups, or one-on-one?
13. Do you prefer working in the lead or in the background?
14. Can you do whatever is needed? Setup, take down, move things around?
15. Are you interested in technology? Computers? Phone systems?
16. What about administrative skills, typing, answering the phone? Filing? Follow-up? Keep an office running?
17. Help teach musical, sports, or acting skills?
18. Do you have professional skills in areas such as medical, legal, fundraising, presentation, technology, that would benefit an organization or group?
19. What other considerations do you have? Transportation? Hours, physical limitations?

Once you've considered the types of organizations you're interested in and what you have to offer, it's time to put them together. Following are links to specific kinds of community service activities are available by types of organizations:

- Art & Culture. Visual and performing arts, museums, libraries, festivals.
- Health-based conditions and organizations. Associations based on health conditions, Hospitals, medical centers, community health programs, hospice.
- Caring for Animals. Animal shelters and rescue.
- Caring for the Environment. Protection and preservation of outdoor habitats.
- Caring for Communities. Programs for emergency assistance, addictions, family and youth services; education; inclusion.
- Participating in Civic activities. City or county-sponsored activities, justice and legal, law enforcement.
- Senior Assistance. Organizations that help seniors with day-to-day needs.
- Other: professional associations, neighborhood HOAs; finding a place for your unique skills and experience.