

## MEDIA RELEASE FOR IMMEDIATE RELEASE

### **Volunteer Lethbridge changes one life at a time: with just one of the 189,560 full-time jobs Alberta Volunteers contribute every year**

*Communities celebrate Volunteers during National Volunteer Week, April 15-21, 2018*

EDMONTON, AB, April 9, 2018— Instead of asking new volunteers about their skills and qualifications, at Volunteer Lethbridge they always ask, “What would you like to do? How would you like to contribute to your community?”

Elaine, at 64, had never volunteered before. She said she enjoyed cleaning. It was clear she was very shy, and so she was offered a small role at the Volunteer Lethbridge office. She would show up after her night shift at work, and kept busy for several hours a day dusting shelves and tidying. Over time, her responsibilities built confidence. Eventually, she started volunteering at other events in the community.

“Volunteering is often a paradigm-shifter—it can affect a person’s mental health,” says Diana Sim, Executive Director at Volunteer Lethbridge. “Elaine’s story shows this shift in action. We see the positive impact of volunteering: Through helping others, we often help ourselves.”

Communities across the province celebrate volunteers like Elaine during National Volunteer Week, April 15-21, 2018. Each year, nonprofits across Canada host community-wide events to recognize their volunteers and promote the value of volunteerism. Volunteering is as diverse as Canada itself, but one thing remains timeless—volunteerism creates positive impact in all our communities.

Alberta volunteers contribute over **345 million hours** to the provincial economy every year—the equivalent of **189,560 full-time jobs** or upwards of **\$9 billion**. That’s over 2% of Alberta’s GDP in unpaid, volunteer human resources.

“It’s difficult to imagine how our communities and social structures would function without the generosity of those who offer their time and skills,” says Jann Beeston, Executive Director of Volunteer Alberta. “So it’s important to recognize the immense value volunteers bring to our province, and the country.”

Learn more about NVW [events in your community](#) and be inspired by [local volunteer stories!](#)

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