



## IN GIVING DO WE RECEIVE

The Community House provides a variety of volunteer opportunities to community members of any age. From local school students helping with fall cleanup, to parents chaperoning dances, to seniors filling envelopes for our annual appeal, everyone can play a role as a volunteer. Not only does volunteering make a positive impact on one's community, volunteerism benefits the volunteer as well.

One such example is Matt Stedman, a Community House volunteer who has been extremely helpful to us, but who has also found a sense of purpose from volunteering here. Below is a letter about his experience.

*Just over a year and a half ago, my son Matt started volunteering at The Community House two days a week. The impact it has made on his life is almost indescribable.*

*Matt is 33 years old and has had numerous medical and learning challenges throughout his life. Six years ago, he had major heart surgery. Living on his own in Hamilton, he had become quite isolated. My goal became finding ways to raise his spirits and get him connected with others in the community. I contacted The Community House and was met with the enthusiasm of Bethany Johnson. She immediately put me at ease and had so many great ideas for possible volunteer opportunities for Matt. He met with her and together they have worked out a wonderful niche for him to serve in a variety of ways. He is able to capitalize on his strengths and interests while meeting the needs of The Community House.*

*In Matt's own words: "Volunteering has impacted me in a positive way. It has given me a better outlook on life. My life is less stressful due to the fact I have people I can talk to. It is also wonderful because the people at The Community House really care and cherish my help. No matter how much or how little I do, I feel appreciated there."*

*I cannot convey the depth of gratitude I have for Bethany and everyone associated with The Community House for Matt's transformation. He has grown in confidence and maturity. He is committed and responsible, and takes pride in his service. He now feels a valued and productive member of his community. For me, I feel that we have an extended family in The Community House staff so many people who care and look out for Matt. He in turn cares and looks out for others now. His heart has truly grown through this experience. There is a special magic that exists at The Community House. How true the words are: "In giving do we receive." I encourage everyone to reap the benefits of volunteering. You will be forever changed and rewarded in ways you would never even imagine.—Peggy Stedman*