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developing more empathy and patience, and now find it easy in talking with seniors.

Sudha, who works as a project manager, laughs when asked about the challenges of fitting volunteering into an already full schedule. The secret, she says, is simply scheduling volunteer time, just like any other important activity. Her boys are also learning how to be intentional in working volunteerism into their lives. In fact, they've convinced their dad to apply to become a volunteer at EFS too.



Lon, Enthusiastic Volunteer and Advocate

Lon tells everyone that volunteering with EFS “is the easiest thing in the world! You meet the neatest people—they're vibrant, interesting people who really want to stay independent.”

When this former Air Force and commercial pilot retired in 2010, he really had no interest

in volunteering. But when he learned about EFS at a volunteer fair at his church, he decided to give it a try.

After completing his application, Lon began visiting with seniors and helping them with things like getting to medical appointments. He provided assistance that helped local seniors lead independent lives and stay connected with others in their community. Lon takes pride in recruiting others to volunteer with EFS, making pitches at community clubs, services organizations and elsewhere. **“Seniors are so receptive and appreciative to the help they're given. This makes you feel good and who doesn't need that?”**

He also acknowledges the incredibly helpful and committed staff, “They're loyal to EFS and they do what they do for the love of people and serving others.”

Lon recently finished up his second term on the EFS Board of Directors where he felt that his major role was as an “advocate representing the volunteers in the trenches.”

Having completed his work with the EFS Board, he is committed to continuing to help EFS with various projects, like fundraising events. Reflecting upon his service, he shares this final thought: **“My goal is to encourage more people to volunteer, using my enthusiasm for EFS. This is deeply satisfying.”**