

THE “HAPPINESS EFFECT”*

Handy with Tools?

Help provide occasional repairs on Book Houses in central and south county.... Volunteers need their own tools but Berkshire United Way provides all materials.

Contact: **Stephanie Adornetto**
ext. 22
sadornetto@berkshireunitedway.org

Review Funding Applications

Volunteers are needed to review applications for funding and deliberate in teams to make recommendations to the Berkshire United Way Board. Training is provided.

Contact: **Julie Singley**
ext. 23
jsingley@berkshireunitedway.org

Build a Stronger Community

Are you recently retired and looking to keep in touch with your career contacts? Help us coordinate campaigns in workplaces throughout central and south county. Work as few or many hours as you like and help us spread the good news about Berkshire United Way.

Contact: **Duffy Judge**
ext. 12
djjudge@berkshireunitedway.org

Help kids experience the joy of reading

Hold a book drive at work, church, school or in any group. Gently used children's books are always needed to fill Book Houses in central and south county.

Contact: **Stephanie Adornetto**
ext. 22
sadornetto@berkshireunitedway.org

See Programs in Action

Visit funded program sites with Berkshire United Way staff and evaluate the impact of your dollars at work.

Contact: **Rae Langsdale**
ext. 35
rlangsdale@berkshireunitedway.org

Join the Team!

If you like working in small groups in a friendly atmosphere, we'd love your help with mailings in our Pittsfield office during normal business hours.

Contact: **Amanda Nardini**
ext. 33
anardini@berkshireunitedway.org

Volunteer for VITA!

Join the team of committed volunteers who are bringing over \$2 Million back to Berkshire County working families through the Volunteer Income Tax Assistance Program (VITA). Online and in person training is provided, and volunteers typically work 2-4 hours a week.

Contact: **Rae Langsdale**
ext. 35
rlangsdale@berkshireunitedway.org



Volunteer for Berkshire United Way and experience the happiness effect.
Call us at (413)442-6948 or info@berkshireunitedway.org

*Research suggests volunteering is good for us. In a paper published by Harvard Health, authors noted that volunteers benefit from something they call the “happiness effect.” It turns out that weekly volunteering leads to happiness levels comparable to a life-changing salary boost.

