

Maine Senior College Network Conference
How do we tell our story and how do we create our future?
November 8, 2010
Breakout Session Notes

Topic: Avoiding Volunteer Burnout

Convener and Note-Taker: Debbie Mitchell

Participants: Joel Karp, Deede Miller, Gloria Hall, Christine Edgecomb, Hugh Keene, B.J. Frederick, Elaine Dow, Debbie Mitchell

Important points made during this session:

1. Causes
 - A. Overworked, understaffed
 - B. Difficulty identifying need
 - C. Demigod running committee
2. Recruitment
 - A. On-on-one, face-to-face
 - B. Recruiting class assistants to join other committees
 - C. Identify younger members as they join
 - D. Check Chamber, Rotary, churches for members then volunteer
 - E. Free lecture/brown bag/or “food for thought” and recruit through that
3. Incentives
 - A. Thank Volunteers Night
 - B. Have distinctive name tag for volunteers
 - C. Luncheon for class assistants – can be info gathering
 - D. Tally volunteer hours and offer free class/membership/or?
 - E. Sign up on enrollment form for volunteer opportunities
 - F. Have separate volunteer committee

Senior College	Number of Members	Number of Volunteers
Augusta	300+	30
Belfast	480+	100++
Coastal	350	60-70+
Downeast	75	20+
Lewiston-Auburn	250-300	50+
OLLI at USM	1,400	200
Sunrise	333	50-60