

Tracey Logan

VOLUNTEER ROLE: MEALS ON WHEELS

STARTED VOLUNTEERING: 2007

What brought you to West NH?

A client of mine worked at West NH. I let her know I wanted to volunteer. She thought MOW would be perfect with my need for a flexible (real estate agent) schedule.

What do you enjoy most about your role?

Meeting the clients and volunteers. It makes you feel good to volunteer - it's purely selfish!

What keeps you volunteering year after year?

I really like the workers here, the volunteers I deliver with, the clients. Getting to know the other volunteers is just as important and interesting.

What could you not have anticipated before starting?

I could not have imagined I'd be doing it for so long, but it's such a part of my life now.

What would you like to share with a new volunteer?

People ask me; "How do you find the time?" If you can't find 2 hrs/week, your schedule is out of control! It's worth it! It's the best thing you can do for yourself; it absolutely keeps your life in perspective and makes you so thankful.

