

Volunteer followed her heart

When Marlene Douglas began looking for volunteer work three years ago, she knew the [Alzheimer Society of Sudbury-Manitoulin](#) would be at the top of her list.

"The cause is near and dear to my heart," says Douglas, 63. "I lost both my father and stepfather to the disease."

After a 40-year career as an administrative assistant, she knew she had a lot to offer. "I was looking for something to keep me busy and something I'm good at," she says.

In fact, Douglas was welcomed aboard within minutes of handing in her résumé detailing her decades with the City of Sudbury and her executive positions with the International Association of Administrative Professionals.

A two-way street

She now spends two days every week at the Society's offices doing what she does best -- administrative work -- including making receipts, filing and organizing. Douglas also helps set up the annual Manulife Walk for Memories, and participates in it too.

But it's been more than a fair exchange as far as Douglas is concerned.

"I enjoy it immensely and I always look forward to coming in. I feel I've done something important at the end of the day," she says.

Become a volunteer

[Your local Alzheimer Society](#) offers a wide range of volunteering opportunities, from facilitating day programs, to helping around the office, to fundraising. Giving your time and talent helps make life easier for people living with dementia in your community.

[Learn more](#) about becoming a volunteer.

