

Volunteer Spotlight

Justin Mayer, Community Educator
Milwaukee County



Why I Volunteer

Justin Mayer has been a volunteer Community Educator for the Alzheimer's Association since 2021. He originally got involved as he was helping with programming for the Older Adult group at the Milwaukee LGBT Community Center. "I sat in on a 'train the presenter' presentation on the *10 Warning Signs of Alzheimer's*," Justin said. "The Alzheimer's Association and the Milwaukee LGBT Community Center have a partnership and we were looking for items of interest for our members. The topic was very well-received and we had a lot of good questions."

A Passion for Volunteering

"Around the time I participated in the Community Education training, I was getting ready to retire from UW-Milwaukee," Justin said. "I was looking for ongoing volunteering opportunities and a way I could continue to give back to the community. I spent some time on alz.org and there were so many resources. I thought this was a great opportunity to get involved."

"I would recommend anyone consider volunteering with the Alzheimer's Association," Justin said. "It's very rewarding to be able to share information with people on this journey. If you're thinking about it, I suggest you sign up for an education class yourself to see what it's like. It's also extremely flexible and I can make my own schedule."

"I'm getting ready to start a new class, *Dementia Conversations*, and I'm looking forward to it," Justin said. "I did virtual education sessions during COVID, but I'm excited to transition to in-person sessions!"

Even if you don't have a personal connection to the disease, Justin encourages future volunteers to not be intimidated by that. "At first I wasn't sure if it would be a problem that I didn't have a personal connection," Justin said. "But the training is very helpful and the website has so much content, that I'm actually surprised by how comfortable I've been. I know people walk away with valuable information and, of course, I always encourage people to take advantage of the 24/7 Helpline 800.272.3900 with any questions."

"Alzheimer's Association volunteers deliver support and education, raise funds, advocate for Alzheimer's and more to help achieve our vision of a world without Alzheimer's and all other dementia®. Whatever your skills and whatever time you have available, we have opportunities to provide vital support for people living with Alzheimer's and their families.

Learn more at: www.alz.org/wi/volunteer



www.alz.org/wi
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