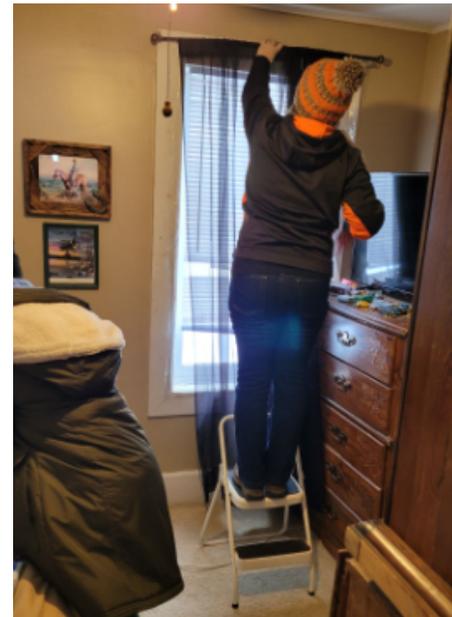




Learning through service: Work Experience

University of Wisconsin-Stout Job Shadow students recently volunteered their time and skills to assist an elderly widow with much-needed home projects in Polk County. Their efforts focused on improving her comfort and safety as winter approaches. Tasks included snow shoveling, installing window insulation kits to enhance energy efficiency, and rearranging furniture to create a more accessible living space.

The students also helped by removing and hauling materials for disposal and donation to the Wild Rivers Habitat for Humanity ReStore. Their hard work not only made a tangible difference in this homeowner's life but also highlighted the value of community service and teamwork. We are grateful for their dedication and the positive impact they made!



Looking for the perfect gift for your sweetheart?

Stop by our ReStore, where you'll find a wide variety of treasures to make your loved one smile! From unique home décor and cozy furnishings to practical household items and hidden gems, there's something special waiting just for you. Our selection includes both new and gently used items, all available at unbeatable prices—up to 70% off retail! Whether you're looking for a thoughtful gift or something to spruce up your own space, every purchase supports a great cause. Shop and save while giving back to your community!



Hours:

**Wednesday - Saturday:
9am - 5pm**

**Sunday-Tuesday:
CLOSED**

**Phone:
(715) 635-4771**

Donation hours are by appointment. To schedule an appointment, please call the ReStore during business hours. We are unable to schedule pick-ups of donated items.



Office Hours:

**Monday- Friday:
8am-4pm**

Located At:

**1357 North River St.
Spooner, WI 54801**

The Lasting Benefits of Volunteering

Volunteering offers far more than the satisfaction of supporting a good cause—it provides lasting benefits for both the community and the individual. Nonprofits and community organizations rely heavily on the support of volunteers to continue their impactful work. By offering your time and skills, you not only sustain these causes but also enrich your own life in meaningful ways.

Volunteering strengthens your local community by addressing pressing needs and enhancing shared resources. Whether you're helping to build homes with Habitat for Humanity or organizing events for a local charity, your efforts contribute to the betterment of your neighborhood. Many nonprofits depend on volunteer support, making your time and dedication invaluable to their success.

One of the most rewarding aspects of volunteering is the opportunity to connect with others. It's a great way to meet new people, expand your social circles, and engage with a community of like-minded individuals who share your values. Volunteering also creates networking opportunities, allowing you to build relationships with people who have similar goals. Many volunteers participate in group activities, which makes the experience not only fulfilling but also social and fun. By inspiring friends, family, or coworkers to join you, you can further strengthen these connections and community ties.

When You Volunteer With Wild Rivers Habitat for Humanity

You can...

- Help in ReStore (Shopping cart icon)
- Vehicle Maintenance (Truck icon)
- Provide Food for Build Sites (Food items icon)
- Work on Build Sites or Home Repairs (House icon)
- Opportunities for anyone! (Group of people icon)
- Learn New Skills (Hammer icon)
- Assist in Our Office (Envelope icon)
- Assist in General Cleaning (Paintbrush and bucket icon)

To learn more visit us at <https://wildrivershabitat.org/volunteer>

Volunteering has profound effects on mental and physical health. Studies have shown that it can reduce stress, alleviate symptoms of depression, and boost self-confidence, all of which contribute to overall well-being (AARP, n.d.). Engaging in meaningful activities provides a sense of purpose and accomplishment, which can lead to greater life satisfaction.

The health benefits of volunteering are also measurable. Research conducted by Carnegie Mellon University found that individuals who volunteered at least 200 hours in a year were less likely to develop hypertension compared to non-volunteers (Sneed & Cohen, 2013). This highlights how giving back isn't just good for the community but also positively impacts your long-term health and longevity.

Volunteering is an excellent way to gain hands-on experience and develop new skills without committing to a full-time position. For instance, volunteering with organizations like Habitat for Humanity can help you learn practical skills such as home repair, which can be valuable both personally and professionally. Many employers even offer paid volunteer leave, recognizing the benefits of volunteering for skill development and team-building.

For those who feel volunteering might encroach on their free time, there are ways to integrate service with enjoyment. Organizations like Wild Rivers Habitat for Humanity host events and projects that attract college students on spring break, summer youth groups, and mission teams. Volunteering in these settings can be both rewarding and fun, offering opportunities to bond with others while making a difference.

In today's fast-paced world, where many people go from work to home with little social interaction, volunteering provides a valuable "third space." This is a place outside of work and home where you can engage with others and contribute to a cause you're passionate about. Volunteering fosters a sense of belonging and strengthens the fabric of your community, creating a ripple effect of positive change.



Volunteering is a transformative experience that benefits both individuals and their communities. Whether you're looking to develop new skills, expand your network, or simply give back, there are countless opportunities to get involved. By volunteering, you not only support meaningful causes but also enrich your own life in ways that are deeply rewarding and long-lasting.

Citations:
AARP. (n.d.). Benefits of volunteering. Create the Good. <https://createthegood.aarp.org/volunteer-ideas/benefits.html>
Sneed, R. S., & Cohen, S. (2013). A prospective study of volunteerism and hypertension risk in older adults. *Psychology and Aging, 28*(2), 578–586. <https://doi.org/10.1037/a0032718>

Wild Rivers
Habitat
for Humanity®
Upcoming Events



Blog
2025

Ongoing | <https://wildrivershhabitat.org/blog>
*Build strength, stability, and self-reliance
through shelter.*



Visit Our Blog for Housing Tips and Inspiring Stories!

Discover helpful housing advice, DIY tips, and inspiring stories about the work we do at Wild Rivers Habitat for Humanity.

Stay Connected and Informed!
Check out our blog for exclusive insights and practical resources to support your home and community.

Make Your Tax Refund Count for Good

As tax season approaches, consider using your tax refund to make a difference in your community. A donation to Wild Rivers Habitat for Humanity not only supports families in need of safe, affordable housing but may also qualify as a tax-deductible contribution, potentially benefiting you next year.

By designating part or all of your tax refund as a donation, you can help us continue our mission of building homes, hope, and brighter futures for local families. Whether it's a cash gift, item donations to our ReStore, or other contributions, your generosity will have a lasting impact.

Consult your tax professional to learn how giving now can align with your financial goals for the year ahead. Together, we can turn your refund into something truly life-changing!



Scan Here to Donate!

