Welcome to the first-ever Empowered Aging Newsletter!

Here at The Volunteer Center, we've combined our six senior assistance programs - Helping Hands, Transportation, Grocery Shoppers, Stay Connected, AmeriCorps Seniors, and A Matter of Balance, to empower older adults, volunteers, and the community to ensure we're doing all we can to meet the needs of our older neighbors.

Now more than ever, we recognize the value of connection as a vital part of healthy aging.

According to a recent study, volunteering leads to improved physical health and decreased loneliness, depression, and anxiety. That's why Volunteer Center volunteers are so happy and always smiling - making new friends and building a community helps us lead happier and healthier lives.

Helping others helps YOU and provides lasting effects on those you serve. It's a win-win for everyone. We're honored you choose to connect through the Volunteer Center. Thank you for your support!

Gratefully, Your Friends at the Volunteer Center

Holiday Closures

TAKE NOTE!
The Volunteer Center will be closed for the holidays on:

Nov. 24th - 27th
Dec. 23rd - Jan. 2nd

The Transportation and Grocery Shopper Programs, as well as Helping Hands, will not be scheduling volunteers during these dates.

Please mark your calendars and plan ahead!
Volunteer Spotlight: Meet Jim Kinney!

Jim is an active part of the Volunteer Center Helping Hands AND Transportation Volunteer Crew. Jim loves volunteering and supporting people. When volunteering with Helping Hands, Jim enjoys teaming up with his good friend Ron to install grab bars and perform fall prevention modifications in homes.

When he's not volunteering with Helping Hands, Jim can be found giving rides to medical appointments through our Transportation Program. When asked why he volunteers, Jim shared, "Between all of us, we can do a little bit to help make our community a better place!"

Thank you, Jim! We’re so grateful for your service.

Volunteer Today for Better Health

Now is the perfect time to take charge of your health and get socially active by serving your community. The Volunteer Center has a diverse selection of opportunities for you to choose from.

- Learn about services and support
- Give your time by volunteering

It’s as simple as making a phone call!
831.427.5070 x105

“To know there was a volunteer I could depend on, to get me where I needed to go...I’m very grateful... It is a stress relief to know these kinds of services are available.”—JT

Help more individuals like JT by making a donation to sustain the Empowered Aging Programs.

No gift is too small!
Your tax-deductible gift will make all the difference for a neighbor in need. Simply complete and return the enclosed envelope!