

## **Volunteering Is Ageless**

Volunteering can keep you young at heart , according to the Volunteer Referral Center, NYC and Health Advocates for Older People (HAFOP), NYC. Research also indicates volunteers live longer, happier lives.

To get the word out and help New Yorkers find their best volunteer matches, the two New York City agencies co-host free seminars “Volunteering is Ageless” several times each year.

With speakers from New York City agencies in the arts, mentoring/education, social services, healthcare and tourism, the seminar covers the health benefits of volunteering, why agencies value aging baby boomers and seniors as volunteers and examples of volunteer opportunities. Following the discussion, on-site interviewers are available to talk with attendees.

“ Volunteering is growing in importance for the unemployed seeking to maintain and build skills as well as for aging boomers and seniors who are semi retired or retired,” says Robert Price, Board member of the VRC and program moderator.

For more information, contact Patricia Girardi , Executive Director, VRC, 212-889-4805.

VRC ([www.volunteer-referral.org](http://www.volunteer-referral.org)) matches volunteers with non-profit organizations throughout the five boroughs. A non-profit itself, the Center has 25+ years of experience referring New Yorkers to volunteer work at no charge. Its personal, one-on-one assistance and partnerships with non-profits have helped thousands of New Yorkers find volunteer positions.

HAFOP ([www.hafop.org](http://www.hafop.org)) promotes healthy aging through wellness programs and serves an increasing frail elderly population primarily in Yorkville, East Harlem, the Upper East and West Sides and Queens.

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