

The New York State Office for the Aging can help you get connected with volunteer opportunities of all types.

For example:

- Long Term Care Ombudsman Program
- HIICAP – Health Insurance Information, Counseling & Assistance Program
- RSVP – Retired and Senior Volunteer Program
- Senior Companion Program
- Foster Grandparents Program
- Home Delivered Meals
- Senior Transportation

The mission of the New York State Office for the Aging (NYSOFA) is to help older New Yorkers to be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the elderly and their families, in partnership with the network of public and private organizations which serve them.

Contact the NYS Office for Aging at 1-800-342-9871 to learn more about volunteer opportunities.

Or, visit www.newyorkersvolunteer.ny.gov to see what other volunteer opportunities match your interests in your community.



www.newyorkersvolunteer.ny.gov



www.aging.ny.gov

SERVE LEAD COMMIT



WHEN OLDER NEW YORKERS
PARTICIPATE IN THEIR
COMMUNITIES...
EVERYBODY WINS



ANDREW M. CUOMO
GOVERNOR

Benefits:

Volunteering improves your community *AND* improves your health.

You are not only helping others . . .you are helping yourself.

Studies confirm what volunteers already know—volunteering helps you live longer and promotes a positive outlook on life.

Volunteering:

- Leads to new discoveries
- Develops new skills
- Engages new friends
- Presents opportunities to gain marketable skills
- Connects you with your community
- Can pay a stipend

The New York State Office for the Aging encourages you to get engaged, connected, and involved.

You have what it takes!

Your help is needed to:

- Tackle tough issues in your community
- Make your community a better place to live for people of all ages
- Be a positive role model and mentor for children and adolescents
- Assist aging neighbors to stay in their home
- Advocate for residents in long term care facilities
- Educate Medicare recipients about their rights and choices

You have gained a lifetime of experience. When you put your skills and talents to work through volunteering, you empower your community to become a better place for all.

Volunteers **DO** make a difference:

- Joe G. serves as a committee member working on emergency preparedness planning for his community.
- Bernice H. serves as a mentor in schools helping first graders learn to read.
- Alberto B. and Sehba K. are ombudsmen in nursing homes, helping residents resolve quality of care problems.
- Bill B. is a volunteer with the Office for the Aging, counseling older people about Medicare and long-term care insurance.
- Monique and Walter F. deliver meals to homebound seniors.
- Larry M. serves as a peer leader educating older individuals to self-manage chronic illnesses.
- Larry C. drives the local senior van, taking seniors to medical appointments.