Why staying connected to others is so important

As you grow older, you may tend to withdraw from the social networks and the activities you once enjoyed. You may have seen it happen to others.

You probably know the reasons why and how easily this happens—death of a loved one, changes in health, or family and friends leave the area. It becomes increasingly easy to drop social connections and take the first step towards becoming isolated.

If you have started down this road, won't you consider turning and heading in the other direction.

If you stay active and involved with others, you will:

- be more alert
- feel even better about yourself
- stay physically & mentally healthy
- learn new things
- meet new people & make friends

Volunteering is one way you can do this.

Adapted from Aging in Stride by Christine Himes, M.D. et al

Stay Connected- Stay Well

Remember that staying connected to the people and activities of your community helps you keep from becoming isolated. It helps you to stay healthy and well.

Volunteering is one way you can stay connected. There are hundreds of possibilities in Broome County. You can choose what is best for you in terms of time, location and commitment.

Aging Futures
... working together to improve the lives of older adults.

Aging Futures Partnership, *www.agingfutures.org*, is an integral part of Community Partnerships for Older Adults (CPFOA) - a national program of The Robert Wood Johnson Foundation.

Call
RSVP
(Retired & **S**enior **V**olunteer **P**rogram)
607.231.0726
230 Main St., Binghamton, NY 13905

A Partner of Aging Futures

Stay Connected - Stay Well

Explore Volunteering

Keep Yourself Healthy

Aging Futures
... working together to improve the lives of older adults.

Where do you begin?

There are over 130 organizations in Broome County that would love your help.

The need for volunteers has never been greater. Worthwhile organizations such as schools, hospitals, museums, and civic organizations depend upon volunteers. You can truly make a difference and at the same time stay connected to people in the community.

Consider the opportunities. Perhaps you have an interest or skill you would like to share. It may be working in a setting you have always been interested in or different from anything you've ever tried before.

Perhaps there is an organization or cause for which you want to work because they have helped you or others you know.

Call and ask your questions about volunteer opportunities. An interview can be arranged and you can discuss all of the possibilities and learn about those that suit your interests, time, talents and creativity.

For information call

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Jobs you might do as a volunteer...

A few popular examples:

- clerical
- transportation for others
- friendly visitor
- gardening or yard work
- shopper
- errands
- computer tasks
- household chores
- minor home repairs
- kitchen work at senior centers

- committee work
- hospital volunteer
- greeter
- mentor a child, adult, small business owner
- teach reading
- answer hot line phones
- serve on an advisory committee
- teach a skill
- volunteer at community events
- counseling
- deliver meals
- animal care
- child care/school volunteer

Want to Chat?

Consider being a . . .

- friendly visitor
- telephone reassurance volunteer

Volunteer opportunities from your home

If you can't leave your home, explore volunteering that you can do from there, such as:

- telephone calling
- knitting & crocheting
- sewing
- computer tasks
- clerical tasks

Do you have a special skill?

Do you have a special skill, knowledge or ability that you can share or teach? Consider turning it into a volunteer activity. Probably there is someone who would appreciate your contribution.

When you volunteer you will keep your skills sharp and your mind challenged.

If you don't have a particular skill, but have time, energy and commitment, many organizations will provide training for their volunteer positions.