SENIOR CITIZENS

BENEFITS OF AIDING SENIOR CITIZENS:

• It helps bridge the generation gap. Young people are often encouraged to volunteer as a way to broaden their horizons, improve their college prospects, build their resumes and help others while doing it. Seniors who volunteer have a unique opportunity to work with and assist younger generations — and learn from them, too.

• It helps change the way people think about older adults. By using their talents and skills out in the world in a variety of ways, seniors demonstrate that they are active, involved and essential to a healthy community.

• It is good for mental health and can help prevent Alzheimer’s. The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including dementia, as well as improving longevity. Being a volunteer can help keep the brain and the body active, which contributes to continuing cognitive health, according to numerous studies.

• It helps prevent senior isolation and depression. In addition to getting seniors out of the house and into the community, volunteering has a positive effect on psychological wellness: according to the Corporation for National and Community Service, those who volunteer experience greater life satisfaction, a sense of purpose and accomplishment, more stress resilience, and lower rates of depression.

• It promotes healthy physical activity. Volunteering can be good for keeping the body active, whether you’re building houses for Habitat for Humanity or walking around your favorite museum as a volunteer docent. Maintaining a healthy level of physical fitness as we age helps ward off disease, injury and even dementia.

Source: www.aplaceformom.com/blog/9-26-14-reasons-seniors-volunteer

STATE, NATIONAL & GLOBAL AGENCIES

• Elder Helpers - www.elderhelpers.org
Elder Helpers is a user-friendly, web-based service established in 2008. Volunteers register to offer their services based on their true desire to help elders. The Elder Helpers program strives to safely and conveniently connect these dedicated, passionate volunteers with elders in their local communities.

• National Association for Home Care & Hospice (NAHC) - www.nahc.org
NAHC is a nonprofit organization representing 33,000 home care and hospice organizations nationwide. NAHC advocates for over two million nurses, therapists and other care givers employed by these organizations to provide yearly in-home services to 12 million Americans who are severely ill or disabled.

• The Meals On Wheels Association of America - www.mealsonwheelsamerica.org/take-action/volunteer
MOWAA is the oldest and largest organization in the United States representing those who provide meal services to people in need. MOWAA’s mission is to provide visionary leadership and professional training and to develop partnerships that will ensure the provision of quality nutrition services to seniors in need.
• The Senior Hub - [http://seniorhub.org/our-agency/our-agency/volunteer-opportunities](http://seniorhub.org/our-agency/our-agency/volunteer-opportunities)
The mission of The Senior Hub is to advance the quality of life for older adults through advocacy, community partnerships, and a variety of direct services planned to sustain an independent, healthy aging experience.

**CHAMPAIGN-URBANA ORGANIZATIONS**

• Champaign County Nursing Home - [www.co.champaign.il.us/CCNH](http://www.co.champaign.il.us/CCNH)
The Champaign County Nursing Home has been providing loving, rehabilitative and memory care services to senior citizens for 100 years. The Adult Day Care provides daily services to local caregivers and members of the community who prefer the sustainability and security of a day care center opposed to staying at home. Volunteer opportunities include working within the activity department, adult day care or laundry department.

• Champaign Urbana Nursing and Rehab - [www.cunr.net](http://www.cunr.net)
Champaign Urbana Nursing & Rehab Center is a 213 bed skilled nursing facility in Central Illinois in Champaign County. The center specializes in providing health care to individuals in need of skilled nursing care for an extended period or for short-term rehabilitation.

• Clark-Lindsey Village - [www.clark-lindsey.com](http://www.clark-lindsey.com)
Clark-Lindsey Village is a not-for-profit retirement community located on the edge of UIUC in Urbana, IL. Clark-Lindsey Village is always looking for new volunteers to work in groups or individually. Volunteer opportunities range from greeting and directing visitors at the front desk to leading or assisting with fitness and exercise classes.

The mission of Faith in Action is to provide spiritual, emotional, and physical assistance to seniors with long-term health needs and their caregivers. This help is provided through an interfaith network of trained volunteers of all ages, from congregations and organizations in the community.

• Family Service - [www.famservcc.org/volunteer](http://www.famservcc.org/volunteer)
Family Service of Champaign County is a private, non-governmental, not-for-profit organization. Founded in 1911, we are the oldest private social service agency in Champaign County and have provided continuous service to families and individuals for more than 100 years. Our mission is supporting people across the generations by providing quality human services.

• Meadowbrook At Clark-Lindsey Village - [www.cl-meadowbrook.com](http://www.cl-meadowbrook.com)
Meadowbrook At Clark-Lindsey Village is the facility for Assisted Living and Nursing Care for senior adults. This health center has been dedicated in providing the Champaign area over 25 years of long-term care. Moreover, Meadowbrook’s newly expanded renewal therapy center offers physical, occupational and speech therapy services Monday through Friday.

**CAMPUS OPPORTUNITIES AND REGISTERED STUDENT ORGANIZATIONS**

• Fitness for the Ages - [http://publish.illinois.edu/fitnessfortheages/sample-page](http://publish.illinois.edu/fitnessfortheages/sample-page)
Our mission is to provide the elderly with physical fitness in order to promote their bone strength, reduce stress and help prevent the onset of disease. We will achieve this through regular sessions of activity because fitness never gets old!

Senior Citizens includes one-on-one visits to residents at nursing homes, playing bingo with residents, community clean-up projects, special events for different holidays, and the Senior Prom, which is a dance true to its name. Volunteers not only gain enduring friendships but also invaluable insight into life.