

FOR IMMEDIATE RELEASE
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CONTACT: Suja Jacob
sjacob@kerrtarcoq.org

Diane Cox
Executive Director

**Member
Governments**

COUNTIES

Franklin
Granville
Person
Vance
Warren

MUNICIPALITIES

Bunn
Butner
Creedmoor
Franklinton
Henderson
Kittrell
Louisburg
Macon
Middleburg
Norlina
Oxford
Roxboro
Stem
Stovall
Warrenton
Youngsville

Kerr Tar Area Agency on Aging Celebrates National Volunteer Week

Henderson, NC – National Volunteer Week is April 23 - April 29. It is an annual celebration observed in the United States that promotes and acknowledges volunteers. Kerr Tar Area Agency of Aging (AAA) is fortunate to work with many volunteers in the various programs that we administer.

“We rely heavily on volunteers for several of our programs whether it’s to teach our Living Healthy workshops in the community, keep score during our regional Senior Games or delivering meals to more than 350 of our homebound adults throughout the five county area” says Jillian Hardin, Director, Kerr Tar AAA, “we are also governed by the Regional Aging and Advisory Committee, a volunteer board.” The AAA and county aging service providers are always in need of volunteers!

Most of the volunteers are seniors themselves, so why do they do it? Perhaps the main benefit of volunteering is the sense of satisfaction and pride in making a difference in their community. However, the benefits have been proven to be more far reaching. A 2003 study of Americans over age 60, showed those who volunteer reported higher levels of well-being than non-volunteers. In addition, the effects of volunteering were found to be greater than other factors such as income, education level, or marriage. It appears that the health benefits result from increased physical, mental and social activity one gets from volunteering.

When you spend time volunteering with seniors, you’ll benefit just as much as they do. If you are looking for opportunities, the Nursing Home and the Adult Care Home Community Advisory Committees in Franklin, Person, Vance and Warren are in need of volunteer members. Please contact Kimberly Hawkins, Regional Ombudsman (252-436-2040) or your local county manager’s office for details.

Kerr Tar AAA plans to celebrate its volunteers in June. The agency will host its second annual Volunteer Appreciation Luncheon at the Henderson Country Club. Last year, more than 50 volunteers attended. Our goal is to grow our volunteer base and celebrate these individuals every year!

Kerr Tar AAA leads and is involved in the efforts that provide for the development and enhancement of comprehensive and coordinated community based systems of services, opportunities, and protections for older adults which assist them in leading independent, meaningful and dignified lives in their own homes and communities for as long as possible. We serve five counties, Franklin, Granville, Person, Vance and Warren.

For more information about the Kerr Tar Area Agency on Aging, please call 252-436-2040.