

Why volunteer with the NYC Department for the Aging (DFTA)?

Time and time again, research has shown that people who volunteer feel physically, mentally and emotionally healthier.

There's more to volunteerism than helping others. Studies show the benefits to volunteers include:

Sense of accomplishment

Longer life expectancy

Improved mood

Life fulfillment

Deeper community connection



Whether you are interested in helping seniors, or you are a senior interested in helping your peers, **DFTA HAS EXCITING SERVICE OPPORTUNITIES FOR YOU.** Training is provided and your assignment will be based on opportunities that match your interests, expertise and schedule.



VOLUNTEERING IS A GREAT WAY TO MAKE A DIFFERENCE!

FOR MORE INFORMATION ON **VOLUNTEERING WITH DFTA** PLEASE CONTACT THE VOLUNTEER RESOURCE CENTER.

CALL US:
212.602.4464 OR 311
AND ASK FOR
"DFTA VOLUNTEER OPPORTUNITIES"

EMAIL US:
VOLUNTEER@AGING.NYC.GOV

FIND US ONLINE:
WWW.NYC.GOV/AGING



VOLUNTEER



WITH THE NYC DEPARTMENT FOR THE AGING



NYC
Department for the Aging

Bill de Blasio
Mayor
City of New York
Donna M. Corrado, PhD
Commissioner
New York City
Department for the Aging

The Department, the largest federal Area Agency on Aging in the nation, is funded by the City of New York, the State and Federal Governments and private grants and contributions.

DFTA SEEKS VOLUNTEERS FOR THE BELOW PROGRAM OPPORTUNITIES

Bill Payer

Managing the monthly bills can be overwhelming and cumbersome for anyone. For a senior who may have no one who can assist when bills are left unpaid and piling up, life can have serious consequences. If you know how to balance a checkbook and pay bills, then consider being a **BILL PAYER VOLUNTEER**. You can play a vital role in helping a senior continue to live independently at home.

The volunteer commitment is 3-4 hours per month, typically once a month. You may volunteer any day of the week in the morning, afternoon or evening.

Foster Grandparent

Many young children in New York City could benefit from the love and guidance of a senior. If you enjoy being with children, this is an opportunity to consider. You can work one-on-one with a child, or a group of children, to teach reading and math, and offer encouragement and emotional support. Your service as a **FOSTER GRANDPARENT** will have a lasting effect on a child's life.

The volunteer commitment is 3-5 days per week (Monday - Friday), between 8:00am and 5:00pm. There is a 15-hour per week minimum requirement for this opportunity. Volunteers must be age 55 or older and meet New York City residency and low-income requirements.

Health Promotion

You don't have to be a health expert to make a positive impact on the health and well-being of seniors. Volunteers are needed to lead walking clubs and exercise classes, as well as to conduct blood pressure screenings at local senior centers and community organizations. By becoming a **HEALTH PROMOTION VOLUNTEER**, you can gain life-saving skills and help others adopt a healthy lifestyle.

Depending on the activity, the average commitment is once once a week or once biweekly (Monday - Friday), between 9:00am and 12:00pm. Sessions run approximately from 30 minutes up to 2 hours.

Health Insurance Information Counseling and Assistance Program (HIICAP)

Each year, many seniors are tasked with choosing a health insurance plan. With so much information to review and comprehend, this can be a challenge. Highly trained **HIICAP VOLUNTEERS** help seniors navigate this important decision-making process and determine their best options. If you are a great communicator, can absorb complex information and have a lot of patience, consider this opportunity.

The average commitment is 4 hours per week (Monday - Friday), between 9:00am and 4:00pm.

Unique Opportunities

Looking for an opportunity to contribute your services for the good of the community, but don't have a lot of free time? Volunteer with one of DFTA's short-term projects. Every hour of your time and service helps.

NOTE FOR ALL DFTA VOLUNTEER OPPORTUNITIES:

Fluency in more than one language is preferred, but not required of volunteers. This helps DFTA strengthen its ability to reach the diverse senior community.

*Alternative volunteer opportunities are also available in local senior centers and community programs that serve older adults. DFTA partners often rely on volunteers like you to support vital programming that helps enhance the lives of New York City's diverse and vibrant senior community. **Note: DFTA partners' opportunities vary based on the needs of the organizations.***

Contact the DFTA Volunteer Resource Center at **212.602.4464** or **volunteer@aging.nyc.gov** to learn more about how you can become a DFTA Volunteer or serve one of our program partners to benefit seniors through **VOLUNTEERISM**.