



## NEWS RELEASE

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### **WISE & Healthy Aging Thanks Volunteers – Volunteer Appreciation Week Is April 27 - May 3, 2008**

**SANTA MONICA (April 29, 2008)** - "Everybody can be great, because anybody can serve. You only need a heart full of grace." These words were uttered 40 years ago by Martin Luther King Jr., and truly represent the volunteers at WISE & Healthy Aging; they are great because they have such generous hearts.

This Volunteer Appreciation Week, WISE & Healthy Aging honors every one of its volunteers, from the dedicated individuals who come in every week, to the 200 or so student volunteers who help at the Pico Boulevard WISE Adult Day Services facility during the year. WISE & Healthy Aging volunteers make a tremendous contribution to the Santa Monica and West LA community.

"Volunteers provide the power for our projects, and we are grateful for their dedication", said Ann Hammond, Director of Volunteer Services and RSVP.

During 2007, 162 volunteers donated more than 100 hours of time. For their outstanding service, these volunteers will receive the Presidential Service Award.

Volunteers work in nearly all WISE & Healthy Aging programs. For example, Daily Money Management volunteers help people in the community manage their daily financial activities, thereby allowing them to maintain their independence. Information and Referral volunteers connect seniors to resources in their area; and Friendly Visitors visit isolated and lonely seniors each week and monitor their needs. Fraud Fighter volunteers call people throughout the country who are at risk of being scammed and warn them how to protect themselves from con artists.

"I get a lot of personal satisfaction out of volunteering. It's something I have done for years," said Harriet Kossove, who has been with the organization for more than eight years.

Some, like Tom Keary, who is a Fraud Fighter volunteer, have more personal reasons. "I got scammed. I decided to fight back and do something about it. That's why I volunteer."

Most people who volunteer, like Tom and Harriet, do so primarily to give back to the community. Others find it is a great way to make new friends or to gain valuable skills. Some volunteer to have fun.

Research shows that volunteering even benefits your health.

If you would like to become a part of our team, and join the nearly 400 volunteers already at WISE & Healthy Aging, please contact, Ann Hammond, Volunteer Services Director, at 310-394-9871, ext 450 or [ahammond@wiseandhealthyaging.org](mailto:ahammond@wiseandhealthyaging.org).