



advocacy | action | answers on aging

## National Association of Area Agencies on Aging

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### **Health Benefits of Volunteering for Older Adults Focus of National Campaign**

**Washington, DC**— The [National Association of Area Agencies on Aging](#) (n4a) is launching a new campaign to spread awareness of the fact that older adults may reap major physical, mental and emotional benefits by volunteering for as little as two hours a week. There is a growing body of research that shows that older volunteers may experience a reduction in depression, chronic pain and stress, while improving their mental functionality and even their chances of living longer.

As part of the public education campaign, n4a produced a consumer publication entitled, “[Doing Good is Good for You: Volunteer!](#),” which provides older adults with information about how volunteering may improve their health. The brochure also provides readers with a checklist to help them identify the volunteer opportunities that match their interests and abilities. The [Corporation for National and Community Service](#), the [Milken Institute Center for the Future of Aging](#) and the [Loudoun County, Virginia Area Agency on Aging](#) helped shape the development of this publication.

The campaign will leverage the work of Area Agencies on Aging (AAAs) to both educate and engage the public at the local level. AAAs support the needs of older adults in virtually every community in America by offering a range of programs, including volunteer initiatives.

“With older Americans living longer than ever before, the implications of research that shows volunteering can help improve the health and overall quality of life for older adults are profound,” said n4a CEO Sandy Markwood. “We hope this campaign will not only educate older Americans that doing good really is good for you but also motivate them to take action—to get engaged by helping others.”

The campaign builds off of research and listening sessions from the [2015 White House Conference on Aging](#) that emphasized healthy aging as one its four core themes. Nora Super, who served as executive director of the White House Conference on Aging and now serves as Chief of Programs & Services at n4a, noted, “Older adults all across the country told us of the importance of recognizing them as a rich resource for tackling some of the country’s most challenging societal problems. It turns out that being active in your community has also been shown to improve physical and mental health, especially for older volunteers.”

n4a operates for the U.S. Administration on Aging the [Aging Network Volunteer Resource Center](#), which was developed to increase the number of older adult volunteers and to enrich the experience of these volunteers as they assume this critical role.

## **About n4a**

The National Association of Area Agencies on Aging (n4a) is a 501c(3) membership association representing America’s national network of 622 Area Agencies on Aging (AAAs) and providing a voice in the nation’s capital for the 256 Title VI Native American aging programs. The mission of n4a is to build the capacity of its members so they can better help older adults and people with disabilities live with dignity and choices in their homes and communities for as long as possible.

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