

## January 6, 2014- Start 2014 By Turning Your Caring Into Action

Want to make a significant difference in your life and the lives of others? Verde Valley Caregivers invites you to join its Community Tapestry of Caring by volunteering to help older adults in need.

VVCC has nearly 1,900 older adults enrolled to receive services so they can live independently in their own homes. It's expecting its client base to double by the end of 2015. "This means our volunteer base must also increase to assist our growing older adult population," says Executive Director Kent Ellsworth. This past year VVCC provided approximately 20,000 services, a large portion of which included transportation to medical and other appointments and grocery shopping. Volunteers are needed to help transport clients to medical and other appointments, grocery shopping, as well as provide home visits, telephone reassurance, respite assistance, handy person help, business assistance, install Guardian Angel medical alert units, and help patients transition from hospital to home.

VVCC volunteers serve when, where and how often and choose the services they'd like to provide. Even one to two hours a week can make a big difference in the life of a senior. Here's what some of them have said: "I am so grateful for all you do for me and the many others." "I have used the service often to go to medical appointments. You folks are filling a big need!" "Thank you for all your kindnesses and assistance over the past weeks. It has made such a positive difference." "Thank you ever so much for help when the job was too much for me. Knowing you are there when I need you is a great comfort."

If you would like to make a difference in the life of a senior in your community, please plan to attend one of VVCC's "I Care" events to be held at the Cottonwood Library, 2 to 4 p.m. on Jan. 29, and at the Sedona Public Library, 1:30 to 4 p.m. on Jan. 30. For more information about volunteering and to RSVP for an "I Care" event please contact Operations and Mobility Manager Kim Meller at (928) 204-1238 or email [kimmeller@vvcaregivers.org](mailto:kimmeller@vvcaregivers.org)

For over 20 years, VVCC has provided volunteers, programs, and services to support older adults and adults with disabilities who need assistance to maintain their independence and quality of life at home. Volunteers also operate VVCC's Silver Linings Thrift Shop located in Uptown Sedona at 345 Jordan Rd.