



**NEWS COLUMN – Area Agency on Aging District 7, Inc.**

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**The Hidden Benefits of Volunteering**

by **Jamie Herrmann, Executive Director**

**April 2025 Monthly Column**

In today's culture, we are obsessed with finding ways to improve our health, whether it is our mental, physical, emotional or financial health. Many are always looking for ways to be better. According to recent studies, one way to improve your physical and mental health, help maintain a sense of purpose, and reduce isolation and loneliness is by volunteering. Volunteering is the selfless act of giving one's time, talents and energy without financial gain. There are many worthy organizations that benefit from the generosity of volunteers, including the Area Agency on Aging District 7 (AAA7). Currently, we are recruiting for volunteers in our Regional Long-Term Care Ombudsman Program (RLTCOP).



Volunteers in our RLTCOP help to support individuals residing in nursing homes and those receiving long-term care services in their home and community by resolving problems and advocating for their rights. The overall goal is to enhance the quality of life for some of the most at-risk populations. Volunteer Ombudsmen receive special training and ongoing professional support, can plan their own schedules, and are permitted to visit their assigned nursing home any day of the week to best work around their schedule. If you are a retired professional, or other capable and well-motivated individual, and are interested in the well-being and protection of residents receiving long-term care services, we would love to hear from you.

Currently, we have six active volunteers throughout our ten-county district who do a wonderful job advocating for long-term care residents and those receiving long-term care services. Just last year in 2024, our volunteer group achieved some outstanding numbers with volunteering, including:

- 612 volunteer hours (up 28% from the previous year)
- 3,434 individuals reached (up 28% from the previous year)

AAA7 wishes to recognize our volunteers, and all of those who give their time to serve others, during National Volunteer Week April 20<sup>th</sup> through April 26<sup>th</sup>. Thank you for your contributions to the lives of those you serve.

To find out more about AAA7 and all the programs we offer to help support individuals needing long-term care services and supports in their home and community, contact us at 1-800-582-7277 or email [info@aaa7.org](mailto:info@aaa7.org).

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