

CALLING ALL VOLUNTEERS



April is National Volunteer Month - and here at NYC Aging, we see every day how the outstanding individuals who donate their time and skills to others make this city stronger, more compassionate, and more humane. Whether providing a listening ear, helping someone navigate Medicare, or mentoring a child, volunteers enable older New Yorkers to live fuller,

healthier lives.

Just ask Judy Birch and Deborah Cohan, two veteran volunteers with our Health Insurance Information, Counseling, and Assistance Program (HIICAP). Judy, a retired psychiatric nurse, initially came to NYC Aging for assistance and found a second calling helping people better

understand and navigate the often-intimidating Medicare system.

Deborah brought hospice and employee benefits experience to HIICAP, looking for something both engaging and meaningful. Both women describe the work as challenging, rewarding, and keeping them active.

HIICAP is one of several meaningful volunteer opportunities at NYC Aging. Our Friendly Visiting program pairs volunteers with older adults for weekly visits that reduce social isolation and create lasting friendships. Under the Foster Grandparent Program, older adults serve as mentors to children and youth with special and exceptional needs, providing guidance, support, and nurturing.

For those seeking flexibility, Unique Opportunities offer one-time or seasonal events like health fairs, pantry support, or pet care visits with partners like PAWS NY. These activities can fit into any schedule while still making a meaningful difference.

NYC Aging also welcomes corporate groups to get involved through our

Adopt-an-Older Adult Center program. Teams can help refresh and beautify older adult centers, host skills-based workshops, or assist with holiday events. It's a wonderful way to build workplace morale while contributing to the community.

Volunteers provide kindness, life experience, and time. What do they receive in exchange? Connection, purpose, and fulfillment. As Judy put it, "You leave feeling better."

If you're ready to make a difference or want to learn more, **call Aging Connect at 212-AGING-NYC (212-244-6469) or visit the NYC Aging volunteer page at nyc.gov/aging/volunteer.**



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Commissioner
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