



# The Life Enrichment Center AT OYSTER BAY

## Live longer, be happier - Volunteer!

A growing body of research shows an association between volunteering and mental and physical health benefits. It's true, volunteers experience better health in their later years, and enjoy greater levels of well-being, lower rates of depression and increased energy and strength.

And there's more: Volunteering gives people an opportunity to learn new skills, and my personal favorite - meet new people and make new friends! Based on studies, volunteers are happier and will live longer - sign me up!

People over 60 spend more time volunteering than any other age group. Older adults are actively involved in meeting the critical needs of their community, including visiting the homebound, feeding the hungry, mentoring at-risk youth, providing education and job training to veterans. The Center is fortunate to have its own dedicated group of volunteers including our Senior Advisory Council, kitchen support, Silver Threads, ETS drivers, friendly visitors and so much more.

On April 26th we will celebrate the work of these dedicated members and friends of the Center at our annual Volunteer Recognition Day. Please consider joining their ranks - no contribution is too big or too small and, as the saying goes, "Many hands make light work"!

### April Highlights:

- **April 8** - Sunday 8:30 - 12:30 **Pancake Breakfast** (Did I mention we need volunteers?)
- **April 14** - Saturday "**Raise the Roof**" - 4:00 concert, 5:30 dinner - Great music and food! Please join us as the proceeds will support the Center's programs. See flyer for details.
- **April 26** - Thursday 11:30 **Volunteer Recognition Lunch**

*Don't forget to buy your Reverse Raffle tickets! Dinner and drawing **May 2<sup>nd</sup>***

*- Judy Palumbo, Executive Director*

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