



*Providing
opportunities to
create positive
aging
experiences.*

**Your Area Agency on
Aging**

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For Immediate Release

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Connect for Effect at Volunteer Fair

If you are looking for a useful way to spend some free time in retirement, we can give you more than a dozen options – all in one fun environment.

The Connect for Effect Volunteer Fair will provide senior adults with a chance to visit with representatives of many nonprofit groups in Johnson County. Connect for Effect will take place at the Johnson County Fairgrounds from 9 a.m. to 1 p.m. on Tuesday, April 26. Admission is free.

The fair, sponsored by Care Connection for Aging Services and AmeriCorps Seniors, will include exhibits showcasing many of the nonprofits that rely on volunteer support to serve the public.

Among those who are expected:

- Big Brothers Big Sisters of Johnson County
- Camp Valor Outdoors
- Care Connection for Aging Services
- City of Warrensburg, Community Development
- The Fuller Center for Housing
- Johnson County Adult Literacy Program
- Johnson County Historical Society
- Missouri Valley Community Action Agency
- Missouri Veterans Home
- Salvation Army
- Survival House
- Warrensburg Main Street

“We know that social isolation is difficult for individuals, and the problem only gets worse as we age,” said Diana Hoemann, Executive Director of Care Connection for Aging Services. “This event is meant to match willing, able, and talented volunteers with the organizations that need and rely on their support. We hope that folks will come out, see what opportunities are here, and decide which ones are right for them.”

The event will include some fun breakout sessions including a demonstration on making spring appetizers, gardening, fitness, and Johnson County tourism. Attendees also will register for door prizes. The Warrensburg Senior Center will provide a boxed lunch, available for a contribution for people 60 and older and for \$8 for those younger than 60. Availability is limited.

“Volunteerism helps you meet new friends, can help you learn new skills, and we make sure you are appreciated and acknowledged for your service,” said Vicki Creighton, Coordinator for the AmeriCorps Seniors RSVP Program, which is operated in Johnson County by Care Connection. “And, it keeps you moving!”

AmeriCorps Seniors pairs adults 55 and older with volunteer opportunities to change their communities.

According to an AmeriCorps Seniors study, volunteers reported much higher self-rated health scores, compared to older adults in similar circumstances who did not volunteer. They also reported feeling significantly less depressed and isolated compared to non-volunteers.

Care Connection for Aging Services is a nonprofit area agency on aging serving 13 West Central Missouri counties, including Johnson. Its mission is to provide opportunities to create positive aging experiences. For more information, call 1-800-748-7826 or visit

www.goaging.org.