

Seniors Serve Town By Serving Breakfast

(NAPSA)—A group of seniors with imagination and initiative recently demonstrated how committed volunteers can make a difference in a community.

When the only breakfast spot in the small farming community of Rochester, Mass., closed, the seniors who lived there lost an important gathering spot.

But then the volunteers came. Older adults living in the town started a community breakfast program at the nearby senior center—and the volunteers ran the program on their own.

Keeping Things Cooking

Four years later, the volunteers keep Ye Olde Breakfast Shoppe cooking. The town's seniors can start their day with a hot meal and smiles from friends who keep them healthy and active.

The volunteers reap the health benefits that come from helping others, and running the program keeps them learning every day. And the senior center is now helping three times as many people who need counseling, transportation, exercise, wellness programs and the like.

A New Kind Of Volunteer

This project is an example of the power of older adult volunteers. Their skills, talents and passion can make life better for older adults in need. Some are volunteering in new ways, setting their own hours, leading their own projects, and offering the experience they've developed over a lifetime, to help organizations like



Experts say that senior volunteers often find they reap physical and mental benefits by helping others.

the Rochester senior center meet rising needs as America ages.

The Power Of PowerUP!

Through its PowerUP! Initiative, the Aging Network's Volunteer Collaborative, a project of the U.S. Administration on Aging, is striving to create 1 million volunteers in aging and disability services by 2015.

To learn more about the initiative and how to get involved, visit your aging or disability services organization or go to the website at www.PowerUPVolunteers.org.

