The Benefits of Being Part of a Village

Presented by Althea Pestine-Stevens, MPAff, PhD
Capital Region Villages Collaborative Meeting
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Overview of Project

Outline of Paper

Key Focus: Benefits of Volunteering

Key Focus: Building Community

Timeline and Availability
Project Overview

- Reviewed literature on common needs that people experience as they age in their homes and communities
- Met with local leaders to learn about important issues and their approaches to addressing
- White-paper of findings is currently in preparation
Outline of Paper

- Common needs of people who are aging in their communities
  - Social Isolation
  - Home Maintenance
  - Transportation

- Neighbors helping neighbors: Lessons learned from our communities
  - Social Inclusion
  - Cultivating Community
  - Engagement

- The Village Movement: Cultivating an Engaged Community
  - Benefits of joining and volunteering
  - Challenges
  - Resources available
Key Focus: Benefits of Volunteering

Health benefits of volunteering include:

- Decreased mortality
- Increased functional independency
- Improved self-rated health
- Improved mental health
- Decreased depression
- Increased life satisfaction

Social benefits of volunteering include:

- Sense of community membership
- Social connectedness
- Sense of purpose
- Engagement
Key Focus: Building Community

- Engagement
- Trust
- Community
- Improved life for yourself and your neighbors
When?
White-paper will be published by AGS in the Fall

Where?
On the Capital Region Village Collaborative’s website, CRVillages.org
Thank you!

Questions and general discussion available at the picnic lunch

Contact me at: AltheaRPS@gmail.com