

The Benefits of Being Part of a Village

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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

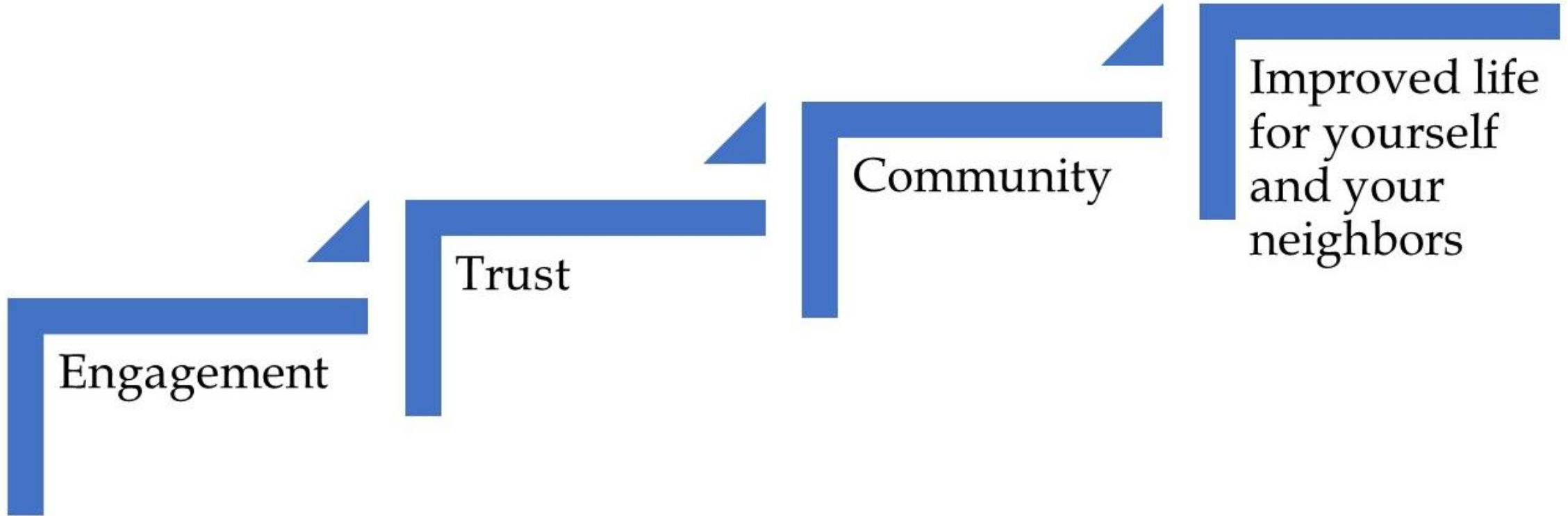
Health benefits of volunteering include:

- 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





**Timeline
and
Availability**

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:
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