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Nominate a senior volunteer

Canadian seniors are making a difference in their communities by volunteering. According to a national study conducted by the Home Instead Senior Care network, 47 per cent of seniors volunteer their time through unpaid community service, and they donate an average of 16.5 hours per month.

The Home Instead Senior Care network interviewed 400 senior volunteers to measure their impact on the local community, and to better understand what motivated them to volunteer. The telephone interviews were conducted with seniors age 65 and older who volunteer their time through unpaid community service. The sampling error is +/- 4.9% at a 95% confidence level.

"Helping others defines life for many local retired seniors," said Scott Johnson, owner of Home Instead Senior Care in Oakville. "And what a difference we have observed in seniors' health, attitude and outlook among those who choose to stay active as they age."

The Home Instead Senior Care network is a leading provider of non-medical care and companionship services for seniors in their own homes and in care facilities, and has 30 independently owned and operated franchise offices across Canada. Services include meal preparation, medication reminders, light housekeeping, and incidental transportation for appointments and errands. The services, which are available at home and in care facilities, can range from a few hours per week up to 24 hours a day, seven days a week.

Among the research's findings:

- One in six senior volunteers said they started volunteering at the age of 65 or older.
- Nearly half of those who responded said they are busier now than when they were working.
- The seniors' most common activities are hands-on projects and general labour, visiting people and providing companionship, fundraising, and preparing, collecting or distributing food.

As a result of the study, the Home Instead Senior Care network has launched the Salute to Senior Service program (www.SalutetoSeniorService. com) to honour the many volunteer contributions that older adults make across the country. This program includes a search for the country's most outstanding senior volunteer in each province (excluding Quebec), and culminates with the selection of a national Salute to Senior Service winner. connections.

If you know seniors 65 and older who have made a positive impact on their community through volunteerism, you can nominate them by submitting their story at www.SalutetoSeniorService.com. Nominations forms are available online. Submit your nomination for your outstanding senior volunteer before March 15.



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