

Program on volunteer opportunities for seniors to be held

SAUKVILLE — Seniors and other area residents are invited to the Kettle Moraine YMCA-Feith Family Ozaukee Branch, 465 Northwoods Road, Saukville, from 10 a.m. to noon April 3 to learn about ways to serve the community through volunteering while also improving their health.

The celebration of senior volunteerism is part of Interfaith Caregivers of Ozaukee County's Senior Corps program. The local effort is planned in conjunction with thousands of others across the country.

"Studies have shown a relationship between volunteering and better health," said Denise Loveridge, program coordinator and director of the Senior Corps program. "And senior volunteers in particular appear to receive the most significant health benefits. Longer life span, lower blood pressure and a decrease in depression are just a few of the many benefits."

In partnership with the United Way of Northern Ozaukee and the Kettle Moraine YMCA-Feith Family Ozaukee Branch, Interfaith Ozaukee will recognize and celebrate seniors who help make their communities a better place. The celebration also will provide an opportunity for participants to learn about volunteer opportunities and how giving of their time can help improve their health.

"A sense of purpose is another powerful benefit. Knowing you are improving your community while improving your own health is a winning combination for those seeking a life of impact," Loveridge said.