

# NEWS

## VOLUNTEER CENTER OF BERGEN COUNTY, INC.

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### **VOLUNTEER HANDY-PERSONS SOUGHT**

Bergen County—Want to enjoy a really rewarding experience? Help Bergen County's senior citizens and disabled people remain safe in their own homes. The Chore Service, sponsored by the Volunteer Center of Bergen County, performs minor household repairs that senior citizens and disabled persons can neither do themselves nor get anyone else to do.

A Chore Handyperson volunteer goes on service calls one day a week from 8:30 am to 2:00 pm. Volunteers enjoy being part of a crew of two to four people who ride in specially equipped Chore vans. Each crew is assigned 4-5 service calls each weekday.

Last year, Chore volunteers visited over 2,000 homes and performed 4,000 repairs for grateful citizens. This year, the request for service is even greater, and additional volunteers will be needed to fill new and existing shifts.

Studies have shown that volunteers enjoy health benefits, from reduction of stress and lowering of blood pressure to improving self esteem and enhancing the immune system.

Volunteering with a Chore crew offers an opportunity to get out, meet new people, stay connected with the broader world and share handyman skills.

Prospective volunteers should be able to perform minor household repairs such as those that able-bodied homeowners must do. Ideally, volunteers will be available on a regular basis so Chore can schedule a regular day with the same crew. Volunteer van drivers/handypeople are especially needed.

It's a great volunteer opportunity for retirees, or people who work second and third shift jobs. Back-up volunteer handymen and women are also welcome.

Call Maureen at (201) 489-7790 to find out how satisfying it can be to lend a hand to those in need.

The Volunteer Center of Bergen County strengthens the community by connecting people through service and developing civic leaders.

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