



Chaffee County Public Health

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For immediate release:

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Make a Difference This Colorado Gives Day: Sign Up to Volunteer with Ark Valley Helping Hands to Support Older Adults in Chaffee County

Chaffee County, CO – As the need for assistance among older adults in Chaffee County continues to grow, Ark Valley Helping Hands is inviting community members to step forward and support their neighbors. By volunteering, individuals can help older adults maintain their independence and improve their well-being, making a meaningful difference in the lives of those in need. Whether it's yard work, grocery shopping, snow removal, or simply providing companionship, Ark Valley Helping Hands offers vital services that help older adults live independently as long as possible and remain connected to the community.

A recent member shared just how much the services provided by Ark Valley Helping Hands have meant to them: *"You folks were 'life savers' at a time when I wasn't doing very well – mentally & physically, and there was usually someone to help me through my trauma."* This powerful testimony highlights the deep and lasting impact that volunteers have on the lives of older adults in Chaffee County. The meaningful relationships built between volunteers and older adults are central to the mission of Ark Valley Helping Hands, as it's not just about completing tasks, but also offering social connections and building friendships.

According to recent surveys, volunteers have rated their experience with Ark Valley Helping Hands highly, with many noting the sense of satisfaction they receive from assisting older adults. Volunteers have expressed their enjoyment of the work, while also emphasizing the impact of their contributions to the community's well-being.

"Volunteers are the heart and soul of Ark Valley Helping Hands," said Aubrey Tamietti, AVHH Coordinator. "We are incredibly grateful for the dedication and compassion of our volunteers, and we are always looking for more people to join us in supporting our older adults. It's not just about helping with tasks – it's about building relationships and improving quality of life."

Volunteers come from all walks of life, with varying levels of availability and experience. Some may volunteer periodically, while others contribute on a weekly basis. Regardless of frequency, each volunteer makes a significant difference. Volunteering with Ark Valley Helping Hands not only provides the satisfaction of helping others but also creates a stronger, more connected community. If you're interested in volunteering, please contact Aubrey to learn more and sign up. Together, we can make a lasting impact in Chaffee County.

For more information, contact:

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