



General Press Release

Hearts and Hands: A Helping Hand for Older Adults Throughout Western New York

If you are an older or physically challenged adult, what do you do when you can't drive, but you need to get to your doctor's appointments or grocery shopping? What if you need some yard work done, but you can't do it by yourself? Or what if you live alone and just need someone to talk to? If your family is just around the corner, or you have a wide network of friends, maybe you can depend on them for some of your needs, but what happens when they live out of town or are not available?

That's where Hearts and Hands can help. Hearts and Hands is a nonprofit organization that matches caring, reliable volunteers with older community members who have essential needs, like transportation, to ensure they can continue living independently. Volunteers provide transportation to medical appointments, routine errands, and social/recreational visits. They're also available for companion visits/caregiver support, phone pals, minor home maintenance, and assistance with basic household chores. The organization, founded in 2003, provides services to underserved areas of Western New York, with administrative offices at 518 Bewley Building, Lockport, NY 14094, and program coordinating offices at in Akron and Buffalo, New York.

"If you are an older or physically challenged adult that has a need, Hearts and Hands will work to match an available volunteer to assist you with that need," says Tabitha Fisher, Program Director. "The key to our services is a group of dedicated volunteers willing to help their neighbors in need. Our service provides a peace of mind for our care receivers, their caregivers and families knowing they will still be able to get to medical appointments and other needs handled. Thus, allowing them to continue living independently at home."

Hearts and Hands volunteers' comment that they receive much more than they give as they help their neighbors in need. "With so many seniors in need, I feel good about helping. While offering a ride to a care receiver, we talk, and I listen, and this connection helps diminish social isolation and loneliness. By showing kindness with my words and actions, I know I have made a difference," says Aleta, a Hearts and Hands Volunteer.

As the population throughout Western New York grows, Hearts and Hands' services will continue to be in demand. Hearts and Hands has become a vital part of the community, serving over 800 older adults annually, many of which are on a weekly basis.

For information on how you can become a Hearts and Hands volunteer, call (716) 406-8311 ext. 102 or visit www.volunteerhnh.org. For those in need of services, call (716) 406-8311 ext. 107.