

Ventura County Area Agency on Aging Volunteer Impact Report 2022



The **Ventura County Area Agency on Aging (VCAAA)** is composed of various programs that tailor services to older adults in order to promote well-being, reduce hospital readmissions and isolation, and help adults to successfully age in place. Below is a list of VCAAA programs that are made possible due to the dedication and empathy of our volunteers:

The **Fall Prevention Program** teaches several evidence-based classes such as Tai Chi and Walk with Ease. These classes reduce the risk of falling and encourage adults to stay active and live without fear. The Fall Prevention Program offers volunteers the opportunity to become an administrative assistant, peer leader, or certified instructor.



Volunteers interested in becoming a peer leader or certified instructor are required to be a participant first in any of the available fall prevention classes. By doing so, volunteers will understand the time commitment needed for the classes. In 2022, we had administrative assistant volunteers donate a total of **201 hours** to assist with data entry and class preparation.

The **Health Insurance Counseling and Advocacy Program (HICAP)** is a national volunteer program that provides free unbiased counseling for California Medicare beneficiaries on Medicare Parts A, B, C, & D. HICAP volunteers educate the community on Medicare Basics, Long Term Care, and Medicare changes for the new year.



HICAP volunteers must complete training requirements to become a certified HICAP counselor, which includes 24 hours initial training and 10 hours of an internship with an experienced HICAP counselor. Our counselors contributed a total of **3,750.85 hours**.

The **Senior Nutrition Farm** is a collaborative effort among local government, nonprofits, and private businesses to provide fresh, local, organic produce to older adults throughout Ventura County. Nearly 25,000 pounds of fresh, organic produce was harvested from the Senior Nutrition Farm in the 2021-22 fiscal year. On average, the Garden produces 1,000 pounds of produce a week – all of which is distributed to older adults who otherwise do not have access to fresh produce. *(Continued on Page 2)*

The Farm provides volunteers an opportunity to stay active and learn about plant propagation, crop rotation, sowing, harvesting, crop irrigation, and compost preparation. VCAAA volunteers in partnership with **Food Share** volunteers have contributed a total of **2,248.36 hours**.

The **Food Pantry Program** delivers food boxes designed to provide clients with shelf-stable foods, fresh fruit, and vegetables, which they can use to make simple, healthy meals over the course of a month. Volunteer drivers assist with the delivery of food boxes, which can weigh up to 50 pounds. This past year alone, volunteers delivered 487 food boxes to clients in Ventura County and donated approximately **1,000 hours**.

In 2022, Independent Sector valued California volunteers at \$35.56/hour. The VCAAA had a total of **7,199.81 volunteer hours**, good for an estimated value of **\$256,025.24!**

VCAAA Volunteers, your hard work and support to promote the Ventura County Area Agency on Aging has an exponential impact to our community. Thank you for making a difference in others' lives.

Benefits of Volunteering:

- Increased Socialization
 - Volunteering provides individuals with the opportunity to engage with others in the community and make new friends which can help reduce depression, isolation, and loneliness.
- Staying Active
 - Many of our volunteer positions have some type of physical activity built into them, whether that is walking, stretching, lifting, or helping harvest produce -- any movement is a great way to stay fit!
- Exploring New Interests
 - Volunteering in different programs may spark interest that you did not know you had! Check out our volunteering opportunities and try something new!

Current Volunteering Opportunities:



- **Fall Prevention**
 - Peer Leaders, and Certified Instructors
- **Health Insurance Counseling and Advocacy Program**
 - General Volunteers and Certified Counselors
- **Information and Assistance Call Center**
- **Senior Nutrition Farm**
- **Food Box Delivery Drivers**

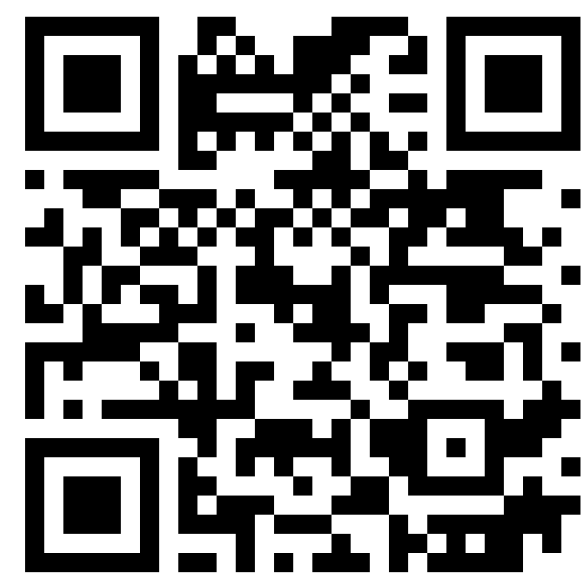
For more information, please call:
805-477-7300

Visit our website: www.VCAAA.org

Apply Online!

<https://Timecounts.org/vcaaa-volunteers>

Or, scan here!



COUNTY of VENTURA
Area Agency on Aging