



What is an Encourager?

"Encourage," as defined by Webster, means "to inspire with courage." As an Encourager you will "promote, motivate, champion, support, advocate, defend, cheer, and energize; all words that describe and define the word "encourage."

The Encourager volunteer engages the resident in conversations of support while sitting in the living room, around the dining room table, or in the resident's room.

Being an uplifting and positive Encourager will make a difference, as emotions are supported and spirits are lifted. Research tells us that encouragement has many health benefits - including decreased risk of depression, an increased sense of purpose, and increased self-confidence.

Become an Encourager.

Senior Adult Encourager Volunteers

Senior Adults are an important part of the volunteer community, with millions of seniors donating their time to make a difference annually. In 2014 alone, the Corporation for National and Community Service reported that 10.7 million older Americans spent a combined 2 billion hours volunteering.

Studies have also shown that volunteering has great benefits as you age — older volunteers show lower depression rates, fewer physical limitations, and higher levels of well-being compared to others in their age group.

The National Institute on Aging found that participating in meaningful, productive activities such as volunteering may lower the risk of health problems, including dementia, and improve longevity.

For More Information Please Call:
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The Encourager Volunteer Program



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Continue Lifelong Learning!

Rich life experiences are indispensable. They make up everything you are today. Just imagine how many valuable stories, lessons and experiences seniors can share with you. When you spend time volunteering you'll benefit just as much as they do—and you can learn a lot too! Because seniors have compiled a number of stories over the years, it can often be a challenge just to know what to ask to kick-start a conversation.

Here are some ways to encourage them to reminisce and keep good stories flowing.

- Discover their passion. Does your friend love to cook? Ask them to share a favorite family recipe. Do they love to sing or draw? Get them to show you. Find what they are passionate about, and chances are, they will welcome the chance to chat about it, and maybe get creative!
- Discover their skills. If you don't already know the kind of career your friend had, find out! Ask questions about their biggest lessons or favorite moments. Don't forget to ask them about their skills and hobbies outside the job too—such as sewing, woodworking, or writing.
- Log the memories. Bring along a photo album, scrapbook, or journal on your next visit, and encourage your friend to sit and compile their memories with you. Use narrative, photos, captions, doodles, and more. You'll be turning their oral stories into a documented history book in no time!
- Make some artwork. Turn select pages of your memory book into wall art for their room.

You Make a Difference!

As a volunteer you make a difference. The time you give truly does change lives as you engage, care, and share your life with our residents. We believe that life is precious, and as you come to know our residents you make their lives better.

We are happy to welcome community groups, student organizations, and seniors to share their talents and interests with our residents.

Volunteer orientation is the first Wednesday of each month at 11 am in the conference room of the Seasons@Alexandria and the first Tuesday of the month at 11 am at the Village@Erlanger Campus. Encourager Volunteers are essential to our programs as they work together with our staff to create vibrant, safe, and inclusive opportunities of engagement for our residents. We want our volunteers to have fun, contribute in meaningful ways, and share.



Available Opportunities

Become an "Encourager"

- Participate in an activity, game, or social activity
- Play the piano
- Lead a sing-a-long
- Engage in pet therapy
- Sit outdoors and talk
- Go on a planned outing
- Help decorate for holiday parties
- Assist with special events like the car show or annual carnival



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