

## **VOLUNTEERS – R.A.I.N., Inc.**

R.A.I.N., Inc. is recruiting 60 community members to be part of a new and very exciting Bronx Health Corps project aimed at educating 800 Bronx seniors on a range of health topics. The Bronx Health Corps is part of a Geriatric Workforce Enhancement Program grant designed to promote wellness and healthy aging among Bronx older adults. This project is a partnership between the Hartford Institute for Geriatric Nursing (HIGN) at the NYU Rory Meyers College of Nursing, Montefiore Health System and R.A.I.N., Inc.

The primary role of a Bronx Health Corps volunteer is to educate Bronx older adults on one of the following health topics:

- Asthma Management
- Healthy Diet, Exercise, and Stress Management
- Living with Alzheimer's Disease and Related Dementias
- Healthy Heart
- Diabetes Management

Volunteers will select one of the above topics and then receive training on the selected topic. This training will equip the volunteers to provide education sessions for older adults at a Bronx-based senior center or community site. The material will be engaging, interactive and fun! Prior knowledge of these topics is not required.

Training for the volunteers is expected to start in September 2016. The educational workshops will be carried out over 18 months in three cycles: January to May 2017, July to November 2017 and January to May 2018. During the first cycle, workshops will all be held during weekday mornings or early afternoon. Volunteers participating in this cycle will need to be available during these timeframes.

The Bronx Health Corps project is a unique opportunity to help improve the health outcomes of Bronx older adults. Unfortunately, Bronx County is ranked last among all 62 counties in terms of population health. You can make a positive, perhaps even life-altering, impact in the lives of the Bronx's older adults, by volunteering.

Please take the first step and complete the attached Bronx Health Corp Volunteer Application. We will contact you about an orientation session during which we will provide you with much more information. In the meantime, if you have any questions at all or are interested in additional information please contact 347-202-8805.

We look forward to hearing from you. Together we can make a difference!