



**FOR IMMEDIATE RELEASE**

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**Mystic Valley Elder Services Thank Volunteers  
at their Annual Volunteer Appreciation Banquet**

**(Malden, MA)** – Mystic Valley Elder Services recently held their annual Volunteer Appreciation Banquet at the Irish American Club in Malden. More than 150 volunteers and guests attended the banquet and enjoyed a fantastic dinner, good company, lots of laughs and raffle prizes.

Mystic Valley has 470 volunteers who have put in an estimated 24,000 hours this past year, which is valued at over \$700,000, helping in such areas as food pantries, senior dining sites, tutoring elementary school students to improve their literacy skills, office work assistance and much more. No matter what role (or roles) volunteers have at Mystic Valley Elder Services and in our communities, they make a difference.

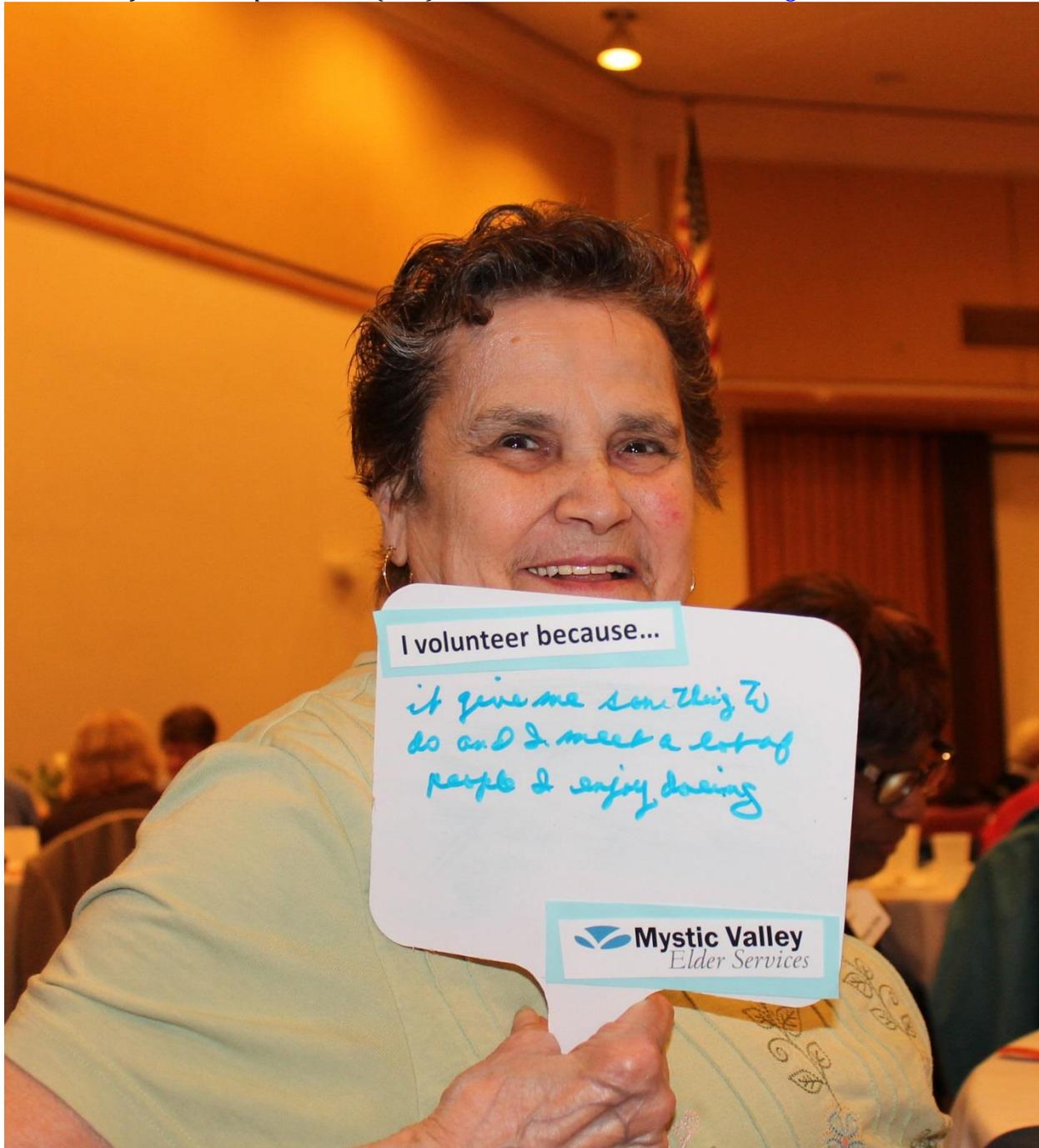
“Each and every one of you makes a real difference. Volunteering is a choice. Everyone may have different motivations for getting started and doing what they do, but each of you has made the decision to help,” stated Leah Mulrenan, volunteer program manager, to the room of volunteers. “Regardless of your reason for volunteering, we hope that you know that your impact is felt. And because every one of you has used your power to make a difference, the impact we see when we combine all of your efforts is truly astonishing.”

For more information about volunteer opportunities, please contact Leah Mulrenan at 781-388-2375.

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*Located in Malden, Mass., Mystic Valley Elder Services is a non-profit agency that provides essential home- and community-based care and resources to elders, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North*

Reading, Reading, Revere, Stoneham, Wakefield and Winthrop. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit [www.mves.org](http://www.mves.org).



Katherine Williams, a Malden resident, volunteers her time at a Mystic Valley Elder Services Food Pantry. She volunteers because “It gives me something to do and I meet a lot of people and enjoy doing it.”



Ludmila Leleko, a resident of Malden, is an office volunteer for the SHINE program at Mystic Valley Elder Services. She volunteers because “I came to Mystic Valley for help with insurance, and I wanted to help others like that.”