



FOR IMMEDIATE RELEASE

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**Mystic Valley Elder Services Awarded More Than \$82K
to Support Senior Volunteer Service**

(Malden, MA)— Mystic Valley Elder Services (MVES) recently received a Senior Corps RSVP grant of \$82,397.00 from the Corporation for National and Community Service (CNCS), the federal agency for volunteering and service.

The funds were awarded as part of a Senior Corps RSVP grant competition to increase the impact of national service in the Mystic Valley region. Established in 1971, RSVP programs engage older Americans in volunteer opportunities across the country. These volunteers have been a critical resource for nationwide response efforts—in everything from hunger prevention to natural disasters.

“This funding provides much-needed support to our RSVP program, in which our volunteers share their time and expertise with a wide variety of community members, from elementary school children to those enrolling in Medicare,” said Leah Mulrenan, Mystic Valley Elder Services’ RSVP Director and Volunteer Program Manager. Mulrenan oversees and supports over 400 volunteers in the Mystic Valley region, many of whom are serving critical community functions, such as serving food at senior dining sites, assisting elders with bill paying tasks, or distributing goods at food pantries.

Established in 1971, RSVP programs engage Americans age 55 and older in citizen service that addresses the nation’s most-pressing challenges—everything from fighting the opioid epidemic, reducing crime and reviving cities, connecting veterans to jobs and benefits, preparing today’s students for tomorrow’s jobs, and ensuring seniors age independently and with dignity.

While serving, Senior Corps volunteers also improve their own lives, staying active and healthy through service. A growing body of research points to mental and physical health benefits associated with volunteering, including lower mortality rates, increased strength and energy, decreased rates of depression, and fewer physical limitations. Mystic Valley

Elder Services offers a variety of volunteer opportunities, which range from commitments of just a few hours each month, to multiple days each week.

For more information about volunteer opportunities at Mystic Valley Elder Services, and to find the one that's best for you, please call 781-388-2375 or visit mves.org/volunteer.

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About Mystic Valley Elder Services

Celebrating 45 Years of supporting older adults to live independently and with dignity, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential home- and community-based care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. 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.

About Senior Corps

Senior Corps is a program of the Corporation for National and Community Service, which engages millions of Americans of all ages and backgrounds in service each year through its Senior Corps and AmeriCorps programs and leads volunteer and civic engagement initiatives for the nation. For more information, visit www.nationalservice.gov.