

**FOR IMMEDIATE RELEASE**

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Contact:

Shawn P. Middleton  
Director of Communications  
(781) 324-7705 ext. 320  
[smiddleton@mves.org](mailto:smiddleton@mves.org)

CALENDAR ITEM

**Mystic Valley Elder Services Seeks Volunteers for a Variety of Services**

**(Malden, MA)**—Mystic Valley Elder Services (MVES) is seeking volunteers who have a passion for giving back to the community, and the skills, knowledge and temperament (empathy, compassion and patience) to volunteer in their program of choice. MVES volunteers donate their time to perform a variety of tasks such as serving nutritious meals to elders at local meal sites, participating in our Social Engagement program, acting as money management and SHINE counselors, and leading our Healthy Aging programs. Volunteers are essential to the success of MVES, helping older adults and adults with disabilities live independently.

For more information on current volunteer opportunities in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop through MVES, please call Volunteer Engagement Manager, Nicole Sanders O'Toole, at 781-388-2375 or visit [www.mves.org/volunteer-programs-opportunities](http://www.mves.org/volunteer-programs-opportunities).

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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).*