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## **CALIFORNIAVOLUNTEERS RELEASES CALIFORNIA'S AGING OPPORTUNITY REPORT**

***Report Provides Action Steps to Increase the Number and Impact of Older Californians  
Who Serve Their Communities***

**Sacramento** – CaliforniaVolunteers today released *California's Aging Opportunity, Building a Legacy of Good Works by Older Californians*, which highlights the significant, yet untapped civic resource of older Californians to make lasting positive impacts to their communities and the state.

**Arnold Schwarzenegger**  
Governor

**Maria Shriver**  
Honorary Chair

**Karen Baker**  
Executive Director

"Older Californians represent an unprecedented civic resource that can help address some of our most pressing needs," remarked Karen Baker, executive director of CaliforniaVolunteers. "If steps are taken now to harness this resource, communities across the state will realize enormous benefits."

By the year 2020, one in five Californians will be over the age of 60, up from one in seven today. A significant gap exists between the number of older adults who express interest in service and the number of those actually volunteering. *California's Aging Opportunity* outlines a series of actions steps necessary to engage older Californians in service and improve the quality, quantity and impact of volunteer opportunities.

Some recommended action steps are already underway, including the launch of the California Volunteer Matching Network and soon to be launched marketing campaign. Other actions steps include weaving senior service into state programs, providing incentives for volunteering and expanding the capacity of the nonprofit service sector.

*California's Aging Opportunity* comes on the heels of a recent report released by the Corporation for National and Community Service entitled *The Health Benefits of Volunteering: A Review of Recent Research*, which demonstrates a clear connection between volunteering and improved health of older Americans. The report shows a lower incidence of heart disease and mortality rate amongst volunteers as well as greater life satisfaction and lower rates of depression.

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"Volunteering not only benefits your community, but it also improves your health and general well being," noted Baker. "Service is a win-win for you and our society."

To learn more about *California's Aging Opportunity*, visit [www.CaliforniaVolunteers.org](http://www.CaliforniaVolunteers.org). To view *The Health Benefits of Volunteering: A Review of Recent Research*, visit: [http://www.nationalservice.gov/about/role\\_impact/performance\\_research.asp](http://www.nationalservice.gov/about/role_impact/performance_research.asp).

Californians of every age who are interested in volunteering in their community can visit [CaliforniaVolunteers.org](http://CaliforniaVolunteers.org) to search for opportunities that match their interests. Today there are over 25,000 opportunities available involving the arts, education, animals, the environment and other areas of interest.

### **CaliforniaVolunteers**

CaliforniaVolunteers is the state agency that manages programs and initiatives to increase the number of Californians involved with service and volunteering. CaliforniaVolunteers administers AmeriCorps, Citizen Corps and the Cesar Chavez Day of Service and Learning programs. For more information visit: [www.CaliforniaVolunteers.org](http://www.CaliforniaVolunteers.org).

