



LONG-TERM CARE OMBUDSMAN PROGRAM

Making a Real Difference for Real People

The Rockland County Office for the Aging is seeking dedicated volunteers to become members of its ***Long-Term Care Ombudsman Program***.

Interested volunteers will complete a 36-hour training course required for certification by the New York State Office for the Aging. Ombudsmen visit nursing homes and adult homes to assist residents in resolving problems and concerns. Ombudsmen also monitor the quality of care, help protect resident's rights, work to ensure dignified and respectful treatment of residents, and encourage participation in resident councils.

The next training program will begin in October. For additional information, please call Michael Fober, Ombudsman Coordinator, at (845) 364-2109.

Volunteer for a Healthier, Longer Life

"Those who volunteer have lower death rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer," so says the Corporation for National and Community Service.

"There is now a convergence of research leading to the conclusion that helping others makes people happier and healthier. So the word is out -- it's good to be good. Science increasingly says so," said Dr. Stephen Post, a professor at the Case Western Reserve University School of Medicine and co-author of the book "Why Good Things Happen to Good People: The Exciting New Research That Proves the Link Between Doing Good and Living a Longer, Healthier, Happier Life."