



VOLUNTEER MANAGEMENT CENTERS, INC.

[www.vmcnj.org](http://www.vmcnj.org)

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## VMC Celebrates 35 Years of Service

MORRISTOWN, NJ (September, 2008) – Have time on your hands and a desire to help others? Have a community project that may need many hands to accomplish. Volunteer Management Centers, Inc. (VMC), a non-profit organization dedicated to advancing effective volunteerism, offers a one-stop shop for finding just the right volunteer opportunity to meet your interests. Utilizing the powerful on-line volunteer placement tools, Volunteer Solutions and VolunteerMatch, VMC facilitated more than 83,000 volunteer referrals to nearly 300 community / corporate projects in 2007. VMC offers easy access via its website, [www.vmcnj.org](http://www.vmcnj.org).

This year, VMC celebrates a milestone with the upcoming 35<sup>th</sup> Anniversary Outstanding Volunteer Recognition Dinner: *Linking Volunteers for 35 Years*, on November 13<sup>th</sup>. The gala event will take place at the Meadow Wood Manor in Randolph and offers a fine evening for recognition of the many outstanding volunteers put forth by agencies and the business community. VMC partners with nearly 500 not-for-profit agencies - including government and faith-based organizations - to recruit, refer, train and recognize volunteers. Offering

several programs designed to maximize and mobilize human resources to meet community needs, VMC has earned a reputation in the North Jersey region for being a strong advocate for developing life-long volunteerism.

VMC's OUTREACH programs have been serving a vulnerable segment of society, by providing a necessary human connection for homebound seniors and disabled persons. For nearly two decades, VMC has successfully managed two programs called Telephone Reassurance (TR) and Friendly Visitor (FV). Trained volunteers improve the quality of life for recipients by providing companionship, socialization opportunities and information through regularly scheduled phone calls and/or visits. They address issues of loneliness, isolation and depression in this specific population, one of the fastest growing in northern New Jersey. Simply put, these programs empower seniors to stay in their homes longer than they otherwise would and thus add immeasurably to their quality of life and serves firsthand in preventative health care.

In 2009, VMC plans to launch the Intergenerational Internet, a new component designed to link and further engage youth in teaching the elderly how to navigate the Internet and thus broaden their opportunities and personal connections. This new feature will also help foster lifelong volunteerism among youth who could benefit from seniors who would offer guidance and mentoring.

VMC is now accepting advertisers for a special commemorative Journal. For more info visit [www.vmcnj.org](http://www.vmcnj.org) . To sponsor and/or volunteer, contact the VMC office at 973-538-7200 Ext. 23 or via e-mail at [ddunn@vmcnj.org](mailto:ddunn@vmcnj.org).

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