



FOR IMMEDIATE RELEASE

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Make an Impact on Your Community with the Help Next Door program

ST. JOSEPH – (7/9/26): Region IV Area Agency on Aging (AAA) has launched a new volunteer initiative aimed at building community in Southwest Michigan.

Help Next Door connects community members with older adults and adults with disabilities who need assistance with day-to-day, nonmedical tasks, that ultimately support their independence.

Through the Help Next Door program, individuals 18 and older can volunteer to provide support in anything from lawn care to transportation, or weekly coffee outings, or a walking buddy, or any number of non-medical volunteer needs. Each volunteer opportunity is flexible, local, and tailored to the volunteer's interests and availability. A background check is required for all participants.

"Help Next Door was developed to strengthen community connections through simple, meaningful acts of service," Theresa Uhrich, chief operating officer at AAA, said. "Even a few hours of your time can make a tangible difference in the life of a neighbor who simply needs a bit of support to remain independent."

Volunteers are matched with local participants based on location, availability, and areas of interest. Once approved, volunteers are guided through the matching process and supported by AAA staff to ensure a positive experience.

Individuals seeking assistance can also request help through the program and will be matched with a trusted community volunteer.

To learn more about Help Next Door or to sign up as a volunteer, visit <https://areaagencyonaging.org/help-next-door/>

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About Region IV Area Agency on Aging

Region IV Area Agency on Aging is a private, not-for-profit corporation. Established in 1974 for the business of developing age supportive commerce and services, it plays a major role in planning, funding, and delivery of a host of services. Empowerment and independence of the consumer are driving themes behind its efforts. Designated by the State of Michigan to receive federal Older Americans Act funds for planning and development, the corporation manages an array of government contracts for service delivery in southwest Michigan. Its primary service area includes Berrien, Cass, and Van Buren counties.