

A Memorable Valentine's Day Event on "**Creating Your Own Work of Heart**" was held at Birch Bay Village in Bar Harbor. This Valentine's Day was filled with healthy heart messages that benefit everyone. Scientific research shows that volunteering offers many health benefits that lead to improved physical and mental health. According to the Corporation for National & Community Service the following is a list of benefits that were shared at this event:

- Increased Longevity
- Increased Functional ability
- Lowered Rate of depression
- Decreased incidents of heart disease
- Boosted self-esteem and self-confidence
- Fostered a greater sense of belonging



Residents of Birch Bay Retirement Village joined Carrie Limeburner, RSVP Coordinator, to learn about the 2020 Volunteer Opportunities being offered by their local Retired and Senior Volunteer Program for those age 55 and older.

Being offered are wellness, education, and community volunteer opportunities:

- Bone Builders-Wellness
- Help End Food Insecurity Community
- Meals on Wheels-Community
- Let's Read! Let's Grow! -Education
- Tai Chi for Arthritis-Wellness
- Adult Day Services-Community

Volunteering is a work of  that pays 6 figures... S-M-I-L-E-S