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**40 Hours Could Change Your Life!**

*Join the National Volunteer Caregiving Network’s “40 for 40” Challenge*

In celebration of its 40th anniversary, the National Volunteer Caregiving Network (NVCN) is launching the “40 for 40” challenge, calling on individuals across the nation to volunteer one hour per week for 40 weeks, with the goal of reaching ONE MILLION hours of service by the end of 2024.

For four decades, NVCN has connected volunteers to nearly 1,000 local organizations, providing crucial caregiving services to seniors and individuals with disabilities. Volunteer caregivers assist with physically challenging chores, enabling older adults to live independently and fostering enriching relationships.

“Volunteers make this work possible. You, too, can make a difference with your time and talents, while making a meaningful impact on neighbors in your community,” explains Tammy I. Glenn, Executive Director of the National Volunteer Caregiving Network.

The “40 for 40” Challenge encourages volunteers of all ages to dedicate one hour per week for 40 weeks, contributing to the mission of NVCN. The goal is to achieve ONE MILLION hours of service by the end of 2024, marking a significant milestone in the organization’s 40th-anniversary celebration.

To sign up for the “40 for 40” challenge, volunteers should visit [www.nvcnetwork.org](http://www.nvcnetwork.org). The network will connect individuals with the organization in closest proximity and assist with onboarding. Volunteers are encouraged to share their volunteer caregiving stories via social media to encourage others to join.

For their $40 registration, each participant will receive a commemorative t-shirt and ball cap. Upon completing 40 hours of service, a tote bag will be sent as an appreciation token.

To sign up for the “40 for 40” challenge and become a volunteer caregiver, email info@nvcnetwork.org or visit nvcnetwork.org for more information.

*In 1984, the Robert Wood Johnson Foundation began providing seed money for volunteer caregiving and its initial grants pioneered the model that eventually scaled to serve the entire United States through more than 1,000 organizations, now present in every state. Forty years later, this national model continues to thrive, supporting people with disabilities and older adults seeking to age in place.*