



Sophia

Sophia Alongi joined the Alzheimer Society of Niagara Region as a volunteer less than a year ago. Sophia spends her volunteer time between Friendly Visiting, our Aging & Dementia Simulation, Brain Wave Cafés, and many other programs offered by the ASNR.

Sophia says that what attracted her most to the ASNR was the “amount of compassion and support that this organization gives to those who need it. Supports such as education on neurological disorders, activities that work to educate the public about the organization's intentions, and providing support to people who may have a loved one who is currently suffering from Alzheimer's disease or any neurological disorder.”

Sophia is motivated to continue volunteering due to “the happiness that clients get when their favorite volunteer comes to visit them, play games with them, or even call them. These simple interactions can make a difference to someone who suffers from this illness. Just showing that you care about the client and about what they have to tell you can be extremely gratifying and rewarding for both the volunteer and the client.”

An area of the ASNR that Sophia believes is particularly important is the Education events, events where information pamphlets are handed out, and information about ASNR programs, services, and events are provided to the general public. Sophia says, “Events such as basketball games, record shows, and other public events provide the chance to show the public what the Alzheimer's Society really is.”

Sophia would like to provide this insight to anyone considering volunteering, “The act of volunteering, helping people, or educating yourself about a certain cause, can be both mentally and emotionally rewarding, not only for the volunteer but also for the person that you are volunteering for. The act of helping others can do wonders for your own mental health.”