

## Peggy Bennett Turns 99



Are you age 55 or better? Do you have a little extra time that you are looking to fill? Don't let advancing years slow you down. As a RSVP volunteer, you can stay active while participating in activities designed to assist others in your community. Just ask Peggy Bennett—our RSVP extraordinaire!

This is Peggy.

See Peggy stay active.

Be amazed that Peggy is 99 years young and still actively engaged in her community.

Peggy doesn't volunteer because it keeps her young and fit, but it does help. Studies show that those who volunteer feel more

socially connected, thus warding off loneliness and depression. A growing body of evidence also suggests that people who give their time to others might also be rewarded with better physical health—including lower blood pressure and a longer lifespan. Who has time to be lonely and depressed when you are busy helping others and having fun while you are at it?

Peggy is one of 16 siblings. Born in Brooklyn, she moved to Newburgh in 1946, where she raised her own family, and worked as a legal secretary for 38 years. While working, Peggy was a member of the National Association of Legal Secretaries (NALS) and even served as President of her local chapter.

Touted as the oldest living retired NALS legal secretary, Peggy continues to be active while retired—she has competed in the Senior Games, winning gold, silver and bronze medals for her athleticism in events like the mile walk, golf putting, basketball, shot put, discus and even the broad jump! She performs regularly with the TNT Tappers dance troupe, reads five newspapers a day, and still finds time to visit her family, play bingo, cook for friends and see a few movies.

Yes, some recent health issues have slowed Peggy down just a wee bit, but she helps the Town of Newburgh Police Department in their Records Division, a position she has volunteered with since 2003. In addition to working with “her boys” at the Town of Newburgh Police Department, Peggy has volunteered with other organizations in Orange County. Peggy led Health Education and Disaster Preparedness sessions with the Orange County Office for the Aging, and assisted with their Senior Games Committee and the Senior Citizens



Advisory Council. Peggy also dedicated nine years of tax assistance with the AARP Tax Aide Program, and was honored for her work with them. She is truly an amazing individual—one who gives so much of herself for the benefit of others.

In 2017, Peggy was recognized for her many volunteer efforts, receiving the annual Orange County Outstanding Contribution by a Senior Award given by the Orange County Office for the Aging. Peggy was feted by the Office for the Aging, the Senior Citizens Council and the County Legislature here in Orange County, and also at the New York State Office for the Aging's Older New Yorkers' Day in Albany.

Peggy just turned 99 years young this past May 3 and celebrated this milestone at a surprise party thrown in her honor by some of the people who say how lucky they are that Peggy has been a part of their lives. There were over 50 people in attendance, a poignant testament to the impact Peggy has made in her community.

Peggy is truly a friend to all, a treasured resource here in Orange County and we wish her a wonderful year ahead full of good health, happiness and of course, fun! Happy 99th birthday, Peggy!