



The Volunteer

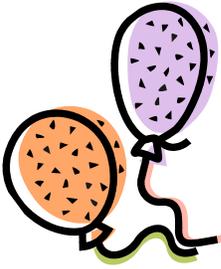
Saratoga County Retired and Senior Volunteer Program

Jan/Feb/March 2014

HAPPY BIRTHDAY

JANUARY

Faith Baker, John Berggren, Sara Boleski, Gerald Cutler, Dana Deering, Marilyn Derocher, Mary Ebert, Luz French, Linda Gaulin, Louise Harling, Lois King, Gary Lewandowski, Helen McGrane, Jane Meader Nye, Loretta Morris, Stephen Ramseyer, Jo Ann Rielly, Phyllis Rodak, Alice Rogner, Michael Schwartz, Sally Snyder, Patricia Snyder, Patricia Stata, Lynda Toftegaard



FEBRUARY

Frances Ariel, Carol Berggren, Theresa Bezold, Barbara Broderson, Warella Browall, Jean Butler, Roberta Durphey, Gladys Faulkner, Jean Foxvog, Donna Gates, Joe Geiger, Margot Hyde, Carolyn Kingston, Evelyn Marshall, Dorothy McGaurn, Sheila Merchant, Ted Monsour, Peg Moody, Karen O'Brien, Faith Palma, Ray Prevost, Carol Stockman, Rudy Tomasik, Mary Touart, Terry Turnbull, Marion Walter

RSVP receives its funding from the Saratoga Co. Office for the Aging, The Corporation for National and Community Service and the New York State Office for the Aging.

MARCH

Carole-Ann Annis, Janice Brooks, Bette Brown, Gloria Burnham, Dan Craine, Fiona Emmette, Susan Gaddor, Jeanette Kiuber, Linda Maitan, James Merrithew, Marvil Patrick, Charlene Schmidt, John Slattery, Barbara Sutherland

*Thank you to all of our volunteers and stations!!!!
Your contribution to meet the needs in our community is invaluable!*



INFORMATION

Saratoga County RSVP Receives Grant in New Funding for Senior Volunteers!

It has been announced that RSVP of Saratoga County was awarded a grant to support senior volunteer activities from the Corporation of National and Community Service (CNCS).

These funds were awarded as part of a competition grant process for RSVP, one of the three Senior Corps programs administered by CNCS Established in 1971, RSVP engages older Americans in volunteer opportunities across the country. These volunteers have been a critical resource for the nation wide response efforts— in everything from hunger to national disasters including Hurricane Sandy.

“By working with students, providing job training, and helping veterans transition into civilian life, volunteers age 55 and over are helping to transform the lives of the people they serve,” said Wendy Spencer, CEO of the Corporation for National and Community Service. “Our communities need the talents and skills of all Americans as we continue moving this nation forward. The dedication of RSVP volunteers shows that service benefits not only organizations, but those who serve as well.”

This grant is one of 175 RSVP awards provided to volunteer organizations across the country to support senior volunteer activities in the areas including education and veterans and military families.

Senior Corps is a program of the Corporation of National and Community Service, a federal agency that engages more than four million Americans of all ages and backgrounds in service each year through its Senior Corps, AmeriCorps, and Social Innovation Fund programs and leads President Obama’s call to service, United We Serve. For more information, visit nationalservice.gov.

Carmella M. Marozzi, RSVP Project Director, Email RSVP@saratogacountyny.gov

CORPORATION
FOR NATIONAL
AND
COMMUNITY
SERVICE



2014 Trainings

LIVING HEALTHY

Peer Leaders Needed!

The Saratoga County Office for the Aging is currently seeking volunteers who are interested in taking the training to become a peer leader for the Living Healthy Program.

Developed by Stanford University's Patient Education Research Center, the Chronic Disease Self Management Program (CDSMP) also known as Living Healthy is a six week workshop that takes place once a week for 2 1/2 hours. It is facilitated by two trained peer leaders and /or master trainers.

If you are interested in becoming a Peer Leader so you can help bring this information to fellow seniors, you will need to attend a four-day training session to become certified as a leader. The workshop will teach the skills needed for day-to-day management of chronic health conditions enabling attendees to maintain and/or increase life's activities. Once trained, you would need to make the presentation twice a year to maintain certification.

Chronic Disease Self-Management Program (CDSMP) Leader Trainings:

September 11, 12, 18 & 19

If interested,
please contact Carmella at 884-4110.
 12 participants are needed for the training to be held.

INFORMATION

HOME DELIVERED MEALS

URGENT

DRIVERS NEEDED...

Saratoga, Waterford, and Galway

Help out in your community by delivering nutritious meals to homebound seniors. This could take as little as one hour & be done once a month, bi-weekly or weekly.

OSTEOBUSTERS

Leaders Needed In Saratoga Springs!

An exercise program that combines weight-bearing, muscle strengthening, postural training and balance exercises used to promote strong bones. Weight-bearing exercises put gentle stress on your bones and in response, the body grows new bone tissue. The

RSVP Osteobusters Program is based on these elements and is a great way to maintain, or improve, your bone health! If interested in becoming a part of

leading these classes,
 contact Carmella at 884-4110



MAILING ASSISTANTS

Are you interested in being a part of a of monthly mailing? The Office for the Aging is looking for a few individuals who would like to help get out a monthly mailing of approximately 500 pieces. Join the team, meet some fellow seniors and give us a hand. If you are interested, call Carmella.

RSVP UNIT
Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020

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RETURN SERVICE REQUESTED