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# ◆ The Volunteer ◆

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Saratoga County Retired and Senior Volunteer Program

April/May/June 2015

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*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.*

## **\* SAVE THE DATE! \***

**Saratoga County Office for the Aging Senior Lunch**

*Will be held on:*

**Friday, May 15, 2015**

At the City Center

The theme this year is the "Senior Prom"

Please join us for an afternoon of good friends, music, and dancing

Entertainment provided by Diva and the Dirty Boys

Lunch will be served at 12 noon

**\* WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH THIS EVENT \***

Tickets are available at the Saratoga County Office for the Aging

Call 884-4100 for details

Tickets are \$4.00 each and are non refundable!

## **HAPPY BIRTHDAY**

### April

Elmer Baulsir, Cathy Clampett, Valerie Clarke, Sandra Dutton, Bob Greenson  
Kathy Hedgeman, Bernard Lawton, Rita Lewandowski, Phyllis Mrozkowski  
Mary Needo, Patrica Peck, John Randall, Olive Rice, Betty Ruger, Rita Shapiro, Betty Wimette

### May

Lois Anderson, Philip Blake, Eiko Bogue, Lawrence Cahrenger, Philip Casolo, Karen Damico  
Joanne Dyer, Meg Gorman, Kathy Krochina, Lenita LaRouche, Dinda Paffen,  
Robyn Potter, Patricia Preece, Elinor Sanger, Betsy Schukis

### June

Fred Cady, Joan Esposito, John Gobo, Ellen Kiehl, Sigrid Koch, Nancy McGrath  
Susan Platsberg, Maureen Rampolla, Ann Sheppard, Marylou Simmons  
Mary Sommers, Joan Sweeney, Evelyn White

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



**thank  
you!**

## AN INTRODUCTION

My name is Janet Haskell and as of February 1, 2015 I have been given the honor of serving The Office for the Aging as its new R.S.V.P Project Director. I have been a Saratoga County employee for 21 years and I have an Associates degree in Humanities and Social Science and I am currently going for my Bachelors degree in Psychology. However, my most rewarding accomplishments are my 2 daughters.

With this position, my duties include maintaining the RSVP grant as well as monitoring the program and volunteers, volunteer supervisors and stations who are our partners in service. I am looking forward to enhancing Saratoga County RSVP by increasing the number of volunteers and stations or partners in service. I will be visiting all the stations within the coming months and hope to meet each one of our dedicated volunteers. Please feel free to contact me at 884-4110 to discuss any volunteer opportunities.



# VOLUNTEERS NEEDED

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### HIICAP Insurance Counselor

**Purpose:**

To provide Health insurance information, assistance and referral services.

**Is Responsible to:**

Saratoga County Office for the Aging's Coordinator for the New York State Health Insurance Information Counseling & Assistance Program (HIICAP)

**Responsibilities:**

- Satisfactorily completes continuation training as required by New York's HIICAP
- Successfully completes HIICAP Counselor Certification online exams
- Provides health insurance counseling services without conflict of interest and in compliance with New York's HIICAP
- Conducts individual health insurance counseling sessions
- Assess client's need for information and/or assistance
- Provides referrals to appropriate resources
- Answers questions on Medicare, Medigap, Medicare Advantage, prescription drug coverage, and other health insurance
- Files reports and provides follow-up as required
- Handles client information in strictest confidence

**Desired Qualifications:**

- Ability to get along well with others
- Sensitive and caring attitude
- Willingness to learn about and ability to retain information relevant to health insurance options
- Good written and oral communication skills
- Professionalism and confidentiality when dealing with personal and/or sensitive information

**For more information please contact Janet Haskell at 884-4100**

CORPORATION  
FOR NATIONAL  
AND  
COMMUNITY  
SERVICE



*Janet Haskell, RSVP Project Director, Email [RSVP@saratogacountyny.gov](mailto:RSVP@saratogacountyny.gov)*

## 2015 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:**

April 23, 24, 29 & 30  
At UAlbany (room is TBA)

**If interested,**  
**please contact Janet at 884-4110.**  
If needed transportation can be provided

## INFORMATION

### HOME DELIVERED MEALS

## URGENT

### DRIVERS and SUBS. NEEDED... Ballston, Saratoga and Waterford

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*

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 Janet at 884-4110



### MAILING ASSISTANTS

Are you interested in being a part of a 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 Janet.

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

NON-PROFIT ORG  
 U.S. Postage  
 P A I D  
 Ballston Spa, NY 12020  
 Permit No, 5

RETURN SERVICE REQUESTED

**Continued VOLUNTEER OPPORTUNITIES**

<b>VOLUNTEER TITLE</b>	<b>DUTIES</b>	<b>AREA</b>	<b>DAYS</b>	<b>HOURS</b>
Living Healthy Peer Leader Trainees	Learn to become a Peer Leader	Training at UAlbany	April 23,24,29 & 30	4 Day Training
Home Delivered Meal Drivers	Deliver prepared meals	Saratoga, Waterford, Ballston Spa	Varies	<b>approximately</b> 10:30 to 1:00
HIICAP	Insurance Counselor	Ballston Spa	Wednesday	Varies
Mailing Assistants	Assist with mass mailings	Ballston Spa	Varies	2 hours
Osteo Leader	Lead exercise program	Saratoga	Varies	1 hour