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# ◆ The Volunteer ◆

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Saratoga County Retired and Senior Volunteer Program

Oct/Nov/Dec 2013

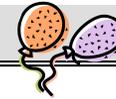
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## WELCOME

Faith Baker, John Denaker, Marilyn Derocher, Yvonne Devine, Alan Feuer, Jean Foxvog, Kathy Krochina, Dorothy McGaurn, Clara Scottie, Christine Badger, Barbara Dean, Yvonne Devine, Thomas DuPont, Lori Ellis, Luz French, Bob Greenon, Susan Heim, Diane Keller, Thomas Marotto, Kurt Miller, Lorreta Morris, Eunice Pansini, Kim Pansini, Darlene Prusecki, Stephen Ramseyer, Kristin Sands, Jane Sweet, Patricia Wall.

## HAPPY BIRTHDAY



### OCTOBER

Michael Bazinski, Brad Trefethen, Janice Cleveland, Margo Mensing, Nancy Monsour, Arthur Allen, Mary Kennedy, Carol Maloney, Ruth Ann Assman, Mary Livingston, Roberta Stevens, Phyllis Warmt, Robert Gardner, Lenore Lanka, Patricia Tierny, Alice Richmond, Nicholas Schiavoni, Joanna Valente, Charles Fitzgerald, Peg Seeley, Bernice Hollowood, Betty Jane Timmerman, Joanne Buchas, Robert Farley, Owen Matte, Verna Crosby, Chuck Goody.

### NOVEMBER

Thomas Prout, Gail Read, Dorothy Lavazzo, Maureen McNeil, Elizabeth Bowen, Barbara Francis, Harriet Crimmins, Eleanor Fitzgerald, Sue Cahrenger, Regina Lacap, Bonnie Logan, Darrell Finlayson, Mary Kelly, Gail Martino, Donna Smith, Doris Fredette, Ruth Ann Parent, Barbara Sargent, Joan Cady, Kathleen Otting, June Bosford, Anna Dow, Karyl Lewis, Leann Nancy, Patrick Finnegan, Ellenore Azarow, Leila Stevenson, Cindy Chapman, Sue Trefethen, Warren Bull Jr., Irene Allen, Jean Harris, Catherine Kelley.

### DECEMBER

Gayle Fountain, Pat Fox, Elizabeth Ariel, Kathryn Tomasik, John Pepin, Paul Alexanian Jr., Betty Wolfe, Dee Aker, Priscilla Cutler, Beth Izzo, Lynn Flanagan, Lorelee VanHorne, Michele Feinstein, Jane Hurst, Rita Alonzo, Shirley Soderholm, Theresa Fontain, Delores Goody, Donna Merrithew, Joseph Stasack, Barbara Taverna, Lewis Elia, Donald Barry, Harolyn Lawton, Frances Many, William Stevens, Donna Colosimo, Emma Lester, Carol Clark, Gordon Stockman, Peg Lawrence.

*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.*

*2013 marks the 40th year of RSVP. Saratoga County Office for the Aging has been the sponsor of RSVP since 1992.*

*Thank you to all of our volunteers and stations!!!!*

*Your contribution to meet the needs in our community is invaluable!*



**Hello Everyone,**

Just wanted to take the time to introduce myself! My name is Carmella Marozzi and I am the new RSVP Director. I started with the program in August and have a lot to learn! I am looking forward to working closely with all of you as we continue to see this program grow. Feel free to give me a call and ask any questions. My direct line is 884-4110. Thank you so much for everything you do; it is greatly appreciated! Without you, the continuation of this program would not be possible.

Also, please continue to send in your hours! This is critical so we can continue to receive the funds to keep RSVP up and running!

Happy Holidays! Hope you are all prepared for the cold!

Thank you!

*Carmella*

# RSVP

**WE NEED YOU!**

The RSVP Advisory Council is looking for new members. Can you attend three, two-hour meetings?

The RSVP Advisory Council functions in a participatory manner to the sponsor, Saratoga County Office for the Aging, and assists in matters affecting planning, evaluations, publicity and volunteer relations. The Advisory Council also provides ongoing support to the project and RSVP Director. Legal responsibility for program management and fiscal administration is retained by the sponsor. If this seems like an opportunity you might be interested in please contact Carmella.

## INFORMATION

The Corporation for National and Community Service (CNCS) has released the 2013 Competition Grant which now changes the way the program was operating.

In order to receive federal funding, we now have to compete, rather than just send in our hours and explanations of what the volunteers do. There are six Focus Areas that have been identified:

- Education
- Healthy Futures
- Veterans and Military Families
- Environmental Stewardship
- Economic Opportunity
- Disaster Services

Now that we have competed for the grant, we have to meet specific numbers for each of these Focus Areas. What this means is that some activities that have counted in the past will no longer be able to be counted. We are developing new opportunities under this new format. If you are interested in new opportunities, please call Carmella at 884-4110.

## GET HEALTHY

**LEARN TOOLS TO  
TAKE CONTROL OF YOUR HEALTH**

There will be a free six-week workshop offered at the Halfmoon Senior Center on Wednesdays  
Dates for the workshops are:  
February 12, 19, 26 and March 5, 12, 19  
from 9:30 am– Noon.

Learn the tools to manage and take control of your health. Discover fresh, practical ways to live better and healthier. If you are interested in this workshop please call Carmella at 884-4110 to register.

*Carmella M. Marozzi, RSVP Project Director, Email [RSVP@saratogacountyny.gov](mailto:RSVP@saratogacountyny.gov)*

CORPORATION  
FOR NATIONAL  
AND  
COMMUNITY  
SERVICE



**INFORMATION**

**REBUILDING  
TOGETHER  
SARATOGA COUNTY**



This non-profit organization offers free home repair to qualified low income elderly and disabled home owners in Saratoga County. Skilled and non-skilled volunteers are needed. If you have time on the weekends or weekdays, please call Michelle Larkin, Executive Director at (518) 587-3315 or michelle@rebuildingtogethersaratoga.org.

**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.

**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.

If interested, please 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.

**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.



**NOTE TAKERS**

The Saratoga County Aging and Disability Network is looking for a volunteer to take notes during their monthly meetings and to submit the notes. They meet on the 2nd Tuesday of each month from 2-3:30 pm. Meetings rotate among sites in Saratoga Springs, Clifton Park and Malta.

### 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	Ballston Spa/ Saratoga	To be scheduled	4 Day Training
Home Delivered Meal Drivers	Deliver prepared meals	Saratoga, Waterford, Galway	Various	<b>approximately</b> 10:30 to 1:00
Note Takers	Take notes for monthly meeting	Various	2nd Tuesday each month	2 hours
Mailing Assistants	Assist with mass mailings	Ballston Spa	Varies	2 hours
Congregate Assistant	Help preparing meals at congregate sites	Halfmoon/ Charlton	Daily	2 hours

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

RETURN SERVICE REQUESTED

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