
◆ The Volunteer ◆

Saratoga County Retired and Senior Volunteer Program

July/August/September 2016



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's Annual Senior Picnic

Will be held on:

Thursday September 8th, 2016

at the Saratoga County Fairgrounds

Chicken BBQ and refreshments

Rain or Shine

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

Entertainment provided by Mark Hersh

Lunch will be served at 12 noon

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!

No dogs allowed

HAPPY BIRTHDAY

July

Jean Ahearn, Linda Arnold, Hazel Boyer, Carol Bromley, Jim Brown, Judy Butler, Sue deGaspard,

Kay Fortin, Barbara Iuliano, Sam Klivans, Ann Kovacs, Ron Owen, Ellie Parker,

Esther Riegert, Paul Robbins, Andrea Simard, Kathleen Tremblay, Sandie Vipler, Sharon Willman,

Richard Zwack

August

John Annis, Mary Jane Bartolucci, Blanche Burch, Mary Curran, Beverly Czub, Hugette Delvaus, Rita Dewey, Roger Dillon, Tom Fox, Cynthia Freiburger, Doris Gardner, Pat Haskell, Thomas Hatlee, Constance Laurenzo, Judy Marotta, Maureen McInnis, Denise Muzikar, Ellen Nash, Elinor Pogorzelski, Helen Powers, Midge Reib, Sandy Roberts, Rosemary Roux, Mary Savage, Patricia Stevens, Ann Wait, Margaret Watson, Corinne Williams, Kathleen Zimmer

September

Shirley Ballard, June Beckford, Patricia Brown, Rose Brownell, Betty Cleveland, Leah Conklin, Marion Craine, David DeMarco, Nancy DeYoe, Elsie Eno, Patricia Gross, Virginia Hill, Sandra Huelings, Linda Kirker, Betsy Knorr, Joan Lapitsky, Steve Lawrence, Ron Louis, Mike Marchese, Ron Martino, Joan McGrath, Iolene Mitchell, Janice O'Brien, Harry Oettinger, Louis Peluso, Mike Rampolla, Kristin Sands, John Vary, Russell White, Randy Yasment

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

Information



Save these dates!

July 19 through July 24
Saratoga County Fair
Wednesday July 20
is senior citizen day
come visit Office for the Aging in
the Saratoga County tent!

Volunteer Recognition Lunch

Will be held on
Sunday, September 25
Watch for your invitation
in the mail.

Community Connections

The Office for the Aging's R.S.V.P is working with Saratoga Adult & Senior Center to recruit volunteers for their Community Connections Program.

This program trains volunteers to provide assistance to seniors in Saratoga County. The mission is to help seniors maintain an independent lifestyle by providing assistance when needed.

The services that are available to the seniors are home visits, transportation, shopping, errands, and telephone check ins.

If you are interested in this volunteer opportunity please contact
Janet Haskell
At
884-4110

Volunteers Needed!!!

The Saratoga County Senior Transportation Service is in need of more drivers.

We provide transportation to seniors in our community to medical appointments inside and outside Saratoga County.

If you are interested in learning more about this very rewarding volunteer opportunity please contact

Janet Haskell at
884-4110



Welcome to our newest RSVP members

Judith Gatzi-Mullin, Patricia Lilac, Robert Lovell,
Joyce Martucci, Betsy McCormick, Sharon Palmer,
Sandy Roberts, Anne Robillard, Diane Santa Croce,
Mary Savage

HAPPY ANNIVERSARY

25 years of service

Francis Ariel

20 years of service

Mary Kelly, Evelyn Marshall

15 years of service

Janice O'Brien, Pat Peck

10 years of service

Rose Brownell, Barbara Sargent

5 years of service

Rita Alonzo, Carole-Ann Annis,
John Annis, Gladys Faulkner,
Virginia Hill

Thank you for your dedication

CORPORATION
FOR NATIONAL
AND
COMMUNITY
★ SERVICE



Janet Haskell, RSVP Project Director, Email jhaskell@saratogacountyny.gov

ECONOMIC OPPORTUNITY COUNCIL

The E.O.C is a non-profit organization whose mission is to empower low income individuals with opportunities to help themselves become economically self-sufficient.

Volunteer jobs include...

- Food Pantry Assistant
- Data Entry work
- Clerical Work
- Soup Kitchen Assistant
- English as a Second Language Tutor

If this is of interest to you please call 884-4110 to become connected

Looking for a Volunteer Opportunity?

Contact
Janet Haskell
at 884-4110

There are many different volunteer jobs available. Lets get together and find one that fits for you!

URGENT

Drivers and Subs are needed for our Home Delivered Meals Service

Routes are open in the
Wilton, Schuylerville and Ballston Spa areas and subs throughout Saratoga County.
Help out in your community by delivering hot, nutritious meals to homebound seniors. This could take as little as an hour and be done once a month, bi weekly or weekly.
Contact Janet at 884-4110 to become connected

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



Living Healthy

Saratoga County Office for the Aging and Center for Excellence have partnered to offer a 6 week workshop geared towards learning how to better manage your life when living with a chronic condition, such as arthritis, heart disease, osteoporosis or diabetes.

This 6 week workshop will be held at The Milton Community Center located at 310 Northline Rd. Ballston Spa starting Monday Sept. 12 from 1:30 –4:00
If you are interested in learning more about this free program and how to sign up please contact Janet Haskell at 884-4110
Receive a free book and C.D

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

RETURN SERVICE REQUESTED

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

Continued VOLUNTEER OPPORTUNITIES

VOLUNTEER TITLE	DUTIES	AREA	DAYS	HOURS
Transportation Assistant	Drive seniors to medical appointments	Saratoga and surrounding areas	Varies	Varies
Home Delivered Meal Drivers	Deliver prepared meals	Surrounding areas	Varies	approximately 10:30 to 1:00
Congregate Assistant	Meal preparation	Surrounding areas	Varies	10:30 to 1:00
Mailing Assistants	Assist with mass mailings	Ballston Spa	Varies	2 hours
Osteo Leader	Lead exercise program	Saratoga	Varies	1 hour