
◆ The Volunteer ◆

Saratoga County Retired and Senior Volunteer Program October/November/December 2016

HAPPY ANNIVERSARY!

25 years of service

Verna Crosby

15 years of service

MaryJane Bartolucci, Theresa Fontaine, John Gobo, Faith Palma,
John Randall

10 years of service

Fred Cady, Joan Cady, Donna Gates, Carol Maloney
Susan Plasberg

5 years of service

Joanne Dyer, Ron Martino, Helen Powers, Ann Sheppard

Welcome New Volunteers!

Brian Ekblom, Helen Wilson, and Gerry Faber

Happy Birthday!!!

October

Brenda Blaisdell, Janice Cleveland, Verna Crosby, Dawn Desjardins, Barbara Dowdell, Mary Kennedy
Sherry Levine, Carol Maloney, Owen Matte, Carlene McCarthy, Nancy Monsour, Frank Parker
Darlene Prusecki, Nicholas Schiavoni, Peg Seeley, Joseph Shea, Roberta Stevens, Patricia Tierney
Brad Trefethen, Joanna Valente, Phyllis Warnt, Nancy Yarger

November

June Bosford, Elizabeth Bowen, Joan Cady, Sue Cahrenger, Nancy DuBois, Darrell Finlayson
Eleanor Fitzgerald, Doris Fredette, Michael Gully, Phyllis Hickman, Blasé Iuliano, Carol Johnson
Mary Kelly, Thomas Marotta, Yong Na, Marianne Oettinger, Thomas Prout, Gail Read, Rachel Sams
Diane Santa Croce, Barbara Sargent, Clara Scotti, Andrea Stewart, Linda Traylor, Sue Trefethen

December

Dee Aker, Paul Alexanian, Rita Alonzo, Donald Barry, Lydia Canlas, Cherri Ferguson, Maureen Fitzgerald
Lynn Flanagan, Theresa Fontaine, Gayle Fountain, Pat Fox, Jane Hurst, Harolyn Lawton, Patricia Lilac
Chris Macherone, Sheila Matejek, Donna Merrithew, Lorraine Munson, Barbara Raymond
Shirley Soderholm, Kathryn Tomasik, Loralee VanHorne



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.



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

Information



CORPORATION
FOR NATIONAL
AND
COMMUNITY
SERVICE



Dear Volunteers and Stations,

My name is Jen Buscema and I'm the new R.S.V.P. Project Director. In September, I met many of you wonderful people at the Recognition Luncheon held at the Embassy Suites in Saratoga. If I didn't have the pleasure, I look forward to meeting and working with all of you!

I am delighted, honored, and blessed to have this opportunity to be among so many amazing people who selflessly devote their time helping others in our community. You are all truly inspiring and I believe this will be a life altering experience for not only myself but my family as well.

My goal is to make this the best possible program and experience for all of you. Your input and insight are invaluable, and I'm looking forward to hearing your thoughts on how to improve our program and recruit more volunteers.

Wishing you and yours a happy, healthy Holiday Season!! -- Jen

Enjoy Driving?

Come check out our great new mini van and give a neighbor a lift!!! The Saratoga County Senior Transportation Service provides rides to seniors in our community to medical appointments inside and outside of Saratoga County. There is no minimum requirement for hours volunteered, so if you have some extra time and would like to lend a helping hand, please reach out!!

I'd like to welcome Gerry Faber back as our newest Transport Assistant! Gerry delivered meals for more than five years and has provided us with his valuable services in other areas for more than 13 years. Thanks, Gerry!!!



Friendly Visitors Needed!

CareLinks of Southern Saratoga County trains volunteers who provide assistance to seniors by helping them stay at home and maintaining an independent lifestyle. Services include: Home visits, respite assistance, shopping and errands, transportation, light housekeeping, handy helping and telephone reassurance. You could make a HUGE difference in a neighbor's life by allowing them to remain at home for as long as possible and lending a friendly hand. Please consider this AMAZING volunteer opportunity and contact Jen at 884-4110 if you are interested in making someone's day a little brighter!

Volunteer for TaxAide

TaxAide, is an income tax assistance program sponsored by AARP and the IRS. TaxAide volunteers answer questions and prepare and file free tax returns for low to moderate income taxpayers and seniors from February 1 to April 15 at various sites in Saratoga County. In addition to tax preparers, volunteers are also needed to greet clients, confirm appointments, and perform light clerical work. Volunteers typically work one day a week and schedules are flexible. No experience is required, but computer experience is helpful. Training, mileage and expense reimbursement are provided. Call Jen at 884-4110 to lend a hand!



Jennifer Buscema, RSVP Project Director, Email: JBuscema@saratogacountyny.gov
Please call me at 884-4110 for details about any of the above volunteer opportunities!

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 positions include:

Food Pantry Assistant

Data Entry Work

Clerical Work

Soup Kitchen Assistant

English as a Second Language Tutor

Step in to volunteer and help someone get back on their feet !



Why Volunteer???

Did you know that extensive research has shown a strong correlation between volunteering and living a longer, healthier life? Just one or two hours a week of volunteer work has been shown to make a significant impact on the volunteers' health. Help yourself by helping others and become a volunteer!



URGENT

Drivers and Subs are needed for our Home Delivered Meals Service!

Routes are open in the Wilton, Saratoga, and Ballston Spa areas and substitute drivers are needed throughout Saratoga County. Bring a smile to a homebound neighbor's face by delivering a hot, nutritious, meal to them! This could take as little as an hour and be done once a month, bi-weekly or weekly. Call today to deliver food and receive smiles!



OSTEOBUSTERS

Leaders Needed !!!

OsteoBusters is 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. Isn't THAT good news??!! The RSVP OsteoBusters Program is based on these elements and is a great way to maintain or improve your bone health! Call now to lift weights, lose weight, strengthen bones, and have fun!!!



Call Jen for details about any of the above volunteer opportunities at 884-4110!



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