



VOLUNTEER Make a Difference

Saratoga County Retired and Senior Volunteer Program Jan/Feb/March 2020

Dear RSVP Volunteers,

I hope this newsletter finds you in good health. It has been a monumental start to this year of 2020!

For RSVP, 2020 starts a new 3 year grant cycle- we are excited to become involved with some new programming as well as continuing on with many great existing projects. The Corporation for National and Community Service recognizes the significant accomplishments of Saratoga County RSVP volunteers. Volunteers are making great impact in their communities – THANK YOU!

Enjoy each day,

Billie Jo

Welcome New Members

Gabrielle Ashley	Jane Burns	Pamella Cottrell
Andrea DeAngelis	James Edwards	Karen Filkins
David Herbert	Justine Tedesco	Anna Voland
	Mary Ellen Thompson	

Attention-ALL Volunteers.....

Please remember to send in your Monthly Time Sheets! Please update us if your email address has changed!



New Partnership

Monday Volunteers Needed: Building Exhibits, Painting, Cleaning, Gardening, and Preparing Educational Materials.

Watch your email for one time opportunities



Saratoga Co. Office for the Aging

HOME DELIVERED MEAL DRIVERS NEEDED

Brighten the day of a senior with a prepared meal and a smile!

Current areas in need: Ballston Spa, Edinburg, and South Glens Falls.

Substitutes are needed throughout the county.

Billie Jo McConkey, RSVP Project Director
Email: Bmconkey@saratogacountyny.gov
Email or call me at 518-884-4110 for details about volunteer opportunities and any of the items in this newsletter.

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





VOLUNTEER

Saratoga County RSVP

Jan/Feb/March

Volunteers, Stations are at the heart of RSVP. All of our Stations deliver meaningful services to our community. Here is a list of our current stations. These locations have several different positions available. If you see one which you would like to find out more information about- Please call or email me.

AARP Tax Counseling
American Red Cross
Peregrine Sr Living @ Clifton Park
Brookside Museum
Captain Comm. Human Services
Children's Museum of Saratoga
Corinth Senior Center
Division Street Elementary School
Doubleday Congregate Site
EOC
Franklin Community Center
Gateway House of Peace
Hadley Congregate Site
Halfmoon Senior Center

Home of the Good Shepherd
Hudson Crossing Park
Lake Avenue Elementary School
Mary's Haven
Mechanicville Senior Center
Moreau Community Center
Home Delivered Meals, OFA
Office for the Aging
OKTE Elementary
Rebuilding Together, Saratoga
RSVP-Retired & Senior Volunteer Program
Saratoga Area Visitors Center
Saratoga County Historian's Office

Saratoga Congregate Site
Saratoga County Public Health
Saratoga Hospital
Saratoga Mentoring/ C-Charities
Saratoga Regional YMCA
Saratoga Spring Senior Center
Southern Saratoga YMCA
St. Mary's School
Town of Ballston Congregate
Waterford-Congregate Site
Wesley Health Care Center
Yaddo Garden Association



Marys Haven in Saratoga Springs

Start Your New Year with a Gift from the Heart

Caregivers Needed!

Just 2- 4 hours a week of your time and talents will assist us in providing care and comfort to the terminally ill

at Mary's Haven, a program of Catholic Charities.

Initial and ongoing training will be provided. Volunteers are the heart of this program, providing 24 hour a day care under the direction of the Program Director.

RSVP Volunteers served 17,957 hours in 2019!

Saratoga County- Cornell Cooperative Extension

Dining with Diabetes



Need help managing your diabetes?

A Free program for people with diabetes or prediabetes and their family members. Participants will learn how to fit carbohydrates into a healthy menu, effectively use food labels, choose meals at a restaurant and adopt other healthy habits to manage diabetes through healthy eating. Recipe demonstration and samples provided. **Must call to Register**

Where: Cornell Cooperative Extension Building, 50 West High St., Ballston Spa

When: May 6,13,20 **From:** 6 to 8pm

Presented by- Diane Whitten, **Call 518-885-8995**