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!

---

**SAVE THE DATE**

Saratoga County Office for the Aging Annual Senior Luncheon
Friday, May 8th, 2020
The Saratoga Springs City Center
ROARING TWENTIES SPEAKEASY

---

**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.

---

**New Partnership***

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

***Watch your email for one time opportunities***

---

**Billie Jo McConkey, RSVP Project Director**
Email: Bmcconkey@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.**
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.

<table>
<thead>
<tr>
<th>AARP Tax Counseling</th>
<th>Home of the Good Shepherd</th>
<th>Saratoga Congregate Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Red Cross</td>
<td>Hudson Crossing Park</td>
<td>Saratoga County Public Health</td>
</tr>
<tr>
<td>Peregrine Sr Living @ Clifton Park</td>
<td>Lake Avenue Elementary School</td>
<td>Saratoga Hospital</td>
</tr>
<tr>
<td>Brookside Museum</td>
<td>Mary’s Haven</td>
<td>Saratoga Mentoring/ C-Charities</td>
</tr>
<tr>
<td>Captain Comm. Human Services</td>
<td>Mechanicville Senior Center</td>
<td>Saratoga Regional YMCA</td>
</tr>
<tr>
<td>Children’s Museum of Saratoga</td>
<td>Moreau Community Center</td>
<td>Saratoga Spring Senior Center</td>
</tr>
<tr>
<td>Corinth Senior Center</td>
<td>Home Delivered Meals, OFA</td>
<td>Southern Saratoga YMCA</td>
</tr>
<tr>
<td>Division Street Elementary School</td>
<td>Office for the Aging</td>
<td>St. Mary’s School</td>
</tr>
<tr>
<td>Doubleday Congregate Site</td>
<td>OKTE Elementary</td>
<td>Town of Ballston Congregate</td>
</tr>
<tr>
<td>EOC</td>
<td>Rebuilding Together, Saratoga</td>
<td>Waterford-Congregate Site</td>
</tr>
<tr>
<td>Franklin Community Center</td>
<td>RSVP-Retired &amp; Senior Volunteer Program</td>
<td>Wesley Health Care Center</td>
</tr>
<tr>
<td>Gateway House of Peace</td>
<td>Saratoga Area Visitors Center</td>
<td>Yaddo Garden Association</td>
</tr>
<tr>
<td>Hadley Congregate Site</td>
<td>Saratoga County Historian’s Office</td>
<td></td>
</tr>
<tr>
<td>Halfmoon Senior Center</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Saratoga County- Cornell Cooperative Extension

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 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!

Mary’s Haven in Saratoga Springs

Dining with 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 8 pm

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