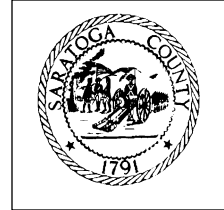




AmeriCorps Seniors



The Volunteer... 2020

Hope you are well! Volunteering opportunities are still limited.

For more info on listed opportunities call Billie Jo @ 518-884-4110

* The safety of our volunteers and clients is the number one priority during this unprecedented time.*

SARATOGA COUNTY OFFICE FOR THE AGING RSVP

Gateway House of Peace in Milton could use volunteers to help with the grounds/building care and maintenance.

Care Links is in need for transportation volunteers and in-home services helpers.

Rebuilding Together Saratoga, located in Ballston Spa could use help in the store ... cleaning donations, talking with customers, using cash register, and answering the phones. Also, Project volunteers as needed.

Saratoga County EOC may have a need for assistance in reception in Ballston Spa and help at the soup kitchen in Saratoga.

Marys Haven in Saratoga could use Hospice Caregiver Type volunteers.

Saratoga County Office for the Aging/RSVP Tele-opportunity can be done from your own home. Make weekly Senior Care Calls to the elderly population to help promote safe connections during COVID-19. Telephone Reassurance helps our senior population cope with feelings of isolation and loneliness during this time. Be willing to establish a friendly, caring relationship over the phone and have great listening skills.



AmeriCorps Seniors



CNCS recently Re- Branded to AmeriCorp and AmeriCorp Seniors. RSVP falls under AmeriCorp Seniors. You are now an AmeriCorp Seniors member. AmeriCorp Seniors are credited to help tackle our community's most pressing challenges. Volunteers bring their unique skills and experiences to help American people and communities thrive. You are part of a network of people and organizations committed to the betterment of America.

I wanted to share some resources that AmeriCorp Seniors shared with me. During this unprecedented time we have seen the virtual world become a reality. The following information may be helpful to any of you that are interested in learning more about the technology world.

Senior Online Computer Training

We discovered a broad range of organizations that provide a wide scope of online computer training for seniors. Based on suggestions from our programs, we reached out to several organizations. From those discussions, three expressed strong interest in partnering with Senior Corps projects to deliver training to volunteers. They submitted information about their organizations and what they propose to offer Senior Corps projects which can be reviewed here:

- **Cyber Seniors** <https://www.nationalservice.gov/node/170476>
- **GetSetUp** <https://www.nationalservice.gov/node/170476>
- **Oasis** <https://www.nationalservice.gov/node/170476>

Please understand that this is not an endorsement of any specific organization. We are simply sharing the options that each proposes to provide Senior Corps projects as a sampling of what is available in the market.



Technology Training for Seniors

We discovered other workshop options during our research. Some vary in range or scope, require older adults to have technology and/or are geographic specific. However, we are providing these additional options as a sample reference guide:

- [**AARP TEK Academy**](#) holds webinars and workshops, free of charge to the public, on a regular basis. They offer technology learning events on tablets or smartphones across various cities throughout the U.S. Topics include online safety, social media, tablets and phones, among others. Access past programs in their learning library section. Their contact number is 202-434-3021 and website AARPTEK.org.
- OATS (Older Adults Technology Services) and its [**Senior Planet**](#) program provide [**free computer classes and tech help**](#) to people over age 60. The nonprofit organization operates in Colorado, Maryland and New York. For inquiries, call (718) 360-1707.
- [**SeniorNet**](#) is a nonprofit organization that provides computer and internet education to adults over age 55, veterans and disabled adults. The organization has 30 learning centers across the United States. For more information, call (239) 275-2202.

For individuals who already have computer access, there are many organizations that provide free technology lessons and instructional videos that allow seniors to move at their own pace.

- [**GCFLearnFree.org**](#) -supported by the Goodwill Community Foundation, is free-of-charge and offers over 2,000 lessons on more than 180 topics. A comprehensive online classroom, users learn how to use Microsoft Office programs (e.g., Word, Excel, Outlook), email, social media (e.g., Facebook, Instagram), image editing programs, to name a few. The tutorials use video, animations, graphics, diagrams, plain English, and step-by-step instructions that make it an easy-to-understand program for senior learning.
- [**TechBoomers-**](#) is a free website that teaches seniors basic computer skills. This website is full of easy-to-follow tutorials that cover how to use hundreds of popular sites -including Facebook, Instagram, YouTube, Skype, eBay, Amazon, Airbnb, TripAdvisor, and others.
- [**Skillful Senior**](#) touts their product as “Quick, Easy, and Fun” and is perfect for anyone getting behind a computer for the first time. This simple computer skills program has easy-to-understand tutorials on the basics of using a mouse and keyboard and uses typing games that help make it fun to practice and improve typing speed.
- [**YouTube-**](#) has a variety of video instructors that offer quick overviews on general computer specifics, i.e., how to set-up a Facebook account or how to do a Skype call. However, you must be willing to browse through them to find the right course.
- **Connecticut Distance Learning Consortium - [**CTDLC Basic Online Skills**](#)** tutorial includes short, simple introduction to basic computing. New computer users can learn how to use a mouse, save files, open and close software files, and copy and paste files or text. There’s even a quiz at the end to test those new computer skills.
- [**Meganga**](#) is a video-based learning tool that offers basic computer training for seniors and beginners. Users can watch videos on tech-related topics such as understanding the parts of a computer, navigating the desktop, and learning how to troubleshoot common issues. Other video courses include how to edit photos, use social media, surf the web, set up an email account, and use cloud storage.
- [**The Senior’s Guide to Computers**](#) uses examples, pictures, and videos to explain in simple terms how computers work. The step-by-step instructions go beyond just the basics - including information on web browsers, hardware, software, computer security, backing up data, and setting up a computer for individuals with vision, hearing, and other disabilities. It also includes a glossary of key terms written in plain English.

