

Updated October 2010

## Senior Corps

*Retired Senior Volunteer Programs, Foster Grandparents, & Senior Companions*

### New York State Program Directory



Corporation for National & Community Service  
New York State Office

Leo O'Brien Federal Bldg, Suite 900  
1 Clinton Square  
Albany, NY 12207  
518/431-4151  
[www.nationalservice.gov](http://www.nationalservice.gov)

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## Capital Region

### Commission on Economic Opportunity

*Capital District FGP*

Mary Broderick, Program Director

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Troy, New York 12188

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E-Mail: [mbroderick@CEO-CAP.ORG](mailto:mbroderick@CEO-CAP.ORG)

100 Volunteer Service Years (VSY)

The Foster Grandparent Program at Commission on Economic Opportunity (CEO) in Troy has continued to place Foster Grandparents at non-profits that serve children throughout the greater Capital Region. Placements include the Boys & Girls Clubs and the YMCA's of the Capital Region, Head Start, and local schools. A local Hispanic Outreach program seeks to place Spanish-speaking seniors in its Boys and Girls Club, and we are currently recruiting for that location. CEO has a new program for children who are suspended from school called the SOS program. We have had placement there, and are recruiting for additional Foster Grandparents to volunteer there. We also have an opportunity for Foster Grandparents to work with young adults in the YouthBuild program.

### The Research Foundation of SUNY/Albany

*Capital Region RSVP*

Lauren Benoit, Program Director

SUNY Albany

Richardson Hall -389,

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Albany, NY 12222

Phone: (518)442-5587

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650 Volunteers

The Capital Region RSVP matches over 650 mature adults per year with exciting volunteer service opportunities in community non-profits. Our volunteers provide an incredible array of services including work with children, families, elders at risk and in roles that build the capacity of non-profits, create a safer airport and feed hundreds of people. In addition to our many traditional volunteer opportunities you will find our signature programs that focus the work of our volunteers on very specific needs including: mentoring children of the incarcerated; leading exercise and health and wellness courses for persons living with chronic conditions like arthritis and osteoporosis; and leading teams of volunteers to assist non-profits with strategic planning, marketing and outreach. There is definitely an opportunity for every interest and as we hear everyday, *you will receive back much more than you give!* Come join us and you will be **Proud to be...RSVP**, too!

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**Catholic Charities of Herkimer County**

*Herkimer County RSVP*

Lydia Sexton, Program Director

61 West Street

Ilion, NY 13357

Phone: (315) 894-9917

FAX:(315) 894-6313

E-Mail: Lsexton@ccherkimer.org

330 Volunteers

The RSVP program offers seniors 55 and older the opportunity to volunteer and share their talents, interests and compassion through service to their communities. Currently there are 54 sites in Herkimer County with approximately 330 volunteers. We offer programs such as Faith in Action's Ride program, through which volunteers transport seniors to medical appointments, and the Companion Outreach program as well as the America Reads program which provides after school tutoring to students in 1st and 2nd grade. A Program Director oversees the entire program with the assistance of a Program Assistant and a Faith in Action Coordinator as well as 2 volunteer Ride Dispatchers.

**Saratoga County Office for the Aging**

*Saratoga County RSVP*

Billie Jo McConkey, Program Director

152 West High Street

Ballston Spa, NY 12020

Phone: (518) 884-4110

FAX:(518) 884-4104

E-Mail: saraage3@govt.co.saratoga.ny.us

310 volunteers

RSVP of Saratoga County provides a variety of opportunities for our volunteers to actively participate to meet their community need. We have 80 stations throughout Saratoga County that RSVP volunteers contribute valuable attributes to. They serve as ... Discovery Box Volunteers, mentors, homework helpers, friendly visitors, docents, kitchen helpers, office assistants, transportation drivers, presenters, exercise leaders, peer leaders and much more. RSVP will match the interest/skills of the volunteer with an organization needing help to meet community need. RSVP provides its volunteers flexibility, along with many benefits such as supplementary insurance, training, bi-monthly newsletters, invitation to annual recognition, mileage reimbursement, and self-gratification. Inspire, Enrich, Unite ... Together we CAN make a difference!

**Long Island Region**

**Federation of Organizations**

*Suffolk County FGP*

Erica Curcio, Program Director

One Farmingdale Road

West Babylon, NY 11704

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117 VSY

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Suffolk Co. Foster Grandparents are assigned to work with 1-2 children in the classroom, primarily one-on-one but also in small groups. Foster Grandparents are essential in helping with the children's emotional-social development, which may include assistance in forming social relationships with peers, respecting the rights of others and sharing. The volunteers serve in elementary schools, day care centers, Head Start facilities and therapeutic sites (physical disabilities programs) across Suffolk County. Currently the program has 169 active Foster Grandparents serving in nearly 60 schools.

#### **Federation of Organizations**

*Suffolk County SCP*

Erica Curcio, Program Director

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E-Mail:[ecurcio@fedoforg.org](mailto:ecurcio@fedoforg.org)

64 VSY

Senior Companions offer direct support, friendship, encouragement and assistance to individuals who are frail or homebound. They may assist with preparing a light meal, participating in recreational activities such as playing cards, games or knitting, or providing resources and referrals as needed. Volunteers also provide occasional transportation to social activities, medical appointments, shopping and community outings, so that their recipients can remain independent, active members of the community. Currently the program has 75 active Senior Companions who provide companionship to 470 recipients to help maintain their level of independence and improve their overall quality of life.

#### **Friends of the RSVP of Suffolk County**

*Suffolk County RSVP*

Pegi Orsino, Program Director

811 West Jericho Turnpike, Suite 103W

Smithtown, NY 11787

Phone: (631) 979-9490

FAX:(631) 979-9320

E-Mail: [porsino@optonline.net](mailto:porsino@optonline.net)

805 Volunteers

The RSVP Project serving Suffolk County NY has a diversity of opportunities for seniors wishing to remain in meaningful civic engagement. The Community Computer Connections Program takes donated computers refurbishes them under a Microsoft license and returns them at no charge to financially challenged seniors and families that cannot afford this essential technology. Our Telephone Reassurance Program reaches 400 elders daily with a brief friendly phone call that monitors their well being, while our "Feelin' Good" Program keeps over 800 seniors monthly in great physical shape and aware of aging health issues. Our America Reads program provides senior tutors to elementary school students experiencing literacy deficits. Besides a busy Speakers Bureau making presentations on a variety of issues throughout the county, 800 others seniors are rendering their skills and talents to approximately 115 organizations in our area. RSVP Suffolk realizes that seniors are our only natural resource that isn't diminishing, so let's harness that energy!

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**Nassau Co. Dept. of Senior Citizen Affairs**

*Nassau County FGP*

Kathleen Foster, Program Director  
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Uniondale, NY 11553  
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FAX: (516) 227-8972  
E-Mail: [Kathleen.foster@hsnassaucountyny.us](mailto:Kathleen.foster@hsnassaucountyny.us)  
75 VSY

Agencies in Nassau County face some unique challenges: limited English speaking students, pockets of low income areas, and a number of school districts and other not for profits facing fiscal crises. FGP volunteers in area day cares, primary and elementary schools serve a vital purpose by mentoring and tutoring children with special needs on a one to one basis. A Foster Grandparent's love and affection has no limits.

**Federation of Organizations**

*Nassau County RSVP*

Jessica Acevedo, Program Director  
5378 Merrick Road  
Massapequa, NY 11758  
Phone: (516) 541-7787  
FAX: (516) 798-8866  
E-Mail: [Jacevedo@fedoforg.org](mailto:Jacevedo@fedoforg.org)  
800 Volunteers

Nassau County RSVP utilizes its volunteers as an adjunct to currently available services that provide assistance to all age groups. Some of the activities our volunteers are engaged in include Adult and Child Literacy, Tax Counseling, and Home Delivered Meals. Our volunteers also work with the visually impaired and the physically disabled in a number of venues. In order to meet the needs of the community, Nassau Co. RSVP is making a special effort to recruit Baby Boomers who may have the skills that local non-profits are looking for.

## New York City Region

**Community Service Society**

*New York City RSVP*

Alina Molina, Program Director  
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New York, NY10010  
Phone: (212) 614-5567  
FAX: (212) 598-4782  
E-Mail: [amolina@cssny.org](mailto:amolina@cssny.org)  
7500 volunteers

Project is addressing CNCS Strategic Initiatives with volunteer assignments in Foster Care and Incarcerated Youth through their "Planned Re-entry for Incarcerated Adolescent Program", "Getting out and Staying Out Program", "Mentoring Adolescents at Risk of Entering Juvenile Justice System" and the "CHIP" programs which mentor children of incarcerated parents. Major focus areas for volunteer assignments include Cultural Heritage, Environmental Focus areas, and Friendly visiting. Tax preparation program for low-income

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seniors and Ombudsman representatives along with their ACES Program (Advocacy, Counseling and Entitlement Services) are programs that provide information on public benefits and how to access eligible benefits and advocating for clients to receive those benefits.

### **Henry Street Settlement**

*Henry Street Settlement SCP*

Jennifer Fields, Program Director

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New York, NY 10002

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E-Mail: [jfields@henrystreet.org](mailto:jfields@henrystreet.org)

112 VSY

In addition to the regular activities of an SCP program, the Henry Street Settlement project goes several steps further. As part of a Healthy Vision 2010 grant (funding period has now ended), we trained the volunteers about vision care and set-up free one day vision screening clinics using our volunteer stations as sites. Companions escorted their clients to these clinics, and now have vision education and eye care as part of their normal annual health care regimen. Additionally, we participated in a pilot project where 7 of our volunteers were trained in health literacy, specifically, how to read medication and nutrition labels. Volunteers were instructed to go back to their homebound clients and review these materials. In another new effort, 4 Senior Companions are currently part of a crafts training through a grant from Eldercraftsmen, a non-profit agency. They are being taught how to create easy to make crafts, and at the conclusion, will be given free materials to go back and do these activities with their homebound clients. These crafts are a wonderful social outlet, as well as helpful for people with memory issues and motor function issues (i.e. arthritis, Parkinson's disease, etc.).

### **New York City Department for the Aging**

*New York City FGP*

Lynna Carnegie, Program Director

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New York NY 10007-1392

Phone: (212) 442-3116

Fax: (212) 442-9133

E-Mail: [lcarnegie@aging.nyc.gov](mailto:lcarnegie@aging.nyc.gov)

382 VSY

This is the largest Foster Grandparent Program in the United States. Volunteer assignments are with Elementary Education where Foster Grandparents work with K-8 students to improve literacy skills; Head Start Sites that reinforce basic social skills, emotional and cognitive skills and help prepare children for successful transition into elementary school; Pre-Elementary Day Care where volunteers provide nurturing and individual attention to young children while Foster Grandparents serving in hospitals throughout the 5 boroughs nurture and provide individual support to infants and children in the pediatric, newborn, neonatal and therapeutic nurseries. Special Education FG's assist students in the area of self-care, and tutoring. NYC Foster Grandparent Program has also begun an intensive collaboration with the Administration for Children's Services through the Office of Family Visiting to mentor children in foster care.

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## North Country Region

### **Franklin County Association of Senior Citizens**

*Franklin County RSVP*

Susan Schrader, Program Director

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Malone, NY 12953

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FAX: (518) 481-1878

E-mail: [schrader@co.franklin.ny.us](mailto:schrader@co.franklin.ny.us)

466 Volunteers

The RSVP program has many varied projects in Franklin County. RSVP is privileged to partner with the Visitors Interpretive Center in the heart of the Adirondack Mountains in which RSVP volunteers help to preserve the eco-system and maintain the educational and interpretive beauty of the Wilderness. The RSVP program has also partnered with the Almanzo Wilder farm home of the Laura Ingles books *Farmer Boy* on which the Little House on the Prairie series was based. Another RSVP partnership is with Our House of History which is a restored home of the 1800 which specializes in researching genealogy. RSVP volunteers help participate in cultural preservation by doing guided tours and giving an oral history of the house.

### **Catholic Charities of the Diocese of Ogdensburg**

*Clinton/Essex Counties RSVP*

Carrie Huising, Program Director (Clinton County)

46 Flynn Ave

Plattsburgh, NY 12901

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E-mail: [ccrsvp@charterinternet.com](mailto:ccrsvp@charterinternet.com)

Barbara Brassard, Volunteer Coordinator (Essex County)

38 Park Place Ste 3

Port Henry, NY 12974

Phone: (518) 546-3565

FAX: (518) 546-3079

E-mail: [rsvp@logical.net](mailto:rsvp@logical.net)

701 Volunteers

There is a joint RSVP program grant between Clinton and Essex Counties.

RSVP of Essex County connects volunteers age 55 and over with service opportunities in their communities that match their skills and availability. From reading to children to immunizing children, from enhancing the capacity of non-profit organizations to improving and protecting the environment, RSVP volunteers put their unique talents to work to make a difference. RSVP offers "one stop shopping" for retirees who want to find challenging, rewarding, and significant service opportunities in their local communities. RSVP connects volunteers with the people and organizations that need them most. The RSVP program helps volunteers become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations. These service opportunities bring senior contributions of skills, knowledge, and experience that make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout Essex County. RSVP is the catalyst for change and champion for the ideal that every American has skills and talents to give which improves lives, strengthen communities and foster civic engagement through service and volunteering.

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There is a joint RSVP program grant between Clinton and Essex Counties. RSVP of Clinton County partners with local not for profit agencies in effort to fulfill a variety of community needs specific to each organization's objectives. RSVP volunteers perform an array of community service activities such as transportation, conflict mediation, tax assistance, literacy tutors among other assignments. A larger segment of the volunteers serve as Reading Buddies. They provide additional assistance to students who read below grade average. The RSVP volunteer's goal is to help them to achieve the standards necessary to pass regents exams. The RSVP program also places emphasizes on the prevention of Osteoporosis. Volunteer members are trained as exercise instructors and execute resistance training techniques aimed at decreasing the incidence of Osteoporosis among the population of seniors in our area.

**Catholic Charities of the Diocese of Ogdensburg**

*Northern NY FGP (Serving Franklin, Essex, Clinton, St Lawrence and Jefferson Counties)*

Vivian Smith, Program Director

80 Park Street, Suite 2

Tupper Lake, NY 12986

Phone: (518) 359-7688

FAX: (518) 359-3927

E-mail: [fgp12986@verizon.net](mailto:fgp12986@verizon.net)

54 VSY

Northern NY FGP is an extremely rural five county program located in upstate New York. The FGP program is sponsored by Catholic Charities of the Diocese of Ogdensburg and serves over a 140 children, focusing on tutoring, mentoring and teaching good behavior skills. This year the FGP program is highlighting the work that Foster Grandparents do with the children in Head Start. Foster Grandparents spend 15 to 40 hours per week working with these children one-on-one or in small groups, further developing their emotional-social developmental areas (social relationships, self concept and self control) and cognitive developmental areas (communication). Much improvement has been shown in these children, thanks to the Foster Grandparents.

**Tri-County United Way**

*Warren/Washington RSVP*

Jeffrey Stewart, Program Director

696 Upper Glen Street

Queensbury, NY 12804

Phone: (518) 743-9158

Fax: (518) 793-5784

Email: [rsvp@tcuwny.org](mailto:rsvp@tcuwny.org)

240 Volunteers

Retired & Senior Volunteer Program (RSVP) of Warren & Washington County offers a wide variety of opportunities for people age 55+ to utilize their experience, talents, and skills in meeting community needs. RSVP accurately tracks and reports the value of service provided to the community by our local senior RSVP members, recognizing our volunteers through such events as our annual recognition breakfast and the National Volunteer Week celebration. RSVP volunteers assist public and not-for-profit agencies and licensed health care facilities by providing an array of community services, including homebound meals delivery, medical transportation, mentoring youth and the disabled, tax preparation assistance for seniors and local income applicants, osteoporosis prevention classes and continuing education for leaders training, environmental improvement, fund-raising event assistance for non-profits, and housing rehabilitation, and

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much more. RSVP is a home where organizations partner and work collaboratively for a multitude of opportunities that will better serve our neighbors and make life a little easier.

## Rochester Region

### **The Community Place of Greater Rochester**

Monroe County FGP

Katy Allen, Program Director

145 Parsells Avenue

Rochester, NY 14609

Phone: (585) 224-2601

Fax: (585) 288-8662

E-mail: [kallen-caballero@communityplace.org](mailto:kallen-caballero@communityplace.org)

89 VSY

The Foster Grandparent Program at The Community Place in Rochester, NY engages over 95 elders providing service to children. Our FGs assist children at 36 area schools, Head Starts and child care centers primarily in the City of Rochester. Our FGs mentor, tutor, provide positive reinforcement, love and encouragement to help these children be successful. Over half of our FGs speak Spanish as their first language and we are unique in our ability to provide Latino volunteers to assist children whose family language is Spanish and primary culture is Latino. We also have a unique mentoring program providing assistance to children who are in or at-risk of being in foster care.

### **The Community Place of Greater Rochester**

Monroe County SCP

Katy Allen, Program Director

145 Parsells Avenue

Rochester, NY 14609

Phone: (585) 224-2601

Fax: (585) 288-8662

E-mail: [kallen-caballero@communityplace.org](mailto:kallen-caballero@communityplace.org)

62 VSY

The Senior Companion Program at The Community Place engages over 66 elders in providing assistance to frail elders throughout Monroe County. Our Senior Companions volunteer with 7 community agencies providing in home support services such as, socialization, transportation to grocery shopping, doctor appointments and essential errands, meal preparation, laundry assistance and caregiver respite to over 100 frail elders. In addition, Senior Companions volunteer at 3 adult day programs and 2 senior centers ensuring that elders at-risk are able to continue attending these important programs. All of our senior companion services are designed to assist elders to age in place and promote independence. Over half of our Senior Companion volunteers speak Spanish as their first language and we are unique in our ability to provide Latino volunteers to assist Spanish speaking elders in their own language and culture.

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**Lifespan of Greater Rochester**

*Monroe Co. RSVP*

Mary Beth Gueldner, Program Director

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Rochester, NY 14618

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Fax: 585-244-9114

[mbgueldner@lifespan-roch.org](mailto:mbgueldner@lifespan-roch.org)

700 Volunteers

RSVP of Monroe County has a long history in Monroe County. RSVP enjoys good relationships with over 100 stations, including those dealing in education, health, youth, animal rights, assistance for older adults, and cultural events. Our volunteers do everything from making quilts, to mentoring children of incarcerated parents, to assisting those undergoing chemotherapy, to delivering blood products, to advocating for those in nursing homes, to driving patrons to local concerts. The program also enjoys a good relationship with a local coalition of volunteer drivers – those who take older adults to medical appointments and other activities, which is a great need in our community. Volunteers are giving the opportunity to volunteer at a number of sites, and take the time to find where their passion lies and they do -- our volunteer with the longest years of service has been with us for 25 years, and our oldest volunteer is 88 years old.

**Wayne County Action Program, Inc.**

*FGP of Wayne, Seneca, Yates and Ontario Counties*

Carm Krueger, Program Director

159 Montezuma St.

Lyons, NY 14489

Phone: 315/946-7530

FAX: 315/946-7430

E-Mail: [carm.krueger@waynecap.org](mailto:carm.krueger@waynecap.org)

69 VSY

The Foster Grandparent Program is a versatile and engaging multi-county program. Over sixty active Foster Grandparents embrace, nurture, and teach the younger generation about caring and sharing. Foster Grandparents service includes tutoring and assisting with reading in elementary schools; school preparedness activities with children in Head Start and Day Care sites; and working with special education children to develop and reinforce basic social, emotional and cognitive skills. As part of its commitment to the children of the community FGP has implemented a program that discreetly recognizes a child of an incarcerated parent. It has been statistically proven that connecting with a child of an incarcerated parent and beginning the process of changing the cycle of the child's environment by helping with self-esteem, vocal communication, and enhancing reading capabilities, the chances of the child becoming incarcerated are five times less than if they were not recognized. It is through the dedication of the Foster Grandparent working with assigned children on a daily basis, that these children can improve their academic skills and move to the next grade level.

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**Wayne County Action Program, Inc.**  
*RSVP of Wayne, Seneca, Yates and Ontario Counties*  
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E-Mail: [carm.krueger@waynecap.org](mailto:carm.krueger@waynecap.org)  
120 Volunteers

The RSVP Bone Builder's program promotes exercise to the seniors as well as recruits senior volunteers to become trainers for the classes. RSVP supports a transportation service that provides medical transportation for the elderly to their doctor's appointments with the assistance of a senior volunteer to dispatch the drivers. In addition, a team of seniors volunteer during Tax Season to provide free tax preparation services for low-income seniors, and other low-income families. A new initiative of RSVP is the Food Sense program which encompasses the community as a whole. The senior volunteers help promote, market, and implement the existing Food Sense program. A recent program development is a mentor to adult mentor program. These senior volunteers provide one-to one or small group mentoring opportunities with residents living at the Success Center Transitional House in Sodus. One of the last programs that emulates the RSVP project is the reading buddy partnership. Several volunteers go into the school and enrich the children of the community either by assisting them with homework assignments, classroom studies or simply just reading a book to the class.

**Livingston County Office for the Aging**  
*Livingston County FGP*  
Deb Gage, Program Director  
Livingston Co. Campus Bldg #8  
Mt. Morris, NY 14510  
Phone (585) 243-7517  
FAX: (585) 243-7516  
E-Mail: [dgage@co.livingston.ny.us](mailto:dgage@co.livingston.ny.us)  
41 VSY

The Foster Grandparent Program of Livingston, Steuben and Wyoming Counties provides support primarily in the area of (elementary) children with literacy needs. In addition to tutoring children with special needs, the program serves pre-elementary children with support for developmental progress and school readiness, as well as the mentoring of older youth and teens with special challenges.

## Southern Tier Region

**Opportunities for Chenango, Inc.**  
*Chenango RSVP*  
Linda Campbell, Project Director  
41 West Main St. PO Box 470  
Norwich, NY 13815  
Phone: (607) 336-6414 x 108  
Fax:(607) 336-6958  
E-mail: [RSVP@ofcinc.org](mailto:RSVP@ofcinc.org)  
225 Volunteers

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Chenango County RSVP has been a part of the community since 1996. Volunteers serve in about 50 non profit agencies and organizations in all reaches of the county. Unique to Chenango County RSVP is the Christmas for Seniors Program that was started in 2003. Modeled after the Toys for Tots campaign, gifts and food baskets are personally delivered to seniors that need a little extra cheer during the Christmas Season. Referrals come from several sources, and the gifts are wrapped and delivered by RSVP volunteers. In 2007, 111 seniors were recipients in the program. Emergency Beacon Bulbs are available to rural residents. The light bulbs are designed to be put in outdoor lamp posts or porch light fixtures. When there is an emergency and 911 is called, the resident turns the light switch on, off and on again, causing the light bulb to blink. This notifies the emergency personnel of exact the residence that needs their response. Especially effective in a rural community like Chenango County, the bulbs are distributed throughout the year, but especially by RSVP volunteers during fire prevention week open houses at area fire stations.

### **Broome County Office for the Aging**

*Broome County FGP*

Deborah Stewart, Program Director

c/o Broome Co OFA

PO Box 1766

Binghamton, NY 13902

Phone: (607) 778-2091

FAX: (607) 778-2316

E-Mail: [dstewart@co.broome.ny.us](mailto:dstewart@co.broome.ny.us)

59 VSY

In Broome County, 60 Foster Grandparents volunteer their time to help our community's special needs children be successful. Foster Grandparents in daycare centers help pre-school children learn non-aggressive ways of problem solving. They help the children develop language skills to solve problems, and encourage the development of self-control to limit aggressive behavior. Foster Grandparents help Head Start students achieve their developmental goals so they will be on track to start kindergarten. They assist the Head Start students with problem solving, reading readiness and motor development. Foster Grandparents in elementary schools help students meet their grade level benchmarks or achieve their Individual Education Plan goals. Foster Grandparents in secondary schools help students in life skills classes complete projects and learn study habits necessary for success.

### **Catholic Charities of Broome County**

*Broome County RSVP*

Tammy Hodges, Program Director

230 Main Street

Binghamton, NY 13905

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E-Mail: [thodges@ccbc.net](mailto:thodges@ccbc.net)

1000 Volunteers

The Retired and Senior Volunteer Program serves Broome County through a variety of Programs. RSVP enlists the time and talents of over 1000 volunteers serving approximately 90 stations throughout the County. The transportation program is a unique door-to-door service offering rides to frail seniors to Adult Day Programs, Senior Centers and RSVP volunteer assignment sites. Good Morning Broome," is a telephone reassurance program that uses trained RSVP volunteers to make daily phone calls to homebound and/or isolated seniors to provide reassurance, socialization and information and referrals.

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RSVP of Broome County offers two exercise programs for seniors. The Bone Saver program offers strength training, balance and flexibility exercises to individuals who have osteoporosis or are trying to prevent the development of the disease. The Arthritis Foundation Exercise Program offers exercises designed for individuals that have arthritis or other rheumatic diseases. Both programs use trained RSVP volunteers to facilitate classes. Living Healthy is a new program facilitated by the RSVP of Broome County. This 6-week workshop engages seniors age 60 and over who have a chronic disease or who are caring for someone with a chronic disease to learn how to manage the effects of a chronic illness. Active Choices is another health and wellness program new to Broome County. RSVP trains volunteers to become wellness coaches to older adults who want to increase their physical activity level and need some support and guidance to achieve their exercise goals.

### **Cornell Cooperative Extension of Chemung County**

*Chemung County RSVP*

Carol Houssock, Program Director

911 Stowell Street

Elmira, NY 14901

Phone: (607) 734-4161

FAX: (607) 734-4166

E-Mail: [cwh28@cornell.edu](mailto:cwh28@cornell.edu)

1000 Volunteers

RSVP of Chemung County offers traditional volunteer recruitment and management of individuals ages 55 and over looking to make a difference in their community. We directly manage Bone Builders and RIDE (medical transportation). We operate a volunteer transportation program (to and from volunteer assignments) with our fleet of vehicles. We also participate in the County's TRIAD program, and recently became part of a collaboration of three agencies in a United Way-funded venture grant program called SOS (Supporting Our Seniors). This effort involves the recruitment and placement of volunteers of all ages, who will provide basic services to eligible low-income seniors to enable them to remain in their homes for as long as possible. RSVP of Chemung County manages nearly 1,000 active volunteers making an impact at over 120 participation agencies in Chemung County.

### **Cornell Cooperative Extension of Schuyler County**

*Schuyler/Yates RSVP*

Dick Evans, Program Director

323 Owego St., Unit 5

Montour Falls, NY 14865

Phone: (607) 535-7105

FAX: (607) 535-6813

E-Mail: [rke9@cornell.edu](mailto:rke9@cornell.edu)

350 Volunteers

RSVP serving Schuyler and Yates Counties has provided senior volunteer service in the rural Finger Lakes region of New York State since 1973, under the continued sponsorship of Cornell Cooperative Extension of Schuyler County. Senior volunteers focus on addressing community need with an emphasis in the area of child literacy, osteoporosis prevention and reduction, food distribution for the needy and unmet medical transportation needs.

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### **Steuben County For Aging**

*Steuben County RSVP*

Nan Hammes, Program Director

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Bath, NY 14810

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E-Mail: [nanh@co.steuben.ny.us](mailto:nanh@co.steuben.ny.us)

540 Volunteers

The mission of Steuben County RSVP is to promote the concept of productive aging, providing individuals, age 55 and older, with meaningful work, while utilizing them as community builders. RSVP seniors, through a wide variety of volunteer opportunities, provide major cost savings to agencies and municipalities and make a significant impact on critical community needs. Along with placing volunteers at over 150 agencies throughout Steuben County, RSVP also oversees or works closely with several of the impact program areas. The projects with direct oversight by RSVP staff are Citizen Corps/Disaster Preparedness (through a PNS grant), Telephone Reassurance, Reading Buddy and Project Care. RSVP also serves, along with our sponsor, the Steuben County Office for the Aging, on the TRIAD S.A.L.T. Council. The relationship with these programs puts us in a better position to assess critical community need and assist in the process of developing good measurement tools. Steuben County is a very large rural county. Having oversight or a close relationship with several of the impact program areas also helps us to tailor these programs to the needs of the more rural areas of the county. The RSVP program's goal in doing that is to create volunteer opportunities in areas where they didn't exist before.

## **Statewide**

### **NYS OPWDD**

*NYS OPWDD SCP*

Nancy Langenstein, Program Director

44 Holland Ave.

Albany, NY 12229-0001

Phone: (518) 474-9882

FAX: (518) 473-9695

E-Mail: [nancy.langenstein@omr.state.ny.us](mailto:nancy.langenstein@omr.state.ny.us)

513 VSY

The Office for People With Developmental Disabilities (OPWDD) SCP is celebrating 30 years in 2009! As OPWDD evolved from institutional residential and day program operations in that timeframe, the Senior Companion Program followed. Today, our project has 539 volunteers serving adults with Developmental Disabilities in state operated and private group homes, Family Care, independent homes and various levels of nursing care. Our Senior Companions also volunteer in day programs, supportive employment, senior centers, and adult day care.

Volunteer assignments can be socially based, provide independence training for activities of daily living, or offer a variety of community integration opportunities including the creative arts and faith-based initiatives. The goal of all of our Senior Companions is to promote independence allowing the people they are assigned, to live the life they dream of to the best of their capabilities. OPWDD is grateful to have had such a wonderful resource to assist with the transition, moving from institutional to community based life. Senior Companions and the relationships they have with the people they are assigned, made a difference then and continues to benefit today as our population continues to have opportunities to further independence. The

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agency sees the benefits of this program with its win-win philosophy for both populations and is supportive in future SCP initiatives that will continue to benefit people with developmental Disabilities and the SCP.

## Syracuse/Central NY Region

### **City of Auburn**

*City of Auburn RSVP*

Mary Ann Kolo, Program Director

149 Genesee Street

Auburn, NY 13021

Phone: (315) 255-1733

Fax: (315) 252-3669

[mkolo@co.auburn.ny.us](mailto:mkolo@co.auburn.ny.us)

500 Volunteers

The City of Auburn RSVP was established in 1973 as a result of a grant written by the Director of a local Senior Citizens Club and the Director of Parks and Recreation for the City of Auburn. RSVP in Auburn has grown to a volunteer force of over 500 volunteers giving of their time and talent at 70 volunteer stations. RSVP volunteers have donated thousands of hours and have a reputation for making a difference in the community despite an average age of 74 years old. For the past 35 years, RSVP has been a successful and well received program in Auburn and Cayuga County. We continue to work diligently to be a moving force in the community and strive to maintain the well-being of our volunteer corps.

### **Catholic Charities of Onondaga County**

*Onondaga County RSVP*

Donna Nash, Program Director

2826 Lemoyne Ave

Mattydale, NY13211

Phone: (315) 424-1810

Fax:(315) 424-6839

E-Mail: [dnash@ccoc.us](mailto:dnash@ccoc.us)

556 Volunteers

RSVP partners with the Syracuse School District and the Catholic Schools to provide tutors in reading and math. Volunteers also serve with the American Red Cross in blood services which includes delivery of blood supplies to hospitals. Respite is provided to caregivers at the Alzheimer's Association day care to enable persons with dementia to remain living at home. Other assignments for volunteers include tutoring Adults in reading, ESL, Computer literacy, Meals on Wheels and Food Distribution centers which enable seniors to meet their minimum daily nutritional needs.

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**Interfaith Works of CNY**

*Onondaga County SCP*

Larry Crinnin, Program Director

3049 E Genesee Street

Syracuse, NY13224

Phone: (315) 449-3453

Fax:(315) 449-3103

E-Mail: [lcrinnin@interfaithworkscny.org](mailto:lcrinnin@interfaithworkscny.org)

63 VSY

The Senior Companion Program of Onondaga, Cayuga and Madison counties supports the mission of its sponsoring agency, InterFaith Works, through the commitment to serve an otherwise underserved populations including low income elderly, the Southeast Asian, African American, and Russian populations. The diversity within this program enriches the lives of all of the participants including the senior companions, the clients and the program staff. They embrace learning of each other's cultures and stages of life, and celebrate the differences as well as similarities during monthly in-services and special recognition functions.

Senior Companions help break the cycle of depression and isolation felt by many homebound seniors through regular visits and unrushed, quality time spent with the clients. In addition, many of companions provide critical translation services to some of their clients who have trouble understanding English, accompanying them to pharmacies, doctor visits, and even to the emergency room or hospital as needed.

**Cornell Cooperative Extension of Madison County**

*Madison County RSVP*

Mary Bartlett, Program Director

Box 1209

Morrisville, NY 13408

Phone: (315) 684-3001

FAX:(315) 684-9290

E-Mail: [mb786@cornell.edu](mailto:mb786@cornell.edu)

350 Volunteers

For more than 35 years, RSVP has matched service opportunities with people willing to help. RSVP of Madison County engages over 350 senior residents in volunteer service to make a positive impact in their communities. RSVP helps individuals utilize their skills and experience through assignments with not-for-profit organizations, focusing on those that help to address priority community needs. Madison County RSVP manages the volunteer-driven Tax Counseling for the Elderly program, the Long Term Care Ombudsman Program, and the Osteoporosis Prevention Exercise Program in Madison County. RSVP's current volunteers serve at these additional Impact Stations: Office for Aging Medical Transportation, Red Cross Blood Drives, Food Pantries, and Thrift Stores. Over the past few years, RSVP, with collaboration from several key organizations, has developed and overseen Disaster Preparedness projects also.

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**Cortland County Legislature**

*Cortland County RSVP*

Cindy Stockholm, Program Director

60 Central Avenue

Cortland, NY 13045

Phone: (607) 753-5057

FAX:(607) 756-3448

E-Mail: [cstockholm@cortland-co.org](mailto:cstockholm@cortland-co.org)

600 Volunteers

The Cortland County RSVP Program provides opportunities for persons 55 or older to volunteer and serve their community in a meaningful way. The volunteers address a full spectrum of community needs, ranging from teaching mature safe driving classes and working with children in local schools, to assisting at local food pantries and greeting visitors and providing information at the local tourist booth, to name a few. Volunteers in Cortland County utilize their life experiences and skills to answer the call of serving their community through volunteering. Volunteers are matched with one of 68 different non-profit organizations in Cortland County, based on the volunteer's interest and the needs of the organization. In 2007, over 600 RSVP volunteers donated 75,604 hours of service to the Cortland County community.

**Elderlife, Inc.**

RSVP of Oneida County

Kari Johnson, Program Director

220 Memorial Parkway

Utica, NY 13501-4831

Phone: (315) 223-3973

Fax: (315) 223-3975

[kjohnson@oneidacountyrsvp.org](mailto:kjohnson@oneidacountyrsvp.org)

350 volunteers

RSVP of Oneida County provides volunteer opportunities for people age 55 and over with a myriad of experience and interests from all economic, educational and social backgrounds to serve on a regular basis in a variety of settings throughout their communities. RSVP volunteers provide services that utilize their own talents and interests; and present their communities with a rich array of options for addressing the full spectrum of community needs.

**Tompkins County Senior Citizens Council**

dba **Lifelong**

Lillian Hartman, Director

121 Court Street

Ithaca, NY 14850

Phone: (607) 273-1511

FAX: (607) 272- 8060

Email: [lhartman@tclifelong.org](mailto:lhartman@tclifelong.org)

399 Volunteers

The Retired and Senior Volunteer Program serves Tompkins County through a variety of service programs. In 2007, the dedicated and determined army of volunteers served over 59,029 hours in 65 agencies. RSVP acts as a bridge for volunteers to identify service opportunities in nonprofit agencies. In many cases, the talent and time served by RSVP volunteers "helps keep the doors open." Our volunteers fill a variety of

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needs including offering health insurance counseling, providing clerical assistance, working at food pantries, caring for abandoned animals, driving community elderly or handicapped to needed medical appointments. Whatever the need, the RSVP volunteers are willing to fill it.

**Mohawk Valley Community Action Agency, Inc.**

*Mohawk Valley FGP*

Ann Perry, Program Director

9882 River Road

Utica, NY 13501

Phone: (315) 732-2164

Fax:(315) 732-3633

E-mail: [aperry@mvcaa.com](mailto:aperry@mvcaa.com)

45 VSY

Mohawk Valley Community Action Agency, Inc.'s Foster Grandparent Program pairs senior citizens with children who have special or exceptional needs. Volunteers serve their communities at a wide variety of stations throughout Oneida, Herkimer, and Madison counties. The Foster Grandparents provide needed one-on-one attention in the areas of health, education, and welfare. Our volunteers serve as mentors, and tutors for at-risk children and youth with special needs through a variety of community organizations including schools, Head Start Centers, day care agencies, and state correctional facilities. Volunteers work with each child one-on-one to develop a positive relationship that will impact the child's physical, mental, emotional, academic and social development.

**P.E.A.C.E., Inc.**

Onondaga County FGP

Beth O'Hara, Program Director

401 South Midler Avenue

Syracuse, NY 13206

Phone: (315) 295-0719

Fax:

E-mail: [bohara@peace-caa.org](mailto:bohara@peace-caa.org)

78 VSY

FGP of P.E.A.C.E. Inc.'s 85 Foster Grandparents provide volunteer service at approximately 35 sites throughout the City of Syracuse and Onondaga County. Typical FGP volunteer placements include elementary schools, day care centers, Head Start sites, hospitals, detention centers, group homes and children's programs. The majority of FGP assignments are at local elementary schools, including schools in the following school districts: Baldwinsville, Liverpool, North Syracuse and Syracuse City Schools. At schools, foster grandparents provide assistance with reading, language arts, math, and other academic subjects. They reinforce basic skills taught in class, offer guidance, practice lessons, monitor progress, and help students remain focused on tasks. A number of Foster Grandparents are assigned to Head Start centers, where they provide support and nurturing through modeling social skills and appropriate behavior; encouraging self-help skills; supplying positive reinforcement; conversing with and listening to children; promoting self-esteem, encouraging verbalization and language development; as well as small and large motor skills.

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**The Research Foundation on behalf of SUNY at Oswego**

*Oswego County RSVP*  
Ellen Wahl, Program Director  
62C Mackin Hall, 10 SUNY Oswego  
Oswego, NY 13126  
Phone: (315) 312-2317  
FAX:(315) 312-2210  
E-Mail: [ellen.wahl@oswego.edu](mailto:ellen.wahl@oswego.edu)  
459 Volunteers

RSVP of Oswego County, New York, is in a rural, middle to low income, county in the Lake Ontario snow belt with no senior center. Because there is limited means for social connectedness RSVP has become a primary means for seniors to integrate into the life of the Oswego County community. RSVP often provides the missing ingredient for both agencies and individuals in mobilizing seniors as a resource to satisfy unmet needs and target underserved areas. The Osteoporosis Program is a good example of this and has grown most rapidly and with greater frequency in the more rural areas and is the RSVP program's largest volunteer placement opportunity. The RSVP program's most ambitious programmatic undertaking was the launching of the Music & Dance Series, which is the recreation of a 1940's nightclub. It has been a stunning intergenerational success almost overnight. Although the original intent of the Series was to offer a social outlet, the physical, mental and emotional impacts were huge.

## Westchester/ Mid-Hudson Region

**Columbia Opportunities, Inc.**

*Columbia County RSVP*  
Marcella Beigel, Program Director  
721 Columbia St  
Hudson, NY 12534  
Phone: (518) 828-0251  
FAX: (518) 828-4614  
E-Mail: [mbeigel@columbiaopportunities.org](mailto:mbeigel@columbiaopportunities.org)  
134 Volunteers

The Columbia County Retired Senior Volunteer Program offers opportunities for those age 55 and older to volunteer time and service to others in the community. With over 70 volunteer stations, there are many assignments to choose from. Volunteers help other seniors live independently by delivering meals, providing medical transportation via an original program "R.I.D.E." (Retired Individuals Driving Elderly), and inspecting homes for fire safety. Others lend a hand with museum and historical projects, help raise funds for local children and youth programs, and aid in the largest county-wide holiday gift program for children.

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**Community Action Partnership of Dutchess County**

*Dutchess County RSVP*

Deborah Wilkins-Flippin, Program Director

77 Cannon Street

Poughkeepsie, New York 12601

Phone: (845) 452-5104

FAX: (845) 625-1510

E-Mail: [dflippin@dutchessCAP.org](mailto:dflippin@dutchessCAP.org)

800 Volunteers

RSVP of Dutchess County has several program initiatives: Two intergenerational programs that address mentoring, tutoring and literacy, Sincerely Yours, a pen pal program that matches a local student with a senior citizen, for the purpose of improving the students reading and writing skills and learning about the older generation. For the senior it is a way to alleviate loneliness and know they are making a difference in a child's life. And, the Learning Through Others program, where twice a month a group of seniors serve in two local schools for the purpose of working on community projects, reading together, celebrating holidays, etc. The Citizen Corps program was established to address the Homeland Security initiative in 2002. After 9/11, 50 volunteers signed up to be trained by the local Medical Reserve Corps, the Dept. of Emergency Response, 5 local hospitals, the Red Cross, D.C. Health Dept. 25 RSVP volunteers were trained and credentialed to work effectively and safely during an emergency situation. RSVP provides 53 volunteer trainers to the Dutchess County Senior Exercise Program, a progressive weight training and balance improvement program, designed for seniors, to promote positive effects of exercising, thus counteracting the effects of osteoporosis and improving mobility, muscle, strength, stamina and balance and improve quality of life. The Volunteers in Transition program, is unique in that it has over 250 volunteers, most of who are challenged in some way, physically, developmentally and/or isolated and frail. This program brings a volunteer project to where the senior resides for them to work on and then is distributed back to the community. -RSVP volunteers assigned to the Literacy Connections program tutor students one on one for basic reading and to group tutoring for English as a Second Language. And hunger, by providing volunteers to 3 Meals on Wheels programs, a local food pantry and a soup kitchen.

**Greene County Department of the Aging**

*Greene County RSVP*

Ruth Pforte, Program Director

411 Main Street

Catskill, NY 12414

Phone: (518) 719-3557

FAX: (518) 719-3798

E-Mail: [rpforte@discovergreene.com](mailto:rpforte@discovergreene.com)

300 Volunteers

Greene County Department of the Aging RSVP is a project dedicated to helping area seniors maintain and improve their social, health and nutritional status. We seek to maintain and secure maximum independence and dignity for area seniors. The majority of our volunteers volunteer in our Homebound Meal Delivery Program. Volunteers also assist at 5 area Senior Centers with the preparation and packaging of the meals and assist with activities for the senior who attend the congregate meals at the Senior Centers. We also operate a Medical Transportation Program providing rides to doctor appointments and necessary medical treatments for ambulatory seniors. Additional volunteers serve as AARP Driver Safety Instructors, Community Hospice Companions, Friendly Visitors and Telephone Reassurance Outreach. The balance of

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our volunteers volunteer their time by assisting at local nursing homes, libraries, and not-for profit organizations.

### **Orange County Office for the Aging**

*Orange County RSVP*

Mary Stuart, Program Director

18 Seward Avenue

Middletown, NY 10940

Phone: (845) 615-3728

FAX: (845)- -346-1191

E-Mail: [MStuart@co.orange.ny.us](mailto:MStuart@co.orange.ny.us)

765 Volunteers

Orange County, NY, is located 50 miles north of New York City on the Hudson River. Many of the RSVP volunteers moved up here from the city some years ago to have a quieter place to raise their children in the country. One program RSVP would like to showcase this year is the adult literacy program. With a growing population of non-English speaking people, RSVP volunteers are busy tutoring adults in English as a second Language, along with basic literacy skills. The home delivered meals program is also a significant and necessary program, providing a hot meal every weekday for over 500 homebound individuals. The volunteers who deliver the meals faithfully each day also present a smiling face and the hand of friendship and caring along with the meal they deliver. Other volunteers provide hospice support, ombudsman services, friendly visiting, clerical help at non-profits and many other significant services to the people of the county.

### **Putnam County Office for the Aging**

*Putnam County RSVP*

Mary White, Program Director

110 Old Route Six - Bldg #1

Carmel, NY 10512

Phone: (845) 621-0600, ext 114

Fax: (845) 225-1915

E-mail: [marywhitersvp@comcast.net](mailto:marywhitersvp@comcast.net)

450 Volunteers

Putnam County RSVP operates within the County Office for the Aging. We encourage everyone over the age of 55 to volunteer and currently manage a number of engaging opportunities. To highlight a few: Senior Net is a national program and in Putnam County, RSVP volunteers teach other seniors the basics on how use a computer: internet access, photos, word processing, etc. Other RSVP volunteers counsel entrepreneurs and offer assistance to them as they write a business plan and start up a new business venture, bringing more revenue to the county. Without RSVP, the 3 thrift shops in Putnam County wouldn't run as smoothly! RSVP volunteers manage these 3 shops- coordinating schedules for volunteers, maintaining bank deposits, sorting clothing, selling items and collecting items for sale. Not only have residents of Putnam County had access to quality, affordable goods, but the stores have generated millions of dollars for the county hospital. RSVP also supports the Salvation Army by running their fund drive. RSVP volunteers also provide transportation to seniors for medical appointments, and help at nutrition sites and at food pantries. You'll find that RSVP volunteers are involved in many more activities throughout Putnam County, helping to make the county the great place that it is!

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**VCS Inc.**

*Rockland County FGP*  
John Sullivan, Program Director  
77 South Main Street  
New City, NY 10956  
Phone: (845) 634-5729  
Fax: (845) 634-7839  
E-mail: [jsullivan@vcs-inc.org](mailto:jsullivan@vcs-inc.org)  
71 VSY

Rockland County, approximately 20 miles north of New York City is the smallest geographic county in NYS: 174 square miles, one third of which is parkland. Community relationships established by VCS, Inc. will benefit the Foster Grandparent Program to promote supportive one to one service to children with special needs and to enable limited income persons aged 60+ to remain active in their community. Currently, the Foster Grandparent Program in Rockland County manages and nurtures 17 volunteer stations that address the determined community needs: literacy, special education, health and nutrition, disaster preparedness in pre-school, elementary education settings, Head Starts, school districts, BOCES, and day care centers.

**Rockland Community College**

*Rockland County RSVP*  
Gerri Zabusky, Program Director  
185 N. Main St.  
Spring Valley NY 10977  
Phone: (845) 356-6818  
Fax: (845) 574-4498  
E-Mail: [gzabusky@sunyrockland.edu](mailto:gzabusky@sunyrockland.edu)  
715 Volunteers

Major volunteer assignments are the Meals on Wheels and Supplemental Nutrition Programs, various Homeless Food pantries and Programs, Friendly visiting which includes volunteers working with Hospice. Volunteers also tutor children in K- 5 with reading and math and mentor High School and Middle School Children in conjunction with the Liberty Partnership program sponsored by the New York State Department of Education. The Ombudsman Program routinely addresses issues of quality of life, transfer requirements, financial concerns, privacy and administrative issues in Rockland County hospitals and nursing homes.

**Sullivan County Legislature**

*Sullivan County RSVP*  
Carol J. Kelly, RSVP Project Director  
100 North Street  
Monticello, NY 12701  
Phone: 845-794-3000 X3026  
Fax: 845-794-7409  
[carol.kelly@scgnet.us](mailto:carol.kelly@scgnet.us)  
285 Volunteers

The Retired Senior Volunteer program of Sullivan County, New York places interested persons in meaningful volunteer opportunities. The volunteers share their time, experience and knowledge with others in our community. RSVP volunteers use their experiences to tutor children, assist at our local hospitals,

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deliver meals on wheels to the frail elderly, transport to medical facilities or may volunteer for a one time event.

### **Ulster County Community College**

*Ulster County RSVP*

Catherine Canzian, Program Director

409 Development Ct.

Kingston, NY 12401

Phone: (845) 339-2181

Fax: (845) 339-2164

E-Mail: [canzianc@sunyulster.edu](mailto:canzianc@sunyulster.edu)

481 Volunteers

RSVP of Ulster County, New York is sponsored by SUNY Ulster. RSVP promotes volunteerism by offering individuals aged 55 and older the opportunity to meet a variety of community needs through contributions of time and talent. Volunteers provide a wide range of voluntary services and support to assist 65 partnering community agencies' missions in fields such as education, environment, community and economic development, disaster preparedness and homeland security, health and nutrition, public safety, and other human needs. Several signature programs are designed to serve older adults, youth and other vulnerable populations. They are: Senior Net Learning Center - which is designed to teach computer skills to the older learner, Neighbor to Neighbor Program - which matches those who need help to remain independent and age in their own homes with volunteers willing to help, Senior Workers Attack Team (SWAT) - which provides not-for-profit agencies the ability to recruit teams of volunteers to fill variety of episodic volunteer opportunities to assist them in meeting the needs of special events or activities and RSVP Pen Pal program – an intergenerational program that matches 4<sup>th</sup> grade students to seniors to exchange letters throughout the school year and culminates with a picnic at an historic site within Ulster County.

### **Volunteer Center of Westchester County**

*Westchester County RSVP*

Eridania Camacho, Director

280 North Central Avenue – Suite 310

Hartsdale, NY 10530-1839

Phone: (914) 227-9303

Fax: (914) 948-3032

E-mail: [eridania@volunteer-center.org](mailto:eridania@volunteer-center.org)

900 Volunteers

RSVP of Westchester's mission is to assist public and nonprofit agencies in addressing community issues through strategic volunteer service and to enrich the lives of individuals 55+ by involving them in vital activities serving local needs. Between July 2006 and June 2007, 889 RSVP members contributed 104,000 hours of services at over 76 nonprofit organizations throughout Westchester.

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**Westchester Community Opportunity Program, Inc**

*WestCOP FGP*

Rosemarie Bahr, Program Director

2269 Saw Mill River Road

Building #3

Elmsford, NY 10523

Phone: (914) 592-5600 ext 114

Fax: (914) 592-0021

E-mail: [rbahr@westcop.org](mailto:rbahr@westcop.org)

245 VSY (238 CNCS funded + 7 non-CNCS funded)

The Foster Grandparent Program of Westchester Community Opportunity, Inc. provides services to children and youth with exceptional or special needs in Westchester, Putnam, Ulster, Sullivan, Orange and Dutchess Counties. This year the program is celebrating its 36<sup>th</sup> anniversary as the FGP sponsor. WestCOP changes people's lives and is strongly committed to children. The FGP volunteers strive to embody the spirit of hope, improves communities, and makes America a better place to live. Through this program partnership, the agency is connected to the entire community.

## Western New York Region

**Cattaraugus County Department on Aging**

Cattaraugus County Retired Senior Volunteer Program (RSVP)

David Rodkey, Program Director

1 Leo Moss Drive Suite 7610

Olean NY 14760-1101

Phone: (716) 701- 3215

Fax: (716) 701-3730

E-mail: [darodkey@cattco.org](mailto:darodkey@cattco.org)

700 Volunteers

Through the RSVP, 700 volunteer citizens 55 years of age or older contributed 69,000 hours at 48 volunteer stations in 2007. Typical locations include libraries, schools, hospitals, senior dining sites, meal on wheels, museums, nursing homes and various human services agencies such as The American Red Cross; Interfaith Caregivers Inc. The RSVP provides mileage reimbursement, volunteer insurance, training, special community initiative projects and volunteers recognition events including a yearly tribute event in May. Cattaraugus County is rural with a total population of 81,534 16% are age 60 plus.

**Genesee County Office for the Aging**

RSVP of Genesee County

Dorian Ely, Program Director

2 Bank Street

Batavia, NY 14020

Phone: (585) 343-1611

Fax: (585) 344-8559

E-mail : [dely@co.genesee.ny.us](mailto:dely@co.genesee.ny.us)

500 Volunteers

RSVP of Genesee County emphasizes community collaboration in the areas of intergenerational programming, emergency preparedness and engaging baby boomers in episodic volunteerism as a vehicle

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for the mobilization of more volunteers. Through partnership with AmeriCorps, Learn and Serve, United Way and local youth bureaus and schools, RSVP of Genesee County serves children in foster care, children faced with literacy challenges and at-risk youth. Working with the 15 agencies in the Genesee Region Citizen Corps Council, this RSVP program promotes emergency preparedness at a citizen by citizen level, while providing volunteer support for agency preparedness drills. With 50 partner agencies in Genesee County, RSVP recruits volunteers to assist with one-time events as well as for on-going projects.

### **Catholic Charities of Western NY**

*Erie County FGP*

Dorothy Turchiarelli, Program Director

128 Wilson Street

Buffalo, NY14212

Phone: (716) 869-6388

Fax: (716) 842-1277

E-Mail: [dorothy.turchiarelli@ccwny.org](mailto:dorothy.turchiarelli@ccwny.org)

95 VSY

Foster Grandparents volunteer in after school programs to reinforce school day learning. Elementary Education volunteers work one on one with K-3 students on remedial reading, social and listening interaction. In Head Start and Pre-K Day Care sites Foster Grandparents work with 3 -8 year olds on literacy, alphabet and number identification. Volunteers also serve with homeless shelters to provide reassurance, companionship and tutoring. The Foster Grandparent Program places volunteers in four area hospitals providing support, roles models, play therapy and tutoring to infants and children.

### **Child & Family Services**

*Erie County SCP*

Lisa Holmes, Program Director

844 Delaware Ave.

Buffalo, NY 14209

Phone: (716) 335-7201

Fax: (716) 822-1451

E-Mail: [lhomes@cfsbny.org](mailto:lhomes@cfsbny.org)

93 VSY

Child and Family Services' Senior Companion Program (SCP) makes it possible for organizations and institutions to provide top quality cost effective services to their clients. The Senior Companion Program (SCP) recruits, trains, provides referrals, places and supports an estimated 300 clients and 93 volunteers in Erie County. The Senior Companions provide services to homebound frail isolated seniors and clients at senior centers and provide liaison services, assistance with daily living, shopping errands, transportation/escort services to medical appointments, respite, nutrition, socialization, and comforting. The SCP works with local health care organizations and human service agencies to deliver non-medical services to clients who can no longer manage in their homes without assistance. The majority of the program's Senior Companions are located in the city of Buffalo, however volunteers do serve in other areas of the county where service is needed and transportation is available to the Senior Companions who serve in those areas.

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**Erie County Department of Senior Services**

*Erie County RSVP*

Patricia Dowling, Program Director

95 Franklin Street

Buffalo, NY 14202

Phone: (716) 858-7548

Fax: (716) 858-7159

E-Mail: [dowlingp@erie.gov](mailto:dowlingp@erie.gov)

1150 Volunteers

Each year, approximately 1150 volunteers age 55+ provide more than 185,000 hours of service at 90 community partner agencies. The largest numbers of volunteers serve in agencies providing environmental education for children and adults, transportation for elderly and disabled adults, home-delivered meals, food pantries and community dining rooms serving high poverty neighborhoods, and hospitals. RSVP volunteers are part of many of the exciting cultural heritage developments in Erie County such as Frank Lloyd Wright's Martin House and Graycliff, the Naval and Military Park, the Botanical Gardens, and the Olmsted Parks system. RSVP coordinates the Erie County Lifelong Learning Program, offering stimulating academic lectures and short courses by volunteer instructors at local senior centers. RSVP also is a lead agency in the Erie County Volunteer Transportation Collaborative made up of agencies involving volunteer drivers to transport elderly or disabled individuals, meals, donated food, blood and medical supplies. The Collaborative pools agency resources to recruit and train volunteer drivers. RSVP sends e-mail notices to over 300 volunteers on-line interested in helping out with one-time special events. Our newsletter, RSVP Connections, highlights the accomplishments of RSVP volunteers and new volunteer opportunities.

**Health Association of Niagara County – Volunteer Center at HANCI**

*Niagara County FGP*

Michele Long, Program Director

1302 Main St.

Niagara Falls, NY 14301

Phone: (716) 285-8224 x 223

Fax: (716) 285-8232

E-Mail: [long@hanci.com](mailto:long@hanci.com)

74 VSY

Foster Grandparents help and mentor children and youth in schools, Head Start programs, childcare centers, and after-school and summer programs throughout Niagara County. Volunteers serve between 15 and 40 hours each week, depending on their availability. Foster Grandparents also give back to the community through food drives, sock and underwear drives for needy children, and recycling projects. In addition to their tax-free stipend and ongoing training opportunities, Foster Grandparents enjoy an annual recognition dinner and regular volunteer appreciation events, such as free concerts and other gatherings.

**HANCI –Volunteer Center at HANCI**

*Niagara County RSVP*

Michele Long, Program Director

1302 Main St.

Niagara Falls, NY 14301

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## Updated October 2010

Niagara County RSVP volunteers serve in any of 90 different nonprofit and public organizations throughout Niagara County. Available volunteer assignments are too numerous to mention, but the following signature projects receive special attention:

- PATH (Providing Assistance to the Homebound) builds wheelchair ramps for needy, disabled Niagara County residents.
- Thanks for the Memories assists older adults with writing their memoirs and family histories. A toolkit developed by RSVP takes writers from the day they were born to the present and includes a section on sharing their final wishes. Volunteers facilitate the classes.
- Walk *Around* Niagara County: Volunteers lead walking groups to promote senior wellness. Participants walk wherever they like, record their miles and see how long it would take them if they actually walked around the perimeter of Niagara County (110 miles). Charts and maps are provided.
- "The Golden Thread," RSVP's cable television show, highlights volunteer opportunities and community needs. Volunteers operate the cameras and provide technical assistance for the program.
- Through RSVP Goes Green, RSVP and Wegmans supermarket in Niagara Falls are working together to recycle plastic shopping bags. Volunteers collect and return plastic shopping bags, based on the notion that that fourteen plastic shopping bags contain enough petroleum to power a car for one mile!

RSVP volunteers enjoy an annual recognition dinner and regular volunteer appreciation events, such as free concerts and other gatherings.

### **HANCI - Volunteer Center at HANCI**

*Niagara County SCP*

Michele Long, Program Director

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75 VSY

Senior Companions provide assistance and friendship to older adults who are homebound and, generally, living alone. By taking care of simple chores, providing transportation to medical appointments, and offering contact to the outside world, Senior Companions often provide the services that frail elderly need to live independently. Senior Companions also provide respite care to assist live-in caregivers for short periods of time. Each volunteer usually serves two to four clients at a time, giving 15 to 40 hours of service each week. Nearly all assignments are in clients' homes; assignments are available across Niagara County. In addition to their tax-free stipend and ongoing training opportunities, Senior Companions enjoy an annual recognition dinner and regular volunteer appreciation events, such as free concerts and other gatherings.

Updated October 2010

**Lutheran Social Services, Inc**

*Chautauqua County FGP*

Debra L. Basile, Project Director

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52 VSY

The Foster Grandparent serving in Chautauqua, Cattaraugus, and Allegany counties are a familiar and welcoming presence in the schools where they serve, whether it be pre-elementary, elementary, Head Start, middle schools or after school programs. Foster Grandparents offer that extra element of support and love to all the children they serve.

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791 Volunteers

Chautauqua County RSVP is working diligently to assist the needy by serving daily in two area soup kitchen nourishing those less fortunate in our community. In an attempt to aid "the least of our brethren", RSVP volunteers operate and manage twelve Food Pantries locally and direct the four Thrift Stores. Not only do they offer their assistance with the basic needs but they offer encouragement and support to these individuals. Others serve to help area seniors remain living independently by offering medical transportation, acting as "Tele-Friends" or "Helping Hands", or working through our Social Integration Program.