

**CAREGIVER SERVICES ASSISTANT**

November is National Family Caregivers Month, and throughout the month we celebrate the strength it takes to be a caregiver, while also recognizing the strain it can have. The Caregiver Resource Center aids in supporting residents of Steuben County caring for loved ones with special needs as a result of aging or disabilities. Support our Caregiver Advocate in maintaining routine contact with caregivers. Caregivers will have something to look forward to that nourishes their own health and resiliency and as a volunteer serving in this capacity, you will invoke active listening, understanding, humor and have an opportunity to make connections for caregivers with community resources. Volunteers may serve at will during regular office hours, approximately 3 hours per week.

**BE A PEER LEADER!**

Evidence Based Programs like A Matter of Balance, Tai Chi for Health and Wellness, Chronic Pain Self-Management, and Bingocize® are at the heart the the OFA ideation of the “New Age of Aging”. These programs promote aging-well, and participants rely on volunteers like YOU to lead them. You do not have to be a professional, or have any previous experience, just a desire to help others and have fun! All training and materials are provided to lead your own class or partner with a friend and lead together! Having instruction from peer leaders empowers program participants who may share similar characteristics, creating a culture of inclusiveness and strongly contributes to the sustainability of these programs.

**PROJECT CARE – DRIVERS NEEDED!**

Do you have just a few hours a week to help a senior get to a doctor appointment or the grocery store? Project CARE is in search of volunteers to assist with transportation and shopping for seniors in and around the Greater Bath area. Now utilizing RideScheduler, a user-friendly web-based scheduler system, which allows you to individualize your experience! You can easily view and select transportation opportunities when it’s convenient for you, from your computer, tablet, or smartphone! Don’t have internet access? That’s OK too! We will accommodate your schedule assist with scheduling transports!

**If you are 55 years of age or older and are interested in these or any other volunteer opportunities, please call Steuben County Office for the Aging 607-664-2298, or** **email** [**RSVP@steubencountyNY.gov**](mailto:RSVP@steubencountyNY.gov) **for more information.**

**VOLUNTEERS ARE THE KEY TO GETTING THINGS DONE!**