

Chemung County Department of Aging and Long Term Care

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VOLUNTEER OPPORTUNITIES

ADVISORY COUNCIL: The council is a voluntary group of citizens who provide information, guidance, advice and support to our department to assist in developing, coordinating and administering services to older persons. The Advisory Council is a key link between the community and this Area Agency on Aging communicating the needs and concerns of older adults in Chemung County.

EAT WELL! LIVE WELL! CONGREGATE MEAL PROGRAM: We provide a lunch time meal at Eat Well Live Well congregate meal sites located throughout Chemung County. Volunteers assist with serving meals, making coffee and helping with clean up, among other tasks. Volunteer opportunities also exist for site managers and team management positions at certain sites. The Department's Nutrition Coordinator and staff as well as volunteer site team managers provide training. *Volunteer opportunities exist for high school, college aged students and adults.*

FRIENDLY VISITOR /TELEPHONE REASSURANCE PROGRAM: This program is designed to enhance the quality of life for Chemung County Seniors who are socially isolated or homebound by providing social interaction, mental stimulation, and emotional support. Volunteers are carefully screened and matched with clients. Volunteers may visit with clients in the client's home for one hour /week, or provide a reassuring friendly phone call. Volunteers may chat, play games, craft, read, or watch TV. The Department's staff provides supervision and training. Volunteer hours are *flexible. Volunteer opportunities exist for those 21 years of age and older.*

HIICAP (Health Insurance Information, Counseling and Assistance Program): HIICAP volunteers assist clients with Medicare and related health insurance decisions, enrollments and problems and provide general support to the HIICAP program as needed. Initial and ongoing trainings are provided. HIICAP volunteers will be certified annually through an exam and training. The Department's staff and the NY State Office for Aging provide training and supervision. Volunteer hours are flexible.

SENIOR GAMES: Chemung County Senior Games is a month-long event held every year in May. This month-long event brings together over 500 senior athletes, age 50 and older that compete in a variety of events including softball, recreational volleyball, pickle ball, golf, shuffleboard, bocce, bowling, horseshoes, and track and field events. Volunteers are needed to help plan the games as well as to chair and help at individual events. The Senior Games committee meets throughout the year. *Volunteer opportunities exist for high school, college aged students and adults.*

For more information, please contact Beth Stranges at (607) 737-5536 or email bstranges@chemungcountyny.gov.