

Welcoming 2024 with Hope

January comes with the gift a fresh start. We hang a new calendar, set new goals, and cast off the worries of the previous year. Perhaps instead of creating a list of rigorous resolutions, we can take on the tradition of setting a mental tone for the new year. A word or a phrase that you'll think back on to reset your mood as needed knowing that good things will come as a result. There are a lot of great options such as peace, vitality, action, or generosity. For 2024, I am choosing 'hope'. As each year passes, there are always things that have gone wrong and pain that may linger, but there are also many tiny moments of joy that are sure to revisit again and again if we are open to experiencing them. Hope reminds us in the bad times that the good will surely return. If we carry that spirit into our service to others it can become contagious. Hopeful hearts will laugh more and spread it further. If you are ready to take on a new challenge this year, take a look at the volunteer opportunities listed on pages 4 & 5. There are a variety of ways to serve with a variety of organizations that are beacons of hope for the community. Whatever you choose for your theme this year, I hope it is one full of hope for good things to come.

Jackie Spencer
Community & Economic Vitality
Resource Educator

CVAC Membership Details

Anyone over age 18 interested in volunteering in Chemung County can become a member of the Chemung Volunteer Action Corps (CVAC) program of CCE Chemung. Members receive the quarterly Thrive newsletter by mail or email, periodic email announcements of volunteer opportunities in the community, and invitations to CVAC member events. CVAC members serve the community in a variety of ways through their volunteer engagement with the many organizations focused on making Chemung County a great place to live. Membership is free, quick & easy!

Take a photo of this QR code with your smart phone and follow the link to the form, email jackiespencer@cornell.edu to request the link, or call (607) 734-4453 ext. 216 to register by phone.



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**Cornell Cooperative Extension
of Chemung County**

425 Pennsylvania Ave., Suite 107
Elmira, NY 14904

chemung.cce.cornell.edu
@CCEChemung

Office Hours
Weekdays 8:30 to 4:30

607-734-4453 ext. 216

SCHEDULED OFFICE CLOSURES:
Jan. 1 & 15, Feb. 16 & 19

AARP Smart Driver Course

Steele Memorial Library

Jan. 15 & 16 - 12:30 pm– 3:30 pm

\$25 AARP Members

\$30 non-members

Contact Fran at 607-732-2576
to register.

Welcome New Members

**Cliff Berlew
Danielle Folk
Summer Folk
Maika Hart
Ron Mansfield**

**Fran Mullnix
Melanie Reed
Janice Rosenbeck
Ruth Rundle**

**Jimmy Russell
Kim Thompson
Amanda Travis
Debra Travis
Lisa Wheeler**

Upcoming CCE Programs

1/9 - 2/27 1-3 pm A Matter of Balance at Villa Serene

1/17-2/7 noon -1 pm Clear the Clutter at CCE Chemung

2/3 2:00 pm Winter Seed Sowing w/ Master Gardeners at Horseheads Free Library

3/5– 3/26 1 pm– 2 pm Budgeting Basics at CCE Chemung

Please call (607) 734-4453 ext. 216 or email jackiespencer@cornell.edu to sign up for programs.
Join the CEV News e-list to receive more information about program offerings.
Sign up online at <https://bit.ly/CEVNEWS>

CCE Chemung Community & Economic Vitality Program is seeking new **Advisory Committee Members** to begin serving in **January 2024**. This committee meets quarterly to provide community input for program planning and development. **Please contact Jackie at (607) 734-4453 ext. 216 or jackiespencer@cornell.edu** for details.

Practical Self Care Tips to Start Your New Year

The beginning of a new year is a great time to tend to practice a little self care so you can continue to give so much to others. Take some time to tend to the tasks that will make your life easier in the long run.

Here are few ideas to check off your list early this year:

- Flip through your new calendar and block out time for things you want to do this year. (Time to work on a hobby, visit a person or place, work on a goal)
- Check your credit report for free using annualcreditreport.com. Check for any errors and report anything suspicious. Celebrate any accounts you paid off last year!
- Check your smoke and carbon monoxide detectors and replace batteries. Check the dates on fire extinguishers and replace if needed.
- Review your will and make updates to any beneficiaries on insurance policies and accounts.
- Sort through your medicine cabinet and dispose of anything outdated. Replace first aid supplies, vitamins, and OTCs you like to have on hand. Do the same with your pantry and toiletries.
- Schedule appointments for yourself and get them blocked out on your calendar (medical, dental, vision, hair, massage, etc.)
- Refresh your bedding and curtains with a fresh wash or replace items that are worn out.

Add your own ideas to this list and resolve to take better care of you this year!

Broccoli Cheddar Soup



Ingredients:

- 1 cup chopped onion
- 1 cup shredded carrot
- 1 1/2 teaspoons margarine or butter
- 2 cups low sodium broth (any type)
- 2 cups chopped broccoli (fresh or frozen)
- 1/4 cup flour
- 1/2 cup shredded cheddar cheese
- 1/8 teaspoon pepper

Directions:

In a medium saucepan over medium-high heat, sauté onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot. Refrigerate leftovers within 2 hours.

Variations: Thicken with 2 tablespoons of corn-starch instead of flour. Substitute asparagus, cauliflower or green beans for broccoli. Add cooked or canned chicken for more protein.

Foodhero.org

“Some people swear there’s no beauty left in the world, no magic.

Then, how do you explain the entire world coming together on one night to celebrate the hope of a new year?”

- *New Year’s Eve* (2011 film)

January/February/March 2024 Volunteer Opportunities

CASA of the Southern Tier, Inc. Trains volunteers to advocate for abused and neglected children in family court. A CASA volunteer follows a child's case as it moves through the family court system, researching the case and learning everything they can about the child's special situation, and adds a voice for the child. The CASA volunteer writes thorough reports to the judge on the child's situation and what may be best for the child's future. 30 hours of classroom training is provided via zoom and 2 to 3 observations of a court hearing are required. Volunteers are asked to stay active through the length of the case which may be 6 to 24 months. Hours are flexible except for set court hearings, once every 6 months. Apply online at casasoutherntier.org. Call (607) 936- 2272 with any questions.

Catholic Charities Elmira Community Kitchen is in need of volunteer Dining Room Hosts to assist with welcoming guests, beverage station set up/tear down, recording guest counts, and receiving deliveries and donations. May serve weekly, monthly or otherwise agreed upon. Shifts available M-F, 9:30 am to 1 pm. Training will be provided by Catholic Charities. Please contact Kathy Dubel at Kathy.dubel@dor.org or (607) 317-5671 to apply.

Care First NY has openings for In-Home Companionship & Respite Volunteers to visit patients in their homes, extended care, and nursing facilities to provide interaction and support allowing caregivers to take a break. Online training is provided. Candidates must show proof of recent physical, current COVID vaccination, and consent to background check. Volunteer schedules are flexible. Complete the volunteer application online at carefirstny.org to apply.

Chemung County Bike Helmet Grant Help. Hundreds of helmets are distributed to local children each year through local police and volunteers from Elmira Community Cycles/Southern Tier Bicycle League (ECC). The current volunteer grant writer is eager to pass this effort on after years of service and will provide training and support. Tasks include gathering information from stakeholders, preparing and submitting grant applications, notifying ECC when requests are approved, and preparing and submitting the grant report. ECC manages the grant funds, purchasing, etc. Email jackharrischaney@gmail.com to inquire.

Chemung County Board of Elections recruits and trains Election Inspectors to welcome and assist voters on Election Day at polling sites, conduct precinct operations in accordance with election law and follow defined procedures. Training and work hours are paid time. Call (607) 734-0543 or apply online at chemungcountyny.gov.

Chemung County Chamber of Commerce is seeking a volunteer to assist with front desk, admin and special event support. This is a long term position, M-F, 9 am to 1 pm. Chamber staff will provide all necessary training. Email Jennifer@chemungchamber.org to inquire.

Chemung County Historical Society is seeking Front Desk Attendant Volunteers to serve as the first point of contact for visitors. Shifts available for Wednesdays or Fridays, 2 to 5 pm. Training will be provided by the Historical Society. Email cchs@chemungvalleymuseum.org to inquire.

Community Dispute Resolution Center (CDRC) is seeking volunteers to be trained as community mediators. The CDRC is a non-profit organization that provided mediation services to the community at no cost. Cases include community issues, small claims, custody and visitation. Volunteer Mediators receive a 32 hour training provided by CDRC. Training will be held in person in Elmira in March 2024. The training is followed by an apprenticeship period for further skill development. Trainees commit to 2 years of service. Service hours are flexible. Please apply online at cdrc.org or email cranmer@cdrc.org.

Compeer is a community-based mentoring program offered at Family Services of Chemung County. The Circle of Friends program matches volunteers with youth grades K thru 6 in Elmira City School District. Adult 1:1 matches volunteers with adults (18+) who are currently in a mental health treatment program and are seeking a volunteer friendship to help build their socialization skills. PAL is a 1:1 mentoring program for youth in 7th-12th grade residing in Chemung County. Compeer provides training for these volunteer roles. Apply online at <https://www.familyservicesofchemung.com/compeer>.

The Clemens Center has a variety of volunteer positions open including ticket validators, coat check attendants, concessions cashiers, bartenders, and theater ushers. Programs run Fall thru Spring with mostly evening events, but school-time and family programs occur during the day. No minimum hour requirement. The Guest Services Coordinator will provide training and matching with to volunteer role. Apply online at www.clemenscenter.org, email volunteer@clemenscenter.org, or call (607) 735-2776.

Eldridge Park has a variety of volunteer opportunities for the 2024 season, May 24th– Sept. 4. Volunteers can help with ride operation, gift shop, café, and landscaping. Typical shifts are 4 hours. Training is provided by Eldridge Park. To apply email director@eldridgepark.org.

Elmirans is a community band that plays for seniors. New members who play a musical instrument of any kind are always welcome. Time commitment is flexible. Contact Dan at (607) 795-0102 danekesensr@hotmail.com or Mary at (607) 562-8749 mbchy@yahoo.com.

Neighborhood Transformation Center has a variety of volunteer opportunities available including cleaning, sorting or arranging, working with children in the afterschool program or while their parents attend classes. All volunteer roles are desperately needed. Please contact Tami Mallare at (607) 483-0960.

The Rockwell Museum is seeking volunteers to lead small groups of K-12, college students and adults on thematic tours, greet families for quarterly events, and assist with art-making projects for school tours and family events. Docent training and shadowing provided. New volunteers work with seasoned volunteers during family events. Hours are between 9 am—3 pm October thru June, quarterly Saturday events and occasional weekend tours. Apply online at <https://rockwellmuseum.org/support/volunteer-opportunities/>, email recottaa@rockwellmuseum.org or call (607) 974– 5505.

Southside Community Center welcomes volunteers to help with K-6 afterschool and teen programs. Flexible hours and opportunities. Call (607) 734-9245 or email sscelmira@outlook.com.

St. Joseph's Hospital engages volunteers in staffing reception and information desks, visiting and advocating for patients, supporting terminally ill patients and their families, working in the gift shop and more. Call (607) 737– 7819 to inquire.

Volunteer Opportunities can be submitted to jackiespencer@cornell.edu by March 15th to be included in the April-June issue.
Long and short term opportunities welcome.

Tech Help is Available!

Call **Steele Memorial Library** at 607-733-9175 to make an appointment with staff for help with your phone, device, or social media.

Horseheads Library hosts Tablet Talk on the 3rd Tuesday of the month. The next session is on Oct 17 from 2-4pm. Call 607-739-4581 to register.

Volunteer with CCE Chemung for Ag Literacy Week

In celebration of National Agriculture Week, March 18– 22, volunteers throughout the state will read a book with an agricultural theme to second graders. Students and teachers will also benefit from hands-on lessons and receive follow up activities. The book will be given to the school library with a bookplate recognizing the donor and NY Ag Literacy Week. 1,400 books were donated last year while thousands of second graders participated in fun and educational activities.

About This Year's Book



Jolie LOVES strawberries - and she's on an unstoppable (and hilarious) mission to grow her own food from seedling to table in this colorful introduction to the joy of growing the popular perennial. Through Jolie's comical scrapbook-style journal entries, young readers will learn how she convinces the "old people" (aka her parents) to let her grow her own strawberries. Growing strawberries is a lot of work and responsibility, but Jolie is ready with the help of her faithful rabbit Munchy! Together they find out just how delicious, rewarding, and sometimes

complicated it can be to grow your own food.

Volunteering

Volunteers visit local elementary schools during Ag Literacy Week to read and talk to children about New York's agriculture industry. At the conclusion of the day's activities, the book will be donated to the school library for students and teachers to use throughout the school year. Teachers and volunteers who are interested in participating in NY Ag Literacy Week should call or email the contact below. Visit the New York State Ag in the Classroom website to learn more about statewide activities and to learn about agriculture-themed books that have been featured in other years.

Donate

CCE Chemung is accepting contributions to help fund the purchase of more books to help us reach more schools throughout Chemung County. Donors will be recognized on a special bookplate. You may choose to have your donated book sent to a specific school, or to read it yourself to your local school!

Contact

Hailey Feusner, Ag Development Specialist, at (607) 734-4453 ext. 227 or hlf36@cornell.edu to register as a volunteer or a donor. Volunteers will need to complete all required enrollment, screening and training before being matched with a classroom.

Do you have a talent or skill to share with Youth?

Consider volunteering with the 4-H program. Volunteers can be long term club leaders or serve in short term roles such as project judging, teaching a special workshop, or helping out with 4-H activities. Volunteer enrollment, screening, and training required. Contact Sasha, 4-H Resource Educator, at (607) 734-4453 ext. 218 or smd3532@cornell.edu to learn more.

E-Cycling in the New Year



Did you know that it is estimated that approximately 68% of Americans purchase an electronic item during the holiday season either for themselves or to give as a gift?

It's no surprise that this is one of the busiest times of the year for Electronic Recycling Facilities... which leaves the question...HOW DO YOU PROPERLY DISPOSE OF YOUR OLD, UNWANTED, RETIRED ELECTRONIC ITEMS (E-Waste)?

Chemung County residents have a few options when it comes to E-cycling (Electronic Recycling). Many electronics can be recycled for free or for a small fee (depending on the item) at a few local places. Please call the following to inquire:

*REACT-----607-739-8401

*Lake Street Transfer Station-----607-737-2980

*Best Buy-----607-739-9471

*Staples-----607-796-2327

Chemung County offers periodic FREE E-Waste Collection Events throughout the year for residents (dependent on funding). Stay tuned to future newsletters for updates.

Not sure of how to properly dispose of a particular item?

Check out Chemung County's Proper Waste Disposal and Recycling Guide online at chemung.cce.cornell.edu/environment/recycling-waste-management/proper-waste-disposal-and-recycling

Toni Gardner

Natural Resources/Solid Waste and Recycling
Community Educator



**Cornell Cooperative Extension
Chemung Volunteer Action Corps**

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Elmira, NY 14904

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XXX



CVAC Advisory Committee

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OUR MISSION

Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans and Individuals with Disabilities, and provides equal program and employment opportunities.

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