



# Thrive



Training and Helpful Resources for Increasing Volunteer Engagement

Newsletter of Chemung Volunteer Action Corps

April-June 2026

## Spring Into Action

Spring starts with Global Volunteer Month in April and National Volunteer Appreciation Week, April 19-25. Chemung County honors distinguished volunteers at the Older Americans Month Event on May 1. United Way hosts the annual Day of Action on June 12. Many organizations are planning volunteer appreciation and recruitment events this season. Community organizations are scheduling workshops and events to bring people together as the weather gets warmer. It can be a busy season for sure. We hope you find helpful ideas and exciting opportunities in this issue to help you make the most of this season. Save the date, Sept. 5<sup>th</sup>, for the annual Community Volunteer Fair. Time, location, and registration details to come!

*Jackie Spencer*

Community and Economic Vitality

Cornell Cooperative Extension of Chemung County

## Subscribe to the Thrive Newsletter

Are you engaged in volunteerism in Chemung County? Would you like to be involved? Sign up for the quarterly Thrive newsletter by email or regular mail.

[tinyurl.com/2j8eyhtr](https://tinyurl.com/2j8eyhtr)



## Explore the Chemung County Volunteer Opportunity Guide Online



[chemung.cce.cornell.edu/community\\_and\\_economic\\_vitality](https://chemung.cce.cornell.edu/community_and_economic_vitality)

## Volunteer Opportunities

Previously called  
"Cities RISE"



# Building Hope

Community Clean-up



*We need your help to spruce up  
a neighborhood in Elmira*



**Fri & Sat June 26 & 27, 2026  
9 am to Noon—Elmira, NY**

Volunteers are needed to help with trimming hedges, cutting weeds, trash pick-up, minor repairs, & painting. Volunteers will receive a t-shirt and snacks. (Location to be determined)

**Register to volunteer by June 12th at:**

**[www.ChemungCountyHabitat.org/events](http://www.ChemungCountyHabitat.org/events)**

This event is generously sponsored by a grant from  
**CORNING, INC.** Community Impact Division

## WOMEN BUILD

**Saturday, May 9—9 a.m. to Noon**

Women Build is a special kind of girls' day out where 50 women volunteer to empower themselves and one another by learning new skills while working on a Habitat home.

**Register to volunteer by April 30th at:**

**[www.ChemungCountyHabitat.org/events](http://www.ChemungCountyHabitat.org/events)**

This event is generously sponsored by a grant through  
Community Foundation of Elmira-Corning and the Finger Lakes



CareFirstNY  
**Spring into Service**  
CareFirstNY Volunteer Open House

Grow compassion. Plant hope. Volunteer with CareFirstNY.

**Wednesday, April 22, 2026  
11 AM to 2 PM | CareFirstNY  
3805 Meads Creek Road, Painted Post, NY**

*CareFirstNY volunteers help provide companionship, comfort, and grief support to hospice patients and their families across Chemung, Schuyler & Steuben counties.*

**Drop in and see how your time can bloom into something beautiful!**

- Meet current volunteers and hear their stories
- Explore in-person and remote volunteer roles
- Ask our volunteer coordinator questions
- Pick up an application and get started right away!

**Questions? Contact us for details:**  
[volunteer@carefirstny.org](mailto:volunteer@carefirstny.org) | (607) 962-3100

## Join The Elmirans

*Bringing music and laughter to local nursing homes.*

**Vocalists and other musicians welcome.  
No Auditions necessary. Just bring your instrument and your smile to a practice session and give it a try!**



**First & Second Tuesdays  
Sept. - June  
12:55 pm to 3:00 pm  
Community Wesleyan Church  
2095 Grand Central Ave  
Horseheads, NY 14845**



# LITERACY VOLUNTEERS NEEDED

YOU CAN PROVIDE ONE-ON-ONE TUTORING TO THOSE IN NEED OF HELP WITH BASIC READING, MATH, ENGLISH (ESL) & MORE.



Learn more:

607-734-6174

[Literacy@cseop.org](mailto:Literacy@cseop.org)



Follow us on Facebook



## Sewers & Knitters Spring Gathering

Thursday, April 30

3 pm to 4:30 pm

425 Pennsylvania Ave, Room 110

Elmira, NY 14904

New volunteers welcome. Registration not required. Current projects utilize basic sewing, knitting, or crochet skills.



(607) 734-4453 ext. 216

Cornell Cooperative Extension | Chemung County

## A Matter of Balance Lay Leader Training

Help prevent falls and share your passion for staying active.

Volunteer to lead A Matter of Balance workshops in your community.

Mondays, June 8 - 29

10 am to 12 pm

Call 607-734-4453 ext. 216 to register.

CCE Chemung

Must attend all 4 sessions and agree to co-facilitate at least 1 series within 1 year.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.



Cornell Cooperative Extension | Chemung County



Food, Farming & Resilience

### Volunteers needed!

Help with our Pancake, Egg & Bacon Breakfast (free for farmers). Assist with setup, serving, and meet our local farmers.

**Friday, May 1 (12:00 PM – 1:30 PM)**

Setup – Tables, Chairs & Layout

**Saturday, May 2 (6:30 AM – 10:00 AM)**

Setup, Serving & Guest Support

Call or Text: 410-908-1302

Email: [LiseWFarm@gmail.com](mailto:LiseWFarm@gmail.com)

Lise Worthington, Chemung County Farm Bureau President

**New or Seasonal Volunteer Opportunities can be submitted to [jackiespencer@cornell.edu](mailto:jackiespencer@cornell.edu) by May 15th to be included in the June-August issue.**

## Upcoming Community Programs

### CHEMUNG COUNTY'S SPRING HOUSEHOLD HAZARDOUS WASTE FREE DROP OFF EVENT

**SATURDAY MAY 16, 2026**

PRE-REGISTRATION REQUIRED BY CALLING CORNELL COOPERATIVE EXTENSION AT 607-734-4453  
WEDNESDAY, APRIL 22-WEDNESDAY MAY 13, WEEKDAYS ONLY FROM 9a-12p & 1p-4p

**CHEMUNG COUNTY RESIDENTS ONLY**



**ACCEPTED ITEMS INCLUDE:**

- |                          |                                  |   |                              |
|--------------------------|----------------------------------|---|------------------------------|
| • Adhesives              | • Driveway sealer/roof tar/patch | • Insect sprays                                 | • Photo chemicals/inks       |
| • Aerosols               | • Dry cleaning fluids            | • Mercury & Items containing mercury            | • Polishes                   |
| • Antifreeze             | • Engine & radiator flushes      | • Metal polishes                                | • Pool chemicals             |
| • Arts & crafts supplies | • Floor cleaners                 | • Moth balls                                    | • Radiator cleaners          |
| • Ballasts               | • Fluorescent lights             | • Muriatic acid                                 | • Rodent killers             |
| • Household batteries    | • Gasoline/kerosene/mix          | • Nail polish & hair spray                      | • Rust preventatives         |
| • Brake fluid            | • Lawn chemicals                 | • Paint (oil & latex w/ limits) & paint thinner | • Sealants/lubricants        |
| • Cesspool cleaners      | • Herbicides                     | • Pesticides                                    | • Solvents (mineral spirits) |
| • Compound/putty/spackle | • Household cleaners             |   | • Transmission fluid         |
| • Drain & oven cleaners  |                                  |   | • Wood stains/strippers      |

**THIS FREE EVENT IS OPEN TO CHEMUNG COUNTY HOUSEHOLDS ONLY. WHEN REGISTERING, PLEASE HAVE A LIST OF ITEMS YOU INTEND TO BRING. ELECTRONICS ARE NOT ACCEPTED. FOR MORE INFORMATION, PLEASE VISIT CHEMUNG.CCE.CORNELL.EDU OR CALL 607-734-4453.**

Funding provided by Chemung County and Chemung Landfill, LLC, a division of Casella Waste Services



ONE EVENT. MANY IDEAS. REAL OPPORTUNITIES.

**5/20/26 • 3-6pm • FREE**  
360Aurora, 360 E. 14th St, Elmira Heights, NY

Think affordable housing is out of reach? Feeling like homeownership—or even stable housing—is no longer possible?

There are more options than you think!

- ✓ Meet local housing agencies—all in one place
- ✓ Talk one-on-one with housing agencies and lenders.
- ✓ Learn about pathways to affordable housing
- ✓ Discover programs, resources, and next steps
- ✓ Get your questions answered—no pressure, no cost

Open to the public  
Join us!

Just starting out, starting over, or continuing your search for affordable housing—this event is for you!

Hosted by Chemung County Habitat for Humanity  
www.ChemungCountyHabitat.org/events • (607) 734-1361  
Email: info@chemungcountyhabitat.org



## Utility Bill Workshop

APRIL 28, 2026  
6:00PM - 7:00PM

Online Workshop  
Please register at:  
<https://tinyurl.com/Mar-ch-Utility>



Questions?  
chemung.cce.cornell.edu  
607-734-4453 x 211  
cje48@cornell.edu

Join CCE Chemung Community Energy Advisor Carol English for an online presentation that will demystify the charges on your electricity bill and share ways to reduce your energy costs.



## OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

### YOU'RE INVITED!

Chemung County Department of Aging & Long Term Care and our Community Partners invite you to join us as we celebrate **Chemung County Volunteers!**

Friday, May 1st, 2026  
1:30PM-3:00PM  
New Beginnings United Methodist Church  
300 East Miller St, Elmira, NY

RSVP: (607)737-5520  
by Friday, April 24th

Visit with Community Partners to learn about Volunteer Opportunities!  
Doors open at 1PM - Light refreshments will be served!



The Chemung County Department of Aging and Long Term Care is funded by Chemung County, New York State Office for the Aging, Administration for Community Living and participant contributions.

# The Bright Side

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## Take Good Care of Yourself to Help Others

Volunteers are generous people. They give their time, their talents, and their support to others to make their communities a better place. But who takes care of the volunteers? Here are a few tips to help you stay healthy and ready to serve:

- **Get 7 to 9 hours of sleep each night.**
- **Eat healthy foods that you enjoy at each meal.**
- **Keep up with routine physical, dental, and eye exams.**
- **Exercise regularly.**
- **Seek support when you are struggling.**
- **Make time for fun and laughter.**

If you find yourself thinking, “I don’t have time to take care of myself”, remember that you don’t have time NOT to. You will be able to serve others better and longer with proper self-care.

*“Happiness is not something ready-made. It comes from your own actions.”—Dalai Lama*

### Cauliflower Salad

Foodhero.org

#### Ingredients

4 cups mixed cauliflower and broccoli florets	¼ cup chopped bell pepper	1 Tbs prepared mustard
1 cup diced celery	1/3 cup low-fat mayonnaise	1/8 tsp each salt and pepper
½ cup diced onion	1/3 cup nonfat or low-fat plain yogurt	¼ tsp dried dill weed

#### Directions:

Rinse or scrub fresh vegetables under running water before preparing. If using fresh vegetables, cook until barely tender. If using frozen vegetables, cook according to package directions or to 165 degrees F. In a large bowl, combine cauliflower, broccoli, celery, onion, and bell pepper. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper, and dill. Stir dressing gently into salad. Chill before serving. Refrigerate leftovers within 2 hours.

Cornell Cooperative Extension  
Chemung County  
425 Pennsylvania Ave.  
Elmira, NY 14904



### **CCE Community & Economic Vitality Program Advisory Committee**

Caryl Cavalier - Rhonda Schweiger - Chalanda Graham - Francine Hulslander - Eric Powers -  
Ella Savey - Beth Stranges - Livie Trexler - Liane O'Brien

## **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 providing equal program and employment opportunities in accordance with applicable laws.

## **Contact Us**

425 Pennsylvania Ave. Elmira, NY 14904  
Suite 107  
607-734-4453  
Office Hours: 8:30 - 4:30 M to F

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