



Thrive



Training and Helpful Resources for Increasing Volunteer Engagement

Newsletter of Chemung Volunteer Action Corps

July-Sept. 2026

Service in the Summer

There are so many opportunities to volunteer in the community through the summer months. Check out the suggestions in this issue and find more ideas in the Volunteer Opportunity Guide. It is also a good time to start planning for the fall. Whether you are looking for occasional opportunities or longer-term service, our local community organizations have plenty of options. Let the organizations you serve know about your needs for flexibility up front, and they will likely be happy to work with you. Community involvement is important at any age, not just in the teen years or after retirement, so don't wait to get started. Consider making service a family or social activity by volunteering together. Meeting new people while contributing to the greater good can be a great way to spend your time this season.

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



CVAC Community Volunteer Fair

Saturday, Sept. 12, 10 am – 2 pm

YWCA Elmira & The Twin Tiers

Register your organization: https://reg.cce.cornell.edu/CVF26_207

Volunteer Opportunities

Chemung County Stream Team- Learn how to test water quality and use what you learn to be a citizen scientist and make an impact on local and regional water quality. Saturday, 7/18, 9 am to noon at the 4-H Building on the Chemung County Fairgrounds. <https://forms.cloud.microsoft/r/x4Rnyr8jAA>

Chemung County Fair- Help create a fun, safe, and well-organized experience for attendees. From selling tickets and scanning passes to assisting with events and answering phones, volunteers help ensure the fair runs smoothly for the entire community. Applications due 7/16.

<https://www.chemungcountyny.gov/1089/Fair-Volunteers>

Chemung County Habitat for Humanity- Individuals can volunteer at a Habitat construction site and be part of the mission to provide affordable homeownership to families in Chemung County. <https://chemungcountyhabitat.org/volunteer/>

Eldridge Park- Volunteers help with set up, tear down, maintenance, ticket sales, ride operation and landscaping. <https://eldridgepark.org/new/elementor-23098/>

Chemung County Humane Society & SPCA- Volunteers help in the shelter, on the grounds, and in the clinic. <https://www.chemungspca.org/volunteer>

Clemen's Center- Volunteers assist with concessions, ushering and more! <https://clemenscenter.org/support/#volunteer>

Food Bank of the Southern Tier- Volunteers help with sorting and packing, mobile food pantries, and kids' farmers' markets. <https://foodbankst.org/volunteer/>

Explore the Chemung County Volunteer Opportunity Guide Online



chemung.cce.cornell.edu/community_and_economic_vitality

New or Seasonal Volunteer Opportunities can be submitted to jackiespencer@cornell.edu by Sept. 15th to be included in the Oct-Dec issue.

Upcoming Community Programs

Volunteer Matters: Building Brain Health Habits - Learn about everyday habits that are known to support Brain Health with Alzheimer's Association Rochester & Finger Lakes Chapter. Tuesday, 7/14, 10:30 am to 11:30 am at CCE Chemung.

https://reg.cce.cornell.edu/VMBrain_207

Volunteer Matters: Understanding AI – Learn about the basics of Artificial Intelligence, such as what it is and how it is being used. Discuss the implications of it's continued growth. Friday, 8/14, 10 am to 11:30 am at Horseheads Free Library. https://reg.cce.cornell.edu/AI26_207

Volunteer Matters: Conflict Theory & Listening Skills – Explore skills for navigating conflict with the Community Dispute Resolution Center. Thursday, 8/27, 10:30 am to 11:30 am at Catholic Charities. https://reg.cce.cornell.edu/CTL_207

AARP Smart Driver Course – Tuesday, 8/18 and Wednesday, 8/19, 9:30 am to 12 30 pm at Steele Memorial Library. Fee to participate. Call (607) 732-2576 for registration details.

Virtual Tour of Florance, Italy- Thursday, 7/16, 12:30 pm at Chemung County Dept. of Aging & Long Term Care. Light refreshments provided. Call 607-737-5520 to sign up.

Vegan & Vegetarian Lifestyles- Learn about protein options, budget friendly planning, and the differences between vegan and vegetarian lifestyles. Wednesday, 7/8, 5 pm to 6:30 pm at Big Flats Community Center. https://reg.cce.cornell.edu/vegan_vegetarian_207

Rethink Your Drink- Learn how much added sugar you are actually consuming and explore healthier alternatives. Wednesday, 7/15, 5 pm to 6:30 pm at Big Flats Community Center. https://reg.cce.cornell.edu/rethink_your_drink_207

Growing Mushrooms for Beginners- Wednesday, 7/15, 5:30 pm to 6:30 pm at Steele Memorial Library.

<https://www.chemunglibraries.org/event/foraging-cornell-cooperative-extension-18140>

Out to Lunch: Faith, Charity & Volunteerism on the Homefront- Using the lens of the Civil War, this talk will look at Elmira's contributions to the war efforts. Bring your own lunch. Light refreshments provided. Call 607-734-4167 for more information.

Community Programs of interest to volunteers can be submitted to jackiespencer@cornell.edu by Sept. 15th to be included in the Oct-Dec issue.

The Bright Side

The Power of Social Connection

People are social creatures by nature. Our relationships with family, friends, coworkers, and community members are important to our survival. Stable and supportive relationships give us the support we need to cope with stressful life challenges.

If you find yourself thinking, “I don’t have time to socialize”, remember these key points.

- Staying connected to others creates feelings of belonging and being valued.
- Social connections are important to our mental and physical health.
- Being connected to others helps protect against serious illness and disease.
- People with stronger social bonds are more likely to live longer, healthier lives.

Communities that offer supportive connections help create trust and resilience among community members in public spaces.

Read the full article here: <https://www.cdc.gov/social-connectedness/about/index.html>

“Connection is why we’re here. We are hardwired to connect with others, it’s what gives purpose and meaning to our lives, and without it there is suffering.”—Brene Brown

Baked Zucchini Sticks

Foodhero.org

Ingredients

4 medium zucchini	¼ cup finely grated Parmesan	1 Tbs dry Italian herbs
2 eggs	cheese	
½ cup water	1 1/2 cups breadcrumbs	

Directions:

Rinse or scrub fresh vegetables under running water before preparing. Cut zucchini into sticks about 3 inches long. Microwave zucchini for about 3 minutes. Pat dry with a paper towel. Mix eggs and water together in a small bowl. Mix cheese, breadcrumbs, and herbs together in another small bowl. Dip zucchini sticks first into the egg mixture and then into the breadcrumb mixture. Arrange zucchini in rows on a lightly greased baking sheet. Broil until golden brown, for about 12 to 15 minutes. Turn while cooking, after about 8 minutes. Refrigerate leftovers within 2 hours.



**Homeland Security
and Emergency Services**
Citizen Preparedness Corps



SIGN UP FOR A FREE CLASS TO LEARN ABOUT PREPARING FOR EMERGENCIES

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters.

The NY Citizen Preparedness Training Program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to normal conditions. This training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies. Each family that attends will receive one preparedness kit.

WHERE: The Hope Center at Woodlawn Apartments
Main Conference Room
346 Woodlawn Avenue
Elmira, NY 14901

WHEN: Friday, August 7 2026
6:00 PM

REGISTER:

*Registration is required
to attend the event.
To register visit
www.prepare.ny.gov or
scan the QR code*



**THIS EVENT IS BROUGHT TO YOU BY
GOVERNOR HOCHUL IN CONJUNCTION WITH:**



and The Hope Center at Woodlawn
Apartments

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



CCE Community & Economic Vitality Program 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 providing equal program and employment opportunities in accordance with applicable laws.

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