



Finger Lakes Living Healthy AmeriCorps volunteers serve Wayne, Ontario, Seneca, and Yates counties to improve the health and wellbeing of their residents.

Our team of volunteers are trained to deliver evidence-based health and wellness programming, including the **Chronic Disease Self-Management Program**.

Additionally, they are assigned to sites throughout our area of service to improve the quality and delivery of their assigned sites objectives. Host Sites will provide guidance, supervision and purpose for members placed within their care. Finger Lakes Living Healthy will provide training for both the members and partnering host sites. Materials needed for members to achieve their roles and additional service projects materials necessary in their term of service.

Multiple flexible lengths of service are available for your commitment.

Host Sites are no longer responsible for the paying a Host Site cost!

There are **FOUR** different slots based on hours served available correlating Host Site costs and Volunteer benefits associated.

Living allowances are paid to members weekly and will not exceed the amounts listed below. Education Awards are provided upon completion of the members term of service.

- **Half Time:** 900 hours of service
 - Member receives
 - Living Allowance of \$5000 and Education Award of \$3447.50
- **Reduced Half Time:** 675 hours of service
 - Member receives
 - Living Allowance of \$4000 and Education Award of \$2626.27
- **Quarter Time:** 450 hours of service
 - Member receives
 - Living Allowance of \$3000 and Education Award of \$1824.07
- **Minimum Time:** 300 hours of service
 - Member receives
 - Living Allowance of \$2000 and Education Award of \$1459.26

If you or someone you know are interested in either being a Finger Lakes Living Healthy AmeriCorps member or a participating host site, please contact Rob Weaver at **Finger Lakes Community Action** 315 333-4155 ext. 3318, robert.weaver@waynecap.org

We are excited to work with you to improve our communities in the upcoming year!



Available opportunities

Cracker Box Palace at Historic Alasa Farms, Sodus



Volunteer in many areas from trail work, photography, web design, marketing, historical record keeping, event planning, work alongside veterinary technicians or assist the public in the giftshop. This is a wonderful opportunity looking to host several volunteers starting this spring!

The Success Center, Sodus

Volunteers will be placed in a food pantry setting with involvement in the community garden, providing nutritional education to the public and residents of the on-site transitional house. This is an excellent chance to gain experience with helping our communities to stay healthy.



Keuka Housing Council, Penn Yan

This placement is dealing with all aspects of housing for people in need. KHC provides the full range of services from weatherization of homes, mortgage assistance to helping people find affordable permanent housing. This placement can be very hands on whether physical or assisting someone coming in off the street in need.

The Lyons Main Street Program, Lyons



This position will focus heavily on the Lyons Farmers Market during the summer months and transition into more into other event planning, promotion of business and historical projects. There is a lot of potential for making connections with local businesses', local government and historical organizations.

Gleaners Community Kitchen, Canandaigua



Gleaners is a leader in our area as congregate meal site providing very high-quality lunches to the community. This is a great opportunity to not only engage the public, but also work with meal preparation and gain valuable kitchen skills. The onsite garden is also in need of volunteer. Work, from the planning to the organization of volunteers to work it.

Lodi Food 4 All, Lodi

Food 4 All is another wonderful opportunity to help people in need. This pantry has a high concentration of senior citizens, so it is an excellent opportunity to provide specialized education and recourses for our aging population. There are regular food distributions and an innovative community garden. This is a rapidly growing site that is transitioning into being an all-encompassing community outreach center. Food for All also works very closely with events at the Lodi Library, they have EXCELLENT things planned.

Lyons Community Center, Lyons



This placement will have volunteers assisting with youth programming spanning from sports to education. There will be fieldtrips, indoor and outdoor events. If you are interested in mentoring, coaching or just being active, this is a great placement with lots of great people involved.

Montezuma Audubon Center, Savannah

The MAC will have volunteers working with educators to provide lessons to adults and youth on the nature and wildlife in the center. There is also care for animal specimens living onsite. Trail maintenance and management of invasive species. Lots of opportunity for nature lovers, an extra bonus if you enjoy kayaking!

Other host sites include FLACRA, Wayne, Ontario and Seneca County Offices for the Aging, FLCC. Just ask and often we can create new opportunities!