



May 7, 2013
Senior Citizens' Day
Albany, NY



THANK YOU!

This book is dedicated to all of the older adult volunteers in New York State and to the entities that support their efforts.

Today, we celebrate all of you and show our appreciation.

NYSOFA also thanks the AAA Directors for providing such thoughtful submissions and allowing us to share them in this commemorative program.

View this Program online:

www.aging.ny.gov/SeniorCitizensDay/SeniorCitizensDay.cfm



Andrew M. Cuomo
Governor

Greg Olsen
Acting Director



Two Empire State Plaza
Albany, New York
12223-1251

www.aging.ny.gov

May 7, 2013

Dear Friends,

Each May in New York State and across the nation, we take pause to acknowledge the outstanding contributions made by older citizens during National Older Americans' Month.

Members of our older generation helped build and shape our nation to be the greatest in the world, and they defended our freedoms and values across the globe so that all those that came after them have better lives. Nowhere in the nation is the legacy of their efforts more visible and more a part of the lives of all citizens than here in New York.

Older New Yorkers helped to make New York the Empire State, and their continued involvement in communities and neighborhoods will support New York's rise to be the best it has ever been. That is why today we recognize and celebrate Older Americans' Month. This year the theme is "Unleash the Power of Age." We are here to thank our awardees, who through their commitment and contributions to civic engagement have made their communities better places to live for people of all ages.

Our awardees represent thousands of other citizens in New York who volunteer their time and energy to help others less fortunate than themselves throughout the year. We are fortunate to have people like this in our state making a commitment to improve the lives of others and to strengthen their communities. These volunteers are the true unsung heroes that live beside us, serving as the thread that helps maintain the social fabric of New York.

Not only does the community benefit from older volunteers, but the volunteers also receive a direct benefit. Studies have shown that active volunteering lowers the likeliness for depression, and lowers the rate of heart disease and other chronic illness that can quickly lead to the need for costly and intensive medical services. Being a volunteer also helps promote active and healthy lifestyles while reducing isolation and improving friendships and enhancing community relationships. All of these benefits help increase life expectancy.

The awardees that are before us today demonstrate selfless giving and serve as an inspiration of the great spirit that we have as New Yorkers. Today, we pay special tribute to honorees selected by their local counties as well as thanking the hundreds of thousands of older volunteers statewide.

On behalf of the New York State Office for the Aging, we thank you for your service.

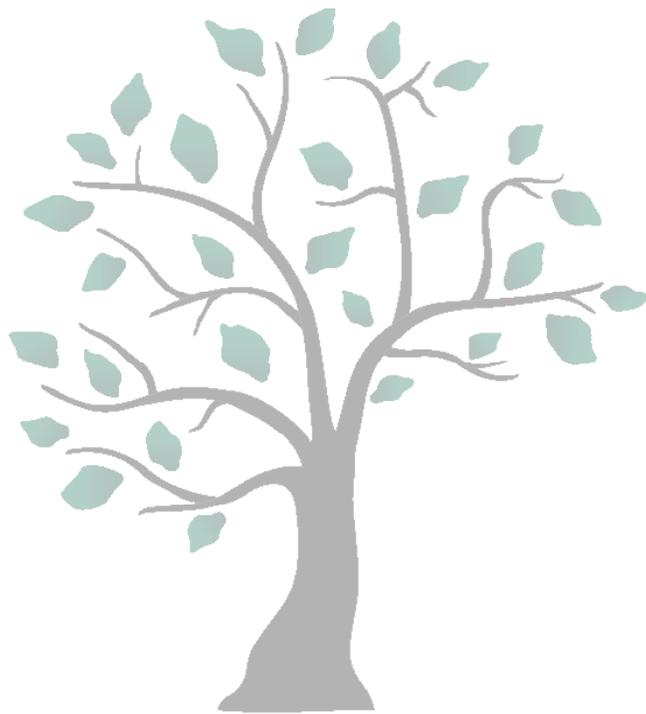
Sincerely,

Greg Olsen

*Promoting independence and quality of life
for older New Yorkers*



Senior Citizens' Help Line 1-800-342-9871
An Equal Opportunity Employer



Our Mission is to help older New Yorkers be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower older adults and their families, in partnership with the network of public and private organizations which serve them.

On the following pages are the 2013 Senior nominees for the counties that we serve. We salute them for their contributions.

Nominations were submitted by Area Agency on Aging (AAA) Directors as an expression of their gratitude for the service of their volunteers.



NOMINEE:
TERRY FREEDLAND
ALBANY COUNTY

Terry Freedland is a lifelong resident of New York State and retired from the NYS Department of Health (NYSDOH) after 33 years of dedicated service. He worked as an attorney on important hospital and nursing home issues which improved the quality of life for residents. He is married with one son who is now living in Colorado.

Terry has been volunteering his skills and knowledge in the Health Insurance Information, Counseling, and Assistance Program (HIICAP) for the past five years. This was an excellent fit for Terry because when he started volunteering all he asked for was a job that did not involve stuffing envelopes because he wanted to be active and engaged in helping others. He does just that in his HIICAP role because the program reaches many seniors and offers them support and assistance with critical health insurance information that they may not be able to get elsewhere.

Always willing to do whatever needs to be done, Terry goes above and beyond in his volunteer capacity. He has engaged in all trainings and has become a vital part of the Albany County Office for the Aging program.

Albany County AAA is so grateful of the service that Terry offers to its seniors. They wanted to surprise him with this submission to express their appreciation. This recognition came as a very large surprise to him.

NOMINEE:
CHARLES SHULTZ
ALLEGANY COUNTY



Charles “Chuck” Shultz demonstrates the power of making a difference through civic engagement. He lives in the small village of Almond in Allegany County. He grew up in Turtle Creek, PA. He came to New York to attend Alfred University where he met his wife Ellen. They returned to Alfred University in 1965 when Charles became the Director of Career Services at the University and he stayed for 30 years. Charles and Ellen have two children and two grandchildren and travel to visit them whenever their busy schedules allow.

He has volunteered for the Allegany County Office for the Aging for 18 years. He delivers meals-on-wheels one day a week, he drives older adults to their doctors’ appointments, and serves as a handyman volunteer. He has installed over 20 grab bars to help people remain safe in their homes. Also, he is a member of the board of directors of the Allegany Senior Foundation, an organization founded in 2003 that has raised over \$240,000 for senior services in Allegany County. In addition, Chuck also volunteers for the Alfred Area Food pantry once a month, ensuring that his neighbors have enough food to eat. At the Alfred Union University Church he serves as Head Usher and also is on the board of the Alumni Golf Tournament at Alfred University.

Charles’ satisfaction comes from providing more services to others that wouldn’t be available otherwise. He understands the importance that volunteers can add to any agency.



His greatest reward comes with the appreciation from the people he has helped.



NOMINEE:
ELLEN SHULTZ
ALLEGANY COUNTY

Ellen Shultz demonstrates the power of making a difference through civic engagement. She lives in the small village of Almond in Allegany County. She has lived in New York her whole life. She met her husband Charles while attending Alfred University. They returned to Alfred University in 1965 when Charles was hired at the University. He continued to work for them for 30 years. Ellen taught high school English and Theater for 20 years at the Alfred Almond Central School. Charles and Ellen have two children and two grandchildren. They travel to visit them whenever their busy schedules allow.

Ellen Shultz volunteers as the desk clerk at the Alfred Box of Books Library once a week. She is the Union University Church's representative for the Alfred Area food pantry. She organizes the volunteers to make sure the pantry is adequately staffed. She also volunteers at the food pantry once a month with her husband. Ellen has been active in the local community theater as co-founder and director. Ellen was on the board of directors for the Allegany Area Foundation for three years, providing essential scholarships to local students, and funding support for agencies that improved the quality of life in Allegany County.

She started volunteering to help those in need that live around her.

Her greatest rewards in volunteering are that people are helped and that she keeps busy.



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NOMINEES:
BETTY & RAY WARD
BROOME COUNTY



Betty and Ray Ward have lived in Whitney Point for more than 40 years. Ray was a guard and Betty worked at Endicott Johnson. Ray served in the Navy for 5 years. After losing their spouses, they met at the Senior Center, fell in love and got married at the center in 1997. Betty and Ray each have three boys and one girl.

Ray and Betty have volunteered for Meals on Wheels since 2000 and are very dedicated to the program. They drove the “A” route 5 times a week for years. Through rain, snow, sleet and wind they always showed up to receive big smiles on their clients’ faces.

They also volunteer at the center, with Betty working in the kitchen and Ray helping out wherever he is needed. Both agree that they wanted to do something to give back to the community. They love helping others.

The greatest reward for Betty and Ray is meeting the clients whom they serve and being able to help put smiles on their faces. Betty and Ray exemplify true selflessness, as both began volunteering simply because they wanted to provide assistance to those who needed it most.



NOMINEE:
**MAUREEN
RICHARDSON**
CATTARAUGUS COUNTY

Maureen is a native New Yorker and has lived in Olean all of her life. She has four children and nine grandchildren. She operated her own business, Richardson Grocers, for many years and after that was employed as the Medical Records Center Clerk.

She started volunteering 18 years ago for the Cattaraugus County Retired Senior Volunteer Program (RSVP) on February 10, 1995. She has contributed a total of 3,518 hours to two programs. Maureen delivers meals to the homebound through the Cattaraugus County Senior Wellness and Nutrition Program (SWAN). Secondly, she has provided medical transportation to those in need through the Interfaith Caregivers Program. It has been estimated that she has delivered over 22,000 meals during these years. Her efforts have kept hundreds of senior citizens in their homes, preventing the need for placement in a nursing home or assisted living environment. Maureen also provides a friendly visitor check when delivering meals. She is always willing to help out when asked. This past holiday season Maureen (age 80) volunteered to dress up as a cookie and walked in the blistering cold weather the length of the City of Olean in their parade to help recruit volunteers for the SWAN.

Maureen said she started volunteering because “she just wanted to help people in need” and she enjoys “getting to know the people I serve and to feel like I’ve helped make their lives better in some way.”



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NOMINEE:
BERNIE EISENHART
CATTARAUGUS COUNTY



Bernie has lived in Allegany for 63 years and worked for the Olean Medical Group for 34 years in the x-ray department, chart room and as a nurse. She has three daughters, two grandchildren and one great-grandchild.

On May 26, 1989 Bernie started volunteering for the Cattaraugus County Retired Senior Volunteer Program (RSVP). Since that time she has volunteered and contributed a total of 3,102 hours to the Olean Public Library. Bernie helps the public in finding books, handles/inspects borrowed materials when returned, and sees that they are shelved properly. She contacts consumers regarding special orders, puts covers on books, and keeps the library shelves in great order for all to enjoy.

Bernie has volunteered for 24 years. When asked what she gets from volunteering her answer was “I needed something to do,” she said. “I’m not a person to sit around.”

And her greatest reward? “I’ve gotten so much more out of it from the people I help than I have given.”



NOMINEE:
MARY WISNIEWSKI
CHAUTAUQUA COUNTY

Mary is 85 years old and she was born and raised in Chautauqua County. She is one of eight children. She married a WWII soldier and they had one daughter. She worked for Van Roth for 14 years and as a garment maker at M. Wiles for 27 years.

She has always enjoyed baking, cooking, knitting, gardening, sewing and driving. Mary came to the Chautauqua County Office for the Aging in the Fall of 1993. For 20 years, Mary has shared her talents with many of our clients. She has provided medical transportation, caregiver support, been a friendly visitor to those isolated, assisted clients with cooking a meal and taken clients grocery shopping. At almost 85 years old, Mary is a true gem and a big asset to us. Mary has always been flexible with her time and continues to serve several people weekly. On average, she serves 50 hours a week and provides assistance to at least a dozen people!

She has an open heart and keeps giving back to the community. She began volunteering with the hope of helping the elderly, whom she adores, she said.

Mary said that by helping others, she stays engaged and active within the community, and she has enjoyed making several friends along the way.



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NOMINEE:
PATRICIA BAKER
CHAUTAUQUA COUNTY



Patricia Baker has been a resident of New York for 76 years and currently resides in Mayville. Her career has been devoted to being a wife, a mother of four, a grandmother of six, and a great-grandmother of six.

She has been volunteering for the Chautauqua County Office for the Aging and the Health Department for more than seven years. “Pat” has been a volunteer with the Chautauqua Fire Dept./Rescue Auxiliary for 31 years and is an Honorary Life Member. She has been active with the VFW Auxillary for 46 years, is a Charter Member, and also served as Former President Secretary and Chaplin. She has worked with the North Harmony Senior Citizens for ten years, an active Member and Volunteer for Mayville Food Pantry for seven years and for five years with the Mayville Senior Citizens.

Pat has been volunteering for at least 46 years. She gains more from volunteering than she gives and she never hoped to get anything back. Pat has a good feeling when she is finished contributing and when she is able to help others.

Thank you!

Volunteering makes a BIG difference in
New York's communities.

We appreciate your efforts.

www.aging.ny.gov



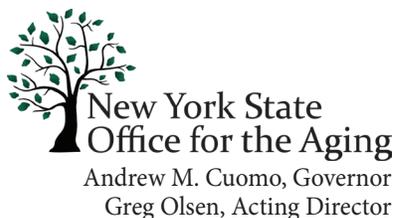
NOMINEES:
LEO & MABLE
GABORIAULT
CHEMUNG COUNTY



Leo and Mabel Gaboriault have lived in the Town of Catlin for 64 years. Leo was in the Marine Corps, saw active duty in the Korean War, and was fired upon while aboard the Helena. Leo retired after 31 years as a Supervisor of the Mechanic's Garage of the US Post Office. Mable, meanwhile, became a homemaker and concentrated on raising the couple's two sons.

They started out volunteering in the Boy Scouts of America, Leo as a Scout Master and Mable as a Den Mother. They both are serving on the Catlin Historical Society, Leo as Treasurer and Mable as President. Mable was Town Historian, having retired after 18 years. She is always quick to remember a name, event or location regarding Catlin's historic past. Together they have been very active in the Tompkins Corners Volunteer Fire Department, Leo active for 12 years, some of those years as President, and Mable with the Women's Auxiliary. Leo continues to serve as a member of the Catlin Planning Board; he is nearing completion of his third seven year term. Mable would always make sure the town honored its senior citizens, and she herself won the "Catlin Queen" recognition on one occasion. Leo & Mable each have been volunteering for over 63 years.

They don't consider it volunteering; it's just being available to help the community they love and to help individuals with whatever problem that arises.



They enjoy seeing the look on others' faces when you do a good deed and not asking for anything in return. And of course winning the Chemung County Senior Citizen of the Year Award was just so unexpected!



NOMINEE:
MARIAN YODER
CHEMUNG COUNTY

Marian has been a lifelong resident of Chemung County, and is a retired Registered Nurse having graduated from the Arnot Ogden School of Nursing in 1950. She holds the office of Secretary/Treasurer of that class which will be celebrating their 63rd reunion soon. Marian has three sons.

Marian is in her third term as Deacon with the Horseheads Presbyterian Church. She has taught kindergarten and nursery in its Sunday school, plus she sends cards and makes phone calls to church members checking in on those living alone. She volunteers for Meals on Wheels, the Horseheads Election Board, Bethany Gift Shop and helps with the Chemung County Eat Well Live Well nutrition program. As a member of AARP Chapter 276, she has been their “Sunshine Lady,” sending cards to those feeling sick, sad or otherwise out of sorts.

She has been a member of RSVP for 20 years and has accumulated 2,398 plus hours of volunteer service.

When asked why she started volunteering, Marian replied, “It keeps me active, involved and a contributing member of today’s society.”

“Just knowing I can brighten someone’s day and that I’m providing an important service that they might not otherwise get,” is what Marian gets out of volunteering.



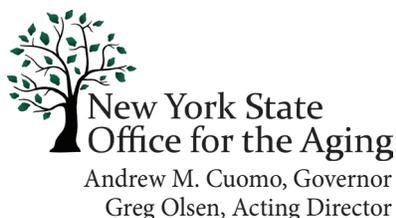
NOMINEE:
LAWRENCE SHAW
CHENANGO COUNTY



A resident of Norwich, Mr. Shaw is a lifelong resident of New York State. A graduate of Clarkson, he worked for 34 ½ years as a civil engineer for the NYS Department of Transportation (NYSDOT). He is married to Marcia, whom he met while both were students in Potsdam, and they have two sons and four grandchildren.

During Lawrence’s 19 years of civic engagement, he has provided transportation for medical appointments to county residents in need driving 15-17,000 miles each year. After transporting his mother for cancer treatments, he recognized the same need existed for many others and started volunteering for the Cancer Society’s Road to Recovery in 1994. For many in Chenango County, specialty care is only available within a minimum of a 50 mile radius. Besides making trips for in-county medical appointments, he transports patients to Albany, Cortland, Syracuse, Buffalo, Binghamton, Sayre, Pennsylvania, New York City, and has gone as far as Boston. Besides using his own vehicle and gas, and doing the driving, he also acts as an advocate for many of his riders. There have been occasions when his rider has needed emergency hospitalization, and Lawrence stayed with the person until they were settled. He has volunteered since 1994, or 19 years.

Lawrence had no specific expectation when he started. He likes to read, so the waiting time for medical visits is not an issue, as he settles in with a good book. The greatest reward for Lawrence has been meeting all the different people, both his riders and the medical providers.



“There are lots of interesting life stories and histories, and you learn a lot about people driving with someone for thousands of miles,” he said.



NOMINEE:
MARCIA SHAW
CHENANGO COUNTY

Born in Maine and living most of her life in Allegany County, Marcia now resides in Norwich with husband Lawrence. She met her husband while a student at SUNY Potsdam, and after graduation Marcia taught music for almost 20 years. She has been a substitute teacher since her retirement in 2000. She is the mother of two sons and has four grandchildren.

After retiring from teaching in 2000, Marcia became involved with volunteering to drive people for medical appointments when her husband Lawrence “couldn’t be in two places at the same time.” The number of requests for assistance became so large that they started scheduling trips individually. They still might travel together, but are often going in different directions. Having worked with the Cancer Society in the past, and now as an RSVP volunteer, Marcia has been responding to requests and referrals from the Area Agency on Aging for the last 4-5 years, and coordinates schedules for herself and for her husband. Marcia also acts as an advocate for many of the riders at their appointments, helping to complete hard-to-read forms or comprehend registration forms, and helping patients understand the instructions they are given upon discharge.

She has been volunteering since for the past 13 years. Marcia started volunteering, without expectations of getting any return, because she saw a need. But this has become a personal ministry for both her and her husband.

Her greatest reward is the appreciation expressed by those in need and the friendships that are made. The reward is in helping people, friends, who are experiencing serious medical situations. In giving you receive and get more back than the gas and time we give.



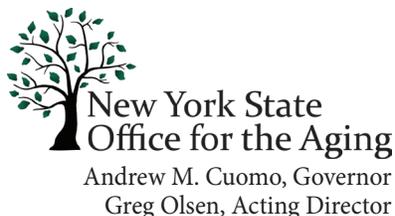
NOMINEE:
EILEEN BARNES
CLINTON COUNTY



Eileen was born and raised in the Bronx and was a Vietnam era military wife. She raised three children as a single mother holding down three jobs while earning a degree from Pace University to become one of the first female traders on Wall Street. She finished her paid career as a training supervisor for nine counties in central New York with the Experience Works Program.

By visiting older adults in their homes as a bill pay manager for RSVP, she helps keep them living independently. She works as an RSVP IRS tax preparer with the local EITC/VITA Coalition and serves on the RSVP Advisory Council. Also, she tutors as a trained Literacy Volunteer and she is a docent at SUNY Plattsburgh Art Museum. She serves as Secretary of the Executive Committee of Plattsburgh State Art Docents. As President of the Blue Star Mothers of Clinton County, Eileen raises funds for local veterans in need. She volunteers with both SUNY Partners in Cross-Cultural Learning, and Program for African Growth through Education; and she's paired with international students from Bulgaria and Guyana. Eileen has also volunteered as a domestic violence advocate and is a past president and volunteer of Family Promise, an ecumenical organization which provides shelter to homeless families. Eileen has been volunteering for 54 years.

Eileen, hoping to become a doctor, began volunteering as a candy striper at the age of 16 at Columbia Presbyterian Hospital.



Eileen's greatest reward has been seeing people achieve things they never thought they could do and giving them the confidence to improve their own lives.



NOMINEE:
CAROLYN TYNDALL
CLINTON COUNTY

Carolyn is a native New Yorker but spent 20 years living in California. Carolyn worked in retail until she re-trained to be a surgical technologist. Carolyn currently lives in Plattsburgh, and is married and has one son, who lives in Auburn, NY.

Carolyn has loved quilting most of her life. She is a member of the Champlain Valley Quilters Guild and was on the Board for many years. Most recently, Carolyn has become involved in the Literacy Volunteers of America for Clinton County. She participated in the Literacy Challenge that is a fundraiser for the Literacy Volunteer Program.

She has been teaching a quilting class for over seven years. Through her efforts she is hoping to share her joy of quilting.

Carolyn feels that her greatest reward has been all the great people she has met and new friendships she has made.

NOMINEE:
ARLENE BROWN
COLUMBIA COUNTY



Arlene lives with her devoted, energetic dog in the same house where she was born 92 years ago. After a 25-year career with NY Telephone, which required a daily commute from Hudson to Albany via trolley/train, Arleen is active in an impressive range of community endeavors.

From mentoring middle school students, to trail maintenance and office assistance with the Columbia County Land Conservancy, to the circulation desk at the Hudson Area Library (where she is the oldest volunteer), Arleen is known for her irrepressible good nature, enthusiasm, and contagious can-do attitude. She also volunteers at the nearby Greenport Conservation Area as a Public Conservation Area monitor, where she picks up trash, prepares birdhouses, and keeps an eye out for issues that need to be addressed by the Columbia Land Conservancy. She has volunteered for more than 30 years.

She says she “appreciates the opportunity to participate in making meaningful contributions to the community.” Sharing her deep knowledge of the history of Hudson is her passion. Her biggest reward is feeling that she continues to be a valued member of the community by doing what she enjoys.



NOMINEE:
JOYCE McDONALD
COLUMBIA COUNTY

A lifelong Columbia County resident, Joyce remains actively engaged in helping others at the fine age of 91. Having experienced some challenging periods in her life, she is undeterred in her zest for life and helping others.

Joyce regularly calls homebound seniors to make sure they are okay and to chat. She visits nursing home residents, provides transportation to appointments, volunteers for hospice, and staffs the Summer Thrift Shop one day a week. Ever cheerful and apparently lacking any cross words in her vocabulary, Joyce has a way of knowing who needs cheering up with a thoughtful card or visit.

In nominating Joyce, one person said she's "known Joyce all her life and is proud to be her friend as were her parents and grandparents before her." The best guess is that means over a half-century of volunteering.

The simple satisfaction of being helpful to others is what attracted Joyce to becoming a volunteer.

"The act of service is its own reward," she said. She likes to make a difference in the lives of others and the community.



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NOMINEE:
PRESTON GOSLEE
CORTLAND COUNTY



Preston and his wife, Anita, moved from Connecticut to Cortland, NY in 1970. They have been married for 63 years. They have two daughters and one grandson. Preston worked for Dairylea Corporation for 15 years in Quality Control. He then worked in marketing for the American Dairy Association. At 93 years of age, he and his wife enjoy skiing at Greek Peak Ski Resort.

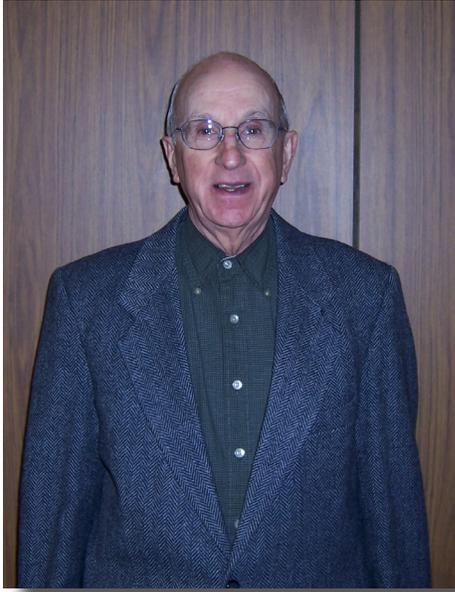
He was named as Cortland County's Senior Citizen of the Year for 2012. He has volunteered at 25 agencies including: Walden Place (Enriched Housing); the Cortland County Area Agency on Aging; Business Development Corporation; Convention & Visitor's Bureau; Special Olympics; 1890 House; RSVP; American Heart Association; American Red Cross; Cortland County Health Department; Catholic Charities; CAPCO; FOODSENSE; St. Mary's Church; JM McDonald's Sports Complex; Cooperative Extension; Salvation Army; Randall Elementary School; Regional Sports Council; Cortland Repertory Theater; Cultural Council of Cortland County; City Youth Bureau; YWCA; Cortland County Soil and Water; and the Family Resource Center.

Preston joined RSVP in 1996. As of March 31, 2013, he had logged 1,869 hours of volunteer service.

He began volunteering because he wanted to give something back to the community.

His best reward for his service "is the self-satisfaction from seeing that his service has helped people and organizations."





NOMINEE:
**RICHARD
MENAPACE**
CORTLAND COUNTY

Richard was born on January 26, 1934 and has lived in Cortland County all his life. He and his wife, Elaine, have been married for 58 years. They raised four children and have six grandchildren. Richard retired as a pharmacist from Rite Aid Pharmacy in 1996.

In 2011, Richard was named the Cortland County Senior Citizen of the Year. Since retirement, he has been affiliated with numerous community organizations. He is currently, or has been, a member of the following committees and organizations: Older Americans' Act Advisory Board; The Cortland County Coalition for Long Term Care; NYS Governor's Advisory Committee on Aging; Cortland Housing Authority; Cortland Cable

Commission; Council of Churches; a long time member of St. Mary's Church (choir member and leader of a prayer group); Eucharist minister at Crown Center Nursing Home; Cortland Senior Center Council member; and Cortland Senior Men's Xclub. Richard has volunteered for Catholic Charities since 1997. He became an RSVP volunteer in 2002 and has logged 881 hours of volunteer service to date.

Richard has dedicated his entire adult life to the Cortland community which is much richer because of his hard work and generosity.

When he started volunteering, he wanted to become more knowledgeable about the needs of Older Americans and to help the community be better prepared for the needs of the "soon to be retired" seniors, and the baby boomers who are "aging in."

His biggest reward, he said, "is becoming more knowledgeable about the needs of Older Americans and the long term care choices available to them."



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NOMINEE:
CATHLEEN HOLMES
DELAWARE COUNTY



Cathleen was born in 1920 in the Town of Colchester in Delaware County. She lost both of her parents at a young age and Cathleen went to live with her aunt and uncle. In 1938, at a square dance, she met a young lad by the name of Clifford Holmes. This was the beginning of a romance that led to 54 years of marriage. They have five children. Her husband enlisted in the army after their third child was born. Cathleen had to raise the three children on her own as her husband was serving his country in Saipan.

In 1963, after her children were grown, Cathleen graduated from an LPN Nursing Program and was immediately hired to work as a charge nurse at the Delaware County Infirmary, which is known today as Countryside Care Center-responsible for the care of 100 residents. After working for 15 years she made the difficult decision to retire. Immediately following her retirement she signed up to work per diem. Cathleen continued to work a couple of hours every Saturday and Sunday assisting with feeding of residents who were unable to feed themselves. Cathleen has been an active member of her church for almost 60 years and has served in a variety of capacities including trustee and elder. Cathleen is presently involved with the Delaware County Senior Council, Office for the Aging Advisory Board, and the Delaware Opportunities Board of Directors. She's also an active member of the American Legion Auxiliary of Delhi and has been a member of the Order of the Eastern Star for over fifty years. Cathleen started a Ladies Coffee Club in DeLancey several years ago and to this day continues to meet every other Thursday for coffee and lunch.

She started offering her time for the feeling of accomplishment, and compassion for taking care of seniors in her community who are less fortunate. She states, "I always know what is going on and I know how to get the job done."



NOMINEE:
MABEL ADAMS
DELAWARE COUNTY

Mabel Adams was born in Riverhead, NY, in 1931. Mabel was one of five siblings. She moved to Suffolk, Virginia with her parents at a very young age. In July of 1950 she married her husband John. They were married for 44 years. In 1963 she and her husband, and three children moved to Delhi, NY. When Mabel heard “New York” she was envisioning metropolitan “New York City.” Mabel was employed at SUNY Delhi for thirty years before she retired in April of 1995. She has been a resident of Delhi for close to 50 years.

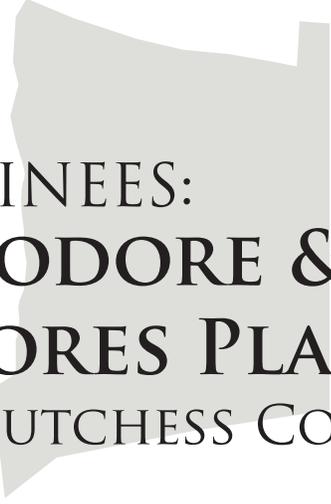
Noted for her wonderful smile and cheerfulness, Mabel is always putting others before herself. After her retirement she decided to become more involved in her community. She currently spends much of her time volunteering, running errands, sharing stories and visiting with seniors in the community. She is a volunteer for medical transportation through the Office for the Aging and takes seniors to medical appointments. Mabel is a member of the Delaware County Senior Council in which she serves on many committees. She is involved with the Delhi Senior Social club, and is a member of the American Legion Auxiliary of Delhi. Mabel is a member of the Saint John’s Episcopal Church and is very active in her faith. In the past she has served as the trustee and secretary for the local cemetery and a greeter at the local high school.

Mabel has been volunteering in the community for close to 20 years. She lists a feeling of accomplishment in helping others who are not as fortunate as she, setting an example for her children, and encouraging others to volunteer as reasons she donates her time. “If everyone would volunteer this world would be a better place,” she said.



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NOMINEES:
**THEODORE &
DELORES PLASS**
DUTCHESS COUNTY



Ted and Delores Plass are outstanding residents of the town of Hyde Park, NY. They raised their four children there and currently care for Delores' 92-year-old mother, Alma.

Both Ted and Delores are volunteers with Roosevelt Fire Company #2. They are both volunteer Fire police and Ted is a volunteer exterior firefighter. In the past Ted has been Lieutenant of Company #2, Captain of Company #2, President of the Company, Captain of the Fire Police, Lieutenant of the Fire Police and District Safety Officer.

In addition, Ted is the volunteer President of the Board of the Union Cemetery and Delores is the Secretary. They also attend the Hyde Park Methodist Church where they are active volunteers for a number of church functions and Delores volunteers at the church thrift shop. They often make time to help neighbors and friends who are in need of transportation to medical appointments.

They have volunteered since they were teenagers. They have always believed in helping others. Then one day they saw a billboard with the slogan "You Rest, You Rust," and they adopted it as their life motto.



Ted and Dolores feel that staying active and involved keeps them going and connected with their community.



NOMINEE:
CLINTON A. SALMON
ERIE COUNTY

From Chafee, NY, Clint, at age 87, continues to be a vibrant and vocal voice for seniors after his retirement as a New York State Trooper.

Clint strives to ensure that every senior is represented and attended to. For 10 years he has served as President of the Town of Sardinia Senior Citizens, and was a founding father of the group orchestrating writing of the by-laws in 1989. He initiated “Blizzard Boxes” for Western New York seniors, where food items are donated at a Thanksgiving dinner, then sorted, boxed, and distributed to seniors in need. He has served on the Rural Transit Advisory Board since 1997, serving thousands in Erie County, and has volunteered as driver for more than 15 years. Clint is also area supervisor for South Towns Meals on Wheels Program, and has been with the program since 2002. He has spent numerous hours on paperwork and has had untold amounts of personal contact with clients. Additionally, he has served on the Chafee-Sardinia Kiwanis for 50 years, was a member of the American Legion Post 1248 for 40 years, and is a lifetime member of the VFW Post 374.

Clint has been volunteering for more than 20 years, and stopped volunteering to drive the vans only after being advised by his doctor to do so.

“When you see something that needs to be done, you step in and do it, and do it right,” he said.



NOMINEE:
MITCH FLYNN
ERIE COUNTY

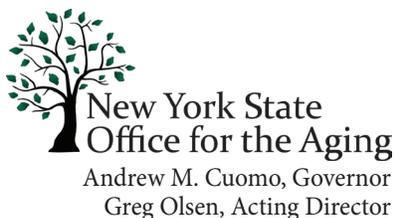


Mitch Flynn is a lifelong Buffalonian, attending Canisus High School and Georgetown University. Today, at 62, he is an advertising executive, neighborhood block club leader, avid cyclist, and the husband of Ellen Goldstein.

The Ride for Roswell is an annual fundraising event in Buffalo for cancer research at Roswell Park Cancer Institute. Mitch started the event in 1996 when a friend and neighbor with three children died following a long battle with cancer. Since it began, The Ride has brought in more than \$20 million for cancer research. In 2012, 8,000 riders raised \$3.8 million (Mitch has the second highest total in individual fundraising since The Ride began).

Among his other volunteer efforts, Mitch is on the board of Go Bike Buffalo, a past board member for The Center for Entrepreneurial Leadership at SUNY Buffalo, and member of the Center's Alumni Association. He's participated in Leadership Buffalo and the Georgetown University Alumni Admissions Program.

Mitch says, "I have been volunteering for more than 35 years, and I thought volunteering would be a good way to meet new people, better understand myself, do something for the community, and have some fun."



"What I've found most rewarding about volunteering is that it provides a context in which both community good and personal best are mutually attainable," he said.



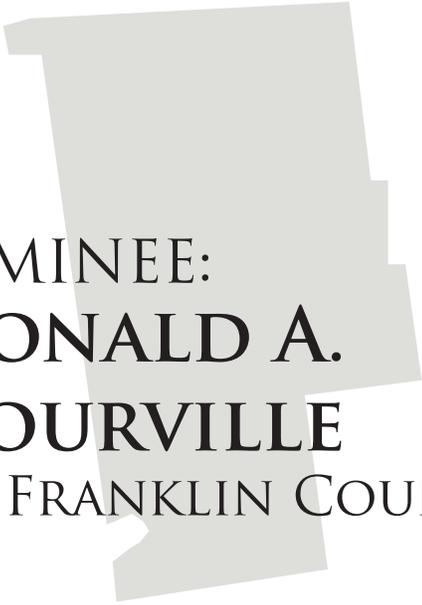
NOMINEE:
FRED J. MADER, JR.
FRANKLIN COUNTY

Fred Mader is 1956 graduate from Paul Smith's College earning an Associate Degree in Hotel Management. He married in 1958 and raised his family in Saranac Lake where he has been a lifetime resident.

Fred's contributions began as an Army volunteer at Walter Reed Medical Center during the Korean War. Throughout Fred's life he has volunteered and been involved in his community resulting in many contributions in the Saranac Lake area. Fred attended Seminary training and became an ordained Deacon of the Diocese in 1980. He worked with the developmentally disabled and later became the Chaplain in the Federal Bureau of Prisons at Ray Brook. He was a Literacy Volunteer, as well as volunteering at the Community Lunch Box, HOSPICE, Saranac Lake Adult Center, Mercy Care, and the Community Store.

He has volunteered in one capacity or another his whole adult life. Fred hoped to obtain a feeling of being needed. Volunteering and making a difference has been his personal ambition.

Volunteering has given Fred a new lease on life, also giving him the opportunity to give to others in the community.



NOMINEE:
**RONALD A.
TOURVILLE**
FRANKLIN COUNTY



Ron was born in Ellenburgh, NY on February 13, 1936. He attended high school in Ellenburgh and graduated in 1955. Ron and his wife Beverly have been married for 55 years. Ron joined the US Army in 1955. He served his country on active duty for two years before receiving an honorable discharge and continued with the CUS Army Reserves until 1960.

After retiring in 1998, Ron became involved and remains very active at the Burke Adult Center volunteering as a Meals on Wheels driver, serving on the adult center board, and as a representative for the Town of Bellmont on the Association of Senior Citizens Board of Directors. Ron also volunteers at the Bellmont Food Pantry and is responsible for setting up boxes of food, counting and dividing stock, as well as delivery to forty needy families.

Ron has volunteered in his community for 25 years.

It is Ron's hope that being involved and through his volunteering at the adult day center and food pantry it would help to ensure that individuals in the community would be able to remain in their homes safely for as long as possible.

Working with people in the community gives Ron a great sense of accomplishment. Knowing that he has helped make a difference is his greatest reward.



NOMINEE:
LINDA H. WALSH
FULTON COUNTY

A lifelong Fulton County resident, Linda's mom, Dorothy Hollis, was the founder of the Nick Stoner Senior Club. Linda graduated; 1965 Bishop Burke High School; 1967 FMCC Associate's Degree; 1969 College of St. Rose, BS in French; MA in French; St. Clare's Hospital School of Radiology, 1972. She was employed at Nathan Littauer Hospital for 38 years and retired in 2009.

She is the Daughter of the founding member of Nick Stoner Senior Club and has continued her mother's legacy as she serves as secretary of the Nick Stoner Senior Club, and assists in planning Club Trips. She sends cards to shut-ins, calls to check in on members to see if they need anything, and volunteers to transport members who cannot drive any longer to meetings. Linda is a Member and Past President of the Lions Club; presently she is District Governor for New York overseeing 36 Lions Clubs. She has helped with Hurricane Relief, Fund Raising for services for the blind, collected hygiene products for the domestic violence shelter, and held a celebration for Camp Badger School for the blind students. Linda is an avid traveler; she recently returned from a grand trip to Korea and presented a slide show to the Nick Stoner Club. She started the Mohawk Valley Radiological Society. She has served as former President of the Christian Women's Society, and has enjoyed being with and working with older persons. She also volunteers for Mountain Valley Hospice.

Linda Walsh began volunteering in high school at a nursing home. She wanted to observe what nursing was about, and she learned how to feed the residents at the nursing home.

Linda's greatest reward from volunteering is that she can identify with caregivers and families of dying relatives. She feels gratified that she can help others.



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NOMINEE:
MARIE VALACHOVIC
FULTON COUNTY



Marie is a lifelong Fulton County resident; she currently lives in Johnstown, and is a former Reading Teacher/Specialist. She last worked at Richfield-Springs School District. She has a daughter, a son, and four grandchildren.

Marie belongs to the St. Monica Chapter of the Eastern Star, where she has been a member for 55 years, hosting dinners/pancake breakfasts to generate donations for community efforts like the Wounded Warriors and Veterans Hospital; and the home in Oriskany for residents of the facility. She has been on the Board of Managers of the Willing Helpers Home for 20 years serving 10 years as President; Daughters of the Nile (aux. of the Masons) sewing group to make dolls and lap robes for Schriners Hospital; First Presbyterian Church member for 40+ years, has been Elder and Deacon, and on the long range planning committee, and co-chair of the fellowship committee, 26 years co-chair of the rummage sale committee. She was a member of the committee that began Fulton County's First Night activities; was a founding member of holiday meals distribution with the Reformed Church; volunteered to deliver meals for the Fulton County Office for Aging over the years; and currently works in Sen. Hugh Farley's District Office in Johnstown.

She has been volunteering all her life and enjoys "the camaraderie and friendship and the fact that I can help others."



NOMINEE:
ALICE SCHUBERT
GREENE COUNTY

Alice Schubert, born 1923 in Iowa, moved to New York State when she was 13. Presently she resides in Coxsackie. During her lifetime, Alice was secretary for various lawyers and was the Executive Secretary for the late NYS Assemblyman Larry Lane. Alice has a son and a daughter, as well as two grandchildren and a great-grandchild.

Since 1986, Alice has been a volunteer with the Greene County Department for the Aging, delivering meals, offering medical transportation, and helping at the Rivertown Thrift Shop. In addition, she has served as a volunteer to the D. R. Evert Library in Athens and served as a Trustee. She also was a board member for the Rivertown Housing complex in Athens.

Alice has been volunteering for more than 25 years with the county but she says she has been volunteering for “as far back as I can remember.” Her hope in volunteering was to help others.

What is her greatest reward from volunteering? The greatest reward from her experiences has been the personal enjoyment and satisfaction she gets from helping others.



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NOMINEE:
BISHOP
JOSEPH THORNTON
GREENE COUNTY

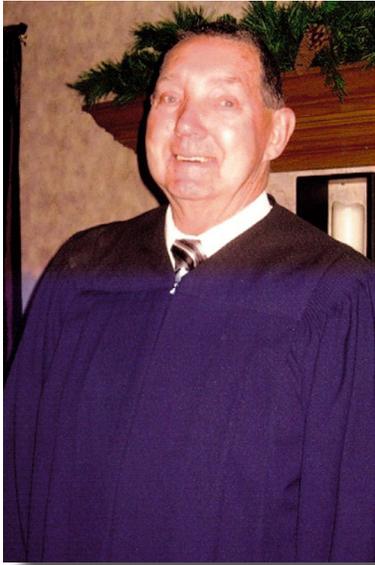


Bishop Joseph Thornton was born in Queens, NY. He moved to Greene County in 1986. He is a Bishop Protector for the Servants of the Good Shepherd. He lives in Durham with his wife and they have a daughter and a granddaughter.

Joseph has served as a volunteer in his community in many roles since he was a young man, beginning after he left military service. His volunteer service includes: Oak Hill-Durham Fire Company for 25 years; Past President and Chaplain of the Greene County Fire Police Association; EMT volunteer and squad Chaplain for the Durham Ambulance Squad; Volunteer driver safety instructor for AARP; working with young cadets in the Civil Air Patrol; volunteer at Stratton VA Hospital; serving in various offices of the Durham American Legion; and the VFW. He created yearbooks on the history of the American Legion and served as past Chaplain and historian for the Third District American Legion. He served as an officer in the Greene County Chapter of Disabled American Veterans; as Instructor for the NYS Environmental Conservation Hunter Safety program; and, as a volunteer for disaster services with the American Red Cross.

He also formerly trained instructors for the National Rifle Association.

His greatest reward from his experience is helping others in their times of need.



NOMINEE:
JAMES MCINTYRE
HAMILTON COUNTY

Jim is a native of Long Lake in Hamilton County and has lived there his entire life, with the exception of time spent serving his country in the US Army. He and his late wife Marcella raised four children and he has nine grandchildren and four great-grandchildren. Currently, he lives with his companion of 15 years, Donna McDonald.

Jim is an active member and former Commander of the Long Lake American Legion. He has served on the board of the Warren-Hamilton Counties Community Action, as President of the Hamilton County Council of Senior Citizens and as a member of the Office for the Aging's Advisory Council. This is all in addition to the volunteering he does every day for the home delivered meal program. He is always available to lend a hand and provides rides to medical and other appointments to older adults.

Since his retirement 15 years ago, he has remained an active volunteer.

He started volunteering at the Long Lake meal site without thinking about getting anything out of it; because he just wanted to support the program.

His greatest reward is visiting with people and getting to know them.



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NOMINEE:
ROBERT MEGARGLE
HAMILTON COUNTY



Born in New York City, Robert is now a resident of Wells. He has been a full-time New York State resident for 29 years, and was a seasonal one for 25. He was a College Professor at the University of Missouri, Columbia (5 years), and, Cleveland State University, Ohio (25 years). He is married to Alice, and they have a son, Alan.

Robert voluntarily designed, wrote, debugged, and tested two book inventory database programs for the Virginia Hosley Free Library in Wells that significantly improved operational efficiency. The first allows books and other materials to be logged into the system and assigned a bar-code, with capability to revise or delete entries. The second saves patron information, assigns a library card number, and allows for book check-out and check-in with appropriate record keeping. Robert wrote a manual for this system, conducted instructional workshops, and led a volunteer effort to log all library holdings into the system.

He also constructed 71 wooden shelf units to improve the library floor plan and replace older metal shelves that were the wrong size for books, a project that approximately doubled the number of books that can be shelved. Robert hoped that his volunteer project would improve the original library system that required the desk clerk to write down patron names and checked-out items in a spiral notebook, then cross them out when items were returned.



Robert's reward from his volunteering was "satisfaction with the new library configuration and appearance. It increased shelf space and presented a warmer, more 'Adirondack' character through the use of knotty-pine materials," he said.



NOMINEE: BARBARA GOODSON HERKIMER COUNTY

Barbara Goodson was born in Herkimer County and has lived in New York her entire life. Barbara currently resides in Mohawk. She worked for 20 years at a large company in the accounting department. Barbara has three children, four grandchildren, and one great-grandchild.

Barbara volunteers for numerous community organizations. She works in the Food Sense Program. She is a member of the RSVP program. She assists seniors with rides to any place they need to go. Barbara helps seniors with various things such as taking them shopping, taking them out to lunch, and to informational meetings. Barbara has also provided respite to caregivers who need time off from caregiver responsibilities. Barbara also helps with various functions at her church.

Barbara has been volunteering most of her life as she was raised by Christian parents who taught her that you always help someone in need. She said that she wanted to give back to people who lived in her community.

Her greatest reward for volunteering is knowing that you have helped someone. Barbara said that the people she has helped seem happier and feel more secure about their situations.

Barbara believes helping others is what we all should do.



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NOMINEE:
EILEEN TOBIN
HERKIMER COUNTY



Eileen was born on December 14, 1941. Eileen is a retired school teacher and has made Thendara her home for many years.

She is active in the following activities in her community: the Food Pantry, the Community van, Red Cross Search & Rescue, St. Bartholomew's Church and a previous member of the Herkimer County Office for the Aging's Advisory Council. For the past 10 years Eileen has traveled the country with the Red Cross Search & Rescue. This includes a 25 day stay in New Orleans after Hurricane Katrina and an 18 day stay in New Orleans after Hurricane Gustav. Most recently she traveled to New Jersey after Hurricane Sandy. One of Eileen's favorite activities is visiting with homebound seniors, bringing them meals and the Holy Eucharist.

Eileen has been volunteering for most of her adult life so that she can help others.

She said that when working at the Food Pantry she strives to gain the trust of the patrons so that they do not feel ashamed to ask for help when they need it.



NOMINEE:
BETTY REFF
JEFFERSON COUNTY

Betty Reff, a resident of Watertown for the past 45 years, is the mother of four adult children and a graduate of Jefferson County Community College with a Certificate in Office Studies. Mrs. Reff's career started at Watertown's Mercy Hospital as a Secretary and Assistant Purchasing Agent. Following Mercy, Mrs. Reff worked as the Senior Typist for the Jefferson County Office for the Aging and retired in 2012 after 19 ½ years. While employed full-time, Betty worked as a NYS Civil Service Supervisor for the Watertown area, an Election Inspector for the City of Watertown, and a NYS Notary Public.

She is a member of the Jefferson County Office for the Aging Advisory Council; President of the Brownville Glen Park Senior Citizens Busy BG's; Vice-President of the Northpole Fire Company Ladies Auxiliary; 2nd Vice President of the Jefferson County local AARP Chapter; member of the Watertown Elks Lodge #496, a Eucharist Minister and parishioner of our Lady of the Sacred Heart Church. She has been President of the Northpole Fire Company Ladies Auxiliary; Jefferson County AARP Corresponding Secretary; Secretary of the Jefferson County NY Connects Long Term Care Advisory Council; volunteer at the Watertown Urban Mission preparing Easter baskets; and a volunteer at Immaculate Heart Central High School.

Mrs. Reff has been actively volunteering in her Church and community for as long as she can remember. "Getting nothing in return, volunteering, and lending a helping hand is my way of giving back to my Church and community," she said.

Betty Reff's motto is simple: "It is so rewarding to make a difference in someone's life and turn a tear into a smile."



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NOMINEE:
HOLLY
WHITE ARMSTRONG
JEFFERSON COUNTY

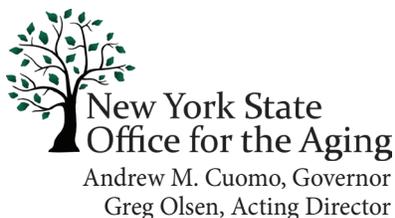


Holly Armstrong, a retired Jefferson County Community College Assistant Professor in the Human Services Division, is a native of Carthage, NY. Holly resides there with Bruce, her husband of 39 years, her son Jeff, daughter Caitlin, grandson Trey and dog Sadie.

She is Advisory Board President with Jefferson County Office for the Aging, Board Co-President: NCCSA Board of Directors, Board Member: T-PACC Jefferson-Lewis Counties, Coalition Member: ASAC Rapid Response Team, Member: AARP Jefferson County Chapter.

She has served on the Community Partners at the Jefferson County Library, Carthage Hospital, Town of Champion Planning Board, YWCA Personnel Committee as Chair, Plattsburg Transitional Housing Association, Plattsburg Coordinated Child Care Program, and the West Carthage Elementary School, and serve her community in a myriad of ways.

Mrs. Armstrong started her volunteer work in 1967. She has been an Advisory Council Member for Jefferson County OFA since 2006. A sense of investing and giving back to the community, of meeting and sharing ideas with others and working with agencies towards the goals of improving community services are some of what she gets from volunteering.



Challenging students in finding their strengths in the world of human services and the fulfillment of watching others work together to bring about positive changes in the community are some of her rewards.



NOMINEE:
**REVEREND
BRUCE CHAPMAN**
LEWIS COUNTY

Rev. Bruce Chapman moved to New York State from Mansfield, Massachusetts in 1957. He currently resides in Beaver Falls, NY and has held many ministerial positions throughout his career until his retirement in 1993. Rev. Chapman continues to follow the call of God in his life by serving as a reserve minister in many churches throughout the area. He has been active in many organizations such as: Beaver River Senior Citizen's Club; Grand Chaplin of the Masonic Order of New York State; Bethany Lodge of Black River; Compact Council of Beaver River Central School; Community Committee for the Carthage Area Hospital; Big Brothers/Big Sisters; Watertown Urban Mission; YMCA; United Way; Alzheimer's Association; Brook Haven House for Unwed Mothers; Beaver River Central School Board of Education and Brookside Senior Living Community. The Reverend has shared his ministry and tirelessly given of himself to his community with kindness, caring, compassion and a gentle spirit. Although Rev. Chapman is retired, he continues to serve his community by officiating at weddings and funerals without shortchanging his responsibilities as husband, father, grandfather, great-grandfather and friend to many people.

Rev. Bruce Chapman has been serving the community in a pastorate capacity for 57 years and volunteering for 60 years with the organizations listed above.

What did he hope to get from volunteering when he started? Satisfaction from guiding my community in their spiritual journey and to assist with strengthening the cause I continue to volunteer for.

“It has been a very gratifying experience to view the expansion and completion of the different projects I have advocated for,” he said.



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NOMINEE:
DENNIS M. WRIGHT
LIVINGSTON COUNTY



Dennis and his wife Sandy reside in the Livingston County community of Avon. He retired from the NYS Department of Transportation after 33 years of service.

A lifetime resident of New York State, Dennis was the leader in founding HEARTS FOR ALS (often referred to as Lou Gehrig's Disease) NY in 2010 and he secured non-profit status for the organization in 2012. Their mission is to assist persons afflicted with ALS and their caregivers by funding support services not covered by other entities. Different from organizations that raise funds for ALS research, HEARTS funding is used for direct services to assist PALS (Persons with ALS): a 100% volunteer service serving those in need in Livingston, Monroe, Ontario, Wayne, Steuben, Allegany, Wyoming, Cayuga, Orleans and Cattaraugus Counties. Dennis' dedication and passion is directed to ensuring the well-being of the PALS he contacts and visits to make sure their needs are met. He made this commitment after losing his best friend, Jeff, to Lou Gehrig's Disease in 2009. Jeff's dream of creating an organization to help those individuals afflicted by ALS and their caregivers, was the driving force behind Dennis' passion to establish this organization that has helped so many in our community; putting the needs of PALS first.



NOMINEE:
PATRICIA FLOYD
MONROE COUNTY

Patricia is a retired police officer from the Rochester Police Department and has been a fixture of the Rochester community for many years. She enjoys spending time with her children and many grandchildren in her retirement.

She is an active member of the Henrietta Senior Center. As a Project Council Representative, she meets bi-monthly with the Monroe County Office for the Aging staff. Also at the center, she offers weekly computer instruction to other seniors. In addition, she performs with the Henrietta Stompers at local senior living communities. She organizes the annual Black History Celebration, a day filled with wonderful local entertainment, storytelling with song and dance.

Patricia has been volunteering most of her adult life. She started volunteering because she wanted to help out in her community and wanted to expand on her career in public service.



NOMINEE:
QUINTINO DICESARE
MONROE COUNTY

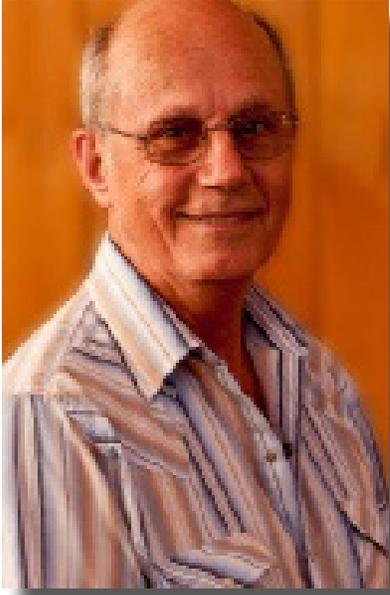


Quintino has lived in Gates for 46 years, and before then he lived in Italy. His wife is Onelia, Nelly for short. He has two sons, Robert and Lorenzo. He was a welder in Italy, and when he moved to the United States he became a plumber. He is a licensed plumber and operates his own business.

Quintino has served as President of the Italian Civic League for four years. He helped coordinate the Columbus Day parade in downtown Rochester and coached soccer for the Gates – Chili Soccer League traveling for 15 years. He was President of the Gates AMITA Club for 12 years and is currently Chair of the Parish Council at St. Theodore’s Catholic Church.

He has volunteered from the beginning, since he immigrated to the United States.

When he started volunteering, “he wanted to meet people and help out in his community,” he said. Being friendly and socializing, making new friends, and being a role model in the community are his greatest rewards.



NOMINEE:
MAURICE CARRON
MONTGOMERY COUNTY

Maurice has been a native of New York his entire life, except when he served two years in the Navy. He worked for many years for Anderson, and then for Liberty ARC. He has been a member of the Inman Senior Center for eight years.

Since joining the Center, almost from the beginning, Maurice and his wife, Edie, became very actively involved in volunteering. Maurice used his skills in maintenance and repairs, doing minor and some major projects for the Center, saving the Center countless dollars. He helped out with special events, and daily activities as well. Maurice is an avid pinochle player, when he is not too busy maintaining our building. From painting projects to boiler repair, from floor refinishing to minor electrical work, Maurice is the go-to guy. He has served on the Board of Directors since 2008 and currently is chair of the building committee.

Maurice has been volunteering since he joined the Inman Center in 2005. By volunteering, he hoped to be able to stay busy and use his skills to help the Center save money.

His greatest reward from volunteering is the friends he has made at the Center and the knowledge that he is able to contribute to the Center in a meaningful way.



NOMINEE:
FRED HARBER
NASSAU COUNTY



Born in New York, Fred was in the printing industry until he retired in 1995. He is married, with four sons, three daughters-in-law and one granddaughter.

Beginning in 2000, Fred has helped build homes for Habitat for Humanity in Nassau County, in New York City, in Alabama, even traveling Sri Lanka after the 2004 Tsunami to help those affected. Since Hurricane Sandy, he has been doing demolition and mold clean-up in Long Beach.

In total, participating in numerous projects, Fred has been volunteering over forty years.

When Fred began to volunteer, it enhanced his feeling of self-worth and made him feel whole. In truth, the work was its own reward.

The greatest satisfaction for Fred has been seeing the faces on people when “they get the keys to their first home, people who never thought they would get to own one.”



NOMINEE:
**WALTER F.
WIENTGE, JR.**
NASSAU COUNTY

Walter was born in Floral Park and attended New York City public schools earning his B.A. and his Master's at New York University. He taught for 44 years at Uniondale High School.

Walter volunteers weekly at North Hempstead Animal Shelter; Garvies Point Museum; United Cerebral Palsy, in a house with disabled persons and for the Compeer Program of Nassau County. Compeer is a volunteer support and social program that uses the power of friendship to help people with mental illnesses live happier, more satisfying lives.

In 1987, Walter started volunteering for St. Mary's Children's Hospital. He got satisfaction by working with others. As a teacher, he had a desire to reach out and spend time with people and animals.

"I get more from volunteering than I give, inner satisfaction from reaching out and helping as I can, and being blessed in what I do," Walter said.



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NOMINEE:
BARBARA JOHNSON
NEW YORK CITY

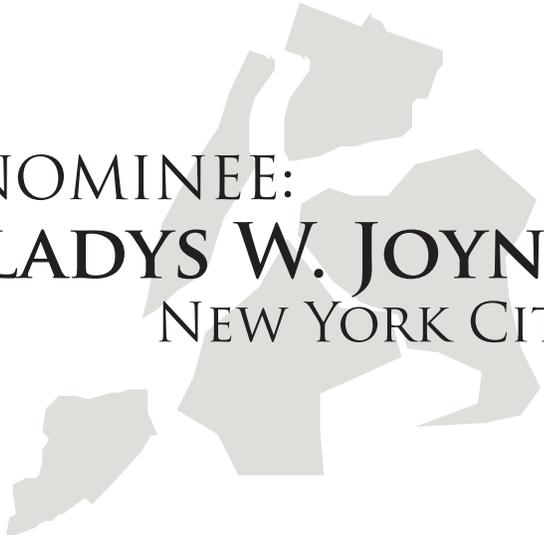


Ms. Barbara Johnson was born and raised in New York City. Her father is from Bryn Mawr, Pennsylvania. She has a brother and sister who live in Delaware.

Ms. Johnson has been involved with volunteering and civic engagement for a very long time. Her contributions with the John F. Kennedy Center; in dance, drama, and singing is extensive. At Columbia University she gave dance class instructions. She is a senior volunteer in the Stay Well Exercise Program at the New York Public Library, where she teaches twice a week. Ms. Johnson also participated in the ongoing workshop at the New York City Department for the Aging (DFTA), called “the step ladder to health.” Ms. Johnson believes that the importance of daily activities in older adults’ lives is very crucial for good practical health. Her motto has always been that the body is made to move, and that if you don’t it will rust.

Barbara hoped that by volunteering she would have the pleasure of seeing seniors being aware that they can move in their own skin. Ms. Johnson wants the barrier of immobility to be removed.

Ms. Johnson has been volunteering for 17 years. And her greatest reward from volunteering? “Movement! Seniors actually engaging in the practice of body movement. Observing the delight on seniors faces when they realize they have the ability to move,” she said.



NOMINEE:
GLADYS W. JOYNER
NEW YORK CITY

Gladys Joyner has lived in New York for over 70 years. She has raised four children and has been a mentor and second mother to many. She is a retired Federal Government employee. She is also the grandmother to six and a great-grandmother to eight.

Not only does Gladys volunteer as a foster grandparent, she also is a member of the auxiliary board for Queens Hospital Center. She also works with the Board of Elections. Gladys has been part of the Queens Borough Chorus in the past and she has always enjoyed giving time to help the Youth in her community.

Gladys has been volunteering for Queens Hospital Center for twelve years. She was hoping to get the satisfaction of giving love and attention to those who needed it.

And when you ask her what the greatest reward is, she replies, “Seeing the smile on the children’s faces when she walks in the door. She loves when the children ask her why she has to leave when her day is over.” Gladys has seen many children grow up and they have come back to see her, and this makes it all worth her time.



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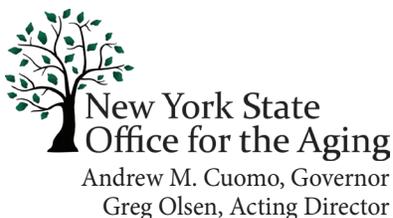
NOMINEE:
HAZEL COLLMAN
NEW YORK CITY



Ms. Collman was born in the Caribbean Island of Jamaica, West Indies. She migrated to the USA in 1966. She was a teacher for many years at the kindergarten level. Her love and passion for children allowed her to impart education and values to children in their formative years. Ms. Collman also pursued and excelled in the field of accounting and bookkeeping. She was also employed at Saks Fifth Avenue as a Credit Analyst for six years prior to her retirement.

She has volunteered as President of 300 East 25th Street Block Association; President Bethel Holy Church Usher Board; Peer Leader Camba Anti Stigma HIV/AIDS; as a volunteer for R.S.V.P.; member of New York Statewide Senior Action Council; Catholic Charities Heart Share Division; and the Brooklyn Botanical Gardens. Ms. Collman is a member of the following organizations: Neighborhood Housing Services of East Flatbush; Community Board 17, Services for the Underserved Human Resources Department; 67th Precinct Council; and the Tilden Hall Residence (Shelter) Advisory Board. Ms. Collman was appointed to the Department of Youth and Community Development (DYCD); and is an alumni member of New York City Department Citizen's Police Academy.

Hazel has been volunteering for over 20 years. When she started volunteering, she hoped to “continue to advocate for seniors and the community, in order for them to receive services necessary to help ensure a better quality of life.”



Her greatest reward has been “the satisfaction of knowing that those needing benefits received them, and the joy expressed by them.”



NOMINEE:
HELEN R. HAMLIN
NEW YORK CITY

Helen Hamlin is a social worker, who received her MSW in 1945 from Columbia University and worked mainly in New York City (although she spent four years in Washington D.C. following World War II). She has worked with older persons since 1965 in community agencies, a nursing home, and program at Columbia School of Social Work.

She helped develop a multi-service program for elders in Jamaica, Queens which included a housing complex and programs for community residents, encompassing social and health programs; she arranged a large public forum to engage public officials, and community leaders regarding SSI Legislation leading to important amendments. She has also served on several social service boards, and served as member of the Mayor's Commission for an Age-Friendly New York.

Helen has been volunteering for 22 years, since retirement from employment.

When she started volunteering, Helen hoped “to continue to serve older persons whose issues, concerns and problems keep them from fulfillment in current lives.”

“I believe that my efforts have made an impact on behalf of older people: e.g., in the development of an assisted living facility; speaking out on social isolation in local and international venues, and working on promoting legislation at the city and state levels” she said.



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NOMINEE:
ODESSA JONES
NEW YORK CITY



Odessa was born in South Carolina and moved to New York with her family when she was 17. She subsequently graduated from Bronx Community College. Odessa is the mother of three children and worked with pre-school children for 30 years. Always open to new things, Odessa just returned from a March trip to China.

Odessa has been a New York City Department for the Aging (DFTA) Health Promotion volunteer for a dozen years. She is one of two energetic STAY WELL exercise leaders working at the JASA Co-op City Senior Center in the Bronx. Odessa has participated in many of the special programs offered to older adults, and donated several hours of her time to develop and test Winning Wellness, a health education game that is being developed by DFTA.

When she started volunteering, Odessa was grateful for the blessings that she and her family had received, and she wanted to give something back. After three decades of service to young children, Odessa decided that in retirement, she wanted to do something for seniors.

Odessa believes that “when you give sunshine to others, you get sunshine back.”



NOMINEE:
VONCILE MALLORY
NEW YORK CITY

Voncile Mallory is originally from Alabama, but has lived in New York for several decades.

Voncile has been a New York City Department for the Aging (DFTA) Health Promotion volunteer for about a decade. She is one of two energetic STAY WELL exercise leaders working at the JASA Co-op City Senior Center in the Bronx. Voncile has participated in many of the special programs offered to older adults, and donated several hours of her time to develop and test Winning Wellness, a health education game that is being developed by DFTA. Voncile came forward from the STAY WELL exercise class when the group needed a replacement for one of its two original leaders. Voncile works with Odessa Jones and the two collectively offer both the STAY WELL class and a line dancing class at the center. Voncile leads the line dancing class.

She has volunteered with DFTA for approximately ten years.

When Voncile started volunteering, she wanted to do something that she would enjoy; something that would give her the opportunity to socialize with people.

Voncile enjoys seeing the “smiling faces” of older adults, many of whom tell her that the STAY WELL exercise class makes them very happy.



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NOMINEE:
ELIZABETH DIACHUN
NIAGARA COUNTY



Elizabeth, AKA “Betsy,” moved to Niagara Falls more than 50 years ago. A graduate of Allegheny College, she was co-owner of the Book Corner store and raised three children with her husband. She currently resides in Lewiston.

Betsy is Chair of the Niagara Area Foundation, and a Board Member for the Niagara Beautification Commission. She is a long time member of the Niagara Area Habitat for Humanity Board, and has helped build houses for area residents. Betsy worked as Assistant Director at Old Fort Niagara for 15 years, now serving as their board Secretary. She served for seven years on the Lewiston Porter Board of Education. Betsy has volunteered with the home delivered meals program for the Niagara County Office for the Aging for 15 years, and donates platelets to Roswell Park Cancer Institute monthly. Betsy helped start the first Red Hat Society in Niagara Falls. She is president-elect of the board of the First Unitarian Universalist Church of Niagara, where she has been a member for more than 50 years.

Betsy has been volunteering for nearly 40 years. Betsy’s motivation to begin volunteering was to help people and improve her community.



NOMINEE:
ROSE HOSP
ONEIDA COUNTY

Rose is a native of Utica, NY, and currently resides in Barneveld, NY. She has been married to Jack Hosp for 45 years and together they have one son, a daughter-in-law and a grandson. She graduated from UFA, received her BA from Utica College and her MA from Middlebury College. She taught Spanish for 34 years at Holland Patent Central School. After her retirement in 1998, she continued to teach as an Adjunct Professor at Utica Collage for seven years and a volunteer facilitator at MVILR for over 12 years.

Volunteering is a Rose's passion. She not only leads the Choral Group at the Parkway Senior Center, but has volunteered at Hope House, Il Coro Italiano (eight years), church choirs (life time), BARBershoppe Bells (7 years), and for the Rose Garden Ensemble (three years). She has run in the Utica Boilermaker for over 30 years, running in 33 races, and she hopes to enter this year's race! Rose has served at Munson Williams Proctor Institute as a docent for 14 years; Habitat for Humanity, traveling on seven different trips (2012 in Anchorage, Alaska working on five different homes & six other trips to Central America); and, she is currently serving as the Treasurer for the Barneveld Public Library. She has been volunteering for more than 50 years.

Rose had no hope of "getting" anything from volunteering except to help others and be a part of improving their lives and her community. She feels that volunteering is a part of who she is.

The greatest rewards from her experiences are the smiles of residents in Nursing Homes, improving the living conditions of people who do not have the means, being a part of bringing the community together, and giving someone skills that assist them in improving the lives of others and their families, she said.



NOMINEE:
ROBERT GRAVES
ONONDAGA COUNTY



Robert Graves is a native New Yorker and he currently resides in Onondaga County (Liverpool). He is thrilled to have grandchildren to spend time with.

Bob began volunteering for North Area Meals on Wheels in 2009, bringing with him 30 years of volunteer experience and dedication as an advocate for seniors. Although he started out delivering meals to seniors, he immediately took on more responsibilities where he saw a need, such as cooking meals on Mondays. He started the AAA newsletter, sits on committees and serves as a board member. Everyone who works with Bob comes away inspired by his energy and initiative, as he leads productive discussions that generate results.

Bob volunteers with other organizations to eliminate hunger for older adults, and is an active volunteer with his church. He embodies the spirit and meaning of volunteering.

Mr. Graves began volunteering because he hoped to create networks of help for the good of humanity throughout his community and beyond.

“Touching people’s lives through my passion for caring, inspiring others to acts of kindness, and giving back to my community through daily actions are my greatest rewards,” he said.



NOMINEE:
DOLORES VAVRICKA
ORANGE COUNTY

Dolores, AKA “Dee,” was born in Middletown and has lived in New York her whole life. She worked at the local orchard and as a waitress. She is a widow and has four children and five grandchildren. Two of her daughters nominated her for this award through the Orange County Office for the Aging.

Dee Vavricka has volunteered with Hospice of Orange/Sullivan counties since the agency’s founding 25 years ago and is its longest serving volunteer. She provides vigil support for patients and their families for the end of life, probably the most difficult, emotionally taxing volunteer assignment. In addition, Dee has worked every month for 15 years at her church’s food pantry that distributes food to over 100 families. Also, she visits the homebound, bringing them homemade goodies. and makes it her mission to visit nursing home residents who do not receive regular visitors. Her dedication and compassion make her contribution to the Orange County community truly outstanding.

“Back in 1988, my mother, mother-in-law, and two dear friends all had cancer. I decided to train for Hospice to learn to help people like them. I always worked at my church,” she said.

Her rewards from volunteering? “Peace of mind, knowing I’ve made someone else’s life easier or happier. Her motto is: “Hold a hand, dry a tear. I am the fortunate one!”

NOMINEE:
GLENICE FOGLIA
ORANGE COUNTY



Born in Ohio, Glenice has lived in New York since 1970. She was a secretary at Orange County Community College for 27 years in the Nursing Department. She and her husband, Bob, have two daughters and three grandchildren.

Glenice volunteers with the Jewish Family Service's Friendly Visitor Program and the Middletown Lions Club. As a Friendly Visitor, Glenice has logged over 1,300 hours of service transporting older adults and adults with disabilities to medical, other necessary appointments, and to purchase groceries. She often performs these services on very short notice. Glenice is the Secretary of the Lions Club and also the Club Coordinator for the SEE (Screening Eyes Early) Program. Also, she started and chairs the Lions Reading Action Program in which volunteers read to children. She has read to 300 children this year. As chair of the Weekend Backpack Program, Glenice oversees the packing of 45 backpacks for food-insecure elementary students each week. She also helps to identify children who need this support. Glenice has chaired many fundraising committees for the Middletown Lions Club for scholarships, eye exams, glasses and hearing aids. Her energy and dedication has raised the quality of life for a broad spectrum of the population, including the elderly, children, and adults with disabilities, as well as people of any age with vision or hearing problems.

She has volunteered for nine years. "I have been fortunate and wanted to give back to my community. As for the Lions Club, I wanted to reciprocate for their kindness and generosity to my handicapped grandchild," she said. "The Friendly Visitor Program

has given me the opportunity to meet wonderful people and hear their stories. I get back more than I give. The Backpack Program is pure feel good!" she added.



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NOMINEE:
JEAN SHERVIN
ORLEANS COUNTY

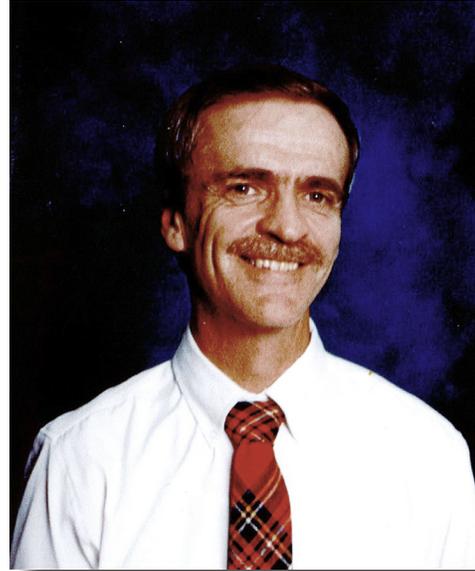
Jean was born and raised in Albion, New York and retired from Dr. Fernandez's medical practice. She is the mother of two daughters and one son and the grandmother of three.

Jean has volunteered for the following community organizations: Salvation Army; Community Action Angels; Ladies of Charity; Catholic Daughters; Busy Buddies; Hospice; St. Vincent De Paul; Historical Society; Red Cross Blood drives; Albion Central School Alumni Foundation; Orleans County Office for the Aging; and, she is a member of Holy Family Church.

Jean has been volunteering all of her adult life. Helping others has always been her passion.

"Community involvement, giving back, and seeing my volunteering efforts help people are my greatest rewards," she said.

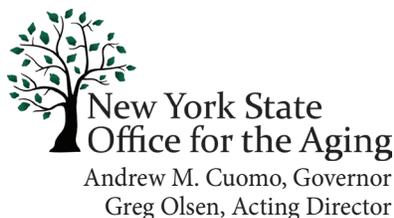
NOMINEE:
JIM HANCOCK
ORLEANS COUNTY



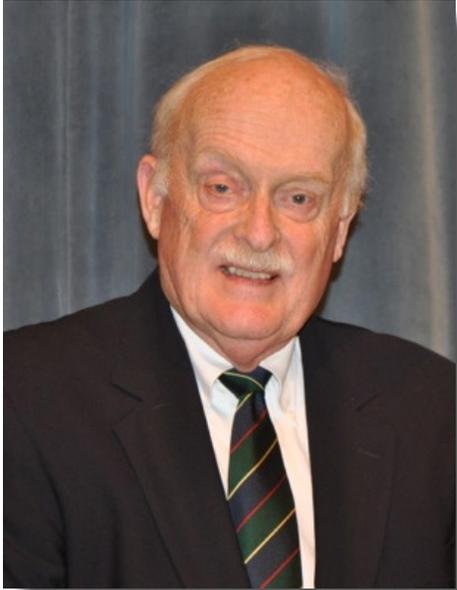
Jim has been a resident of Orleans County for most of his life and has resided in Medina for an extended time. He spent many years working for Orleans County in the Job Development Office. He is married to his wife Barb.

Jim has been a very active member of the local community serving with many organizations such as: United Way of Orleans County, where he has been a board member for 43 years; a member of the Medina Lions; a board member of the Medina Sandstone Society; a member of the Alzheimer's Association Walk Committee; a member of the Medina Parade of Lights Committee; and a volunteer with the MAAC food pantry.

He has been on the Medina Tourism Committee, for the past four years, currently serving as Chairman and event planner. Previous to that, he was involved with the Medina Canal Taskforce for five years, before it was folded in with the Tourism Committee. Jim is currently Treasurer of the Orleans County Umpires Association, as well as a current SCORE (Service Corps of Retired Executives) Counselor. Lastly, he serves as a member of the selection committee for the Medina Sandstone's Hall of Fame. He has been a fixture in Orleans County as a volunteer for more than 50 years. Jim always believes in advancing the common good in his community and works to make sure that the members of his community receive the help and assistance that they need.



Jim likes knowing that he has helped members of his community, and believes that knowledge is the greatest reward, which is why his volunteerism is centered locally.



NOMINEE:
GARRICK HOADLEY
OTSEGO COUNTY

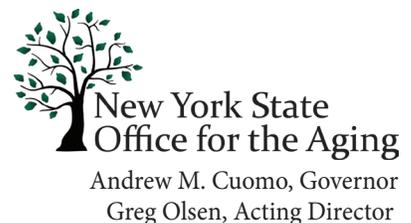
Garrick was born and raised in neighboring Chenango County. He spent 20 years in the Navy and upon retirement in 1980 returned to upstate NY, settling in Otsego County. He and his wife, Lynn, have been married for 52 years and have three grown children.

Active in his church since moving to Otsego County, Garrick sings in the choir, serves as lay reader and is on many committees. He has been a volunteer mediator since 1998 mediating community disputes, and child custody and visitation agreement cases. He has great skills at enabling participants to reach their own solutions. Garrick serves on the Red Cross Disaster Assistance Team, assisting at both local and national disasters, including helping the recovery efforts in New York City after 9/11. In addition to the above, Garrick spends a half a day a week at the local elementary school where he tutors 3rd graders in math and assists kindergartners in developing computer skills.

Garrick began volunteering after his retirement in 1980.

Garrick expected that volunteering his time and talent would enable him to support his community in a meaningful way, and it has.

Garrick's greatest reward has been "the sincere thanks of those I have been able to help through the American Red Cross and the Dispute Resolution Center," he said.





NOMINEE:
MILDRED PARISH
OTSEGO COUNTY

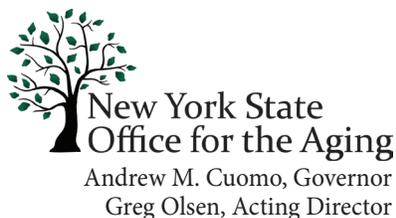


Milly is a native New Yorker and has spent most of her life on the Family Homestead outside Oneonta, New York. She retired from teaching after 33 years in 1984.

Millie is involved with many community organizations. She has been a lifelong member and supporter of her church and serves on its Board of Trustees. She is active with AO Fox Hospital Auxiliary as a volunteer receptionist and has a great interest in supporting women and children through the Oneonta Clothing Guild, Family Services Association and the Philanthropic Education Organization. She sits on the SUNY Oneonta Foundation Board and has been a long time member of the Oneonta Federated Garden Club serving as treasurer for 20 years. Milly has been dedicated to preserving her family homestead as well as bringing senior housing to Oneonta. Through her efforts with Gordon Roberts, another community leader, links were made with Living Communities, a senior housing developer, resulting in the creation of The Plains at Parish Homestead, a senior living community.

While having a lifelong commitment to supporting her church, her other community involvement began shortly after her retirement in 1984.

After her retirement and the death of her mother, Milly was looking for a meaningful way to spend her time and give back to the community.



Milly's greatest reward has been all the wonderful people she has met over the years and the great sense of satisfaction and belonging she has achieved through her commitments.



NOMINEE:
HAZEL MARTINEZ
PUTNAM COUNTY

Hazel Martinez was born a coal miner's daughter and grew up in Connellsville, Pa. She moved to New York City in 1947, bought property in Putnam Lake in 1965, and finally moved there in 1970.

At 16, she was sent to training and began working for the Social Security Administration. In 1964, she became a den mother for the Cub Scouts. Additionally, in the 1960's she demonstrated in Albany for Women's Rights. In the 1970's, she was one of two women to take a course which allowed them to be a Boy Scout Master. Hazel has also successfully completed her bucket list, which concluded with a 3,000 mile drive through Minnesota and Wisconsin. She has been to all 50 states and has gone deep sea fishing in the Atlantic, Pacific, and the Gulf of Mexico.

Among all her achievements she is the proud mother of three sons. Unfortunately one son, PFC Robert Gracia, was killed during the Vietnam War. Since her son lost his life in the service of his country, with a heavy heart, she became a member of the American Gold Star Mothers organization.

One of her contributions to her community includes being an active member of the VFW Ladies Auxiliary #9257 of Putnam Lake for 35 years. She assists with events that help support the military and their families. Hazel is also a five year volunteer for Castle Point Veterans. She travels to Castle Point once a month to play Bingo and attend a barbeque with that they sponsor. Hazel is also an active member of the Golden Agers of Patterson.

She volunteers not for herself but for those who need extra support. It is reward enough for her to see people feeling good and have a smile on their face.



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NOMINEE:
JOHN W. HYLAND
PUTNAM COUNTY



John was born and raised in the Bronx and is currently residing in Brewster. He had a 33-year career with what is now Verizon Communications.

John's contributions include: Volunteering with the NYC Auxiliary Police since 1969. He has won several awards including an Award for Valor for saving a woman trapped in a burning vehicle. He was President of the NYC Auxiliary Police Benevolent Assoc. since early 1970's. He is an Active Hibernian, holding every elected office in Division 7 in the Bronx and is closely affiliated with the annual St. Patrick's Day Parade in Manhattan serving as an aide to the Grand Marshall in 2010. He volunteers for the Argonne American Legion Post 71. He was President of Samuel Gompers High School Alumni Association in the Bronx and Santa Claus in the annual Putnam County Humane Society Parade. John does the annual train exhibit at Brewster Library as well as the Sept. 11th exhibit. He serves on the Board of Directors of the Assoc. of Bell Telephone Retirees with 128,000 members. He is closely affiliated with the Archdiocese of NY and the old St. Patrick's Church.

In everything John has done as a "volunteer," his hope has been that his service would make a positive impact on people's lives.

His greatest reward? The feeling of satisfaction that he has gotten from knowing that what he does makes the lives of those affected that much better.





NOMINEE:
MARCIA TRASK
RENSSELAER COUNTY

Marcia is 73 years old and a former teacher for Berlin Central Schools for 33 years. She was born in Rochester, NY and grew up in Hampton Manor, East Greenbush, NY and presently resides in Petersburgh, NY.

Not only has Marcia volunteered at the Everett Wagar (Grafton) Senior Center for many years, but she also has participated in the Yankee Doodle Entertainers and the Rensselaer Senior Center Line Dancers who entertain for local nursing homes. Marcia has been a support group leader for the NYS Brain Injury Association for 20 years. She was one of the first ten original volunteers with the Petersburg Rescue Squad and served for eight years. Presently, Marcia is active in the Ladies Oriental Shiner's of North America and various activities at the Everett Wagar (Grafton) Senior Center. Marcia is also the Trip Coordinator and Secretary for the Grafton Merry Makers Senior Club.

Marcia has volunteered for more than 20 years. Marcia enjoys being with people and the satisfaction that she gets from helping others.

Her greatest reward from volunteering is seeing the happiness in the people that she takes on lunch dates, visits at the local nursing homes or when she drives someone to a doctor's appointment.

NOMINEE:
SALLY WINTER
ROCKLAND COUNTY



Sally is a Rockland County native with three children and six grandchildren. She taught in the East Ramapo School District and ran workshops for Childcraft toys.

Sally has been volunteering, helping others in many ways since she was in high school. She is an advocate for challenged adults at ARC, is an RSVP clown, a literacy volunteer, and a volunteer with rabbinical services at her temple, and at a senior citizen assisted living facility.

She enjoys seeing other people able to achieve their goals. She has three married sons and six grandchildren. As her nominee puts it “she is the most caring and loving person I have ever known.”

Sally’s greatest reward is seeing other people able to achieve their goals, she said.



NOMINEE:
JAMES T. FINN
ROCKLAND COUNTY

Jim is a native New Yorker who shares his West Nyack residence with his wife of 58 years, Jerry. Together they have three children, six grandchildren and two great-grandchildren. Jim's distinguished professional career includes: serving in the US Navy, retired NYPD Detective, Private Investigator for the State of NY, and Manager of Security for Dominican College.

His contributions include: President of West Nyack Seniors Club; Vice President of TRIAD which provides Rockland County senior citizens information on fraud attempted by criminals who target older adults. He has served as a Trustee for Knights of Columbus McCloskey Council; Past President of Rockland County Shields; Past Grand Exalted Ruler for the Pearl River Elks and served in the same capacity for the Southern District for the State of New York. He is a Founding member of "Seniors for Rockland;" and is involved with the "Silver Alert" notification program for persons with dementia or Alzheimer's Disease; and was instrumental in getting the Medical Alert Program (bumper sticker alerting First Responders that vital medical information is located in the glove box) started in Rockland County.

Jim has been volunteering more than 20 years across a variety of agencies and services.

What did he hope to get from volunteering? A sense of contribution to improving the quality of life and services available to senior citizens and to facilitate their own abilities and sense of well-being; safety and security, which are vital to all seniors.

Jim is very humble in his efforts. His greatest rewards are the many individual "thanks" he receives from those he serves.



NOMINEE:
ANGELA JONES
SENECA COUNTY

photo unavailable

Angela Jones lives in Waterloo, NY and has offered inspirational, compassionate, and outstanding service during her 86 years of life as a language teacher, author, lecturer, and travel agent specializing in senior trips. She also founded and is a 30-year volunteer for the Snapettes Twirling Corp. In addition, she is an invaluable member of the Celebrate Commemorate Memorial Day Charter committee.

Angela has authored a book titled, *Old Age...Not for Me!*, and lectures around the state on her favorite topic, “Days of the Dead” which is related to the origin of Memorial Day. In her various roles mentioned above, she spends her time doing amazing things like arranging trips for seniors in and out of the United States. In her role as Chairperson on various committees she is vital to the success of Waterloo community events by recruiting and coordinating volunteers to greet and assist visitors, supervising the childrens’ game tent and performing as part of the Snapette’s.

She has inspired Seneca AAA staff, who feel she embodies the qualities of what outstanding service looks like. Her three grandchildren, whom she is very proud of and who attend community events with her, have a very special role model to look up to.



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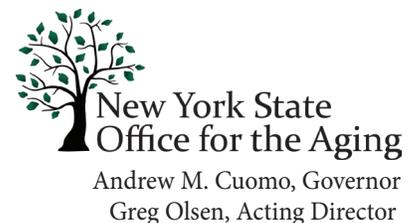


NOMINEE:
DOLORES SARNO
SARATOGA COUNTY

“Dee” grew up in New Hyde Park, NY, has also lived in Roanoke, Virginia, Syracuse, NY and now resides in Saratoga Springs, NY. She has taught pre-school, owned a small business, and recently retired as Executive Director of the Saratoga County Arts Council. She has three wonderful children and eight super grandchildren!

Dee’s background in education and the arts has always made her dedicated to improving the quality of life in the communities where she has lived. She has volunteered with the Saratoga Mentoring Program, working with children living in challenging circumstances; is currently serving on the Capital Committee for the Regional Approach to Arts in Education, supporting integration of the arts in the school curriculum; is working with Soroptimist International – “Women Helping Women” and helping to establish a Community Arts Center in downtown Saratoga Springs by leading a capital campaign. She is Co-Chair of Saratoga Vital Aging Network, advocating for senior citizens, encouraging them to volunteer in the communities by networking and sharing their talents and previous work experience with others; and is a member of the Mayor’s Saratoga Springs Advisory Committee for Senior Citizens; Board member of Saratoga Performing Arts Center, Committee Member for Saratoga Springs Preservation Foundation and Chair of the Saratoga Arts Fest Board. From her youngest memories as a Girl Scout until today, giving back to her community was in her DNA, she said.

She added, “the relationships and friendships that I have made by reaching out to my community and the various organizations I have worked with has made my life more complete and rewarding than I would have ever imagined. I believe one person can make a difference but working with others can change the world.”





NOMINEE:
**LAURA
BRADLEY CHODOS**
SARATOGA COUNTY

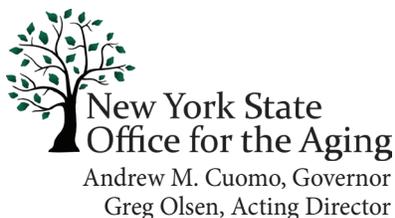


Laura grew up in Boston, but has been a resident of New York State since 1953. Now living in Saratoga Springs, she is widowed and would have been married 58 years to Robert B. Chodos, M.D. She has four children and 10 grandchildren and a great-granddaughter.

Laura was elected by the New York State Legislature to serve as a member of the New York State Board of Regents, and was the first woman appointed to chair its committee on Higher Education and the Professions. She has volunteered as a Member of the National Board of Literacy Volunteers of America and developed after-school tutoring programs for children living in poor neighborhoods. Also, she was President of after-school program in Albany from 2001 to 2007. Laura and her husband established an endowment- the annual New York State Archive Award- for outstanding student research on community history. Laura helped establish the Saratoga Springs-Chekhov Sister Cities in 2000, which has hosted over 60 visitors from Russia. She is a Foundation board member of Saratoga Bridges Board of the Vital Aging Network in Saratoga Springs, and Chair of the Committee on Civic Engagement.

Laura began volunteering around age 10-helping her mother with a literacy program (and sewing) at a settlement house in Roxbury, Mass.-and never stopped.

“I don’t think I ever thought of what I was getting or wanted to get out of my volunteering. I think the satisfaction one feels from helping to make things better when one can is enough,” she said.



“My greatest reward is knowing that my grandchildren truly admire what I have done with my life,” she added.



NOMINEE:
RICHARD RATAJAK
SCHENECTADY COUNTY

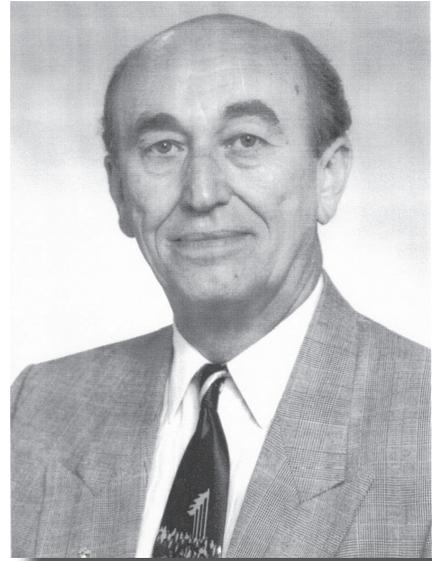
Born in Amsterdam, Richard is a native/lifetime New Yorker and is 81 years old. He has been a Niskayuna resident for 36 years. He is married and is a Korean War Veteran. His career was varied, serving eight years as a Roman Catholic priest, more than 23 years in NYS government as a prison counselor, and later, he was a manager for the NYS Commission for the Blind/Visually Handicapped.

Richard has spent his adult life in service to others: enlisting in military service, as a priest/minister, civil servant, and volunteer. He focused on enriching others with severe visual impairments. His goal was to provide young adults with tools to overcome obstacles for employment. His Volunteerism was diverse. From 1996-2005 Richard mentored young adults in the Capital Region. Appointed in 1999 by Governor Pataki to NYS Rehabilitation Council, he served as chairman for four terms. Richard's expertise as a historian, storyteller, and his love for baseball led him to present at the National Baseball Hall of Fame, in Cooperstown 2005-06. From 2009 to 2012 Richard gave workshops on Norman Rockwell art, horse racing history in Saratoga, baseball and Olympic commemorative stamps. In 2012 he served as Chairman, Transportation Committee, for the Niskayuna Senior Center and has been an active member of the Senior Advisory Committee to Niskayuna Senior Programs.

His volunteer service totals 21 years. Being legally blind himself, Richard hoped to serve as a role model and mentor for visually impaired students to help them overcome barriers to employment.

Richard's most rewarding experience in volunteering was providing mentoring and guidance to a Siena College graduate who was born without eyes, and was struggling to gain employment. The graduate successfully landed a full-time job in Albany.

NOMINEE:
ROBERT HARRISON
SCHENECTADY COUNTY

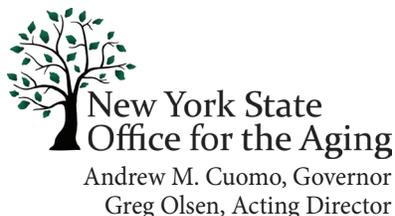


Robert was born in Missouri 81 years ago. He has been a Schenectady resident for 32 years; he is married, has four children, and 13 grandchildren, and one great-grandchild. He has a BSW, with a minor in Vocal. He has volunteered with 12 organizations as a board member; and has been Vice President and Executive Director for five nonprofits.

His extensive volunteer activities include serving as President of Fund Raising for Schenectady Light Opera Company (SLOC) since 2008, President/member of Senior & Long Term Care Services (SLTC) Board since 2006, member of Management Team of Tapping into the Arts for SLTC, Schenectady ARC, and SLOC since 2012, a member of Funeral Committee at Immaculate Conception Church since 2010. Robert has also served as Past president for the Hibernian Division of Schenectady since 2003 and Past president of Annie Schaffer Senior Citizen's Center at Schaffer Heights since 1996.

Additionally, Robert has a long history of volunteering and his past activities include, serving as National Fund Raising Executives of the Capital Region from 1993-1997, serving as Chair of Public Relations and Strategic Long Range Planning Committees and member of the Gala Planning Committee for Catholic Charities, Diocese of Albany from 1992-1997. He has also assisted with Capital campaign at Greater Glenville YMCA from 2003-2007, St. Catherine's Children's Services, Albany from 1992-1997 and Schenectady YMCA and Catholic Family and Community Services, Schenectady from 1987-1992. He is still active on six boards.

When he started volunteering 50 years ago, Robert anticipated “ a sense of returning to the community and its people, the many insights and experience that I have gained from my community.” Robert's greatest reward is feeling that he has touched the lives of many, and have been truly blessed through the non-profits that he has volunteered with during the past 50 years!





NOMINEE:
BETTY KARLAU
SCHOHARIE COUNTY

Betty lives in Schoharie with her husband Willie.

As a member of the Senior Council, a not-for-profit organization assisting older adults in Schoharie County, she volunteers as treasurer. For the past five years, she has spear-headed the organization's "Senior Celebration" picnic. She also volunteers and coordinates one of the organization's shops. After the devastating floods caused by Tropical Storm Irene and Hurricane Lee, she volunteered at the The Lady of the Valley Church-sponsored café, preparing lunches and delivering meals everyday. She is a Eucharistic Minister, finance committee chairperson, and a member of the Parish Council on their long range planning team. In the community, she has been a team captain for ten years in a local walk that raises funds for cancer patients living in Schoharie County; collects clothing for the homeless project; serves on the Schoharie Valley Garden Club's planning committee, and is chair of the civic committee.

She has been volunteering for more than ten years. Betty sees volunteering as her gift to help others whenever she can.

"It makes me happy that I am able to help people. I feel I am following God's word to help others when I can," she said.



NOMINEE:
CHERIE STEVENS
SCHOHARIE COUNTY



Cherie grew up in Sidney and moved to Cobleskill in 1974. She retired from SUNY Cobleskill where she was a professional and administrator for 35 years.

Cherie is the founder of the “Marathon for a Better Life”, which has raised over \$1 million and assisted over 1,000 cancer patients in Schoharie county in the last 17 years. She was chair of the Schoharie County Flood Relief Committee raising over \$600,000, which was distributed to 1200 families. Also, Cherie formed a group of older adults, called The Hot Pots, who have been singing in nursing and adult homes in the area for the past 11 years.

She was on the ARC Foundation for 10 years, where she started the Challenge Games, our county’s version of the Special Olympics which is now in its 13th year. In addition, Cherie sits on the board of directors of four not-for-profits, gives tirelessly to the county Theatre Project and directs a choir of ARC consumers.

Cherie has been volunteering in the community since high school. She never looked to get anything back, except the sheer joy of helping others and the opportunity to give back.



NOMINEE:
MARGARET SCOTT
SCHUYLER COUNTY

Margaret “Peggy” Scott is a lifelong resident of Schuyler County. She is a postal carrier for USPS, a job she has held for 17 years. Peggy and her husband James have three grown children.

Peggy has served in a multitude of volunteer roles over the years including volunteering at local schools, for her church, on childrens’ activities within the community, for the local hospital and with Cornell Cooperative Extension. In her role as President of Seneca Santa, she works tirelessly to serve individuals and families throughout Schuyler County. She organizes more than 100 volunteers every year to assist in packing and delivering Christmas gifts to children around the community. Peggy collects donations, organizes a fundraiser, speaks to area civic groups about how they can assist, order gifts, and handles volunteer recruitment efforts. One of the biggest efforts involved is the dissemination and review of completed applications. Peggy’s involvement with Seneca Santa led to her serving with the Schuyler County Chapter of the United Way for which she is the current Executive Director.

Her volunteer efforts began in high school and have continued throughout her life.

This has just been a way of life; something learned from her mother. “I just seemed to thrive on the experience of giving back, hoping that I had made a difference in someone’s life,” she said.

Her greatest reward from volunteering is “knowing that I tried to make a positive contribution to the quality of life for the residents of Schuyler County,” she said.

NOMINEE:
PAMELA
ANNE GRIMMKE
SCHUYLER COUNTY



Pamela is a lifelong resident of New York, and she currently resides in the hamlet of Weston. She was a Registered Nurse and retired from Corning Hospital where she was a Nursing Supervisor and ICU Manager. Pamela and her husband John have two adult children.

Pamela is a member of the Tyrone Town Board, is a liaison to the Planning Board Committee, and has had a primary role in policy creation. She also sits on the Advisory Council of the Schuyler County Office for Aging; and is an active member of the Tyrone United Methodist Church, holding a position on the Trustee Committee, and serving with the UMW group. She plays an integral role with the Food Pantry. She has served for more than two decades on the Tri-County Critical Incident Stress Debriefing Team. Most recently, she helped orchestrate the Specialist Christopher Scott Memorial Park and dedication ceremony, in honor of a local soldier who lost his life in Afghanistan at the age of 21. The Park is located at the Tyrone Town Hall, where she and her husband have spent many hours revitalizing the building for the Town's use. Also, she is very personally committed to visitation and outreach to the local elders living in the very rural areas of Schuyler County. She has volunteered all of her life. It has been a lifestyle choice. Her goal for retirement was to become more involved in her community.

“Do what you can for who you can with what you have and where you are” is a slogan she saw written somewhere and adopted as her own.



The best thing about volunteering for Pamela?
“The smiles on people’s faces...their expressions.
The knowledge that you’re helping someone. You get
back much more than you’ve given,” she said.



NOMINEE:
DOROTHY LOCEY
ST. LAWRENCE COUNTY

Raised in Chipawee Bay, Dorothy now lives in Waddington. She has a daughter in Waddington, and a son in Colorado. Dorothy retired as Transportation Director for Massena School.

Dorothy has volunteered over 50 years. For ten years she has volunteered with Waddington's Neighborhood Center, driving 80 miles twice weekly picking up bread supplies for needy families. For five years she has volunteered with Waddington Rescue Squad. Recently she chaired a Cook Book Sale for SeaWay Valley Senior Club, during which she sold 700 books, and helped Massena Seniors have a profitable Book Sale. For years, as a member of the Waddington Methodist Church, she's made friendly home visits to lonely seniors, along with providing medical transportation, and transportation to church, as well as picking up groceries for many seniors in need. She enjoys making seniors laugh, and lets them know their life is important. She is a role model, always giving of herself to help others.

She has been volunteering for over 50 years. "I get satisfaction helping to make someone happy and giving comfort to someone who needed a friend and a ride to doctor's appointment, and to get groceries," she said.

Her greatest reward is that she is "helping individuals less fortunate, or telling a joke that has seniors smiling and laughing when they are sad," she said.

NOMINEE:
**LORETTA
SHARPSTONE**
ST. LAWRENCE COUNTY



Loretta Sharpstone was born in 1927, in Clare, NY. Loretta's son and daughter live locally, and another son lives in Kentucky. Loretta and her husband were nurses and operated Hermon Home Care.

As President of the Russell Senior Club, Loretta encourages seniors to enjoy life by going on trips and seeing plays. She has been an active church volunteer for many years, providing altar flower arrangements, assisting at spaghetti suppers by making pies; supporting her church's mission as a volunteer with the children's summer camp. She provides transportation for many seniors to recreational functions. She makes shawls, sweaters and hats for low income seniors. As a nurse, she went beyond her duties to ensure patients and families were well cared for. She worked for over ten years with the County's Adoption Unit and she and her husband expanded their family adopting a beautiful baby girl who has grown to mirror her mother's caring and loving spirit.

Loretta has been volunteering for over 50 years. She started to volunteer for the satisfaction of helping those in need within her community and surroundings; and she wanted the children to have an enjoyable, adventurous "camp time" they would not forget.



Loretta's greatest reward is to see smiles on the faces of those she has helped and to hear children's laughter while attending church summer camp.



NOMINEE:
LEONA COOK
ST. REGIS MOHAWK TRIBE

Leona Cook is an incredible woman born in Akwesasne. She married, had six children and has many grandchildren.

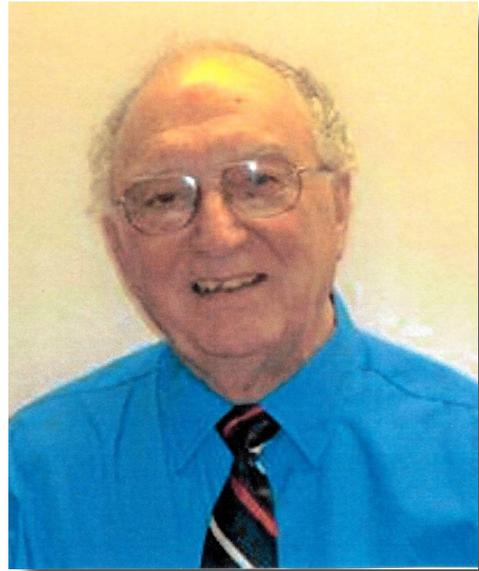
In her fifties, Leona helped with a significant fundraising event for the Fire Department. The goal was to do aerobics for two hours, and not only did she complete the challenge but she raised the most funds! This achievement got her on the Fire Department Float for the yearly parade as the Akwesasne Aerobic Queen. Her ability to raise money for charity is an unbelievable gift. Her friends laugh because she just has to ask and without hesitation, she gets a donation! Leona is always the first to volunteer to take a couple of books of tickets to sell for a fundraiser. She has helped many who have crossed her path.

Leona has been volunteering all of her life within the community. When change is needed, she will say "Rome wasn't built in a day," meaning that change takes time.

Leona's words and attitude teach everyone to be patient, no one is perfect, everyone stumbles, and sometimes fall, but you always have to get back up!



NOMINEE:
JOHN CAPUTO
STEUBEN COUNTY



John was born in Connecticut, but has resided in New York since 1954. He is a retired pharmacist who enjoys boating on Keuka Lake. He is married to Jan.

John's civic engagement began with the Kiwanis and Elks clubs, the local school district PTA where he served as president and the Steuben County SPCA's Board of Directors. Notably he was a hospice volunteer for over 14 years and a volunteer ambulance driver for six years. He has been very involved with the Office for the Aging now for over 15 years, having served as a Project Care volunteer since 1998, and as a member of the Advisory Council for 13 years. Additionally he has been an Ombudsman for 10 years, a member of our Triad organization for five years, a member of the Board of Directors of Steuben Senior Services Fund, Inc. for seven years and an RSVP volunteer for 17 years. He and his wife Jan were recipients of the Office for the Aging's Community Service Award for outstanding service to our department in 2010. In addition, John is active in his church, where he sings in the choir. He is also an active member of the Gideons.

He has volunteered since the 1960s. He expected volunteering to be a way to live out deeply held Christian beliefs about the importance of helping others, to be challenged, and to learn something new.

John's reward from volunteering is that he has been able to have an impact, to advocate for the rights of the elderly, and to be able to go to sleep at night knowing what he did made someone else's life better.



NOMINEE:
LURA HUCKABONE
STEUBEN COUNTY

Lura is a native New Yorker and an Eastman School of Music graduate. She retired from a long career in mental health and more recently as Coordinator of Project Care at the Steuben County Office for the Aging, although she is still involved with the project.

Throughout her life, Lura's volunteer contributions have centered on music and church where she has played the piano, taught Sunday school and vacation bible school, and directed choirs. She also directed a community choir for the 1976 bicentennial, played with a symphony orchestra and accompanied students for their recitals at Roberts Wesleyan College. As a senior volunteer she has taught music at a Christian school, worked on missions committees, and completed 50 hours of Stephen's Ministry training focused on reaching out to homebound individuals and providing companionship. After her retirement as Coordinator of Project Care at the Office for the Aging, Lura continued to lead the program as a volunteer for over six months. Since then she continues to volunteer for Project Care as a transporter and friendly visitor, as well as helping with Project Care's grocery shopping program.

She has volunteered since she was a teenager. Lura initially began to volunteer to get other teenagers to join the King's Daughter's because the organization meant so much to her.

The greatest reward she has received from volunteering is sharing the blessings of music with others, especially God, and feeling that she has been able to facilitate growth and meet needs.

NOMINEE:

SONYA BATES

SUFFOLK COUNTY



“Sunny” was born and raised in Queens, NY. She and her family moved out to the East End of Long Island in the early 60’s. She was married and has one daughter and three sons, eight grandchildren and six great-grandchildren.

Sunny has done fund raising activities at the Riverhead Moose Lodge and the Hampton Bays Senior Center including Bingo calling, 50/50 raffles, Chinese auctions, yard sales and more. She has worked on the Seniors4Kids Program, Pen Pal Program, Reading, Writing, and Reminiscing Programs from Kindergarten through 12th Grade. She does Sunday Greetings, visiting homebound folks in their home and in the hospital, knitting beautiful prayer shawls to comfort people.

She is a person who lives up to her name and lights up a room with her smile. She keeps a positive attitude in all things and all of Sunny’s volunteer work is a huge asset to the staff in the Senior Center. Her motto is “you are only as old as you behave.” Giving of herself, her time and talents to others is what keeps her forever “young at heart.”

Sunny has been volunteering for the past 35 years, helping in various capacities.

“So many people are carrying heavy loads and feel alone. I use my gift of faith, laughter and hospitality to brighten peoples’ lives,” she said.

Her greatest reward has been “knowing that my life has touched others in a meaningful way. In giving of myself, I have always received so much.”



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NOMINEE:
VIRGINIA PAWLUK
SUFFOLK COUNTY

Virginia, AKA “Gini,” is a resident of Suffolk County, married, and has three children and six grandchildren. She retired from the banking industry and started volunteering shortly after.

Thirteen years ago, Gini started volunteering for the Health Insurance Information, Counseling, and Assistance Program (HIICAP), though she admits that she hasn’t kept track of the time because she considers what she does fun. She patiently presents Medicare information with seniors and their families on the phone two to three days each week at the Suffolk County Office for Aging, or at local libraries as needed. She is a baritone vocalist with the local chapter of Sweet Adelines, and she recently accepted the role of treasurer. When she sings for senior Veterans and seniors struggling with cognitive impairments, she feels most fulfilled and has been able to apply those experiences to her own life.

Gini is a natural helper. She hoped that her strengths and knowledge would enrich the lives of others; what she found is that it enriched her own life ten-fold.

The greatest reward from volunteering for Gini is when a senior takes the time to call her back and say thank you.



NOMINEE:
MARIE ZALESKY
SULLIVAN COUNTY



Sullivan County's oldest RSVP volunteer is 105 years old and was born in Callicoon, NY. She has been volunteering for 40 years, serving thousands of hours in her community.

Marie's early service included visiting patients in local hospitals and nursing homes and visiting homebound seniors. Years later, she added needlework, telephone reassurance, medical transportation, meals on wheels delivery, tutoring school children, assisting at the local library, and tax preparation. For the last 30 years of her 40 years of volunteering, she has been at the local branch of the Catskill Regional Medical Center hospital, where she brings patients water, newspapers or anything they may need. In the last few years she has faced challenges, but her positive attitude keeps her moving forward. She still volunteers and is an active member of her community-touching hundreds of lives for a lady who doesn't travel too far from the place where she was born in 1907!

"I worked all my life, work, work, work. Work keeps me going. I'm not going to stop because of my age!" she said.

"Caring for people is a secret to long life . . . helping others," she added.



NOMINEES:
**ILMA LEVINE &
DEBORAH LEVIN**
TOMPKINS COUNTY

Ilma Levine and Debbie Levin both have educational backgrounds in science. They began a lifelong friendship in the 1960's while volunteering with children in Ithaca.

Debbie and Ilma share a mutual interest in providing hands-on science and experiential learning opportunities for underserved children. They volunteered in an elementary school for 15 years, initially working out of their own station wagons, and eventually moving to a room which hosted science activities. They gathered community support and founded Ithaca's Sciencenter in 1983, whose mission it is to inspire excitement for science through programs that engage, educate, and empower. They coordinated thousands of volunteers to build exhibits, construct the museum building and conduct field trips. They emphasized an enduring service to low-income and minority children. Volunteering just shy of 50 years, Debbie and Ilma have collectively volunteered well over 200,000 hours in support of the youth of our community.

They've been volunteering for nearly 50 years, for several hours per day, several days per week. Why did they start volunteering? Debbie says, "Not money! The satisfaction of doing something I liked to do and was useful to others." And Ilma says, "To show that science is everywhere and can be enjoyable and fun."

When asked what they find to be most rewarding about volunteering, Ilma said, "Knowing that children liked what we were doing and that it helped them in some way."

Debbie said, "Seeing children enjoying and learning at the Sciencenter."



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NOMINEE:
SUE FORD
TOMPKINS COUNTY



Sue is a lifelong resident of Tompkins County, where she raised a family including 13 grandchildren and two great-grandchildren. Sue worked at New York State Electric and Gas (NYSEG) for 34 years before retiring in 2002.

When Sue Ford's mother could no longer drive, Sue began driving her mom to Senior Group meetings. Soon Sue herself became an active member and Travel Coordinator of three Senior Groups in Caroline, Lansing and Groton. As Travel Coordinator, Sue researches events, and arranges for transportation, tickets and meals. She attends to trip details and provides travel games to help the groups pass the time pleurably. At Senior Group meetings, she often shares a funny joke or a story, and the seniors just love her. Sue served as President of the Lansing Senior Group in 2008 and 2009. In addition, Sue helps with the Lansing United Methodist Church's semi-annual rummage sale, assists with Habitat for Humanity's Women Build, and she is the Secretary/Treasurer of the Snyder Hill Cemetery Association.

Sue began volunteering full-time, to help her community, when she retired in 2002. "It was never about getting something in return, it was always about giving. I enjoy doing for others and helping to make their lives a little better," she said.

"The feedback from people is the greatest reward," she said. "A smile or a simple thank you makes my day and makes me feel really good."



NOMINEE:
MARION DUMOND
ULSTER COUNTY

Marion Dumond was born and raised in Callicoon (Sullivan County) and has lived in Ellenville, for the past 48 years. Her educational credentials include a Bachelor's degree Summa Cum Laude from Marywood College and a MS in Library Science from Syracuse University. She is a certified public librarian and spent more than 30 years as library director of the Pearl River Public Library and the Ellenville Public Library and Museum, retiring in 1993, but continuing as short-term interim director in three other libraries subsequently. She is the widow of Paul H. Dumond, the mother of a son, Larry, grandmother of Samantha and Alex, and great-grandmother of Annalese.

She is the current Chair of the Ellenville Public Library's Museum Advisory Board and was instrumental in opening the current modern library facility, art gallery and local history museum. Her work as librarian, as well as her ongoing community service, have made her a pillar in the Wawarsing community. Mrs. Dumond's personal philosophies include learning as a continuous process, the realization that each of us has his/her own gift to share, and that cooperation is the most effective way to realize a shared vision. This has made her a leading force for lifelong learning, cultural enrichment and historic preservation.

"All my life," she said when asked how long she has volunteered. Her family believed "you owed" others because they lived in America. "It's not what I would get but how I could use my gift in a useful fashion to help others. This was the way I was raised," she added.

Her greatest reward from volunteering is "the look on someone's face, in their eyes when you helped...the completion of a task. I don't do it for reward," she said.



NOMINEE:
EDWIN M. FORD
ULSTER COUNTY

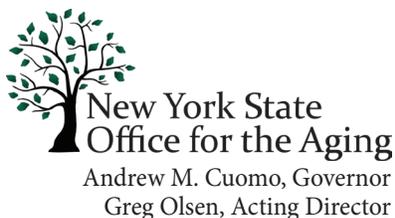


Edwin Ford has been actively engaged in community activities and volunteering since 1949. He has lived in NYS for 95 years. He owned a print shop in Kingston for 40 years, served in the United States Air Force at a Weather Headquarters in Brazil, and has served as the City of Kingston Historian since 1984.

He speaks regularly to civic groups and has a monthly radio segment on Kingston Community Radio. He was President of Friends of Historic Kingston 15 times, a member since 1965 and assisted with the restoration and selling of local historical properties. Mr. Ford and his wife, Ruth, founded the Klyne Esopus Museum in 1969. Mr. Ford was a member of the Kingston Heritage Area Commission for 27 years, a member of the Historic Landmarks Commission for 29 years, and has been a member of the Old Dutch Church and the Heritage Museum since 1934.

Mr. Ford is very active and continues to participate in the Friends of Historic Kingston. He just completed a lecture at the Senate House Museum on Ezra Fitch, Founder of Abercrombie & Fitch as part of Kingston's Buried Treasure Program.

Mr. Ford has enjoyed his 64 years of volunteering, being an advocate for historic preservation and a local history expert. He has shared his interest and knowledge of history and preservation with his community and with people from all over the United States. He is a noted author and has written two books, has consulted on several others and is always willing to share his expertise.



Mr. Ford has enjoyed the social networking of communicating his expertise with others and encouraging people to expand their interest in history.



NOMINEE:
LOIS LATTIMORE
WARREN COUNTY

Lois Lattimore has lived in Glens Falls her entire life and she still lives in the house that she was born in. She was a dressmaker for many years and a teacher's aide at a local elementary school for 25 years. She has a son and a daughter.

Lois volunteers for all Glens Falls Senior Center events. She has served on the Board of Directors, teaches an osteo class twice a week, serves on the Hospitality committee, is a volunteer driver taking people to medical appointments, and knits for the Glens Falls Hospital's cancer and neo-natal units.

Lois has been volunteering for 17 years. When she started volunteering, it was to make new friends and to stay active within the community. She is now 84 and you would never know it with the level of energy, enthusiasm, and vigor she displays.

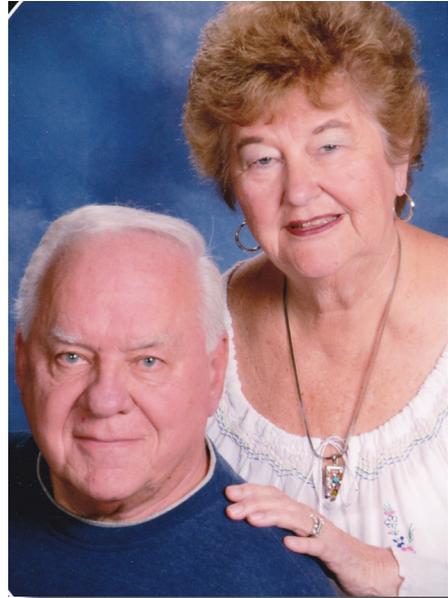
Her greatest reward in volunteering is the satisfaction she gets from having helped school kids as well as senior citizens on a daily basis.



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NOMINEE:
GENE CASELLA
WARREN COUNTY



Gene Casella came to the area from New York City in 1996. He retired as a manager at IBM after 30 years. He has a loving and supportive family with his wife, Evelyn, and three children Steven, Denice, and Matt along with their families.

In 1996, Gene first volunteered when he moved to the area. Encouraged by his wife, he started out at the Hyde Museum answering phones. Then his wife, who has been involved with volunteer work since they lived in New York City, suggested he answer a needy call by the Voluntary Action Center for delivering meals to the home bound. He faithfully delivered meals a minimum of three days a week. Soon after he found an opportunity to use the experience he gained while teaching a computer class for nine years. To this day he volunteers once a week in the offices at RSVP and the Warren County Office for the Aging, assisting with data entry and paperwork.

Gene has volunteered for 17 years. When he started volunteering, it was to keep busy; but gradually he found incredible satisfaction in helping people and seeing how he could make a difference.

Volunteering has made Gene realize how fortunate he is and made him aware of the incredible needs some people have.



NOMINEE:
MARY WOODARD
WASHINGTON COUNTY

Mary is a native New Yorker with four children, ten grandchildren and three great-grandchildren. In 1999 she retired from an insurance agency. Mary enjoys traveling and has vacationed at a variety of places, with Aruba being her favorite destination.

She started volunteering by delivering meals to seniors through the Washington County Office for the Aging, and was familiar with the program because her mother also volunteered her time for the same service. Mary has contributed her time to various causes and associations, including the AARP, the Business and Professional Women (BPA), RSVP and Hudson Falls/Fort Edward Senior Center.

Mary has been volunteering for over ten years. When she retired and started volunteering it was just to occupy some of her time, but that changed and now it is for the satisfaction.

“I get more than I give back,” she said.



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NOMINEE:
ANN WAITE
WASHINGTON COUNTY



Ann was born in Glens Falls, NY and has resided in Washington County for all but eight years since then. While Ann was a stay-at-home mother for 25 years she also ran a beef farm. Ann has four children, 13 grandchildren and 15 great-grandchildren. After raising her family, she kept busy with a variety of careers and especially enjoyed being a tour bus driver because most of the people she met were very friendly.

After residing in Tampa, Florida for eight years, she returned to Washington County to be a companion for her aunt for 14 years. Ann has been volunteering most of her life. Most recently she was President of the Washington County Senior Citizens' Club and President of the Whitehall Seniors' Club. Ann also volunteered several hours at Washington County CARES Aging and Disabilities Resource Center for a year performing office duties.

Ann has volunteered most of her life with various organizations.

When she started volunteering, Ann wanted to be in the public more often and help people as part of staying active. On average Ann spends 15 hours per week volunteering.



Ann's greatest reward from volunteering is seeing others getting involved. Being chosen for Senior of the Year is a great and unexpected reward because she didn't get involved to be recognized.



NOMINEE:
DOROTHY DEMAY
WAYNE COUNTY

Dorothy DeMay is in her 80's, and lives in Newark, NY.

Dorothy most undoubtedly has been involved in helping people her whole life. She has been active in her church, at the hospital, and nursing homes, read with children at local schools, served summer lunches to kids, did financial counseling, helped with fundraisers, and even drove to Seneca County to volunteer. And all this has been since 2004! We can only imagine what she did before she connected with the RSVP program.

She still makes nursing home visits, and drives older ones to their doctor appointments in her own car. This is a great service, and helping people remain in their own homes, living independently, even if they have limitations.

Her first volunteer assignment was reading with children at Perkins Elementary School in Newark. Dorothy said "I love to read, and I like to encourage others to do so."

She once wrote, "Most of us volunteer because we want to be useful and help people, because it keeps life interesting."

NOMINEE:
DAVID NUSSBAUMER
WAYNE COUNTY



David was born and raised in New York. He has been married to Sue Wilson for nearly 50 years. He has 3 children and 16 grandchildren who keep him very active and he is very involved and active in their lives.

David is the immediate past Chairman of the Senior Advisory Committee of Wayne County, where he has served for many years. He is the Town Councilman of Palmyra, and the past Chairman of the Town Republican Party. He was active in scouting with his boys when they were old enough to participate in Boy Scouts more than 40 years ago. David is a member of a gun owners group, past Chair of Wayne County SCAC, past member of the Rotary club and of the Junior Chamber of Commerce.

What stands out about David is that in all of his roles, he is a strong advocate for senior citizens in Wayne County.

David feels his greatest rewards are the feelings he gets from helping fellow others. He feels that “being a positive presence in someone’s life makes volunteering worth it.”



NOMINEE:
JOHN CARALYUS
WESTCHESTER COUNTY

John Caralyus was born in the Bronx in 1935, served in the army during the Korean War, and worked for the NY Telephone Company. He is married to Dorothy and has a son, Christopher.

John signed up for the North Salem Volunteer Ambulance Corp on the first day he moved to Westchester County in 1971, has served as Corp President, and is still active with the organization today. He's been a member of the Knights of Columbus since 1951. Since 1989 he has been active volunteering and on the Board of the Westchester Exceptional Children's School. He's volunteered in many non-profit and civic organizations, raised money to eradicate children's cancer, and is active in local politics.

He volunteers for the "Puppies Behind Bars Program," where prison inmates raise service dogs for wounded war veterans and as explosive detection canines for law enforcement. He was named Lions Man of the Year in 1995 and was awarded the "Elbert Caldwell Purdy Award" for his continuous community service in Purdy, in the Township of North Salem. He is also a member of the North Salem Improvement Society.

He has been volunteering in Westchester for 42 years.

According to John, his rewards from volunteering are the good feeling that one gets from helping others and knowing that he made a difference in the lives of many in the community.

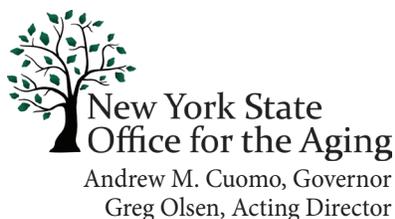
NOMINEE:
REVEREND
JEANNETTE PHILLIPS
WESTCHESTER COUNTY



Reverend Jeannette Phillips is the founding mother of the Peekskill Health Center in 1975, and is an ordained Deacon and Elder of the AME Zion Church. She is married to Howard and has five children.

Rev. Phillips has been a pioneer in securing access to health care and affordable housing for the disenfranchised residents of Peekskill. She was the Peekskill HealthCare Center's first Board Chair in 1975, which is now called Hudson River HealthCare. She is currently its Executive Vice President. Through her outreach and ministry, she works with youth and families dealing with HIV/AIDS. Through the local Community Action group, she works with seniors to ensure they have food and housing. She serves on the Peekskill Chamber of Commerce board, advocates for food pantries, and helps at local fundraising and educational events such as the Juneteenth celebration, and is a member of the Preservation Society. She contributes her time and skills to the Westchester District Harriet Tubman Historical Society, the Peekskill Agencies Together, the Peekskill Area Pastors Association, and the Peekskill Business Improvement District.

She has served her community for more than 38 years.



When she began volunteering, it was her sincere desire to help fill the many needs of families and her community.

Her greatest joy from volunteering is seeing change take place when people work together.



NOMINEE:
FRANK WOOD
WYOMING COUNTY

Frank is a native of western New York. He was born and raised in Orchard Park, and moved to Arcade in 1967. He is a retired teacher from the Pioneer Central School District.

During 40 years of volunteering, Frank has helped many organizations in Wyoming County. He helped establish the Equine Therapy Program for Suburban Adult Services Inc. He is very active in his church and has been a guest preacher. In April 2012, Frank called the Wyoming County Office for the Aging to offer his services to start a Bereavement Support Group in Wyoming County. As a retired teacher and a very active member of his church, he felt capable of putting together a program to help others with their journey through grief. Because of his own experience in losing his wife he was eager to help others. Since the first meeting of the Wyoming County Bereavement Support Group in October 2012, Frank has offered both weekly and bi-weekly meetings, some during the day and others in the evening. He currently has about 12 active members, and over 20 that have come at one time or another, and all of them have personally thanked the county office staff for the program. Frank has written the curriculum and even published a book entitled “Stress Management through Christian Faith and Love.” Frank gives of himself every day.

Frank has been involved with volunteering his entire adult life. Frank has always wanted to help people. He was blessed with a strong family and a great career and always looks to do for others.

Frank lost his wife Diane in October 2010 at 62 years of age. He believes that through his search to help others with their journey through grief, he has helped himself navigate through his own.

Andrew M. Cuomo
Governor



Greg Olsen
Acting Director

**Agency Building 2
Empire State Plaza
Albany, NY 12223-1251**

**Help Line:
1.800.342.9871**

**Website:
www.aging.ny.gov**

