



**Volunteers Needed!
Free Tax Preparation
for the Elderly**

No tax prep experience required. Volunteer tax preparers are always in demand, but so are seniors willing to help greet tax payers and help preparers in whatever way possible.

If you would like to volunteer your time to help others improve their quality of life,

Contact:

**Debby Trickey
RSVP Manager**

Finger Lakes Community Action

***A division of Wayne County Action Program,
Inc.***

315-333-4155 ext. 3317

debra.trickey@waynecap.org

**Volunteer Transportation
Corps.**

**National Diabetes
Prevention
Program**

A Matter of Balance

**Tax Preparation for the
Elderly**

RSVP

RETIRED SENIOR & VOLUNTEER PROGRAM

"Bringing  to the Finger Lakes"



**Finger Lakes
NATIONAL SERVICE**

Volunteer Today!



YOUR ROLE AS A LIFE-STYLE COACH

- Help participants set goals
- Track their eating and activity
- Assess their progress
- Solve problems

Coaches Needed!

**NATIONAL
DIABETES
PREVENTION
PROGRAM**



VOLUNTEER TRANSPORTATION CORPS

SERVING WAYNE, ONTARIO, AND
SENECA COUNTIES

**Are you willing to
provide medically
related rides to a
senior citizen in your
area?**

**Get reimbursed at the
national mileage rate of
\$.655 per mile**

**Reimbursement is from
your home and back**

**Set your own
Schedule**

**Only drive when and where
you want to go**

No wheelchairs or lifting

**A MATTER OF BALANCE:
Managing Concerns
about Falls**



**FOR THOSE
CONCERNED
ABOUT THEIR
BALANCE AND
POSSIBLE FALLS,
THIS CLASS IS
FOR YOU!**

FOR MORE INFORMATION:

**CONTACT
DEBBY TRICKEY
RSVP MANAGER**

315-333-4155

EXT. 3317