



CARE LINKS

A program of CAPTAIN Community Human Services

MAKE A DIFFERENCE VOLUNTEER!

Make a difference in just a few hours a week by linking with a local Southern Saratoga senior to help fight loneliness and support their goal to keep living independently in their own home.

Trained Volunteers provide a variety of no-cost, non-medical supportive services such as:

- ◆ Friendly Visiting
- ◆ Reassuring Phone Calls
- ◆ Shopping and Errands
- ◆ Respite
- ◆ Chores and Light Housekeeping
- ◆ Handyman Services
- ◆ Transportation

What does it take?

Care Links volunteers are special people who share their time and talents to help meet the needs of local seniors. In just a few hours a week, you can make a connection that changes a life!

- ◆ Flexible hours based upon your availability
- ◆ Short or long-term commitment
- ◆ Training and support provided

Why Volunteer?

Build new friendships, find personal fulfillment, and provide the love, support and encouragement to those who need you!

Start making a difference today! Call 518-399-4624

Volunteers Urgently Needed: Call Today! 518-399-3262



Why Volunteers Matter

“My Care Links volunteer is a lifeline for seniors like me!”

“I always look forward to hearing from my volunteer and catching up. It’s made this time less lonely and helps me feel connected.”

“The Care Links volunteer been a welcome addition to my mom’s life. She looks forward to her visits and phone calls.”

“All of your volunteer drivers have been such a delight. We have interesting conversations and many become new friends. Your service has been a great help in so many ways.”

**Visit us online at
captaincares.org/care-links**

The Care Links program receives funding from the Saratoga County Office for the Aging, the Towns of Ballston, Clifton Park, Halfmoon, and Malta, the New York State Office for the Aging, and participant and community contributions. Various fundraising events are held to support the core operational needs of Care Links.

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