



108 Utica Road
Clinton, NY 13323

Return service requested.

_____ I/We do not wish to receive further fundraising communications from Your Neighbors.

Annual Garage Sale

to benefit the Your Neighbors program

Friday & Saturday, May 1 & 2, 2015

9 a.m. - 3 p.m.

Our Saviour Lutheran Church Gymnasium
1640 Genesee Street, Utica

Donations of household items, lawn & garden equipment, furniture in good working condition
books, games, etc. are very much appreciated.

Donations can be dropped off at the Church on
Monday, Tuesday & Wednesday, April 27, 28 & 29 between 10 a.m. and 2 p.m.
To schedule a pick-up, please call 315.235.7149

-- Please, no clothing, luggage, sporting goods, computers or damaged merchandise



Your Neighbors Inc. is an affiliate of the Lutheran Home of Central New York

Your Neighbors News



Your Neighbors, Inc.
108 Utica Rd
Clinton, NY 13323
315.235.714

A Neighbor's Independence is in Our Hands!!

Spring 2015

President's Message Randy Wilson

Rather than focusing on this long, cold winter, I invite you to look ahead to warmer weather and the community-focused events that continue to raise awareness of Your Neighbors, Inc.

Watch for announcements of our Annual Garage Sale on Friday & Saturday, May 1 & 2 at Our Saviour Lutheran Church. We ask that as you go about your Spring cleaning, think of YNI and set aside anything that would be beneficial to the sale. When the time comes to donate your items, our volunteers can pick them up if you are unable to deliver them for whatever reason. The items we are looking for include furniture, small household appliances in working order, jewelry and knickknacks. Please, no clothing, sporting goods or damaged merchandise (see back cover for details).

Your Neighbors Annual Chicken Barbecue is scheduled for Saturday, June 27 beginning at noon until sold out in the parking lot of Zion Lutheran Church. Volunteers are always needed to assist with cooking, bagging and selling the chicken halves.

In addition, advance planning is underway for the 3rd Annual Grandparents/ Grandfriends event on Sunday, September 13 from noon to 2:30 p.m. at Harts Hill Inn. Save the date!!

If the current trend continues, Your Neighbors clients will be needing more of our home cooked, frozen meals and more volunteer drivers will be needed to deliver those meals. When making the family's meal or participating in a church dinner, please consider preparing remaining portions for our freezers or think about volunteering to help get the meals to those in need. You can rest assured that each packaged dinner means a great deal to the recipient and life long friendships can, and do, develop between our volunteers and their client friends.

Looking forward to Spring!!

Randy Wilson, President
Your Neighbors, Inc. Board of Directors

SPECIAL POINTS OF INTEREST:

- President's Message
- Program Coordinator's Message
- Treasurer's Comments
- Save The Dates

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YNI is an affiliate of
Lutheran Home of CNY



Please remember that our volunteer drivers don't go out in inclement weather and when the schools are closed. In that instance, it is best to reschedule your appointments.

Your Neighbors is community volunteers dedicated to serving the frail, elderly and those with limited independence in the greater Utica area.

Our volunteers offer: Welcome companionship, medical & personal transportation, friendly assistance, healthy home-cooked meals

YNI is a non-profit 501(c)(3) organization. Your contributions are very much appreciated and tax deductible.

Please call us at 315.235.7149 to learn more about our services

Program Coordinator's Message Sara Looman

It's that time of year again...Time to begin your Spring cleaning. When you do, please keep Your Neighbors in mind for donations to our annual Garage Sale May 1st and 2nd. Should you have items that you would like to donate but aren't able to get them to us, just give me a call at 235.7149 and I'll schedule a pick up for you.

Spring Cleaning Safety Tips for Seniors

1.) **Check Your Medicine Cabinets**

Make sure your medications are stored in their proper containers. Some medication still retain their potency after expiration dates while many do not and should be discarded. Store your medication in a cool, dark, dry place.

2.) **Clean up the Clutter**

Reduce your risk of falling by removing unnecessary items (including furniture) from your walking path. Maintain a clear walkway in every room of your house or apartment. Tape carpet edges or throw rugs to the floor or dispose of them.

3.) **Emergency Plan in Place**

Know who to call in case of an emergency and keep the numbers where you can access them readily. If you live in an assisted living community, be sure you understand the emergency response system.

4.) **Never Try to Move Heavy Objects or Furniture**

Don't stand on a chair or ladder to change light bulbs or hard to reach spots. Use new more efficient technology. Use lightweight equipment with which to clean.

5.) **Check Smoke Alarms, Emergency Kits and Fire Extinguishers**

Check batteries often and run tests on smoke alarms, carbon monoxide detectors and fire extinguishers. Restock emergency kits as needed to include spare batteries, flashlights, band aids, tape, etc.

A Special Thanks to our Contributors

Donor

Carmella Biasi
Palma DeSarro
Teresa Hahn
Doris Hennings
Kerstin Soykan
Marianne Turczyn

Donor

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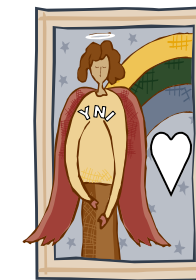
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Treasurer's Comments Roger S. Williams

Is your church looking for a mission project?? A cause that will have a positive impact on our community??

If these questions apply, please consider getting a group together from your congregation to prepare and package frozen meals for Your Neighbors clients in need. A hot, nutritious meal means a great deal to the individual who receives it. Should your church or civic group be interested in becoming a member of our "meal team", contact Sara Looman at 235.7149 or Carole Grove at 737.8947 and get the information. Thank you!!

Roger S. Williams, Treasurer