

Unitarian Universalist Church of Amherst

6320 Main Street, Williamsville, NY 14221

Phone: 716-634-3010

www.uuamherst.org

Issue

June 2016

Our Leadership:

Developmental Minister

Rev. Michelle Buhite

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minister@uuamherst.org

Minister Emerita

Rev. Maureen Q. Thitchener

585-657-7526

Caretaker

Chris Barry.....479-4239

Director of Faith

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Music Director

Fran Landis.....694-1106

Financial Clerk

Donna Sentz.....634-3010

Office Administrator/

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administrator@uuamherst.org

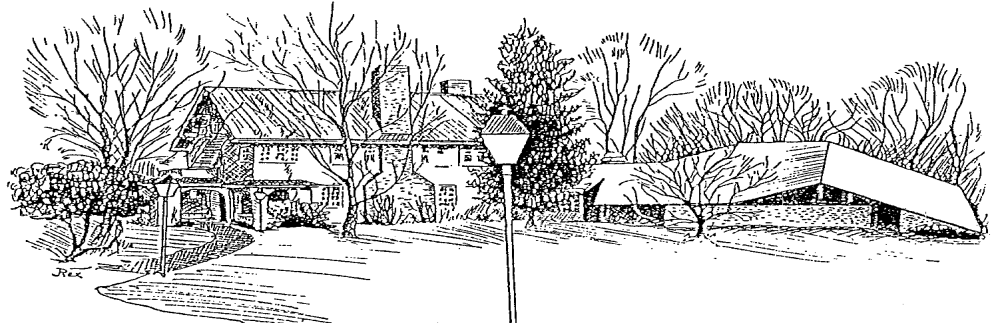
Normal office hours:

9:00am until

2:00pm, Tuesday

through

Friday



The Foreword

SUNDAY SERVICES IN JUNE AT 10:30AM

5 *The House that UU Built* by Rev. Michelle Buhite.
This is the last day for RE Classes

12 *How Have You Been Changed?* by Rev. Michelle Buhite and Friends. *Religious Education Sunday*

19 *Flower Communion* (Multi-Generational Service)
with Rev. Michelle Buhite and Rev. Lisa Peterangelo

26 *Do Unto Others* with guest speaker Peter Diachun.
The real story of the Golden Rule.

**The Nominating Committee
presents this slate of
candidates:**

*For the Board of Trustees
for a 3-year term ending 2019*

Steven Kemp

Gemma Lanthier

Angela Warren

For the Nominating Committee:

Tom Dibble

Marge Marcille

Margot Shoemaker

Taylor Parrack

THE UUCA ANNUAL
CONGREGATIONAL
MEETING WILL TAKE PLACE
ON **SUNDAY, JUNE 12, 2016**
AFTER CHURCH SERVICE

In order to vote, you must be a
member for at least 60 days and be a
member in good standing, meaning
you have honored your pledge from
last year and have made a pledge for
this coming year.

(All committee reports are due to the
church office by Monday June 6th)

MINISTER'S CORNER



It's hard to believe we are wrapping up our first church year together. UUCA has experienced some big challenges this year as we said goodbye to two staff and memorialized six members/friends who passed away. That is a lot of loss for a community of our size.

My prayer is that we will be tender with one another and provide the compassion and grace to move forward, together. I say it all the time: We are better together. We are better when we are open and vulnerable. We are better when we respond rather than react. We are better when we balance autonomy with accountability – holding each other in respectful covenant. We are better together. Faithfully,
Rev. Michelle

Voting on the Proposed Covenant will take place at the Annual Congregation Meeting on June 12th.

Together we promise:

To gather in compassionate community;

To celebrate diversity of thought and unity of spirit;

And, to seek wholeness for ourselves, our children, and our world.

UUCA to Have an Intern

Rev. Michelle is pleased to announce that UUCA will have the opportunity to be a teaching congregation with a pastoral intern, beginning in June. Meet Rev. Lisa Peterangelo:

Rev. Lisa is an ordained minister in the Spiritualist tradition. She holds a Masters of Theology from Colgate Rochester Cozier Divinity School. Lisa is a nationally certified chaplain and works for the Catholic Health system at Sisters Hospital in Buffalo. She is presently finishing her M.Div. at Colgate and expects to graduate in May of 2017. Lisa is very excited to be coming to UU Amherst as an intern. Her interests include pastoral care, LGBTQ spirituality, and congregational health and well-being.

Rev. Lisa will be with us as we celebrate Flower Communion on 6/19 and will be available on a limited basis for pastoral care while Rev. Michelle is away 6/26-8/7.

JUCA Staff News

We are so pleased that Jaime Sheridan has accepted our invitation to be the UUCA *Office Administrator*. Jaime came to us in November in a temporary capacity, and has proven herself invaluable and a delight to work with. Jaime will continue on a half-time basis, with the office generally open Tues-Fri, 9-2. Jaime will be enjoying some time with family during the month of July, so if you are available to come in for a couple of hours a week to help in the office, please contact Yvonne Stocker with the Personnel Committee.

The search has officially begun for a new *Director of Faith Development* (formerly DRE). If you know of a UU in the region who has the qualifications and may be interested, please encourage them to apply. Or contact chair of the Faith Development Partnership (FDP), Tara Kaye.



GREEN TIPS:

With summer coming, you want to engage in some fun outdoor activities, right? Check out the Green Sanctuary bulletin board. Every month, sheets are posted that list environmental events in Western New York. There are many outdoor adventures for individuals, families and children - trail walks, birding, kayak trips and more: all in our area. Especially on weekends, there are many to choose from. Pack a lunch and visit some location new to you!
~Carol Wells for the Green Sanctuary Committee

BLACK LIVES MATTER



UNITARIAN UNIVERSALIST CHURCH OF AMHERST

The Black Lives Matter Taskforce has been working to fulfill the commitment made in the Action of Immediate Witness (AIW) by the General Assembly last summer. General Assembly is the annual meeting of all UU's to do the business of the faith. This year GA

will be in Columbus, OH. Delegates to GA passed the AIW, asking all UU congregations to assist with the Black Lives Matter movement. (Full text at: <http://www.uua.org/statements/support-black-lives-matter-movement>)

The Black Lives Matter Taskforce was created to guide UUCA's response to the call for UUs to engage in public witness, and to that end, we have created an after-church intentional learning program to inform ourselves about white privilege, the school-to-prison pipeline, the persistence of systemic racism, etc., with plans to do more in the coming year.

Being a public witness requires education and visibility. The Taskforce has designed a banner, orange with black lettering to reflect the *Standing on the Side of Love* campaign colors, to be added to our roadside church sign. The Taskforce is handling the issues related to sign production and Town of Amherst regulations. The placement of the banner will allow us to have visibility with traffic traveling both directions on Main Street.

Adopting the banner will be put to vote at the Annual Congregational Meeting on June 12. As an adoption of a social action position, a 2/3 affirmative vote of those present and voting is required. We on the Black Lives Matter Taskforce hope you will be present for this potentially historic event! From the closing paragraph of the AIW: "No matter who you are, black lives matter, and a system of fair, transformative, and restorative justice that is accountable to communities is something to which each of us has a right. Unitarian Universalists and our greater society have the power to make this happen. Let's do it!"

- Hella R. Jacobs, Ph.D., UUCA Trustee, 2015-18



Spotlight on the Lancaster Opera House by Wendy Scott,

The Lancaster Opera House (LOH), (<https://www.lancopera.org/>) is home to many wonderful events. The Opera House itself is a historic landmark, being one of a few Town Hall Opera Houses still in existence in this country. Early in the last century, vaudeville and minstrel shows were given as well as dances, and during World War Two and after, it served as a center for wartime and Cold War activities. Refurbished to its near-original state, the second floor continues to offer shows.

Our UUCA music director, **Fran Landis**, also directs music for the Opera House productions. Through her, we have come to know and enjoy the performances of **David Bondrow** and other soloists who have added their wonderful voices to the Sunday music. David Bondrow, the LOH Artistic Director, is accomplished in performance, directing, administration, and education. **J. Michael Landis**, who adds his voice to our occasional choir and is a classical musician and independent filmmaker, is LOH production manager. He recently wrote the screenplay for *Tiny* from the book *Eternal Troubadour: The Improbable Life of Tiny Tim* by Justin with Alanna Wray. This new musical is scheduled for July 1st & 2nd and a block of tickets will be purchased for UU members.

The first musical of the 2016-2017 season at the LOH will be *A Funny Thing Happened on the Way to the Forum*; watch for more information and dates at the end of the summer.

On a different note, the Music Committee is planning an **indoor concert of Broadway favorites** put together by Fran and colleagues in July (date to be announced) following an afternoon patio party.

Welcome, New Members

On May 8th, we welcomed two new families as members of our beloved congregation.

Mark and Nikki Hitchcock are transplants to Buffalo, having moved to the area ten years ago. Mark just graduated with a Masters in Urban Planning, while Nikki is completing a Masters in Community and Economic Development. Their daughter was born somewhat miraculously last August, and is working on her Associates in crawling; eating pears; and saying mama, papa, and kitten. Mark enjoys brewing beer, learning about Buffalo's history and landscape, and riding his bike. Nikki is an avid reader who loves to cook, do yoga, and dance. Eleanor loves bouncing and petting animals. Together, the family loves taking walks, fostering animals, and gardening. They are also celebrating ten years of marriage this year.

Tara and Brad Kaye and their children Ava and Anthony also joined us. Tara is a former middle school teacher. Brad has a Ph.D. in philosophy and has recently published. The Kayes have become very active in the faith development/aka religious education. Tara is chairing the faith development committee and Brad is involved in the youth group.

~Lauraine Marcus for the Membership Committee



BOARD NOTES:

These are my final Board Notes as Board Chair 2015-2016.

Looking back: I am so inspired by the way the Board has been working together this last year. We have moved away from merely giving reports at board meetings to discussing actual thoughts and ideas. What a difference it's made! In fact I've been feeling so positive and excited about the progress I'm sorry to be coming off the board! Seriously! The past year it has been my deep honor to serve as Chair. It has also been my privilege to work so closely with Rev. Michelle. She has been wonderful and brought so much insight and perspective to the table. I certainly don't want to discount the contributions our past two ministers made, but I honestly feel we've made more progress as a congregation over the last year with her than we did over the previous 3 years combined.

Looking forward: The annual changeover is always a tricky endeavor. How do we lose three trustees, gain three others, and manage to move forward without losing momentum? This year we've decided to try something new and invite the three nominees to attend the last two board meetings of the fiscal year (not to participate but rather to observe the process and how we function as a governing board) to help aid in the process of transition. The idea is that this will provide for continuity and foster a sense of cohesion. I must say that after May's Board meeting it feels like that is already happening and I'm super excited about what's to come.

Thank you all for a great year.

Here's to the future; may we continue to learn and grow together :)

~Ivy Yapelli ~ Board Chair, UUCA



Fundraising News

The UUCA Fiscal Year is coming to a close and we have almost made our budget goal with one more "new" fundraiser to go. I'm talking about the **UUCA Tea Party on Saturday June 18th**! This fundraiser has the potential to be HUGE. The *Tea Party concept* is for the UUCA to provide tea sandwiches, tea-cakes, and tea for 80 guests and for Sponsors to invite friends and/or relatives (at \$10 a person) to enjoy a few hours of food and fun. The Sponsor gets to decorate their table (I can help with ideas and decorations) and serve their friends and family a delicious assortment of food and drinks while soft music plays in the background... and a basket raffle takes place. There is potential for this fundraiser to grow and introduce outsiders (what a novel concept) to the UUCA. A sign-up sheet will be available near the *TOPS cards* seller each Sunday. The TOPS card seller will also have UUCA cookbooks and the UU magnetic bumper stickers for sale.

The Rummage Sale did a bang-up job this year[thank you to all who volunteered and donated!] They are tweaking the process to make it better every year. If you missed out on the fun this year, volunteer next year. And worker bees get first dibs on all of the donated merchandise. What could be better!

The UUCA Kentucky Derby Party was a success again this year. Good food, good friends, and a great race! Join us next year and bring your family and friends.

We continue to participate in GoodSearch and GoodShop. Your Internet searching and shopping can generate additional funds for the UUCA. Sign up to support the Unitarian Universalist Church of Amherst at www.goodsearch.com and watch the donations grow.

~Barbara Gauger



Become a Foster Parent Today!

In Erie County alone, nearly 1,000 children are in need of safe, nurturing foster homes. *You can help!*

call: Gateway Longview at 716-783-2909 or visit gateway-longview.org

HEALTH AWARENESS for JUNE

~Suzanne Christ, RN, Faith Community Nurse,
Caring For One Another



June...the beginning of summer and the perfect time to talk about protecting your eyes. *Prevent Blindness*, the nation's oldest eye health and safety organization, helps educate the public on the dangers of UV and steps to take to protect vision today and in the future. UV damage to the eyes can be immediate, such as a corneal sunburn, and cumulative, including cataract and macular degeneration.

Prevent Blindness offers these tips on how to keep your future bright with protection from UV:

- Speak with an eye care professional to ensure the proper UV eye protection is being used.
- Always wear sunglasses that block 100 percent of UV-A and UV-B rays. (Sunglasses without UV protection may shade the eyes but actually cause the pupils to dilate, allowing in even more harmful rays.)
- Wear sunglasses that block 100 percent of UV-A and UV-B rays in conjunction with a brimmed hat.
- Use wrap-around sunglasses —they do the best job of protecting the eyes and the skin around the eyes.
- Although some contact lenses may offer UV protection, they cannot protect the entire eye and the skin around it.
- Sunglasses, especially for children, should be made of unbreakable polycarbonate for active lifestyles.
- Ask your doctor about prescription medication that may cause increased sensitivity to light. According to AllAboutVision.com, certain medications, such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers, can increase your body's sensitivity to UV and high-energy visible (HEV) radiation.

For more information on the dangers of UV exposure and how to choose the best UV protection, please visit the Prevent Blindness dedicated Web page at <http://www.preventblindness.org/protect-your-eyes-sun> or call (800) 331-2020.



Humanists may be interested in the "Non-Conference," an annual conference for non-believers organized by Niagara Secular Humanists friend Spencer Lucas. This year it's in Niagara Falls, ON, on August 13. For more details, please go to the conference website at <http://www.thenon-conference.com/>

SUMMER INSTITUTE

See: omdsi.org

July 17-23, 2016, Oberlin, OH

The UUCA Board of Trustees has committed to the health and vitality of our church by offering one-time scholarship help to attend Summer Institute. This really is a life changing experience - we can have a major impact on UUCA and our future.

Are you thinking of going to SI? We can help you get there! You'll want to go to the SI website and figure out the costs: <http://omdsi.org/cost-estimator/>

Here is the application for in-house scholarship dollars:

<http://www.uuamherst.org/UUSI%20Scholarship%20Form/>

You'll still need to register for SI at omdsi.org. The scholarships from UUCA will be in the form of reimbursement. We have a 'ceiling' of \$4,000 of scholarship assistance.

Young Adults: We know you can find getting a whole week off a bit of a challenge. Summer Institute has a special Young Adult 'con' (aka Conference) with bare bones accommodations for just \$75 (Th-Sat). UUCA scholarship funds can be applied to this as well.

Here's the link: <http://omdsi.org/young-adults/weekend-deal/>

Be a part of this fabulous adventure: act NOW!



Do You Need Help?

Do you need help with transportation for medical appointments, shopping, a hair appointment..., or help with light housework, respite services, minor home repair...? Hearts and Hands: Faith In Action may be able to help you at no charge, regardless of age, income, race or religion.

Our church is officially part of this wonderful program. Our Caring For One Another committee does a terrific job of helping members within our congregation. But sometimes a person needs help with more than just a visitation or ride to a church activity. For these other needs, Hearts and Hands may be able to help.

If you are in need of help, or have any questions, call Hearts and Hands at 406-8311 or visit their website at <https://hnhcares.org>. Ron Palmere and Eveline Hartz from social justice committee are the liaison volunteers connecting our church with Hearts and Hands.

CURRENT EVENTS
DISCUSSION/LUNCH



Tuesday, June 14th -

12:30 p.m. - Come to the Emerson Room with your lunch and any articles you would like to discuss from your favorite news source.

Women's Lunch

Tuesday, June 21st - 12:30 p.m. - Bring your lunch to the Emerson Room today. There is no agenda - just chatting and laughing with like-minded women.



DOMINOES

We meet, play, bring something edible to share, chat and just have fun! This is a very relaxing time, although we do discuss issues (we're Unitarians!) We've gotten to know each other which is another way to group cohesiveness. You may join us at any time on Mondays at 1:30pm in the Emerson Room.

MEN'S LUNCHEON

On the first Thursday of every month, all men are invited to get together for lunch at Buffalo Brewpub, 6861 Main Street (at Transit Road). The ROME-Os (Retired Old Men Eating Out) have great conversations over lunch. There is no agenda, but we are never at a loss for words. Come join in our sharing of ideas; neither retirement nor old age is a strict requirement for participation!

Bridge Club

Sundays , after service - We play almost every Sunday after church in the Emerson Room. Want to join us as a table or as a sub? Give me a call--Joann Shafer 688-3502.



We will be selling coffee, tea, hot chocolate and candy bars on **Sunday, June 5th** after the service. Stop by the table and help support the farmers in various parts of Central America.
 ~ Jim & Doreen Park

Women's Afternoon Study Group

Tuesday, June 7th - 1:30 p.m. - Our meeting today will be a DVD of Hummingbirds. It is beautifully filmed and very informative. A must for bird-watchers. This is our last DVD of the year.

Tuesday, June 28th and Tuesday, July 5th - 1:30 p.m.-We will read the articles in the Summer issue of the UU World.

Please take note: In the summer from July 12th to August 30th we will only meet for lunch in the Emerson Room at 12:30 p.m.

CARING FOR ONE ANOTHER

We sadly say good-bye & thank you to co-chair Ivy Yapelli. We welcome Scott Mulder as the new co-chair.

This change was effective May 5th at our monthly meeting. Our committee accepts requests to provide assistance for our church community. We have a group of dedicated volunteers who are willing, ready and able to serve their church community by:

- Visiting hospitals, nursing homes, and individual homes; or doing phone check-ins.
- Sending cards.
- Providing rides to Sunday church services.
- Providing Caring Health Awareness information by our Faith Community Nurse
- Transportation to Special Events at Church
- Pet Therapy

You may call us or ask on behalf of another member by contacting **Suzanne Christ:** phone 716-632-6920 or **co-chair, Scott Mulder:** phone 716-696-2915 or email either at car-ing@uuamherst.org

Our next meeting is on Thursday, June 2, 2016 at 11am in the Emerson Room for all members and any newly interested persons.

COCKTAILS & CONVERSATION

Friday: June 3rd.

Are you looking for an affordable night out with old friends and maybe some new ones? Then this is the place for you! Come unwind and relax with fellow UU's for cocktails and conversation on the first Friday of the month. June's location is Shenannigan's Bar and Grill located at 1009 Niagara Falls Blvd, Amherst, New York 14226, near the corner of Niagara Falls Blvd and Sheridan Drive.

-Ivy Yapelli (questions? txt/call) [254-338-8248](tel:254-338-8248)




***** Did something in a sermon grab you? Do
 * **TUESDAY** * you have questions or concerns that the
 * **TALK BACK** * minister might respond to? Join a group
 * * chat at church on the second Tuesday of
 ***** the month, **(June 14th)** 11:00 a.m. in the Reeb Room. This
 will be the last meeting for this church year! ~ Rev. Michelle



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June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5 Pride Sunday Fair Trade Coffee 9:30am Creative Interchange 10:30am Church Service/\nRE Classes end 11:30 Bridge Club (Em) 12pm Bookclub (DR) 12pm Proposed Budget Meeting (Chapel) 7:30pm AA (Liv. Rm.)</p>	 <p>6 1:30 Dominoes (Em) 6:00pm AA (LR) 7:30pm ACOA (LR)</p>	<p>7 10am ACOA (LR) 12:15 AA (LR) 1:30 Women's Study Group (LR) 7:00 Blue Mountain (Reeb)</p>	<p>8 12:15 AA (LR) 6:30 BOT Meeting (Em)</p>	<p>9 12:15pm AA (LR) 6pm Mindgarden Meditation (LR)</p>	<p>10 7:30pm SOS (Reeb)</p>	<p>11 7pm Bflo Belles (Liv. Rm.)</p>
<p>12 RE Sunday Flower Communion 9:30am Creative Interchange 10:30am Church Service 11:30 Annual Congregational Meeting 7:30pm AA (Liv. Rm.)</p>	<p>13 1:30 Dominoes (Emerson) 6:00pm AA (Liv. Rm.) 7:30pm ACOA (Liv. Rm.) 7:30 Mankind Project (Reeb)</p>	<p>14 <i>Deadline for newsletter</i> 10am ACOA (LR) 11am Talk Back (Reeb) 12:15 AA (LR) 12:30 Current Events/Lunch (Em) 7pm Blue Mountain (Reeb) 7pm Membership (LR)</p>	<p>15 12:15 AA (Liv. Rm.) 7:00 Social Justice (LR)</p>	<p>16 12:15pm AA (LR) 6pm Mindgarden Meditation (LR)</p>	<p>17 7:30 Humanist Reading Group (LR) 7:30pm SOS (Reeb)</p>	<p>18 1pm: Tea Party Fundraiser (Em)</p>
<p>19 Father's Day <i>End of Year Picnic</i> 9:30 Faith Development Committee Meeting (Bul) 9:30am Creative Interchange 10:30 Church Service 11:30 Bridge Club (Em) 12pm Bookclub (DR) 7:30pm AA (Liv. Rm.)</p>	<p>20 1:30 Dominoes (Em) 6:00pm AA (LR) 7:30pm ACOA (LR)</p>	<p>21 10am ACOA (LR) 12:15 AA (LR) 12:30 Women's Lunch (Em) 7pm Blue Mountain (Reeb)</p>	<p>22 12:15 AA (LR)</p>	<p>23 12:15pm AA (LR) 6pm Mindgarden Meditation (LR)</p>	<p>24 7:30pm SOS (Reeb)</p>	<p>25</p>
<p>26 9:30am Creative Interchange 10:30am Church Service 11:30 Bridge Club (Em) 7:30pm AA (Liv. Rm.)</p>	<p>27 1:30 Dominoes (Em) 6:00pm AA (LR) 7pm Green Cuisine (Em) 7:30pm ACOA (LR) 7:30 Mankind Project (Reeb)</p>	<p>28 10am ACOA (LR) 12:15 AA (LR) 1:30 Women's Study Group (LR) 7pm Blue Mountain (Reeb)</p>	<p>29 12:15 AA (LR) 6pm Snowbirds (Em)</p>	<p>30 12:15pm AA (LR) 6pm Mindgarden Meditation (LR)</p>	<p>31 7pm Snowbirds (Em)</p>	<p>KEY: AA= Alcoholic Anon. AE= Auction Event ACOA = Adult Children of Alcoholics Bul = Bullfinch Room DR = Dining Room Em = Emerson Room LR = Living Room SOS = Non-religious sobriety group</p>

U.U.-U.N. NEWS

The primary purpose of the United Nations is to eliminate the scourge of war and reaffirm faith in fundamental human rights. To eliminate the scourge of war, the U.N. needs to promote universal and complete disarmament and possess its own effective system of collective security. This has not yet occurred because most U.N. Member States are not truly abiding by the U.N. Charter. Unfortunately, most U.N. Member States are spending a staggering amount of money on armaments. Global military expenditures roughly doubled between 2000 to 2016 to 1.6 trillion dollars. That is more than ten times what is spent on official development assistance (141 billion dollars), and it dwarfs the regular budget of the U.N. (2.7 billion dollars). Less than 4 percent of annual military expenditures would be enough to achieve the Millennium Development Goals (MDGS) lifting most people out of poverty.

A sword of Damocles is truly hanging over the human family. Another world war would render the human family extinct. What is the primary cause of this horrendous situation? The main problem is that the U.N. is not effectively working to achieve universal and complete disarmament. The U.N. recently convened its annual three-week session of the U.N. Disarmament Commission (UNDC). U.N. Secretary

General Ban Ki-moon and U.N. General Assembly President Abdulaziz Al-Nasser called on all U.N. Member States to revitalize their commitment to disarmament. In his opening message to the UNDC, Mr. Ban Ki-moon said that “progress is vitally needed because—directly or indirectly—it has the potential to benefit all other goals of the U.N., just as the failure of disarmament efforts would jeopardize the security and prosperity of all.”

Over the years, the UNDC has formulated consensus principles, guidelines and recommendations on a number of disarmament-related subjects. However, in the past decade, the commission has not been able to make any real progress towards universal and complete disarmament. According to U.N. General Assembly President Al-Nasser, “the UNDC faces serious challenges imposed by a lack of political will and a growing resistance to compromise. This situation cannot and indeed should not, be tolerated.” The human family needs to take the initiative and compel all 193 U.N. Member States to achieve universal and complete disarmament under U.N. auspices. The time for action is now if humanity is to have a future. There is no time to lose; otherwise, the human family could easily be rendered extinct. This must not be allowed to happen.

~ David Slive, U.N. Envoy



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Adult and Teen Volunteers Needed

Our church is pleased to partner with Hearts and Hands, an interfaith not-for-profit, neighbor-helping-neighbor organization. Volunteers are needed to provide transportation and support for older and physically-challenged adults. Volunteers assist care receivers so they can get to important doctor appointments, get their groceries, and do essential errands. This means that these neighbors can remain independent and in the homes and communities they love. Volunteers not only help care receivers, but also support their families and our community. Volunteers can choose to do the activities that they feel comfortable doing. No one person is asked to do it all. Also, you can choose where to volunteer. Hearts and Hands serves many communities throughout Western NY.

If you are looking for a way to have a positive impact in your neighborhood, Hearts and Hands needs you as a volunteer. If you are interested or have any questions, please call Hearts and Hands: Faith In Action at (716) 406-8311 or visit their website at <https://hnhcares.org>.