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N-CAP News, Spring 2016



The President's Volunteer Service Award Coordinated by N-CAP

[Applications are due by March 10th](#)

The President's Volunteer Service Award is issued by the President's Council on Service and Civic Participation on behalf of the President of the United States of America. The award recognizes the best in American spirit and encourages all Americans to improve their communities through volunteer service and civic participation over the course of a 12 month period. N-CAP recognizes volunteer work completed during the period of March 1st to February 29th. Our deadline for submission is March 10th.

Any individual, family or group can receive Presidential recognition for their annual commitment to volunteer service. In addition, individuals who complete 4,000 or more hours of volunteer service over the course of their lifetime will be recognized with the President's Call to Service (Lifetime) Award.

To earn an award, individuals, families, and groups must keep a record of volunteer activities. (An easy way to do this is to keep a spreadsheet of your activities and attach it to the entry form.) N-CAP will host a ceremony on Thursday, June 9th to honor volunteers who performed enough service hours this past year. Honorees are eligible to receive a pin and a certificate of recognition. The award criteria are as follows:

Hours by Award	Bronze	Silver	Gold
Kids (5-10 Years)	26 - 49	50 - 74	75 +

Teens (11 - 15)	50 - 74	75 - 99	100 +
Young Adults (16 - 25)	100 - 174	175 - 249	250 +
Adults (26 years and older)	100 - 249	250 - 499	500 +
Families and Groups*	200 - 499	500 - 999	1,000 +

President's Lifetime Achievement Award: Individuals who have completed 4,000 or more hours in their lifetime.

* Two or more people, with each member contributing at least 25 hours toward the total. Group must participate together on the same activity to count the hours.

To receive your President's Volunteer Service Award application form email info@ncapnisky.org or wohl.sharon@gmail.com or [click here](#). Please submit documentation by mail to Sharon Wohl, PVSA, 2480 Whitehall Court, Niskayuna, NY 12309.

Applications are due by March 10th

Visibility Club, NCSD and N-CAP Sponsor Forum on Supporting LGBTQA Youth in Niskayuna Schools

Family, Friends and Allies are invited to a forum on how to support our LGBTQA youth in Niskayuna Schools on March 15, 2016 at 6:30 pm. The event is being held in the Van Antwerp Middle School Auditorium and is being sponsored by the NHS Visibility Club, the Niskayuna Central School District and N-CAP.

The Guest Speaker for the forum is James Shultis, Youth Program Manager at the Pride Center of the Capital District. The discussion will cover a wide variety of issues faced by LGBTQA students including gender identity and expression, coming out and how you can be an ally and more. Community resources and a student panel will also be part of the event. All are welcome more information can be found by contacting N-CAP at 374-0744.

[Click here for event flyer!](#)

N-CAP to sponsor Community Mental Health Needs Assessment

Community Volunteers Needed

The Niskayuna Community Action Program with the support of a grant from the Niskayuna Community Foundation is conducting a mental health needs assessment of the area encompassed by the Niskayuna School District and the Town of Niskayuna. The assessment is focusing in on the needs of adults, students, families and our community. In order to conduct this assessment, N-CAP is looking to interview individuals who have knowledge of the mental health needs of and services available to our community. If you would like to be interviewed, or you know someone who you think the assessment team

should interview, please share that information with one of the contacts listed at the end of this article.

N-CAP is looking for volunteers to assist in this assessment. Volunteers can choose their level of time commitment from just a few hours to much as they wish to give. The assessment will be done this spring. If you are interested in participating in this assessment, please call the N-CAP office and leave a message. If you would like more information about the reasons for this assessment or to learn how the assessment is being conducted contact one of the sources below.

N-CAP Office Phone - 518 374 0744518-374-0744

(Just leave a message on the answering machine and someone will get back to you.)

or

Bob Winchester email: trustinbob@aol.com

Prom Information Night - April 7, 2016

It's hard to believe that Prom season is coming quickly but it is true. To many students, it is the most important part of the Spring season's social activities. In preparation, N-CAP and NHS will host the annual Junior Prom Information Night on April 7th at Niskayuna High School. The intent is to inform parents about the procedures that Niskayuna High School staff follow on the evening of the Prom. We encourage all high school juniors to attend the Information Night. We will hear from our usual line-up of speakers: NHS Principal John Rickert, Student Activities Coordinator Vince Bianchi, the Niskayuna Police Youth Officer and NHS Social Worker Allison Nunez, the Junior Class Advisors, and After Prom Committee members.

The speakers will describe the procedure that students need to follow to acquire their tickets for themselves and guests. They also detail an hour-by-hour timetable and itemize the precautions taken to keep our students safe and happy. The school has multiple student check-ins beginning at the Junior Prom Walk-In and ending in the wee hours of the next morning and every aspect of the event will be discussed. As much as everyone wants the juniors to have the 'best evening' of their young lives, we also want them to be safe so they can attend graduation one year later. Please mark your calendars and plan to attend Prom Information Night on April 7th. It is important to your child's enjoyment of this year's Junior Prom.

National Drug Take Back Day is April 30th!



Drop offs can be made at Niskayuna Town Hall from 10 AM to 2 PM.

Old prescription medications that are no longer needed can be safely disposed of with no paperwork to fill out and no appointment needed. Just drive up, drop off and go! Help us help your community to keep these substances out of the waste stream and out of hands they are not intended for by taking

advantage of this one day program. This event is sponsored by the U.S. Drug Enforcement Administration in partnership with the Town of Niskayuna, the Niskayuna Police Department



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OUR EMAILS**



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Niskayuna Community Action Program
| fnrcp@nycap.rr.com | <http://www.ncapnisky.org>