The Falls Prevention Coalition of Oswego County brings you...

6 STEPS TO BETTER BALANCE
A 6-week course on
how to improve your balance

FULTON MILLS APARTMENTS
Wednesdays, March 4 - April 8
1:00 - 2:30 pm
Class size is limited
Pre-registration Required

Contact Linda Hughes, Fulton Mills Activities Director, at 315-944-7823 or stop by the office.

INFORMATIONAL HOUR
With light refreshments served
Find out what it’s all about!

Presentation
Wednesday, February 25, 2015
1:00 pm
Fulton Mills Apartments
INFO: Call 315-944-7823

OPEN TO THE PUBLIC
Six Steps to Better Balance is a fun and innovative approach to help individuals avoid the fears and injuries associated with falling. ~ continued p.5

HAPPY NEW YEAR! 2015

Falls Prevention™
STEP UP TO STOP FALLS

Photo above: Carol Simpson coaching Linda Hughes, Activities Director at Fulton Mills and Charmaine Smith, RSVP volunteer & resident, at the Better Balance training held in June 2014

Photo below: Graduates of the 2014 training class who recently completed their practicum and are ready to hold classes: ARC Oswego Industries Physical Therapist, Laurie Mills; RSVP Advisory Council member, Brenda Irving; Oswego County Public Health Educators, Sonia Robinson & Anna MacNamara. Missing from photo: Cheryl Cullinan, Bishop Commons Activities Director & Norine Powers, RN.

FREE TAX COUNSELING & FILING
February 1 - April 15

Sponsored by AARP, the Tax Aide Program provides counseling, preparation and e-filing of taxes for all residents of Oswego County, with special emphasis for those 60 & older.

Beginning in January
Gather the following documents for the upcoming tax season:
- Photo ID and last year’s tax return;
- W-2s and 1099s;
- Unemployment compensation statements;
- All forms indicating federal (estimated) taxes paid;
- Social Security cards;
- All receipts if itemizing;
- If using Direct Deposit, bring your check book or account #s

~ continued on page 3
RSVP BEGINS ANOTHER ROUND OF VOLUNTEER OPPORTUNITIES APRIL 1

No Fooling! A new cycle of RSVP programming will begin April 1, 2015 and continue through March 31, 2018. For the next 3 years the feds have outlined Priority Areas and new quotas to meet (indicated below by percentages (%)). For each area we have identified the station, volunteer opportunity, and corresponding objective:

**Healthy Futures** (25% of all volunteer placements)
- Home Delivered Meals (10% of all volunteer placements) Two meals a day are delivered by OCO volunteers to shut-ins; to enable Aging in Place.
- Osteo Bone Builders, Six Steps to Better Balance, & YMCA Aquatic Exercise Instructors; also Senior Health Fair assistance to provide Access to Care.
- Food Pantry & Soup Kitchen volunteer staff will help provide Food Security.

**Economic Opportunity**
- AARP Tax Aides will provide Free Counseling & Preparation of tax returns.

**Education**
- Driving Books Home program volunteers will help the summer Bookmobile reach economically disadvantaged students Achieve Success in Reading Readiness.

**Environmental Stewardship**
- City of Oswego and Oswego County Soil & Water Conservation Tree Stewards and Canoeists respectively, will help Revitalize At-Risk Ecosystems.

**Disaster Assistance**
- American Red Cross bloodmobile volunteers will Assure Adequate Blood Reserves.

**Veterans**
- Busy Knitters Program volunteers & coordinators will offer support for Families of Active Duty Military Personnel at Fort Drum.

**Capacity Building**
- Volunteers manage all aspects of the Senior Camping program, to Bring Educational Resources & Life-long Learning to County Residents 50 & older.
- Volunteers Recruit & Manage volunteers on behalf of the RSVP program.

**All Other Areas** (30% of all volunteer placements)
RSVP works with over 70 agency partners to recruit volunteers as a resource to meet critical needs. Unfortunately, the feds don’t recognize all areas as “critical” and so have restricted the number of “other” placements— libraries, schools, tourism, cultural institutions, congregate meal sites, and so on— to 30%.

**Contact RSVP:**
103 Rich Hall @SUNY Oswego, Tel. 312-2317, Fax 312-3374; Email: rsvp@oswego.edu

New rules also state that RSVP must assign each volunteer to just one activity, with preference given to the above areas & quota requirements. For example, if John Doe delivers meals in Simeon Dewitt, leads their Osteo class & volunteers at Oswego Library, RSVP will “assign” John to the Home Delivered Meals Program & report him to the feds (our primary funder) as active in this one area. Remaining hours will be recorded in his volunteer profile at RSVP.

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**MLK Day of Service**
Monday, January 19, 2015
“Life’s most persistent and Urgent question is, What are you doing for others?”
~ Dr. Martin Luther King, Jr.

**OCO DINING CENTERS**
Volunteers are needed (and appreciated) for both the Mexico and Parish Dining Centers. OCO is also seeking a home delivered meals volunteer driver in the Phoenix area. Info: Chris Parks, 598-4712 ext. 1807 or email cparks@oco.org.

**DRIVING BOOKS HOME…**
… sponsors a summer “library on wheels,” a bookmobile which gives books away to families in select neighborhoods in the Oswego school district. Needed:
- Treasurer - Duties: Receives revenues & invoices, deposits & accounts payable; maintains current spread sheet of financial transactions and reports monthly to the Steering Committee.
- Grant writer - Duties: Completes grant applications; works with the Treasurer and Volunteer Manager to ensure proper expenditures; collects data, receipts, and other documentation needed for final reports to funding sources; reports and explores new funding options. INFO: Coordinator, Theresa Slosek, tslosek@ncls.org

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**RSVP Retired & Senior Volunteer Program**

**Why** RSVP exists is as simple as it is profound: We help ourselves by helping others.

**What** RSVP does is to Recruit people who are at least 55 years of age and ignite their will to serve, channel their passion and employ their particular gifts.

**How** RSVP does it is by identifying critical needs and partnering with agencies to carry out their mission using volunteers.
DO I NEED TO FILE AN INCOME TAX RETURN?

Whether or not you are required to file a federal income tax return depends on several things: filing status, age, income, dependency status, and whether you meet a few other special requirements.

Because tax laws frequently change, the best advice is to consult with a professional tax preparer, visit the IRS website, http://www.irs.gov/ or call the IRS Syracuse office at (315) 448-0807, Mon - Fri 8:30 am. - 4:30 pm.

Or, be easy on yourself: Meet with one of our Tax Aides. They specialize in counseling and easing your worry.

TAX AIDE SITES OPEN IN FEBRUARY

Rarely will sites close due to bad weather. You can count on the Tax Aides being there for you! Locations:

CENTRAL SQUARE PUBLIC LIBRARY
637 South Main St., Central Square. Saturdays, 11:30a - 2:30p, by appt. only. Call: 343-5524 to schedule.

FULTON MUNICIPAL BUILDING
141 South First St., Fulton. Wednesdays, 9a - 1p & 6p - 8p. Walk-in only.

McCROBIE CIVIC CENTER
41 Lake St., Oswego. Tuesdays, 11a - 3p. Walk-in only.

PHOENIX PUBLIC LIBRARY
34 Elm St., Phoenix. Mondays, 1p - 7:30p & Wednesdays, 11a - 7:30p, by appt. only. To schedule call: 695-2553, 934-4333 or 458-1465.

INFO: To answer your questions call Local Coordinators, Nancy Perticone, 342-1604 or Betty Talamo at 934-4333.

WHY IS MENTAL WELLBEING IMPORTANT?

First, we all want to feel good about ourselves and the world around us, and be able to get the most from our lives.

There is also evidence that good mental wellbeing is important for our physical health, and that it can help us achieve the goals we set for ourselves.

Evidence suggests there are five steps we can all take to improve our mental wellbeing. If you approach them with an open mind and try them out, you can judge the results yourself.

Connect – connect with the people around you: your family, friends, colleagues and neighbors. Spend time developing these relationships.

Be Active – you don't have to go to the gym. Take a walk, go cycling or play a Wii at a Dining Center. Find the activity that you enjoy and make it a part of your life.

Keep Learning – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

Give to Others – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local center, can improve your mental wellbeing and help you build new social networks.

Take Notice – be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.

FLU FACTS

Fever Aches
Chills Tiredness Sudden onset

Oswego County Opportunities (OCO)
TRANSPORTATION SERVICES INCLUDE ...

Call-N-Ride - Transports the Elderly and Persons with Special Needs for medical, social or personal business in Oswego County. Hours: 10a to 2p, Monday - Friday, with 24hr. advance notice. Costs $2+ and varies by location.

Medicaid Transportation - OCO is a certified provider for Medicaid clients. When you call the Regional Coordination Office (1-855-733-9395) to schedule, be sure to ask for OCO to provide your ride.

Retiring in February

A CLOSING NOTE...

~RSVP Director, Ellen Wahl

Though I came to Oswego for a college education-- I stayed in Oswego because I fell in love with the people, the small town atmosphere and a boy from Kentucky. Our daughter was two when the RSVP job came along. I fell in love with the concept and in these 33 years, have never lost my passion for the program, the people, and the boy. I feel blessed to have both an Oswego family and RSVP family, including several adopted grandparents for my children.

Loren is now 35 and Chris has two children of his own; Mark is retired. They've been at my side every step of the way and it is now time to do more things together. I love Oswego County and the hearty folk who live here. When all is said and done we must do what makes us happy. I will continue to volunteer.

"There is a time to save the world and a time to savor the world."

~David Amram, composer
START THE NEW YEAR OFF RIGHT

~ www.webmd.com/healthy-aging/

Stay on Balance

Make balance exercises part of your day. The gentle, dance-like movements of Tai Chi are another helpful option. One study found older people who stuck with Tai Chi for 6 months cut their risk of a fall in half.

Build Strength

One study found that regular strength training reversed aging in the muscles of older people. Genetic changes in their cells made their muscles more like those of people in their 20s.

Slash Your Alzheimer's Risk

One study found that regular exercise in middle age can lower your risk of memory and thinking problems when you're older, by 39%. Just 30 minutes of walking, biking, or even gardening 5 days a week can give your brain a benefit.

Get Social

Studies have shown that very social people have sharper thinking and a much lower risk of memory problems as they age. Volunteer, it's linked with a lower risk of heart disease and a longer life. Studies show that the earlier you begin volunteering, the lower your risk of health problems later.

Sleep Sounder

Exercise more, drink less alcohol, discuss your medications with your doctor, or seek treatment if you have an underlying problem like depression or anxiety; it can help you sleep soundly again.

Enjoy the Rewards of Age

Here's some good news: One recent study found that the older people get, the more content and satisfied they are. So look forward to the future. It could be a time of great happiness.

Cut Sodium

Blood pressure tends to go up as we get older. Since sodium can drive up your blood pressure, cut down on salt in your diet. Want a natural sodium-buster? Eat a banana -- the potassium will help lessen the effect of sodium in your diet and help keep your blood pressure lower.

Eat Healthy Fats

You already know that saturated fats are bad for your arteries and heart health. But they can also harm your concentration and memory. So cut down on the red meat, butter, and other foods high in saturated fats.

Fill Your Empty Nest

People with pets like cats and dogs seem to have lower cholesterol and a lower risk of heart disease. They also need fewer doctors' visits.

Make a New Start

So you didn't have the healthiest habits in your 30s and 40s. That's okay. The key is to make some changes now. Changing your lifestyle in your 60s and beyond -- exercising more and eating healthier -- can still make a big difference.

February… NATIONAL HEART DISEASE AWARENESS MONTH ~ www.cdc.gov/

During the month of February, Americans see the human heart as the symbol of love. February is also American Heart Month, a time to show yourself some love. Learn your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure— is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.

CVD costs the U.S. over $300 billion annually, including the cost of health care services, prescriptions, and lost productivity.

Many CVD deaths can be prevented through healthier habits, healthier living spaces, and better management of medical conditions.

You can control a number of risk factors for CVD including diet, exercise, smoking, high blood pressure, and diabetes. As you begin your journey to better heart health, keep these things in mind:

- Try not to become overwhelmed. Every step, no matter how small, brings you closer to a healthier heart.
- Partner up. The journey is more fun—and often more successful— when you have company.
- Don't get discouraged. Get a good night's sleep (which is also good for your heart) and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress.

"Cheers to a new year and another chance for us to get it right." ~ Oprah Winfrey

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A GLOBAL EPIDEMIC

Living in the modern digital age certainly has its benefits. We all enjoy the conveniences electronic technology offers, especially our mobile handheld devices. However, with all the advantages we gain from mobile technology comes the risk of serious and permanent health problems.

Text Neck is a world-wide health concern, affecting millions of all ages. Widespread overuse of handheld mobile technology is resulting in a harmful and dangerous physical condition on the human body, known as Text Neck.

Dr. Dean Fishman is a Chiropractor in Plantation Florida, and a leading health care provider for technology induced injuries. Dr. Fishman coined the phrase 'Text Neck' to explain the repeated stress injury to the body caused by excessive texting and overuse of handheld electronic devices.

The term, and the health condition, is derived from the onset of cervical spinal degeneration resulting from the repeated stress of frequent forward head flexion while looking down at the screens of mobile devices and 'texting' for long periods of time. While 'Text Neck' is certainly a new medical term, the condition is impacting millions and is a growing critical global concern.

MANAGING THE PAIN OF OSTEOARTHRITIS
~ www.webmd.com/

Exercise helps keep joints flexible and strong. It can also help you lose weight, which takes pressure off aching joints. Every pound you lose takes 4 pounds of pressure off your knees and 6 pounds off your hips.

Warm up with gentle movements to help get your body ready for your workout. Remember, there shouldn’t be pain with exercise.

- Getting active strengthens the muscles that support your joints. Cardio exercise helps your most important muscle: your heart.
- Strengthening exercises such as weight training help you build the muscles that support your joints.
- Listen to your body, exercise should challenge you, but it shouldn't cause lasting pain. If you have some mild muscle soreness with a new exercise, that's normal. If it lasts more than a couple of days, see your doctor.

continued from page 1 ~

Better Balance Class

Developed by Dr. Betty Perkins-Carpenter, a nationally renowned expert on falls prevention, the six-week program aims to:

- Improve flexibility & mobility
- Increase leg strength
- Uncover the body’s natural ability to balance
- Increase confidence

There is a nominal fee to cover class materials; discounts for osteo participants and other seniors.

“I rave about the course to all my friends. Everyone tells me my posture, walking and attitude have improved. My physician is impressed and is looking into this program. I will definitely continue the exercise on my own.” ~ Janet J. Palermo class

Congratulations to Robin Allinger...RSVP’s newest Bone Builders Instructor. Robin trained under Osteo Master Trainer Sharon Faudree and received her certification in November. Robin has been a participant at the Hannibal site and now joins Louise Kellogg and Ginny Hughes as an instructor.
In 1971 President Nixon combined Washington's & Lincoln's birthdays into Presidents' Day which is celebrated the third Monday in February. This holiday pays tribute to Washington, Lincoln, and all who served as presidents.
WINTERTIME FUN

Saturday, Jan. 31, 10 am - 2pm
Fulton Family Fun Snow Day
Carnival Games, Art Activities,
Food, Fun and more at this family event.
INFO: Call 591-7626 or visit the website,

Saturday & Sunday, Jan. 31 & Feb. 1
Pulaski Winter Festival. Family fun
includes a polar bear plunge, snowshoe
walk/run, skating, sled dogs, children’s
activities, refreshments, vendors & more.

Friday & Saturday, February 6 & 7
Warm-Up Oswego at YMCA. Snow
Sculptures, Hot 2 Trot Fun Walk/Run,
Crazy Costume Team Sled Races, Scav-
enger Hunt with $500 in prizes. Fire-
works over Oswego River, local perform-
ers will entertain with theater and dance,
arts & crafts, & food. INFO: 343-1981

Saturday, Jan. 24 @ 7:30pm
Oswego Music Hall. Frank Solivan &
Dirty Kitchen, world class bluegrass. $$
(Volunteers Free) INFO: 342-1733; flyers
at riversend; www.oswegomusichall.org

A study conducted by Cornell
University has shown that hot
chocolate contains more antioxidants
than wine & tea, therefore reducing
the risk of heart disease.

NEWS FROM THE OSWEGO CO.
OFFICE FOR THE AGING

LEARN MORE ABOUT EPIC
Join the Office for the Aging
Wednesday, January 14, 2015 @ 10 am
Oswego County Public Health Building
70 Bunner Street, Oswego

Last April, the Elderly Pharmaceutical
Insurance Coverage Program (EPIC)
income eligibility increased making more
New Yorkers eligible to enroll. Single
persons aged 65+ with an annual income
up to $75,000 & married couples up to
$100,000 are now eligible.

HEAP
If you are out of fuel or have received a
shut off notice, emergency HEAP is
available beginning January 2.
INFO: Dept. of Social Services, 963-5021.

CAREGIVER SUPPORT GROUP - PULASKI
Meets the 1st Tuesday each month
at the Park Methodist Church, 2 Hubble St,
Pulaski, 3-5 p. INFO: Elizabeth Weimer at
the OFA, 349-3570.

SENIOR OF THE YEAR NOMINATIONS
The Office for the Aging (OFA) is ac-
cepting nominations for Senior Citizen of
the Year. INFO & Applications: Call 349-
3484. All nominations are due back to the
Office for the Aging by January 12.

~ Sara Sunday,
Director, Office for the Aging

THINGS THAT MAKE YOU GO Hmmm...

~ submitted by Carol Miller

If you're not familiar with the work of Steven Wright, he's the famous
(comic) scientist whose mind sees things differently than most of us do.
Here are some of his gems.

- Borrow money from pessimists -- they don't expect it back.
- The early bird may get the worm, but the second mouse gets the cheese.
- If everything seems to be going well, you have obviously overlooked something.
- Eagles may soar, but weasels don't get sucked into jet engines.
- The hardness of the butter is proportional to the softness of the bread.
- The colder the X-ray table, the more of your body is required to be on it.
In 1865, John F. Dain opened the Dain Funeral Home in Oswego, followed a few years later by Patrick J. Cullinan who opened Cullinan Funeral Home. For well over a century, these two families remained autonomous until merging in 1983. Though the business expanded and evolved into the 21st century, Dain-Cullinan refused to change the high level of individualized care they provide to families in and around the Oswego area.

Earlier in 2014, Michael’s son Eric Cullinan, (photo right) became the 5th generation in his family to serve the community, when he earned his License in Funeral Directing from the New York State Department of Health. “I love Oswego” said Eric, “I’m grateful for the opportunity to stay here and work alongside my father and Chris Dain.”

The funeral home’s current location, 112 E. 2nd St. opened in 1878, making it the very first funeral home to be built in New York State. A recent study conducted at SUNY Oswego determined the funeral home is the oldest continuously-owned business in Oswego, thus making Dain-Cullinan an impressive piece of local history.

In 2015, the Dain-Cullinan Funeral Home will mark its 150th anniversary in Oswego. With another generation now involved, it is safe to say that the business will continue to provide compassionate and affordable care to the Oswego community for many more years to come.

The Dain and Cullinan families have been serving the greater Oswego area for five generations. Today, they continue the time worn tradition of compassion, personal attention and professional service. Dain-Cullinan is committed to creating a meaningful, affordable service that celebrates the life of a loved one.

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MATURE LIVING is published bi-monthly as a community service to older residents of Oswego County. It is prepared by the RSVP staff. Printing is made possible through the courtesy of NBT Bank, Dowdle Funeral Home, Foster Funeral Home, Fulton Savings Bank, Pathfinder Bank, St. Luke Health Services, The Ladies Home, The Manor at Seneca Hill, and Wayne Drugs. RSVP is funded in part by the Corporation for National & Community Service; the State University of New York at Oswego and by the United Way.