THE O’MARA CENTER WELCOMES YOU!

The O’Mara Welcome Center is set up to provide tourist information for all visitors to Oswego County. It is stocked with pamphlets and maps from the County’s Promotion and Tourism office and is a great source of information for things to do right here in the County.

41st Annual Volunteer Recognition Luncheon

VOLUNTEERING: HAPPY HOURS!

RSVP’s recognition event honors RSVP members for their past year of service—April 1, 2013 to March 30, 2014. The event will take place on Wednesday, September 3, 2014 at Hewitt Union Ballroom on the SUNY campus. Invitations will be mailed out in August. If you are an active RSVP volunteer (50 hours) or know of someone who is active, who has not received an invitation by

To Volunteer

Nearly always a breeze and friendly visitors to chat with! To take a turn, call Joan Osypiewski at 343-8551. Flexible schedule, mornings & afternoons. RSVP Arlene Johnson, is Center Coordinator and orientates new volunteers on Friday afternoons.

RSVP member and Driving Books Home volunteer Rosie Conaway

LOVE TO READ? WANT TO SHARE YOUR LOVE OF READING WITH CHILDREN?

Imagine children as excited about a bookmobile as they would be if they saw an ice cream truck? That’s the kind of excitement that awaits volunteers who ride Oswego’s Bookmobile. According to Joan Dain, Literary Specialist at Oswego City Schools, “We distributed 5,057 books in 8 weeks last summer.” Nearly 2,000 children with their families visited the bookmobile and took away something refreshing and more long lasting than ice cream.

Having out-of-town visitors? Want to Staycation? Looking for something to do? Stop by the O’Mara Welcome Center and RSVP volunteers will help you! The Center is open daily from 10-5.

The Center is a program of the Fulton-Oswego Chamber of Commerce under the direction of Nate Emmons. (Nate and his wife Lisa own Mother Earth Baby.) The Chamber also has an office in Fulton where residents can stop by and obtain visitor information. Other chambers: Fort Brewerton/Greater Oneida Lake, 668-3408; Mexico, 963-1043; and Pulaski, 298-2213.

L-R: Nate Emmons, Interim Director from the Fulton-Oswego Chamber of Commerce with The O’Mara Welcome Center Coordinators, Arlene Johnson and Joan Osypiewski.

~Related “Things to Do” pages 6-7

~Continued on page 2
Volunteer Opportunities … Contact the following stations and tell them RSVP sent you!

~Continued from page 1

SHARE YOUR LOVE OF READING

The goal of “Driving Books Home” summer bookmobile is to help prevent reading regression. “Kids can make tremendous gains in school, but go back 4-6 months by the time school starts again after summer vacation.”

Hope Mazurski, a 1st grade teacher at Kingsford Park School, said one of the greatest rewards for the volunteers is giving books to students who would not otherwise be able to obtain them. When we go into some of the more disadvantaged populations, they don’t leave their homes for different reasons. So, bringing books to them is such a wonderful experience.”

The program begins July 7 and will run for 8 weeks. The book-filled bus makes stops at 4 locations each day, 15 sites in all, and spends an hour at each location. INFO: www.oswegobookmobile.org. No computer? Call RSVP to volunteer.

HARBORFEST July 24-27

Volunteers Needed For this 27th Annual Celebration

“Harborfest looks forward to having RSVP members volunteer because they provide a positive experience to our many visitors and we truly appreciate their participation.”

~Harborfest administration

Opportunities are numerous: Park Manager & Assistant, Trolley Host, Trolley Assistant, Information Booth, Memorabilia, Children’s Park Assistant, etc.

ORIZNATIONS:

Tuesdays, July 15 & 22 @ 5:30pm
Thursday July 17 @ 7:00pm. INFO: Call 343-3733 or visit oswegoharborfest.com.

H. LEE WHITE MUSEUM

Volunteers needed for indoor & outdoor exhibits, gift shop, events and special projects, such as ...

Oswego Lighthouse

Skilled & able-bodied volunteers needed to help continue the interior restoration—painting & general repairs.

08/03 - 2-4 pm. Lighthouse Keepers and Coast Guard Celebration. Speakers present personal testimonies on the life of lighthouse keepers.

08/23 - 7:30 pm. Live performance of local tales, and myths by storyteller, Jonel Langenfeld, with a cast of ghostly characters. $5, kids free. Bring a chair.

INFO: Call 342-0480 or go online: www.hleewhitemarinemuseum.com

RSVP welcomes……

MEXICO FOOD PANTRY

Various positions available such as Intake Clerk, Truck Unloader, Inventory Clerk and general staff. Coordinator Martha Sturtz. INFO: 963-0701

CONTACT RSVP

SUMMER HOURS
Tuesday-Thursday, 8 - 4

Email: rsvp@oswego.edu
Phone: 312-2317
Office: 103 Rich Hall, SUNY

~Continued from page 1

41st Recognition Luncheon

August 27, please let us know. PLEASE! Mistakes are made and the only way To correct them is if we know about them.

Tax Aide Coordinators (L-R): Betty Talamo, Fred Wall, Nancy Perticone

AARP TAX AIDE … PASSING THE TORCH …

Oswego County has a new District Coordinator (DC), Fred Wall, and two Local Coordinators: Betty Talamo and Nancy Perticone. Fred takes over for Ellen Wahl who was DC last year and Local Coordinator 20 years prior to that.

The Tax Aides truly are a committed, passionate, group of volunteers who relish the prospect of easing the worries of elder tax payers, though they counsel all ages. They also delight in maximizing your refund.

Last season, the Tax Aides counseled & prepared tax returns for 1,074 consumers and filed them all electronically. When AARP in Oswego County stopped filing paper returns just a few years ago, many Tax Aides had to learn to use a computer for the first time.

TAX AIDE TRAINING

If you are interested in volunteering, call RSVP or email us at rsvp@oswego.edu.

The Tax Aide Training takes place in January with sites opening in February.

During off season prospective Tax Aides spend time learning the software they will use, guided by our experienced coordinators. Both Nancy & Betty do a bang up job mentoring new Tax Aides.
IN MEMORIAM

Friends of RSVP brought to our attention the passing of the following members. We appreciate their thoughtfulness.

Anna Brewer
1921 - 2014
Arrived from the Midwest in 1987; knew no one, signed up for "everything" Gifted RSVP a replica of her favorite -- O’Mara Welcome Center.

Barbara Gifford
1925 - 2014
Lifetime Achievement Award recipient, Osteo Bone Builders instructor, Hannibal Resident

Ann Maltby
1941 - 2014
Crafty lady and 13-year Camp Hollis Senior Camping Committee Member. Town of Hastings resident

Helen Milam
1936 - 2014
RSVP Assistant Director, Elks Grand Master, Environmentalist, Friend to all Wildlife, Hannibal Resident

“What the caterpillar perceives as the end, to the butterfly is just the beginning.”
~ Anonymous
Want to cash in on cool savings?

Refrigerators and freezers are among the biggest energy users in your home. Thanks to technology, today's refrigerators and freezers use far less energy. If your unit is at least 10 years old, consider replacing it with a new energy-efficient product.

What devices draw standby power?

The average home contains 40 or more devices that draw standby power, according to the U.S. Department of Energy. Look for devices that include:

- Remote controls
- External power supplies
- Digital displays or digital clocks
- Battery chargers

Should I leave the lights on when leaving a room for a short period?

The cost effectiveness of turning lights on and off depends on the type of bulb. Incandescent bulbs are very inefficient and should be turned off whenever not in use. Compact fluorescent lamps (CFLs) are highly efficient and their operating life is affected by the number of times they are switched on and off. Leave CFLs on if you will be out of a room for 15 minutes or less.

OSWEGO COUNTY HEALTH DEPT. PARTNERS WITH WAYNE DRUG TO PROVIDE EZ MEDS

What are EZ Meds?

Compliance packaging that organizes your prescription medications into individual packets. Each packet is labeled with the medication, day, date and time to be taken, making it much easier to keep track of.

How do I pay for my EZ Meds?

Cash, check, debit or credit card payments are accepted. If you choose to have medications mailed, you must set-up a private charge account at Wayne’s.

How do I sign up for EZ Meds?

Visit Wayne’s Drug Store or call them at 343-5722 and ask to speak with a pharmacy staff member.
6 STEPS TO BETTER BALANCE

Fall Classes in Oswego

Four sessions will be held this fall, and will be taught by Rachel Brooks & Carol Simpson; assisted by new trainees who will complete their practicum before leading classes on their own. Sessions will take place in downtown Oswego on:

Wednesdays from
1:00 - 2:30 and 2:30 - 4:00
on:
September 10, 17, 24, October 1, 8, 15 and
Oct. 29, Nov. 5, 12, 26, Dec. 10

To sign up for the 6 Steps to Better Balance Classes, call Carol at 343-5614, regardless of where you reside in Oswego County. As instructors become certified, and interest grows in communities, classes will be set up accordingly. If you have a suggestion for a host site in your community, call Carol.

Next Class Williamstown

Due to the popularity of the Six Steps to Better Balance series, there is a waiting list for both participants and communities. Call Carol at 343-5614 to sign up. The class for Williamstown residents which was previously scheduled for the fall will be held next spring.

OSTEO BONE BUILDERS INSTRUCTOR TRAINING

New Instructors:

A pre-requisite to becoming an Osteo Bone Builders instructor is to become a participant first. To sign-up, you may stop and visit any one of the sites listed at right to observe a class and pick up a medical clearance form.

After six months as a participant, coaching can begin. Prospective leaders will be assigned to a Master Trainer who will begin their one-on-one mentoring. Afterwards, trainees will team teach a class and become certified once they are ready. More information: Contact RSVP.

Seasoned Instructors:

RSVP will hold an in-service training for the 75 Osteo Bone Builders instructors who have been leading Osteo classes over the course of the program’s 15-year history. Since the program’s inception, there have been a number of changes and an instructor’s manual that has been updated every year. RSVP anticipates having a new, definitive Instructor’s Manual by the time we meet again, hopefully this fall!

Congratualtions Charmaine!

Charmaine Smith, resident of Fulton Mills, is newly certified to teach the Osteo Bone Builders exercise regimen. Charmaine will co-lead the Bone Builders classes with Linda Hughes, Activities Director at the Mills. Everyone Welcome!

Fulton Mills to Re-Open
Mondays & Thursdays - 11:00 to 12:00 noon
To sign-up call the office at 593-2738. You do not have to be a resident of the Mills to participate.
HAPPY BIRTHDAY VOLUNTEERS!

WELCOME NEW VOLUNTEERS!

Central Square
Russell Banker
Fulton
Denise Wall
John Wall
Martville
Carolyn Waterman
Mexico
William Sturtz
William VanPatten
Oswego
Judy Coniski
Pamela Dinallo
Joyce Gleason
Kim Grindle
Sandra Palmitesso
Phoenix
Cathy Coville
Donna Stiles
North Syracuse
John Quiggle

JULY

1. Madeline Esser, Margarita Flood, Phil MacArthur
2. Louise Sigler
3. Susan Benzing, John Lyons, Marta Santiago
4. Sarah Elkin
5. Virginia Hughes
6. Elma Schott
7. Larry Jerrett, Eleanor Spicer
8. Edith Knight
10. Linda Attwood, Anne Gibbs, Sue Lewis
11. Richard Puppardo, Cynthia Stanton
12. Rebecca Kennedy, Nancy Lieb
16. Fred Swartz
17. Dianne Woods
19. Laura Kinney, Patricia Machemer
21. Patricia Rossman, Mary Lynch, Leon Stoughtenger
22. Kay Pullen
23. Joyce Cook
24. Sally Anderson, Beverly Reynolds
25. William Waters
26. Ana Beattie, Pauline Nikas
27. Clayton Amyotte, Marion Popp
28. Gloria Bickel, John Godfrey
29. Elizabeth Langer
30. Cindy Bickford

JULY IS NATIONAL ICE CREAM MONTH CELEBRATE!

July 9, 6:30-8pm. Oswego Town Ice Cream Social with entertainment, free. Oswego Town Park, Co. Rt. 7.
INFO: 343-2424.

July 10, 4:30-6pm. North Volney Ice Cream Social with picnic style meal.
Cost, $8. North Volney Methodist Church, corners of Rte. 4 & 6.
INFO: 593-6825.

AUGUST

1. Joanne Cloonan, Florine Desantis, Mary Hundyz
2. Sally Cronk
3. Beverly Beck, Paul Lupa
4. Nathalie Burns
7. Roberta Barbera, Nancy Hinman
9. Georgia Edwards
10. Sally Spath
11. Marilyn Mandigo
12. Francis North
13. Bonnie Carpenter, Gail Johnson
14. Ellen Donhauser
15. Donna James, Virginia Pratt, Paula Winn
18. Mary Kunzelman, Fred Wall
19. Diane Pooler, Judy Wallace
20. Mary Ann Calaman
21. Gerard Burns, Carol Dexter
22. Ada Caines, JoAnn Hubbard
23. Ella Cooper
24. Loretta Milewski
25. George Donahue
26. Wendy Jones
28. Kathleen Harris, Joseph Murabito, Donna Tripp
29. Dominic Clavelli, Avery Head
30. Barbara Youmans

Did you know…
The Oswego River flows North?
There are 27 underground railroad stations in Oswego County?
There are 160 shipwrecks off the shorelines of Lake Ontario and Oneida Lake?
THE 157TH OSWEGO COUNTY FAIR

“PRIDE IN OSWEGO COUNTY”

As sophisticated as we all may be, there’s nothing like letting go of the stresses of adulthood and rediscovering our inner child at the County Fair.

The carnival music mingling with squealing pigs and bleating goats is pure fun and is sure to put a skip in your step. After all, everyone expects you to walk around with cotton candy and a big grin on your face!

Wednesday, July 2nd is Senior Day …

… and it’s filled with old-fashioned fun. Highlights include The Black River Fiddler’s at 1pm, Lumber Jack show at 1:30pm, parade at 7pm and Fritz’s Polka Band, 8pm.

Of course, there’s the animals, contests, tractors, grandstand events, food, games, rides and much more.

Free parking and admission
Come out and enjoy!

Fireworks
Friday July 4th at 10pm

Oswego’s 51st
INDEPENDENCE DAY CELEBRATION
Sunday, July 6th

“Family, Fun, & Fireworks!”

Parade begins 1pm: ends at Fort Ontario
Concert in Breitbeck Park at 7pm followed by fireworks over the harbor

Sponsored by Oswego-Fulton Chamber

FREE SUMMER CONCERTS

FULTON - July & August:
Thursdays (every other), Bullhead Point
Fridays at Canal Gazebo (592-2474)
Jazz Fest - August 8 & 9, 5-11 pm
Bring your chair (343-7681)

PHOENIX July 7 - Aug. 22
Monday & Friday, 6-8 pm, Henley Park
Food avail. Bring a chair. (695-1308)

OSWEGO
Tuesdays - 7-9 pm - July 15 & Aug. 19,
Veterans Park, W. Riverwalk (343-7681)
Wednesdays at Breitbeck Park - July
7:30-8:30 & Aug. 7-8 pm (343-1176)
30-piece City Band & 17-piece Jazz Band

MEXICO July 13 at Mexico Point Park
Annual Band Concert. Bring a chair.
Food & fireworks. (963-7657)

HANNIBAL - August 5 (564-5471)
Concert on the lawn (library) Bring chair.

TRAVEL DESTINATIONS

Granby Seniors & Friends
Call Joanne Gardner, 564-5797
8/21 - Elvis Tribute Show, includes meal @ Cortland Country Music Park. $50

9/11 - A Tribute to the Hall of Fame, meal included @ Cortland Country Music Park. Cost: $50.

New Haven Seniors
Call Elaine Parkhurst, 343-9475


The Manor at Seneca Hill
An Affiliate of Oswego Health
Call for your appointment 315-349-5300

Transitional Care
Tell your doctor you want to go to the Manor for your rehabilitation

Quality Life.
The Ladies Home
Oswego, NY 13126

Dowdle Funeral Home
154 East Fourth St. Oswego, NY 13126
PH. (315) 343-9010
www.dowdlefuneralhome.com

Wayne Drugs
24 West Bridge Street Oswego, NY 343-5722

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Medicare consultation & enrollment services

Medicare Made Simple
Welcome New Better Balance Instructors!
Front row: Anna McNamara, Cheryl Perkins-Orifice, Dr. Betty Perkins-Carpenter, Norene Powers, Diane Oldenburg, Linda Hughes.

BETTER BALANCE INSTRUCTORS TRAINED
RSVP hosted a training for Better Balance instructors June 3. The class was taught by Dr. Betty Perkins-Carpenter & Cheryl Perkins-Orifice, assisted by RSVP instructors, Rachel Brooks & Carol Simpson.

Trainees are from Fulton Mills: Linda Hughes, Activities Director & Charmaine Smith, resident; Bishops Commons: Cheryl Cullinan, Activities Director & Norene Powers, RN; and Oswego County Health Department Educators: Diane Oldenburg, Sonia Robinson & Anna McNamara.

Also trained were Jennie McGraw, Oswego Hospital OR nurse; Laurie Mills, Oswego Industries Physical Therapist; and retired professionals: Sharon Faudree and Brenda Irving.

NEXT TRAINING SPRING 2015