NEW HORIZONS
If you once played in a school band (or sang in a chorus) and reminisce over bygone days, think again, they don’t have to be gone! The Oswego County New Horizons Band & Chorus provides an outlet for former musicians, ages 50 & older, to pick up where they left off, even after decades of inactivity.

“It’s just a fun, fun kind of thing,” said band director, Frank Bickel. “There’s just a wonderful feeling of accomplishment.”

APRIL 6 - 13
NATIONAL VOLUNTEER WEEK
Is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It’s about demonstrating to the nation that by working together, we have the strength to meet challenges and accomplish our goals.

Step Up!
How many steps does it take to prevent a heart attack? Two thousand, according to new research, which found that taking an extra 2,000 steps per day reduced the risk of heart disease by 10% among people with pre-diabetes.

FRIDAY OPEN MICS
Open Mics are sponsored by the Music Hall and take place every other Friday at the McCrobie Civic Center, 7—10 pm: March 7 & 21, April 4 & 18, May 5 & 16.

All ages are welcome. Musicians play to a warm, receptive audience—sometimes it’s their first time on stage. There is no such thing as “mistakes” and everyone has fun.

Guest emcees like radio personality Larry Hoyt or local favorites, John McConnell and Larry Kyle of Damm Dawg—make the experience enjoyable for performers and audience alike.

Biggest Need? Musicians & “Clappers”
Biggest Challenge? Getting the word out
Volunteer Needs? People to set up

The Oswego Music Hall has been bringing great concerts to Upstate New York for more than three decades.

~ Continued on page 8

Step Up to Stop Falls
Wednesday, March 18
Train-the-Teacher Workshop
lead by
Dr. Betty Perkins-Carpenter
Founder of the 6-Step Balance System
Contact RSVP
~Testimonials, page 4

Joe Prince of Pennellville and Fred Kuepper of Mexico (seated) at the January Open Mic.
**ARISE** is in need of a clerical volunteer for general office duties and also an event volunteer for the fund-raising department.  **Info:** ARISE Director Sabine Ingerson at 342-4088.

**OCO** is looking for volunteer drivers for Home Delivered Meals within the city of Oswego.  **Info:** Volunteer Coordinator, Chris Parks, 598-4712

**DID YOU KNOW . . .**

In 2012, New York State reported 3.6 million volunteers, logged 384 million hours of service and contributed $11 billion of service.  

~ volunteeringinamerica.gov

**BISHOP’S COMMONS** is seeking volunteers to assist their activities staff. The position is flexible and consists of social programs; crafting; music; reading; local outings, etc.  **Info:** Activities Department at 349-0799 or email mandywalker1120@gmail.com.

**ENTERTAINERS ~** Join any one of our musical organizations: Fulton Senior Chorus, In One Accord, Hamer Group, New Horizons Band & Chorus, Music Hall

**EXERCISE LEADERS ~** Teach Better Balance or Bone Builders.  What it takes:

- Type of person you are is more important than background.
- Engage; Be a good listener  
  Don’t talk to seniors looking down; use eye contact.
- Empathy  
  Take their hand so they feel it
- Smile  
  We all smile in the same language

---

**STRETCHES FOR PAIN FREE TRAVEL**

Don't let back or neck pain cramp your travel fun. Experts who treat back pain recommend that you stretch regularly when you take a driving break. Stretching helps relax tense muscles and overly tight ligaments in the back and neck.

*Here are six simple, yet effective, stretches you can do anywhere.*

**Neck and shoulder stretches --**

- To loosen your neck, rotate your head to the left and maintain this position for about five seconds. Turn your head forward again; then turn to the right and hold for five seconds. Repeat 5 times.
- To loosen your shoulders and neck, shrug your shoulders up while holding your arms at your sides. Stay in this position for about five seconds, then return to a resting position. Repeat 5 times.

**Back stretches --**

- Begin in an upright, seated position and gradually lower your torso toward your knees. Let your arms drop down and then wrap them around your thighs. Hold this position for about 20 seconds while breathing deeply, then return to your seated position. Repeat 5 times.
- While standing, place the back of your feet on your lower back and slowly stretch backward from your waist. Hold for 10 seconds, then relax and straighten up. Repeat 5 times.
- Place your hands on your hips and bend to the left. Maintain this position for five seconds. Return to an upright position, then bend to the right and hold for five seconds. Repeat 5 times.

**Leg stretch --**

- While sitting, keep the balls of your feet on the floor and raise your heels. Hold for 10 seconds. Lower your heels back down, and repeat 10 times. Although this is really a calf stretch exercise, you’ll feel the stretch all the way up into your lower back.

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**ARIA SER Driver Safety Course** is taught by RSVP volunteers, which makes it the most cost effective program of its kind. Volunteers teach the course because they want to.

Cost is $19 ($17 AARP members), payable by check only. Seating is limited and open to all ages. The season starts with the first class posted below. Register with the instructor. No calls after 8 pm.

April 26, 9 am - 4 pm , Lacona VFW.  Instructor: Gerard Burns, 298-5992.

For more information, contact AARP District Coordinator Gordon Schipper at 963-3093 or sonie13121@yahoo.com.

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**Congratulations to Sharon Figiera**

RSVP’s newest Bone Builders Instructor. Sharon trained under Osteo Master Trainer Ann Hardy of Oswego and received her instructor certification in February. Sharon has been a participant at Springside since August and now joins Arlene Townsend as an instructor.
NEW TAX AIDE SITE OPENS IN CENTRAL SQUARE

The Central Square Library will be the new host site for Tax Aide, replacing the former site at Bernadette’s Bistro in Constantia. The schedule for all sites is as follows:

Central Square Library: Fridays 11:30 - 2:30, by appt. only: Call 343-5524 between 9a – 7p to schedule.
Oswego McCrobie Civic Center: Walk-in only: Tues. 11a - 3p.
Phoenix Public Library: Weekdays by appt. only: Call: 695-2553, 458-1465, or 934-4333.

The Tax Aides provide counseling & preparation and e-file all returns. Taxpayers should bring photo identification, along with last year’s completed tax return and all applicable tax forms.

To Whom It May Concern:
I would like to thank the Tax Aides for this year and last. They both went above and beyond the call of duty. ~Cecilia L.

Editor’s note:
We thank Cecilia and others like her! Donations are used mainly for supplies—paper, envelopes, staples, printers, and more— which enable Tax Aides to process over 1,000 returns annually.

While it is true that Tax Aides can not actively solicit donations (contrary to IRS policy), monetary donations can be made to the program.

CONTRIBUTIONS TO RSVP
A $50.00 anonymous donation from a generous RSVP volunteer

EVIDENCE THAT PLAYING MUSIC IS GOOD FOR YOU.

According to a study published by the American Psychological Association, playing an instrument as a child keeps the mind sharper as we age.

The study, done at the University of Kansas Medical Center, recruited 70 healthy adults ages 60 to 83, who were divided into groups based on their levels of musical experience. The musicians performed better on several cognitive tests than individuals who had never studied an instrument or learned how to read music.

"Musical activity throughout life may serve as a challenging cognitive exercise, making your brain fitter and more capable of accommodating the challenges of aging," said lead researcher Brenda Hanna-Pladdy. "Since studying an instrument requires years of practice and learning, it may create alternate connections in the brain that could compensate for cognitive declines as we get older."

There are benefits to starting an instrument in your later years, too. "Music-making is linked to a number of health benefits for older adults," said Suzanne Hanser, chair of the music therapy department at the Berklee College of Music in Boston.

"Research shows that making music can lower blood pressure, decrease heart rate, reduce stress, and lessen anxiety and depression. There is also increasing evidence that making music enhances the immunological response, which enables us to fight viruses," Hanser said. Anyone, regardless of age or ability, can make music and benefit from it.

"People are not only living longer these days, they want to remain healthy and active for as long as possible," said Antoinette Follett, editor-in-chief of "Making Music" magazine. "Plus, there is an increasing focus in the medical community on the need to keep the brain as healthy as the body. This focus is as much about making the empty nest and retirement years fun and worthwhile as it is about preventing debilitating dementias such as Alzheimer's disease. Music making has the potential to do both."

TOP 4 HEALTH BENEFITS OF DANCE

Flexibility is an important part of being healthy. Most forms of dance require dancers to perform moves that require bending and stretching, so dancers naturally become more flexible.

Strength is defined as the ability of a muscle to exert a force against resistance. Dancing builds strength by forcing the muscles to resist against a dancer's own body weight. Ballroom dancing builds strength.

Endurance is the ability of muscles to work hard for increasingly longer periods of time without fatigue. Regular dancing is great for improving endurance.

Sense of Well-Being. Joining a dance class can increase self-confidence and build social skills. Because physical activity reduces stress and tension, regular dancing gives an overall sense of well-being.

Therapists have been using music to promote memory and a sense of self in the treatment of older adults with dementia.

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Head First
Good health starts with your brain. It’s one of the most vital body organs, and it needs care and maintenance.

On the contrary, it actually becomes quite active. The science of sleep is still being explored but one popular theory is that the brain does its most important work during sleep—routing and organizing all of the important information from the day into memory.

In fact, our brain is so active at night it secretes hormones that immobilize our bodies during sleep so that we don’t injure ourselves while attempting to act upon any of the ideas going on in our head while we sleep! ~Brainfitnessforlife.com

Work Your Body
Physical exercise keeps the blood flowing and may encourage new brain cells. Do what you can—like walking 30 minutes a day—to keep both body and mind active.

Jog Your Mind
Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections. Read, write, play games, learn new things, do crossword puzzles.

Connect With Others
Leisure activities that combine physical, mental and social elements may be most likely to prevent dementia. Be social, converse, volunteer, join a club or take a class.

Heads up! Protect Your Brain
Take precautions against head injuries. Use your car seat belts; un-clutter your house to avoid falls; and wear a helmet when cycling or in-line skating.

Use Your Head
Avoid unhealthy habits. Don’t smoke, drink excessive alcohol or use street drugs.

Think Ahead - Start Today!
You can do something today to protect your tomorrow.

Although what you sense and feel is processed in your brain, the brain itself cannot feel pain. This is because your brain lacks pain receptors.

Headaches come from pain receptors in your head, hence the name headaches and not “brainaches”. ~Brainfitnessforlife.com

Volunteers Don’t Just Do the Work They Make It Work ~ Carol Pettit

What do you call ten Easter Bunnies marching backwards? receding hareline
**The Caffeine - Bone Health Connection**

Several studies have linked caffeine intake to low bone mass, but most studies looked at women whose caffeine came primarily from coffee. Although tea has caffeine, it also contains chemicals that have a different impact on bones.

Researchers studied more than 1,200 women, 65 - 76, dividing them into tea drinkers and non-tea drinkers. Compared with non-tea drinkers, tea drinkers had significantly greater bone mass.

This finding held up no matter how many cups of tea they drank each day—and regardless of whether they also smoked, used hormone replacement therapy or drank coffee.

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**Over 1.42 million pounds of tea are consumed in the U.S. every day.**

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**The Flavonoid Factor**

It turned out that bone mass was higher in the tea drinkers regardless of whether or not they took their tea with milk. While the researchers aren't sure why caffeinated tea isn't as harmful to bone as coffee, they speculate that the flavonoids in tea may have a protective effect.

**Don't Neglect Dairy**

Keri Gans, RD, a spokesperson for the American Dietetic Assn., says that the study's findings should be interpreted as just "one piece of what is a more complex puzzle." Until the issue is studied further, Gans advises this, "A diet rich in low-fat dairy products is what we know to be tried and true for supporting bone health."
MARCH

1. John Pierco, Lucille Wheeler
2. Sandra Baker, Nancy Knaggs
3. Ted Curinga, Sharon Figiera
4. Flo Erickson, Carol Fox, Marilyn Stephens
5. Irene Fletcher, Karen Piazza, Anne Pierce
6. Edna Smith
7. Dorothy VanPatten, Sandy Walpole
8. Jane Backus, Mary Leib, Joanne Reed
9. Theresa Naklick, Carolynne Shoults
10. Michael Naklick, Richard Slingerland
11. Virginia Congdon, Jeanette Morse
12. Beverly Pfund, Mary Woolson
13. Shirley Hanley
14. Frank Osypiewski, Linda Rosche'
15. Diana Desens
16. Suzanne Brown, Ellie Filburn, Anne Wart
17. Yvonne Jackson
18. Judy Funk, Gary Roy
19. Julia Ciesla, Margaret Hamner, George Stephenson
20. Mary Jane Kapp
21. Ann Marie French, Beth Head, Luciano Iorizzo

APRIL

1. Evelyn Perry
2. Jean Feeney, Bonnie Frawley
3. Suzy Beyer, James McGann
4. Ruth E. Curinga, Janet Weldin
5. Dorothy Deans
6. Laura Ruffos
7. Terry Rossman
8. Frank Bickel, Luther Griffith
9. Sharon Dahulich, Lynne-Marie Perli
10. Jeanine David, Nancy Downing
11. Sandra MacDougall, Nancy Ravas, Donna Shortt, Fran Wadas
12. Barbara McCormack
13. Susan Altimonda
14. Margaret Drummond, Linda Williams
15. Lorraine Trenca
16. Ellen Kane
17. Susan Brosnan, Martha Sturtz
18. Jean Kingsley
19. Francine Paracka
20. Angela Bernat

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May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go. —Irish Blessing

FOOD $ENSE helps people stretch their food dollars. The Food Bank of CNY is able to purchase food in large quantities at discounted prices, and pass the savings on to customers. The Food Bank operates 40+ sites in a 14 county area.

Everyone is welcome to participate in the program. The cost is $15.50 and include fresh fruits, vegetables, meats, and staple food items. Monthly specials are also available for purchase.

For info in Oswego County, call Peggy Balcom at 298-6054, or Christy Hall at 412-3135, email pulaskifood@yahoo.com. Food Bank of CNY 437-1899 or website: www.foodbankcny.org

Do you remember...

Sunday mornings when piping hot pancakes were served with real butter and warm pure maple syrup?

TASTE THE MAPLE
Saturdays & Sundays
March 22 & 23 and 29 & 30

RED SCHOOLHOUSE MAPLE - Pancake Breakfast & Tours, 8 am - 4 pm, 2437 Co. Rt. 4 Oswego. Info, 243-1024 or visit their website: redschoolhousemaple.com

MAPLE HOLLOW FARM - Get a close-up look at the maple production process from tree to table. Free samples and family fun. 10 am - 4 pm, 1309 Co. Rt. 85, Hannibal. Info, 564-7133.

Did you know...

It takes 42 gallons of sap to produce one gallon of syrup?
TRAVEL DESTINATIONS
Granby Seniors & Friends
April 29 - “Carmine & Carmella’s Wacky Wedding” Dinner Theatre @ Villa Roma Resort, Cost: $60
May 13 - Hawaiian Review Show & Lunch-eon @ Villa Roma Resort. Cost: $60
May 19-23 - Cape Cod, Chatham, Plymouth & Boston, MA: Transportation; 4 nights lodging w/breakfast & dinner; evening entertainment; guided tours; Hyannis Harbor Cruise; Boston & Quincy Markets. Cost: $450 double occupancy.
June 12 - Golden Age of Country Music Tribute Show, meal included @ Cortland Country Music Park. Cost: $50
August 21, Elvis Tribute Show, includes meal @ Cortland Country Music Park. Cost: $50
September 11 - A Tribute to the Hall of Fame, meal included @ Cortland Country Music Park. Cost: $50.

Information & reservations: Call Joanne Gardner @ 564-5797

IS YOUR CLUB GOING PLACES?

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KNOWLEDGE IS POWER!
~www.stopseniorscams.org

There are about 5 million cases of financial exploitation of the elderly in the U.S. each year. The financial loss by victims is more than $2.9 billion annually for reported cases; and only 1 in 24 cases is reported.

Seniors 55+ average one scam-type letter and two telemarketing phone calls per week. The top 5 things to remember are:

• If an offer sounds too good to be true, it probably is.
• When it comes to a "now or never" opportunity, choose "never."
• Keep account numbers, codes and passwords private.
• Shred bills, junk mail and receipts when discarding them.
• Don't be afraid to report your experiences. If you feel uncomfortable, tell someone.

STAY INFORMED!

DANCING AND JAMFEST
Parish Fire Department is the place to be Saturday evenings beginning at 6 pm for Round and Square Dancing, along with a Jamfest!

Bring snacks or beverages (non-alcoholic) to share if you like (coffee, tea and bottled water provided).

Suggested donation of $5 per couple; $3 single; musicians free.

Know of a cool watering hole? Share it!

A Free Community Concert . . .
U.S.ARMY FIELD BAND
JAZZ AMBASSADORS
Thursday, April 3, 2014
7:30 p.m.
Hewitt Union Ballroom
SUNY Oswego
Tickets are free but must be reserved.
Call the box office, 312-2141.

Spring ahead ... March 9, daylight savings begins. Remember to replace batteries in smoke alarms & carbon dioxide monitors.

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STAY INFORMED!
NEW HORIZONS ~Continued from page 1

For those who want to brush up first or even start new, Midstate Music in Oswego offers lessons and rents instruments. They are also a New Horizons sponsor.

When they’re not rehearsing, they’re performing—at senior residences like Bishop Commons and Michaud; community parks and churches; and for special occasions, such as for Scriba’s 200th or Anniversary or Minetto UMC’s Joy of Christmas show. They play a variety of music and encourage sing-a-longs that involve the audience.

- **Biggest Need?** Places to play
- **Biggest Challenge?** Having enough room for 30 musicians.
- **Volunteer Needs?** New members are always welcome! And, as one member remarked, “We need clappers too!”

People interested in joining are encouraged to come sit in on a rehearsal and talk with members. Band rehearsals are held at the Minetto United Methodist Church on Wednesdays 9 -10:30 am and on Tuesdays for the chorus, same time. **Info:** email osconhbc@gmail.com or call Band Director Frank Bickel at 343-5791 or Chorus Director, Mary Lou Bjorkman at 343-2908.

Richard Smith & Julie Adams - March 8

“We have a lot of fun on stage” (too)

OSWEGO MUSIC HALL

As an all volunteer arts organization, the Music Hall is truly a unique venue perfectly suited to acoustic songwriters and musicians. All ages are welcome.

SATURDAY CONCERT SERIES

In addition to the Friday Open Mics, Concerts are held twice a month on Saturdays at 8 pm. The McCrobie Building which overlooks Lake Ontario, is transformed into an intimate candle-lit setting with refreshments available. Professional sound and staging enhance the experience.

Upcoming shows:

3/22  Jay Unger & Molly Mason  Wrote the sound track for the PBS special, The Civil War by Ken Burns. Play violin, banjo, mandolin, guitar, and piano.
4/5  Run Boy Run — 5-member blue grass band featured on Prairie Home Companion. “...fiddle music runs through their blood”

**Info:**  [www.oswegomusichall.org](http://www.oswegomusichall.org); call 342-1733 or visit riversend bookstore.