National Volunteer Week
April 12 - 18

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 fortitude to meet our challenges and accomplish our goals.

It’s about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference. National Volunteer Week, a program of Points of Light, was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. ~www.pointsoflight.org/

OSWEGO TREE STEWARDS ~ by June MacArthur

The Tree Stewards is a fun organization that Phil and I started because we had a passion for trees. When we saw that our city trees were in dire need of help, Phil started to prune and trim them, eventually developing the Oswego Tree Stewards program.

Arbor Day ~ Friday, April 24

We usually work two hours on Saturday mornings during spring, summer & fall, with mid-July - mid-August off.

You don’t have to know anything about trees. Phil gives a lesson to new members each Saturday and other members are always willing to help. The group talks & jokes as they work.

Heike Koenig commented one day that the whole body workout was as good as her toning class that she and ~Continued on page 2

Happy St. Patrick’s Day

March is …
NATIONAL NUTRITION AWARENESS MONTH

See centerfold for all the exciting places to eat out.
We gathered a few ideas and want yours!

GET YOUR EXERCISE AND HELP YOUR MOTHER AT THE SAME TIME!

Earth Day, Wednesday, April 22

Madeline Esser & Virginia Pratt, meeting under the Bell at Breitbeck Park last spring to begin their walk.

“This is such a cool place for walking.” ~Evelyn Baldwin, Coordinator, Oswego Walking Club

Volunteers l-r: Kay Pullen, Tricia Skripnik, Valerie Dawnstar, & Phil MacArthur in Oak Hill Park on the East side of Oswego.
OSWEGO TREE STEWARDS
her husband, George get at the Scriba Recreation Center.

You don't have to be physically fit. We have one person with a pacemaker, several with heart stints, and many of us are in our 60s and 70s. If you like working with plants, or talking to them, but didn't know there was this group that talks to plants all the time! Give us a call, June or Phil MacArthur, 342-9130.

~ June MacArthur

EARTH WEEK ACTIVITIES
GET TO KNOW YOUR NEIGHBORS

The Environment Management Council is promoting neighborhood & shoreline clean-up such as those posted below. Consult your local newspaper for more activities closer to Earth Week.

April 25 - Village of Minetto, 9-12 noon; meet at the Town Hall.
April 26 - Great Bear Recreation area trail clearing. (Litter removal along Rte. 57 at a later date) INFO: Call Dick @ 343-4565

PERSON TO PERSON

The Citizen Advocacy program is for individuals with developmental disabilities who are at a higher risk of social isolation because of their diagnoses. The program has served the local community for 33yrs by facilitating & supporting relationships between clients & volunteers. Info: Laura Lloyd, Coordinator, at 593-2303 or email OneAdvocateOswego@gmail.com.

National Volunteer Week is a time to celebrate the role volunteers play across the nation. With their skills, energy, and care, America's volunteers renew our spirit and lend strength to the institutions that respond to our most pressing challenges

EXERCISE INSTRUCTORS

Training of Osteo Bone Builders instructors is ongoing. Training for Better Balance instructors will take place in the spring. INFO: Contact RSVP.

The Falls Prevention Coalition of Oswego County brings you

6 STEPS TO BETTER BALANCE
a 6-week course designed to improve your balance and have fun doing it!

OPEN TO THE PUBLIC

FULTON MILLS APARTMENTS
Wednesdays, March 4 - April 8
1:00 - 2:30 pm
Register with Linda Hughes, 944-7823

SIMEON DEWITT APARTMENTS
Fridays, March 6 - April 17 (skip 4/3)
1:00 - 2:30 pm
Register with Rachel Brooks, 963-1069 or Mary, Office Manager, at Simeon Dewitt.

OUR GRATITUDE TO ...

... The following RSVPs who help deliver Mature Living every other month:
Rosie Conaway, Mary Eddicus, Margarita Flood, Carol Miller, Millie Murray, Fran Wadas, and all the “angels” we are unaware of.

FOOD FOR THOUGHT...

20 years ago our AARP Tax Aide program generated a few thousand dollars in refunds. This year the program will generate over $1M in refunds. These monies go directly back into the local economy.

If done by paid preparers, the fees reduce the economic impact as the majority of refunds are funneled back to corporate sponsors. It is common that self prepared returns overlook a number of tax programs; therefore not generating a full refund.

~ Bill Waters, RSVP Volunteer/AARP Tax Aide

VOLUNTEERS NEEDED TO DELIVER MATURE LIVING

RSVP needs help with the delivery of Mature Living. Mileage reimbursement is provided. If you can help with any of the following routes, contact RSVP:
- RSVP office to Phoenix Dining Center
- RSVP office to Fulton Dining Center
- Fulton Dining Center to any of the following: Fulton Mills, Pratt House, Towpath Towers, YMCA
- RSVP office to Downtown Oswego (any of the following sites): Human Concerns, Simeon Dewitt, St. Luke Apts., Wayne Drug, Sal. Army, Harbor House, Pontiac Terrace, YMCA, Oswego Hospital, Oswego Library
- RSVP office to East Side Oswego: Office for Aging & Bishops Commons
- RSVP office to Minetto sites: UMC Church, Minetto High Rise

TREE & SHRUB SALES

Oswego County Soil & Water Conservation District is now taking orders from their Tree Farm. Orders are due April 15, but, “We always have extra trees & shrubs that landowners can buy during the distribution,” said Cindy Williams. Distribution takes place on April 22 & 23 at Bristol Hill, 3125 St. Rt. 3, Fulton. INFO: 592-9663.
CONTRIBUTIONS TO THE TAX AIDE PROGRAM

People often ask if there is more they can do. An outpouring of consumer goodwill often results in home baked cookies and cakes being brought into the sites. These gestures of gratitude are always appreciated!

Others wish to make a financial contribution. While it is true that Tax Aides cannot actively solicit donations which is contrary to AARP and IRS policy, monetary donations can be accepted and an account at SUNY Oswego (RSVP’s sponsor) has been set up for this purpose.

Donations are used for supplies--toner cartridges, copy paper, envelopes, staples, etc., and larger items- copiers, printers, computers and repair needs. Donations may also be made to AARP at Washington headquarters.

Oswego County Tax Aides love what they do! They work long hours--a labor of love--and often the best thanks is to spread the word and bring them more business. Thank you for your kindness!

AARP DRIVER SAFETY INSTRUCTORS NEEDED

RSVP is recruiting Driver Safety Instructors. All out-of-pocket expenses are reimbursed and volunteers are asked to teach at least three courses a season. Call or email RSVP to find out how to volunteer. The season begins in April with classes noted below.

UPCOMING DRIVER SAFETY CLASSES

Pre-registration is required. Contact the instructor before 8pm. Cost is $25 ($20 AARP members) payable by check or money order only.

Seating is limited and open to all ages.

AARP TAX AIDES

Recruitment of Tax Aides is year-round. It doesn’t require a professional background and summer is a great time to learn the software 1:1 from a seasoned Tax Aide. To volunteer call Nancy @ 342-1604 or Betty, 934-4333.

JOB COACH - PAID OPPORTUNITY

ARISE seeks Job Coaches to work with individuals starting out in jobs. 2-3 hours a week, at $10/hour. Call Darlene @ 671-3083.
Sponsored annually by the Academy of Nutrition and Dietetics National Nutrition Month is an educational and informational campaign that focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

CELEBRATE NATIONAL NUTRITION MONTH

Bite into a Healthy Lifestyle

Sponsored by the Academy of Nutrition and Dietetics

March is...
According to some sources, the Easter bunny first arrived in America in the 1700’s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called “Osterhase.” Their children made nests in which this creature could lay its colored eggs.
DO YOU REMEMBER A TIME WHEN...

Decisions were usually made by going "eeny-meny-miny-moe"?

Soda Pop machines dispensed glass bottles”?

Catching fireflies in a mason jar could happily occupy an entire evening?

Having a weapon in school meant being caught with a slingshot?

"Oly-oly-oxen-free" made perfect sense? (or so we thought!)

Baseball cards in the spokes transformed any bike into a motorcycle?

Taking drugs meant orange-flavored chewable aspirin?

Water balloons made for the ultimate weapon?

Roller skates had keys?

Pass this on to anyone who may need a break from their "grown-up" life.

I Double-Dog-Dare-Ya!

COMMUNITY BULLETIN BOARD

June 7-11
Explore Wildwood, NJ. - Dolphin sightseeing cruise, Atlantic City Casinos, Wildwood Boardwalk & more! $399pp ($150 deposit due 3/26) Info: Joanne Gardner at 564-5797

July 7-8

Retired & Senior Volunteer Program - RSVP
103 Rich Hall, SUNY Oswego
Oswego, NY 13126
Tel. 315-312-2317 - Fax 315-312-3374
Email: rsvp@oswego.edu
www.oswego.edu/rsvp

March 31 Deadline. Get your hours in!
DO YOU REMEMBER A TIME WHEN...

Decisions were usually made by going “eeny-meeny-miny-moe”?

Soda Pop machines dispensed glass bottles?

Catching fireflies in a mason jar could happily occupy an entire evening?

Having a weapon in school meant being caught with a slingshot?

“Oly-oly-oly-oxen-free” made perfect sense? (or so we thought!)

Baseball cards in the spokes transformed any bike into a motorcycle?

Taking drugs meant orange-flavored chewable aspirin?

Water balloons made for the ultimate weapon?

Roller skates had keys?

Pass this on to anyone who may need a break from their “grown-up” life.

I Double-Dog-Dare-You!

MUSCLE MEMORY

~ Dennis E. Coates, Ph.D.

Would you believe most people don’t know what muscle memory is? Muscle memory has nothing to do with muscles, it all happens in the brain.

The very first time you do something, it’s not already programmed in your brain. You don’t have the “hard-wired” neural pathways that enable the activity. However, your brain makes it happen anyway by concentrating & working overtime to put it together. That’s why even though you can do it, the activity feels awkward at first.

When you repeat the activity over and over, neurotransmitter chemicals stimulate the brain cells related to the activity. With enough repetition, the brain cells actually connect in a circuitry of brain cells called a “neural pathway.”

Once connected, the brain is literally "hard-wired" with a circuitry that enables the activity. The brain no longer has to work hard to make it happen, so the activity "feels easy" to you, as if it were second nature - "Practice makes perfect."

The remarkable thing is, the neural pathway is now a physical part of your brain, so it won't go away. In other words, you can't forget the skill. That's why riding a bike comes back to you so naturally, even if you haven't done it for decades. You don't have to relearn it. And that’s why people call it muscle memory.

Muscle Memory is why the Six Steps to Better Balance program works so well!

It's why a woman survived a bad fall, 20 years after she took the workshop... Her muscle memory kicked in to keep her safe!
NEW BEGINNINGS

The office staff and RSVP Advisory Council sponsored a farewell feast in recognition of my service as RSVP Director these past 34 years. I was given a corsage of pink roses, several gift cards and an engraved SUNY Oswego clock commemorating the occasion. Eleanor Filburn and Reverend Bruce Schrader offered poetic musings and words of wisdom.

So many of you have called to ask to partake in something similar. Kathy Fenlon & Pat Jones are organizing a “Gal’s Night Out” early in March. I realize that at this time of year the weather can be fickle and night driving prohibitive.

So if you want to get together with the “Gals” or at another community gathering (see page 5) touch base with Tracie.

Eleanor Filburn, RSVP Advisory Council

I suspect that the next Director won’t be on board until April. Until then, there will be a lot of “TBD” (Tracie Be Doing). Feel free to give her a call or invite Tracie to visit. She’d love to hear from you!

There’s so much I could say-- but all I can think of is how much I look forward to going on that Easter Egg Hunt with my Grandbabies, Emily & Ben. Looking forward to simple Pleasures... Hope to see you around!

~Ellen

True happiness comes from the joy of deeds well done, the zest of creating things new. ~Antoine de Saint-Exupery