Oswego County Opportunities Community Based Family Care Program Offers Comfort to Residents and Providers

Five years ago Diane Zeller began a new adventure that she never thought would provide such joy and fulfillment. Zeller, and her granddaughter Desa, lived in a large house with much more room than needed.

‘Living in a big home felt gratuitous,” said Zeller. “There was too much space and too many rooms. “I had heard of Oswego County Opportunities (OCO) Family Care Program and was intrigued with the idea of welcoming a challenged adult to live in my home to improve their quality of life.”

“After speaking with Program Coordinator Penny Foster-Pratt I knew being a home provider was perfect for me and would give my house a purpose.”

Once certified, Zeller welcomed Mary into her home. “It was a perfect match! Penny made sure Mary’s personality and demeanor would gel nicely with mine and Desa’s. We felt comfortable with Mary and she soon became a part of our family.”

The three enjoyed each other’s company so much that Zeller chose to welcome a second resident.

“With my work schedule it made me sad that Mary was often alone. That’s when I decided to welcome a second resident. Penny saw to it that my new resident, Dee, would be a natural fit for us. It was a wonderful decision that has enhanced all our lives,” said Zeller.

~cont’d on back page

Home Provider Diane Zeller (l) enjoys some quiet time with her resident Dee.

AARP DSP Coordinators are chosen based on leadership and management abilities as well as knowledge of the area they serve. Responsibilities include recruiting and supervision of instructors, planning and conducting training workshops, promoting the program, and networking with local sponsors and community members.  cont’d on page 3

The best way to prevent the flu is with a flu vaccine, ideally no later than October. It generally takes two weeks after receiving the vaccine for the antibodies to develop that protect against influenza. Be sure to get your vaccination early before the flu starts to spread in your community!
**CORNERSOKE CLUB**

The Cornerstone Club is a new social day program for older adults. Located in Fulton, hours are Mon.-Fri, 7:30a - 5:30p. Volunteers are needed to assist with games (cards, dice, and bingo) and crafting; giving manicures, and assisting with letter writing. Also a computer educator to assist members with basic computer skills. For more info, contact Program Director Nicole Greenier, 315.592.2001 or email info@cornerstoneclubfulton.com

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**TAX AIDE PROGRAM**

The AARP Tax-Aide Foundation serving Onondaga, Cayuga and Oswego counties is in urgent need of volunteers to assist its citizens during the 2018 tax season.

FREE income tax preparation and e-filing of federal and state returns are provided to all age groups, with special emphasis on elderly and low-to-middle income individuals.

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**TAX AIDE VOLUNTEER OPPORTUNITY**

Here is a great opportunity to learn income tax preparation and provide a much-needed service to your community! For more info., contact one of the local Tax Aides below.

- **Oswego County**
  - Email: fwall2@windstream.net, btalamo1@twcny.rr.com or call 315.934.4333

- **Onondaga County**
  - Email: fjgrinnan@aol.com, btalamo1@twcny.rr.com or call 315.934.4333

Volunteers will be trained in both tax law and software in the comfort of their own home using videos and practice problems, which will then be supplemented with classroom training and tax certification in December 2017. Manuals and peer support are an integral part of this training.

Once trained, there are over 20 sites so that your service can be provided at a location convenient for you.

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Programs are partially supported through grants from our partners: Oswego County Office for the Aging; New York State Office for the Aging; & The United Way of Greater Oswego, Inc.
AARP DRIVER SAFETY CLASSES

Class size is limited, call instructor to pre-register. The cost is $25 ($20 for AARP members), payable by check or money order only.

OCTOBER

NOVEMBER

Thanks to all of you that we've had in class this year and please be careful on our NY roads this winter. See you in the spring, 2018!
~ Brenda Irving

~ cont’d from front page

Gordon Schipper Awarded New York State Volunteer of the Year

Congratulations Gordon! Thank you for your continued dedication and the many contributions you have made to the local community!
~ Tracie Wallace
RSVP Program

~ excerpt AARP Smart Driver Special Recognition Issue

I am amazed at the relentless dedication of our volunteers. The impact you have made within your communities is impressive and widely admired throughout AARP.

We consider you the heart and soul of AARP Driver Safety. All that we accomplish would not be possible without you. On behalf of the staff at the National Office, thank you for continuing to push our mission forward and keeping the roadways safer.

~ Kyle K. Rakow, Vice President National Director AARP Driver Safety

~ from the Director,

Please join RSVP as we welcome AmeriCorps member Tanishae Edwards to the program. We are excited and fortunate to have her intern through November, 2017. Tanishae, a full-time student at SUNY Oswego graduates in 2018 with a Bachelors Degree in Biology.

The Oswego AmeriCorps focuses on services for children and families through mentoring, educational activities in fitness and nutrition. They serve at schools, libraries, recreation programs and human service agencies throughout the county.

Tanishae is a member of the “Adopt a Grandparent” program, the Caribbean Student Association, the Association of Black Psychologist, and serves on the ALANA Cultural Committee. She believes in giving back to her community and has already proven to be a valuable asset with several local programs.

When asked what she likes most about RSVP, Tanishae responded, “Through RSVP I am aiding in providing programs for seniors, and helping them to make an impact in the community through volunteering”.

I am so excited for our upcoming Luncheon! RSVP staff and Advisory Council look forward to this event every year as this is one small way we are able to thank you and show our appreciation for all your hard work and dedication to our community. Volunteers who haven’t received an invitation by September 12 can contact the office.
~ Meave

~ Amanda Schneider, Deputy Director

The Rural Health Network of Oswego County facilitates the coordination of health and human services to improve the well-being of Oswego County residents.

In 2013, the Oswego County Falls Prevention Coalition was formed to combat falls in Oswego County. Members include: Kindred at Home, Northern Oswego County Health Services, Inc., Oswego County Health Department, Oswego County Office for the Aging, Oswego County Opportunities, Oswego Health/St. Joseph’s Home Care, Retired Senior & Volunteer Program (RSVP), and St. Luke’s Family of Caring.

The coalition has focused on the following areas:

Best Practice ~ collaborating with physicians to implement falls assessment tools that will identify at risk individuals.

Community Education ~ raising community awareness by regularly attending local activities.

Physical Activity/Balance ~ offering a variety of strength and balance programs

For more info., about falls prevention contact: Bishops Commons @ St. Luke, 315.349.0799; Oswego County Health Department, 315.349.3587; or Retired & Senior Volunteer Program (RSVP), 315.312.2317

Brian Coleman, Oswego County Opportunities

Retired & Senior Volunteer Program

34 East Bridge Street, Oswego, NY 13126
Telephone: 315.312.2317
email: rsvp@oswego.edu
Healthy Aging involves being physically active, adapting to change and developing new skills and interests.

Think it’s too late to “re-invent” yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging Magazine and executive director of Healthy Aging, it’s never too late to find a new career, a new sport, passion or hobby. Worthington is the creator of September is Healthy Aging Month, an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says Healthy Aging Month provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

The numbers of people over 45 is growing every year. The attention used to be just on the baby boomers. The generation x-ers are elbowing their way in and have many of the same interests as the previous generation – stay active and vibrant as long as possible. There are over 76 million baby boomers today over 50 and the first of the 82.1 million generation x-ers are about to reach that milestone in 2015.

“Use September as the motivation to take stock of where you’ve been, what you really would like to do if money was no object,” says Worthington. “And try it! Who says you have to do something related to what you studied in school? Who says, you can’t start your own home business later in life, test your physical prowess, or do something wildly different from anything you’ve done before? Only that person you see in the mirror!”

~ http://healthyaging.net/

The Meadowbrook Osteo site recently got together for lunch at Josie’s Italian Eatery in Fulton. The group meets twice a week at Meadowbrook Estates for class and also enjoys socializing outside of class. Pictured above in the front row; Carolyn King (Osteo Instructor), Margaret Jensen, Joan Nucifora (Osteo Instructor), and Mary Falanga. Standing in the back row; Irene Arden, Martha Hayden and Ruth Weaver.

Having a group program is a great way to be involved and active. Hurray for RSVP Osteo! ~ Carolyn King

“The Osteo Exercise Program has given me an opportunity to improve both my balance and my strength. I can do the *Drunk Test without hanging on or leaning against the chair. A vast improvement over a year ago. I always walk out of the class with a smile on my face and a bounce in my step.” ~ Margaret Jensen Osteo Participant

*Editor’s note: Carolyn assured me that no alcohol is consumed prior to the Drunk Test, or at any time during the class! Safe to say the smile on Margaret’s face and bounce in her step is due to the awesome Osteo exercises and wonderful Instructors.......
OSTEOPOROSIS, FALLS, AND BROKEN BONES

Falls Prevention Awareness Day is a great time to learn about the link between fall-related injuries and Osteoporosis. The good news is it is never too late to identify and treat Osteoporosis or prevent falls to avoid broken bones. Talk with your healthcare provider about how to reduce your risks for Osteoporosis and falls, about a bone density test, and about medications, if necessary, to treat Osteoporosis.

How are Falls and Osteoporosis linked?

1 out of 5 falls among older adults causes serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine and wrist.

Vitamin D deficiency is a risk factor for both falls and broken bones. Daily vitamin D and calcium supplements are associated with reduced falls and fewer broken bones in older adults. Speak with your health care provider about how much vitamin D and calcium is right for you.

Regular physical activity and exercises that combine weight, muscle strengthening and balance helps reduce the risk of falls and actually improves the health of your bones.

Take action to prevent Osteoporosis and falls:

✓ Eat a balanced diet rich in calcium.
✓ Take vitamin D supplements.
✓ Get regular physical activity.
✓ Don’t smoke.
✓ Limit your alcohol.
✓ Check your home for safety.
✓ Talk with your doctor about a screening test.

~ www.ncoa.org/fallsprevention

The goal of the RSVP Oswego County Bone Builders program is to inspire individuals to reduce and prevent their risk of Osteoporosis; maintain a high quality of life; enjoy continued independence and freedom; and embrace a healthy lifestyle.

Thursday, October 12

RSVP OSTEO BONE BUILDERS
NEW INSTRUCTOR TRAINING

United Methodist Church 4372 Church Street, Mexico, NY 13114

Space is limited and pre-registration is required. Lunch provided by RSVP. Prospective instructors must be currently enrolled as an active Osteo participant for a minimum of six (6) months and should be referred by an Osteo Instructor. Contact RSVP by calling 315.312.2317 or email rsvp@oswego.edu to register.

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THE RIGHT CARE RIGHT NEXT DOOR

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Oswego County Opportunities

Everyone welcome
Upcoming Trips

VOLNEY SENIORS
September 21 ~ 22, Travel to Boston, MA
Travel to Boston, MA. Enjoy sightseeing, a Duck Tour, Dinner and more. Info., call Norma Broderick at 315.593.6138. $334.00.

NEW HAVEN SENIORS
September 20, Travel to Albion, NY
Enjoy lunch and The Fabulous 50's show (Marcy Downey) featuring songs from Patti Page, Elvis, The Platters and more, along with some comedy. A stop at Watt Farms on the way home features produce, homemade fudge, ice cream and gifts. Info., Elaine Parkhurst at 315.343.9475. Reserve by September 10th. $35.00

SEPTEMBER

1 Joan Bardeen, Carol Neill
3 Carol Cook
4 Cynthia LeFlore
6 Elaine Delaney
7 Theresa Brown, Wendy Griffis, Lenora Schuchert, Judy Spencer
8 Nancy Lichtenstein
9 Jon Vermilye
10 Sybil Cummins, Roger Miles
11 Duane M. Stephens
14 Carol Simpson, John Wall
15 Roberta Daly
16 Carole Farfaglia
17 Patricia Auer
18 Linda Welch
20 Ida Grimshaw
21 Ed Farfaglia, Mary Ellen Ross
22 Joanne Czajkowski, Catherine Gregory
23 James Bell, Nancy Perticone
24 Harry VanBuren
25 Melissa Karle, Mary Anne Pritchard
27 Deborah Herry
28 Rita Soto, Mary Stone
29 Denise Wall
30 Dorothy Smith, JeAnne Smith

October...

Breast Cancer Awareness Month

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

October…

Breast Cancer Awareness Month

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

Monday, September 4

Tuesday, October 31st

When black cats prowl and pumpkins gleam, May luck be yours on Halloween!
Along with several programs included for this anniversary celebration, Jim Farfaglia will be accompanied by Judy Talbot in recounting “How It All Began” 25 years ago and sharing memories made over the years. Jim served as director of the “youth” camp (Camp Hollis) until his retirement a few years ago and is now well known for the many books he has authored including the “Blizzard of 66”.

The two-day overnight program for $20, check-in at 8a Monday and check-out Tuesday at 2:30p. Cabins include sink, toilet and bed; overnight campers must bring their own bedding, and towels. The Monday program is $12.50, includes dinner and evening campfire. For Tuesday only, $10.

Facilitator and RSVP volunteer Sandy Davis, speaking for the entire planning committee, invites, “Come! Meet old and new friends at one of the few programs of this kind in the country!” She continues, “The low cost is possible because of an all-volunteer planning committee, presenters who donate their time, and talents and many area businesses donate much of the food.”

~Barbara Burton Bartholomew

OSWEGO COUNTY OFFICE FOR THE AGING (OFA)
70 Bunner Street, Oswego, NY 13126
Telephone: 315.349.3484

Medicare Part D Annual Election

It’s about that time of year again... hot apple cider, falling leaves, and Medicare Open Enrollment. Every year Open Enrollment is from October 15th to December 7th. During this time current Medicare beneficiaries can compare 2018 health and prescription plans.

Beneficiaries can choose to switch plans, effective January 1st or stay with your current plan, no need to do anything. Oswego County residents can call OFA or Medicare at 1-800-633-4227 for assistance open enrollment.

Heating and Energy Assistance Program (HEAP)

Oswego County Office for the Aging assists people age 60 or older, or those receiving disability benefits, with completing their HEAP applications. If you have questions regarding HEAP or eligibility, please contact the Office for the Aging.

~ Sara Sunday
Aging Services Administrator

To learn more about the services we provide, visit our web site: http://www.oswegocounty.com/ofa/
~ cont’d from front page

The two complement to each other and have formed a warm friendship. Whether it’s watching television, playing games, or doing housework, they enjoy spending time together.

“It’s been a wonderful experience for Mary and Dee. They are more independent and enjoy a quality of life they’ve never known,” said Foster-Pratt.

“Diane has helped them gain control of their lives. She encourages them to be independent and accept personal responsibility.”

The independence that Mary and Dee enjoy helps them lead active lifestyles. The two often take the bus for shopping and other outings including their respective day programs; Mary at Seneca Hill and Dee at St. Luke’s Health Services. They also join Zeller on family trips and experience things they’ve always wished to do.

Home providers receive monthly training regarding effective communication, diet and medications, CPR and first aid, along with 24-hour staff support.

“Being a home provider is everything I hoped it would be. My house now has a purpose. It’s a home filled love and every day is a new adventure. It’s like a treasure hunt; you never know what you’ll discover or encounter next, but when you do, it’s always good!” added Zeller.

OCO, Inc. is a private, non-profit agency that has been supporting communities throughout Oswego County since 1966. A member agency of the United Way of Greater Oswego County, OCO provides more than 50 vital services throughout 100 separate locations. To learn more, visit www.oco.org.

FOR MORE INFORMATION ON BECOMING A HOME PROVIDER, CONTACT PENNY FOSTER-PRATT AT 315-598-4710, EXT. 1094.