RSVP HONORS LONGTIME VOLUNTEER FRAN ENWRIGHT

Fran Enwright, a 17 year RSVP member, has been volunteering with the American Red Cross (ARC) for over 20 years as the local Blood Drive Volunteer Coordinator. In this role, Fran oversees the City of Oswego [blood] drives, and is tasked to schedule not only fellow RSVP volunteers, but many local community members as well.

The ARC Syracuse office provides Fran with the necessary information for the local drives such as dates, times, locations, and any specific needs. She then takes this information and ensures each blood drive is appropriately staffed. Sounds simple right? Well, believe me when I say, it’s really not.

More than just assigning volunteers to a blood drive; Fran has to track the availability of her volunteers, their specific preferences and volunteer hours, along with any special requirements of the locations. The ARC volunteers handle donor registration and oversee the canteen during the drives. Besides coordinating the volunteer schedule, Fran also enjoys volunteering her own time at the blood drives, trains new volunteers and often fills in for others when needed.

When asked what the key is to being an effective ARC volunteer, Fran replied “You should always make the donors feel welcome and appreciated; treating them like you would company in your own home.” It’s obvious that Fran loves what she does and RSVP is fortunate to have her as a volunteer. For more information on volunteering with the American Red Cross, call RSVP at 312-2317 or email rsvp@oswego.edu.

January is National Blood Donor Month
~ See page 5 for related article

The Merry Stitchers is a group comprised of 16 women, ranging in age from 55 - 85 years. They all share a love of needlework coupled with a passion for extending a hand in kindness for those in need of a hug or just a friend who cares.

The group meets on Tuesdays at the Pennellville United Methodist Church, where they convene for fellowship and to share ideas. New members are always welcome and the ladies are happy to teach anyone who wants to learn.

The Merry Stitchers use donated yarn for all of their projects, happily accept all donations, and put them to good use – they even use the scrap material to make pet blankets for Paws Across Oswego County.

Some of the items provided to the community include afghans, chemo caps, baby hats, lap robes, prayer pockets, mittens, American flag pillows, and Christmas fabric bags filled with goodies. Some recipients of these items are Project Linus, Oswego Hospital and St. Joseph’s Hospital, the Gregory J. Harris Military Courtesy Room at Hancock Airport, and The Lions Club.
Volunteer Opportunities

OCO - Nutrition Services

Meals on Wheels, is looking for volunteers with a caring heart and a small amount of time to volunteer in our Mexico kitchen. Open M-F, mornings or afternoons – even 1-2 hours a week makes a huge difference. For more info., call Chris Parks at 598-4712 x 1807.

One person can make a difference and everyone should try.
~ John F. Kennedy

All Saints Episcopal Church

For the past eight years, the All Saints Episcopal Church in Fulton has served Tuesday Night Dinners, a free dinner to anyone in the community in need of a meal. Throughout the years, the dinners have provided 40 - 70 meals a week and are supported through grants and local donations.

Staffed by volunteers from all areas of the community, they help prepare the meal, serve the patrons and assist with the clean-up. Volunteers are needed for the third and fourth Tuesday of every month. For more info, call Lynn Bullard at 598-9535.

SUNY Oswego Rice Creek Field Station

Rice Creek recently contacted RSVP with the hopes of obtaining volunteers to help maintain the Ruth Sachidanandan Herb Garden. The Field Station will provide the mulch and tools, and even new plants if needed.

The Rice Creek Field Station is a division of SUNY Oswego, and is located one mile south from the campus. In addition to the herb garden, there are 300 acres of fields, forests, ponds and streams that are used for ecological research by students and faculty.

The station also provides nature related educational programs to the public. There are four nature trails and a two-mile biking trail that are open to the public for cross country skiing, hiking, bicycling, nature walks and more. For more info, call 312-6677 or visit the web site: www.oswego.edu/rice-creek.com.

January 16, 2017

MARTIN LUTHER KING, JR.
A national day of service it calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems.

~ http://alicenter.org/ali75/

JOIN THE ALI75 INITIATIVE

Introducing the “Ali in All of Us Initiative,’’ which is not only a way to give back, but to inspire acts of service, as a way of carrying on Muhammad Ali’s legacy. ALI75 is an international service campaign to inspire, capture, and celebrate service to others as an actionable path to transform the world in a positive way.

ALI75 encourages people to give 75 hours of service in honor of what would have been Muhammad’s 75th birthday, January 17. This “crowdsourcing” of service tracks the progress of participants all over the globe, maps their work, and is open to individuals, companies, and non-profits alike.

"Float like a Butterfly, Sting Like a Bee.”
~ Muhammad Ali
01/17/1942 ~ 06/03/2016

Sharing your first act of service is simple. Text ALI to 75475... then click the link you receive. Snap a photo and show the world what you are doing. Select the ALI Core Principle which strengthens what you do. Click a cause category for your service. As soon as you click SUBMIT, your Act of Service is added to the global stream of photos and the system that will help participants capture their service hours, celebrate progress, and inspire them to do more.

Oswego County Opportunities

Nutrition Services

Since 1974, OCO Nutrition Services have provided millions of meals to seniors via the Meals-on-Wheels and the Dining and Activity Centers located throughout the county. The meals are prepared and delivered by professional staff as well as a network of dedicated volunteers. Home delivered meals are available Monday - Friday, and depending on the needs of the individual, participants will receive two meals daily. Some additional programs & services offered include education & counseling by a registered Dietitian; health and wellness referrals - connecting individuals with other services in Oswego County and transportation to and from the Dining and Activity Centers.

There are currently six Dining & Activity Centers located in Constantia, Fulton, Hannibal, Mexico, Parish and Phoenix. More than just a meal the Centers also offer games and activities, birthday parties, trips and outings, shopping, candlelight dinners and shopping days. For more information on any of our services, call 598-4712.
From the Director.....

2016 proved to be a rather remarkable year in every sense of the word. From the Zika virus breakout, to Britain exiting the European Union (Brexit), to the summer Olympics in Brazil, and of course the U.S. having a new President Elect, powerful and emotional happenings were felt across the globe. With a new leader of our country comes a brand new administration and a certain level of uncertainty, in the sense that everything will be part of a unique and unfamiliar feeling.

With all the shifting and transitioning of administration, this is the perfect time for RSVP of Oswego County to show not only our community, but also the nation, who we are and what we offer to the county. Our major funding source comes from the federal side of things by means of the Corporation for National & Community Services (CNCS). We want to show just how important and vital our program is to this community and by the promotion of who we are could prove to be a very powerful tool as we are connected with CNCS, SUNY Oswego, New York State Office for the Aging (NYSOFA) and United Way of Oswego County.

One way to start promoting RSVP is by participating in the Ali75 initiative, that the CNCS Senior Corps (RSVP) have chosen to participate in. By using social media, and using the up-to-date lingo, it provides the program the potential to reach a wider/broader base, which could lead to more funding opportunities for our program.

Visit Ali75.org where you can enter your service activity showing how you are serving. Please tag you entry using, #SeniorCorpsWorks. Your regular hours count, meaning by pledging your 75 hours in the Champs name, you do not need to offer an additional 75 hours of volunteering. Your hours do not need to be completed by January 17th.

Best,
~ Meave
Heart disease is the leading cause of death for both men and women. The term “heart disease” refers to several types of heart conditions. The most common type in the US is coronary heart disease (or coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Heart Attack Signs in Men
- Chest pain that feels like an elephant sitting on your chest, with a squeezing sensation that may come and go or remain constant and intense.
- Upper body pain or discomfort, including arms, left shoulder, back, neck, jaw, or stomach.
- Rapid or irregular heartbeat.
- Stomach discomfort that feels like indigestion.
- Shortness of breath, even when resting.
- Dizziness or feeling like you’re going to pass out.
- Breaking out in a cold sweat.

Heart Attack Signs in Women
- Pressure, squeezing, fullness or pain in the center of your chest - lasting more than a few minutes, or it goes away and comes back.
- Pain or discomfort in one or both arms, back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or light-headedness.

Like men, the most common heart attack symptom for women is chest pain or discomfort. However, women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea and/or vomiting and back or jaw pain.

Plan for Prevention
Certain health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have. Basic guidelines for everyone to follow include:
- Eat healthy
- Exercise and maintain a healthy weight
- Monitor your blood pressure
- Don’t smoke.
- Limit alcohol use.
- Have your cholesterol checked.
- Manage your diabetes

February 3, 2017 marks the 13-year anniversary of National Wear Red Day and today, nearly 300 fewer women die from heart disease and stroke each day, down more than 30% over the past 10 years.
OSWEGO COUNTY OSTEO SITES

<table>
<thead>
<tr>
<th>SITE</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amboy - West Amboy</td>
<td>M, W, F</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>APW - Parish Library</td>
<td>M, Th</td>
<td>4:45-5:45</td>
</tr>
<tr>
<td>Central Square</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Constantia VFW</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Municipal Bldg. Hastings</td>
<td>M, W, F</td>
<td>9:30-10:30</td>
</tr>
<tr>
<td>Cleveland Village Hall</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>West Monroe Town Hall</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Fulton</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meadowbrook Estates</td>
<td>M, W</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Fulton YMCA</td>
<td>T, Th</td>
<td>11:00-12:00</td>
</tr>
<tr>
<td>Fulton Towpath Towers</td>
<td>T, Th</td>
<td>10:45-11:45</td>
</tr>
<tr>
<td>Fulton Mills</td>
<td>M, Th</td>
<td>11:00-12:00</td>
</tr>
<tr>
<td>Hannibal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Legion</td>
<td>T, Th</td>
<td>9:45-10:45</td>
</tr>
<tr>
<td>Mexico</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st United Methodist</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>New Haven Town Hall</td>
<td>M, W, F</td>
<td>9:30-10:30</td>
</tr>
<tr>
<td>Oswego</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scriba Justice Center</td>
<td>M, W</td>
<td>9:30-10:30</td>
</tr>
<tr>
<td>Springside at Seneca Hill</td>
<td>T, Th</td>
<td>3:30-4:30</td>
</tr>
<tr>
<td>Simeon Dewitt</td>
<td>T, Th</td>
<td>10:15-11:15</td>
</tr>
<tr>
<td>Oswego YMCA</td>
<td>T, Th</td>
<td>1:00-2:00</td>
</tr>
<tr>
<td>1st United Methodist (104W)</td>
<td>T, Th</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Minetto United Methodist</td>
<td>T, Th</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>Palermo - Town Hall</td>
<td>M, Th</td>
<td>9:30-10:30</td>
</tr>
<tr>
<td>Phoenix</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Schroeppe1 Town Hall</td>
<td>T, Th</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>Lysander Station #1</td>
<td>T, Th</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>Pulaski/Sandy Creek</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Park Methodist Church</td>
<td>M, Th</td>
<td>10:00-11:00</td>
</tr>
</tbody>
</table>

January is... NATIONAL BLOOD DONOR MONTH

As one of the nation’s premier humanitarian organizations, the American Red Cross is dedicated to helping people in need throughout the US and, in association with other Red Cross networks, throughout the world. The organization depends on generous contributions of time, blood, and money from the American public to support their lifesaving services and programs.

After World War II, the Red Cross introduced the first nationwide civilian blood program that now supplies more than 40 percent of the blood and blood products in this country.

On May 21, 1881, Clara Barton and a circle of acquaintances founded the American Red Cross in Washington, D.C. Barton first heard of the Red Cross network while visiting Europe following the Civil War. Returning home, she campaigned for an American Red Cross and for ratification of the Geneva Convention protecting the war-injured, which the US ratified in 1882.

Prior to the First World War, the Red Cross introduced its first aid, water safety, and public health nursing programs. With the outbreak of the war the organization experienced phenomenal growth. The number of local chapters jumped from 107 in 1914 to 3,864 in 1918 and membership grew from 17,000 to over 30 million adult and Junior Red Cross members. They staffed hospitals, ambulance companies and recruited 20,000 registered nurses to serve the military. Additional Red Cross nurses came forward to combat the worldwide influenza epidemic of 1918.

After World War I, the Red Cross focused on service to veterans and enhancing programs such as safety training, accident prevention, home care for the sick, and nutrition education. Relief was also provided for victims of such major disasters as the Mississippi River floods in 1927 and the Depression during the 1930s.

Today, supporters, volunteers and employees of the American Red Cross provide care in five critical areas: people affected by disasters in America; support for the military and their families; blood collection, health and safety education and training; international relief and development.

The Geneva Conventions are rules that apply only in times of armed conflict and seek to protect people who are not or are no longer taking part in hostilities; these include the sick and wounded of armed forces on the field, wounded, sick, and shipwrecked members of armed forces at sea, prisoners of war, and civilians.

~ www.redcross.org

1The Geneva Conventions are rules that apply only in times of armed conflict and seek to protect people who are not or are no longer taking part in hostilities; these include the sick and wounded of armed forces on the field, wounded, sick, and shipwrecked members of armed forces at sea, prisoners of war, and civilians.

~ www.redcross.org

Tuesday, February 14

Happy Valentine’s Day!
For recognizing the RSVP program and especially our volunteers in his recently published column titled “Volunteers bring holiday cheer, give time throughout the year”. The following is an excerpt from the column.

“If you or someone you know would like to get involved with a nonprofit charity, organizations like RSVP, which stands for Retired Senior Volunteer Program, can provide direction. RSVP provides volunteer opportunities for individuals 55 years of age or older. Prospective volunteers are interviewed and, based on their interests and experience; volunteers are offered positions at non-profit agencies and healthcare facilities. In Oswego County, RSVP can be reached at 315-312-2317.”

To read the article in its entirety visit Assemblyman Barclay’s website: http://nyassembly.gov/mem/William-A-Barclay/
NEUROBIC EXERCISE

Are you getting forgetful? Over 40? Are you experiencing difficulty learning new things, or remembering names? Than Neurobics might be the right fit for you. A unique brain exercise, Neurobics can be done anywhere, anytime.

Based on the latest neuroscience, these deceptively simple exercises stimulate brain nutrients to help new brain cells grow. The key to keeping your brain strong and healthy is to break routines in unexpected ways. Nothing so easily stimulates the brain as breaking routines and using the five senses in new and unexpected ways.

We’re living and working longer than ever before and as we age we keep adding more and info into our brains. Many of you have learned to exercise your bodies to stay physically fit. But if you don’t do the same for your brains to keep mentally fit you’re losing out.

Visit www.KEEPYOURBRAINALIVE.com and discover how Neurobics can help you to become mentally fit. Also available in paperback - “Keep Your Brain Alive: 83 Neurobic Exercises to Help Prevent Memory Loss and Increase Mental Fitness” - check with your local library, bookstore or online retailer.

Oswego County
Office for the Aging (OFA)

Medicare

Open enrollment ended December 7th but if you are having issues with your insurance, you may qualify for a special enrollment period. Call OFA at 349-3484 and speak with an insurance counselor to discuss your options!

Caregiver Support Groups

OFA sponsors two Caregiver Support Groups, one in Pulaski and one in Fulton. The Pulaski group meets the 1st Tuesday of each month, 3-5 pm at the Park United Methodist Church. The Fulton group meets on the 2nd Thursday of each month, 3-5 pm at the State St. United Methodist Church. For more information on topics to be discussed, call Elizabeth (OFA) at 349-3570.

Senior Citizen of the Year Nominations

OFA is accepting nominations for Senior Citizen of the Year. The name of the person selected will be nominated for the New York State Senior Citizen of the Year and will be eligible to travel to Albany in May for a recognition luncheon. Nomination applications are available by contacting the OFA at 349-3484.

NY Connects

This statewide resource directory allows individuals to directly search for and learn about applying for public benefits, available home care services and much more. There is a toll free number 1-800-342-9871, to obtain information on available long term services and supports. Visit: http://www.nyconnects.ny.gov/

~ Sara Sunday,
Aging Services Administrator

Heating and Energy Assistance Program (HEAP)

HEAP, the federally funded energy program that assists low income families with the home energy bills, opened November 14, 2016. Anyone age 60+ or receiving disability benefits and in need of heating assistance can contact the OFA to request an application at 349-3484. If you are out of fuel or have received a shut off notice, Emergency HEAP will be available beginning January 3, 2017 by calling the Emergency Assistance number at the Department of Social Services, 963-5021.

~ Sara Sunday,
Aging Services Administrator
Published bi-monthly the Mature Living newsletter features a variety of local, state and national news relevant to older Americans. By providing this local resource we encourage our seniors to stay connected to each other, RSVP, and their communities. Printing is made possible by the continued support of our sponsors: Dowdle Funeral Home; Foster Funeral Home; Fulton Savings Bank; Pathfinder Bank; St. Luke’s HRF and The Manor at Seneca Hill.

RSVP is funded in part by the State University of New York at Oswego, United Way of Greater Oswego, United Way of Oswego County, New York State Office for the Aging and the Corporation for National and Community Service.

Published by-monthly the Mature Living newsletter features a variety of local, state and national news relevant to older Americans. By providing this local resource we encourage our seniors to stay connected to each other, RSVP, and their communities. Printing is made possible by the continued support of our sponsors: Dowdle Funeral Home; Foster Funeral Home; Fulton Savings Bank; Pathfinder Bank; St. Luke’s HRF and The Manor at Seneca Hill.

RSVP is funded in part by the State University of New York at Oswego, United Way of Greater Oswego, United Way of Oswego County, New York State Office for the Aging and the Corporation for National and Community Service.