FORGET THE RESOLUTIONS!
Try a 12-month Bucket List instead
Learn Something New
• Lifelong Learning, page 2.
• Buy a “Word of the Day” calendar and use the “daily word” in conversation throughout the day.
• My Library Card does what?, page 3.
• Take a class: Painting, pottery, drawing, photography, language, music, cooking, dance, gardening, computers, yoga or tai chi.
• Try a brand new recipe monthly.

Volunteer Your Time and Skills
• RSVP volunteer opportunities are always available, page 2.
• Share your skills or hobbies – teach a class! There are numerous local venues like Senior Camp at Camp Hollis, community colleges, church groups and 4H clubs...just to name a few.
• Be the reason someone believes in the kindness of others.

Exercise
• Take an RSVP Osteo class, page 5
• Take a hike – literally! Check out SUNY Oswego’s Rice Creek Station for free nature trail hikes, back page.

RSVP appreciates our
Red Cross Volunteers

JANUARY IS NATIONAL BLOOD DONOR MONTH
A special THANK YOU to RSVP volunteers Leon and Mildred Stoughtenger. This amazing husband and wife team have a combined total of more than 36 years and 13,000 hours of volunteer service with The American Red Cross.

RSVP partners with...
WELLHOUSE MINISTRIES, INC.

Formed in 2015 to help meet the needs of terminally ill people, their family members and loved ones in Oswego County, Wellhouse Ministries, Inc. is a 501(c)(3), not-for-profit organization.

AARP OFFERS FREE TAX COUNSELING AND FILING
AARP in conjunction with the IRS will again offer the Tax Aide program which provides preparation and e-filing of taxes for Oswego County and adjacent county residents regardless of age or income; special emphasis is given to those 60 and older.

Tax Aides receive annual training on the current federal & state tax laws and are certified each tax season.

Taxpayers should have last year’s tax returns, photo ID, Social Security cards, W-2s, unemployment and other income 1099’s, receipts for itemized deductions, and a voided check for direct deposit of any refund.

~ continued on page 3

RSVP Tax Aides and RSVP volunteers, Gary Roy and Nancy Perticone, (local technology coordinator)

~ continued on page 7

~ Kateri Spinella, Co-founder Wellhouse Ministries, Inc.
HOME DELIVERED MEALS VOLUNTEER DRIVERS

URGENT need for a driver on Fridays in Hannibal. Spread the word to family & friends in the Hannibal area. Volunteer drivers guarantee a hot meal and a friendly smile are delivered to homebound seniors. The Southeast Oswego route needs two drivers, one for Mondays & one for Wednesdays. Volunteers are welcome at the Dining & Activity Centers located in Cleveland, Fulton, Hannibal, Mexico, Parish, & Phoenix. Info., call Christine Parks, OCO Volunteer Coordinator at 315.598.4712 ext. 18.

Senator Patty Ritchie is looking for volunteers in the Oswego office. The volunteers will handle light clerical tasks, including answering the telephone, greeting visitors upon arrival, and miscellaneous paperwork. Training will be provided. Info., call Jim Thomas at 315.342.2057.

~ continued from front page

FORGET THE RESOLUTIONS!

Expand your Social Horizons

- Organize a picnic with friends.
- Gather some friends & attend a Murder Mystery Theatre dinner.
- Schedule individual “play dates” with family members & friends.
- Create a 10 page e-book & upload it free on Amazon Kindle Publishing.

Just For Fun

- Photo-bomb someone (jump in the photo just as it’s being taken).
- Learn a magic trick or how to juggle.
- Take a hot air balloon ride.

Buy white canvas shoes — and get your bling on. Create a custom look with paint, markers, rhinestones, glitter, use your imagination.

Splurge — enjoy a massage, a hot towel shave, a rejuvenating facial, or a pedicure with some crazy & colorful toe-polish! Make it about YOU.

Celebrate GROUNDHOG DAY with Punxsutawney Phil on Friday, February 2nd! He plans to leave his burrow at 7:25am located in Gobbler’s Knob, Punxsutawney, PA. He will observe the weather conditions, look around for his shadow and then make his prediction for the rest of winter!

LIFELONG LEARNING

Lifelong Learning is defined as the continued educational experience that utilizes non-credit academic courses, educational travel, & community service and volunteerism to fully engage the brain, heighten physical activity, & maintain healthy social relationships.

WELCOMES SENIOR CITIZENS

Recognizing the commitment of the College to the senior citizens in this geographic area, the College has established the following guidelines for seniors who wish to audit any credit course given on or off campus.

- Seniors must complete an Audit Form in consultation with the Office of Extended Learning.
- Upon approval by the appropriate department chair, the senior will be informed of the procedure for class admission. Privileges may be limited by availability of class space and will not regularly be extended In all studio and laboratory courses.
- There are no charges levied by the College for the audit privilege. Text books or other related materials may be purchased at student prices.
- Because they are not state supported, non-credit courses may not be audited. Of course, seniors are welcome to register for such courses upon payment of regular fees.

For more info., 315.312.2500 or visit www.oswego.edu/about/contact-us

Consider signing up for an online course, a local art, music, or theatre class or one of our many community events. Check with your library, college campuses and community newspapers. From senior trips - to belly dancing - to volunteering, the possibilities are endless.

Grab a friend for twice the fun!
MY LIBRARY CARD DOES WHAT?

- Borrow books, DVDs, and other items from your library.
- Using the online catalog, you can search for items in all 65 of our member libraries and place holds on them right from home. Choose to have all your items delivered to your home library, or even change the pickup location.
- You can access digital resources from our online catalog, including eBooks, audiobooks, and digital magazines.
- Enjoy access to Consumer Reports online.
- Over 500 online classes available for FREE to patrons of the North Country Library System libraries! Classes are available in a diverse range of subjects; computers, business, home and garden, health and medicine, and more.

The Smartest Card
Get it. Use it.
Free at your Library

- Online music and art lessons are offered through Artist Works.
- Find articles and research papers using our reference database.
- Interested in Genealogy? Enjoy access to historical databases, newspapers and related websites.

Stop in at your local library and sign up for a card. It’s free, has fantastic benefits, and will help your library with funding!

~ continued from front page

WELLHOUSE MINISTRIES, INC.

The mission of Wellhouse Ministries is to open ‘Anthony House’, a residential home where people needing end of life care can receive 24-hour care & pass in a peaceful & loving setting.

Medical services will be provided by a certified home hospice agency with supportive services provided by trained volunteers and staff (see volunteer opportunities). Anthony House also extends supportive services to families after the passing of their loved one.

Wellhouse Ministries presents.....

BLACK & WHITE
MASQUERADE BALL

The American Foundry
Saturday, January 13, 6-10p
(Doors open at 5:30p)

Featuring Roasted Turkey Carving Station, Pasta, Hors d’oeuvres, Dessert Table and Cash Bar.

Entertainment by local artists, featuring THE BILLIONAIRES

RAFFLES - LIVE AUCTION
LOTTERY BOARD - PHOTOBOOTH

BLACK & WHITE attire, INCLUDING A MASK REQUIRED.

To purchase tickets, email - info@whministries.org or call Kateri Spinella, 315.992.4218

Anthony House ~ Signature Fundraiser

“We are encouraged that people are so supportive of our efforts & grateful our community recognizes the need for such services in Oswego County. Giving families a gift of time — time spent together as a person approaches end-of-life, without the worry of personal care needs is one of our main objectives”. said Kateri Spinella, Co-founder, Wellhouse Ministries, Inc.

CONTRIBUTIONS TO RSVP
IN MEMORY OF ALL LOVED ONES
An anonymous contribution has been made. Thank you for the generous donation!

MATURE LIVING
An anonymous contribution has been made. Thank you for the generous donation!

YOUR SUPPORT IS APPRECIATED

Because needs are becoming greater than the resources available to meet them, we appreciate all financial contributions. Your assistance will help seniors maintain their independent lifestyles and help RSVP recruit and place volunteers where the need is greatest in the local community.

Contributor Name: ____________________________

May we publish your name in Mature Living? Yes___ No___

Street ___________________ City__________ State____ Zip______

I designate my contribution for:

☐ RSVP general operations
☐ Mature Living newsletter
☐ Other Specific Program(s):

_________________________

In ☐ Memory / ☐ Honor of:

_________________________

Kindly mail this coupon with your contribution to: RSVP Program 34 East Bridge St. Oswego, NY 13126

Checks payable to: Research Foundation for SUNY-RSPV

Contributions are tax deductible to the extent of the law.
WHAT EXACTLY IS BLOOD PRESSURE??

Simply put, blood pressure is created by the heart as it pumps blood through the arteries and circulatory system.

The arteries carry blood away from the heart. As blood travels through the arteries, it presses against the walls of the arteries. Your blood pressure is recorded as two numbers:

**Systolic blood pressure** (the upper number) — indicates how much pressure your blood is exerting against your artery walls when the heart beats.

**Diastolic blood pressure** (the lower number) — indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Which number is more important? Typically, more attention is given to systolic blood pressure as a major risk factor for cardiovascular disease for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term build-up of plaque and an increased incidence of cardiac and vascular disease. ~ Webmd.com

The American Heart Association (AHA) wants you to know that cardiovascular diseases and stroke are largely preventable. Risks can be lowered by adhering to “Life’s Simple 7” —

- Not smoking
- Being physically active
- Maintaining a healthy weight
- Eating a healthy diet
- Controlling blood pressure
- Controlling cholesterol
- Controlling blood sugar

EAT SMART

Make healthy and delicious choices whenever and wherever you eat. Make life more colorful with fresh fruits and vegetables. Eating healthy doesn’t have to mean dieting or giving up the foods you love completely. Moderation is key.

MOVE MORE

Infuse more movement into your life for optimal health. Thirty minutes a day, five times a week is an easy goal to remember. You'll experience benefits even if you divide the 30 minutes into two or three segments per day.

To assess your cardiovascular health, visit MyLifeCheck.org. For more information, call 1-800-AHA-USA1.

BE WELL

Create balance, vitality and wellbeing through self-care. Along with eating right and being active, make sure you get enough sleep. Practice mindfulness, manage stress, keep your mind and body fit, connect socially, and more.

**KNOW THE SIGNS OF A STROKE** —every minute counts

F

Facial Drooping

A

Arm Weakness

S

Slurred Speech

T

Time to call 9-1-1

Friday, February 2

NATIONAL GO RED FOR WOMEN DAY

Why go red? In the U.S. cardiovascular disease kills approximately one woman every 80 seconds. The good news — 80% of cardiac events may be prevented with education and lifestyle changes.

KNOW YOUR NUMBERS? THEY COULD JUST SAVE YOUR LIFE

Talk to your healthcare provider to learn about your Blood Pressure, Cholesterol, Blood Sugar & BMI (Body Mass Index). Your heart depends on it.

TAKE CHARGE OF YOUR HEALTH WITH A WELL-WOMAN VISIT

Early detection can make all the difference in a successful battle against the #1 killer of women. A Well-Woman visit gives your doctor the chance to review your overall health, including key elements of ideal cardiovascular health.

KNOW YOUR RISK FOR HEART DISEASE

Knowledge is power. The sooner you know and understand your risk, you can take preventative steps to keep it from entering your life. Factors like age, gender, and family history are obviously beyond anyone’s control, but there’s still a lot you can do to minimize your risk.

FACTORS THAT INCREASE YOUR RISK FOR HEART DISEASE

While you can’t change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk. ~ goredforwomen.org

My Doctor’s concerned about my high blood pressure. I told him next time don’t leave me sitting in the waiting room for 2 hours!

~ Maxine

WHY BLOOD PRESSURE IS MEASURED IN MM HG

The abbreviation mm Hg means millimeters of mercury. Why mercury? Mercury was used in the first accurate pressure gauges and is still used as the standard unit of measurement for pressure in medicine.

Systolic blood pressure (the upper number) — indicates how much pressure your blood is exerting against your artery walls when the heart beats.

Diastolic blood pressure (the lower number) — indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

WHICH NUMBER IS MORE IMPORTANT?

~ Webmd.com
The SUNY Oswego community mourns the passing of Edith Maloney Knight, a member of the SUNY Oswego Class of 1950. An elementary teacher in the area, she educated young minds in Oswego County for 25 years and carried on the legacy of the college founder, Edward Austin Sheldon, as a generous contributor to the well-being of the campus and the greater community. Edith had a truly generous spirit; she loved to be involved.

For decades, she served on the Oswego Alumni Association’s Board of Directors and was instrumental in organizing the students for the annual Telefund drive. A lifelong resident of the Oswego area, Edith often brought the college and the community together on initiatives. She would leverage her connections with local business people to receive donated gift certificates to feed and reward the student Telefund callers. Long before computers, she trained the students to capture any new updates and address or job changes from alumni when they made their solicitation calls—helping the alumni to remain engaged with SUNY Oswego.

During her years on the alumni board, the association created gift club designations to recognize alumni who contribute to The Fund for Oswego at specific levels. She was among our most loyal and ardent supporters, annually making a gift to The Fund for Oswego—waiting to do so until she heard a Telefund student on the other end of the phone. She helped organize alumni events, including reunion for many years. She represented her class during President Deborah F. Stanley’s inauguration in 1998, and was a familiar face at alumni events throughout her life. She earned the Oswego Alumni Association’s Distinguished Service Award in recognition of her contributions.

Edith volunteered countless hours at many RSVP stations such as local elementary schools, OCO home delivered meals, Senior Camp, Red Cross, Oswego Co. Humane Society, Oswego Co. Hospice, St. Luke, Office for the Aging, Chamber of Commerce, RSVP office, Harborfest and was well-known as an RSVP Bone Builders Osteo Instructor at the Oswego YMCA.

Her involvement in the broader community reflected the love and commitment she felt toward Oswego and the people who live and work here. In her final days, she remained a very active volunteer with the Retired Senior Volunteer Program (RSVP), having donated her time and experience for 27 years. In 2009, Edith was awarded the Presidential Lifetime Achievement Award at the 36th annual RSVP Volunteer Luncheon. “Her dedication, spirit and tenacity made the college and the community a better place,” said President Stanley. “She will be deeply missed.”
The Right Care Right Next Door

The St. Luke Family of Caring
Providing a continuum of care ranging from apartments with supportive services to skilled nursing.
Convenient locations & four decades of experience we offer the only integrated system able to meet the changing needs of seniors in our community.

315.342.3166 | www.stlukeshs.com

Happy Birthday Volunteers

JANUARY

1 Maxine Holland
2 Mary Borte
3 Paula Rohn
4 Evelyn Baldwin, Julie Birtle
5 Patricia Harrington, Nancy James
6 Thomas Ferguson, Patricia Lamson
7 Dianne Mitchelson
8 JoAnn Locy, Douglas Wagner
9 Ann Hardy, Carolyn McKay,
10 Sandra Bilowus, Mirna Foster
11 John Quiggle, Diane Spaziani
12 Meg Mahon
13 Wanda Watkins
14 Judy Rusho, Ron Sipling
15 Mary Orr
16 Laraine Crisafulli, Diana Laurent,
17 Margaret Quigley
18 Harriet Kemp, Francis Quirk
19 Carl Patrick
20 Paul Attwood, Jackie Root,
21 Doris Schwitter
22 Judith Agugliaro, Joanne Gardner
23 Mary Ann McDougal
24 Louise Kellogg

FEBRUARY

1 Maud Pitonza
2 Nancy Dingman
3 Mary Lou Bjorkman,
4 Mary Lou Bjorkman,
5 David Brown
6 Barbara McCann,
7 Rose Woods
8 Ginger Leotta
9 Paula Steele, Jill Walch
10 Leon Smith
11 Bonnie Lescenski
12 Deborah Halliday
13 Diana Gardiner
14 Alec Seymour
15 Paula Vergos
16 Karen Defren, Ann Rockower
17 Nancy Bookheimer
18 Nancy Smith
19 Linda McNitt, Theresa Sheldon
20 Martha Arnold
21 Clara Fortier, Thomas Marshall,
22 Rita Scruton
23 Karen Defren, Ann Rockower
24 Gloria Jaskula
25 Donna Donahue,
26 Ronald Smith
27 Linda McNitt, Theresa Sheldon
28 Donald Steere

The St. Luke Family of Caring

Providing a continuum of care ranging from apartments with supportive services to skilled nursing.
Convenient locations & four decades of experience we offer the only integrated system able to meet the changing needs of seniors in our community.

315.342.3166 | www.stlukeshs.com

150 years and counting... Your community partner.

Proud supporter of the Retired Senior Volunteer Program

www.pathfinderbank.com

Local Community Trust.

Heating & Energy Assistance Program (HEAP)

HEAP, a federally funded program that assists low income families with their home energy bills, opened up Nov. 2017. Individuals who are age 60 and older or those receiving disability benefits and are in need of heating assistance can call Oswego County Office for the Aging (OFA) at 315.349.3484 to request an application.

If you have run out of heating fuel or received a shut off notice, Emergency HEAP may be available by calling the Department of Social Services at 315.963.5021.

Travel Destinations

NEW HAVEN SENIORS
Call Elaine Parkhurst at 315.343.9475

April 24 ~ 25, travel to Lancaster, PA.
The Sight & Sound Theatre offers Jesus, a musical stage adventure and the Dutch Apple Theater presents Showboat, a romantic musical. $365pp.

July 25 ~ travel to Albion, NY.
Matinee dinner show at Tillman’s Village Inn featuring the Marcy Downey Show, “Legends of Laughter and Song”. With a lifetime of show business experience, and coast to coast stage appearances, Marcy Downey is the ultimate entertainer.

VOLNEY TOWN SENIORS
Call Norma Broderick, 315.593.6138

May 7 ~ 8, travel to Lancaster, PA.
Enjoy Jesus, a story of relentless love at the Millennium Theater, tour President Buchanan’s home Wheatland, enjoy a wine & cheese reception upon arrival at the hotel & shopping. $314 - $380pp. $100 deposit due by 1/11.

Jobs fill your pocket but adventures fill your soul!
Oswego County
OFFICE FOR THE AGING (OFA)
70 Bunner Street, Oswego, NY 13126
Main Telephone: 315.349.3484.

Did you know that the OFA has Respite Services available?
Are you a caregiver in need of respite? Ask yourself, DO I:

- leave the care receiver alone and worry about his or her safety?
- find I’m more tired than I used to be?
- quit doing things with my friends?
- think about reducing my hours at work or quitting my job?
- often wish I had more time to myself?
- tend to get angry or resentful toward him/her because of all I have to do?
- have responsibilities for other people?
- have problems with my own health?

If you selected yes to even one of the items, you may benefit from respite services. OFA offers 3 respite programs:

- **EISEP Respite Program** requires an assessment and respite is provided by an OFA contracted agency.
- **The National Family Caregiver Support Program** offers reimbursement for provided respite services.
- **Alzheimer’s Respite** provides respite to assist caregivers who care for someone with Dementia or Alzheimer’s Disease through contracts with Social Adult Daycare and Providers.

For info., contact OFA at 315-349-3484.

~ Sara Sunday
Aging Services Administrator
Published bi-monthly by 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.

RSVP is funded in part by the Aging Together Program and NYS Department of Health. Mature Living is a publication of the Oswego County Department of Aging.

**January Events**

**Out and About**

**February Events**

**March Events**

**April Events**

**May Events**

**June Events**

**July Events**

**August Events**

**September Events**

**October Events**

**November Events**

**December Events**

**IF I WAS PRESIDENT….**

~ from a kid’s perspective

“If I was president I would take care of the whole world. Gumball machines will go in every store for kids so they are happy & everybody will have $100 bills because they need food & a place to live & something to drink.”

~ Danielle A., age 8

“If I was president I would put snack machines in every school in the country. I would make a rule that if you would do something super nice, you would get $200. I will give the poor $300. In the White House I would have a bowling alley & a swimming pool, too.”

~ Tyler R., age 7

“If I were president, my first declaration would be to make a law that everyone should be treated the same. I want that to happen because some people do not have the same rights.”

~ Addison N., age 8