The Cornerstone Club

A new social day program designed especially for older adults is planning to open its doors in mid-July. The Cornerstone Club will offer members a safe and secure place where they can socialize and take part in activities with staff, who are also available to provide supervision, health and nutrition monitoring.

Easily accessible to the community, The Club will be located at the newly renovated Catholic Charities site at 806 West Broadway (State Route 3) in the City of Fulton and will serve the entire county. Intended hours of operation are Monday - Friday, 7:30a - 5:30p with flexible attendance options offered.

~ cont’d on back page

44th annual

Retired & Senior Volunteer Program Recognition Luncheon

CALLING ALL OUTLAW VOLUNTEERS

Dust off your boots & western wear, saddle up & ride on out to the RSVP Corral

Tuesday, September 19
Round-up begins at High Noon - Gates open at 11 am.
Lake Ontario Event & Conference Center, 26 E. 1st St. Oswego, NY

Invitations mailed 8/31

Oswego County Legislature
Human Services Committee Recognizes RSVP

The Oswego County Legislature recognized RSVP of Oswego County on May 11. RSVP was honored with a proclamation depicting, not only the hard work and dedication, but the continued positive impact RSVP volunteers provide our community.

RSVP volunteers logged over 41,000 hours, 121 hours served, on average, per person, to 62 agencies in Oswego County in 2016.

Shown left to right are: Legislator Daniel LeClair; RSVP Director Meave Gillen; RSVP Advisory Council Vice-President Pat Jones; RSVP Advisory Council President Ellie Filburn; Legislator Marie Schadt; RSVP Advisory Council member Teresa Ferlito; RSVP Volunteer and AARP Tax Aide John Lyons; Legislator Heather DelConte and Legislator John Proud.
**OSWEGO YMCA**
The School Age Child Care Program (SACC) in need of several volunteers.

*Group Leaders:* Supervision, paperwork and assist staff; CPR and First Aid is required.

*Staff Counselors:* Student interaction, games, arts & crafts, reading, etc.

*Mexico Elementary, Riley Elementary, Kingsford Elementary and Minetto.

Summer Camp Counselor: Program oversight at Oswego YMCA.

Info., Kyle Boeckmann, Program Director at 315.342.6082, or email kboeckmann@oswegoymca.org.

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**HUMAN CONCERNS CENTER**
Located at 85 E. 4th St. Oswego, the food pantry serves residents in the Oswego City School District and is open Monday - Friday, 12-3pm. Two permanent and five substitute volunteer positions are available. Info., JoAnn Locy, Director at 315.342.7301.

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**O’MARA WELCOME CENTER**
Open May - September, volunteers needed to staff the tourist center. Shifts are flexible and you choose when to work! Volunteers of all ages welcome. Info., RSVP at 315.312.2317 or rsvp@oswego.edu.

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**SENIOR HOME REPAIR**
Oswego County Office for the Aging (OFA) and the Center for Instruction Technology & Innovation (CiTi) will partner this fall to assist local community seniors, ages 60+ who are in need of minor home repairs. The project is scheduled to start in late September and run approximately four weeks.

Volunteers such as carpenters, plumbers, maintenance, painters, etc. are requested to supervise CiTi Construction Technology students working on the repairs. Info., OFA, 315.349.3484.

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**JULY 27 - 30**

**HARBORFEST**
This year marks the 30th anniversary of an event that wouldn’t be possible if not for the thousands of volunteers who have dedicated their time and support over the years.

The community is again calling on it’s residents to staff this year’s festival. Volunteer applications are available on the website: oswegoharborfest.com.

Applicants are asked to list any specific volunteer duty preferences and if working together as a group. Info., email Nick Little, Volunteer Coordinator, volunteer@oswegoharborfest.com.

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**OCO HOME DELIVERED MEALS**
A volunteer driver is needed Thursdays for meal delivery route in the Mexico area. Info., 315-598-4712 x 1807. Christine Parks, OCO Volunteer Coordinator.

Consider teaming up with family, friends, or co-workers to provide the necessary coverage to local seniors who may otherwise struggle to eat a healthy meal. By volunteering, even just an hour a week, you can ensure our seniors receive a hot, nutritious meal and a friendly “Hello”.

~ Editor

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**OCO DINING & ACTIVITY CENTERS**
Parish & Mexico sites are in need of a few volunteers to assist with daily operations. Days and times are flexible and volunteer duties are supervised by the site managers. Info., 315-598-4712 x 1807, Christine Parks, OCO Volunteer Coordinator.

Your greatness is not what you have but what you give!

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**THE OMBUDSMAN PROGRAM**
An advocacy program that focuses on the health, safety, and civil rights of people in nursing home and adult care facilities. An Ombudsman is a certified volunteer who assists with resolving resident concerns and complaints, provides information about residents rights, and advocates on behalf of residents.

There will be a Long-Term Care Ombudsman Training, September 6, 8, 9, and 13, 9a – 4p. Info., Jeff Parker, Regional Ombudsman Coordinator, 315. 671.5108 or jparker@ariseinc.org.

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**Paid Opportunity**

**OSWEGO COUNTY OPPORTUNITIES**
A front desk receptionist needed at the main office, 239 Oneida St., Fulton. This is a paid position and hours are Fridays, 8a - 4:30p. There are also openings available for substitute clerical staff to cover vacations, sick days, etc. Occasional coverage at the Midtown Plaza office in Oswego.

Individuals hired will be trained in all aspects of the job and should have some computer experience, handle a multi-line phone and have reliable transportation. Info., Betsy Copps at 315.598.4717 x 1092.

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**Editor note:** See Oswego County Office for the Aging (OFA) article, opposite page.

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**ARISE**
An advocacy program that focuses on the health, safety, and civil rights of people in nursing home and adult care facilities. An Ombudsman is a certified volunteer who assists with resolving resident concerns and complaints, provides information about residents rights, and advocates on behalf of residents.

There will be a Long-Term Care Ombudsman Training, September 6, 8, 9, and 13, 9a – 4p. Info., Jeff Parker, Regional Ombudsman Coordinator, 315. 671.5108 or jparker@ariseinc.org.

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From the Director,

Every year RSVP has the distinct honor and privilege of thanking our volunteers for their hard work and dedication to our program and more importantly, the impact to the County. This year will be no different, Tuesday, September 19, we will be celebrating our 44th Annual Volunteer Recognition Luncheon.

Volunteer hours are submitted by partnering agencies as a method to summarize the positive impact RSVP volunteers are providing in Oswego County. These hours illustrate the success and effect of each station and provide a valuable insight into the specific needs of the community.

The volunteer hours show our funders that the valuable contributions made by our volunteers are a significant and cost-effective resource to the county. It allows RSVP to secure necessary funds through grants, sponsorships, and donations.

The funding allows us to continue to strengthen our community, problem-solve critical needs, and encourage volunteerism is on a local level.

As an active volunteer who has logged 40 hours during the course of the year, you will receive an invitation as our guest of honor with a complimentary meal. If you are unsure of your volunteer hours, call or email the office for confirmation.

Please be sure your station directors are submitting your hours to RSVP! We welcome thoughts, questions, and feedback.

Best,
Meave

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160th
Come Celebrate
our Local Farmers

OSWEGO COUNTY FAIR
AT SANDY CREEK

August 9 - 13
Parade - August 9th

Grandstand events, food, games, rides, children's activities, agricultural displays & more!

Senior Day - Wednesday, August 9
Stop by the RSVP booth!

Volunteer Opportunities

Each year, we have many opportunities for anyone who would like to volunteer their services and this year is no exception. Our major need at this time is for volunteers to cover our fair booth, which is located in the Commercial Building.

Volunteers work the following shifts daily; 10a - 2p, 2p - 6p & 6p - 9p. Workers assist fair goers with signups for our daily dinner giveaways, sell our 50/50 tickets and sometimes answer questions.

You may boast about the circus and the animals so rare, but for sport and real enjoyment give me the County Fair.
— advertising postcard, 1908

We also have many other volunteer opportunities before the fair’s official opening day - we are always looking for volunteers for our "Special Times for Special People" which will be held this year on the 8th of August.

Call Carol Sweeney at 315.387.3873 or Robin Seaman at 315.806.3938 or come visit the fairgrounds any weekend to discuss other volunteer opportunities that we have.

Visit: www.oswegocountyfair.com/

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RSVP
Retired & Senior Volunteer Program
34 East Bridge Street, Oswego, NY 13126
Telephone: 315-312-2317
email: rsvp@oswego.edu
www.oswego.edu/rsvp

AARP Smart Driver Program

The classes are taught by certified volunteers. Class size is limited and pre-registration is required. Class cost is $25 ($20 for AARP members) payable by check or money order only, cash will not be accepted. Call instructor to sign up, no calls after 8 pm.

Upcoming Classes:

JULY
27 & 28, 9:30a. The Oswego Salvation Army W. 2nd St. Instructor: Pat Foster, 315-963-8133.

AUGUST

SEPTEMBER
14 & 15, 9:30a. The Oswego Salvation Army W. 2nd St. Instructor: Pat Foster, 315-963-8133.

OCTOBER

NOVEMBER
In the upcoming weeks, Oswego Health will unveil its latest advanced service, the Center for Wound Healing at Oswego Health. The Center will offer a multi-specialty team of board-certified physicians and nurses who possess extensive knowledge of wound care management. The Center will provide comprehensive wound care treatment and care for patients suffering from chronic or non-healing wounds that have not healed after 30 days.

This outpatient service, located on the third floor of Oswego Hospital, includes four private treatment rooms and two hyperbaric chambers. The pressurized chambers allow a patient to breathe 100 percent oxygen, which stimulates many physiological responses in the cells and tissues, promoting wound healing.

Oswego Health is collaborating with Healogics, the nation’s largest provider of advanced wound care services to bring this service to the community. Healogics and its affiliated companies manage nearly 800 Wound Care Centers® in the nation. Healogics utilizes an evidence-based systematic approach to chronic wound healing in treating an underserved and growing patient population.

**CENTER FOR WOUND HEALING**

“Oswego Health is pleased to bring another progressive healthcare service close to where residents live,” Oswego Health President and CEO Chuck Gijanto. “Many residents will benefit from this specialized care and we look forward to helping them health their persistent wounds and improve their overall health status.”

For more information or to schedule an appointment, call the Center for Wound Healing at 315.326.3780. The Center will treat those with chronic non-healing wounds.

**Conditions treated include, but are not limited to:**

- Diabetic wounds; lower extremities
- Pressure ulcers
- Soft tissue radiation injuries
- Necrotizing infections
- Compromised skin grafts and flaps
- Burns
- Osteomyelitis
- Lymphedema
- Malignant wounds
- Venous leg ulcers

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**PATHFINDER BANK SPONSORS**

**OSWEGO COUNTY SENIOR FINANCIAL HEALTH & WELLNESS**

Pathfinder Bank, RSVP, and Oswego County’s Office for the Aging (OFA) are collaborating on Tuesday, August 8, at 1p on SUNY Oswego’s campus to provide a variety of resources to our Senior Community as well as facilitating connections with professionals based on participant interest. This is part of Pathfinder’s “Money Smart” Program with a focus on Senior Financial Health & Wellness. Each agency will provide information as well as the ways and means on accessing and utilizing the readily available tools and materials within the County.

“RSVP is very excited for this partnership. Our goal at RSVP is to recruit volunteers aged 55 and older, and develop program opportunities for our volunteers that are rewarding and yet challenging, as well as strengthening our county community by meeting critical needs and improving lives. This event will provide RSVP, Pathfinder Bank, and OFA the opportunity to reach out even further to educate our community members. By highlighting the resources and materials available for especially for our seniors, we are working together to ensure they have access to accurate and up to date information.” ~ Meave Gillen, RSVP Director

“Pathfinder Bank is dedicated to helping our seniors and their families stay safe in a world where elder financial abuse is a growing issue. Together, we will provide our seniors the resources to make healthy financial decisions and the tools to prevent financial exploitation.” ~ Deana Michaels, Branch Manager, Pathfinder Bank

“At the Oswego County Office for the Aging, our mission is to assist older residents remain in the community at the highest level of independence, for as long as possible, in safety and dignity. We are happy to partner with Pathfinder Bank and RSVP to add one more tool to help our seniors safely age in place” Sara Sunday, ~ Sara Sunday, OFA Aging Services Administrator

Space is limited. If you are interested in learning more or to register contact RSVP at 315.312.2317 or email rsvp@oswego.edu.
Save the date

RSVP OSTEOPOROSIS BONE BUILDERS NEW INSTRUCTOR TRAINING
United Methodist Church
4372 Church Street, Mexico, NY 13114
Thursday, October 12
9:00a - 3:00p - Registration 8:45a

Space is limited and pre-registration is required. Lunch will be 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. For information on teaching the exercise regimen or becoming a participant, contact RSVP by calling 315.312.2317 or email rsvp@oswego.edu.

The Osteo Bone Builders Program was first introduced into Oswego County in May 1999. As with most RSVP programs, it is designed to help people help themselves. In this case, RSVP volunteers are trained to help their peers overcome and control the debilitating effects of Osteoporosis and at the same time, have fun doing it.

Drink Up........

STAY HEALTHY AND HYDRATED THIS SUMMER

Every cell in your body needs water to function. Water transports nutrients and oxygen throughout the body, and carries away waste materials. Water makes up most of your body, around 55% of body weight at older ages. Your brain and heart are almost three-quarters water, your muscles and kidneys almost 80% water, and even your bones are about 30% water.

As you age, you need to pay extra attention to your body’s hydration needs. Older people often have a reduced sensation of thirst, so it's easier to miss the warning signs that you’re becoming dehydrated. Older individuals also tend to have lower reserves of fluid in the body, may eat less regularly, and therefore consume less sodium.

Avoid sports drinks unless engaged in prolonged and vigorous activity in hot weather. Sugary sodas and energy drinks are an "absolute no." The added sugars provide little or no beneficial nutrients and plenty of risk for weight gain and diabetes.

In addition to drinking plenty of water and other healthy liquids, you can reduce your risk by exercising regularly. Fit people of any age sweat more, keeping the body cool, but also have more diluted sweat, losing fewer electrolytes as they perspire.

STAY HEALTHY AND HYDRATED THIS SUMMER

~ www.nutritionletter.tufts.edu

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FRIENDS OF PULASKI PUBLIC LIBRARY SPONSOR BOOK SALE

Come to Pulaski & browse a wide variety of hardcovers, paperbacks, kid’s books, games, puzzles, & even DVDs. Prices range from $.25 to $1.

Thurs., 7/20, 11a - 5p
Fri., 7/21, 9a - 4p
Sat., 7/22, 10a - 1p

Snow Memorial Building
4917 N. Jefferson St., Pulaski

For more info., call the Library at 315.298.2717, email: pillib@ncls.org or visit www.pulaskinypubliclibrary.org

~ submitted by Eileen Soika
Have an Open Room and an Open Heart? become an OCO Family Care Home Provider!
Receive $822 /Mo. & $150 / Qtly. per resident
Call Penny Foster-Pratt 315-298-4710, ext. 1094
Foster Funeral Home, Inc.
Three Generations of Family Tradition — Since 1919
910 Fay Street • Fulton • 315-392-2313
837 Cayuga Street • Hannibal • 315-364-6288
fosterfh@windstream.net • www.fosterfuneralhome.com
Building Trust for Generations
Three Generations of Family Tradition — Since 1919
315•592•4201
Fulton Savings Bank
www.fultonsavings.com

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Smoke free venue
TOBACCO FREE NETWORK of CNY

Located at J&M Warehouse & Storage on St. Rt. 104 in New Haven, the market officially opened June 7 and continues every Wednesday from 3:30 - 8pm, through September 27. Roundtrip shuttle service from the city of Oswego will be provided by Shawn Walker (“D Bus”).

A family friendly and completely smoke free market, vendors offer a wide selection of fresh produce, home-baked goods, hand-crafted wares, craft classes for kids, artwork and much, much more. Shoppers can listen to live entertainment, grab dinner from hot food vendors and even sample wines.

Oswego County OFFICE FOR THE AGING (OFA)
70 Bunner Street, Oswego, NY 13126
Main Telephone: 315.349.3484.

HOME REPAIRS
OFA is partnering with CiTi (BOCES) Construction Technology students and RSVP volunteers, to assist seniors in need of minor home repairs. If you or someone you know is age 60+ and is in need, call OFA for info.

BIP (BALANCING INCENTIVE PROGRAM) CAREGIVER PROGRAM
OFA has received funding to assist care-receivers on Medicaid. It allows OFA to provide ramps, in collaboration with ARISE, to eligible households. The grant also allows OFA to help with Project Lifesaver Program, a GPS tracking bracelet for people at risk to wander. Call OFA for info.

Congratulations Bob Green!
Bob Green of Volney was recently recognized by New York State Office for the Aging as Oswego County’s Volunteer Senior of the Year. OFA thanks Bob for the time and energy he devotes to the programs in our community.

FARMER MARKET COUPONS
Booklet ($20 value) distribution is Wed., July 12, 10a - 2p at the Oswego County Health Depart. 70 Bunner St., Oswego. If you cannot make this date, call OFA for info. You must be 60+ with income guidelines of 1,860/mo. for a 1-person household, $2,504/mo. for a 2-person household; or age 60+ and currently receiving (or eligible) SSI, public assistance and/or Sec. 8 housing.

~ Sara Sunday Aging Services Administrator

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Smoke free venue
TOBACCO FREE NETWORK of CNY

There will be special events and classes such as SPCA adoption days, Cornell Cooperative Extension classes and various demonstrations scheduled throughout the market season.

Food programs such as WIC Farmers Market Nutrition Program, the Senior Farmers Market Nutrition Program SNAP and Fresh Connect are welcome and accepted.

For more information, email info@OCRMNY.com, visit their web site, www.ocrmny.com, and follow them on Facebook, Oswego County Regional Market.
Developed by St. Luke Health Services, The Cornerstone Club will be a structured, comprehensive program that provides functionally impaired individuals a safe place to socialize, receive personal care and nutritional services, all in a comfortable and engaging setting.

Those benefiting from the program may be experiencing limitations due to a functional impairment such as stroke, or cognitive impairments such as Alzheimer's disease or other dementia-related illnesses.

The Cornerstone Club is designed as an alternative to institutional care; helping to keep people in their home by providing a safe and structured environment for those who need some level of supervision or services while offering caregivers respite.

The program is currently open for enrollment. Members will have their own individualized person-centered service plan developed by club staff in collaboration with the member and their caregivers.

Program enrollment can be paid for privately, funded through a Managed Long Term Care Plan, or other programs. Scheduling is flexible; members can visit as often as they choose. The Cornerstone Club will follow New York State guidelines and regulations for the operation of a Social Adult Day Care program.

“Being a family caregiver for an older adult can be a difficult and demanding responsibility. The Cornerstone Club will provide respite services that will help alleviate stress by providing caregivers a place to bring their loved one that offers a structured program that will promote interactions that enhance quality of life.” ~ Nicole Greenier, Program Director

The Cornerstone Club is made possible by the generous support of The Shineman Foundation & The St. Luke-John Foster Burden Fund. Community partners include Oswego County Opportunities, Inc. & Catholic Charities of Oswego County.

Have a question
Need information?
Nicole Greenier, Program Director
315-592-2001
Schedule an appointment

The Cornerstone Club
500 State St
Syracuse, NY 13210
Phone: 315-694-1277
Fax: 315-694-1278

Published bi-monthly the Mature Living newsletter features a variety of local, state and national news relevant to older Americans. By providing a structured and safe social environment, the Cornerstone Club offers a solution to many of the challenges faced by caregivers of older adults in our community.

Non-Profit Organization
www.oswego.edu/Cornerstone
RSP@oswego.edu
315-312-2317

RSP
103 Rich Hall, SUNY Oswego