RSVP Volunteer honored

VETERANS’ HALL OF FAME CEREMONY

Senator Patty Ritchie recognized 36 local veterans at the annual NY Senate Veterans’ Hall of Fame ceremony on Thursday, May 12.

The 2016 event took place at the Edick-Hamlink VFW Post 369 in Mexico. The program was created as a way to honor our Veterans for their military service to our nation.

RSVP Volunteer recently inducted into the New York State Senate Veterans’ Hall of Fame

“Congratulations to Clark Francis, United States Marine Corp. Veteran and RSVP Volunteer recently inducted into the New York State Senate Veterans’ Hall of Fame. This honor is just one small way we can thank our veterans for their sacrifices. Dedicating your life to serving your country takes a very special person,” said Senator Ritchie.

RSVP Volunteer honored

Hollywood

Rolling Out The Red Carpet For Our Volunteers

Wednesday September 21st the Retired & Senior Volunteer Program will pay tribute to a star-studded cast of RSVP volunteers. Volunteers will enjoy an afternoon as we celebrate Hollywood style at the Lake Ontario Event and Conference Center located on East 1st Street in Oswego. Come dressed in your best glitz, glam and plenty of bling!

The annual celebration honors the dedication of our volunteers and recognizes the accomplishments they have achieved. Highlights include: Dinner; Raffles; Awards and more.

Invitations are largely based upon volunteer hours (see article on page 3), any volunteer who has not received an invitation by September 6th is asked to contact the RSVP office.

RSVP Volunteer honored

HARBORFEST

Sometimes the best vacation is a Staycation!

See back page for more local events

SUMMERTIME IN OSWEGO COUNTY

July 28—31

Held annually in Oswego, Harborfest draws over 100,000 people to the area. The festival offers concerts, a midway and activities for all. Some highlights of the festival are the Novelis Family Park which is filled with activities for children and lots of family fun and the Saturday night Entergy Nuclear Fireworks Spectacular that light up the skies over Oswego Harbor. What makes Harborfest truly unique is that it is staffed almost entirely by 200+ volunteers (see vol. opportunities, p. 2).

August 10—14

Come and experience the sights and sounds of the fair. Enjoy games, midway rides, lots of food, demonstrations, antique tractors, livestock, music and so much more. Senior Day is Thursday, August 11 and RSVP will have a booth in the entertainment building. Stop in and say “Hi” (see vol. opportunities, p. 2).

~continued on back page

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~continued on back page
Tell them RSVP sent you!!

Volunteer Opportunities

THE FULTON SALVATION ARMY
Long-term volunteer(s) to assist with the soup kitchen, daily 10a-2p. Duties include food prep, serving clients and clean up. INFO: Shawna @ 593-8442.

July 28 ~ 31

HARBORFEST
Volunteer training dates will be Wed., 7/20 & Thurs., 7/21 @ 6p in the McCrobie Bldg 41 Lake St. Oswego. Many positions are available from selling raffle tickets to shuttle attendants. On-line applications are available at oswegoharborfest.com/volunteer-application/ INFO: Garret Skinner, Vol. Coordinator @ 343-6858.

VICTORY TRANSFORMATION CENTER (VTC)
A new RSVP station, VTC is a Christian and healing mission whose services focus on disadvantaged/vulnerable, at-risk adults and their families. They offer a Drop-In Center and provide low-cost meals for as little as $1.50 at the Victory Roadhouse café.

VTC will also assist individuals with housing and critical needs. They currently need volunteers to greet clients, file paperwork, cashier, basic cooking and clean up help. INFO: Bill Whittaker @ 403-7681 or email: w2whittaker@gmail.com.

August 10 ~ 14

OSWEGO COUNTY FAIR
Senior Day is Thursday, 8/11 and RSVP needs volunteers to staff our booth. Shifts are flexible and guaranteed fun. INFO: Ellie Filburn @ 343-1953.

THE O’MARA WELCOME CENTER
Open from Memorial Day through Labor Day, the tourist center is in need of volunteers. Shifts are flexible and all ages are welcome, you do not need to be an RSVP volunteer. INFO: Arlene Johnson, Tourist Center Coordinator @ 342-5266.

ARISE OSWEGO COUNTY RAMP PROGRAM VOLUNTEERS NEEDED
As the need for proper access to homes continues to grow in Oswego County, so does the effort to meet those needs with ramps that provide the freedom to come and go from your home. Thanks to the generous corporate investments in the program and our successful fundraiser in June ARISE is in a good position to meet a lot of those needs this year.

We have also been the benefactor of a grant from the Richard S. Shineman Foundation which has grown our aluminum ramp program. In collaboration with Oswego Co. Hospice we are now able to supply a number of ramps for those who wish to have a better quality at the end of their life, by spending that time with loved ones.

We continue to welcome donations that assist in the future growth of the program. However, our need at the moment is for volunteers who will help us build the wooden sections, assemble both aluminum and wooden ramps and for general support of the program. INFO: James Karasek @ 342-4088 x206 or email: jkarasek@ariseinc.org

WHY SUBMIT VOLUNTEER HOURS TO RSVP
The logging and reporting of RSVP volunteer hours by our partnering agencies provides us with a summary of how the volunteers are making a positive impact in programming. The hours also measure the success and effectiveness of each program and offer valuable insight into the specific needs of our community.

The documentation of hours show our funders that volunteer contributions are counted as a significant resource and this assists RSVP to secure ongoing necessary funding through grants, sponsorships, and program donations. The funding allows us to help strengthen our communities, problem-solve important issues and encourage volunteerism on a local level.

The RSVP staff and Advisory Council organize the annual volunteer recognition luncheon as a way to thank our volunteers for their hard work, dedication and accomplishments throughout the year. This is another instance where volunteer hours are used in preparation for awards, achievements and certificates.

RSVP volunteers tend to “hide their light under a basket”. When asked why they volunteer, the responses are as unique as the individual. What you will never hear is “I do it for the recognition”.

~ Tracie Wallace, RSVP

Gentle Outings, LLC is a non-emergency medical transport service located in Oswego County. Transportation is available to physician offices, hospitals, rehab facilities and more.

Medicaid and private insurance are billed directly through the office. Cash, check and major credit cards are also accepted. Hours are Monday - Saturday, 5a—7p. For information or to schedule an appointment, (315) 238-5553 or email info@gentleoutings.com. Website: www.gentleoutings.com

~ submitted by Dee Manning

VOLUNTEERS
Many are aware that the Oswego Co. American Red Cross Chapter merged with Onondaga County in 2015. With this change, we are finding it difficult to obtain RSVP volunteer hours.

We are asking that you contact the station director at your site & ask them to submit your hours to RSVP. You can also submit this information to us directly. It is essential for RSVP to track & log the hours in order for you to receive the benefits from this Senior Corps project.

~ Meave Gillen
From the Director...

Every year RSVP has the honor and privilege of thanking our volunteers for all their hard work throughout the year, by celebrating you – the volunteer. This year marks our 43rd Annual Recognition Luncheon, which will be taking place on Wednesday, September 21.

Active volunteers who have logged 40 hours or more, over the course of the year are mailed an invitation to the luncheon and receive a complimentary lunch. Volunteers with less than 40 hours of service are welcome to attend however you need to call RSVP to make a reservation for your paid meal. So be sure your station directors have submitted hours!!

Over the next few months, if you have any thoughts or questions regarding the luncheon or you would like to know more about RSVP, please do not hesitate to contact the office.

~ Best,
Meave

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

RSVP is a non-profit organization, whose mission is to encourage and foster the development and maintenance of volunteer opportunities that engage, support and enhance the lives of Americans 55+, while responding to the priority needs of the community.

Long ago when men cursed and beat the ground with sticks, it was called witchcraft...

Today, it's called golf!
SMART DRIVER PROGRAM

I am the Zone 3 Coordinator for the AARP Smart Driver Program. Our zone is made up of nine Counties and six Districts; the largest zone in New York State. Oswego County is identified as District 85 and Brenda Irving is the District Coordinator.

There are several openings for Volunteer Instructors in Oswego County. For information on how to become a Smart Driver Program Instructor, call Gordon Schipper, 315-529-1395.

For a number of years RSVP and AARP have worked together improving the lives of Oswego County residents. The Smart Driver Instructors are frequently volunteers in both AARP and RSVP programs. While RSVP uses the number of courses held and participants served to justify funding, they have also sent a number of volunteers to AARP that have become instructors and some of our instructors are also active in RSVP, presenting their programs. As we continue to expand our Smart Driver program, we are always in need of Volunteer Instructors.

Volunteer Instructors conduct classes using materials developed specifically for the program. Class schedules are flexible—and volunteers receive initial training and participate in local workshops. Approved out-of-pocket expenses are also reimbursed such as mileage, postage, long-distance calls, and basic supplies.

In closing, it has been a pleasure over the years to work with RSVP and to be a part of the growth of both volunteer groups.

~ Gordon Schipper
Zone 3 Coordinator

OSWEGO COUNTY
OFFICE FOR THE AGING (OFA)
~ Sara Sunday
Aging Services Administrator

Farmer Market Coupons Available

Farmers Market Coupon Booklets ($20 value) are now available through the OFA. Individuals must be age 60 & meet income guidelines: 1,832/mo. for 1-person household, $2,470/mo. 2-person household; or age 60 & receiving (or eligible) SSI, public assistance or Sec. 8 housing. Info: Call OFA at 349-3484.

CONGRATULATIONS

Georgia Davis for being recognized by New York State OFA as Oswego County Volunteer Senior of the Year. The OFA thanks Georgia for the time and energy she commits to programs in the Oswego County community.

Know Your Medications Presentation

Pharmacist Jamie Branshaw, RPh, from Wayne Drugs in Oswego will offer a presentation entitled; “Know Your Medications”, co-sponsored by OFA and Bishop’s Commons Tuesday, July 12th at 7p at Bishop’s Commons, 4 Burkle Street in Oswego. The presentation is free and open to the public.

Representatives from both the Office for the Aging and Bishop’s Commons will be on hand to answer questions following the presentation. Register by calling the OFA at 349-3484, or Bishop’s Commons at 349-0799.

OFA Advisory Council

The next OFA Advisory Council meeting is scheduled Friday, July 22nd @ 1p at the Sweet Memorial Building, Phoenix. Everyone is welcome and encouraged to attend.
In a letter dated April 26, 2016...

**CENTRAL SQUARE OSTEIO INSTRUCTORS RECOGNIZED FOR THEIR DEDICATION**

Dear RSVP;

Back in January as the snow was flying Lee Alder, a member of the Central Square Osteo Class suggested that the class do something to honor our RSVP teachers who just keep giving of themselves.

On April 20th, the class surprised our instructors with a light repast (meal) to show their appreciation for the dedicated service these three volunteers have demonstrated over the years.

Sue Taylor, Mary Kunzelman and Inez Kellogg have been doing the Osteo routine for more than 16 years. The students decided it was just about time the teachers were celebrated for their tireless, caring dedication and instruction.

Thanks RSVP for training the many volunteers in this all important program. ~ Julia Moore, Central Square Osteo Class participant

**Editor’s note:** Osteo Instructors Mary Kunzelman, Inez Kellogg and Sue Taylor have logged an incredible 5,807 hours combined and have a total of 40 years experience between the three of them (now that is dedication)! The Central Square class averages 18 participants making Central Square one of our larger Osteo sites.

**Thank you for all that you do!**

---

**BECOME A CERTIFIED RSVP OSTEIO INSTRUCTOR**

**United Methodist Church**
Mexico, NY

**Wednesday, October 5**
9:00a - 3:00p

Prospective instructors must be currently enrolled as an active Osteo participant for a minimum of six (6) months and referred by an Osteo Instructor. Space is limited and pre-registration is required. Lunch will be provided.

For more information on teaching the exercise regimen or becoming a participant, contact RSVP by calling 312-2317 or by emailing: rsvp@oswego.edu.

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.

---

**OSWEGO COUNTY OSTEIO SITES**

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<th>SITE</th>
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<td>Amboy - West Amboy</td>
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<td>4:45-5:45</td>
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<td>Constantia VFW</td>
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<td>Cleveland American Legion</td>
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<td>American Legion</td>
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<td>Minetto United Methodist</td>
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<td>Palermo - Town Hall</td>
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<td>Pulaski/Sandy Creek</td>
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150 years and counting...
Your community partner.
Proud supporter of the
Retired Senior Volunteer Program

Happy Birthday Volunteers

July

1. Margarita Flood, Phil MacArthur
2. Louise Sigler
3. Susan Benzing, John Lyons
4. Sarah Elkin
5. Virginia Hughes
6. Larry Jerrett, Eleanor Spicer
7. Edith Knight
8. Linda Attwood, Anne Gibbs, Sue Lewis
9. Margaret Meacham, Cynthia Stanton
10. Allison Dillabough, Carol Halstead, John Schupp
11. Nancy Lieb
12. Fred Swartz
13. Dianne Woods,
14. Laura Kinney, Patricia Machemer
15. Robert Foster, Patricia Rossman, Mary Lynch, Leon Stoughtenger
16. Kay Pullen
17. Joyce Cook, Carol Miles
18. Edward McManus, Beverly Reynolds
19. William Waters
20. Pauline Nikas
21. Robert Connelly, Marion Popp
22. Gloria Bickel, John Godfrey,
23. Margaret Hall
24. Cindy Bickford

August

1. Joanne L. Cloonan, Mary Hundy
2. Sally Ann Cronk
3. Beverly Beck, Paul Lupa,
4. Nathalie Burns
5. Sarah Conley
6. Roberta Barbera,
7. Nancy Hinman
8. Georgia Edwards
9. Mona Shannon
10. Marilyn Mandigo, Catherine Myers
11. Marsha Dorval
12. Bonnie Carpenter
13. Donna James, Virginia Pratt
14. Mary Kunzelman, Frederick Wall
15. Diane Pooler, Judy Wallace
16. Mary Ann Calaman
17. Gerard Burns, Carol Dexter,
18. Nancy Hopkins
19. JoAnn Hubbard
20. Ella Cooper
21. Joan Johnson,
22. Loretta Milewski
23. George J. Donahue
24. Kathleen Harris
25. Avery Head
26. Barbara Youmans

Local Farmers' Markets

Sunday - Saturday
9a-dusk. Central Square, Rt. 49 & Crossroads Park. Info, 668-2558

Mondays
3-6p. New Haven Town Hall, St. Rt. 104. Info: email clerk@newhavenny.com
5-8p. Phoenix, Henley Park, State St. Info, 695-4746

Tuesdays
4-7p. Volney Town Hall, Co. Rt. 6. Info, 575-5933

See Oswego County Office for the Aging article on page 4, coupon booklets available for eligible households!
VETERANS’ HALL OF FAME CEREMONY

Thomas Bradway, a United States Marine Corp. Veteran inducted into the New York State Senate Veterans’ Hall of Fame on May 12.

~submitted by Amy Roland

Reflecting on the heroes recognized May 12, one can’t help but to feel humbled by the symbolism of the ceremony. For these Veterans’ it was never about fame, fortune or recognition. Why? — because they quietly continue to make a difference in their communities, by carrying on service to a cause much larger than themselves.

~ Tracie Wallace, RSVP

WELCOME NEW VOLUNTEERS

Central Square
Christine Parks

Mexico
Gloria Kelley
Herman Ruigrok
Marion Ruigrok

Constantia
Rosemary Chimber

Hannibal
Karen Hoffman

Lycoming
Nancy Hopkins

North Syracuse
Sandra Wilson

Pulaski
Nancy Lichtenstein
Gail Stoughtenger
Donna Switzer

Sandy Creek
Cynthia Baxter

Oswego
Sandra Bilowus
Karen Compo
Mirna Foster
Robert Foster
Cynthia Leflore
Thomas Marshall
Julie McCrobie
Mary McSweeney
Nancy Moore
Edie Nupuf
Michael Nupuf
Kathleen Ochs
Patrick O’Leary

Maryanne Pritchard
Ann Marie Rebeor
Rita Scruton
Sharon Smith
Patricia Sweet
Harry VanBuren
Ellen Wahl
Monica Waters

July, the hottest summer month in the Northern Hemisphere, is also National Ice Cream Month, not surprisingly. Americans eat an average 20 quarts of ice cream a year. Vanilla is the most popular flavor, with chocolate coming in a distant second.

~ random history.com

YOU COULD BE ADVERTISING HERE!
CALL OR EMAIL RSVP FOR INFORMATION

312-2317
email: rsvp@oswego.edu

The Manor at Seneca Hill
An Affiliate of Oswego Health
Call for your appointment 315-349-5300

Bridging the Gap Between Hospital and Home

Rehabilitation & Nursing Care
Tell your doctor you want to go to the Manor for your rehabilitation
SUMMERTIME IN
OSWEGO COUNTY

JULY - AUGUST
2nd & 4th Sundays. Found Downtown - Port City Co-Op Outdoor Market in the Pathfinder parking lot, W. 2nd St. in Oswego. Featuring antiques, household goods & more. For more info., 402-8483.

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; Fulton Community Dixieland Band, Mexico Brass Band & more. Duck Derby at 1p. Food & drink available. Bring seating. Free

Mondays @ 6p. Schroeppe1 Music in the Park Concert Series at Henley Park. Bring seating. Free

Wednesdays @ 6:30p. Central Square Summer Concerts at Goettel Community Park. Bring seating. Free

Wednesdays @ 7:30p. Oswego Summer Sunset Concert Series at Breitbeck Park, Bring seating. Free

Thursdays @ 7p. Oswego Summer Concert Series at West Linear Park. Bring seating. Free

Fridays @ 6p. Phoenix Music in the Park Concert Series at Henley Park. Bring seating. Free

Sunday, July 24 @ 3p. Hannibal Concert in the Park, Fireman’s field Rochester St. 10th Mountain Division Army Band, Fulton Community Dixieland Band, Mexico Brass Band & more. Duck Derby at 1p. Food & drink available. Bring seating. Free

Field Days and Olde Town Days
7/14—16, Mexico Field Days, parade on Thursday @ 7p.
7/21—23, Lacona Field Days, parade on Saturday, @ 7p.

Saturday, 8/6 @ 9:30a, Parish Olde Home Day, at Parish Village Park.
Saturday, 8/6, Pulaski Old Home Day, at South Park.
8/11- 13, Williamstown Field Days, parade on Saturday @ 6p.
8/18—20, Hannibal Field Days, parade on Thursday @ 7p.

SUNY Oswego Rice Creek Rambles,
Saturdays, July 9, 16, 23 & 30 and August 6, 13 @ 11a, Rice Creek Field Station. Family friendly naturalist led walks. Call 312-6677 on the morning of for trail conditions. Under 17 must be accompanied by an adult. Free

For more events visitoswegocounty.com/

SEPTEMBER
9/3—4, Redfield Old Home Days, parade on Saturday @ 6p.
9/12—13, Senior Camping at Camp Hollis, Day and overnight programs available. Games, food, indoor and outdoor activities, presentations and much more. Adults ages 50+. For info., call Fran at 343-2381 or 806-4256.
$10-20