The Gardens host
6 STEPS TO BETTER BALANCE CLASS

Residents at The Gardens Assisted Living Community in Oswego recently completed a six week balance class led by Instructor Rachel Brooks, who is also a certified Osteoporosis Master Trainer and RSVP volunteer. The 6 Step approach to Better Balance was developed by Betty Perkins-Carpenter, PhD, the founder of Senior Fitness Productions. Dr. Betty is a nationally renowned expert on falls prevention who has made
~ continued on back page

Kathy Ochs and Chuck Foultz (foreground) and Dorothy Vecchio (background) enjoying the exercise “Dancing with a Pillow”.

St. Luke Health Services
ALZHEIMER’S SENSORY BLANKETS

Often called “busy quilts” or “activity blankets”, they provide sensory & tactile stimulation for the restless or "fidgety" hands of someone with Alzheimer's Dementia or other memory loss. These blankets can help to reduce anxiety, act as a diversion from pain, soothe agitation and often becomes a positive focus and meaningful connection for the person.

The sensory blankets can have pockets, zippers, ties, snaps, buttons, and much, much more! Intended to keep a memory impaired person’s hands busy; the blankets can be customized for each individual. For example, if they loved baking.....add measuring spoons, oven mitts, etc. If the person is a veteran, patriotic memorabilia would work.

St. Luke Health Services is seeking volunteers, (see volunteer opportunities page 2) to assist with the making of these blankets. Prior sewing experience is helpful however there are other ways to volunteer such as cutting fabric, stringing beads, organizing supplies, etc. Volunteers of all ages are welcome to join us in this group activity that contributes to a worthy cause.

~ Donna Rose, Director of Activities
St. Luke Health Services

Assisting taxpayers at the McCrobie building in Oswego are RSVP Tax Aides are (left to right): Al Mosier, Nancy Perticone (local AARP Tax Coordinator), and John Lyons.

There is still time to take advantage of AARP’s free income tax preparation, e-filing and tax counseling services in Oswego County. There are no age or income restrictions however special attention is given to those 50 years of age and older. Available sites are listed below. Rarely will the sites close due to severe weather.

Fulton: Fulton Municipal Building, 141 So. First Street. Walk in site only; Wednesdays 9a - 12pm & 6 - 8pm. 3/1 – 4/12.

Oswego: McCrobie Civic Center, 41 Lake Street. Walk in site only; Tuesdays 11a - 3p. 3/7 - 4/18.

~ cont’d on page 7
Volunteer Opportunities

HOME DELIVERED MEALS NEEDS VOLUNTEER DRIVERS
Volunteers are desperately needed in the Pulaski area on Thursdays, and in Hannibal on Wednesdays. Consider volunteering to help our community seniors receive their meals. Volunteers of all ages are welcome to apply. For more info., call Chris Parks, Volunteer Coordinator at 315-598-4712 x 1807.

Oswego Health

VOLUNTEERS NEEDED FOR FULTON MEDICAL CENTER
Oswego Health is fortunate to have a dedicated team of volunteers who donate more than 12,000 hours of their time each year. If you would like to make a difference in the community by assisting patients and their families, consider joining the hospital’s volunteer program.

The program offers flexible schedules and applications are available at the Volunteer Office at Oswego Hospital. For more information, contact Dawn Smith, Volunteer/Clinical Support Coordinator at 315-349-5566 or email dgsmith@oswegohealth.org

Oswego County Humane Society
Although the Humane Society does not have a physical shelter, as all adoptable pets are in foster homes, they still need volunteers.

Jobs range from assistance with mailings, planning special events to Help with the production of their newsletter. For more info., call 315-207-1070 or email ochscontact@hotmail.com.

ARISE A volunteer is needed to help the RIDE FOR RAMPS planning team and also 2-3 volunteers for the day of the event (June 3). All volunteers receive a free tee shirt and BBQ dinner.

A volunteer office position is available two to three days per week, midday for 2-3 hours each day. Duties will include light clerical work such as reception desk relief, filing and the assembly of intake paperwork.

ARISE will provide all necessary training. If interested in any of these volunteer opportunities, call Jim Karasek, ARISE Manager of Independent Living Services, 315-342-4088 x206.

PAID POSITION
OCO is looking to hire part-time and per diem substitute staff within the agency. Positions range from custodial work, to clerical work based on qualifications. For more info., visit: www.oco.org or call Human Resources at 315-598-4705.

St. Luke Health Services
Volunteers of all ages are needed to help create, design and assemble Alzheimer’s sensory blankets. Though not mandatory, volunteers are more than welcome to meet at St. Luke’s where the group can work together on the project. Materials will be supplied and donations are always accepted and appreciated.

Sewing and quilting groups are also encouraged to participate. If you can sew, have a creative side and would like to contribute to a worthwhile cause, call Donna Rose or Diane Garcia, 315-342-3166 or email drose@stlukehs.com or dgarcia@stlukehs.com.

MARK YOUR CALENDARS
FREE Bone Density Screening
Tuesday, April 4, @ 9:00am Fulton YMCA
715 West Broadway St. Fulton
Fulton YMCA and St. Luke Family of Caring are teaming up to offer free bone density screenings to the public. No appointment is necessary and the test takes just a few minutes.

Healthy aging involves being physically active, adapting to change and developing new skills and interests.

SMART DRIVER PROGRAM INSTRUCTORS NEEDED
Recruitment is underway for Oswego County Smart Driver class instructors. Class schedules are flexible and can be held on weekdays, weekends, and evenings. Instructors are required to teach three classes each year, but many willingly teach more from April - October.

To learn more about becoming a Driver Safety Instructor, contact Gordon Schipper, AARP Driver Safety Program Coordinator, Zone 3, at (315) 529-1395 or email gshipper78@gmail.com.

According to Gordon Schipper, AARP Driver Safety Program Coordinator, “We have several factors working against us. There are currently just three volunteer instructors covering Oswego County and this drastically reduces the number of people we can serve. Each class is limited to 35 participants and because of our unpredictable winter weather, we schedule classes annually April - October.”
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.

RSVP thanks...

The Woman's Club of Fulton

Woman’s Club of Fulton members pictured from left to right are Karen Potter, First Vice-President, Liz Schremp, Co-President, Meave Gillen, (RSVP Director) and Lucille McDermott, Co-President.

The Woman's Club of Fulton was established in 1946. The objective of this club is to promote educational, civic, and philanthropic work in the community with the emphasis on the scholarship program and to bring into relations of mutual helpfulness, the women of the city and surrounding areas.

~ Karen Potter, Woman’s Club of Fulton

SENIOR CAMPING SEeks Donations

Empty coffee cans with lids, silverware, potholder looms, coloring books and socks (for hand puppets).

On the “wish list” is an electric keyboard (new or used).
To donate, call Tracie (RSVP) at 315-312-2317 or email rsvp@oswego.edu.

Saturday, September 14, 2013 at 8:30 am volunteers arrived at the house, ready and eager to help. Over the next four hours, they unloaded and assembled modular ramp pieces as the couple inside watched from the front window.

Saturday, June 3
2017 Ride for Ramps
Lighthouse Lanes
Motorcycle Ride - 10:30a
5k - 10:00a

An annual community event where families, runners, bicyclists, and motorcyclists gather to support a great cause. All the proceeds go towards materials used to build ramps for families throughout Oswego County. The ramps are constructed by volunteers who generously donate their time and talents.

Once the ramp was complete, the couple moved to the front door but apparently the hinges had rusted from not being used. Finally, the door was opened and for first time in two years they were able to leave their home. “This is unbelievable! My God Almighty look at this...Can you feel that sunlight? It’s gorgeous! Maybe I’ll get some of those vitamins I’m supposed to get in me,” said the husband, a retired pilot.

Clearly this program has forever touched the lives of so many families across Oswego County. After all, a ramp is not just about access. It’s about gaining independence, and the ability to be a part of the community.

NY Connects
Your Link to Long Term Services and Supports

NY Connects is a locally based “No Wrong Door” system that provides one stop access to free, objective, comprehensive information and assistance for people of all ages needing long-term care services and supports regardless of payment source.

NY Connects is a wealth of information regarding home care options, caregiver supports, care coordination, respite care transportation, home delivered meals, health insurance information, etc...

Several local community agencies have collaborated with NY Connects, such as Arise, St. Luke, Office for the Aging (OFA), Oswego Hospice, RSVP, Oswego Mental Hygiene, just to name a few. The group discusses issues and concerns with services and supports associated with Long Term Care on a local level, as well as provide training and information available on supports and services.

For more info., call NY Connects at 315-349-8697 or email nyconnect@oswegocounty.com.

~ Meave Gillen

ARISE & RIDE for RAMPs

~ excerpted from http://www.ariseinc.org/ramps/

SMART DRIVER PROGRAM
INSTRUCTORS NEEDED

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WE MARCH FOR MEALS BECAUSE OUR SENIORS SHOULD NOT BE FORGOTTEN

This March, hundreds of local Meals on Wheels programs across the country will reach out to their communities to build the support to enable them to deliver nutritious meals, friendly visits and safety checks to America’s seniors all year long. By volunteering, donating or speaking out, you can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be. Volunteers are the backbone of the Meals on Wheels movement. By donating your lunch break, you can help the Meals on Wheels program in your community to reach the 1 in 6 seniors who might not know where their next meal is coming from. ~ http://www.marchformeals.com

Editor’s note: Imagine if local community organizations, businesses, groups, schools and individuals donated their lunch break, even one day a week to help deliver meals to our local seniors in need. What an amazing way to make a huge impact in a short amount of time! To sign up, call Chris Parks, Volunteer Coordinator at 315-598-4712 x 1807 (see also volunteer opportunities on page 2).

“A lot of people who get the meals are like I am. We’ll sometimes go all day long without seeing anybody. When volunteers come, they’re always pleasant and nice and will take a few minutes out of their day to talk to you if you want to talk.”

- Doug
(Meals on Wheels recipient)

I remember the day one senior gave me his business card with the words “Psycho-Hypnosis” printed under his name. He then promised he could help me give up anything in my life that I didn’t want anymore.

I also really loved the day that I asked one senior if there was anything she needed. She hesitated and then asked if I’d mind picking up a loaf of her favorite kind of whole wheat bread. That might have been my favorite trip to the grocery store ever.

- Susie Y.
Meals on Wheels Volunteer

“Alphabet Soup” Word Search

Find the following words:

- calories
- dietitian
- fats
- food safety
- fruits
- healthy
- low-fat
- nutrition
- proteins
- seafood
- sweets
- vegetarian
- water
- whole grains
- vegetables

(answer on page 6)
Community Impact:

The core of our work is achieved by partnering with local member agencies that distribute food to families in need. The key partners that make up our emergency food network are food pantries, soup kitchens, and emergency shelters.

Other not-for-profit agencies such as daycare centers, rehabilitation centers, senior centers, and group homes are able to utilize membership as a way to supplement their agency food needs.

For referral to a pantry, soup kitchen or other food bank program, call 315-437-1899, Mon. - Fri. 8a-4:30p.

Food $en$e

One of the Food Bank's longest running programs, Food $en$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars. Food $en$e provides a monthly box of 12-15 staple grocery items at a discounted price.

There are no subscriptions, and no requirements to participate in Food $en$e. Each package is $20.50 and you may buy multiple quantities. Packages always include: 4-5 meat items like ground beef, fish and chicken; 4-5 pantry items like pasta, soup, and rice, and 2 fresh produce items like apples, carrots or oranges.

Monthly specials such as cheese, meatballs, lasagna, and chicken tenders are also available for purchase.

To get started, call (800) 444-1562 or 315-437-1899 or use our online search application "Find Food" to locate a Food $en$e host site near you.

Fresh Foods

The Food Bank of Central New York delivers fresh produce, dairy, and bread which is donated by area stores on a daily basis to communities for distribution to local residents. Food distributions are available to anyone in need and are given away in a non-biased manner. For info., call Alissa at 315-437-1899 x 261.

If we’re not meant to have midnight snacks, why is there a light in the fridge?

The Food Bank’s Retail Partnership Program includes more than 50 stores that make regular donations of quality food which is then distributed throughout our network. Long-time donor Wegmans has been joined by Hannaford, Tops, BJ’s, Wal-Mart, Sam’s Club, Target, Trader Joe’s, Costco, and Price Chopper.

Editor Note: Some distribution sites are listed below, for more locations, go to the web site: http://foodbankcny.org/ourprograms/fresh-foods-program/ and search by zip code.


Park United Methodist Church - 2 Hubble St., Pulaski, 3:00-5:00p; 3/8, 4/12, 5/10, 6/14.

Ranch of Hope - 2 Cox Rd., Williamstown, 3:30-5:30p; 3/3, 4/7, 5/5, 6/2.


SNAP Outreach

Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to eligible, low-income individuals and families. SNAP is the largest program in the national hunger safety net. For info., call Oswego County Outreach & Education Program Coordinator Heidi Rauch-Webb at 315-437-1899 x 273 or email hrauchwebb@foodbankcny.org

Energizing Foods

All foods contain calories, which provide energy, but not all foods are equal when it comes to how long that energy lasts. Foods high in added sugar and low in dietary fiber, protein and fat will give you a quick boost of energy, but it won’t last long.

For sustained energy, try to eat meals that contain foods with a combination of dietary fiber, as well as lean protein and healthy fat. Fuel your body regularly — about every three to four hours — with either a healthy snack or meal to keep energy levels stable throughout the day.

Here are some examples of meals and snacks that will provide sustained energy:

- One whole-wheat English muffin, 1 tablespoon nut butter and 1/2 cup fresh berries.
- Six whole-grain crackers, 1 ounce low-fat cheddar cheese and a handful of grapes.
- 1/2 cup cooked oats, 1 cup low-fat milk, 1 ounce pistachios and 1/4 cup raisins.
- 1 cup plain low-fat yogurt, 1/2 cup fresh or frozen berries and 1 ounce hemp seeds.

Snaccident (n):

When you eat an entire pizza, a bag of chips and a box of chocolates by mistake!
Oswego, NY 13126  
154 East Fourth St.  

HAPPY BIRTHDAY  
VOLUNTEERS  
MARCH

1  John Pierce  
2  Sandra Baker  
4  Theodore Curinga, Sharon Figiera, Michael Nupuf  
6  Marilyn Stephens  
7  Karen Piazza, Anne Pierce  
9  Sandy Walpole  
10  Mary Leib, Joanne Reed  
11  Carolynne Shoults  
13  Richard Slingerland  
14  Herman Ruigrok  
16  Rosemary Chimmer, Virginia Congdon, Jeanette Morse  
18  Shirley Hanley  
19  Linda Rosche  
21  Charlotte Douglas  
22  Suzanne Brown, Ellie Filburn, Anne Wart  
23  Yvonne Jackson  
25  Gary Roy  
27  Margaret Hamner  
29  Pamela Dinallo, Mary Jane Kapp  
31  Ann Marie French, Beth Head, Luciano Iorizzo

APRIL

1  John McAndrew  
2  Jean Feeney, Bonnie Frawley  
4  Suzy Beyer  
5  Chester Hoffman, Janet Weldin  
8  Julie McCrobie, Christine Parks, Terry Rossmann  
10  Frank Bickel  
14  Ann Marie Rebeor  
16  Jeanine David, Nancy Downing, Deborah McAndrew  
17  Donald Vanouse, Fran Wadas  
19  Gloria Kelley, Donna Switzer,  
23  Margaret Drummond  
24  Lorraine Trenca  
25  Roderic Sayles  
26  Kathy Hall  
27  Susan Brosnan, Martha Sturtz,  
28  Jean Kingsley  
29  Francine Paracka, Debra Roberts  
30  Angela Bernat, Margaret Orvis

May the light always find you  
on a dreary day  
When you need to be home,  
may you find your way  
May you always have courage  
to take a chance  
And never find frogs in your  
underpants  

Happy St. Patrick’s Day!

The Fulton YMCA has a dedicated group of individuals  
who all have the same goal: strengthening the community from childhood  
to mature adult. The YMCA offers programs designed for senior citizens  
that focus on a healthy lifestyle, staying active, coupled with socializing.

They feature RSVP’s Osteo Bone Builders Program, Silver Sneakers, Gold Dance Fit, weekly Pickleball,  
coffee Wednesdays, monthly socials, book clubs and more.

To join visit www.fultonymca.com or call Klara Stellingwerf, Membership Coordinator, at 315-598-9622. There  
are several affordable payment options available and you may be eligible  
for a membership through your health insurance.

~ Meave Gillen

Happy Easter!

Sunday, April 16
Office for the Aging turns 40!

2017 marks the 40th Anniversary of the establishment of the Oswego County Office for the Aging (OFA). The OFA will be celebrating with an open house in May during Older Americans Month. More information to come!

Senior Citizen of the Year Nominations

OFA is accepting nominations for Senior Citizen of the Year. The name of the person selected will also 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 calling OFA at 315-349-3484.

Constantia Senior Center has Moved!

The Constantia Senior Center, (Bernadette’s Bistro), has MOVED to Cleveland at Camp VanderKamp, 337 Martin Rd, Cleveland, NY. Call 315-720-9732 Tuesday, Wednesday or Thursday for lunch reservations. Transportation is provided on Wednesdays.

Language Interpretive Services

If you have questions on aging issues, and English is not your primary language, OFA can help you with interpretation services! Call us at 315-349-3484

~ Sara Sunday, Aging Services Administrator

~ continued from front page

AARP Tax-Aide Program

Phoenix: Phoenix Public Library, 34 Elm Street – By appointment only. Mondays, 1:00 pm to 7:00 pm and Wednesdays, 11:00 am to 7:00 pm. Call to schedule: (Fred) 695-2553, (Bill) 458-1465, (Betty) 934-4333. 3/1 – 4/18.

For questions specifically on the AARP tax program, call Nancy at 315-342-1604, John at 315-343-5524 or Betty at 315-934-4333.

Taxpayers should have with them last year’s tax returns, photo ID, all income statements (W-2s, 1099s, all forms indicating federal income tax paid), Social Security card(s) for each person included on tax return—all receipts or canceled checks for itemized deduction, and bank account and routing numbers for direct deposit.

The School of Business volunteer income tax assistance (VITA) program offers free IRS - certified tax preparation and filing for both federal & state returns. Stop in at one of the following sites:

- Tuesdays 4:30-7:30 pm: 200 N. 2nd St. Fulton, 3/7 - 4/11; except 3/14
- Thursdays 4:30-7:30 pm: 96 Hamilton St. Oswego, 3/2, 3/23, 4/6
- Saturdays 10am - 4pm: SUNY Oswego Rich Hall, 3/4 - 4/8; except 3/11 & 3/18

For more info., call the School of Business @ 315-312-2934 or email: bapsi@oswego.edu
improving balance easy and effective for everyone. With falls the leading cause of death for seniors ages 65 and older, RSVP is focusing our effort on reducing this statistic for Oswego County.

The classes cover how to help prevent falls and reduce injuries if a fall does occur. Participants learn activities that are fun to do, such as the ‘Jiggle Wiggle,’ and ‘10 Martini Slump,’ which are designed to reduce, not only falls, but the fear of falling.

If your organization would like to schedule an informational meeting, call RSVP at 315-312-2317 or email us at rsvp@oswego.edu.

RSVP thanks Ann Hardy and Peggy Nikas for their contributions to this article.

THE GARDENS

Sunday, March 12

Remember to change batteries in smoke detectors and carbon monoxide alarms, along with testing them to ensure they are in good working condition.