HANNIBAL OSTEO SITE SHOWS US HOW IT’S DONE!

The RSVP Hannibal Osteo site meets at the American Legion each Tuesday and Thursday morning, encouraging active participation and socialization. Our group size fluctuates anywhere from 6 - 17, depending on the weather. Our ages range from the 50’s to 80’s, although we are all young in mind and zest!

Members enjoy non-judgmental support for each other in a fun atmosphere,

-On behalf of the RSVP Advisory Council, I’d like to thank everyone who participated in and supported the RSVP fundraiser held 11/13 at Canale’s Restaurant. We received a total of $143.68

A special thank you goes out to Nick Canale and staff for hosting the RSVP fundraiser! We look forward to future opportunities with Canale’s.

~ Ellie Filburn, Chair
RSVP Advisory Council

National Volunteer Week
April 15 - 21

6 STEPS TO BETTER BALANCE
NEW INSTRUCTOR TRAINING

RSVP recently held a 2-day training class for Better Balance Instructors on February 13 & 15. The training was made possible in part by a grant from the Shineman Foundation.

This year we trained 9 new instructors for this engaging and interactive 6-week program, targeted for senior citizens that provides core muscle strength training and strategies for combatting not only falling but the fear of falling.

For this program, a senior citizen is defined as any individual aged 55 and older; however, no one will ever be turned away based on age. “6 Steps to Better Balance” is a system that provides simple exercises and stretches,

RSVP thanks community and...

Canale’s Restaurant

On behalf of the RSVP Advisory Council, I’d like to thank everyone who participated in and supported the RSVP fundraiser held 11/13 at Canale’s Restaurant. We received a total of $143.68

A special thank you goes out to Nick Canale and staff for hosting the RSVP fundraiser! We look forward to future opportunities with Canale’s.

~ Ellie Filburn, Chair
RSVP Advisory Council

NATIONAL VOLUNTEER WEEK

Is a time to celebrate the role volunteers play across the nation. With their skills, energy, & care, America’s volunteers renew our spirit & lend strength to the organizations that respond to our most pressing challenges


~ continued on page 7

HANNIBAL OSTEO SITE SHOWS US HOW IT’S DONE!

The RSVP Hannibal Osteo site meets at the American Legion each Tuesday and Thursday morning, encouraging active participation and socialization. Our group size fluctuates anywhere from 6 - 17, depending on the weather. Our ages range from the 50’s to 80’s, although we are all young in mind and zest!

Members enjoy non-judgmental support for each other in a fun atmosphere,

-On behalf of the RSVP Advisory Council, I’d like to thank everyone who participated in and supported the RSVP fundraiser held 11/13 at Canale’s Restaurant. We received a total of $143.68

A special thank you goes out to Nick Canale and staff for hosting the RSVP fundraiser! We look forward to future opportunities with Canale’s.

~ Ellie Filburn, Chair
RSVP Advisory Council

NATIONAL VOLUNTEER WEEK

Is a time to celebrate the role volunteers play across the nation. With their skills, energy, & care, America’s volunteers renew our spirit & lend strength to the organizations that respond to our most pressing challenges


~ continued on page 7
Volunteer Opportunities

Pulaski Historical Society

Is seeking a Volunteer Coordinator a few hours a month. The position involves scheduling volunteer guides for the museum during open hours throughout the year. There is a current list of volunteers on file to work with.

The Volunteer Coordinator will also ensure someone is available to open and close the museum. For info., Director Mary Lou Morrow at 315.298.5235 or email phspulaski@aol.com.

RSVP  Retired & Senior Volunteer Program

34 E. Bridge St., Oswego, NY 13126  315-312-2317  rsvp@oswego.edu

Who  RSVP is - a federal initiative of the Corporation for National & Community Service, sponsored locally by SUNY Oswego and United Way.

What  RSVP does - recruits people 55+ years & older, ignites their will to serve & channel their passions to meet the priority needs of the community.

Why  RSVP exists - it’s as simple as it is profound, we encourage & foster development & maintenance of volunteer opportunities that engage, support & enhance the lives of fellow Americans.

Where  RSVP can be found - in local communities throughout the nation.

How  RSVP does it - by identifying critical needs in the community & partnering with agencies to carry out their mission utilizing senior volunteers.

Wellhouse Ministries, Inc., is in need of two volunteers, Mon. - Fri. schedule with flexibility. Some light office duties, including telephone, office correspondence and mailings. Training provided. Info., call 315.992.4218.

St. Luke Health Services

HOSTS SUPPORT GROUP

Facilitated by HOPE For Bereaved, the group will offer support and guidance for those experiencing grief due to the loss of someone close. The organization is based on the understanding that sharing the journey from grief to hope with others is essential to the healing process.

Founded in 1978, HOPE For Bereaved is dedicated to helping grieving children, teens and adults by providing core services such as support groups, monthly newsletters and counseling at no charge. An independent nonprofit community organization that offers coping strategies, support, friendship, hope, and understanding.

For more information:
Debby Greutman - 315-342-3166
Donna Lupien - 315-342-6326.

Visit the website:  www.hopeforbereaved.com

Donna Lupien facilitates the group meetings and no reservations are needed. Meetings will be held the fourth Tuesday of every month at St. Luke Health Services 299 East River Road, Oswego. Next meeting is scheduled for March 27 @ 6:30pm.

Volunteer

A person that takes on a project, task, or responsibility, on his or her own accord without needing to be assigned, ordered, or told to do so.

Sunday, April 1...

HAPPY EASTER!
OH, WAIT,
IT’S APRIL FOOL’S DAY, TOO

This year—for the first time since 1956—Easter Sunday is going to fall on April Fool’s Day!

That’s right, when the Easter Bunny drops off baskets full of chocolate eggs and Peeps, he might also play a few pranks on you!

Huh!

THE LONGEST DAY

On June 21, the longest day of the year and summer solstice, thousands of people will join together to show their love for those affected by Alzheimer’s disease. You can be one of them! On this day, individuals will participate in an activity they love – or an activity loved by those affected with Alzheimer’s.

This year, RSVP, Office for the Aging, and Serving Seniors Inc. will be teaming up to walk the “Healthy Mile” in Oswego and invite you to join us. Stay tuned, more information to coming in the next issue of Mature Living.
From the Director,

Our grant cycle will be ending on March 31, 2018 – my first 3-year grant cycle. We truly had an incredible grant period. We hit our marks and even tried some new things in the process (like water chestnut pulls)!! A big thank you goes out to all of you for making my first 3 years with RSVP a genuine honor.

In November, we received a NOFA for a 3-year grant renewal through the Corporation for National & Community Service (CNCS). This is great news for us, however, having said that our fiscal climate remains uncertain. As a program, we will continue to focus on and highlight all the great work, you, our volunteers, provide to the community.

With a corps of boomers and other seniors, more educated, healthier, and living longer than at any time in history, the time is now to show how effective RSVP is and inspire other members of the community to volunteer with impact. I look forward to seeing all the extraordinary work to come from you over the next three years!

~ Meave

---

2018 TAX AIDE SITES

FULTON MUNICIPAL BUILDING
141 So. First St. Wednesdays, 9a - 12p & 6p - 8p. Walk-in only.

OSWEGO McCROBIE CIVIC CENTER
41 Lake St. Tuesdays, 11a - 3p. Walk-in only.

PHOENIX PUBLIC LIBRARY
34 Elm St. Mondays and Thursdays, 11a - 5p. By appt. only. Call 315-695-2553, 315-934-4333 or 315-458-1465.

---

Contributions to RSVP

THANK YOU!

An anonymous donation has been made on behalf of the Better Balance Program!

---

AARP TAX AIDE PROGRAM

The RSVP Tax Aides will continue to counsel, prepare and file taxes through April 17.

Why is Tax Day April 17? Typically, the tax return filing deadline is April 15 however, the Washington D.C. Emancipation Day holiday will be observed Monday, April 16. Under tax law, legal holidays in Washington, D.C., affect the filing deadline across the nation.

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.

---

---

Contributions are tax deductible to the extent of the law.

---

Oswego County

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

Heating and Energy Assistance Program (HEAP)
OFA will assist people age 60+, or those receiving disability benefits with completing HEAP applications. Emergency HEAP opened January 2 and a second Emergency benefit is available for those who qualify. For questions, call OFA.

Medicare 101
Interested in learning more about Medicare? OFA sponsors informational seminars the 2nd Thursday each month, 9a - 11a. The first seminar will be Thursday, March 8 at the Oswego County Health Dept. Join us for this informative and unbiased overview of Medicare for new and current Medicare recipients. Pre-register by calling OFA.

OFA Advisory Council Open to Public
The next Advisory Council meeting is scheduled Friday, March 9 @ 10a held at the Oswego County Health Dept., 70 Bunner St, Entrance B. The meeting is open to the public and all are welcome and encouraged to attend!

~ Sara Sunday
Aging Services Administrator
Since 1974, OCO Nutrition Services have provided over 7 million meals to senior citizens aged 60 and older and their spouses, regardless of income, adults under 60 and youth.

All meals are available throughout the county via the Meals-on-Wheels Program, afterschool sites and summer food service sites as well as at any of the six Dining and Activity Centers.

**Home Delivered Meals**

- For those over the age of 60 call Oswego County Office for the Aging at 315-349-3484.
- Individuals under the age of 60 can call OCO Nutrition Services at 315-598-4712

Meals are either followed by the USDA meal pattern requirements or planned by a registered dietitian that follows the recommended dietary allowance. The meals are prepared and delivered by our professional staff as well as a network of dedicated Volunteers.

**WHAT ARE PROBIOTICS?**

Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of these as germs that cause diseases but your body is full of bacteria, both good and bad. Probiotics are often called "good" bacteria because they help to keep your gut healthy. You can find probiotics in supplements and some foods, like yogurt.

**How Do They Work?**

Researchers are trying to figure out exactly how probiotics work. When you lose "good" bacteria in your body, for example after you take antibiotics, probiotics can help replace them. They can help balance your "good" & "bad" bacteria to keep your body working the way it should.

**What Do They Do?**

Among other things, probiotics help send food through your gut by affecting nerves that control gut movement. Some common conditions they treat are irritable bowel syndrome, infectious diarrhea (caused by viruses, bacteria, or parasites), and antibiotic-related diarrhea.

There is research that shows they're useful for problems in other parts of your body. Some people say probiotics have helped with skin conditions, like eczema, preventing allergies and colds, and oral health.

Ask your doctor if taking probiotics is a good idea for you. In general, probiotic foods and supplements are thought to be safe for most people, though some people with immune system problems or other health conditions shouldn't take them.

[www.webmd.com/digestive-disorders](http://www.webmd.com/digestive-disorders)

---

**March is...**

**15 Best Foods For The Brain**

- Avocados
- Leafy Vegetables
- Beets
- Rosemary
- Blueberries
- Salmon
- Bone Broth
- Turmeric
- Broccoli
- Walnuts
- Celery
- Coconut Oil
- Dark Chocolate
- Egg Yolks
- Extra Virgin Olive Oil

---

**In Remembrance...**

**LOUISE KELLOGG**

A respected and dedicated member of her community, Louise volunteered 23 years with RSVP. An amazing lady, she continually gave her heart and time helping others. As a member of RSVP, Louise contributed countless hours delivering Meals on Wheels, making companion visits, and leading the RSVP Osteo classes twice a week.

~ 2013 Oswego County Senior Health & Wellness Fair. NYS Senator Patty Ritchie presents Louise Kellogg with “Volunteer of the Year” award.

A certified Bone Builders instructor for 17 years, she helped maintain the Hannibal Osteo group, encouraging members to remain healthy, independent and functional in body, mind and spirit.

Although she is missed, we continue to feel her presence and guidance each time our Osteo group meets. We are all honored to have known and learned from you, our friend, Louise Kellogg.

~ Robin Allinger, Hannibal Osteo Instructor
while benefiting from the improvement of physical bone and muscle health, balance, mental stimulation and overall activity.

Our members have proven benefits directly related to the Osteo Bone Builder Program. Take Judy and Carol for example, they each completed recent bone density scans, having positive results in the normal range and with no change from previous scans. Cathy suffered a recent injury to her shoulder, completed physical therapy, and continues to maintain strength and range of motion with the Osteo exercises.

Carolyn told us of recently slipping outside in snow/ice, but she thanks the balance aspect of the Osteo program for being able to quickly regain her footing and avoid a hard fall. Barb notes her improved respiratory health, due to the synchronized breathing we practice.

All of us have some level of arthritis, and these exercises help warm up our joints and muscles, and help us maintain flexibility. Not only do many of us credit the Osteo Bone Builder program for overall improved functionality, but we all benefit from the social aspect of caring, camaraderie and working toward positive, healthy goals together. We laugh a lot too, a special benefit to all!

For more information about our group, call one of the instructors: Ginny Hughes, 315-564-5250; Robin Allinger, 315-564-6778; or Debbie Freyer, 315-593-2445.

~ Robin Allinger, Hannibal Osteo Instructor

~ Editor Note

When Robin began the RSVP Osteo program in 2011 her bone density scan result was in the Osteopenia range, however she quickly improved into the normal range and has had very little change over the last seven years.

She also credits the program for helping her prepare for her knee replacement surgeries in 2012 and 2017, and for continuing to improve her strength and balance after physical therapy.

Robin mentored under Osteo Master Trainer, Sharon Faudree and became a certified Osteo Instructor in 2015.

RSVP Osteo Instructor Nancy Smith, (Parish site) tells RSVP her last bone density scan showed a slight improvement and..... Nancy’s Dr. recommends she continue Osteo classes!
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
12. Richard Slingerland
14. Herman Ruigrok
16. Rosemary Chimber, Virginia Congdon, Jeanette Morse
18. Shirley Hanley
22. Suzanne Brown, Eleanor Filburn, Anne Wart
23. Yvonne Jackson, Cynthia Saarie
25. Gary Roy
27. Margaret Hamner
29. Pamela Dinallo, Mary Jane Kapp
31. Ann Marie French, Beth Head, Luciano Iorizzo

April:
1. John McAndrew, Evelyn Perry
3. Jean Feeney, Bonnie Frawley
4. Suzy Beyer
5. Chester Hoffman, Janet Weldin
8. Julie McCrobie, Terry Rossman
10. Frank Bickel
11. Meg Dunn
12. Richard Drosse
15. Nancy Prairie
16. Jeanine David, Nancy Downing, Deborah McAndrew
17. Donald Vanouse, Fran Wadas
19. Gloria Kelley, Donna Switzer
23. Margaret Drummond
27. Susan Brosnan, Steven McMahon, Martha Sturtz
28. Jean M. Kingsley
29. Francine Paracka, Debra Roberts
30. Angela Bernat, Naneen Drosse, Margaret Orvis

Travel Destinations

Volley Town Seniors
Call Norma Broderick at 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.

New Haven Seniors
Call Elaine Parkhurst at 315.343.9475

April 24~25, travel to Lancaster, PA. 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, Marcy Downey is the ultimate entertainer. $35pp.

September 19~Arkville, NY. All Aboard.........................Enjoy a scenic train ride through the Catskills while dining amongst friends. $95.00pp.

There’s no need to fear the wind if your haystacks are tied down. Don’t be breaking your shin on a stool that’s not in your way. May misfortune follow you the rest of your life, and never catch up. You’ll never plough a field by turning it over in your mind. Every man is sociable until a cow invades his garden. Marry a mountain girl and you marry the whole mountain. Never try and bolt your door with a boiled carrot!

Good luck will come to all, I’m told, who wish upon this pot o’ gold!

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.stlukehs.com

John E. Dowdle ♦ Andrew J. Dowdle ♦ Adrian J. Dowdle
Dowdle Funeral Home
154 East Fourth St. T: 315-343-9010
Oswego, NY 13126 www.dowdlefh.com

150 years and counting... Your community partner.
Proud supporter of the Retired Senior Volunteer Program

Saturday, March 17
Happy St. Patrick’s Day

There’s no need to fear the wind if your haystacks are tied down.
Don’t be breaking your shin on a stool that’s not in your way.
May misfortune follow you the rest of your life, and never catch up.
You’ll never plough a field by turning it over in your mind.
Every man is sociable until a cow invades his garden.
Marry a mountain girl and you marry the whole mountain.
Never try and bolt your door with a boiled carrot!

Good luck will come to all, I’m told, who wish upon this pot o’ gold!
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 315.598.4710, ext. 1094

FREE…..
Oswego County Health Department
70 Bunner Street, Oswego 13126
Entrance B ~ Training Room
Tuesday March 6 @ 10:30am
Friday, June 15 @ 10:30am

The training covers five essential steps and more for first responders. Participants will be able to better understand, recognize, respond to and reverse opioid overdoses using a naloxone rescue kit.

For more info., or to register, contact Sara Sunday, Administrator, OFA 315.349.3484 or email sara.Sunday@oswegocounty.com

*Substance Abuse and Mental Health Services Administration

~ continued from front page

6 STEPS TO BETTER BALANCE NEW INSTRUCTOR TRAINING

intended to help prevent falls as well as teach what to do when a person feels themselves falling, by practicing the exercises through repetition.

If you are interested in taking class, please contact the RSVP office and will get you in touch with the appropriate instructor. ~ Meave Gillen

Who knew???
Round & Square Dancing

Grab a partner and Do-Si-Do your way out to Parish! It's always a lot of fun whether you are dancing or enjoying the action. If you play an instrument, come out and play its also a jam session. For more info., call Diane 315.625.5040.

Parish Fire Station
16 Union Street
Saturdays @ 6:00 p.m.
$3.00 per person

Save the date!

ROAST PORK DINNER
Pennellville United Methodist Church
389 County Route 54, Pennellville
Saturday, March 10 @ 4pm
Adults - $10
Seniors & Children discounts

Served family style, the menu includes roast pork, dressing, mashed potatoes, gravy, green beans, coleslaw, rolls, beverages and yummy desserts. Since it's all you can eat dinner, we guarantee you won't leave hungry!

Be sure to enter the drawing for a free dinner. For more info., call Anne at 315.695.6086 or the Church (day of the dinner) at 315.695.5964.

~ Editor note

The women’s group always has a wide variety of crafts, books and other goodies, for sale. Be sure to Grab some deals before you leave.

~ Editor note

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
By participating in the 3rd annual photo contest, you can help the seniors in your community can live a healthier, happier and more independent life at home, where they want to be. Millions of seniors (60+) nationwide are struggling with hunger, isolation and the ability to pay for basic living needs. All proceeds from the “Over 60 & Proud Of It” contest will benefit OCO Nutrition Services Senior Meal Programs.

Photos must depict a person or object at least 60 years old, other that that use your imagination! Entries accepted March 1 - 31 with judging held April 2. The winning photos will be published on the OCO Nutrition Services website.

For a complete list of rules and how to enter, visit https://www.oco.org/nutrition.

Please welcome...

Lori Halstead
Oswego County Opportunities
Coordinator of Nutrition Services

“I have worked with the OCO Nutrition Services Program for the last 11 years and I am thrilled to have been selected for this new role.

I look forward to leading an amazing program with an outstanding group of people who are passionate about their work and dedicated to providing nutritious meals to the residents of Oswego County.”

~ Lori Halstead
Coordinator of Nutrition Services

Editor note:
On behalf of the RSVP volunteers and staff, we wish Lori the best in her new position and look forward to a long and positive partnership!