March - April 2016

RSVP thanks...

NORMA CHURCH
FOR HER SERVICE

Long before Norma joined RSVP in May 1989 she already had a long-standing history of volunteering in the community. Prior to her retirement Norma (a registered nurse) was the Director of Home Health Aides of Oswego County. She spent her career successfully advocating and caring for the aging population in the County; bringing vital and essential health services to the area.

Busy with a career, her husband Frank and raising their children; Norma still found the time to volunteer with many local area organizations throughout the years.

We are RSVP Volunteers!

~ continued on back page

RSVP—WHO ARE WE?

We are part of the Corporation for National and Community Service (CNCS), a federal agency whose mission is to improve lives, strengthen communities, and foster civic engagement through volunteering. An agency that helps more than 5 million Americans improve the lives of their fellow citizens through service. We work hand in hand with local partners, we have the ingenuity, compassion and can-do spirit to tackle some of the most pressing challenges facing our nation.

We make a difference in the lives of Americans every day. We serve, we build, and we make an impact that enhances lives in our local communities. We deliver results-driven service where it’s needed most. We are the volunteers who collectively average 30 million hours per year with an annual dollar value of $635 million.

We are a strong, vital and necessary organization who brings life skills and energy to social, economic and environmental issues. We are the future.

We are RSVP Volunteers!

~ continued on page 6

Incorporated in 2013, The Children’s Museum of Oswego (CMOO) was founded by a group of Oswego residents desiring to expand the educational and recreational opportunities available to the children of Oswego County and surrounding communities. The Children’s Museum of Oswego seeks to be a year-round place for fun, safe, and educational play. CMOO is a 501(c)(3) Non-profit organization and is chartered by the New York State Board of Regents.

(see page 2 for volunteer opportunities).

The Museum will house 5,000 square feet of interactive, hands-on exhibits that will focus on aspects of current and historical local significance, imaginative play, the arts, science, and mathematics. Inspiring lifetime learning through meaningful PLAY and serious FUN!

The Children’s Museum of Oswego will also offer programs for various age groups that provide a structured

~ continued on page 6

RSVP partners with…

CHILDREN’S MUSEUM OF OSWEGO
**Salvation Army**

The Salvation Army is looking for volunteers to help staff Soup Kitchens and Food Pantries in both the Oswego and Fulton locations. Oswego (73 W 2nd St.) is open Monday through Friday from 9am - 4pm. Fulton (62 S 1st St.) is open Monday, Wednesday & Friday from 10am - 1pm., Tuesday and Thursday from 10am - 3pm.

Other positions include clerical, custodial & maintenance; flexible hours. INFO: Lori @ 207-3359, email: oswegocountysalarmy@gmail.com.

"There’s nothing stronger than the heart of a volunteer.”
~Lt. General James Doolittle

**AARP Driver Safety**

Instructors are needed to organize and teach classroom courses at local libraries, town halls, churches and other community establishments. Volunteer instructors will receive training prior to teaching the course. INFO: Gordon Schipper, AARP DSC NY District Coordinator @ 963-3093.

**Human Concerns Center**

Actively seeking an Executive Director to oversee the daily operations of the food pantry. The volunteer position requires an average of 5 hours per week and would involve computer, writing and public speaking skills. There are currently over 30 loyal volunteers who support and assist the Executive Director with everything from running the office to ordering food.

Located within the city of Oswego, the Human Concerns has been a successful emergency food pantry for more than 30 years and provides an average of 250 meals to families each month. INFO: Deb Deeb, Executive Director @ 342-7301, 12p-3p.

**The Children’s Museum of Oswego**

Volunteers are needed to assist at the museum Mondays, Wednesdays, and Saturdays in all areas. They are looking for someone to greet the visitors, take admission, and answer questions.

CMOO is also looking for a volunteer to read to the children during story hour, an artist to help facilitate art projects with the children, and a floor volunteer who will interact with visitors and keep the exhibit areas well-kept. Please contact the RSVP office 312-2317 or by contacting Jillian Shaver, Executive Director for CMOO, 326-1110.

**Ombudsman Program**

Arise Independent Living Center of Oswego County has taken over the Ombudsman Program. This program is an effective advocate and resource for older adults and persons with disabilities who live in nursing homes, assisted living, and other licensed adult care homes.

Ombudsman help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life. If you are interested in becoming an ombudsman, there will be a 40-hour training which upon completion – you will be a certified Ombudsman. INFO: Sabine Ingerson, Director of Arise Oswego County Offices, @ 342-4088.

**Oco Home Delivered Meals**

Oco is always looking for volunteers to deliver home delivered meals to seniors in the community. Pass the word, you do NOT need to be an RSVP volunteer! INFO: Chris Parks, Volunteer Coordinator, 598-4712 x 1807.

**Mature Living Distribution**

Receive your bi-monthly issue 1 of 3 ways:

**Bulk Delivery**
- All Public Libraries
- All Dining & Activity Centers
- All Senior Housing Units
- All Home Delivered Meals
- At the following drop sites:
  - Fulton: Granby Community Center, Meadowbrook Estates, Volney Town Hall, Friends of History
  - Hannibal: Meadowbrook Manor
  - Mexico: Palermo, Mexico and New Haven Town Hall, New Haven Seniors
  - Minetto: First United Methodist Church, The Manor at Seneca Hill
  - North Shore Oneida Lake: Vella’s Market, West Monroe Town Hall
  - Phoenix: Schroeppep Town Hall
  - Oswego: Bishop Commons, St. Luke, Human Concerns, Office for Aging, Oswego Health, Wayne Drug, YMCA
  - Pulaski: Park United Methodist Church
  - Scriba: Municipal Bldg., The Justice Center
  - West Amboy: Community Church

**E-mail Delivery**

Sign-up is simple; just send us an email: rsvp@oswego.edu

**Home Delivery**

Annual subscription cost is $5.00 (Free for RSVP volunteer members)

Thursday, March 17......

Happy St. Patrick’s Day
From the desk of the Director...

2015 brought some new and big changes to RSVP. The big change came at the end of February, with the official retirement of Ellen Wahl. Ellen served as Director of RSVP for over 3 decades, and has sculpted this program into something amazing.

Tracie Wallace ran the show for two months while Ellen’s replacement was searched for. Tracie did an incredible job of maintaining our programs, tracking hours and data, Mature Living, and overall, keeping everyone on track.

At the end of April, a replacement was found, and I could not be happier or more honored that I was the lucky one to be chosen. I would also like to point out you, our Volunteers. You gave so much of your time to help shape Oswego County into the greatness that it is today. I wholeheartedly thank you for your dedication to RSVP. Your steadfast work is something to be admired.

Our programs continue to develop and succeed. RSVP’s Osteoporosis classes continue to flourish and grow. If you know of anyone who may be thinking it’s time to work out their bones, tell them to give us a call or stop by any of our 20 Osteo sites to take in a class.

May this year, be your best year yet!

~ Meave
Eating well is important at any age, but even more necessary for seniors because nutritional needs change as we age. Adequate nutrition is necessary for health, vitality and quality of life.

**How Do Our Bodies Change As We Age?**

There are many reasons our bodies change as we get older, including physiological, perceptual and general age-related conditions. These changes all influence the performance of our body as a whole, which in turn, influences our eating, nutritional intake and overall health.

**Physiological Changes**

One reason nutritional needs change is due to physiological changes occurring later in life. Energy expenditure generally decreases with advancing age because of a decrease in basal metabolic rate and physical activity, thus decreasing our caloric needs. Our bodies also begin to experience a decrease in kidney function, re-distribution of body composition and changes in our nervous system.

**Changes in our nervous system.**

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**Perceptual Changes**

Perceptual changes later in life can also influence our nutrition, such as changes in hearing, taste, smell and vision. As taste buds decrease, so does our taste for salty and sweet—often times making food taste more bitter or sour.

**Other Aging-Related Changes**

Other changes in body function may impact nutritional intake, such as the loss of teeth and/or ill-fitting dentures can lead to avoidance of hard and sticky foods. Gastrointestinal changes may lead to avoiding healthy foods, such as fruits and vegetables.

**Malnutrition, Vitamin Deficiencies**

Malnutrition is seen in varying degrees in the elderly, along with varying vitamin deficiencies. Common nutrient deficiencies include inadequate intake of vitamin A, B, C, D, E, folic acid and niacin.

Malnutrition may also be the result of some socioeconomic risk factors, such as the following: loss of a spouse or family member; lack of interest in cooking or eating alone; fear of personal safety (which affects their ability to go grocery shopping); and financial concerns.

Clearly nutrition plays a vital role in the quality of life in older persons. This is why preventative medicine and focusing on good eating habits is crucial.

**The average amount of calories consumed at an “all-you-can-eat buffet” is 2,500 and a whopping 3,000 calories for Chinese buffets!**

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**Nutrition Site Manager Explains Role**

When Rene Quesnell invites a few friends for lunch, she might have anywhere from 35 - 40 guests. Mrs. Quesnell has been the manager for the Senior Nutrition Site at Hamilton Homes since it opened on February 11, 1974.

Mrs. Quesnell began assisting the project as an RSVP volunteer. As responsibilities increased, she assumed the site manager position; she has continued to volunteer half of her time to the program.

It is up to Mrs. Quesnell to prepare the noon meals served Monday - Friday. And according to the increasing number of people attending, Mrs. Quesnell must be doing a good job as manager of the kitchen.

"The first day we opened there was a very bad snow storm" she said, "and we had only ten people here for lunch.” But news of some good cooking must travel fast, because three weeks ago she and her four assistants served 59 people! “On that day,” she said “people had to stand up to eat because we only have accommodations for 45 people.

What does she most enjoy about the work at Hamilton Homes? She said “I just like being with friends and meeting new people.” This feeling must be shared by the people who eat lunch there because she said just about the same group comes each day.

According to Mrs. Quesnell, there is more than food to enjoy at the Center. “After lunch, people will play card games and talk to their friends.” In the past we have had a white elephant sale and dances. Every holiday there are parties and a special dinner. Many people who come to the Center live alone and they appreciate the opportunity to talk to friends.”

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By Carol Altimonte and Colleen McNamara
(Students at State University College, Oswego)
Oswego County Office for the Aging (OFA)
70 Bunner St., Oswego, NY 13126. 349-3484
www.oswegocounty.com/ofa

~ Sara Sunday,
Aging Services Administrator

SENIOR CITIZEN OF THE YEAR NOMINATIONS

OFA is accepting nominations for Senior Citizen of the Year. 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. Applications are available by calling OFA.

HOME ENERGY ASSISTANCE PROGRAM

OFA is still accepting Home Energy Assistance Program (HEAP) applications. Anyone age 60+ or receiving disability benefits and in need of heating assistance can call OFA to request an application.

If you are out of fuel or have received a shut-off notice, Emergency HEAP is available. Call Emergency Assistance at Department of Social Services, 963-5021.

WHAT IS NY CONNECTS?

NY Connects is a way to receive information and assistance on Long Term Services and Supports available in New York. The statewide resource directory: www.nyconnects.ny.gov/ allows individuals to directly search for and learn about applying for public benefits, available home care services and much more.

There is also a new toll free number 1-800-342-9871, which routes callers to the appropriate County to obtain information on available long term services and supports. You can also call directly to NY Connects of Oswego County at 349-8697.

LANGUAGE INTERPRETIVE SERVICES

If you have questions on aging issues, and English is not your primary language, OFA can help with interpretation services. Call OFA.

CAREGIVER SUPPORT GROUPS

OFA sponsors two Caregiver Support Groups, one in Pulaski and one in Fulton. The Pulaski group meets the 1st Tuesday of each month from 3-5 pm at the Park United Methodist Church 2 Hubble Street, Pulaski. The Fulton group meets on the 2nd Thursday of each month at the State St. United Methodist Church between 3-5pm.

For information on topics to be discussed, call Elizabeth Weimer, M-F, 8:30am – 4:00pm at 349-3570.

Bone Builders Program......

Osteo Re-certification class

RSVP will be holding an Osteo recertification class at the United Methodist Church St. Rt. 69, Mexico, on Friday, May 13 beginning at 9am. The class is open to all current Osteo Instructors and no pre-registration is required. The class concludes at 12pm, followed by a potluck lunch (details will be forthcoming) for anyone interested.
MARCH

1  John Pierce
2  Sandra Baker
4  Theodore Curinga, Sharon Figiera
6  Carol Fox, Marilyn Stephens
7  Karen Piazza, Anne Pierce
9  Sandy Walpole
10  Mary Leib, Joanne Reed
11  Carolynne Shoults
13  Richard Slingerland, Jeanette Morse
16  Virginia A. Congdon, Jeanette Morse
18  Shirley Hanley
19  Linda Rosche'
21  Charlotte Douglas
22  Suzanne Brown, Eleanor 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 J. Ioriozzo

APRIL

3  Jean Feeney, Bonnie Frawley
4  Suzy Beyer, James McGann
5  Janet Weldin
8  Julie McCrobie, Christine Parks, Terry Rossman
10  Frank Bickel
14  Ann Marie Rebeor
16  Jeanine David, Nancy Downing
17  Fran Wadas
19  Donna Switzer
23  Margaret Drummond
24  Lorraine Trenca
26  Kathy Hall, Ellen Kane
27  Susan Brosnan, Martha Sturtz
28  Jean M. Kingsley
29  Francine Paracka
30  Angela Bernat

Sunday, March 27

Happy Easter

THE CHILDREN’S MUSEUM

In addition to creating educational opportunities, the mission of The Children’s Museum of Oswego includes enriching family values, developing environmental stewardship and civic values in the children of our community as well as providing a center to learn about healthy behaviors and engage in physical activity.

Current museum hours are Mondays and Wednesdays, 9a - 4p. Saturdays, 10a - 5p. CMOO is open for field trips by appointment only. CMOO is located on the corner of Bridge St. and W. 1st St. Oswego. Info, 326-1110 or email info@cmoo.org

UPCOMING TRIPS

“The world is a book, and those who do not travel read only one page.” – Saint Augustine

Have an upcoming event you want published? Call 312-2317 or email: rsvp@oswego.edu

New Haven Seniors

March 9
Experience a dinner theatre featuring The Red Hot Lovers comedy show at the Beeches in Rome, NY. Cost is $50 due by March 1.

April 19 & 20
Travel to Lancaster PA. to see Samson and enjoy the Dutch Apple Theater for dinner and a show. Prices are Single, $400; Quad, $315; Triple, $324; and Double, $340 per person. $60 deposit due Feb.14.

Call Elaine, 343-9479 or 289-2148.
Theatre Performance
March 3, 4, 5, 11, & 12 at 7:30pm; 13 at 2pm. A student honors theatre production directed by Anna Richardson will be performing “The Mousetrap” in Hewitt Union Ballroom.

A classic who done it story, written by one of the world’s most famous mystery writers, Agatha Christie. It features a cast of strangers stranded in a lodge during a snow storm, one of whom is a murderer. Suspects include a spinster, an architect, a retired Army Major, & many more. 

**Tickets are $15 and includes parking** in Culkin Hall lot (E-6) and nearby Lot E-18.

Musical Performance
April 6 at 7:30pm. Duo Parnas performs in the Sheldon Ballroom on SUNY Oswego Campus. The award-winning sisters, Madalyn, on violin and cellist Cicely, have won the International Chamber Music Ensemble Competition, offer an exciting and technically flawless performance.

There will be a pre-concert discussion, beginning at 7:00pm. This performance is part of SUNY Oswego’s Ke-Nekt Chamber Music Series, and is $15, including parking in lots adjacent to and across Washington Blvd. from Sheldon Hall.

Planetarium
March 6 & every Sunday through June at 7pm. SUNY Oswego physics professor Scott Roby will present a different show each month. The planetarium has limited seating, so arrive a bit early, Roby said. Shows are recommended for children ages 4+ and are **FREE**!

No food or drink permitted in the facility. Parking is **free** in the commuter lot off Washington Blvd adjacent to Shineman Center and the employee lot off Centennial Blvd across from it.

Winter Walk
Rice Creek Field Station - Saturday, March 19 & 26, 11am – noon. There will be a **FREE** family-friendly naturalist led winter walk, at the Rice Creek Field Station 193 Thompson Road, about one mile south of SUNY Oswego’s main campus. Call 312-6677 the morning of the walk to check trail conditions.

Did you know...
SUNY Oswego offers adults 60 years or older the opportunity to audit college courses on a space available basis and **FREE** of tuition charges!!! For info: The Division of Extended Learning, 312-2270 or email: extlearn@oswego.edu

**Theatre Performance**
April 21, 22, 23, 29 at 7:30pm and May 1 at 2pm. The Pirates of Penzance host a party to celebrate Frederic’s status of Pirate King upon his 21st birthday, whereby Frederic declares his distaste for the pirates’ life and intent to leave.

A modern score filled with wit and whimsy, this classic by Gilbert & Sullivan is a delightful comedic romp. $15, ($7 for SUNY Oswego students) including parking in the Culkin Hall lot (E-6) and nearby Lot E-18. 312-2141.

For more info, visit [www.oswego.edu](http://www.oswego.edu/)
Norma Church

As a community we admire the woman who has never quit until the job is done. That woman, of course, is Norma Church. You see there are many jobs that need to be done and problems that need to be solved. Norma, like many volunteers doesn’t just look around and see things that need attention, she takes action.

With heartfelt thanks and appreciation RSVP honors Norma for the many, many contributions she has made over the years to our local community; both professionally and personally.

Wishing Norma Happy Birthday on March 27

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