RSVP
Retired & Senior Volunteer Program
of Oswego County

Mark your calendar...
SUNY OSWEGO
AND THE HALL
NEWMAN CENTER
KICK OFF ANNUAL 3-DAY
GARAGE SALE MAY 17

SUNY Oswego, and the Hall Newman Center have begun preparing for the annual OZ Garage Sale with a wide variety of treasures available.

The sale offers discounts to bargain shoppers, helps to reduce the amount of usable items students leave behind and proceeds provide support to various community organizations.

OPEN TO THE PUBLIC
SUNY Oswego Campus
~ Swetman Gym ~
Thursday, 5/17 - 9a - 6p
Friday, 5/18 - 9a - 5p
Saturday, 5/19 - 9a - 2p
Fill a bag for just $2

College staff collects food donations, along with clothing, household and other miscellaneous items from students who are unable to take items home when moving. Items are then weighed, sorted and set-up in Swetman Gym.

In the past, organizers have collected as much as seven tons in donations. Because it is such a major undertaking, volunteers are always appreciated and welcome to assist with set-up. (see vol. opportunities, page 2).

For more information on the sale, kathy.nyman@gmail.com.
~ submitted by Kathy Nyman

June 11 - 12, 2018
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Thank You AARP Tax Aides!

Combined, the Tax Aides have more than 26,000 volunteer hours and 129 years of service with RSVP!!

Julie Birtle  Joanne Gardner
John Lyons  Al Mosier
Nancy Perticone  Gary Roy
John Smith  Betty Talamo
Fred Wall  Carolyn Waterman

RSVP Volunteers and AARP Tax Aide Coordinators; Betty Talamo, Fred Wall and Nancy Perticone.

Testimonial...

I have used AARP Tax Aide service for 8 years & this year was no exception. I recently had a question on my 2017 return & contacted RSVP, who connected me with Nancy Perticone. Nancy immediately contacted me and answered my question that same day!

I can’t say enough good things about this program & the volunteers who spend many hours of their time & expertise completing returns each year. Great Job to all of you and I look forward to seeing you in 2019!
~ Sincerely,
Linda Hall

MATURE LIVING

MEMORIAL DAY
A day of remembrance and reflection. A day where the nation will come together to honor the fallen heroes who made the ultimate sacrifice while defending our country.

Jim Demars, (Jim’z Rocks) will introduce campers to some rock painting.

June 11 - 12, 2018

Senior Camp Rocks!

Area residents ages 50 years & older are invited to take part in this year’s event at Camp Hollis.

Highlights include special fitness and nature related activities, challenging games, sing-alongs and, arts and crafts. Nutritious delicious food, beverages and snacks too. Campers should bring a lawn chair for the bonfire and s’mores Monday evening.

Packages include a two-day overnight program for $20, check-in, 8:30a Monday and check-out, Tuesday, 3p. Daytime program is $10 a day or join for both days; or Monday only day and evening program for $12.50.

For more info. contact Fran Wadas at 315-343-2381 or 315-806-4256.
~ Barbara Burton Bartholomew

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May is...

Older Americans Month

“ENGAGE AT EVERY AGE”

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation’s observance of Older Americans Month.

The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being.

It also celebrates the many ways in which older adults make a difference in our communities. Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean.

No matter where you are in your life, there is no better time than now to start. We hope you will join in and...

Engage at Every Age!

MATURE LIVING DISTRIBUTION
Receive your bi-monthly issue 1 of 3 ways:

Bulk Delivery
- Public Libraries
- OCO Dining & Activity Centers
- All Senior Housing Units
- OCO Home Delivered Meals
- The following drop sites:
  - Fulton: Granby Community Center, Pratt House, Meadowbrook Estates, Volney Town Hall, YMCA
  - Mexico: Palermo, Mexico and New Haven Town Halls, New Haven Seniors
  - Minetto: 1st United Methodist Church, The Manor at Seneca Hill, Springside
  - North Shore Oneida Lake: West Monroe Town Hall
  - Phoenix: Schroeppep Town Hall
  - Oswego: Bishop Commons, St. Luke, Human Concerns, Office for Aging, Oswego Health, YMCA
  - Pulaski: Park Street Methodist Church
  - Scriba: Municipal Bldg., 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)

O'MARA WELCOME CENTER
Open Memorial Day through Labor Day, prospective volunteers are needed to staff the information center.

A Volunteer Coordinator is also needed to oversee the daily operations of the center.

Volunteers of all ages are welcome. For more info, RSVP, 315-312-2317 or rsvp@oswego.edu.

SPRING TRAINING SESSION
May 9, 10, 16, & 17, 9a - 4:30p each day
ARISE
716 James St, Syracuse, NY 13203
For more information on the program, contact Regional Ombudsman Coordinator at 315.671.5108 or email ombudsman@ariseinc.org

- Provide a voice for residents of nursing homes, assisted living, & other long term care facilities
- Help residents & their families understand & exercise their rights
- Educate & empower residents to self-advocate
- Lessen social isolation or loneliness many residents experience
- Create your own schedule
- Receive ongoing training & support

~ http://www.ariseinc.org

Seeking compassionate & dedicated volunteers to become certified, long term care ombudsmen in Onondaga, Oswego, Cayuga, & Cortland counties.

As an ombudsman, you will have the opportunity to visit local nursing homes or other adult care facilities to advocate for residents & help ensure they are receiving quality, person-centered care.

Volunteers receive free training to become New York State Certified Ombudsmen. As an ombudsman, you will:

ANNUAL SUNY OSWEGO OZ SALE
Beginning May 8, there will be afternoon and evening hours available for volunteers of all ages to help sort and set-up items for the sale.

You can volunteer for a couple of hours or more, the choice is yours. So bring a friend or two, meet the committee members and we guarantee you’ll have a blast! To sign up, email kathy.nyman@gmail.com or call RSVP at 315.312.2317.

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  - Pulaski: Park Street Methodist Church
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DRIVER SAFETY COURSES

The class is designed especially for drivers ages 50+, however all ages are welcome to attend. Class size is limited and you must call instructor to pre-register. The class cost is $25 ($20 for AARP members), payable by check or money order only. No calls after 8pm.

June
7 & 8, 9:30a - 1:30p. Oswego Salvation Army, W. 2nd Street. Instructor: Pat Foster, 315.963.8133.
11, 9a - 4:30p. West Monroe United Methodist Church, 2319 NY - 49, West Monroe. Instructor: Peter VanderVeen, 315.436.0565.

July
12 & 13, 9:30a - 1:30p. Oswego Salvation Army, W. 2nd Street, Oswego. Instructor: Pat Foster, 315.963.8133
26 & 27, 9:30a - 1:30p. Oswego Salvation Army, W. 2nd Street, Oswego. Instructor: Pat Foster, 315.963.8133.

September
13 & 14, 9:30a - 1:30p. Oswego Salvation Army, W. 2nd Street, Oswego. Instructor: Pat Foster, 315.963.8133.

October
11 & 12, 9:30a - 1:30p. Oswego Salvation Army, W. 2nd Street, Oswego. Instructor: Pat Foster, 963-8133.

AARP DRIVER SAFETY CLASS INSTRUCTORS NEEDED

- Organize and teach classes at sites in your community, e.g. hospitals, libraries, community centers, etc.
- Teach three (3) classes per year, days, evenings, weekends and class times are your choice.
- Receive all the training and tools you need to make your volunteer experience the best it can be!

Become part of a team of dedicated volunteers who are making a difference in their community. Although the positions are unpaid, volunteers are reimbursed for approved, program-related, out-of-pocket expenses, such as mileage and postage. Contact Gordon Schipper, AARP Zone 3 District Coordinator at 315.963.3093 or email gschipper78@gmail.com.

YOUR SUPPORT IS APPRECIATED

Because needs are becoming greater than the resources available to meet them, we appreciate all financial contributions. Your assistance will help seniors maintain their independent lifestyles and help RSVP recruit and place volunteers where the need is greatest in the local community.

Contributor Name: _______________________
May we publish your name in Mature Living? Yes___ No___
Street _________ City_________ State____ Zip_______
I designate my contribution for:
□ RSVP general operations
□ Mature Living newsletter
□ Other Specific Program (s): ________________________________

In □ Memory / □ Honor of: ________________________________

Kindly mail coupon with contribution to: RSVP Program
34 East Bridge St., Oswego, NY 13126

Checks payable to:
Research Foundation for SUNY-RSVP
Contributions are tax deductible to the extent of the law.
May is...

NATIONAL OSTEOPOROSIS AWARENESS MONTH

Strength Training

Seniors and Weightlifting?

Now that you’re older, you may not spend much time flexing in front of the mirror, so why bother lifting weights? Truth — building muscles is more important than ever at this stage of life.

Muscles tend to weaken with age, and this decline can eventually rob seniors of their active, independent lifestyles. Fortunately, you can reverse that trend with a few simple exercises. It’s safe, it’s effective, and it’s never too late to start.

New to Strength Training?

Join an RSVP Osteo Bone Builders Class! Sites are conveniently located throughout Oswego County (see opposite page)

Should seniors lift weights?

The American College of Sports Medicine now recommends weight training for people 50+, even those well into their 90s can benefit. A group of nursing home residents ranging in age from 87 to 96 improved their muscle strength by almost 180 percent after just eight weeks of weightlifting, also known as strength training.

Adding that much strength is almost like rolling back the clock. Even frail elderly people find their balance improves, their walking pace quickens, and stairs become less of a challenge.

What are the benefits of weightlifting for seniors?

- Improved walking ability. University of Vermont study revealed healthy seniors ages 65 - 79 could walk almost 40% farther without Rest after just 12 weeks of weight training!
- Prevention of broken bones. The exercises boost your strength, balance, and agility, making it less likely that you'll suffer a fall. Weight training can also build bone mass in the spine & hip, so it’s especially important for people with osteoporosis.
- Relief from arthritis pain. Strengthening muscles, tendons, and ligaments around joints, can dramatically improve range of motion. It can also cut down on pain by increasing capability of muscles surrounding the afflicted joint, which eases stress on the joint itself.
- Weight loss. Lifting weights doesn't burn many calories, but it does rev up your metabolism. Seniors who combine strength training with a healthy diet are certain to shed a few pounds.
- Improved glucose control. Type 2 diabetes? Strength training can help you keep it under control.
- Other benefits. Studies suggest weight training can help people sleep better and even ease mild to moderate depression.

~ Chris Woolston, M.S.
www.consumer.healthday.com

An exercise & education regimen for the control of Osteoporosis, the RSVP sponsored classes are self-paced, starts off gently and gradually builds as strength increases.

Sessions are meant to be FUN — you’ll get to know other participants, learn and share information that can protect your health, and hopefully increase your confidence and overall independence.

The exercises used in this program are designed to rebuild bone density and improve balance through weight training and exercise. They can help protect against fractures by increasing muscular strength, balance and bone density.

Classes are led by RSVP volunteers, who are certified instructors in the techniques developed by Research Scientists at Tufts University.

The educational format covers lifestyle choices, drug therapies and nutritional information, all of which have an impact in controlling osteoporosis.

Prior to joining a class, prospective participants are encouraged to observe a session. Informational brochures, and medical clearance forms are available at all sites, along with instructors who are available to answer any questions.

There are no mandatory fees for the classes and the sessions are available for people of all ages and abilities with physician approval.

Congratulations...

Ann Hardy Osteo Master Trainer

A new Osteo site has opened under Ann’s supervision at the Shadowbrook Retirement Community located in the Town of Scriba. The site will be exclusive to the residents of Shadowbrook.

Welcome Shadowbrook!

A study at Tufts University found that older women who lifted weights for a year improved their balance by 14%. (A control group composed of women who didn't lift weights suffered a 9% decline in balance in the same year.)

~ www.consumer.healthday.com
Thank you so much to all of our Osteo Trainers! You do an amazing job and we appreciate all of the hard work you put in!

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**Tuesday, June 5...**

**Annual Bone Builders Instructor Recertification Class**

Mexico United Methodist Church  
4372 Church Street, Mexico, 13114  
Class 9a—12p, registration at 8:45a  
Optional afternoon 1:1 training available

Contact RSVP to register, rsvp@oswego.edu or 315.312.2317. Potluck lunch at noon for anyone interested, bring a dish to pass. Comfortable clothing, water bottle and osteo manual are required.
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.

Sunday, June 17
Happy Father’s Day

A Dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A Dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A Dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fall...

Sunday, May 13
Happy Mother’s Day

To the world, you are a mother but to your family you are the WORLD...

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Travel Destinations

ALL ADULTS ARE WELCOME

MEXICO SENIORS
Call Marion Ruigrok, 315.963.7719 or 315.806.5583
Thursday, June 28 - Corning, NY.
Visit the Corning Museum of Glass, a not-for-profit museum dedicated to telling the story of a single material - Glass. After the show, you’ll stop and enjoy dinner at the famous Belhurst Castle. Bus fare, museum admission and dinner, $48pp. Reservations due June 1.

NEW HAVEN SENIORS
Call Elaine Parkhurst, 315.343.9475
Wednesday, July 25 ~ Albion, NY.
Enjoy a dinner show at Tillman’s Village Inn featuring the Marcy Downey Show, “Legends of Laughter and Song”. With a lifetime of show business experience, and coast to coast stage appearances, Marcy Downey is the ultimate entertainer. $35pp.

Wednesday, September 19 ~ Arkville, NY.
All Aboard.....Enjoy a scenic train ride through the Catskills while you enjoy lunch with friends. $95.00pp.

I50 years and counting...
Your community partner.
Proud supporter of the Retired Senior Volunteer Program

GRAB SOME SUPER DEALS
SUPPORT A GOOD CAUSE

Snow Memorial Building Auditorium
4917 N. Jefferson St., Pulaski
Thursday, July 19, 11a - 5p
Friday, July 20, 9a - 4p
Saturday, July 21, 10a - 1p

For more information, contact Pulaski Librarian Margaret Weigel at 315.298.2717, email pullib@ncls.org or visit www.pulaskinypubliclibrary.org

Why is it that everything is 10 times funnier when you are supposed to be quiet??
Becoming a Docent Today!

Are you a senior who enjoys volunteering and craves lifelong learning experiences?

Do you have an undeniable passion to learn and are constantly searching for new ways to acquire knowledge? Search no more! The Retired & Senior Volunteer Program (RSVP) is seeking enthusiastic volunteers with the desire and ability to interact with diverse audiences for their docent program.

As a docent (a person who acts as a guide, typically on a voluntary basis, in a museum, historical society or art gallery.), you will have the opportunity to uncover some of the wondrous museums and historical sites that the County has to offer.

You will provide educational services to museum visitors and ensure that valuable conversation is built throughout the course of the visit. Most importantly, you will have the chance to expand your mind while creating new insightful and exciting experiences.

RSVP is seeking enthusiastic volunteers with the desire and ability to interact with diverse audiences for the docent program.

The benefits of becoming a docent include sharing the history and culture of Oswego County with people, both local residents and tourists. If you are a senior who enjoys volunteering, and craves lifelong learning experiences, this is the perfect opportunity for you!

For more info., call RSVP at 315-312-2317 or email rsvp@oswego.edu

Summertime Fun......

OSWEGO COUNTY WELCOMES YOU

Located on the shores of beautiful Lake Ontario, and in the center of NY State, the County offers year round fun and recreation for everyone. What better way to celebrate summer than to explore your own backyard!

Enjoy festivals, parades, kayaking, farmers markets, bird-watching, historical societies, museums, hiking, camping, fishing, boating, and much more.

Explore new areas! Discover brand-new destinations, as well as popular local attractions in your own backyard.

Date night! A romantic dinner on a lake cruise, enjoy a wine tasting tour, try an outdoor concert, attend a play and finish with an amazing Oswego sunset or sunrise on the beach!

Become a tourist! Remember to bring binoculars, a fanny pack, local maps and a camera to take lots of fun and cheesy vacation photos.

Before you head out, check-out the website: visitoswegocounty.com and stop at the O’Mara Welcome Center for some unique county information.