On a spring day in 1865, Waterloo, NY druggist Henry C. Welles watched as a lone widow walked to the cemetery to place flowers on the grave of her deceased Civil War soldier husband.

How soon they forget, Welles thought, resolving to do something to make sure that those who gave their lives in defense of their country would not be forgotten. Working with Gen. John B. Murray, Welles planned the first Memorial Day in Waterloo in 1866, and for 150 consecutive years, Waterloo's citizens have remembered with prayers, ceremonies, parades and celebrations.

Although a number of communities claim to be the originator of the holiday, Waterloo is recognized as the birthplace of Memorial Day as a result of a proclamation signed by Governor Nelson A. Rockefeller in March 1966. On May 26, 1966, President Lyndon B. Johnson signed a proclamation recognizing Waterloo, NY as the official birthplace of Memorial Day.

This year's theme is "Stretching your Mind, Body & Soul". The 2-day event is exclusively for adults ages 50 years young and up. Highlights include: Guest speakers; Recreational opportunities; Games to challenge; Arts and crafts; Music and lots of delicious food, snacks and beverages.

Editor’s Note: The following article on the history of Camp Hollis can be found in its entirety on the website: friendsofcamphollis.org/.

On the morning of July 8, 1946, 27 boys and 27 girls from all over Oswego County got off buses to begin a new adventure. They were "pioneers" – the first to attend a camp program on the shores of Lake Ontario that continues today in an unbroken line. Physically the site has grown and buildings have changed, but the spirit and traditions have continued.

RSVP partners with the Greater Oswego-Fulton Chamber of Commerce to staff the O'Mara Welcome Center and has a long-standing history of providing volunteers who operate the center Memorial Day through Labor Day. Under the direction of Tourist Center Coordinator Arlene Johnson, volunteers staff the center daily 10a – 5pm.

Better known as “Goodwill Ambassadors,” the volunteers greet visitors, provide literature and brochures, directions and warm Oswego County hospitality to all who stop in. RSVP volunteers provide a much-needed service (at no cost) to the county and also help to sustain the local tourism industry.

~ see page 2, volunteer opportunities

Memorial Day
Monday, May 30

Located on St. Rt. 104W in Oswego, the O'Mara Welcome Center was originally a one-room school house saved from destruction because of its historical significance. Inside, visitors will find a restored 19th century classroom representing how pupils in the late 1800’s were educated.

~ cont’d on back page
**Volunteer Opportunities**

**The 159th… OSWEGO COUNTY FAIR**

**GREATER OSWEGO-FULTON CHAMBER OF COMMERCE**

**OFFICE STAFF**

The chamber is looking for volunteers who would like to perform clerical duties in the office located at 44 E. Bridge St., Oswego. Hours are flexible and staff will train.

INFO: 343-7681.

**OSWEGO COUNTY OPPORTUNITIES (OCO) HOME DELIVERED MEALS**

According to Chris Parks, OCO Volunteer Coordinator, “Our home delivered meals program provides a vital service to seniors, for many it is their only opportunity to enjoy a hot meal and a friendly face. Each meal is nutritionally balanced and prepared in our kitchen. In addition to delivering meals, our drivers also provide a "safety check" as well. If any of our seniors are unaccounted for we become concerned for their well-being and call their emergency contact.”

OCO is looking for volunteers to deliver meals to our seniors in the community. There are many ways you can help; pass the word to family and friends; consider teaming up with coworkers, an organization, a club, etc. Volunteers of all ages welcome. INFO: Chris Parks, Volunteer Coordinator, 598-4712 x 1807.

**O’MARA WELCOME CENTER**

Open seasonally from Memorial Day through Labor Day, prospective volunteers are encouraged to meet with the Tourist Center Coordinator Arlene Johnson, call her at 342-5266. Volunteers of all ages are welcome.

**THE CHILDREN’S MUSEUM OF OSWEGO (CMOO)**

Volunteers are needed to assist at the museum Mondays, Wednesdays, and Saturdays; to greet visitors, help out with admission, read to the children, an artist is needed to help facilitate art projects and a floor volunteer who will interact with visitors and keep the exhibit areas well-kept and answer questions. INFO: RSVP, 312-2317 or Jillian Shaver, CMOO Director 326-1110.

**May 1…**

May Day is an ancient northern hemisphere spring festival & usually a public holiday; it is also a traditional spring holiday in many cultures. Dancing, singing, & cake are usually part of the celebration. In some parts of the United States, May baskets are made. These small baskets are filled with flowers or treats & left at someone’s doorstep. The giver rings the bell & runs away. The person receiving the basket tries to catch the fleeing giver; if caught, a kiss is exchanged!

**ARISE & RIDE for RAMPS**

Saturday, June 4
9:00am - 4:00pm
LIGHTHOUSE LANES
295 E. Albany St. Oswego

Event highlights:
Motorcycle ride (check-in at 10a, $25);
5k run (check-in at 9:30a $25); Chicken BBQ ($10); Music; and lots of family fun.

**ARISE is seeking RSVP volunteers to assist with the fundraiser. Many different positions available, flexible shifts and guaranteed fun!**
Contact Jim 342-4088 x206
email: jkarasek@ariseinc.org.

Ride for Ramps is an annual community event attended by motorcyclists, runners, bicyclists, and families across Central NY. All proceeds will benefit the ARISE Oswego Ramp and Home modification program. Through donations and the support of our dedicated volunteers, this program has provided ramps for over 160 families.

For someone who uses a wheelchair or has mobility impairments, a single stair can prevent them from leaving their home; or in some cases preventing them from returning home. This can lead to isolation, depression and loneliness. The installation of a ramp becomes a gateway to independence and quality of life.

To register, donate or learn more, visit: rideforramps.org. Questions? Jim Karasek, 342-4088 x206 or email: jkarasek@ariseinc.org.
AARP

DRIVER SAFETY CLASSES

The AARP Driver Safety course is designed especially for drivers age 50+ however all ages are welcome to attend. AARP membership is not required to take the course and there are no tests to pass. Upon completion of the class, you may be eligible to receive an auto insurance discount. Classes are taught by certified RSVP volunteers.

Class size is limited and pre-registration is required. Contact the instructor before 8pm. Cost is $25 ($20 AARP members) payable by check or money order only.

MAY

19 & 20, 9:30a-1:00p. Salvation Army W. 2nd St. Oswego. Instructor: Pat Foster, 963-8133

JUNE

9 & 10, 9:30a-1:00p. Salvation Army W. 2nd St. Oswego. Instructor: Pat Foster, 963-8133

23 & 24, 9:30a-1:00p. Salvation Army W. 2nd St. Oswego. Instructor: Pat Foster, 963-8133

SEPTEMBER

8 & 9, 9:30a-1:00p. Salvation Army W. 2nd St. Oswego. Instructor: Pat Foster, 963-8133

15 & 16, 9:30a-1:00p. Salvation Army W. 2nd St. Oswego. Instructor: Pat Foster, 963-8133

June 14...

FLAG DAY

You're a grand old flag,
You're a high-flying flag,
And forever in peace may you wave.
You're the emblem of the land I love,
The home of the free and the brave.
Ev'ry heart beats true,
'Neath the Red, White and Blue,
Where there's never a boast or brag.
But should auld acquaintance be forgot,
Keep your eye on the grand old flag.

YOUR SUPPORT IS APPRECIATED

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

Name_____________________________

May we publish your name in the Mature Living newsletter?  □Yes  □No

I designate my contribution of $_______

for:  □ RSVP general operations  □ Mature Living  □ Other Specific Program (s):

______________________________

In Memory / Honor of ____________

Make check payable to Research Foundation for SUNY - RSVP and mail with coupon to:  RSVP, 103 Rich Hall, SUNY Oswego, Oswego, NY 13126

Contributions are tax deductible to the extent of the law.

RSVP

Retired & Senior Volunteer Program

103 Rich Hall, SUNY Oswego
Oswego, NY 13126
Tel. 315-312-2317
Fax 315-312-3374
Email: rsvp@oswego.edu

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

From the desk of the Director...

April 29th marked my one-year anniversary with RSVP, and I can honestly say what an exciting and busy year it has been. To say that I have gained a wealth of knowledge and understanding would be an understatement to say the least. I am beyond impressed with the amount of stations we have, coupled with how varied each of our volunteer opportunities truly are. RSVP of Oswego County embraces the teamwork that is needed when serving your community. Our organization is full of service-learning opportunities, along with flexible hours. I would like to thank you all for your steadfast work and dedication; without all of you, there would be no RSVP.

On April 1, 2016, we entered into the second year of our three-year grant cycle with the Corporation for National Service (CNCS). CNCS is our major federal sponsor, with additional funding and support SUNY Oswego, New York State Office for the Aging and United Way of Greater Oswego County.

CNCS’ Senior Corps programs have a substantial focus on volunteering in fields they refer to as “focus areas” or opportunities that provide the biggest impact for our community. CNCS targets six areas of interest: Disaster Services; Economic Opportunity; Education; Environmental Stewardship; Healthy Futures; and Veterans and Military Families.

CNCS mandates that at least half of our volunteers enlist in these core areas. Currently our numbers are strong in this department, but we could always use more – there are plethora of opportunities, which fall under this focal point. If you would like to learn more on how to serve in any of these six areas, please contact the office.

Best ~ Meave
May is National Osteoporosis Month

Whether you have Osteoporosis, have had a broken bone or are just interested in keeping your bones healthy, the time is right to take charge of your health. It’s time to have a conversation with the members of your health-care team about keeping your skeleton strong and improving your bone health.

Did you know?

- Bones are living tissue and are constantly changing. From birth until young adulthood, bones are growing and strengthening. This process is called “modeling”.
- Bones are made up of three major components that make them both flexible and strong: Collagen, a protein that gives bones a flexible framework; Calcium-phosphate mineral complexes that make bones hard and strong; and living bone cells that remove and replace weakened sections of bone.
- Children form new bone faster than they lose old bone. Even after they stop growing, young people continue to make more bone than they lose. Their bones get denser until they reach peak bone mass. This is the point when you have the greatest amount of bone you will ever have. It usually happens between 18-25 years of age.
- Old bone cells are constantly replaced, a process known as “remodeling”.
- After the active skeletal growth phase in youth, and menopause in women (a bit later in men), this process becomes unbalanced and we begin to lose more bone than we replace.

Proper weight-bearing exercise stresses bones. Stimulated by this stress, bone density increases. The RSVP Osteoporosis Bone Builders program is based on this simple biological response. The exercises help to prevent & even reverse Osteoporosis, improve balance, enhance energy & promote well-being.

If you have risk factors for Osteoporosis, or aren’t sure, it’s important to speak with your health-care provider.

Just for Men

Although women are at greater risk, men get Osteoporosis too. As our population ages, even more men will get the disease.

Facts and statistics:

- Up to one in four men 50+ will break a bone due to Osteoporosis.
- Approximately two million American men already have Osteoporosis. About 12 million more are at risk.
- Men older than 50 are more likely to break a bone due to Osteoporosis than they are to get prostate cancer.
- Each year, about 80,000 men will break a hip.
- Men can break bones in the spine or hip but this usually happens at a later age than women.

What puts Men at Risk?

Many of the risk factors that put women at risk for Osteoporosis apply to men as well. For example, family history, taking steroid medicines, not exercising, smoking, excessive alcohol use or having low testosterone levels can put you at risk for Osteoporosis.

Evidence also suggests that low estrogen levels in men can lead to bone loss, as does having other medical problems such as chronic kidney, lung or gastrointestinal disease, prostate cancer and certain autoimmune disorders such as rheumatoid arthritis.

REMINDER...

RSVP will be holding an Osteo re-certification class at the Mexico United Methodist Church St. Rt. 69, Mexico, on Friday, May 13 beginning at 9am. The class is open to current Osteo Instructors & will be followed by a potluck lunch at 12pm. Call RSVP at 312-2317 to confirm your attendance.

See opposite page for complete list of current Osteo exercise locations & consider joining one today! Men & Women of all ages welcome. Classes are ongoing & self-paced.
What kind of calcium supplement should you take?

"I tell my patients to take the kind that they tolerate best and is least expensive," says Marcy B. Bolster, MD., a professor of medicine in the division of rheumatology and immunology at the Medical University of South Carolina. She recommends calcium carbonate because "it's inexpensive, won't cause discomfort, and is a good source of calcium."

Some people may have problems making enough stomach acid, or may be taking medications that suppress acid production. For them, says J. Edward Puzas, MD, a calcium citrate supplement might be better because it "dissolves better than calcium carbonate." Puzas is a professor of orthopedics and director of orthopedic research at the University of Rochester Medical Center in New York.

The body can only absorb about 500 milligrams of a calcium supplement at any one time, so you can't just down a 1000-mg supplement first thing in the morning and call it a day. Instead, split your dose into two or three servings a day. The best way to take it is with a meal; calcium is absorbed better that way.

Can you take too much calcium?

According to the National Institutes of Health, the upper limit of daily calcium for people 51 and older is 2,000 mg. Calcium supplements rarely cause excessive calcium levels in the bloodstream. "It doesn't hurt you, but it's not particularly beneficial, either," Puzas says. One exception is people who have a tendency to make kidney stones; they tend to make larger and more frequent stones with high doses of calcium." "There's really no point in taking more than about 1,200-1,500 milligrams a day," Bolster stresses.

What about other types of supplements, like calcium plus magnesium, coral calcium, & so on?

Not necessary, the experts tell WebMD. But they note that supplements that combine calcium with vitamin D -- which is essential for the body to appropriately absorb calcium -- provide an added benefit.

Can I skip the supplement & get what I need from my diet?

Yes. But it's going to take some work. How can you tell if you're getting enough calcium? Try tracking how much you get for a week. "Write down what you eat for a week. Figure out how much calcium is in what you've eaten during that time," Puzas says. "Then divide by seven. I'll bet you'll be well under 1,000 milligrams." Keep in mind that there's really not that much difference between getting calcium in a supplement and calcium in food.
MAY
1 Nora Grose, Sharon Johnson, Linda LaMond, Marian Swope, Mary Ann Trenca
2 Cathy Coville, Mary Storr
3 Donna Hooge
4 Gordon Schipper, Alice Whitelaw
5 Jean Lewis
6 Lois Mirabito, Sandra Wilson
7 Nancy Bontadelli, Ernest Hamer, John D. Smith
8 Claude McQueen
9 Carol Rohrmoser
10 Elizabeth Chetney, Linda Cook
11 Ann Sirchia
12 Eva Hallenbeck, Jacqueline Richards
13 Lynn Ellen Scoles
14 Mary Hamilton
15 Susan M. DuBois
16 Norma Gregory, Shirley Patnode
17 Nancy Horton, Don Myers
18 Sharon Smith, Robin Woolson
19 John F. Smith
20 Nancy Baumann, Patricia Thayer
21 Sandra Davis
22 Emma Corradino
23 Eileen Soika

JUNE
2 Celestine Kerr
4 Mildred Murray
5 Kathryn Duger
6 Janice McGrew, Carol Miller, Toby Wilson
7 Regina Doviak, Bernadette Eickhoff, Mary McSweeney, Marcia Owens
8 Clark Francis, Judy McQueen
9 Diane Fernaays
10 Inez Kellogg
11 Nancy Moore
12 Barbara Luce
13 Sandra Palmitesso, Arlene Townsend, Ellen Wahl
14 Frances Enwright
15 Linda Trombley
16 Ceil Bell-Klemenz, June MacArthur
17 Linda Hall, Patrick O'Leary
18 Sandy Tremain, June Tryon, William VanPatten
19 Judy Pratt
20 Susan Ebert, Mary Gillen, Patricia Jamieson
21 Joyce Farrell

Sunday, May 8
Happy Mother's Day
Mom: n./ loves unconditionally, heart healing, encourager, keeper of memories, story teller, does the work of many for free.

Sunday, June 19
Happy Father's Day
Dad: n./ hero, guide, teacher, friend, wise man, healer, advisor, character builder, politician, comedian, fixer of all things.

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

New Haven Seniors
Monday, June 20
Travel to the Merry-Go-Round Theater to see Oklahoma, $58.00.

Tuesday, November 15
Travel to The Beaches for a Christmas show, $50.00.

For more info., Call Elaine at 343-9479 or 289-2148.
May is.....

OLDER AMERICANS MONTH

When Older Americans Month was established in 1963, about a third of older Americans lived in poverty and there were few programs to meet their needs. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.


IDADE TIPS FROM 1938

~ www.thoughtcatalog.com

- Don’t talk about clothes or try and describe your new gown to a man. Flatter and please your date by talking about him and his interests.
- Don’t be familiar with your escort by caressing him in public. Any open show of affection is usually in bad taste and will only serve to embarrass or humiliate him.
- Careless women never appeal to gentlemen, don’t talk while dancing for when a man dances he doesn’t want to hear chatter.
- Don’t sit in awkward positions and never look bored, even if you are. Be alert and if you must chew gum (not advised) do so quietly and with your mouth shut.
- If you need a brassiere, wear one. Don’t tug at your girdle and make sure your stockings aren’t wrinkled.
- Don’t be familiar with the head waiter, talking about the fun you had with someone else another time. Men desire and deserve your full attention.
- The last straw is to pass out from drinking. Chances are your date will never call you again.

Did you know?

Friday May 13th is the only one in 2016.
If you live in fear of the number 13, than you suffer from Triskaidekaphobia!

Tris·kai·dek·a·pho·bi·a

http://www.aoa.acl.gov/
The story begins on January 1, 1945, when Eugene F. Sullivan began seven years as the Oswego County Court & Children’s Court Judge. He took special interest in the children at two orphanages – Oswego Children’s & St. Francis Homes. He believed all children should have a chance to attend camp; to grow & socialize with others, regardless of financial situation.

For years the Judge’s mother-in-law rented a summer cottage on Lake Ontario so he knew first hand the “magic” of the lake for both children & adults. He also knew of the abandoned health camp on the lake run by Dr. LeRoy Hollis, superintendent of the Oswego County Sanitarium, in Orwell.

From 1928 - 1940 youngsters from economically & distressed homes would spend six weeks at the camp & return home with a better chance to avoid or be cured of tuberculosis, then a dreaded disease. In 1946 Dr. Hollis died & the camp was named Camp Hollis in his honor.

~ Jane Ann Sullivan Spellman (excerpted)
Daughter of Camp Hollis founder, Eugene F. Sullivan

Today the camp hosts programs such as Spring & Fall Senior Camping; a Bereavement Camp for children through Hospice of Oswego County, & a Day Camp in conjunction with the Oswego YMCA. Founded in 1997, Friends of Camp Hollis helps to raise money & offers camp scholarships. Judge Sullivan’s dream to have a camp program that any child could attend regardless of family finances continues……

Robert Jones offers a watercolor painting presentation to Senior Campers, Monday, June 13, 10a-12p.

Artist, Robert Jones’s main medium for his paintings is watercolor and he uses a variety of techniques. Jones said, “Watercolor painting has encouraged me to look at details of light, shadows, colors, movement and reflection in the environment.”

He was previously a Technology teacher (28 years) in the Hannibal School District. His favorite part of teaching was creating learning experiences for students that fostered creativity, teamwork, engagement and fun!