The Retired & Senior Volunteer Program is now located at 34 East Bridge Street Oswego, NY 13126
Telephone: 315.312.2317
e-mail: rsvp@oswego.edu

Monday, May 29

Memorial Day
REMEMBERING THOSE WHO PAID FOR OUR FREEDOM

The custom of honoring ancestors by cleaning cemeteries and decorating graves is an ancient and worldwide tradition, but the specific origin of Memorial Day, or Decoration Day as it was first known, are unclear.

The first state to officially recognize the holiday was New York in 1873.

In early rural America, this duty was usually performed in the late summer and was also an occasion to hold family reunions and picnics. After the Civil War, America’s need for a secular, patriotic ceremony to honor its military dead became prominent, as monuments to the fallen soldiers were erected and dedicated, and ceremonies centering on the decoration of soldiers’ graves were held in towns and cities throughout the nation.

After WW I, the day expanded to honor those American soldiers who died in war. No less than 25 places have been named in connection with the origin of Memorial Day, and states observed the holiday on different dates. In 1971, Memorial Day became a national holiday by an act of Congress; to be celebrated the last Monday in May.

~ http://www.almanac.com

Matthew Wood, Director of Camp Hollis and popular local musician; and Sandy Davis, Senior Camp planning committee facilitator

A huge thank you to an anonymous donor who came forth with two electronic keyboards, sheet music and a concertina, also known as a “squeeze box.” On behalf of the Camp Hollis Senior Camp Program, RSVP put out the call and was gratified with a quick response.

June 12 & 13

SENIOR CAMP
Let’s be Kids

According to Sandy Davis, RSVP volunteer and facilitator of the Senior Camp Planning Committee, “We often put word out to the community when we are in need and our recent request was answered. A heartfelt thank you goes out to our donor and rest assured the musical instruments will be put to good use!”

~ Barbara Burton Bartholomew

Oswego County

Office for the Aging
CELEBRATES 40 YEARS

Did you know that in May the Oswego County Office for the Aging will turn 40? There is an open house planned for May 31, at their office located at 70 Bunner Street in Oswego from 1-4pm. Stop by and meet some of the staff as well as learn about programs that we offer.

The Oswego County Office for the Aging (OFA) helps seniors through directly provided services such as case management, insurance counseling, Home Energy Assistance Program (HEAP), and outreach. Services contracted to other agencies and funded through OFA include: senior nutrition service, transportation, legal services, health promotion, personal care aides and housekeeper chore aides.

There are no fees for most OFA services. Voluntary contributions are suggested and gladly accepted. Programs are
~continued on page 4

RSVP
We've Moved!

The Retired & Senior Volunteer Program is now located at 34 East Bridge Street Oswego, NY 13126
Telephone: 315.312.2317
email: rsvp@oswego.edu
Foster parents for Fur-Babies

The Oswego County Humane Society (OCHS) is looking for volunteers interested in fostering animals. Since OCHS does not operate a shelter, the animals in their care all reside in volunteer foster. They provide veterinary care, necessary equipment, and assistance with adoptions. Foster families provide food, socialization, training, attention, and love. OCHS is always in need of more foster homes—it is one of the most hands-on ways that you can make a difference for the animals in Oswego County.

Consider opening your home and heart to an animal in need, the paycheck is lousy but the benefit package is absolutely priceless! For more info on the program, contact OCHS at 315-207-1070 or email ochscontact@hotmail.com.
OSWEGO EXPEDITIONS

Oswego Expeditions provides opportunities for all ages to participate in year-round outdoor recreation and educational experiences throughout northern upstate New York.

The focus is on individuals who are searching for fit and healthy lifestyle options. Two complimentary sessions are currently offered to Oswego County residents and students with additional sessions and memberships available.

Program Highlights

Passport to History
Relive Oswego’s rich history by way of guided walking or biking tours.

Hiking & Mountaineering Expeditions
Guided day hikes and backpacking trips offered year-round. Enjoy breathtaking views of pristine lakes, streams and waterfalls.

Guided Kayak Expeditions
Explore Lake Ontario, The Oswego River, The Salmon River and more under the supervision of experienced kayakers.

*See volunteer opportunities opposite page

We seek to improve your physical and mental health by providing activities that merge local history with nature. Our goal is to inspire a healthier you, empowering you to make responsible lifestyle choices that, in turn, benefit our natural environment.

~ Jennifer Mays
Oswego Expeditions Founder

Guided Snowshoe Treks
Experience the luxury of a guide service to safely explore the winter wonderlands of Upstate New York.

For more information, call 315 561-0223 or visit: oswegoexpeditions.com/

AARP Smart Driver Program

The AARP Driver Safety course is designed for drivers ages 50+ years, however all ages are welcome. AARP membership is not required to take the course and you may be eligible to receive an auto insurance discount. Classes are taught by certified volunteers. Class size is limited and pre-registration is required. Class cost is $25 ($20 for AARP members) payable by check or money order only, cash not accepted. Call instructor to sign up, no calls after 8 pm.

MAY
18 & 19, 9:30a-1:00p.
Oswego Salvation Army W. 2nd St.
Instructor: Pat Foster, 963-8133

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

JULY
27 & 28, 9:30a-1:00p.
Oswego Salvation Army W. 2nd St.
Instructor: Pat Foster, 963-8133

SEPTEMBER
14 & 15, 9:30a-1:00p.
Oswego Salvation Army W. 2nd St.
Instructor: Pat Foster, 963-8133

NATIONAL SERVICE RECOGNITION DAY APRIL 4

Oswego Mayor proclaims

On April 4, government officials across the country took time to thank those who serve their communities. More than ever, America is turning to National Service as a cost-effective measure to focus on challenges at the local level.

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.” — Unknown

As the federal agency for national service and volunteering, the Corporation for National & Community Service (CNCS) annually engages millions of citizens in service at more than 50,000 sites across the country; by addressing difficult needs, improving the lives of others and creating a positive impact.

National service members help local county officials and mayors tackle tough problems. Local governments have a broad range of responsibilities to their residents, which matches CNCS’s mission to improve lives, strengthen communities and foster civic engagement.

The initiative is being led by the National League of Cities, the National Association of Counties, Cities of Service, and CNCS.
Getting older doesn’t mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 she became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Another example, former President George H.W. Bush celebrated his 90th birthday skydiving.

Since 1963, Older Americans Month (OAM) has been a time to celebrate older Americans, their stories, and their contributions. This year’s theme, “Age Out Loud,” emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Editor’s Note: RSVP of Oswego County will use OAM 2017 to focus on how older adults in our local communities are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We will use this opportunity to learn how we can best support and learn from our community’s older members.

Available Services:

- **Language Interpretive Services** - Call OFA office for details.
- **Outreach Program** - Staff outreach into the community to those who are unaware of available services. Staff can also make visits to those who are homebound.
- **Legal Referral** - Residents 60+ years old can be referred to an attorney. In some cases, seniors can obtain information, guidance, and representation.
- **Caregiver Services Program** - Provide caregivers with much needed support. Caregiver services are vital to keeping older people in their homes.

- **Senior Nutrition Program** – Meals are provided through the Home Delivered Meals Program or at a Dining Center. Participants of Dining Centers are also eligible for transportation to sites and shopping.
- **Health Insurance Information Counseling and Assistance Program (HIICAP)** - Provides unbiased health insurance and prescription insurance counseling for those who are Medicare eligible.
- **Home Care Program** – Provides in-home care services for 60+ years old who require assistance to remain in their own homes. *May require financial contribution.

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Caregiver Support Groups
(OFA) Elizabeth Weimer, (315) 349-3570
1st Tuesday each month, 3-5pm
2 Hubble Street, Pulaski
2nd Thursday each month, 3-5pm
357 State Street, Fulton

Cancer Support Group
(Caregivers and Patients)
1st Wednesday each month, 4-5:30pm
Hematology Oncology Assoc. CNY
5008 Brittonfield Pkwy, 3rd Fl. E. Syracuse
(315) 472-7504

Breast Cancer Support Group
2nd Wednesday each month 4-5:30pm
Hematology Oncology Assoc. CNY
5008 Brittonfield Pkwy, 3rd Fl. E. Syracuse
(315) 472-7504

Alzheimer’s Caregiver Support Group
4th Wednesday each month, 7-8:30pm
Manor at Seneca Hill
20 Manor Drive Oswego
Adult Day Health Room
Contact: (315) 349-5344

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Stroke Survivors Support Group
(Families & Caregivers)
1st Thursday each month, 12-1pm
The Manor at Seneca Hill
20 Manor Drive Oswego
(315) 349-5300

Oswego County MS Self Help Group
2nd Thursday each month 7pm
Fulton Medical Center
510 South 4th St. Fulton
Brenda Irving, (315) 342-3296

Oswego Hospital Bereavement
2nd Tuesday each month 7-9pm
110 W. 6th St. Oswego
Cafeteria Conference Rm.
Donna Lupien, (315) 342-6326

Alzheimer’s Caregiver Support Group
4th Monday each month, 7pm
1st Universalist Church, Central Square
No telephone listed

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~ Sara Sunday, Aging Services Administrator

70 Bunner Street Oswego, NY 13126
Hours: 8:30 a.m. – 4:00 p.m.
(315) 349-3484
www.oswegocounty.com/ofa
~ Compiled by Oswego County Office for the Aging
Save the date....

RSVP BONE BUILDERS OSTEOPOROSIS PROGRAM INSTRUCTOR RE-CERTIFICATION TRAINING

Friday, May 12,
9 am - noon (8:45 a.m. Registration)
Mexico United Methodist Church
4372 Church St,
Mexico, NY 13114

Potluck lunch to follow

RSVP receives Shineman Grant

RSVP was recently awarded $5,000 by the Shineman Foundation to enhance the overall 6 Steps to Better Balance program for Oswego County. The award is a direct result of a grant written by the RSVP Director. Developed by Dr. Betty Perkins-Carpenter as an easy six-step balance system, it specifically targets seniors as a means to assist with avoiding injuries and the uneasy feelings related with falling.

The instructional manual is a straightforward read, complete with illustrations, exercises, and stretches designed to ease the anxiety associated with falling as well as further develop core strength. Participants are asked to complete a questionnaire as a means to measure their risk level and measurable goals achieved.

If you are interested in taking this class or if would like to know more and become an instructor, contact the RSVP Office.

~ Meave Gillen, RSVP Director
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

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

PathFinder BANK
Local. Community. Trust.

John E. Dowdle ♦ Andrew J. Dowdle ♦ Adrian J. Dowdle

Dowdle Funeral Home
154 East Fourth St.
T: 315-343-9010
www.dowdlefh.com

MAY

1 Sharon Johnson, Linda LaMond, Marian Swope, Mary Ann Trenca
2 Cathy Coville, Mary Storr
4 Donna Hooge
6 Gordon Schipper, Alice Whitelaw
8 Jean Lewis
9 Lois Mirabito, Sandra Wilson
10 Nancy Bontadelli, John D. Smith
12 Carol Rohrmoser
13 Elizabeth Chetney, Linda Cook
14 Ann Sirchia
16 Jeanette Heath
17 Sharon Anderson
18 Eva Hallenbeck, Sue Palmer, Jacqueline Richards, Mary Vanouse
19 Lynn Ellen Scoles
22 Susan DuBois
23 Norma Gregory, Shirley Patnode
24 Nancy Horton, Don Myers
25 Sharon Smith, Robin Woolson
26 Edie Nupuf, John F. Smith
29 Sandra Davis
30 Emma Corradino
31 Eileen Soika

JUNE

1 Kim Fagan
2 Celestine Kerr
4 Mildred Murray
5 Kathryn Dugger
8 Janice McGraw, Carol Miller
9 Regina Doviak, Bernadette Eickhoff, Mary McSweeney, Marcia Owens
10 Clark Francis
11 Diane Fernaays
12 Inez Kellogg
13 Nancy Moore
16 Barbara Luce, Dixie Nohara
20 Delores Fitzgerald, Sandra Palmitesso, Arlene Townsend, Ellen Wahl
21 Frances Enwright
22 Linda Trombley
23 Ceil Bell-Klemenz, June MacArthur
25 Linda Hall, Patrick O'Leary, Marion Ruigrok
26 Sandy Tremain, William VanPatten
28 Judy Pratt
29 Susan Ebert, Mary Gillen, Patricia Jamieson
30 Joyce Farrell, Michele Proano

17 Sharon Anderson
22 Susan DuBois
23 Norma Gregory, Shirley Patnode
24 Nancy Horton, Don Myers
25 Sharon Smith, Robin Woolson
26 Edie Nupuf, John F. Smith
29 Sandra Davis
30 Emma Corradino
31 Eileen Soika

Stampin’ Up! Class
with Rachel Brooks

Stampin’ Up! designs an exclusive line of decorative stamp sets & paper-crafting products for greeting cards, gift making, craft projects, scrapbooking & home décor.

Whether you are a newbie or an old pro, put your party pants on & come join our Stampin’ Up! party. There will be some exciting new stamps & papers to experiment with. You’ll see some wild design ideas, learn different techniques, & of course take home your amazing creations.

There will be door prizes & giveaway grab bags! Stampin’ Up items will be available for purchase, including retired stamp sets and some brand new ones.

Class size is limited, reserve your seat by May 15. Call 315-963-1069 or email: bvillegma@gmail.com. Be sure to leave your name, telephone number and number of guests attending. See you there!

~ Rachel Brooks, Stampin’ Up!
Independent Demonstrator

Stampin’ Up! Class Material Fee

Wednesday, May 24, 10a - 12p
Palermo Town Hall
53 County Route 35, Fulton, 13069
Door prizes & Giveaways
$5.00 class material fee

July 21 - 22
Pulaski Public Library

The Friends of Pulaski Public Library will sponsor a book sale on Friday, July 21, 9a - 4p and Saturday, July 22, 10a - 1p. The sale takes place at the Snow Memorial Building, 4917 N. Jefferson St., Pulaski.

Look for lots of great deals on hardcovers, paperbacks, children’s books, games, puzzles, and DVDs; ranging in price from 25 cents to $1.

For more info., call Pulaski Library 315-298-2717, email: pillib@ncls.org or visit www.pulaskinypubliclibrary.org

~ Submitted by Eileen Soika
Life Lessons You Notice ................By The Time You Are Fifty

- No matter what it is, all the good ones are taken.
- The one who snores always falls asleep first.
- The probability of meeting someone you know increases greatly when you are out with someone you do not want to be seen with.
- Toothaches will usually start on a Friday night.
- There is a very fine line between “a hobby” and “mental illness”.
- Never play the game Twister with a full bladder.
- That awkward moment in an argument when you realize you are wrong.
- Bad decisions make good stories.
- Never say anything in front of a five-year-old that doesn’t bear repeating.

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Thank you AARP Tax Aides

Another impressive year for the RSVP Tax Aides with volunteer hours totaling 2500+ hours and more than 1600 returns filed in Oswego County.

Free to a good home...

Do you know of a group or individual who is in need of an electric organ? If so, a very generous individual has a Lowery Magic Genie electric organ in excellent condition that she would like to donate. For info, call Tracie @ RSVP, 315-312-2317 or rsvp@oswego.edu.

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RSVP THANKS.....

Arlene Johnson

Arlene has volunteered with RSVP & the O’Mara Welcome Center for 12 years and for the past several years her role has been as the Tourist Coordinator. From the scheduling of volunteers - overseeing the building - to providing orientation and so much more, the Tourist Center has been in capable hands.

Last fall Arlene decided to step down as Coordinator and we want to thank her for her dedication, humor, spirited attitude and quick smile! A true asset to the community - definitely an amazing lady!

Did we mention her sense of humor??

---

Happy Father’s Day!

Celebrate Sunday, June 18

#1 Dad

---

Free to a good home.

June 14...

FLAG DAY

You're a grand old flag,
You're a high flying flag
And forever in peace may you wave.

---

The Manor at Seneca Hill

An Affiliate of Oswego Health

Call for your appointment 315-349-5300

Rehabilitation & Nursing Care

Tell your doctor you want to go to the Manor for your rehabilitation

---
**Summer Camp is back & it's for ADULTS only!**

Do you remember lazy days on the lake? Making boondoggles and tie-dye tee shirts, playing kickball, eating S’mores, telling ghost stories and singing campfire songs that everyone knew the words to?

Come experience a 2-day camping event for adults ages 50 years young and up at Camp Hollis, situated on Lake Ontario.

**Camp Packages:**

- 2-Day Overnight program: ($20)
  - 8:30a Mon. - 3p Tues.  Bunk in a cabin with electricity, flush toilets; hot & cold running water. Bring your own bedding!

- Day Program: ($10 per day)
  - 9a-4p, Mon and 8a-3p, Tues.

**Monday Day & Evening: ($12.50)**
Spend the day with us, stay for dinner, entertainment and a bonfire.

Make sure to bring some money for the annual auction and yard sale!

**Pre-register by May 26!**

- Complete registration form
- Make check payable to: **Friends of Camp Hollis**
- Mail registration and payment to:

  Fran Wadas
  82 Klocks Corners Rd.
  Oswego, NY 13126

*For more information, call Fran Wadas at 315-343-2381 or 315-806-4256 or email seniorcamper@yahoo.com.*

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**2017 Registration Form**

- Name: __________________________
- Address: _________________________
- Phone #: _________________________
- Email: ___________________________
- Emergency contact: _______________
- Phone #: _________________________

- [ ] 2-Day Overnight $20.00
- [ ] Monday, June 12 Day Program $10.00
- [ ] Monday, June 12 Day & Evening $12.50
- [ ] Tuesday, June 13 Day Program $10.00

**Total:** _______________________

In the event of a medical emergency, I give my permission to the Senior Camping staff & its agents to administer treatment(s) as necessary. I hereby release the County of Oswego & its designee from all claims that I may incur while a participant at Senior Camping.

**Participant signature**  __________________________

**Date**  __________________________

I consent to having my photo taken for publicity and promotion of the program.

[ ] Yes  [ ] No