RSVP recently held an Osteoporosis Bone Builders demonstration for residents at The Gardens. Leading the exercise class were RSVP Master Trainers Ann Hardy and Carol Simpson. Participants began with some warm-ups set to music and ended the presentation with some cool-downs and relaxation techniques.

According to Jill Little, Activities Director, “Here at The Gardens we offer a wide variety of activities from Health and Wellness classes, Arts and Crafts – to our famous summertime Rockin’ BBQs and weekly Happy Hour get-togethers. It is important for residents to have options, make choices and I encourage new experiences.”

~ continued on page 3

RSVP partners with

THE GARDENS
AT MORNINGSTAR

Residents get together in the Wellness Center for the Osteo demonstration.

Long-time Pulaski Community Cupboard volunteer Tom Jones helps with a delivery.

The Pulaski Community Cupboard is a community resource providing emergency food for those within the Pulaski School District. The Cupboard, serving its mission since 1994, is associated with the Food Bank of CNY and United Way of Greater Oswego County.

It is operated by a dedicated team of volunteers who collect food, stock shelves, and assist clients. Food supplies and funds are donated through collection drives at local schools, the postal service, fraternal groups, businesses, clubs, churches and local residents.

~ continued on page 2
Volunteer Opportunities

Tell them RSVP sent you!!

Pulaski Community Cupboard
Volunteers are needed to help with food deliveries, stocking shelves, assisting clients with food selection, and light housekeeping duties. The Cupboard also needs individuals who have the capability to receive and pick-up donations. For more info., 298-4357 or email pulaskicommunitycupboard@gmail.com

The Busy Knitters
Busy Knitters are looking for volunteers. Donations of yarn and other materials are always accepted and greatly appreciated. To volunteer or make a donation call RSVP volunteer Marcia Owens at 593-1048.

One person can make a difference and everyone should try.
~ John F. Kennedy

Oswego County Humane Society
Although the Humane Society does not have a physical shelter, as all adoptable pets are in foster homes, they still need volunteers. Jobs range from assistance with mailings, planning special events to production of their newsletter. For more info., call 207-1070 or email ochscontact@hotmail.com.

Mexico Food Pantry
Pantry hours are Mondays 1 – 3pm and Wednesdays 5 – 7pm, and is staffed entirely by volunteers. Volunteers are currently needed to assist in a variety of ways such as ordering food, sorting donations, unloading food trucks, filing orders, paperwork and stocking shelves.

Our volunteers represent a diverse group of individuals, ranging from working professionals, retirees, craftsmen and young people, who come together to help the Mexico community. For more info., call Martha Sturtz at 963-3117 or visit www.mexicofoodpantry.com

Pulaski Assisting Local Seniors (PALS)

PALS definition: “A merry little band of do-gooders out to do good and make others merry.”
The goal is to make life easier and less stressful for senior citizens in the community who may need some extra help.

You, too, can be a do-gooder who makes others merry by becoming a volunteer. Tasks include socializing, assistance around the house, short-term pet care and some non-medical care-giving. For more info., call 315-509-4313 and leave a message with your name and contact number.

OSWEGO INDUSTRIES
Oswego Industries, Inc. (OI), located in Fulton, is a private non-profit organization that provides programs and services to adults with disabilities. Through OI’s programs, they are able to deliver a strong and reliable workforce, which provides alternative production solutions to many businesses throughout Central New York. OI bids out on contracts, and once awarded, the jobs are then set up in such a way that can be handled by the employee’s safely and efficiently. The work ranges from single hand assembly to complex machine operations.

Oswego Industries is currently seeking the assistance of retired business managers and/or sales people, who are interested in earning a commission while working part-time. Interested individuals will be asked to leverage their experience and skills in order to secure contracts for OI.

For more information, contact Human Resources at 598-3108 or email: hr@oswegoind.org.

~ continued from front page

Community Cupboard

Food is also purchased, at substantial discounts, from the Food Bank of CNY, as well as major donations from Tops Markets and Aldi’s. During 2015 the Cupboard purchased over 32,000 pounds of food (over $15,000) in addition to donations received.

~ Keith Stoddard
The Pulaski Community Cupboard
~ continued from front page

VOLUNTEERS HONORED

I would like to offer a heartfelt congratulations and thank you to Ann Hardy, Osteoporosis Bone Builders Program Master Trainer and Instructor, and Mary Jane Kapp, RSVP Friendly Visitor.

Ann, thank you for your dedication and commitment to our Osteo Bone Builders program. You are truly an inspiration to the community and a wonderful success story.

Mary Jane, you have the uncanny ability to make everyone feel welcome and comfortable when you speak with them. This is truly a gift that few possess. Thank you for always taking the time to offer your “friendly visiting” skills to our community.

We were incredibly lucky this year to have a performance piece during the event. A big thank you to Rick Sivers, who wrote and narrated “Welcome to Breckinridge Heights”, performed by the Oswego Players and the RSVP Minetto Osteo Site. I believe I can speak for all of us in attendance when I say, “Wow, that was hilarious and well thought out”.

Enjoy the photos on the back page, taken by Jon Vermilye, RSVP volunteer and Advisory Council member.

Best,
Meave Gillen, RSVP Director

Oswego County
Office for the Aging (OFA)

Medicare Part D Annual Election

It’s that time of year... apple cider, falling leaves, & Medicare open enrollment, from October 15th to December 7th. During this time current Medicare beneficiaries can compare 2017 health & prescription plans. Beneficiaries can either choose to switch plans, effective January 1st or stay with their current plan. Oswego County residents can call OFA at 349-3484 or Medicare at 1-800-633-4227 for assistance during the open enrollment period.

The Heating & Energy Assistance Program (HEAP)

OFA assists people age 60 or older, or those receiving disability benefits, with completing HEAP applications. For questions, call OFA at 349-3484.

~ Sara Sunday, Aging Services Administrator

ARISE, Inc.

ARISE is seeking medical equipment such as wheelchairs, walkers, and shower chairs for people with limited financial resources. We “loan” out the assistive devices to those in need and when the equipment is no longer needed, we encourage them to return the equipment so someone else may benefit as well.

So how can you help? We are currently experiencing a shortage of wheelchairs and because of this, people are being put on a waiting list. If you have a wheelchair you are willing to donate to ARISE, we will gladly accept it. You can drop it off at ARISE, 9 Fourth Ave., in Oswego or you can call 342-4088 and we will pick it up.

If you have other equipment you no longer use, please consider us as well. As a non-profit, all donations are tax-deductible.

Jim Karasek, Manager
ARISE Independent Living Services

CONTRIBUTIONS TO RSVP

IN MEMORY OF
Lyman L. King
Thank you Carolyn King for your generous donation!

Alma L. Hurd
Thank you Ann Gibbs for your generous donation!

IN SUPPORT OF RSVP
Thank you Marian Schremph

YOUR SUPPORT IS APPRECIATED

Because needs are becoming greater than the resources available to meet them, we appreciate financial contributions. Your generosity helps RSVP to encourage and foster the development and maintenance of volunteer opportunities. Opportunities that engage, support and enhance the lives of Americans 55+, while responding to the priority needs of the community.

Name__________________________

I designate my contribution $_______

for: ☐ RSVP Program operations
☐ Mature Living newsletter
☐ Other specific RSVP program:

My contribution is in Memory of:

______________________________

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

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.
As you may have read elsewhere, November is National Alzheimer’s Awareness Month. But surely, the public is already well aware of this horrible disease. After all, Alzheimer’s has directly affected approximately 1 in every 2 families and the others must have certainly noted its prominent coverage in the news. We don’t really need more awareness, right?  Wrong.

Some of the information below may surprise you. That is to say, it is information about which you are not presently aware. However, by merely learning the seven facts you will be helping to reduce the Alzheimer’s problem. That’s right...making you aware of this information and encouraging you to share it with your social networks will facilitate a more informed and effective approach to combating the threat we face from this disease.

7 Facts to be Aware of:

1. We generally detect Alzheimer’s at the end stage of the disease.
2. Memory loss is not a part of normal aging.
3. Current Alzheimer’s drugs are probably more effective than you think.
4. Alzheimer’s disease can be treated.
5. The Alzheimer’s drug pipeline is full.
6. Taking good care of your heart will help your brain stay healthy.
7. Managing risk factors may delay or prevent cognitive problems later in life.

So why bother with Alzheimer’s awareness? Because it is a terrible disease poised to ravage our aging society and the lack of education and awareness has lead to a stigma that prevents a more proactive approach to early intervention. The result is that we diagnose it too late, which hampers the efficacy of available treatments. A more educated public could manage risk factors to minimize the likelihood of Alzheimer’s, could monitor personal cognitive health with greater vigilance, and could seek medical attention at the earliest sign of decline. Physicians could then diagnose problems earlier and prescribe appropriate treatment including diet, exercise, and drugs to slow disease progression as much as possible. In the end, we could have fewer cases, more effective treatment, slower progression, higher quality of life, and lower healthcare costs. The social, emotional, and fiscal benefits of awareness and education in this area are too large to quantify.

https://www.caring.com

Did you know…

In 1983 President Ronald Reagan designated November as National Alzheimer’s Disease Awareness Month. At the time, fewer than 2 million Americans had Alzheimer’s; today, the number of people with the disease has soared to nearly 5.4 million. Get involved this month, and help raise awareness for Alzheimer’s disease.

THE SEA IS WIDE

The Fulton Public Library and Phoenix Public Library recognize Alzheimer’s Disease Awareness Month with “The Sea is Wide”. Learn about Alzheimer’s and Caregiving Tuesday, November 29, 2 – 4:30 pm at the Cayuga Community College Community Event Center, 11 River Glen Drive, Fulton (the former K-Mart Plaza).

Many organizations are coming together to provide useful information to help family, friends and caregivers. Information will be available on Advance Directives, Adult Day Care programs, services provided by the Office for the Aging, Support Groups, Estate Planning and more.

“The sea of Alzheimer’s is wide, but we can cross it.” author Rundy Purdy will share his experience with Alzheimer’s caregiving. When Purdy was twenty-four he began accompanying his grandfather on a journey through confused days, long nights, and inevitable loss. He tells an adventure of bedtime stories, bathroom struggles, and a shared love that stretches across the wide sea of Alzheimer’s.

Rundy, the author of two novels, spent the last eight years providing daily elder care to two of his grandparents. His three years of Alzheimer’s caregiving in that time made a deep impact on him, and created the desire to help others through the difficult, but rewarding, experience of caregiving.

All are welcome for an afternoon of education and encouragement. Books will be available for purchase and author signing. For more information contact Betty Maute at 592-5159.
A six-hour training program held on Wednesday, October 5th at the United Methodist Church in Mexico, resulted in nine new RSVP Osteo Instructors. They include: Christine Allen, Nancy Boyer, Deborah Halliday, JoAnn Nuifora, Nancy Boyer, Dianne Mitchelson, Christine Allen, Deborah Herry, Margaret Orvis, Carol Miller, MT & Joan Southwell, MT. Missing from photo are Paula Vergos and Tracie Wallace.

The class was taught by RSVP Osteo Master Trainers (MT); Rachel Brooks, Margie Flood, Ann Hardy, Carol Miller, and Joan Southwell. Instructors are required to renew their certification every two years to remain active. RSVP holds annual re-certification classes free of charge for all RSVP Osteo Instructors.

The exercises used in this program were developed by Research Scientists at Tufts University, and are the same at every Bone Builders site around the country. The program is designed to rebuild bone density and improve balance through weight training and exercise. It helps to protect against fractures caused by Osteoporosis by increasing muscular strength, balance and bone density. The educational format covers lifestyle choices, drug therapies and nutritional information, all of which have an impact in controlling Osteoporosis.

The RSVP sponsored classes are self-paced and ensure the program itself does not increase stress or cause pain. Thus, the program starts off gently and builds gradually as strength increases. In addition, the 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 independence.

RSVP launched the first Osteo site in May, 1999 and has grown to 23 sites throughout the county. If you are interested in joining a class, visit one of the sites [listed at right] to find out more. You can also call RSVP at 312-2317 or email rsvp@oswego.edu.

### Oswego County Osteo Sites

<table>
<thead>
<tr>
<th>Site</th>
<th>Days</th>
<th>Times</th>
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</thead>
<tbody>
<tr>
<td><strong>Amboy</strong> - West Amboy</td>
<td>M, W, F</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td><strong>APW</strong> - Parish Library</td>
<td>M, Th</td>
<td>4:45-5:45</td>
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<tr>
<td><strong>Central Square</strong></td>
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<tr>
<td>Constantia VFW</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
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<tr>
<td>Municipal Bldg. Hastings</td>
<td>M, W, F</td>
<td>9:30-10:30</td>
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<tr>
<td>Cleveland Village Hall</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
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<tr>
<td>West Monroe Town Hall</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
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<tr>
<td><strong>Fulton</strong></td>
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<tr>
<td>Meadowbrook Estates</td>
<td>M, W</td>
<td>10:00-11:00</td>
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<tr>
<td>Fulton YMCA</td>
<td>T, Th</td>
<td>11:00-12:00</td>
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<tr>
<td>Fulton Towpath Towers</td>
<td>T, Th</td>
<td>10:45-11:45</td>
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<tr>
<td>Fulton Mills</td>
<td>M, Th</td>
<td>11:00-12:00</td>
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<td><strong>Hannibal</strong></td>
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<tr>
<td>American Legion</td>
<td>T, Th</td>
<td>9:45-10:45</td>
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<tr>
<td><strong>Mexico</strong></td>
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<tr>
<td>1st United Methodist</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
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<tr>
<td>New Haven Town Hall</td>
<td>M, W, F</td>
<td>9:30-10:30</td>
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<tr>
<td><strong>Oswego</strong></td>
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<tr>
<td>Scriba Justice Center</td>
<td>M, W</td>
<td>9:30-10:30</td>
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<tr>
<td>Springside at Seneca Hill</td>
<td>T, Th</td>
<td>3:30-4:30</td>
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<tr>
<td>Simeon Dewitt</td>
<td>T, Th</td>
<td>10:15-11:15</td>
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<tr>
<td>Oswego YMCA</td>
<td>T, Th</td>
<td>1:00-2:00</td>
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<tr>
<td>1st United Methodist (104W)</td>
<td>T, Th</td>
<td>10:00-11:00</td>
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<tr>
<td>Minetto United Methodist</td>
<td>T, Th</td>
<td>10:30-11:30</td>
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<tr>
<td><strong>Palermo</strong> - Town Hall</td>
<td>M, Th</td>
<td>9:30-10:30</td>
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<tr>
<td><strong>Phoenix</strong></td>
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<tr>
<td>Schroeppe Town Hall</td>
<td>T, Th</td>
<td>9:00-10:00</td>
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<tr>
<td>Lysander Station #1</td>
<td>T, Th</td>
<td>9:00-10:00</td>
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<tr>
<td><strong>Pulaski/Sandy Creek</strong></td>
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<tr>
<td>Park Methodist Church</td>
<td>M, Th</td>
<td>10:00-11:00</td>
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</tbody>
</table>
November 11

IN HONOR OF OUR VETERANS

Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.

~ Harry S. Truman

THANK YOU FOR YOUR SERVICE

SEPTEMBER

1. Joan Bardeen, Eleanor Kinney, Carol Neill
2. Cynthia LeFlore
3. Elaine Delaney
4. Theresa Brown, Arlene Johnson, Lenora Schuchert, Judy Spencer
5. Nancy Lichtenstein
6. Gladys Daniels, Jon Vermilye
7. Sybil Cummins, Michael James, Roger Miles, Stephen Wise
8. Duane Stephens
9. Carol Simpson, John Wall
10. Roberta Daly
11. Patricia Auer
12. Linda Welch
13. Ida Grimshaw, Gail Sanders
14. Mary-Ellen Ross
15. Joanne Czajkowski, Catherine Gregory, Paul Lasher
16. Maria Clavelli, Barb Downs, Imogene LeFort, Nancy Perticone
17. Mary Lou Heintz, Harry VanBuren
18. Melissa Karle, Mary Anne Pritchard, Monica Waters
19. Mary Stone
20. Denise Wall
21. Dorothy Smith, Jeanne Smith

OCTOBER

1. Roberta Davis, Joyce Ferlito
2. Russell Sturtz
3. Lin Davis, Jane Holliday, Ruth Plantz
4. Marguerite Warner
5. Patricia Miller
6. Shirley Hull, Marilyn Schaeffer
7. Salvatore Barbaro Jr., Michael Shaver
8. Priscilla LeClair, Isaac Perry, Connie Ross, Violet Whitman
9. Karen Potter
10. Dee Manning, Therese Watchus
11. Laura Kehoe, Mary Jane Storriors
12. Les Weldin
13. Kathleen Ochs
14. Wanda Mayerhofer
15. Cynthia Baxter, Susan Comerford

NOVEMBER

1. Wilda Pulver
2. Mary Eddicus
3. Charles Conklin
4. Louise Oleyourryk
5. Rosalia Secor
6. Allan Mosier
7. Mary Lou Morrow, Sharon Ouellette
8. Esther Tanner
9. Charmaine Smith
10. Heike Koenig, Kathy Nalle, Eva Taillefer, Carolyn Waterman
11. Jean Niver
12. Madeline Shreull, Donna Stiles, Sue Taylor
13. Dorothy Gass, Elizabeth Stine
14. Sally Fravor, Nancy Hale
15. Gordon Haskins
16. Norma DeAmbrad
17. Karen Compo, Norman Hickox
18. Darlene Adydan

DECEMBER

1. Kathryn Ferguson, Sharon Halsey
2. Patricia Foster
3. Linda Palmer
4. Peggy Munski
5. Betty Talamo
6. Dian Alder, Betty Kirkpatrick
7. Dorothy Putnam, Melvin Sitts
8. Bruce Schuchert, Mary Teresa Smith
9. Eileen Bixby, Joan Southwell
10. Linda Cough
11. Rosalyn King, Deborah Spiwak
12. Deborah Horn
13. Rachel Brooks, Rosemary Occhino, Sue Trinder
14. Merry Gantley
15. Harriet Whitten
16. Carolyn King
17. Patricia Sweet
18. Harold Johnson, Barbara Kelly, Shirley Rice, Marjorie Russell, Gail Stoughtenger, Mildred Stoughtenger
Friends of History presents

REMEMBER THE 60’S

What do you remember about the sixties? Baseball was America’s favorite past time. Music was clean and fun and we could actually understand the lyrics. Teens were listening to Bobby Darin, Lesley Gore, The Beatles and, of course, Elvis!

Elvis will be in the building...

Friday, November 4
Tavern on the Lock
24 S 1st St, Fulton, NY
Doors open at 5:30 pm
Cash bar
Dinner at 6:30 pm.

After dinner, the party continues as Elvis takes the stage and entertains the audience with all the favorites. Tickets are $25/per person and are available by calling the Pratt House, 598-4616.

Whether or not you remember those “good old days” and want to live them again, or want to experience them for the first time, this event is for you! So step back in time... put on your mini skirt or hot pants or just come as you are. Bring a few friends and join in the fun.

~ submitted by
~ Carol Dexter and Jean Lewis,
Friends of History RSVP volunteers

THE GARDENS

Patty Sweet, RSVP volunteer and resident at The Gardens said, “It’s a good exercise program, I enjoyed it and was able to follow along at my own speed. The music put everyone in a good mood. And the instructors were helpful.”

To learn more about The Gardens at Morningstar call 343-0880 or visit www.thegardensbymorningstar.com/

~ RSVP Volunteer Patty Sweet

~continued from front page

Retired... CREATE A LIFE YOU LOVE!

So...you’re retired! You’re free to do what you want, when you want. BUT, it’s up to YOU to figure out just what you want this chapter in your life to look like.

Monday, November 7, 14, 21, & 28
11:00 am – 12:30 pm
Fairhaven Community Art Center,
1864 Main St., Fairhaven, N.Y.

Come together with others in a supportive small group setting to explore this process. Through imagery, reflection, conversation, and camaraderie we will help you to picture your ideal life and identify ways to achieve it.

Class size is limited, call Nancy at 529-7204, or 564-7527 by November 6 or email fairhavenart@gmail.com to register.

~ submitted by
~ Carol Dexter and Jean Lewis,
Friends of History RSVP volunteers

Happy Thanksgiving
Thursday, November 24th
Gobble ‘til you Wobble!

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

Dowdle
Funeral Home

Published bi-monthly the Mature Living newsletter features a variety of local, state and national news relevant to older Americans. By providing this local resource we encourage our seniors to stay connected to each other, RSVP, and their communities. Printing is made possible by the continued support of our sponsors: Dowdle Funeral Home; Foster Funeral Home; Fulton Savings Bank; pathfinder Bank.

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