MATURE LIVING

RSVP Retired & Senior Volunteer Program of Oswego County

NOVEMBER - DECEMBER 2017

2017 HIGHLIGHTS

2017 HIGHLIGHTS

YEAR IN REVIEW

RSVP moves to 34 E. Bridge St. Oswego

RSVP moves to 34 E. Bridge St. Oswego

RSVP honors Fran Enwright of Oswego. Fran has volunteered with the American Red Cross for over 20 years.

RSVP honors Fran Enwright of Oswego. Fran has volunteered with the American Red Cross for over 20 years.

Assemblyman Will Barclay recognizes the RSVP program and the valuable contributions our volunteers make in the community.

Assemblyman Will Barclay recognizes the RSVP program and the valuable contributions our volunteers make in the community.

The Gardens Assisted Living Community in Oswego hosts a 6 Steps to Better Balance class for residents. Residents (pictured) Kathy Ochs and Chuck Foultz enjoy the exercise “Dancing with a Pillow”. Classes are led by instructor Rachel Brooks, who is also an RSVP volunteer and certified Osteoporosis Master Trainer.

The Gardens Assisted Living Community in Oswego hosts a 6 Steps to Better Balance class for residents. Residents (pictured) Kathy Ochs and Chuck Foultz enjoy the exercise “Dancing with a Pillow”. Classes are led by instructor Rachel Brooks, who is also an RSVP volunteer and certified Osteoporosis Master Trainer.

RSVP receives $5,000 grant from Shineman Foundation to enhance the 6 Steps to Better Balance program!

RSVP receives $5,000 grant from Shineman Foundation to enhance the 6 Steps to Better Balance program!

~ Oswego County Office for the Aging (OFA) celebrates 40 years.

~ Oswego County Office for the Aging (OFA) celebrates 40 years.

~ Senior Camping celebrates 25th anniversary. Jim Farfaglia, retired Camp Hollis Director shared memories of how it all began at the September event.

~ Senior Camping celebrates 25th anniversary. Jim Farfaglia, retired Camp Hollis Director shared memories of how it all began at the September event.

City of Oswego Mayor William Barlow proclaims April 4 as National Service Recognition Day.

City of Oswego Mayor William Barlow proclaims April 4 as National Service Recognition Day.

RSVP volunteers, Rosanne Conaway, Ann Hardy, Louise Castaldo, Mayor Barlow, Meave Gillen (RSVP Director), Ellie Filburn, Peggy Nikas & Edith Knight.

RSVP volunteers, Rosanne Conaway, Ann Hardy, Louise Castaldo, Mayor Barlow, Meave Gillen (RSVP Director), Ellie Filburn, Peggy Nikas & Edith Knight.

Daylight Saving Time Ends

Daylight Saving Time Ends

Daylight Saving Time Ends

Fall back one hour November 5

Fall back one hour November 5

Fall back one hour November 5

Remember to test smoke alarms, carbon monoxide detectors and replace the batteries.

Remember to test smoke alarms, carbon monoxide detectors and replace the batteries.

Remember to test smoke alarms, carbon monoxide detectors and replace the batteries.

BY THE NUMBERS

RSVP celebrates 44 years in Oswego County made possible by local sponsors SUNY Oswego and the United Way of Oswego County.

RSVP celebrates 44 years in Oswego County made possible by local sponsors SUNY Oswego and the United Way of Oswego County.

362 RSVP volunteers contributed more than 50,000 hours of service.

362 RSVP volunteers contributed more than 50,000 hours of service.

RSVP partners with over 60 non-profit agencies throughout Oswego County.

RSVP partners with over 60 non-profit agencies throughout Oswego County.

1 RSVP volunteer has 29 years of service and more than 24,000 volunteer hours!

1 RSVP volunteer has 29 years of service and more than 24,000 volunteer hours!

RSVP receives proclamation from Oswego County Legislature on May 11.

RSVP receives proclamation from Oswego County Legislature on May 11.

Legislators Tim Stahl, Tom Drumm, Shane Broadwell, Daniel LeClair, Meave Gillen (RSVP), Pat Jones (RSVP), Ellie Filburn (RSVP), Marie Schadt, Teresa Ferlito (RSVP), John Lyons (RSVP), Heather DelConte & John Proud.

Legislators Tim Stahl, Tom Drumm, Shane Broadwell, Daniel LeClair, Meave Gillen (RSVP), Pat Jones (RSVP), Ellie Filburn (RSVP), Marie Schadt, Teresa Ferlito (RSVP), John Lyons (RSVP), Heather DelConte & John Proud.

APRIL - JUNE
RSVP is looking for individuals who are interested in becoming a mentor to a student between the grades of 3rd – 6th. As a mentor, you will meet every Wednesday (based on school calendar) from 2:45 pm – 3:45 pm at Leighton Elementary School in Oswego. The NYS Mentoring Program creates a supportive mentor relationship for students in a one-to-one setting, meaning between the mentor and the mentee along with the school coordinator present. The program provides background checks and training for the volunteer. It is important to note that contact with the mentees is not allowed outside of the weekly meeting time. If you are interested or would like to know more, please contact RSVP (315) 312-2317 or rsvp@oswego.edu

AARP Tax Aide Program is currently recruiting new volunteers for the 2018 tax season. Volunteers receive training in both tax law and software, using videos and practice problems. Classroom training with certification is scheduled for December. For more info., Fred Wall at fwall2@windstream.net or Betty Talamo, 315.934.4333 or phxtaxgirl@gmail.com.

Salvation Army is looking for one or more volunteers, to assist at the front desk from Nov. 13 – Dec. 29. Job duties consist of greeting clients upon arrival, answering phones and taking messages as necessary. Confidentiality is a must. Volunteer(s) needed Monday – Friday. Volunteers will be trained in all duties. For info., call Carol at 315.207.3367

Oswego City School District

Human Concerns Distributes Thanksgiving Baskets

Applications will be accepted until November 9 for households with two or more people who reside in the Oswego City School District. Baskets can be picked-up the morning of Tuesday, November 21 by those who have registered.

Applicants must provide identification and proof of residence for each household member 18 years and older. Register Monday - Friday between 12 - 3 pm, at the food pantry, 85 E. 4th St., Oswego. For more information, contact Human Concerns at 315-342-7301.

"Thanks to the generosity of Oswego Firefighters, local growers, our hardworking volunteers and the Oswego community, we will be able to provide nutritious dinner supplies for a full meal to all eligible local families in need", says Director JoAnn Locy. "We are pleased to receive food and/or monetary contributions any time. If any group or individuals would like to sponsor one or more families for the holidays, please contact us".

From the Director,

2017 has been a year for the books! We started new partnerships and participated in new adventures/endeavors. This year we focused on showing Oswego County how vital RSVP is to the community.

We pulled European Water Chestnuts, an invasive species from the Oswego River. We started a new partnership with Pathfinder Bank and their Money Smart Program along with Oswego County's Office for the Aging. With this collaboration, we are able to further advance and develop the knowledge to the community what the benefits of knowing your banker are, planning for retirement, along with all the other great resources that are available in the County.

RSVP celebrated 44 years in Oswego County – SUNY Oswego has provided us with a home since 1973, ensuring that we are able to continue to thrive in the community – this year; RSVP was able to move off campus with the rest of the Office of Business and Community Relations into the heart of the city of Oswego. This move has provided our program with greater opportunity, on all levels, within our region.

Lastly, I would like to thank ALL of you for another amazing year. You are our backbone of our county; without you we would not be as successful of a community. Thank you, enjoy this time with friends and family. I am truly looking forward and excited for what 2018 has in store for RSVP!

~ Meave
PARTING THOUGHTS

Working with seniors has always been a goal of mine. I love the knowledge they have through experience, a smile that tells a story and warmth in their touch and hugs. Being given the opportunity to work with RSVP was right up my alley!

A few highlights of what RSVP has taught me: social media management skills, community relations through local RSVP events, the importance of impact programming in the community, and how rewarding it is to volunteer.

More than just a resume' builder, my time at RSVP allowed me to make many friends and reinforce my passion for working with the senior population.

Director, Meave Gillen is like my RSVP “Mom”. She is always pushing me to go one step higher than before. She reminded me I have wings and I should spread them and fly. Coordinator, Tracie Wallace has been my rock. From handling office duties -to helping me deal with a wisdom tooth - to tips with meal-planning.

I have felt inspired, loved, and motivated to become a better me. For this I would like to say thank you to RSVP and the Office of Business & Community Relations staff! I know these are two simple words which don’t express how grateful I truly am.

~ Tanishae Edwards, AmeriCorps Member

CONTRIBUTIONS TO RSVP

IN MEMORY OF
Carol Miller
RSVP thanks Scott & Donita Chester for their generous donation to the program in memory of Carol.

RSVP thanks Mark & Ellen Wahl for their generous donation to the program in memory of Carol.

IN MEMORY OF
Mary Ann Warner
RSVP thanks Mark & Ellen Wahl for their generous donation to the program in memory of Mary Ann

No Person is Ever Truly Alone
~ by Richard Fife

No person is ever truly alone.
Those who live no more,
Whom we loved,
Echo still within our thoughts,
Our words, our hearts.
And what they did
And who they were
Becomes a part of all that we are, Forever.

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 ____________________________ State____ Zip______

I designate my financial contribution for:

___ RSVP general operations
___ Mature Living newsletter
___ Other Specific Program (s): ____________________________

In Memoriam or Honor of ____________________________

Clip and return this coupon with your 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.

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

RSVP is a federal initiative of the Corporation for National & Community Service and is sponsored locally by SUNY Oswego and United Way.

34 East Bridge Street, Oswego, NY 13126
Telephone: 315-312-2317 email: rsvp@oswego.edu
November is…

**National Alzheimer's Awareness Month**

**10 WAYS TO LOVE YOUR BRAIN**

Start now, it’s never too late or too early to incorporate healthy habits. Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

**Hit the books:** Formal education helps reduce the risk of cognitive decline and dementia. Take a class at the local college, community center or online.

**Butt out:** Smoking increases risk of cognitive decline. Quitting can reduce risk to comparable to those who have never smoked.

**Follow your heart:** Risk factors for cardiovascular disease and stroke - obesity, high blood pressure and diabetes - negatively impact your cognitive health.

**Heads up:** A brain injury can raise risk of cognitive decline and dementia. Remember to play it safe.

**Fuel up right:** Eat a well balanced diet higher in fruits and vegetables to help reduce the risk of cognitive decline.

**Catch some ZZZ’s:** Not getting enough sleep may result in problems with memory and thinking.

**Take care of your mental health:** Some studies link depression with cognitive decline, seek treatment if you experience depression, anxiety and/or stress.

**Buddy up:** Staying socially engaged may support brain health. Spend time with family and friends, volunteer, get involved with your community, take a class at the local college, community center or online.

**Stump yourself:** Challenge your mind. Play games, learn a new skill, take a class at the local college.

**Break a sweat:** Engage in regular exercise that elevates the heart rate and increases blood flow. Studies have shown that physical activity reduces risk of cognitive decline. Always check with your physician first.

**DEMENTIA VS. ALZHEIMER’S**

A good analogy to the term dementia is “fever.” Fever refers to an elevated temperature, indicating that a person is sick. But it does not give any information about what is causing the sickness. In the same way, dementia means that there is something wrong with a person’s brain, but it does not provide any information about what is causing the memory or cognitive difficulties.

Dementia is not a disease - it is the symptoms of a disease. There are many possible causes of dementia. Some causes are reversible, such as certain thyroid conditions or vitamin deficiencies. If these underlying problems are identified and treated, then the dementia reverses and the person can return to normal functioning. However, most causes of dementia are not reversible. Rather, they are degenerative diseases of the brain that get worse over time. The most common cause of dementia is Alzheimer's disease.

Oswego County
OFFICE FOR THE AGING (OFA)
70 Bunner Street, Oswego, NY 13126
Main Telephone: 315.349.3484.

**Home Delivered Meals “Meals on Wheels”**

Oswego County’s Home Delivered Meals program (HDM) is dedicated to addressing senior hunger and isolation. Not only does the HDM program deliver nutritious meals (up to 5 lunches and 5 evening meals 4-5 days per week), but also provides friendly visits and “safety checks” that enable our community members to live nourished lives with independence and dignity.

OFA is able to provide this service to individuals aged 60+ through a contract with OCO. In 2016, 226,408 home delivered meals were provided throughout Oswego County.

The Program costs over $1,295,000 annually and is partially funded through Federal and State grants as well as some funding by the Oswego County Legislature. Contributions from participants, families, and others are vital to the continued success of the program.

OFA is at a crossroads due to funding remaining at the current level even though there is a significant increase of need and demand. It is our hope that the community will come to our aid and help us continue to assist our most valuable residents and neighbors without delay”.

Contributions to the Oswego County Home Delivered Meals can be mailed to Oswego County OFA, HDM Program, 70 Bunner St, Oswego New York 13126.

~ Sara Sunday
Aging Services Administrator
IN LOVING MEMORY
Carol Miller
1940 ~ 2017

Carol joined RSVP in September 2003 and became a certified Osteo Instructor just one month later. She continued her Osteo education and became an Osteo Master Trainer in 2013. Carol believed in the program and we believed in Carol.

Throughout the years, Carol played a key role expanding the RSVP Osteo program in Oswego County. She became a mentor, consultant, colleague and most importantly a dear friend.

Carol certainly touched many lives and I am truly grateful this amazing woman crossed my path. She made the world a better place and will forever be missed.

~ Tracie Wallace
RSVP Program

2017 Osteo Bone Builders New Instructor Training

A six-hour training program held October 12 at Mexico United Methodist Church, resulted in 8 new RSVP Osteo Instructors. They include: Corien Davenport, Joan Doran, Meg Dunn, Deborah Freyer, Cheryl LaGrow, Margot Robbins, Cynthia Saarie, and Kathy Williams. The class was taught by RSVP Osteo Master Trainers (MT’s); Rachel Brooks, Margie Flood, and Ann Hardy.

Developed by Research Scientists at Tufts University, 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 exercises itself does not cause pain. 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. 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 315.312.2317 or email rsvp@oswego.edu.

<table>
<thead>
<tr>
<th>SITE</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>APW</td>
<td>M, W, F</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>Parish Library</td>
<td>M, Th</td>
<td>4:45-5:45</td>
</tr>
<tr>
<td>CENTRAL SQUARE</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Constantia VFW</td>
<td>M, W, F</td>
<td>9:30-10:30</td>
</tr>
<tr>
<td>Municipal Bldg. Hastings</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Cleveland Village Hall</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>West Monroe Town Hall</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Fulton</td>
<td>M, W</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>Meadowbrook Estates</td>
<td>T, Th</td>
<td>10:45-11:45</td>
</tr>
<tr>
<td>Fulton Towpath Towers</td>
<td>T, Th</td>
<td>11:00-12:00</td>
</tr>
<tr>
<td>Fulton YMCA</td>
<td>T, Th</td>
<td>9:45-10:45</td>
</tr>
<tr>
<td>HANNIBAL</td>
<td>T, Th</td>
<td>9:45-10:45</td>
</tr>
<tr>
<td>American Legion</td>
<td>T, Th</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>1st United Methodist</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>New Haven Town Hall</td>
<td>M, W, F</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>OSWEGO</td>
<td>M, W</td>
<td>9:30-10:30</td>
</tr>
<tr>
<td>Scriba Justice Center</td>
<td>T, Th</td>
<td>3:30-4:30</td>
</tr>
<tr>
<td>Springside at Seneca Hill</td>
<td>T, Th</td>
<td>10:15-11:15</td>
</tr>
<tr>
<td>Simeon Dewitt</td>
<td>T, Th</td>
<td>1:00-2:00</td>
</tr>
<tr>
<td>Oswego YMCA</td>
<td>T, Th</td>
<td>10:00-11:00</td>
</tr>
<tr>
<td>1st United Methodist (104W)</td>
<td>T, Th</td>
<td>10:30-11:30</td>
</tr>
<tr>
<td>Minetto United Methodist</td>
<td>T, Th</td>
<td>9:30-10:30</td>
</tr>
<tr>
<td>PHOENIX</td>
<td>T, Th</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>Schroeppep Town Hall</td>
<td>T, Th</td>
<td>9:00-10:00</td>
</tr>
<tr>
<td>Lysander Station #1</td>
<td>M, Th</td>
<td>10:00-11:00</td>
</tr>
</tbody>
</table>

Carol Miller & Pastor Bruce Schrader pose for paparazzi at the 2016 annual Volunteer Recognition Luncheon.

Carol Miller & Pastor Bruce Schrader pose for paparazzi at the 2016 annual Volunteer Recognition Luncheon.

Hannibal Instructors Deborah Freyer and Robin Allinger.
HAPPY BIRTHDAY

VOLUNTEERS

NOVEMBER

1 Wilda Pulver
2 Kathryn Ferguson, Sharon Halsey
4 Mary Eddicus
3 Patricia Foster
5 Charles Conklin
4 Linda Palmer
6 Louise Oleyourryk
6 Peggy Munski
8 Rosalia Secor
7 Betty Talamo
9 Allan Mosier
8 Dian Alder, Betty Kirkpatrick
11 Mary Lou Morrow
10 Dan Palmer
12 Esther Tanner
11 Linda Crandall, Joyce Gleason,
13 Gerald Butler
Carol McCarthy
14 Charmaine Smith
12 Melvin Sitts
15 Heike Koenig, Kathy Nalle,
13 Bruce Schuchert
Eva Taillefer, Carolyn Waterman
14 Joyce Godfrey
15 Mary Lou Morrow
16 Linda Cough
11 Linda Crandall, Joyce Gleason,
17 Robin Allinger, Michael Peterson
15 Joan Southwell
18 Veronica Olin, Madeline Shruell,
16 Linda Cough
Donna Stiles, Sue Taylor
18 Rick Radney
19 Mary Cerklewich
20 Deborah Horn
20 Mary Cerklewich
21 Kathy Fenlon
22 Dorothy Gass
22 Sharon Flood
23 Sally Flavon, Nancy Hale
23 Rachel Brooks, Rosemary Occhino,
25 Norma DeAmbra, Sue Taylor
Sue Trinder
27 Peggy Armstrong, Karen Compo,
26 Harriet Whitten, Brian Dolan
Norman Hickox
27 Carolyn King, Donna VanGorder
28 Darlene Adydan, Dorothy Russo
28 Linda Saarie, Patricia Sweet
30 Carol Strauts
30 Jo Ann Butler, Barbara Kelly, Shirley Rice,

DECEMBER

11 Mary Lou Morrow,
12 Esther Tanner,
13 Gerald Butler
14 Charmaine Smith
15 Heike Koenig, Kathy Nalle,
16 Jean Niver
Eva Taillefer, Carolyn Waterman
17 Robin Allinger, Michael Peterson
18 Veronica Olin, Madeline Shruell,
19 Mary Cerklewich
Donna Stiles, Sue Taylor
20 Deborah Horn
21 Kathy Fenlon
22 Sharon Flood
23 Rachel Brooks, Rosemary Occhino,
24 Joel Zurer, John Dowdle
Sue Trinder
26 Harriet Whitten, Brian Dolan
27 Carolyn King, Donna VanGorder
28 Linda Saarie, Patricia Sweet
30 Jo Ann Butler, Barbara Kelly, Shirley Rice,

TRAVEL DESTINATIONS

VOLNEY SENIORS

November 30, travel to Lyons, NY.

Enjoy lunch at Skipper’s Landing in Wolcott and then travel to Lyons for the show OneSong Country Christmas at the Historic Ohmann Theatre. Traditional American music comes alive as Ron and Nancy OneSong sing vintage country, bluegrass, folk, and gospel. $55pp.

Info., Norma Broderick at 315.593.6138

NEW HAVEN SENIORS

April 24 ~ 25, travel to Lancaster, PA.

The Sight & Sound Theatre presents Jesus, a musical stage adventure of the most famous person to ever walk the earth, & whose lives he changed for-ever. Dutch Apple Theater, come and experience Showboat, one of the most romantic musicals of all time. $365 pp, double room. Info., Elaine Parkhurst at 315.343.9475.
Have an Open Room and an Open Heart?

Become an OCO Family Care Home Provider!

Receive $822/Mo. & $150/Qtly. per resident
Call Penny Foster-Pratt
315-598-4710, ext. 1094

Building Trust for Generations

Fulton Savings Bank

315-592-4201
www.fultonsavings.com

Sunday, November 5

WINTER WARM-UP CONCERT

FEATURING MIKE POWELL

Join the First Universalist Church in Central Square on Sunday, November 5 from 1-3pm for a special concert event. Open to the community with free-will donations appreciated. Refreshments will be served, meet the artist during intermission.

Mike Powell known as “The Polite Rebel” is a rapidly rising star in his home state of NY and beyond. Born and raised in the town of Champion, Mike writes, sings and plays music that is passionate and entertaining.

The church is located at 3243 Fulton Ave, Central Square (Rt. 49 across from the fire station). For more info., visit www.centralsquareuu.org/

CHOOSING THE PERFECT CHRISTMAS TREE

The real trick isn’t picking the right pine. It’s getting it inside your home. But with our 15-point plan, you’ll be trimming in no time.

1. Cut the cords that bind the tree to the roof of your car. Allow them to snap back and strike you in the eye.
2. Curse.
3. Slowly pull the tree toward you.
4. Wobble under its weight for a few seconds, then fall down.
5. Curse.
6. Stand up and notice the fresh scratches in the roof of your car.
7. Curse.
8. Drag the tree to your front door. Spend 15 minutes figuring out how to open the door while simultaneously getting the tree through it.
9. Drag the tree away from the door so that you can enter with the tree facing in the right direction.
10. Once inside, fill the tree stand with water.
11. Knock all the water out of the tree stand because you forgot to wait to fill the tree stand until after putting the tree in it.
12. Curse.
13. Your tree should now be in the stand. Notice the fallen needles that have reduced your tree to half the size it was when you bought it.
14. Down seven cups of eggnog to settle your nerves.
15. Slur your curses.

We're thinking of you this time of year,
Wishing you happiness, joy, and cheer.
May all your days be warm and bright,
And your nights enhanced by holiday light.
Enjoy your delectable holiday foods,
As parties and gifts create holiday moods.
Favorite people play a meaningful part,
While treasured rituals warm your heart.
You are special to us in many ways,
So we wish you Happy Holidays!
~ Joanna Fuchs

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

Foster Funeral Home, Inc.
Three Generations of Family Tradition — Since 1919
910 Fay Street • Fulton • 315-592-2313
837 Cayuga Street • Hannibal • 315-334-6288
fosterfh@windstream.net • www.fosterfuneralhome.com

The Cornerstone Social Day Services Club
For the Older Adult
808 W. Broadway
Suite A
Fulton, NY 13069
Office: 315-592-2001
info@cornerstonesocialfulton.com
www.cornerstonesocialfulton.com
Part of the St. Luke Family of Caring
Pathfinder Bank sponsors Oswego County Senior Financial Health & Wellness, as part of their “Money Smart” Program.

AARP recently honored Gordon Schipper with the New York State Volunteer of the Year Award. Gordon is a Zone 3 Coordinator and Trainer for the AARP DPS in NY and serves as an RSVP volunteer.

September 19, RSVP hosts the 44th annual Volunteer Recognition Luncheon "Outlaw Volunteers" at Lake Ontario Conference Center. Meave (left) celebrates a milestone birthday as well.

RSVP HONORS

2017 Lifetime Award Recipients

Lifetime Award recipients (individuals who have logged 4,000 volunteer hours or more during their lifetime); Shirley Rice, Terry Wilbur (Oswego County Legislator), Carolyn King, Pam Caraccioli (Deputy to the President at SUNY Oswego), Judy Pratt, Kevin Gardner, (Oswego County Legislature Chairman), and Linda McNitt.

Missing from photo is Patricia Rossman.

Thank you to our Luncheon Sponsors

Pathfinder Bank
Oswego Health
Compas Credit Union
131 George St., Oswego (315) 342-5300 www.CompassFCU.com

Personal Service Neighborhood Values
Join Our Retirees’ Club For Free and Discounted Services!

Oswego, NY 13126
315-312-2317
oswego.ny.13126-RSVP

R.S.V.P.
103 Rich Hill, SUNY Oswego

Published bi-monthly by the Multi-Living newsletter featuring a variety of local, state and national news relevant to older Americans. By providing
www.oswego.edu/rsvp
rsvp@oswego.edu

R.S.V.P.
103 Rich Hill, SUNY Oswego

Published bi-monthly by the Multi-Living newsletter featuring a variety of local, state and national news relevant to older Americans. By providing