



SSSF

Steuben Senior Services Fund, Inc.

Empowering Seniors to Age at Home



Greetings!



Introducing Our Newest Full Circle America Member

Our newest member of the Full Circle America family is Lynn Dejaiffe of Painted Post. The first thing you may hear from Lynn is that she is in a wheelchair, but moments later, you forget all about that fact as you are drawn in by her lovely, engaging personality, quick wit and intelligence.

Lynn explained that she was in a very serious accident with a drunk driver many years ago. Despite numerous operations and joint replacements, she is a happy, contented person who lives independently in her own apartment. Lynn told me that she has learned how to deal with the hand that was dealt to her. She credits her “angels,” friends, neighbors and care aides who have surrounded her with loving care as helping her to stay independent and to age in place.

Lynn was born in Cortland, one of nine children. She graduated from Auburn Community College and took course work at Syracuse University and Elmira College. She and her husband, Rob who passed away in 2014, originally settled in Corning. They had eight children, and during their marriage, the family lived all over the United States. In addition, she and Rob, an internationally renowned scientist with 12 patents to his credit, traveled to 24 nations for his work.

Lynn worked for the Washington State Department of Ecology as a technical writer, and during their international travels, Lynn was able to work remotely. She retired from Washington State in 2004. Upon retirement, the couple came back to the Corning area to be nearer her children.

Lynn says she is very pleased to be a member of Full Circle America (FCA). Since she is a fall risk, FCA gives her a layer of safety and security, especially at night. Full Circle America also keeps her connected to the outside world. She loves visits from her Wellness Ambassador, Joanie Watkins, and enjoys her phone calls from Kim Fenn at Full Circle/Maine.

If you are interested in what Full Circle America can do to help you age in place in your own home and community please call SSSF at 607-664-2298 for more information and for a no-obligation visit to discuss your options.

- **Some people think that allowing help in their home like Full Circle America might also take their independence. Full Circle America doesn't take your independence, it supports it!**



2019 DONORS' CORNER

We celebrate and honor our wonderful donors for their continued commitment to the mission of SSSF, “empowering seniors to age at home.” We thank you for making it possible for us to help older citizens to age at home successfully and to continue our work to transform eldercare through Full Circle America.

Our list of donors for 2019 has grown significantly and includes:

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Inching Towards the Top: 99%

Thanks to the 113 donors who have given thus far to our annual campaign, we stand at 99% of the total raised last year. There were fewer donors to this campaign, but those who gave, on the average, increased their giving by 30% . Thank you for your committment to SSSF! It's not too late to be counted in. Send your annual gift to SSSF, 3 East Pulteney Square, Bath, NY 14810 or click the link below to give online.



Transform Your Home into a Safe Haven

Tell me, Sue, ...?

Sue Gruber, Certified Aging in Place Specialist,
is here to answer your pressing questions.

Tell me, Sue, if I do not have enough space for a ramp outside of my house, what other options do I have?

Ramps are not always the best solution and can be rather expensive depending on the length you need. Rather than using a ramp, many people who are not using a wheelchair are much more comfortable using steps that have a shorter than usual rise and a deeper than usual tread. If the rise is 4" and the tread is **at least** 28" deep, these steps could be comfortably used by most people who use a walker or cane, as well as by someone who uses no mobility device at all. If you do use a walker, make the step treads deep enough to accommodate the walker and more, so that you feel secure. A railing on both sides will give everyone peace of mind.

If a wheelchair is being used, often people will put a vertical platform lift off of a porch or deck instead of a ramp. The cost could be comparable to that of a long ramp. Refurbished lifts can be purchased at a lower price and some companies will actually lease them. A level, concrete pad is essential for installation, as is an electrical hook up. Many people find a lift easier to manage than a ramp and it helps get those groceries in the house as well! Like anything, there are always pros and cons so if you have friends who use a lift, ask them about their experience before you consider purchasing one for yourself.

Winter Tips

Get the ice melt ready!

If you like to remove the snow yourself, try to clear it at frequent intervals so that you are dealing with only a couple of inches at a time...especially when it is wet and heavy.

Spraying the shovel with "Pam" will help the sticky snow slide off!

If you like to walk when it is crisp outside, keep an eye out for black ice, which is especially prevalent on uneven, buckling sidewalks where the water usually settles in puddles.



To submit a question to Sue Gruber go to
www.forwardthinkinghomesolutions.com
and click on the "Contact Us" tab at the top



SAVE THE DATE

The second annual Senior Moments Bubbly & Brunch will be held on Sunday, July 26, 2020 from 11 am to 2 pm in the historic Pleasant Valley Winery, Visitor's Center, Hammondsport, NY. We are delighted to be returning to the oldest winery in the Finger Lakes region for our event, thanks to owner Mike Doyle's generosity.

A delicious brunch will once again be served by the Timber Stone Restaurant, with tickets still at \$35. Great auction items, raffles, and wine tastings will be featured.

Please save the date and plan to join us for a fun time in support of Steuben Senior Services Fund and the programs and services of the Office for the Aging. Tickets will go on sale in the near future!

RURAL AGING IN PLACE PROJECTS

Bob Manley, Coordinator of the Cameron/Jasper/Troupsburg/Woodhull Aging in Place project reports that a senior luncheon was held on February 12th in Jasper. Future luncheons will be held on a rotating basis in the four towns. Bone Builders, the exercise program that builds strength, flexibility, bone density, and improves your balance is continuing to meet three days a week in Woodhull. The group is always looking for new members to join in the fun! For more information on the lunches or the Bone Builders group, please contact SSSF at 607-664-2298.



Aging in place projects in Pulteney, Urbana and Wayne continue to mail out quarterly newsletters. If you live in one of those townships and would like to receive these newsletters, please call the SSSF office at 664-2298 to request that your name be added to the mailing list.

In Pulteney the senior dinner club continues serving meals only on Mondays at noon at the Pulteney Presbyterian Church. For reservations call 607-522-5121. Once the snow birds return from the south, the Pulteney dinner club will serve lunch two days a week, Mondays and Thursdays. The senior dinner club in Hammondsport meals serves once a week on Tuesdays at noon at the Hammondsport Presbyterian Church. For reservations at that site, please call 607-569-2712.

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607-664-2298