



# SSSF

Steuben Senior Services Fund, Inc.

*Building a Resource for Aging in Place*



SPRING 2016

## FULL CIRCLE AMERICA (FCA) KICKING OFF IN STEUBEN COUNTY

Evelyn L. Matthews, 99-year-old mother of SSSF Director, Linda M. Tetor, has become the first Full Circle America member in Steuben County. Evelyn pictured here with her daughters from left to right: Tetor, Deb Picciano and



Laurie Grimes, enjoys living in her own home thanks to the expert care of Pathways staff from the Nursing Home Transition and Diversion Waiver Program. Tetor lives across the street from her mother, however, daughters Grimes and Picciano live hundreds of miles away from their mother and don't have the interaction with her that they desire. Now thanks to FCA, more interaction will become a reality as their mother goes live on FCA. It will now be possible for Matthews to see her daughters on her large screen TV through a HITECH, HIPAA-compliant connection (highly secure). This will also allow the family to see their mom and to view how she is doing from day to day. Said Tetor, "for years my sisters have wished they could be here more, helping with Mom's care and doing for her as she did for all of us for so many years. Now with FCA their level of involvement will greatly increase."

A kick-off for FCA will be held at the Project CARE annual training on April 13th at 10:30 a.m. Tetor and technology experts from FCA/Bliss Connects will be demonstrating the equipment that will be used in FCA member homes and discussing how the program can help seniors age in place. For information on attending this event, please contact the Office for the Aging at 607-664-2298. A similar event will be held in Corning and Hornell this spring.

Tetor states that a local FCA coordinator will be hired in the near future. Funding from the NY State Office for the Aging combined with funding from Marcia Weber and Jim Flaws, Corning area philanthropists, will make it possible to hire a coordinator who will work with Tetor to help local seniors take advantage of this tremendous program that will enable them to age in place in their own homes and communities. If you or anyone you know is interested in this part-time position at SSSF, please contact Tetor at 607-664-2298

Full Circle America combines grassroots networks of volunteers, service agencies and 21st Century technology to avoid or delay nursing home placements for its members at tremendous cost-savings.

## **CHALLENGING OUTDATED BELIEFS ABOUT AGING**

An article in a recent AARP "The Magazine" caught my attention, mostly because it reflects many of my attitudes about my own aging. Jo Ann Jenkins, CEO of AARP has written a book called "Disrupt Aging" in which she stated "I didn't want to be defined by my age, any more than I wanted to be defined by race, sex or income." She continued, "I refuse to allow outdated expectations of what people my age should do to determine what I am going to do. Instead of apologizing for my age--or denying it--I decided to embrace it and make the most of it."

This was not an easy step for Jenkins to take as the "negative stereotypes of aging are so ingrained in our psyches". She says that most people just give up or deny they are aging and fight it with all they're worth.

Jenkins believes there are three outdated beliefs that need to be challenged. She wants our society to change the conversation about the reality of aging from "aging is about decline, to aging is about growth"; from "aging presents only challenges, to aging creates new opportunities"; and, finally, from "older people are burdens, to older people are contributors".

Join me in challenging these outdated beliefs!

Linda M. Tetor,  
Executive Director



## TOGETHER... SHAPING THE FUTURE OF AGING IN PLACE IN STEUBEN

### COUNTY

The year 2015 saw an outpouring of support to Steuben Senior Services Fund! Whether through our annual campaign, contributions to our No Place Like Home conference, our Aging in Place projects or by joining our Aging in Place Club, you are deeply appreciated. Many thank yous to you, our generous donors for making this record year possible!

**ADVOCATES:** Donors with gifts totaling \$5000 and above: Marcia Weber & Jim Flaws, J. M. McDonald Foundation

**SUPPORTERS:** Donors with gifts totaling \$1000-\$4999: AARP, Bethany Village, Community Foundation of Elmira-Corning and the Finger Lakes Keuka Area Fund, Corning Enterprises, Excellus Blue Cross, James T. Kirk, Gregg Learned, the Meade Foundation, OFA Advisory Council, Linda M. Tetor

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Finally, Richard Packer, Michael & Suzanne Palmesano, Mary Passage, Margaret Payne, Betty Pease, Luther & Lucy Perkins, Bren Price, Justin & Judith Randall, Gary & Genevieve Ribble, Robert & Phyllis Ross, Theresa Rucker, Scott Russell, Art & Marianne Rutan, Mary Shafer, Char Silliman, Ralph & Janet Simon, Audrey Springstead, Simon & Mary St. Laurent, John & Becky Stranges, Joseph & Peg Striano, Gil Sweet, Rolland Thompson, Martha Treichler, John & Donna Vargo, Dr. Alexander & Joyce Wahlig, Bonnie Weber, Yolanda Wheeler, Sue Ann White, Fred & Audrey Whitcomb, Charles & Jean Woodhouse, Fidella Woodworth and Herbert & Anne Zuschin.



## Aging in Place Tips

Short of building a brand new age-friendly home, there are many smaller tips that can make it easier for you to work in your kitchen as you grow older. Consider the following:

- \*Sit rather than standing while working at the kitchen countertop. If necessary, have cabinet shelves or drawers removed to allow room for your knees.
- \*When you replace your existing refrigerator, choose a side-by-side or drawer-style refrigerator.
- \*Have your dishwasher elevated to reduce the amount of bending you have to do.
- \*Consider installing pull-out or pull-down shelves in your kitchen.
- \*Place lighting over the sink, stove and other work areas. Be sure you have a stove with easy-to-see controls and, preferably, controls near the front of the device.
- \* Install a lever, touch- or sensor-style faucet.
- \*Keep the temperature of the water at or below 120 degrees F.
- \* Install easy-to-grasp D-shaped pulls and handles rather than knobs.



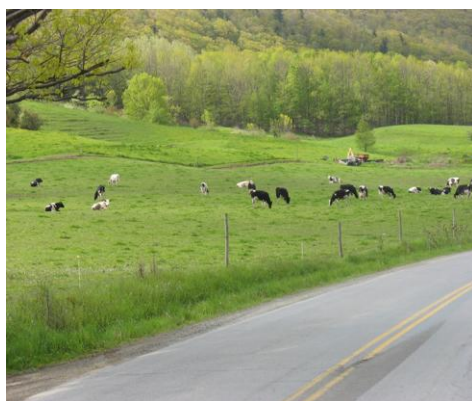
## CORNING AREA AGING IN PLACE

This vibrant group of older Corning area residents presents monthly programs of interest to their membership and other interested older folks. On Thursday, April 21st at 10 a.m., David Walsh of Home Chex, Community Home Equity Conversion Corp., will present information on the FHA-reverse mortgage program. He will cover misconceptions of reverse mortgages, as well as specifics that homeowners need to know to evaluate the program's potential for themselves or others they are assisting.

The May 19th program will be Nancy Williamson, CEO of ServU Credit Union. Her topic is La Grab Bag of Financial Tips - highlighting the new "chip" credit and debit cards - how to use them and what they protect. She will also discuss financial fraud.

For June 16th - Sue Gruber, Certified Aging in Place Specialist, will discuss her recent experiences becoming certified and will explain what her new company (Forward Thinking Home Solutions) is all about.

All meetings are held at the First Congregational UCC Church on the corner of 171 W. Pulteney St. and Pritchard Ave., Corning, NY.



## **AGING IN PLACE UPDATES**

### **Cameron/Jasper/Troupsburg/Woodhull**

This AIP group will continue and possibly expand the senior luncheon program in its four towns. The next luncheon is planned for April 20th in Jasper at the town hall. A local AIP group brochure is being developed

The Elderberry News will be published quarterly this year with the next edition at the end of April. Senior Information sites in the four town halls will be maintained and updated.

The Bone Builders Program will continue to meet on Mondays, Wednesdays and Fridays in the Town Hall in Woodhull. Any interested senior is invited to attend.

A Senior Informational Fair will be held later this year. For information on this AIP project, please contact Bob Manley at 769-3412.

### **Pulteney**

The Bone Builders are continuing to build their bones and improve their balance on Monday and Wednesday mornings at 9:00 a.m. at the Pulteney Fire Hall. If you are interested in joining, you can drop in any Monday or Wednesday or call Rita Finley at 868-4393.

The Pulteney Lunch Bunch meets Mondays and Thursdays at 11:30 a.m. at the Fellowship Hall of the Pulteney Presbyterian Church. Call in advance at 522-5121. The suggested donation for a person 60 or older is \$3.00; younger people are charged \$6.00.

### **Urbana**

The Hammondsport Presbyterian Church sponsors a lunch every Tuesday at 11:30 a.m. To make a reservation, call 569-2712. Vouchers for a free lunch are available at the Loaves and Fishes Food Pantry located at St. James Episcopal Church and are funded by Hammondsport Community Services.

### **Wayne**

The Wayne Advisory Group continues to meet monthly and recently sent out a list of services available to all Wayne residents. A quarterly newsletter is being developed to inform residents of services and activities and volunteers are being recruited to transport individuals to medical appointments and other essential

services.

Any Wayne resident that needs assistance should call Kathy Burns at the Office for the Aging at 664-2298.

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