



SSSF

Steuben Senior Services Fund, Inc.

Empowering Seniors to Age at Home



Greetings!



BUBBLY & BRUNCH RESCHEDULED FOR 2021

Unfortunately, due to the ramifications of COVID-19, the Board of Directors of SSSF have regrettably made the decision to postpone our 2nd annual Bubbly & Brunch gala until 2021. Our first event, held at the Pleasant Valley Winery last July, was a smashing success and raised over \$12,500 for our programs and services for the seniors of this county, and of course we were eagerly anticipating this year's event.

With the unknown future of large gatherings, the potential for a reemergence of this devastating illness, and the impact on our local businesses, the postponement seemed the only wise decision to make.

Happily, our volunteer committee has been busy planning for next year and we have been able to book July 25, 2021 at the Pleasant Valley Winery. We look forward to an exciting, successful event at that time. Stay tuned for more information!!

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



CELEBRATING 20 YEARS

You might have noticed the green banner in our logo at the top of this page. That is there because 2020 marks the 20th anniversary of Steuben Senior Services Fund (SSSF). Our organization was created by Desire Vail, Barbara Welles, members of the Advisory Council of the Office for the Aging and Linda M. Tetor, then Director of the Office for the Aging, assisted by Fred Ahrens, then County Attorney.

SSSF was created to "Build a Resource for Aging in Place", and since then we have refined our mission to "Empowering Seniors to Age at Home". We are celebrating this year with the receipt of the largest grant in the history of our organization from Care Compass Network. This grant will allow us to add 24 members to our Full Circle America program and to receive the benefits of its Virtual Assisted Living Program including care coordination, tele-monitoring, home safety surveys, visits by Wellness Ambassadors, geriatrician consultations, video chatting and much more. With COVID-19, the receipt of this grant and the services included with Full Circle seem to have been designed "for such a time as this."

SSSF began its affiliation with Dr. Allan Teel of Maine in 2015 and has since served over 35 seniors in the county with his Full Circle America program. For more information, contact SSSF at 607-664-2298. For those who might be interested in the complete history of SSSF, it is available on the SSSF website at www.steubenseniorservicesfund.org.

Spring/Summer 2020



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, what can I be doing while I'm stuck around the house?

One of the easiest (and most difficult) things to do to make our homes safer is to make sure we have clear paths of at least 36" wide throughout our home. In most cases, this means removing excess furniture and clutter.

I'm sure I am not alone in admitting that there are areas of my house that need to be totally reorganized. A few jump right into my head! In fact, I'm writing this to avoid taking care of them!! Eliminating clutter that can landslide to the floor and cause a tripping or slipping hazard should be our priority. When things are sorted, tossed, and/or filed away, it feels sooooo good. If only it were not so overwhelming to get started!

A good place to begin is to take notice of where we may be building a "nest." Do we have a "nest" around our favorite chair that holds all sorts of the things that we might need while sitting there? Is that nest out of control? Would the addition of a small shelving unit there help organize what we need and still keep it within easy reach? Would the same be helpful in our kitchen to create some clear surfaces and reclaim our tabletop?

Are there things piled up on the floor that narrow our paths? If these items need to stay in that locale, could they be put on a small rolling cart so they can easily be moved out of the way? Would an over-the-door shelving unit or shoe bag work well to straighten things up?

Perhaps we can focus on just one small area a week and gradually make our way around our house. Feeling productive can make staying at home much more bearable...and in the end, safer!



Until next time...my nests are calling!

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



RURAL AGING IN PLACE PROJECT NEWS

A fond farewell to Kathy Burns, SSSF's very first Aging in Place Coordinator who retired June 5th, 2020. Kathy joined SSSF as a part-time independent contractor in 2009 and developed our flagship Aging in Place project in the Town of Pulteney. She oversaw the development of our advisory group there, the completion of a townwide survey, and the deployment of new services for elders in the township.

For the last 11 years Kathy has coordinated the "Pulteney Grapevine", our first aging in place newsletter. Under her leadership, our efforts in Pulteney were highlighted as a model for rural NORC's (Naturally Occurring Retirement Communities) in a statewide publication. Subsequently, Kathy spearheaded the development of our Aging in Place projects in Urbana and Wayne.

Kathy's leadership, creativity, and enthusiasm for her work will be greatly missed. Please join me in wishing Kathy a wonderful retirement!

OFFICE FOR THE AGING ANNOUNCEMENT

Many of you have been enjoying the Second Season newsletter that is published by the Office for the Aging in partnership with SSSF. It is an excellent way to stay informed about all the critical offerings from us that can help you age in place. As with every service in the nation these days, this publication has been sidelined by the pandemic. The inability to have staff and volunteers on site made it impossible to get that last issue out. Frankly, the content became irrelevant when all public activities were canceled.

We are reimagining how we do business and one of our strategies is to get as many of our subscribers to switch from a hard copy newsletter to an electronic version. As always, the newsletter will be published on the OFA website **steubencony.org**

If you would like to receive our Second Season newsletter via email, please send your email address to us using: **ofainfo@co.steuben.ny.us**. We understand that many of you do not have email. Rest assured, we can mail your issue to you when life gets back to normal if we have your snail mail address. You can call 607-664-2298 to subscribe to our newsletter.

Until we can meet face to face, please know that we are a phone call away!

BOARD OF DIRECTORS

Patty Baroody, John Caputo, Donna Chiaramonte, Pat Finnerty, Diane Marshall, Andy Mazzella, Marcia Melnyk, Peter Robbins, Mary Ann Starbuck, Joe Striano, Hildreth Volonts and Mary Woollatt. Ex Officio: Stoner Horey, MD, and Ann Weiland. Executive Director, Linda M. Tetor.



Jane Jamison, long-time community advocate for seniors and an outstanding member of the Board of Directors of SSSF has resigned from our Board due to a move to another part of the state. We honor Jane for her dedication to our mission and thank her for her years of inspiring service to our board. She will be greatly missed!



[Contact Us](#)

607-664-2298

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