



SSSF

Steuben Senior Services Fund, Inc.

Building a Resource for Aging in Place



SUMMER 2016

INTRODUCING KATE PATERSON, FULL CIRCLE AMERICA (FCA) COORDINATOR

Thanks to the generosity of Marcia Weber and Jim Flaws, local philanthropists and the NY State Office for the Aging, SSSF has been able to hire Kate Paterson as their coordinator for Full Circle America. Kate started working in May and is poised to begin enrolling interested seniors in this unique, cutting-edge service. Kate has lived with her family in the Corning area for nearly 20 years and has been involved in the community with a number of agencies, including the PTA, the Southeast Steuben County Library, both as a volunteer and a board member, and with Habitat for Humanity.



Kate is available to work with seniors and their families to implement an array of services to support an aging adult as they continue to live in their own homes and communities. She will assist in connecting family, friends, volunteers, medical providers and local service organizations to create a complete circle of care around an older person.

A simple and secure on-line platform is a part of this circle of care to provide video chatting with family and friends, virtual doctor visits, video monitoring for

safety and security, entertainment and education, as well as a variety of tools to enable health care at home such as wireless stethoscopes, blood pressure reading and blood oximetry devices, etc.

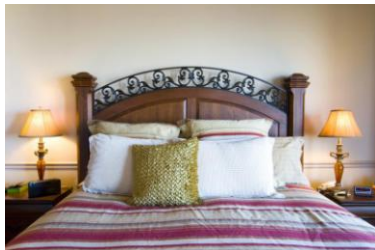
For a no obligation visit from Kate, call 607-664-2298 to set up an appointment to learn how this new service can help you remain in your own home.

IS FULL CIRCLE AMERICA RIGHT FOR YOU?

Full Circle America (FCA) is available at a fraction of the cost of facility care. It is ideal for those living alone. Plans range from \$129 per month to \$699 per **month** depending on the level of care needed. Compare FCA costs with those below:

Location	FCA	Adult Care	Skilled Nursing
Daily Cost	\$4.25 to \$23	\$77	\$385
Monthly Cost	\$129 up to \$699	\$2,313	\$11,550
Level of Care	Range from assistive device to supervision	Room & Board with non-medical assistance	24/7 Access to skilled nursing medical care

MAKING YOUR HOME FIT



Ask yourself the following questions to determine if your home is suitable for you as you age. These questions were taken from the HomeFit Guide published by AARP:

1. Is there at least one step-free entrance into your home?
2. Is there a bedroom, full bathroom and kitchen on the main level?
3. Are the interior doorways at least 36" wide?

4. Does your kitchen have a work surface you can use while seated?
5. Is there a fire extinguisher within reach of the oven or stove?
6. Are your kitchen cabinets and shelves easy for you to reach?
7. Does your kitchen have a lever touch-or sensor-style faucet?
8. If you use a step stool, does it have nonslip surfaces and a handle you can grip?
9. Are there secure handrails on both sides of your stairs?
10. Are your staircases well lighted?
11. Are your hallways well lighted?
12. Are your exterior walkways and entrances well lighted?

For a copy of the AARP Guide that will show you simple changes you can make that will ensure that your home is more suitable for you, call SSSF at 664-2298. More questions will be printed in our next newsletter.



FORWARD-THINKING HOME SOLUTIONS

Are you a proactive Forward-Thinker? Are you ready to make plans now so that you can age successfully in your own home later? Sue Gruber, a Certified Aging-in-Place Specialist in our region, wants to help make this a viable option for you! Sue's journey started years ago, when as Pastoral Associate for the All Saints Parish in Corning, she visited parishioners in nursing facilities and found that many of the residents were unable to go home only because their homes were unfit. This prompted her to renovate her own home, designing all of the changes and doing the majority of the renovations herself with the counsel of contractors and qualified advisors. Intuitively, she used Universal Design elements throughout. Because of her penchant for everything DIY and the rising need for Certified Aging-in-Place Specialists (CAPS) in our region, Sue was encouraged to earn CAPS designation through the National Association of Home

Builders to help educate others in our region about Aging-in-Place and Universal Design. Sue is currently on the Board of Directors of the Corning Area Aging-in-Place Organization as well as the Planning and Implementation Committee for Full Circle America, the new aging in place model for Steuben County.

Sue Gruber retired from the Corning-Painted Post School District in June 2015 after 31 years of teaching and is now available to offer her consultant services and expertise to others through her business, Forward-Thinking Home Solutions. Sue provides affordable home evaluations, product and funding research, as well as short and long-range design suggestions for homeowners, and offers liaison support between clients and contractors. Because Sue is 100% committed to educating individuals and communities about Aging-in-Place and Universal Design, she also provides educational programs for community groups. To contact Sue Gruber to set up a complimentary educational program, to access resources, or to find out additional information about Forward-Thinking Home Solutions and what she can offer you, please visit her website:

www.forwardthinkinghomesolutions.com or call/text (607) 333-4313.

AGING IN PLACE UPDATES

**Pulteney**

Our lunch program and Bone Builders are going strong with summer people in the area. Our community garden is all planted and new members have joined who are helping with the watering. \$345 has been raised so far in memory of Barb Welles which will be used for a bench/gazebo for the garden.

Urbana The lunch program is still going as well as is the Presbyterian Church's Diaper Depot that provides older adults with protective garments without cost. We're still looking for new members for our Advisory Group. If you are interested in being a member of the Advisory Group, please contact Kathy Burns at 664-2298.

Wayne We are happy to report we have one individual on home delivered meals and one person getting friendly visiting/transportation from Project Care in Wayne. We did another intake in Wayne, but there has been no request yet for

transportation. Our grant from the Keuka Fund is wrapping up, so we will be sending out a short survey to all Wayne residents asking if they are more informed about services available to them.

Cameron/Jasper/Troupsburg/Woodhull

Lunches continue every other month in the CJTW area. Recently Linda M. Tetor and Kate Paterson spoke and gave a demonstration about Full Circle America to a group gathered at our summer luncheon in Troupsburg. The next luncheon is planned for September in Cameron. A fall information fair is being planned as well, focusing on Alzheimer's Disease. We are sad to report that one of our original AIP Advisory Group members, Arnold Herrington, passed away recently. He was a staunch supporter of aging in place and was a member of the Full Circle America Planning and Implementation Committee.

BOARD OF DIRECTORS

Chairperson Peter Robbins; Vice-Chairperson Patricia Finnerty; Secretary John Caputo; Treasurer Lois Gyr; Patty Baroody; Donna Chiaramonte; Josie Ciancaglini; Jane Jamison; Andy Mazzella; Joe Striano; Hildreth Volonts; Stoner Horey, MD, Scott Lockwood and Ann Weiland, Ex-Officio. Linda M. Tetor, Executive Director

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