



SSSF

Steuben Senior Services Fund, Inc.

Building a Resource for Aging in Place



SUMMER 2017



FULL CIRCLE AMERICA PIONEER CLUB LAUNCHED

The Board of Directors of SSSF, Inc. recently approved the creation of a new Full Circle America Pioneer Club. The Board and staff have been recruiting trailblazers age 60 and over who are forward thinking and willing to try a new approach to aging in place in their own homes. A specially created fund is allowing for approximately ten seniors to pilot test the program without cost for up to a year. The needed equipment will be provided on a loan basis for the duration of the program and monthly service fees (\$129) will be waived.

Services of FCA include a 24/7 call center, a personal advocate, vital sign collection, video monitoring, check in calls, volunteer opportunities, video chats with family and friends across the country, as well as virtual geriatric physician and nurse visits.

The seniors involved will be asked to pay for their own internet costs and to provide feedback to SSSF including suggestions for improvements, testimonials about the benefits of being an FCA members and pictures, if agreeable.

Four members of the Pioneer Club have recently been signed up from the Bath area, including Jack and Kathryn Wood pictured above. Three members have been recruited from the Corning area, one from Greenwood, and we are looking for members from the Hornell area. If you would like more information, please contact SSSF at 607-664-2298 or by email at info@steubenseniorservicesfund.org.

FULL CIRCLE ASSISTS 95-YEAR OLD IN CORNING

Pictured here is Full Circle America member Micheline McKinney with her caregiver Elisa Tobia. Elisa recently stated that the enrollment in FCA was with the purpose of engaging Micheline with her relatives in Virginia, and to give Elisa the opportunity to provide care and supervision without always having to be physically present.



Elisa further stated that it helped her to let go of worrying and to gain some much-needed downtime. They were able to make use of the medical component of FCA which ultimately resulted in a virtual visit by Dr. Teel and avoidance of a trip to the Emergency Room of the hospital.

Micheline came to enjoy the cameras, which was a surprise to all involved. She liked having loved ones on the other end and medical help if needed, and she even got to the point that she would wave hello to the cameras.

As Elisa stated, "Worth every penny."

We are forever grateful to Elisa and Micheline for helping us to prove that FCA is a wonderful asset to those aging in place in their own homes and communities!



AMAZON ECHO DOT, A GREAT HOME ASSISTANT

Technology is rapidly advancing, and each year more and more devices are available to use in our homes to make life easier, especially for those with some degree of impairment. Unbelievably, the little device pictured above and another

model, the Amazon Echo Show, which was recently released, have the ability to revolutionize elder care. SSSF recently purchased the Dot to find ways that it can assist elders aging in place, and especially those who are contemplating becoming members of Full Circle America.

All you have to do is ask Alexa, the computer running the Dot, for anything you may need or want. You simply say, "Alexa, what is the weather forecast?" or "Alexa, what items are on my shopping list?" Commands such as playing a favorite piece of music or continuing in the novel that Alexa has been reading to you are easily followed.

More practical commands can include, "Alexa, turn on the lights," or "call Mary," or "turn on the TV" and are easily programmed into this neat little device, available for only \$50. Thanks to Anne Darling of Painted Post for alerting us to the capabilities of the Echo.

AND THE WINNER IS....

The drawing for the winner of our recent raffle featuring a quilt handmade by Lucille Hess of Bath was held on May 20th at the Celebration of Spring. The winner of this beautiful quilt was Erin Tobias.

"TRANSFORMING ELDERCARE: ONE HOME AT A TIME"

Mark your calendars for September 12th from 10-2 at the First Presbyterian Church in Bath for a conference designed to get you thinking about how more older adults can continue living in their own homes. The event is being co-sponsored by SSSF, Assemblyman Phil Palmesano and the Steuben County Office for the Aging.

Greg Olsen, Acting Director of the New York State Office for the Aging will be our



keynote speaker. Also on the agenda will be Linda M. Tetor, speaking about progress with the Full Circle America program, Elisa Tobia, caregiver for a Full Circle member and Sue Gruber, Certified Aging in Place Specialist. A brunch featuring superfoods will be served.

AGING IN PLACE

According to a recent article in Time magazine, the question as to where our country's older folks are going to live is becoming more and more of an issue. Our country's population over the age of 65 is growing by leaps and bounds, and is predicted to increase from 50 million to 80 million in the next two decades.

According to the article, older adults benefit from remaining for as long as possible in the community where they've lived their adult years, because it's familiar and encourages social interaction. It's pretty common knowledge that people who have strong friendships and family ties age better and live longer than those who are socially isolated.

Janet Viverios of the National Housing Conference believes that there needs to be more conversation at the national level regarding housing policy. At the local level, people need to start planning what will be needed to age in place in their own homes, or decide if they need to move to an apartment complex. Local developers can develop plans to build appropriate housing and local towns and villages can work to revise their zoning codes to respond to the new demographics. As Viverios says, "There really just isn't adequate housing for older adults."

Thanks to Joshua Goldman, local Tai Chi master, for sending me the clipping from Time magazine.

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