



# SSSF

Steuben Senior Services Fund, Inc.

*Building a Resource for Aging in Place*



SUMMER 2018



## MARTHA SCHREURS, WORLD TRAVELER

Full Circle America member Martha Schreurs, age 87, has led an incredibly interesting life. She was born in Jakarta, Indonesia (formerly Batavia, Dutch East Indies), and for two and a half years, as a citizen of the Netherlands, she and her family were interred in a Japanese POW camp. After the war she was sent to the Netherlands alone to continue her schooling; however, her parents came to join her later. Martha eventually became a

home economics teacher and after marrying moved to New York City. Her husband John did research at Columbia University and received his PhD while working at the National Research Council in Ottawa. The family later moved to Corning where John worked for Corning, Inc.

Martha and John had five children, four of whom are still living, along with seven grandchildren. Martha loves to travel and read, and her hobby is nutrition. She swims twice a week and exercises once a

week at the Y, as she says, "in order to keep going".

Martha joined Full Circle America because she has multiple health issues and her balance is poor. She wants to be prepared for the future and especially wants to keep living at home. She heard about Full Circle America at a Corning Area Aging in Place meeting and offered to join our Pioneer Club to help us improve the program. What she likes about it the most is the personal connections that we offer through our Coordinator, Benita Nesbitt, and our Home Wellness Ambassador, Stephanie McEnroe. Thank you Martha for sharing your life story with us!!

....Full Circle America doesn't take your independence, it supports it!



( L-R) Benita Nesbitt, FCA Coordinator pictured with Wellness Ambassadors Joanie Watkins and Stephanie McEnroe

**NEW FACES AT FULL CIRCLE**

## AMERICA/STEBEN

A warm welcome to our new Full Circle America Coordinator, Benita Nesbitt. We are thrilled to have Benita working with us, bringing years of valuable job experience in fund raising, marketing, and volunteer management, to name but a few. Benita has been installing Full Circle America in homes since she arrived in early March and has been working with our volunteer Wellness Ambassadors Joanie Watkins and Stephanie McEnroe to ensure frequent phone calls and visits to our Full Circle America members.

If you would like to join our Full Circle America team as a Wellness Ambassador or technology volunteer to help change the face of aging in place in Steuben County, please give Benita a call at 607-664-2298 or email her at [benitan@co.steuben.ny.us](mailto:benitan@co.steuben.ny.us).

## CORNELL RESEARCH PROJECT NEARS COMPLETION

Our Full Circle America (FCA) research project with Cornell University received long-awaited approval from the Cornell Internal Review Board (IRB) this spring. Phase One is now nearly completed thanks to the efforts of many volunteers, in particular, Board of Directors member Mary Ann Starbuck. (Pictured here with Linda M. Tetor, Executive Director)

Mary Ann recently retired from CareFirst as its founding



executive director and now is putting her immense knowledge, energy and passion into serving our community in numerous volunteer capacities. Thankfully, Mary Ann agreed to join our Board of Directors and has since immersed herself in our research project with Cornell. As a part of her job, Mary Ann has been interviewing all Full Circle America participants and their caregivers. She has also held a focus group of non-FCA caregivers and has been conducting interviews with later life adults not affiliated with Full Circle America. This is a huge amount of work, but with Mary Ann at the helm, much has been accomplished in a short period of time.

Our project is looking at the needs of older people and their caregivers and attempting to quantify the positive effects of Full Circle America. Our hope is to eventually be able to make the case that Full Circle America is a solution that helps keep later life adults in their homes and out of expensive long-term-care facilities. We believe that this will be attractive to third-party payers such as insurance companies.

## **FULL CIRCLE AMERICA ATTRACTS SUPPORT**

Steuben Senior Services Fund (SSSF) announces the receipt of two significant grants to further our work with the development of Full Circle America. The Compass Care Network recently approved a grant of \$25,925 to underwrite the costs of equipment so that Full Circle America can be installed in 17 homes in Steuben County. This will include the cost of large screen TVs or laptops, hubs to convert existing TVs in members' homes into computers, monitoring cameras, PERS units, Alexa technology, and care kits to keep track of member's blood pressure, weight and other vitals, all on an as-needed basis. In addition, the grant covers the cost of the Full Circle America monthly fees for those with a low monthly income. Thanks to the members of the Compass Care Network for making this

expansion possible.

In addition, a \$10,000 grant was awarded to SSSF from the J. M. McDonald Foundation. The Foundation has supported our Aging in Place efforts for the past five years. This year the grant also supports our Full Circle America project.

## AGING IN PLACE PROJECTS

### **Pulteney**

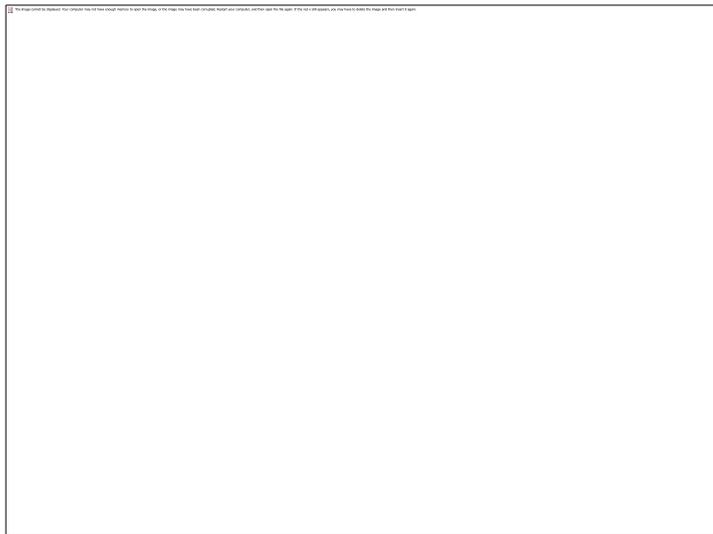
Thursday, June 21st, was the United Way Day of Action and some great local contractors helped us realize our dream of a pavilion at the Pulteney Community garden. Thank you Tom

Welles, Brian Chissom, Ralph Colavita, Neal Perkins, Jesse Vanderwal, and Ryan Welles! A dedication ceremony is tentatively scheduled for September 9th, but stay tuned for details to honor Barbara Welles and Carol Roote for their many years of service to the aging community.

### **Urbana**

We are rejuvenating our Aging in Place advisory group in Urbana and had an initial meeting on June 18th. If you or someone you know in the Town of Urbana would like to serve on this committee that will meet bi-monthly and assist with a community newsletter, please contact Kathy Burns at 664-2298.

### **Wayne**



The latest "Wayne's Welcome" newsletter was mailed on July 3rd, so please check your mailboxes in the Town of Wayne for a listing of the summer events and activities. In the newsletter we also listed services that are available to residents 60+, many at no charge, that would assist you in staying in your own home.

**Cameron/Jasper/Troupsburg/Woodhull**

Bone Builders celebrated their fourth anniversary on June 27th. Our senior luncheon continues to be well attended in all towns and averages 35-40 people at each. We welcomed Viola Horton as a new member of our AIP group. She is a lifelong resident of Jasper and helps with activities in Jasper, Cameron, Woodhull and other towns. She will be an asset to our group.



## 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, how I can find a contractor who is a trained Certified Aging in Place Specialist?

This is easier than you may think! Go to [www.nahb.org/capsdirectory](http://www.nahb.org/capsdirectory) and in the search box directly above the listings, put in your State or the last name of your contractor and hit "enter." Be sure to look for "CAPS" by the designations.

### Tell me, Sue, I have a heck of a time opening my round doorknobs, what are my options?

Changing all of your doorknobs to levers is one solution. Depending on the number of doors in your house, this could be costly unless it is done over time. I have seen (but have not tested) a snap on handle that can improve the grip by providing wings on the sides. It works like a lever. For more info, google "Great Grips" or "Able Life Ez Door Knobs." Some local Medical Equipment stores carry them, too. A set of two costs about \$10. They might be worth trying out! If you do, let me know what you think!

### Summer Hints

Mounding flowers are beautiful along pathways, but can narrow our path. We need to keep them trimmed back behind the edge of our walkways.

Slate pathways are also beautiful because of their natural irregularity, but unfortunately this irregularity can cause us to lose our balance. Consider replacing them on frequently used paths with a solid regular surface.

While the weather is nice, it's a great time to install railings on both sides of our steps.

To submit a question to Sue Gruber go to [www.forwardthinkinghomesolutions.com](http://www.forwardthinkinghomesolutions.com) and click on the "Contact Us" tab at the top



## BOARD OF DIRECTORS



Patty Baroody, John Caputo, Donna Chiaramonte, Josie Ciancaglino, Pat Finnerty, Lois Gyr, Jane Jamison, Andy Mazzella, Peter Robbins, Mary Ann Starbuck, Joe Striano and Hildreth Volonts. Ex Officio: Stoner Horey, MD; Scott Lockwood; and Ann Weiland. Executive Director, Linda M. Teter.

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607-664-2298

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