



SSSF
Steuben Senior Services Fund, Inc.
Building a Resource for Aging in Place



Winter 2015

SMALL TOWN LIVING

Martha Cleland, a lively 82-year-old enjoys small town living. Most of her life has been spent in the rural areas of Steuben County, in Cohocton and Avoca. After her husband's death ten years ago, Martha realized that she could no longer take care of the family home where they had spent many years together, and so she moved into an apartment in the Village of Avoca. She no longer has to worry about mowing the lawn or shoveling snow. Martha is thankful for her loving family including her three children, seven grandchildren, 21 great grandchildren, and 3 great great grandchildren with another one on the way.



When asked about her favorite memories, Martha told about how much she loves flying, something she didn't realize until she was in her seventies. At that time she had her first flight and eventually flew to Florida, Arizona and California. Activities that she enjoys include knitting afghans although that is getting increasingly difficult due to eyesight problems. She also enjoys baking for church despite the pain it causes her. She loves being around people and is grateful that she has so many people in her life.

All three children and two of her grandchildren live close by and are able to help her to live independently. They get her mail, put the garbage out for pick up, and take her grocery shopping. She also has good friends who are willing to take her to church, Bone Builders, Bible study and other social activities.

Despite all that her family and friends do for her, there are other activities that are handled for her through the Office for the Aging. Meals are delivered to her by

volunteers of the ProAction Senior Nutrition Program, Steuben Coordinated Transportation takes her to doctors' appointments, and recently a ramp was built by the RAMPS Guys utilizing Office for the Aging EISEP funds.

Martha is extremely grateful for all the help she gets. She enjoys all the volunteers whether they are bringing her a meal, taking her to the doctor or building a ramp. She knows that she wouldn't be living alone if it weren't for the assistance given to her by the Office for the Aging and the other agencies and their volunteers. For more information on aging in place services available in Steuben County, call the Office for the Aging at 607-664-2298 or visit us at www.steubencony.org. Click on Departments and Services/Office for the Aging.

Did You Know?

The Alzheimer's Association states that, nationally, one third of all seniors will develop Alzheimer's or some other dementia; generalizing that number to Steuben County means that currently 6575 of our county's older residents suffer from this debilitating disease.



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PLACE IN STEUBEN COUNTY

A huge thank you to our donors who made 2014 a banner year for SSSF. Our board of directors is extremely thankful for your generosity and belief in the future of aging in place in Steuben County.

Supporter: gifts totaling \$1000, to \$4,999--Gregg Learned, The Keuka Fund of the Elmira/Corning Foundation, The Meade Foundation, Linda M. Teter.

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It's Not Too Late

It's not too late to mail in your 2014 campaign donation. If we missed hearing from you this year and you would like to donate, please contact us at (607) 664-2298 for more information about how to give.

"Still Alice"

Be sure to watch for "Still Alice", a compelling new film starring Julianne Moore, Kate Bosworth and Alec Baldwin, just released to theaters in major American cities. The film tells the story of a happily married woman who is a renowned linguistics professor. After she begins to forget words, she receives a diagnosis of Early-Onset Alzheimer's Disease. Moore has received an Oscar nomination for her gripping performance in this must-see film.



CORNING AREA AGING IN PLACE-- UPCOMING EVENTS

On Thursday, February 19, 2015, Corning Area Aging in Place will meet to hear Kelly Duby, Director and Mobility Manager of the Institute for Human Services. Duby will be speaking on her role in managing transportation in Steuben County. On April 23rd Nicole Walker, NY Connects Coordinator at the Steuben County Office for the Aging, will be speaking on what to expect if you are admitted to a nursing home. CAAIP meets at the First Congregational United Church located at 171 West Pulteney Street in Corning.

AGING IN PLACE UPDATES

Cameron, Jasper, Troupsburg & Woodhull--Plans are underway in this Aging in Place project to begin a newsletter which will be called the ELDER-berry News. It will be distributed quarterly in the Addison Post. A senior meal location is also on the docket for 2015.

Urbana--The Hammondsport Presbyterian Church congregation participated with the aging in place project and Project CARE to deliver Christmas baskets to homebound seniors in the Bath, Hammondsport and Pulteney areas. During 2015 the Urbana group is investigating an aging in place event for the fall. See picture of recipient above.



Pulteney--A fall clean-up/leaf raking day was held in November in Pulteney with great assistance by local high school students. The Pulteney Community Garden will continue during 2015 with the delivery of fresh flowers and produce to homebound seniors being expanded.

Wayne--A grant was received from the Community Foundation of Corning/Elmira and the Finger Lakes to conduct a feasibility study in the Town of Wayne. An advisory group will be formed in the early spring of 2015.



Allan S. Teel, MD, Nationally Known Author and Founder of a Transformational Approach to Aging in Place is Coming to Our Area.

SSSF will host a day-long conference with Allan S. Teel, MD, on September 15, 2015 at the Radisson Hotel in Corning. Teel is a family physician, author of the book "Alone and Invisible No More", and founder of the Maine Approach. Dr. Teel's passion and commitment to the thousands of senior citizens he has treated during his 30-year medical career has driven him to speak out forcefully on the eldercare crisis facing our communities and our country and to develop this new approach. Our hope is to replicate his project in our area. Mark your calendars and stay tuned for more details.

"Teel's pioneering stay-at-home approach shifts the focus from medicalized care to empowering older adults to serve as resources for one another. His project moves our dialogue about aging forward in one great leap". -- Dennis McCullough, MD, Associate Professor of Community and Family Medicine, Dartmouth Medical School.



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