



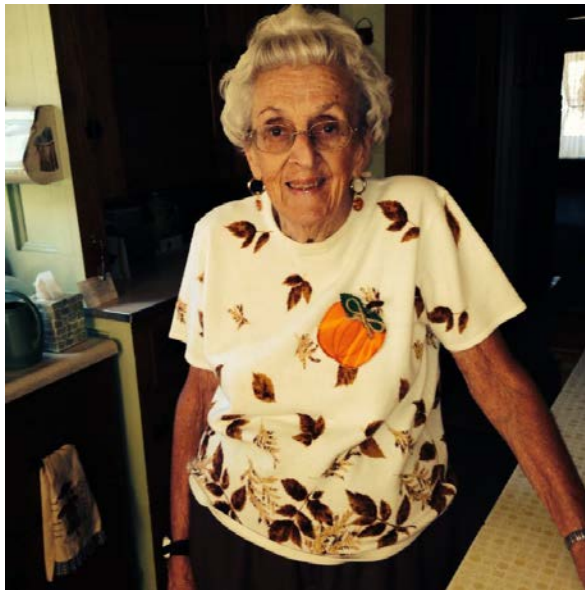
SSSF

Steuben Senior Services Fund, Inc.

Building a Resource for Aging in Place



WINTER 2018



BETTY ENGEL, A TRENDSETTER

Betty Engel, 88 years young, has been a forward-thinking community-minded person her whole adult life, in fact so much so that she was honored by the Office for the Aging as Senior Citizen of the Year in 1997 for her outstanding contributions to the Perkinsville/Wayland area of the county. So when Betty heard about the Full Circle

America Pioneer project in Steuben County through her Wayland Trust in the Lives of Older Women group, she determined that her area of the county should be represented, so she contacted us to sign up.

Betty told us recently that you never know what life will bring your way, so you want to be prepared. She said that she had fallen unexpectedly and had broken her back a few years ago. Now that she is older and desires to continue living in her own home, she wants to be prepared for the unexpected things that might happen. She believes that Full Circle America will help her to be prepared.

Betty continues to be active in her community with her Trust group, with the Wayland Historical Society Museum, and with Holy Family Catholic Community.

Services of Full Circle America 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 optional virtual geriatric physician and nurse visits.

The Pioneer Club has a few openings, particularly in the Corning and Hornell areas of the county. If you are interested in finding out more about how the Full Circle Pioneer Club can help you or your loved one to remain safely at home, please contact us at info@steubenseniorservicesfund.org or 607-664-2298.

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

2017 AGING IN PLACE HALL OF FAME



A huge thank you from the Board of Steuben

Senior Services Fund for the remarkable generosity to our organization and especially to our Full Circle America initiative. We couldn't do it without you!!

GRAND BENEFACTORS: Donations from individuals and organizations totaling \$5000 and above: the Alstom Charity Golf Tournament, Marcia Weber & Jim Flaws, and the NY State Office for the Aging.

BENEFACTORS: Donations from individuals and organizations totaling \$1500 and above: the Bethesda Foundation, the Elmira/Corning Community Foundation, James Kirk, and Linda M.Tetor.

PATRONS: Donations from individuals totaling \$1000 and above: Gregg Learned, and the Meade Foundation.

SUSTAINING MEMBERS: Donations from individuals and organizations totaling \$500 or more: Kirk Gregg, Lucille Hess, Peter & Carol Robbins, and the Town of Wayne.

ADVOCATES: Donations from individuals totaling \$300 or more: Pat Finnerty, and Michael Rumsey.

SUPPORTERS: Donations from individuals and organizations totaling \$150 and above: Joe & Patty Baroody, Robert & Leslie Bayer, Chemung Canal Trust Company, Kim Frock & Wendell Weeks, Stoner Horey, MD, Andy & Sharon Mazzella, Dan & Debra McRae, Tom Snow & Karen Meriwether, Joe & Peg Striano, Randy & Kathy Weidner, Ann Weiland, and Peter & Wendy Winnett.

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Kate Paterson

A FOND FAREWELL TO KATE

After nearly two years Kate Paterson, our first Full Circle America Coordinator, has resigned her position with us to pursue her new role as Corning City Councilwoman. Kate has done an excellent job implementing Full Circle here in Steuben County and will be sadly missed by all.

Our board is actively seeking her replacement. If you are interested in this exciting part-time position, please contact Linda at SSSF by calling 607-664-2298 or emailing lindat@co.steuben.ny.us

QUILT RAFFLE WINNER ANNOUNCED!

In early December the award winning ticket for our quilt raffle was drawn at a meeting of the Board of Directors of SSSF, and Ellen French was announced as the winner of the lovely quilt hand-made by RSVP volunteer Lucille Hess. The raffle resulted in a donation of nearly \$500 to SSSF. Pictured here is Ellen holding her new quilt!



LOOKING FOR VOLUNTEERS TO HELP US SHAPE THE FUTURE.

Steuben Senior Services Fund (SSSF) and Cornell are teaming up to understand more about "aging in place" in Steuben County. Aging in place refers to living in the community as one ages with some level of independence, rather than in residential care. We are seeking volunteer late life adults willing to talk about their thoughts on aging at home, the services they are willing to receive to stay at home, and if they would want to age in place. Individual interviews will be conducted in your home or a convenient location for you. You will be compensated \$20 for your time. If you are 65 or older you are eligible to participate.

Additionally SSSF and Cornell would like to interview family members and/or friends who care for adults in later life to share their thoughts and experiences. Group discussions will be held in the community at a convenient location. People who participate in the focus groups will be compensated \$20 for their time. If you are interested in either one

of these opportunities, please contact Linda M. Tetor at 607-664-2298 or lindat@co.steuben.ny.us or Dr. Laura Barre at 607-255-0968 or Laura.Barre@cornell.edu.



THE HEALTH BENEFITS OF PETS

In a recent AARP study, nearly 90% of those surveyed stated that they want to continue living in their own homes, to age in place. One of the many reasons older people desire this is the love they have for their pets. Most of us understand the joy of coming home to a loyal companion. However, did you know that the unconditional love of a pet can do more for you than just keep you company? Many people believe that pets decrease stress by reducing levels of cortisol, improve heart health, reduce loneliness, increase feelings of social support, lower blood pressure and boost your mood.

However, until the last ten years, much of this "pet benefit" has been largely anecdotal. Now the National Institute of Health has partnered with the Mars Corporation's WALTHAM Centre for Pet Nutrition to fund research studies that actually document the benefit. Scientists are looking at the potential physical and mental health benefits for different animals from fish to guinea pigs to dogs and cats. For those of us who already have a beloved dog or cat, we already know what the studies will show!

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Join Our Mailing List!

607-664-2298

Give us a call today!

STAY CONNECTED

