

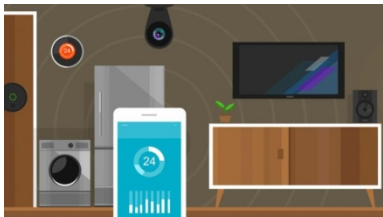


# SSSF

Steuben Senior Services Fund, Inc.  
*Empowering Seniors to Age at Home*



## Greetings!



## Aging in Place—With Smart Technology

Aging in Place is a concept with a wide range of challenges and potential complications that individuals may face. Not only are there physical matters to concern yourself with—such as stairs, lighting or other home modifications-- but there are smaller things to consider as well.

Have you ever spent 5 minutes looking for your keys, only to find them in your coat pocket or on the counter? I have. Have you ever forgotten to do something, like take your medication, because you're so busy with other things? I have. Have you ever misplaced your phone while it was on silent? Again, I have. These are common place annoyances that can happen to anyone, or at any age-- but for someone trying to age in place, these minor annoyances can become rather troublesome.

SSSF has recently endeavored to solve some of these common place issues, and we believe we may have one viable solution! With our encouragement a few of our Full Circle America clients have given the Amazon Dot a go, and they claim it has helped a lot! An Amazon Dot is a small hockey puck-sized computer that you can speak to. The program she runs is called "Alexa". And boy, is she talented!

One Full Circle America member uses his Amazon Dot to hear the news, music, and even play 'riddle me this' games to keep his mind sharp. We even have his daily medication reminders set to be announced—and just in case he doesn't hear it, his kitchen light will turn red at the same time!

As noted above, Alexa can be set to give daily reminders for medication. She can read to you, and keep a current shopping list for you as well. With a proper setup, you can even have her turn lights on and off at set times or whenever you

ask. A couple can use two of them as intercoms throughout the home—and they can also be used as a hands free ‘phone’ to call 911 or trusted contacts. Alexa can even lock your doors for you and set the thermostat! And yes, if you misplace your keys or phone she can help locate them as well, even if your phone was on silent.

Our Amazon Dots have been installed into 6 homes since January of this year. We continue to test the technology at this point in time, but one thing is very clear; Smart Technology certainly helps with Aging in Place.

by Jennette Cabibi, Full Circle America Coordinator

- **Some people think that allowing help in their home like Full Circle America might also take their independence. Full Circle America doesn't take your independence, it supports it!**



## 2018 DONORS' CORNER

We celebrate and honor our donors for their continued commitment to the mission of SSSF, "empowering seniors to age at home". We thank you for making it possible for us to help current older citizens to age at home successfully and to continue our work to transform eldercare through Full Circle America.

Our donors for 2018 include:

**Grand Benefactors:** Donations from individuals and organizations totaling \$5000 and above: Compass Care Network, McDonald Foundation, Marcia Weber and James Flaws

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**OVER THE TOP!  
2018 HOLIDAY CAMPAIGN AT 100%+!!**

Thanks to the 138 donors, the most donors ever recorded in a holiday campaign, and the most donations ever in a holiday campaign, \$25,111, our holiday campaign has closed at slightly over 100% of goal. A huge thank you to everyone who contributed to this great success.



## 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, what should I keep in mind when planning a tub/shower remodel?

We should make our decisions based on our personal preferences, while keeping safety in the forefront of our mind. Some people really love to take a long soak in a tub and others prefer to get in and out of the shower quickly. Traditional tubs with transfer seats and hand-held showerheads are all some people need; not so for others. Walk-in tubs can solve getting in and out for some people, while others would rather not wait inside the tub while the water fills and empties. Barrier-free showers certainly plan for the possibility of needing to wheel in and out and make stepping in and out easier, but there is no opportunity to have a therapeutic soak.

Regardless of which option you choose, consider the following:

- A vertical grab bar can be placed at the outside edge of a tub or shower to provide stability when entering and exiting.
- A hand-held showerhead makes cleaning up much easier, especially if we need some assistance. (It also makes cleaning the tub/shower much easier!)
- If a bathmat is necessary, be sure the one you choose has a good rubber backing. Hang it up out of the way when it is not in use.

### Spring Tips

Let's watch out for the thawing and re-freezing of the water on the sidewalks! Black ice takes us by surprise...and not in a good way!

Need help cleaning up the debris in your yard from the winter winds? My suggestion is the same as for the snow removal...try contacting your local high school for student volunteers. Some high school courses now require students to complete Community Service hours. June is almost here and they may be scrambling for hours! Strike while the iron is hot!



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

## RURAL AGING IN PLACE PROJECTS



For the past 10 years, SSSF has operated aging in place projects in various communities in Steuben County, starting in 2009 in the Township of Pulteney, 2012 in the Township of Urbana, 2014 in the Townships of Cameron, Jasper, Troupsburg and Woodhull, and 2015 in the Township of Wayne. Under those projects, we have formed aging in place advisory groups, surveyed each township regarding aging in place needs, started newsletters, Bone Builder groups, luncheon sites, and in general improved the residents' access to aging services, etc.

Recently we became aware of an opportunity to apply for a rural NNORC, a Neighborhood Naturally Occurring Retirement Community, and felt that our experience in operating these aging in place projects might place us in a favorable spot to be awarded a grant from NY State. Our application was submitted on February 1st, and we should know by April 1st if we were successful in securing the funding. If so, we will create a NNORC in the townships of Pulteney, Urbana and Wayne and will incorporate our present activities into a model involving a full-time case manager/director and a part time Full Circle America coordinator. Our goals will involve further improvement of access to services and to improve health outcomes for the older residents of the area.

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**SSSF**  
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