



SSSF

Steuben Senior Services Fund, Inc.

Empowering Seniors to Age at Home



AUTUMN 2018



DEDICATED TO THE MEMORY OF VIRGINIA HAUFF, GINNY, FULL CIRCLE AMERICA PIONEER!

As an advocate of the elderly, Ginny was an active member of the Corning Aging in Place group where she first heard about the Full Circle America Program. Being a true, life-long learner, as well as a strong advocate for the aging, she eagerly volunteered to participate in its pilot stage in the Corning-Painted Post area. She

loved being a part of new programs and was very excited about the home monitoring that would allow her children to make sure she was safe and that things were going well in their absence. Ginny welcomed and embraced the technology, enjoyed talking to the team of professionals who came to her home, and was extremely proud to be a part of a program that could benefit others in the future who shared her desire to remain in their homes as long as possible.

Born on July 24, 1921, in Newport News, Virginia, she was the

daughter of James Alexander and Margaret Bamford Bell. She married Gordon William Hauff on June 26, 1943, at the Northminster Presbyterian Church in Washington, D.C.

Ginny was a graduate of Western Maryland College where she met "Bill" in 1940. During World War II, she worked at the National Institute of Health, Bethesda, Maryland. After the war, she and Bill came back to Bill's home in Painted Post where she worked for Corning Glass for nine years. After starting a family, Ginny returned to school at Elmira College where she obtained a Master's Degree in Education and taught in the Corning-Painted Post School District for 19 years.

With her boundless energy and love of learning, after retiring, Ginny worked as a docent for the Corning Historical Society, Benjamin Patterson Inn, Corning Museum of Glass, and Rockwell Museum. She also volunteered at Watson Homestead, where she was instrumental in starting the first Elderhostel Program. In addition, she was a member of Christ Church in Corning, the Corning Women's Club, Corning Area Retired Teachers, and the Memorial Society of the Greater Corning Area.

Virginia Bell Hauff, age 96, loving daughter, wife, mother and grandmother, of Painted Post, New York, died on Saturday, April 21, 2018.

It is without a doubt that her participation in the Full Circle America Program's monitoring system and the team support provided to her saved her life on one occasion, and for that her entire family is eternally grateful. We know how proud she was to be a part of this program and truly hope that others will benefit from her participation.

by Nancy Boucher, Ginny's daughter

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



WALK THE WALK

BY JOSH GOLDMAN, TAI CHI INSTRUCTOR

Do you know Occam's Razor? It's a rule in science (and philosophy) that things should not be over-complicated and that the simplest explanation among competing theories is preferable, especially if it is something we already understand.

Senior citizen health is an excellent example. It's not always easy to abandon old habits or adopt new ones, but take this simple quiz.

	True	False
1. Whole/real food is superior to processed.		
2. Plant foods are more nutritious than animal.		

3. Added sugar tastes good but is BAD BAD BAD		
4. Rich in fiber is better than poor in fiber		
5. Water is a zillion times better than soda.		
6. Alcohol is the nation's #1 cause of disease, disability and death.		
7. Tea is more beneficial than coffee.		
8. Moving is freakishly more beneficial than sitting.		
9. Reading enriches your brain; TV eats it.		
10. Daily exercise is more rewarding than "I'll get around to it		

tomorrow".		
11. Being social and good friends extend and enhance lifespan.		
12. Intimacy is fabulous at any age.		

All true. All things you already understand because they are simply true. Knowing is one thing; doing seems to be the hard part. The United States is the fattest nation in the world. Seventy percent of Americans are clinically obese or overweight and one of the least healthy countries by many science-based yardsticks.

How can this be with our vast wealth, resources, access, education and medical infrastructure? In part, because many people choose convenience over commitment, ease rather than effort. Marilu Henner said, "Being healthy is hard, being unhealthy is hard; take your pick." Being unhealthy later in life is worse than hard, it's your worst nightmare as many of you already know from watching family and friends suffer greatly from the consequences of convenience. Too much alcohol, too much soda, too much sugar, too much meat and dairy and not enough - or any - commitment to preventing the nightmare: Healthy diet, daily physical activity and mental stimulation.

The best "good news" is also simple and true: It's never too late to choose healthier habits. If you smoke, quitting has to be job #1. Eating more/mostly plant-based food and much less, if any, meat and dairy, is essential if you don't want to hear the words "heart disease, stroke, cancer, diabetes, high blood pressure, obesity and/or dementia" at your next visit to the doctor.

Exercise is non-negotiable and must be daily for benefits to be

significant, sustainable and successful. Talk about simple - if you own a pair of well-made, well-fitting sneakers and are able to walk....put 'em the hell on, find a friend or two, go outside and put rubber to the road. Walking reduces inflammation, creates new brain cells lifelong and feels good.

You are "old enough to know better" so it's time to drop the "K" and focus on "now." Arthur Ashe said, "Start where you are. Do what you can. Move on from there." Whether it's walking, Tai Chi, Yoga, Bone Builders or ballroom dancing, make it a priority, make it happen and make it a habit.

As Mae West promised, "You only live once, but if you do it right, once is enough".

"CAREGIVING....you are never alone"

On Saturday, October 27, 2018, Family Life Network, in conjunction with many local and area agencies, including SSSF, is cosponsoring a conference on caregiving. This seminar for family caregivers will offer support and tools for those caring for an older, sick or disabled loved one.

The conference begins at 8:00 am, concludes at 4:30 pm, and will feature speakers addressing the physical, emotional, and spiritual aspects of caregiving. Speakers will include those in the



healthcare, legal, home care, and pastoral professions. In addition, a panel of family caregivers will address the issue from their perspective. A three act play will round out the day.

A continental breakfast and lunch will be served. Tickets are \$59 per person. Join us for this once in a lifetime opportunity! To purchase your tickets online go to fln.org/events or call Family Life at 800-927-9083.

MEMORIAL DONATIONS

SSSF has been the recipient of many memorial donations, the most significant of which become actual dedicated funds within SSSF. The funds given in memory of Barbara Welles and Carol Roote recently were used in our first Aging in Place (AIP) community, Pulteney, to build a pavilion at the site of the community garden which was an initiative of our AIP Advisory group there. Barb Welles was a member of that Advisory group and Carol Roote was the past director of the Senior Nutrition Program which now has a site in Pulteney. (See below)

In particular we have received many gifts in memory of Joan Kirk, a past member of our Board of Directors, chairperson of the Office for the Aging Advisory Council, a member of TRIAD, RSVP volunteer and senior advocate extraordinaire.

A huge thank you goes out to those who have contributed to SSSF in memory of a loved one, a friend, neighbor or community member. These gifts are deeply appreciated and go to further the work of SSSF, empowering seniors to age at home.

AGING IN PLACE PROJECTS



Pultene y On

September 9th, Pultene held its first "progressive" event at various locations throughout the town. Snacks and activities were available at the Presbyterian Church, the Pultene Free Library, Grace Fellowship Church, and at the Community Garden. Approximately 50 local residents attended the event. The culmination of this event was the dedication of the newly completed pavilion at the community garden to two very special women. Thanks to donations received by SSSF in memory of Pultene resident Barbara Welles and former ProAction Director of Home Delivered Meals and Congregate Meal sites, Carol Roote, the construction of the pavilion was made possible. Eagle Scout candidate Matthew Lyle will be working on 4 picnic tables and a recycling station for the garden in the coming months. Stay tuned next spring!

Urbana

An Aging in Place advisory group has been developed after an absence and is excited to offer the local newsletter, "Hammondspport Happenings" once again. Watch for this newsletter filled with services, activities and events to be mailed to Town of Urbana

residents in October.

Wayne

The Wayne Aging in Place advisory group is going strong and is dedicated to providing an informative community newsletter, "Wayne's Welcome," on a quarterly basis. If you are a town of Wayne resident and have not received your newsletter by mid-October, please contact the Wayne town clerk at 607-292-3450.

Cameron/Jasper/Troupsburg/Woodhull

Our senior luncheons continue with one held on October 9th and another planned for December 12th. For reservations, please leave a message with Linda Tetor at 607-664-2298. A long time member of our Aging in Place committee, Professor Mary Daly, PHD. of Mansfield University recently resigned her membership on our committee due to scheduling conflicts. A big thank you to Mary for her participation these many years.



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, my dad lives in a house that is over 100 years old and the doorways are too narrow for his walker to pass through. Any suggestions?

In some cases, this could be easier to solve than you think! When a door only opens 90 degrees, the thickness of the door slab remains inside the doorjamb interfering with the clearance. You can pick up about 2 inches by just moving the actual door slab out of the opening. "Swing away" or "Offset Hinges" are made to do exactly that! Click on or Google "**Swing Clear Offset Door Hinges**" to see where you can purchase hinges to fit your doors. Be aware: Some modifications may need to be made to the molding, and the wall behind may need protection from the knob.

Another solution? In situations where privacy is not a concern, the door slab could even be completely removed. If this does not work, there are a few more tricks that I can share with you!

Autumn Hints

A handy light leaf blower can make clearing leaves off walkways less strenuous. If all else fails, we can contact a local church to see if their youth group can help us out.

Wet leaves can be as dangerous as ice! When avoiding them is impossible, checking the bottom of our shoes before entering the house can prevent us from slipping on our own floor.

Let's stay off ladders and hire someone to clean our gutters or invest in a gutter guard system. In the end it will be less expensive than recovering from a serious injury.



To submit a question to Sue Gruber go to www.forwardthinkinghomesolutions.com and click on the "Contact Us" tab at the top

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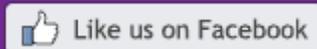
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607-664-2298

Give us a call today!

STAY CONNECTED



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