



SSSF

Steuben Senior Services Fund, Inc.

Building a Resource for Aging in Place



SSSF
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Dear Friend,

WELCOME

Thank you to all of the new members of SSSF's Aging in Place Club, the newest subscribers to our quarterly "Aging in Place Newsletter". We love it when people express an interest in keeping informed about the mission of SSSF to further the work of the Office for the Aging in helping seniors to stay in their own homes and communities as they age. Each new member of the Club or subscriber to our newsletter is like getting a pat on the back for what we are trying to achieve. We appreciate it!

We promise we won't bombard you with lots of emails or letters and will keep your contact information confidential. We usually send out our newsletters three to four times a year and keep them interesting and educational.

Please don't hesitate to email info@steubenseniorservicesfund.org or call 607-664-2298 if you have any questions, comments, or concerns with which we can assist. If you haven't joined the SSSF Aging in Place Club, please call me for information.

Linda M. Tector
Executive Director

On Facebook? Join our Facebook friends at <http://www.facebook.com/home.php#!/pages/Steuben-Senior-Services-Fund/122294717810439?fref=ts>

CONTENT TO STAY AT HOME

Vivian Stanton is aging at home and in the community of Prattsburgh where she has lived for over 70 years. Born in 1923 in nearby Pulteney, Vivian said that she married the love of her life at a young age, moved to Prattsburgh and has stayed there ever since. For many years she and her husband, Ervin, their two daughters and son lived in a large house on the main square in Prattsburgh, but now Vivian lives alone in a much smaller home just a few blocks from her older daughter. Vivian showed me around her home with obvious satisfaction, explaining that it has everything she needs conveniently located at her fingertips.



Having a home that is easy to live in is important to Vivian. Even with vision problems and a fear of falling, she wants to stay in her own home as long as possible. Support from her loving family, who call and visit frequently, and home delivered meals prepared and delivered by ProAction and funded by the Office for the Aging make this desire a reality.

Vivian recalled her 65 years of marriage, telling the writer about playing a mandolin while her husband played his guitar. They played for dances and in other public venues as well as with the family. She stated that back then, you amused yourself—there was no TV! Later in life, Vivian did a lot of sewing and oil painting, while Ervin kept busy with horseshoe tournaments.

Now Vivian spends her days watching the news, as she likes to keep informed about world conditions. She also keeps a diary, reads the newspaper and enjoys short stories, as well as reading the Bible frequently. She says that it keeps you in the "right place". When asked what that is, Vivian stated that the "right place" is being thankful.

Although sometimes lonesome, Vivian stated that she is contented and wants to stay in her own home as long as possible.

RAMPS HELP OUR SENIORS AGE IN PLACE



Thanks to the work of two groups of volunteers, 12 seniors in Steuben County have been the recipients of ramps during the past several months. These ramps built by volunteers under Faith in Action and by the Ramp Guys, working under the auspices of the Centenary United Methodist Church in Bath, have given the seniors an amazing gift, that of improved access to and from their homes.

Says Glenn Davis, Coordinator of the Ramp Guys, "On behalf of the Ramp Guys, I would like to take this opportunity to thank the Steuben Senior Services Fund and their donors for their financial gifts that have

made the building of wheelchair ramps possible. These funds, now coming through SSSF and the Office of the Aging, are truly essential for us to continue to be able to build wheelchair ramps so that recipients are able to go to doctor appointments, get groceries and go about their daily activities." The Ramp Guys, who donate their time to build these ramps, also go back and remove ramps that are no longer needed. These ramps are then 'recycled' for future use at other sites. This helps to keep costs at a minimum.

"It is very heart-warming when we hear recipients, as they are using their new ramps, say: 'I'm free', 'I am no longer confined to my living room', 'I can get to my car without fear of falling on the porch steps', 'I can once again enjoy my patio', 'I do not know what I would have done without this ramp', "I won't have to call the Fire Department or Ambulance Corps to go to the doctor's office anymore'. Please know that your financial help is truly appreciated, not only by the Ramp Guys, but also by the recipients, their families and caregivers who benefit from these ramps!!"

Steuben Senior Services Fund has played an important part in building ramps this year by providing over \$2800 in funding to date to pay for the materials used to build the ramps. If you would like to join us in providing ramps for seniors who need them to be able to stay in their own homes, please send your donation to SSSF, 3 East Pulteney Square, Bath, NY 14810.

IS MY BATHROOM AGE FRIENDLY?

Many older people live in homes with bathrooms that were designed with younger people in mind. The toilets are low, the tubs and floors are slippery, and the vanities and sinks are high, with hard to operate faucets. Since you are more likely as you age to have an accident in your bathroom than in any other room in your home, it is worth considering doing a few things that are relatively inexpensive to help you safely use your bathroom.

First, consider the purchase and installation of a higher toilet. A 17" to 18" high toilet seat makes it easier for most people to sit down and get back up. If you have limited hand dexterity, consider adapting your faucets so you can operate them with one hand. Single lever faucets are best as they are easy to operate, provide a mixed water temperature and give you a visual indication of water temperature.

Grab bars near the toilet and in and around your tub or shower are vital to bathroom safety. The grab bars should be screwed directly into wall studs or installed using a blocking technique. Additionally, there are sheltering arm grab bars that surround a toilet so that you have more support when getting up and down from

the toilet. Incidentally, grab bars have come a long way. They are no longer just the heavy, metal industrial look that has been on the market for decades.

An inexpensive fix for slippery tubs and floors is the installation of non-skid adhesive strips, flowers or dots. If you are able to spend more, replacing existing floor surfaces with a slip-resistant surface, such as non-skid ceramic tile, is a good option.

Several contractors in the area are Certified Aging in Place specialists and are available to assist you in remodeling your bathroom. For a list of these contractors, please contact NYConnects at 1-866-221-7324.

For more complete information on age friendly bathrooms, order a free copy of "The Do Able Renewable Home" from AARP. Contact them by postal mail at AARP, 601 E Street, NW, Washington DC 20049, by phone toll-free at 1- 888-OUR-AARP (1-888-687-2277), or by visiting them at www.aarp.org

URBANA AND PULTENEY PROJECTS CONTINUE TO UNFOLD

SSSF's Urbana and Pulteney projects are humming along with the following activities for the fall.

In Urbana:

- An Aging in Place event will be held in Hammondsport on Friday, November 2nd at the Fire Hall from 10 AM-12 noon. Come and learn about the services available to help you age in place!
- A grant has been submitted to the Community Foundation of Corning-Elmira to create a care transitions team in Urbana and the surrounding area. The team would assist older people being discharged from the hospital or a long term care facility with their transition back home, helping to ensure that the people are successful in staying at home and are not readmitted to the hospital or nursing home.
- Materials and someone to answer your questions about Aging in Place will be available at the Hammondsport Library starting in November on certain days of the week. Stay tuned for more information.



In Pulteney:

- The fall issue of the "Pulteney Grapevine" was recently mailed out. If you live in the Town of Pulteney, are not receiving this newsletter and would like to, please call the library.
- The senior meal site continues at 11 AM on Mondays at the Presbyterian Church.

The Pulteney Library recently received a grant for MiFi, which is a mobile WiFi service. It will allow the library to take laptops to the senior dinner site to show seniors how to request materials through their StarCat interloan website, will assist them in accessing downloadable audio and eBooks, set up email accounts and access the internet for information.

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