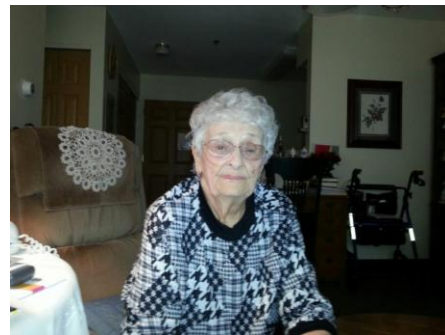




Fall 2013

COMFORTABLE IN HER OWN APARTMENT

The term The Greatest Generation was coined by journalist Tom Brokaw to describe the generation who grew up in the United States during the Great Depression, and then went on to fight in WWII, as well as those whose productivity on the home front made a decisive contribution to the war effort. Thankfully many of these folks are still alive and available to share their lives and their wisdom with us. Nellie Makitra of Bath is one such person.



Nellie was born in Bath in 1927, and a few years later when the Depression hit, her father, like so many others was laid off from his job. Thankfully, her father secured a job overseeing a large farm in Painted Post. There, he and his 8 sons worked the land, and the family was housed in the Erwin House, a 24-room mansion. Nellie has many fond memories of living in that amazing home, especially during the Flood of 1935 when the Conhocton River flooded. The Erwin House was on higher ground, so many neighbors moved in with their bedding and food until the flood waters receded.

Later Nellie's father bought his own farm in NY State and then in Pennsylvania where Nellie graduated from high school. As the oldest daughter and second mother to her eleven siblings, Nellie learned at an early age the value of hard work. She even assisted her father in delivering her brothers and sisters. After high school Nellie stayed at home and continued helping her parents. Once she began working she also helped support the family.

Throughout her life Nellie continued to work hard and was employed with various companies: Westinghouse, Gunlocke, and Metamora Homes. She eventually retired from Polly-O. She had thought she would also have a large

family as her parents had, but she only had one son.

Steve Makitra Jr., Sam, as he is known around Bath describes his mother as determined, loving and caring, as someone who would do anything for anyone and as someone who will stand her ground when she knows she is right. He also credits her with saving his life.

Now that Nellie is a bit older, she has moved to Lakeview Apartments. Despite numerous health problems, Nellie is able to live alone, to age in place, thanks to the Office for the Aging's EISEP Program and the ProAction Home Delivered Meals Program. She says she couldn't do it without them and without her son who is very attentive to her needs. "EISEP does the hard stuff so that I can stay in my home," says Nellie.



LIFELONG LEARNING--IDENTITY THEFT

Recently SSSF held its first two Aging in Place lifelong learning seminars, one in Canisteo and one in Bath. Steuben Trust Company cohosted the events and provided Sue Dessena, Vice President, as the main speaker on the timely topic of identity theft, scams and fraud. Ms. Dessena shared the following tips to reduce your risk of identity theft:

1. Order and review your credit report every four month by going to annualcreditreport.com or by calling 1-877-322-8228. Stagger your requests between the three credit reporting companies: Experian, Trans Union and Equifax.
2. Open and review every letter that you receive. When disposing of any paperwork containing your name, address, account numbers, etc., be sure to use a cross-cutting shredder.
3. Read all bank, credit and account statements and Explanation of Medical Benefits from your insurance company to look for charges you didn't make.
4. Be alert for bills that don't arrive when you expect them.
5. Destroy labels on your prescription bottles before disposing of them.
6. Never give personal information in response to a caller or to an email. For example never give your Social Security number to someone who calls you. Give just the last 4 digits if possible, even if you know the caller.
7. Use different passwords for each on-line account.
8. Buy a prepaid card at Amazon.com to shop on-line safely.

9. For more tips go to onguardonline.gov or the home page of Steuben Trust Company at steubentrust.com

AGING IN PLACE ACROSS STEUBEN COUNTY: Corning, Pulteney, Urbana, and the Cameron, Jasper, Troupsburg & Woodhull area

The newest SSSF-sponsored effort to support seniors aging in place in Steuben is underway in the Towns of Cameron, Jasper, Troupsburg and Woodhull. The advisory group working with Coordinator Sharon Brewer has met and includes June Brewer, Trudy Butler, Jan Calkins, Donna Harrington, Arnold Herrington, Sheila Leach, Bob & Melody Manley, and RoxAnn Turner. They are working on the final copy of their area's needs survey and planning on how to distribute it. Look for more information on this new initiative.

Urbana is in the process of investigating the possibility of developing a community newsletter similar to the Pulteney Grapevine, which has been a great success. Additionally, a senior dinner club site was opened in September on Tuesdays at the Hammondsport Presbyterian Church. This site is completely staffed by volunteers. If successful, the group hopes to expand to two days a week.

In Pulteney, the senior dinner club site continues to operate two days a week with approximately 15-20 seniors in attendance each day. Eight raised beds were constructed in the community garden during the past few months. This Eagle Scout project was completed with community members of all ages participating. Finally, better walking options such as sidewalks or walking trails for Pulteney area seniors are being investigated.

An independent organization Corning Area Aging in Place (CAAIP) continues to be advocates and to promote the aging in place agenda in the Corning area of the county. Monthly meetings with a variety of guest speakers inform the members about available resources they can tap into. Recent presentations have included Eden at Home and Medicare Plans, and coming November 21 at 10 am is a presentation on apartment living by architect Elise Johnson-Schmidt.

BEDROOM SAFETY TIPS FOR AGING IN PLACE

- Place a lamp close to your bed
- Use a nightlight
- Keep objects off the floor around your bed
- Keep a phone near your bed
- Consider a different size bed frame or adjusting the size of your foundation so you are not climbing into bed or having a difficult time getting up out of bed



A tip submitted by Betty Kilton, Aging in Place Club member from Corning: She purchased an extension cord with a switch in the middle of it. She states that you can plug your bedside lamp into the cord, put the switch under your pillow and plug the other end of the cord into an electrical outlet. That way if you have to get up in the night, you can easily reach under your pillow and turn on a small lamp to light your way! These extension cords are available at your local hardware store. Thanks Betty!!

GETTING GOOD CARE

On Friday, November 15, 2013 from 10:30 am to 12 noon, the Caregiver Resource Center and NYS Ombudsman Program of the Steuben County Office for the Aging will sponsor a seminar on ensuring good care for yourself at home or in a facility. Strategies to promote quality care through communication and advocacy will be presented. The seminar will be held at the First Congregational United Church of Christ, 171 West Pulteney St., Corning, NY. Reservations are required by Wednesday, November 13th. Call 607-664-2298.

BOARD OF DIRECTORS



Chairperson Peter Robbins, Vice-Chairperson Patricia Finnerty, Secretary John Caputo, Treasurer Lois Gyr, Donna Chiaramonte, Josie Ciancaglini, Kelly Duby, Bev Frost, Lois Gyr, Jane Jamison, Michael Keane, Scott Lockwood, Sheryl Rosenbloom, Joe Striano, Betsy Hilfiger, Honorary Board Member, Stoner Horey, MD, Ex-Officio, and Ann Weiland, Ex-Officio. Linda M. Tetor, Executive Director