



SSSF

Steuben Senior Services Fund, Inc.

Building a Resource for Aging in Place



AUTUMN 2017



FULL CIRCLE AMERICA PIONEER CLUB EXPANDING

Seven older adults are currently active with our Full Circle America (FCA) Pioneer Club. Pictured here is Genevieve Williamson of Greenwood with her two sons, Stephen on the left and Roger on the right. Genevieve, 93, lives in a small home adjacent to the farm that

she and her husband worked for over 53 years. Today Roger still works that land, and Stephen lives just a few miles away. Stephen and Roger are able to make sure their mother is safe, and that she is taking her medicine, using Full Circle technology. Genevieve says she is well satisfied with Full Circle, and that she is thankful to be up and around now at her age. Stephen commented that Full Circle is a very wonderful program, a God-send, and one of the best things that has ever happened to them to help care for their mother. All three were very complimentary about the Full Circle and Office for the Aging staff. They especially noted that everyone is courteous, kind and helpful. In addition Stephen said that getting connected with Full Circle has helped him to learn about other programs that may benefit his mother.

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 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!

ALSTOM: AN ENGINE FOR CHANGE

Every year the Alstom Corporation of Hornell sponsors a golf tournament to benefit various area charities. This year SSSF was one of two organizations fortunate enough to be chosen to receive the proceeds of this

tournament. We were thrilled to learn that we are the recipients of \$10,000 which will be utilized to expand the Full Circle America program in Steuben County. Thank you to the Alstom Corporation for this extremely generous donation. To all the golfers and sponsors who made this gift possible, our heartfelt gratitude!





Tao Porchon-Lynch, 98 -Year-Old SuperAger

Super Age...Or Bust!

It may not become a major motion picture, but there is a new superhero: You, the SuperAger!!

Gerontology, the science of older people, uses the word "superaging" for seniors living longer and healthier, but you don't have to be super to succeed in the "golden years". You do, though, have to stop some habits and start new ones. Today. Now. As in, after you finish reading (a superager trait) this newsletter. It's not easy and requires daily, as in every day, practice.

Here are a few essential, deeply researched, strongly recommended superager dos and don'ts:

*Kill your TV. A total of two or more hours a day dramatically increases the risk of many serious diseases plus suicide.

*Don't smoke. Period.

*Avoid added sugar. Fruit=good, fructose=bad. If you think heart disease, obesity, stroke, high blood pressure, diabetes, arthritis, cancer and dementia are worth the soda and snacks, the only superthing will be your medical expenses. Good news: dark (70+) chocolate is superager sweet.

*Don't sit. You will, of course, but get up at least every 45 minutes and move around. Gerontology calls sitting the new smoking.

*Don't fall...but if you stumble, don't go into denial, go to the gym. And ask for help. FYI, the more you sit, the more your fall risk.

*Eat way more fruits and veggies and way, way less animal products. There's a reason 7 out of 10 adults are fat and it ain't because of excess broccoli.

*Hang with grandkids and/or other young people you'll never understand; it lowers the risk of dying by an astounding 33%.

*Walk. Walk. Walk. Daily. 45-60 minutes. Lift weights twice a week. Learn to dance, do yoga or tai chi: all highly encouraged by gerontologists because they create real, permanent change and can be done lifelong. Buy good athletic shoes (yes, I know, they're more expensive than the crap at discount stores, but worth it) and get out in the fresh air, like your mom told you. Bonus: the more you walk, the less your fall risk.

*Married? Have a boyfriend/girlfriend? Good. Although men benefit from marriage and women do not (per lots of studies), having a partner, especially in advanced age, benefits both and reduces the risk of dying.

*Two choices: healthy hard or unhealthy hard. If the latter that you witnessed in your parents and peers is not enough motivation, consider this: the number of years you have left, and how you enjoy them, is largely up to you and under your control, even with your genetic influences. Quality of life now means getting in/out of cars, up/down stairs, playing with grandkids, having sex, and staying the heck away from the hospital/nursing home.

Don't wait for New Year's resolutions you'll abandon before Valentine's Day. You deserve to be super for yourself and your loved ones. No changing in phone booths required!!

Guest column by Joshua Goldman, Age 64, SuperAger

GIFTS COME IN ALL SIZES AND SHAPES

SSSF has been blessed by the donation of another beautiful quilt. Lucille Hess, RSVP volunteer and quilter extraordinaire has donated this lovely handmade quilt to SSSF to help us raise funds to help our county's older adults to age in place in their own homes and communities. This lovely full-sized quilt pictured here with Kate Paterson, FCA Coordinator, will be raffled at a drawing being held on December 1st--just in time to make a wonderful holiday gift for yourself or a loved one!



MEMORIAL GIFTS

Did you know that Steuben Senior Services Fund gratefully accepts donations in memory or honor of an older person? Often the family is thankful for services delivered or wishes to promote aging in place, the concept of living at home and in your own community for as long as possible.

Through the years donations have been received in memory of Bill and Evelyn Matthews, SSSF's founders Desire Vail and Barb Welles, our benefactor Barb Stewart, long-time Senior Nutrition Program Director Carol Roote, and Joan Kirk, a strong supporter of senior services and a member of SSSF's Board of Directors.

Most recently donations have been received in memory of Connie Jackson, former OFA staff member and founder of Project CARE. We are truly grateful for the generous donations that have been received thus far. For information on giving in memory or honor of a loved one, please call SSSF at 607-664-2298.

REOCCURRING GIFTS

Attention: our website for SSSF has been redesigned, in particular our donation page. With the click of a button, donations can be arranged. A recurring donation allows you to support Steuben Senior Services Fund on a regular basis without the fuss of stamps or stopping by the post office. They help us manage our cash flow and balance our budget. Additionally we know that we can count on consistent support throughout the year, allowing us to plan our expenditures wisely. For more information, please check out our website at www.steubenseniorservicesfund.org

BOARD OF DIRECTORS



Patty Baroody, John Caputo, Donna Chiaramonte, Josie Ciancaglini, Pat Finnerty, Lois Gyr, Jane Jamison, Andy Mazzella, Peter Robbins, Mary Ann Starbuck, Joe Striano and Hildreth Volonts. Ex Officio: Stoner Horey, MD, Scott Lockwood, and Ann Weiland. Executive Director, Linda M. Tetor.

[Join Our Mailing List!](#)

607-664-2298

Give us a call today!

STAY CONNECTED

