



# SSSF

Steuben Senior Services Fund, Inc.  
*Building a Resource for Aging in Place*



Dear Friend,

## **FRIENDSHIPS FORMED IN TRUST IN THE LIVES OF OLDER WOMEN'S GROUPS**

82-year-old Hornell transplant, Eileen Hamelin, has nothing but compliments for her Trust in the Lives of Older Women support group. Eileen says that being part of the group gives her “relaxation, knowledge, and fun”. “It’s a great group of women,” states Eileen. “We discuss everything from flowers to politics.” Eileen further comments, “I’m in a great mood after each and every meeting.”

Eileen came to Hornell from Maine, a few years after her husband of 50 years passed away. Eileen stated that her husband was the “most wonderful man in the world.” She still misses him terribly. The Hamelins lived in many places during their long marriage: Massachusetts, Ohio, New York, finally retiring to Maine. Eileen chose to move to Hornell to be near one of her six children, Patty, who lives in Canisteo. She also has sons living in Rochester.

Eileen is a life-long learner and volunteer. She was trained as a nurse and as a nurse practitioner, and has been an associate of the Sisters of Mercy for the past 15 years. For many years she has been an advocate for women and children and is interested in peace and social justice issues as well.

Since moving to Hornell, Eileen has continued to be involved in her community and to stay active. Eileen volunteers at McAuley Manor, with the Red Cross and the Ladies of Columbus, as well as being a Eucharistic minister; and she still finds time to see her 20 grandchildren and 6 great grandchildren and to drive to Maine to visit friends there. Eileen believes that you get old sitting around doing nothing, so she recommends getting out and volunteering!

In closing Eileen said that as long as she can be of help to someone, she will do her darndest to stand up for the person in need. She believes that is why God put her on the earth.

Despite her large family, her busy schedule, and her many activities, Eileen believes that being in the Trust group enriches her life. “It’s an honor to belong,” she stated. “I love my Trust group and the friends I have made. We respect each other’s opinions. Some days I may not feel like getting up and going out to the meeting, but when I do, I find myself singing in the car on the way home.”



## **TRUST IN THE LIVES OF OLDER WOMEN--IS IT RIGHT FOR ME?**

The Trust in the Lives of Older Women (TLOW) program was started approximately 17 years ago by Dr. Ron Hofsess at the Corning Senior Center. There are currently six groups in Steuben County. (Call us for locations.) Through Dr. Hofsess's doctoral research, he saw very clearly the marginalization of older women both in how they were treated as well as the lack of resources available to them. Development of TLOW groups served as a way to give older women a support structure. The groups are designed to address the specific concerns and challenges faced by older women, thereby encouraging their resilience and increasing life satisfaction. Each group has at least one trained facilitator who has attended a one-day workshop using the curriculum developed by Dr. Hofsess. TLOW groups begin as trained facilitators lead participants through four start-up sessions. In these sessions, facilitators share with participants the trust concepts learned as well as the process and procedures for implementing the model. At the conclusion of these first sessions, participants decide if they want to continue to meet on a regular basis to share experiences and challenges related to their current life situations as well as topics of interest based on the needs of the group.

TLOW groups provide many benefits. Participants report decreased stress, loneliness, and anxiety, as well as increased support, friendship, laughter, and mental stimulation. By encouraging participants to share experiences and challenges related to their current life situations, TLOW groups serve to boost participants' resilience. The families of participants and their communities also benefit, as participants in these groups increase their ability to remain independent in their homes, use fewer critical resources in their communities, and experience decreased "burnout" as caregivers.

We are currently trying to expand the program to various areas in Steuben County, particularly rural areas where resources for older women are limited. If you would like to host a TLOW group in your community by providing a space to meet, please contact Kathy Burns, Trust in the Lives of Older Women Coordinator at 607-664-2298 or by email at [kathleenb@co.steuben.ny.us](mailto:kathleenb@co.steuben.ny.us). There is a new facilitator training scheduled for Tuesday, April 24<sup>th</sup> from 9:00 AM to 4:00 PM at Centenary Methodist Church in Bath, NY. If you would be interested in being trained as a facilitator to start a new TLOW group, please contact Kathy Burns at the number/email listed above. TLOW is sponsored in part by SSSF.

## **HONORING CAROL ROOTE'S LEGACY**



Carol Roote, beloved friend and advocate for the seniors of Steuben County died on January 8, 2012. Carol worked closely with the Office for the Aging as the Director of the ProAction Senior Nutrition Program for over 15 years. A special account in her name has been established with Steuben Senior Services Fund. Gifts to this account will be used to promote nutrition-related initiatives for the seniors of our county. If you would like to make a gift in Carol's memory, please send it to SSSF, 3 East Pulteney Square, Bath, NY 14810. For information on this initiative, please contact Linda Tetor at 664-2298.

## **URBANA/WAYNE MOVES FORWARD**

Thanks to a substantial gift from an anonymous donor, our Urbana/Wayne Aging in Place project is underway! Kathy Burns, SSSF part-time aging in place coordinator, recently completed work in Pulteney (see following report), and as of January began work in Urbana. Recruiting advisory group members has begun, to be followed by an in-depth analysis of some of the top needs identified in our 2009 county-wide feasibility study and implementation of local community solutions to assist seniors in Urbana/Wayne to age in place more successfully. If you are interested in becoming involved in this exciting grassroots effort intended to coalesce the community around its elders, please contact Kathy at 664-2298.



## **PULTENEY AGING IN PLACE A HUGE SUCCESS**

For the past three years, an Aging in Place project has been underway in the Town of Pulteney. Initially, Coordinator Kathy Burns recruited an advisory group consisting of Barb Radigan, Alise Irwin, James Moore, Elizabeth Ryder, and Barb Welles to assist her in developing grassroots support for the project. A survey was developed to determine the services needed by town residents as they attempt to age in place in Pulteney. Two of the top needs expressed by the residents were transportation and access to information about available services. During the next year, volunteers were recruited and educational events were held. At the conclusion of the second year, residents were resurveyed. Results showed that: 63% of the individuals that responded were more aware of transportation options in the Town of Pulteney and 76% indicated that they were more aware of the various services available.

By the end of 2011, the following results had been achieved:

- Office for the Aging's EISEP Program (Expanded In-home Services for the Elderly) provided 161 hours of personal care and/or homemaker services to town residents, funded through SSSF.
- ProAction's Home Delivered Meals program provided 1,481 meals throughout the town.
- The Office for Aging and NYConnects have been contacted by 12 individuals seeking information and assistance.
- Steuben Coordinated Transportation provided 33 trips, transporting seniors to medical appointments.
- Office for the Aging's Project CARE provided 42 services to assist six seniors to age in place. Six Hammondspport students delivered food baskets and provided spring clean-up activities to 40 senior households.

Additionally, a meal site was developed at the Pulteney Presbyterian Church one day per week. It began serving meals on January 23, 2012, and to date, average attendance has grown to 30 individuals. If this success continues, the Presbyterian Church is committed to starting a second day per week.

A community newsletter spearheaded by the local librarian was developed and distributed to every individual on the Pulteney tax roll. Additional copies were made available at the library, the Town Hall, the Town Clerk's office, the Post Office, and the Fire Hall for renters and seasonal visitors. To date, 3300 newsletters have been distributed throughout the Town of Pulteney. The Town of Pulteney, the Pulteney Presbyterian Church, and the Pulteney Fire Department have donated \$900 for the sustainability of the community newsletter through 2012, and are hoping to put that in their budget for years to come.

Congratulations to the Town of Pulteney, the advisory group and to Kathy Burns for a job well done!!

## THANKS TO OUR 2011 PARTNERS

Many thanks to the following 2011 donors who have made the work of SSSF possible. Without your leadership giving, the mission of building a resource for aging in place could not go forward in Steuben County. Our deep appreciation goes out to the following: Larry & June Bates, Robert Bayer, Tom & Carol Bidwell, Dr. Bryan & Judy Braman, John & Jan Caputo, Chemung Canal Trust Company, Donna Chiaramonte, Rosemary Clairemont, Pam Colomaio, Community Foundation of Elmira-Corning and the Finger Lakes, Brenda Copeland, Leonora Decker, Margaret Doherty, Patricia Finnerty, Edna Friedland, Bev Frost, Kirk Gregg, Jim & Laurie Grimes, Lois Gyr, Gary Haff, Daniel & Debra Hall, Charlotte Hinshilwood, Carol Jenkins, Arthur Jones, Michael Keane, Dr. Jim & Joan Kirk, Don Kraft, Lakeview Tenants Association, Betty Langendorfer, Gregg Learned, Jan Leathersich, Ted & Peg Markham, Marc Mason, The Meade Foundation, Rhonda Morton, Richard Moyle & Lynn Shoemaker, Thomas & Barbara O'Brien, Dr. Dennis & Mary Lou O'Connor, Laura Opelt, Luther & Lucy Perkins, William Plummer, Pulteney Fire Department, Pulteney Presbyterian Church, Peter & Carol Robbins, Les & Sheryl Rosenbloom, Grace Rosettie, Michael Rumsey, Verne & Lillian Schattner, Shirley Shaddock, John Smith, Steuben Trust Company, Simon & Mary St. Laurent, John & Becky Stranges, Joe & Peg Striano, Bob & Linda Tetor, Martha Treichler, Tom & Marian Tunney, Nancy Tuttle, Mildred Wagner, Dr. Al & Joyce Wahlig, Marcia Weber, Wendell & Kim Weeks, Dr. Randy & Kathy Weidner, Ann Weiland, Beverly Wheeler, Fred & Audrey Whitcomb, Nancy Wightman, Peter & Wendy Winnett, Ronald & Carolyn Wyatt, and many other donors who wish to remain anonymous!!



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