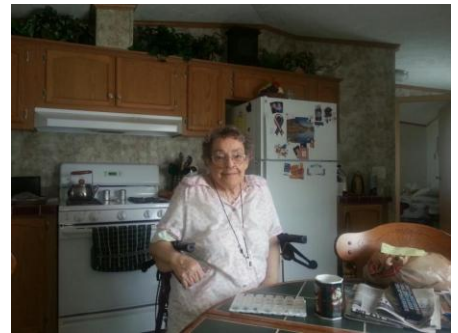




SPRING 2014

STAYING PUT IN ARKPORT

In a recent AARP survey, over 90% of those surveyed reported that their desire is to stay put in their own homes and communities as they grow older, or as the media has dubbed it, to age in place. This desire is based on many reasons to which we can all relate, including wanting to stay in familiar surroundings, to remain independent, to be near family and friends, and to continue to have the companionship of beloved pets. And Genevieve Gardner is no exception to the findings of this survey.



Born in the small rural community of Redwood near Watertown, NY, Genevieve grew up in an area surrounded by lakes where she and her siblings enjoyed swimming in the summer and ice skating in the winter. Genevieve's mother raised the three children on her own for many years, despite limitations caused by polio when she was young. Eventually Gen's mother remarried and the family moved to Spencerport, near Rochester. After graduating, Genevieve enlisted in the Women's Army Corps and served three years. Following her military service in Germany, Genevieve moved briefly to El Paso Texas, and then back to the Spencerport area where she was hired by Stromberg Carlson, working in data processing for 15 years.

In 1968 Genevieve married her husband Robert and for the next 25 years they enjoyed the blessings of a full life, until his passing in 1993. Although they never had children of their own, Genevieve relates that she was close to her step-children from her husband's first marriage.

Eventually in 1995, Genevieve decided to move from the city area and found a wonderful piece of land in Canaseraga near her sister who lived in Swain. On this beautiful piece of property, complete with a creek and woods, Genevieve built a new home. In this home she cared for her mother until she died in 2000. Gen continued to live there, happily caring for the property, including mowing her two acres of land, until health conditions began to take their toll. During that time Gen was very involved in the Lioness Club and for ten years chaired the Spirit of Christmas in the village of Canaseraga.

After a hospital and rehab stay, Gen sold her home and bought a single wide with a small lawn in a mobile home park in Arkport. There she continues to age in place with some assistance from the Office for the Aging's EISEP Program which contracts with Home and Health Care Services, Inc. to provide in-home care for Genevieve including assistance with showering, laundry, and various household chores. She also has Link to Life through the Office for the Aging EISEP Program, and her groceries are delivered twice a week by Cy's in Arkport.

Genevieve reports that being able to stay put in her own home keeps her near family and friends and helps her to feel safer with her own things around her. She states that she can sit on her porch, invite friends over, cook her own meals, make pies and muffins when she feels up to it, be quiet or have the TV on. Says Gen, "Being in your own home is altogether different from a nursing home."

BONE BUILDERS--STARTING OUT WITH A BANG IN THE CAMERON, JASPER, TROUPSBURG AND WOODHULL AREA AIP PROJECT

The recent survey for our newest Aging in Place (AIP) Project covering the Townships of Cameron, Jasper, Troupsburg and Woodhull, showed a definite need for scheduled exercise/Bone Builders to be held in that very rural area of the county. Hoping to meet that need, the Aging in Place Advisory group was pleasantly surprised when three women stepped forward to be trained as Bone Builder leaders, and between 25 and 30 area seniors are now regularly participating in the newly formed Bone Builders group that is meeting Wednesday and Friday mornings from 10-11 A.M in the Woodhull Town Hall. What a great start to a wonderful program that will help seniors age in place in that area of the county. For more information on joining that group, call Sharon Brewer, Cameron, Jasper, Troupsburg and Woodhull Aging in Place Coordinator 458-5665 or 458-5178.



Additionally the Advisory group recently sent out postcards addressing the #1 need from the area survey--transportation. The postcard outlined transportation services currently available for seniors living in the four townships, and gave phone numbers through which those services can be accessed. Volunteer drivers are also being sought to help take seniors to doctor's appointments and to pick up groceries and medications for area seniors who are no longer able to drive. For more information, contact Sharon Brewer at the numbers listed above.

AN UPDATE ON THE PULTENEY AND URBANA AGING IN PLACE PROJECTS



The Pulteney Aging in Place/Community Garden Committee received a donation of vegetable and flower seeds from the Master Gardener Program of Cornell Cooperative Extension. The seeds were planted, and already young plants are growing vigorously in the raised garden beds that were constructed last year in the community garden. Those raised beds were also painted recently by volunteers from the United Way Day of Caring.

The premiere issue of "Hammondsport Happenings" was recently distributed to Urbana area residents thanks to the efforts of Kathy Burns, Pulteney and Urbana Aging in Place Coordinator and the Urbana Aging in Place advisory group. Various Hammondsport businesses and organizations, as well as the Hammondsport Community Services Board contributed funds towards the mailing costs, while Steuben Senior Services Fund underwrote the costs associated with producing the newsletter. Various churches in Hammondsport have also stepped up to the plate to help with costs associated with improving the nutrition of area seniors.

SMILE.AMAZON.COM ANOTHER WAY TO GIVE TO SSSF

For those of you who shop on-line and use Amazon.com, please check out smile.amazon.com. If you go through this site, you can pick your favorite charity, hopefully Steuben Senior Services Fund, and automatically donate 1/2 percent of the price of eligible purchases to us. This does not increase the cost to you, but allows Amazon.com to give to us. AmazonSmile is the same Amazon you know. Same products, same prices, same service. It's a painless way to help SSSF grow and expand its Aging in Place projects into additional areas of our county. Please spread the word! Thank you!!



SSSF INVESTS ADDITIONAL FUNDING IN RAMPS

The Board of Directors of SSSF voted at its last meeting to donate an additional \$8000 towards the cost of building ramps for seniors in Steuben County who need improved access in and out of their homes. These ramps will allow seniors to return home from a nursing home or to continue living at home. Funds will be channeled through the Office for the Aging/NYConnects to two local organizations, the Centenary United Methodist Church of Bath/RAMPS Guys and Faith in Action. These organizations support groups of volunteers who donate their labor to build the ramps. For more information on how to give towards our ramps project, please contact Linda at 664-2298 or use the link on this newsletter to give through DonateNow.

BOARD OF DIRECTORS



[DONATE NOW](#)

Chairperson Peter Robbins, Vice-Chairperson Patricia Finnerty, Secretary John Caputo, Treasurer Lois Gyr, Patty Baroody, Donna Chiaramonte, Josie Ciancaglioni, Kelly Duby, Bev Frost, Lois Gyr, Jane Jamison, 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