



SSSF

Steuben Senior Services Fund, Inc.

Building a Resource for Aging in Place



SPRING 2017



WORKING TOGETHER TO SHAPE THE FUTURE OF AGING IN PLACE IN STEUBEN COUNTY

The year 2016 witnessed the greatest support ever for Steuben Senior Services Fund Inc., much of it directed at our Full Circle America initiative. Thank you for your support of SSSF and the seniors aging in place in Steuben County. The generosity of our 2016 donors is unparalleled!

ADVOCATES: Donors with gifts totaling \$5000 and above: James Flaws & Marcia Weber and the Corning Incorporated Foundation.

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Herbert & Anne Zuschin.

TICKETS NOW ON SALE



Tickets for this attractive quilt, handmade by RSVP volunteer, Lucille Hess, are now on sale. Tickets will be available in the lobby of the county building on Monday, April 17th-Friday, April 21st from 10 am to 1 pm or by contacting the Office for the Aging, 3 East Pulteney Square, Bath, NY. The drawing for the winner of the quilt will be held at this year's Celebration of Spring, a Mystery Theatre being held on May 20th at 7 pm at the VEW Primary School, Maple Heights in Bath. The Keuka Lake Players, Haverling Student Council, and Office for the Aging are cosponsoring the event.



ANNUAL CAMPAIGN--A BANNER YEAR

Another big thank you to our donors to the 2016 annual campaign. We had a record number of donors--128 in all--and a record amount was raised, \$24,395.

"BEING MORTAL"

Staff of SSSF and the Office for the Aging are currently intrigued with a book on the NY Times bestseller list entitled "Being Mortal: Medicine and What Matters in the End". This book by Atul Gawande, a young surgeon, details the state of eldercare in our nation. Gawande confronts the stark realities of aging and dying and how many of the goals of the care of our older loved ones run counter to what really matters to the human spirit. Through poignant case studies, Gawande demonstrates time and again that meaning, purpose and dignity, more than safety, in the end stages of life is what matters most. Meaning and purpose can be achieved through relationships with loved ones, animals, in helping others through volunteering, maintaining a sense of community, and a large variety of other ways, depending on the person.



Here in Steuben County we have a unique opportunity to extend the time of meaning and purpose in the lives of our older citizens by helping them age in place in their own homes. Through Full Circle America we can achieve these objectives while people remain where they want to be, in their own homes and communities. To find out more, please contact Kate Paterson at SSSF, 607-664-2298.

ACES – Spring 2017

Adult Children Empowering Seniors

Concerned about a Senior?

Gain **RESOURCES** and **STRATEGIES** to help empower the Seniors you love & to find greater peace-of-mind for yourself!

FREE PRESENTATIONS

Being held at

Colonial Square Senior Village
(Community Room)
110 Creekside Dr., Painted Post, NY

6:30-7:30 p.m.



Thursday, April 20

Need Helping Hands ?

Faith in Action is composed of a network of compassionate and dedicated volunteers who can provide relief for some of the care-giving gaps. Dick Russell, Executive Director of Faith in Action Steuben County will explain how they can help with transportation and other non-hands-on assistance to help lighten the load of family caregivers, at no charge to the recipients.

Thursday, May 4

Successful Aging in Place!

90% of seniors want to 'age in place.' Program Coordinator, Kate Paterson, will explain Full Circle America Steuben, a program through the Steuben County Office for the Aging, which helps people age successfully in their homes. Full Circle America provides tools to connect people to those who care for them -- family, friends, volunteers, medical providers and local service organizations. Come join us to explore this new alternative that is making "aging in place" a viable option.

Thursday, May 18

Health Care and Your Retirement Savings!

During this educational program, Edward Jones Financial Advisor, Matthew Stoutenbug, will explain what steps to take in order to prepare for health care costs while ensuring that retirement savings stay healthy.

QUESTIONS? CALL Sue Gruber (607) 333-4313

AGING IN PLACE TIPS

The newest edition of AARP's HomeFit Guide contains many tips for making your home safer for you to continue living in as you age. Consider the following:

- *Touch control lamps that are easier to turn on and off
- *A zero-step entrance
- *A pull-out microwave installed below the level of your counter top
- *A flexible faucet
- *Lever-style handles
- *An elevated oven
- *Front-load washers and dryers
- *Grab bars around your toilets
- *Pull-out drawers for your dinnerware.

For more ideas contact <http://www.aarp.org/homefit>.

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607-664-2298

Give us a call today!