

Greetings!



First Annual Senior Moments Bubbly & Brunch a Huge Success

The following businesses, organizations and individuals contributed to our event as sponsors and as silent auction donors. Thanks to their generosity, over \$11,500 was raised for Steuben Senior Services

Fund, Inc.

Havlik Realty, Inc., Pleasant Valley Wine Co., Gray Manufacturing Industries, Mercury Aircraft Corporation, Frey & Campbell, Inc., Jeffrey`s Flowers, the Rudy Gyr Family, Lucille Hess, Nesbitt Financial Services, West Lake Design Company, Crafty Quilters, & Aniello's Pizza.

Scandia House, Belle Fleur, Dr. & Mrs. Bruce Baxter, Bishop & Johnson Funeral Home Inc., Chemung Canal Trust Company, Dr. Sam Pennise, Mr. & Mrs. Eric Rose, the Ryan Agency, Steuben Trust Company, Vines and Barrels Wine and Liquor Warehouse, & the Steuben County Veterans Memorial Inc.

Wilkins Recreational Vehicles, the Bath Country Club, Point of the Bluff Vineyards, Park View Wines and Spirits, Worthy Is The Lamb Essential Oils and Art, Pleasant Valley Inn, Timber Stone Restaurant, & MERSUR.

AJ's Hair & Makeup, the Betty Kay Bake Shop, the Corning Museum of Glass, Dr. Konstantin Frank Winery, Five Star Bank, Next Level Wellness, Revolution Music Shop, Andolina Dental, PC, Bath Lodge of Elks, Dave's Alignment & Auto Service, Decorator's Choice of Hornell, Everything Medical Equipment & Supplies, Inc., JMJ Inc., Lamac Unlimited, Inc., Maloney's Pub Ltd., Richard Yochem, Betsy Hilfiger, Sarah Shirley, Inc., & the Shaw Agency, Inc.

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Sherwin-Williams Paint Store, Park Pharmacy, Village Tavern Restaurant & Inn, Lake Country Jewelry, Liberty Street Pub, Maybe Baby Burgers, Southern Tier

Provisions, Top's Friendly Market, Van Scoter Florist, Mr. & Ms. Neil Fagan, Fran`s Landing, Pizza Hut, Community Bank, Pizza King, Alise Irwin, Weis Vineyards, Wise Guys Pizza, Browsers, Burgers & Beer of Hammondsport, Keuka By Crissy, Chat -A-Whyle Restaurant, & Pearl Nails By Marcia.

A huge thank you also to our guests who purchased over 150 tickets and attended the first ever Bubbly & Brunch and who generously participated in our silent auction and raffles!

None of this would have been possible without the leadership of Benita Nesbitt and Monique Page who envisioned this event many months before it occurred. Special thanks also to Dr. Dennis and Mary Lou O'Connor our Honorary Co-Chairs and to the event committee: Donna Chiaramonte, Jane Jamison, Andy Mazzella and Hildreth Volonts.

Hope to see you next year at the 2nd Annual Brunch & Bubbly, tentatively scheduled for Sunday, July 26th at the Pleasant Valley Wine Company. Mark your calendars and plan to attend this fun event.

RURAL AGING IN PLACE PROJECTS

At a recent

Cameron/Jasper/Troupsburg/Woodhull Aging in Place luncheon, Sue Gruber of Forward Thinking Home Solutions spoke about low cost ways to



make your home safer as you age. After her talk, she awarded a gift certificate for a free home walk-through. Trudy & Charles were the lucky winners, and while they learned that they had already completed many renovations to ensure their ability to remain in their own home safely, Sue recommended others. Trudy reported that projects have been undertaken this summer including extending the front step and handrail 2 or 3 inches plus adding a large wide step. In the picture below, the lip on the step has been addressed and a short railing has been added. Trudy noted that the evaluation was well worth it, as Sue "mentioned things I just could not think of to do. Most are very minor to be safe and remain in your home as you age."



Upcoming SSSF Fund Raiser for ProAction Home Delivered Meals

Come Join Us in Playing The Latournament!

In Memory of Mary and Gordon Latour



September 21, 2019 Bath Country Club, Bath, NY • Shotgun Start Noon

To honor Mary and Gordon Latour, the Latour family is hosting a fun golf outing for everyone to enjoy and a way to give back to the Office of the Aging. Proceeds benefit Steuben Senior Services Fund in partnership with ProAction Home Delivered Meals.

\$60 per person

Includes green fees, cart, range balls, lunch, two drink tickets and appetizers at "The Gordy" awards ceremony, where the winner will take home "The Mary" trophy. Golf, drinks, food, and fun prizes for first and second and next to last place. Beginners and hackers are welcome!

bathcountryclub.net | For questions, text or call Steve Latour 843-364-9993

Autumn 2019



Transform Your Home into a Safe Haven

Tell me, Sue, ...?

Sue Gruber, Certified Aging in Place Specialist, is here to answer your pressing questions.

Tell me, Sue, is it true that I don't have to follow ADA guidelines because I live in a private residence?

Technically, in MOST private residential settings we do not have to be in compliance with ADA (American Disabilities Act) Guidelines, BE AWARE that **there are exceptions** to this depending on the funding of the project, the type of residence, and its use.

So, this typically means that you can do things like place grab bars where they are most useful for you, **BUT** (and this is a BIG BUT), in other instances, the ADA Guidelines provide greater safety for all users. For example, an ADA compliant ramp should not be steeper than a 1:12 rise/run meaning for a 7 " step rise, the ramp should be 7x12" long or a 7 foot long run. There should be a 5' x 5' landing flush with the threshold besides. An incline that is even less steep, like 1:20 or 1:30, is much easier to walk up and down. There is a reason for these guidelines.

If you build a ramp that is steeper than 1:12 you can be setting yourself up for even greater problems. People pushing a mobility device up (or down) a steep ramp can seriously injure themselves; this includes caregivers....NOT a good thing! Also, keep in mind that Local Codes must be followed!

What if space is an issue?? Tune in to the next edition for some solutions to this guestion!

> To submit a question to Sue Gruber go to www.forwardthinkinghomesolutions.com and click on the "Contact Us" tab at the top

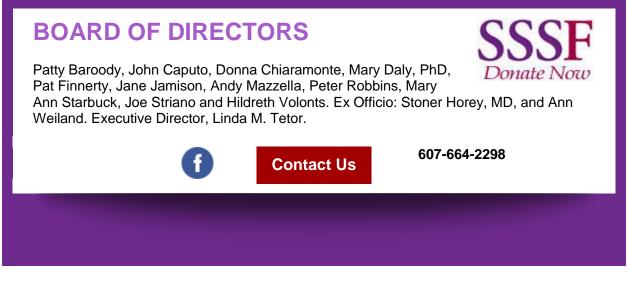
Autumn Tips

There is still time to get those railings put in on both sides of your steps before the snow and ice make them even more treacherous! Yes, I'm nagging!

If you are a walker, while enjoying the cooler weather, keep an eye out for wet, slippery leaves on walkways.

Stay off the ladder and have someone else clean out your gutters or look into good gutter guards to eliminate that dangerous task altogether. I love mine!





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