



# SSSF

Steuben Senior Services Fund, Inc.

*Building a Resource for Aging in Place*

## **AGING IN PLACE—A DREAM OR REALITY**

Thanks to you, our donors, aging in place is becoming more and more of a reality in Steuben County. Individual gifts of cash and appreciated stock, United Way pledges, and a large bequest added greatly to the resources in our county that are devoted to assisting frail seniors to continue living in their own homes or apartments, to age in place. In addition, grants from a number of forward-thinking foundations, organizations, businesses and governmental agencies have allowed us to invest in services for older people, to conduct aging in place studies, and to implement innovative strategies in one of our very rural townships.

Thanks to your partnership with us, the dream of SSSF, of building a resource for aging in place, is fast becoming a reality.

## **WHAT IS AGING IN PLACE?**

According to a recent survey by AARP, well over 80% of seniors want to age in place—to stay in their homes for the rest of their lives. The reasons for this strong preference include staying in a familiar, comfortable environment, convenience to services, feelings of safety and security, proximity to family, and feelings of independence. Wikipedia, the free encyclopedia defines aging in place as the ability to live in one's own home—wherever that might be—for as long as confidently possible.

As we age there are normal age-related changes, which may include: hearing impairments, osteoporosis, decreased mobility and dexterity, decreased strength and stamina, as well as visual decline and mental process changes. In addition there is often decreased sensory acuity, and an increased likelihood of diseases such as arthritis, heart disease, diabetes, and hypertension.

Since we are all changing as we age, it is important to plan ahead to avoid the pitfalls that may occur with these changes. Planning may include home modifications, helpful technology, and researching services which might be needed. We will discuss some of these in more detail in future issues of our newsletter.

We at SSSF are committed to building a resource for aging in place in Steuben County. As the Journal of Housing for the Elderly states, "aging in place is not having to move from one's present residence in order to secure necessary support services in response to changing needs." Our hope is to become a vital partner along with the Office for the Aging in ensuring that our seniors can secure the support they need.

Information for this article was taken from [www.seniorresource.com/ageinpl](http://www.seniorresource.com/ageinpl).

### WAITING LIST WHITTLED DOWN!

In order to age in place, a recent study showed that 58% of people over the age of 85 require assistance with personal and household tasks such as bathing, cooking, cleaning, laundry and shopping. This year, thanks to a successful summer fund raising program for the Office for the Aging's in-home services program (EISEP) and to a large bequest for this program, SSSF is sponsoring several older people who had been on a very long waiting list for these services. A small investment in these services can often make the difference between continuing to live at home, and moving into a nursing home or other long-term care facility. On behalf of the seniors being served and others who will be served by your generosity during 2011, a huge THANK YOU!

### AGING IN PLACE IN PULTENEY—2010 REPORT

Our Aging in Place project in Pulteney, funded by the Keuka Area Fund and the Southern Finger Lakes Fund is creating headlines all over New York State. We are hopeful that Pulteney will become a Best Practice for rural NY and that with additional grant funding we will be able to replicate the program in additional rural areas of Steuben County. Below is a summary of accomplishments in Pulteney during 2010:



- Development of an active, knowledgeable Advisory Group including representatives from churches, the Town Board, the library, and concerned seniors.
- Creation of a joint application for volunteer drivers to be used by Steuben Coordinated Transportation and Project Care.
- Completion of Walkability studies in the town of Pulteney. Pulteney residents Barb Welles and Chris Bailey volunteer for Walkability study--see picture below.
- Use of "graffiti walls" to gain valuable input from all Pulteney residents.
- Recruitment of 6 volunteers that were referred to Steuben Coordinated Transportation, Project Care, and Joseph's Hammer.
- Recruitment of 5 student volunteers from Hammondsport School that were referred to Project Care.
- Increase in requests for service (2 individuals requested transportation/friendly visiting through Steuben Coordinated Transportation/Project Care, 3 individuals are now receiving home delivered meals, and 1 individual is receiving EISEP in-home services).
- Receipt of another \$1000 grant from Keuka Area Fund to develop a quarterly newsletter for town of Pulteney residents.



### **TLOW GRANT RECEIVED**

SSSF applied to the Corning/Elmira Community Foundation on behalf of the Trust in the Lives of Older Women program (TLOW) for a grant to allow for expansion of this popular local program to additional communities in Steuben County. Kathy Burns, TLOW coordinator, reports that there are currently groups operating in Bath, Corning, Hornell, Pulteney, and Wayland. If you are interested in starting a group in your area or in joining an upcoming training to learn how to facilitate a group, please contact Kathy at 664-2298.



### **THANKS TO YOU OUR 2010 PARTNERS**

Frank Anastasio, Larry & June Bates, Robert & Leslie Bayer, Jr., Tom & Carol Bidwell, Warren & Rose Blackwell, Bryan & Judy Braman, Dawn Brucie, Eileen Callahan, Donna Chiaramonte, Rosemary Clairemont, Robert Cole, Community Foundation of Elmira-Corning and the Finger Lakes, Brenda Copeland, Corning Beagle Club, Lynn Decher, Steve Dreiling & Laura Opelt, Patricia Finnerty, Mike & Sally Flanagan, Beverly Frost, Fran & Lois Gehl, Kirk Gregg, Jim & Laurie Grimes, Lois Gyr, Daniel & Debra Hall, David Hill, Stoner Horey, M.D., Mr. & Mrs. Amory Houghton, Ron & Lura Huckabone, Alise Irwin, Bill & Melissa Joint, Dr. & Mrs. James Kirk, Jr., Anna Leach, Gregg Learned, Lucy Losey, Carol Madigan, Ted & Peg Markham, Marc Mason, Dix & Belle McDonald, The Meade Foundation, Richard Moyle & Lynn Shoemaker, Thomas & Barbara O'Brien, Dennis & Mary Lou O'Connor, David & Judy Quattrone, June Richardson, Peter & Carol Robbins, Dr. Les & Sheryl Rosenbloom, Michael Rumsey, John & Eileen Sands, Rev. Verne & Lillian Schattner, Shirley Shaddock, Southern Finger Lakes Fund of the Central & Western Community Health Foundation, Simon & Mary St. Laurent, Steuben Trust Company, John & Becky Stranges, Bob & Linda Tetor, Martha Treichler, Tom & Marion Tunney, Marcia Weber, Ann Weiland, Barb Welles, Audrey & Fred Whitcomb, Elizabeth White, Ed & Nancy Wightman, Graham & Dolores Wightman, Peter & Wendy Winnett, Ronald Wyatt, and many more donors who wish to remain anonymous!!

### **BELIEVE IT OR NOT, WE ARE ON FACE BOOK!**

In order to reach the younger generation with the message of aging in place, SSSF is now on Face Book! If you happen to be a Face Book aficionado, check out our page, and "Like" us. If we achieve 50 friends, we will be able to promote Face Book on our website and in our emails which will again help spread the word. What ever happened

to the good old days with personal hand-written notes?

**SPEAKING OF THE INTERNET**, visit SSSF's newly redesigned website at [www.steubenseniorservicesfund.org](http://www.steubenseniorservicesfund.org). There is more information about SSSF and there are links to a number of resources for older people, including a link to more detailed information about our countywide aging in place survey, the Pulteney study and implementation project and Universal Design.

## **BOARD OF DIRECTORS**

Chairperson Peter Robbins, Vice-Chairperson Patricia Finnerty, Secretary John Caputo, Treasurer Scott Lockwood, Donna Chiaramonte, Bev Frost, Lois Gyr, Joan Kirk, Sheryl Rosenbloom, Laura Rossman, Joe Striano, Stoner Horey, MD, Ex- Officio, and Ann Weiland, Ex-Officio. Linda M. Tetor, Executive Director.



3 East Pulteney Square | Bath, NY 14810 US