



# SSSF

Steuben Senior Services Fund, Inc.

*Empowering Seniors to Age at Home*



## Greetings!



## MEET PETER ROBBINS SSSF BOARD CHAIR

Steuben Senior Services Fund is blessed to have an outstanding Board of Directors all of whom are dedicated to our mission of “Empowering Seniors to Age at Home”. They give excellent advice to our staff and make personal sacrifices of time and financial resources to ensure that our small non-profit can continue to impact the lives of Steuben seniors for years to come. Most board members are retired and serve as volunteers, so I thought you might enjoy meeting one from time to time.

This quarter I am featuring Peter Robbins, member of our Board for 22 years, and Chairperson for most of that time. Peter is a retired teacher, principal, and superintendent with over 36 years of experience in the field of education with the Haverling School District. Peter grew up in PA, graduated from Mansfield University, and immediately moved to Bath to begin his career.

Peter has many interests in life most notably his family, outdoor activities including yard work and various sports, as well as sharing his passion for the geology of Keuka Lake. As a science teacher, his Master’s Degree focused on the glacial formation of Keuka. From his thesis, he developed a slide presentation which he willingly shares with many local groups including the Hammondsport Library, the Finger Lakes Boating Museum, and many others.

Peter said that he joined the board of SSSF because he saw a need, He is very proud and pleased with what we have accomplished so far and the direction we are going. He further stated that the whole concept of aging in place "feels right" to him. People want to stay at home for as long as possible, and Full Circle America allows them to do just that.

--by Linda M. Tetor

## THE GOLDEN RULES FOR THE GOLDEN YEARS

What they say about scams, “If it’s too good to be true it is,” could, at first blush, be said about health. How many times have you heard the ‘holy trinity’ of exercise, plants and sleep? Guess what?

You just heard it again, because 100%, yes 100% of the research from the 1500's to today, in every study, discipline, and pathology reaches the same conclusion. Even the wildest fantasies of the pharmaceutical 'anti-aging' fringe agree self-care is, and always will be, job #1.



Too simple, right?

A little background. Homo sapiens, from an evolutionary and genetic standpoint, are designed and hard-wired to M-O-V-E. It's who and what we are...so 30 minutes or more of daily physical activity is essential for maintenance. While hunting animals for meat was a (very small) part of human pre-history, evolution and genes, before and after agriculture, developed by eating plants. Vegetables, fruit, nuts, beans and whole grains are essentials for metabolism. But...

Neither exercise nor eating smart alone is 100% of what's needed for maximum healthy energy. Together, the magic happens.

Keep it simple. Three 10-minute walks around the block after each plant-focused meal. Bonus points for taking the dog.

Keep it simple. The guidance for a good diet is complicated by—surprise—companies selling you meat, sugar, salt, fat, grease and chemicals. So many chemicals.

Put these five fundamental reminders on your refrigerator so you will be around to enjoy all the grandkids pictured on it:

1. Fiber. Plants have it, animal products don't.
2. No cholesterol. Plants have none, animal products do.
3. The less sugar, salt, and saturated fat, the better.
4. The less processed (packaged) products, the better.
5. The less (much less) booze, the better.

The two biggest no-no's are smoking and obesity. Quitting tobacco improves lung function—I swear it's true--in 20 minutes! If overweight, any permanent weight loss helps, even if only 5%.

Of course, it's (still) a free country so you can sit on the lazy boy, slurp soda and stare at the boob tube, but you're gonna pay big-time with pills, physician visits, poor quality of life and—bonus—burden your loved ones.

Keep in mind/body: minimum recommendations, like 150 minutes of movement a week and two 15 minute resistance sessions are, well, minimums so benefits, while real are minimal.. For the golden years to be real, not fool's gold—

**Do more. Do Daily. Do now.**

--By Josh Goldman, Fitness and Health Guru

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- **Some people think that allowing help like Full Circle America in their home might take away their independence. Full Circle America doesn't take your independence, it supports it!**
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## **BUBBLY & BRUNCH REPORT**

On behalf of the Board and staff of Steuben Senior Services Fund, we would like to send out a huge note of gratitude for the out-pouring of community support for our recent Bubbly & Brunch 2022 event. A special thank you to Benita Nesbitt and Monique Page, our event co-chairs, to



Mike Doyle of Pleasant Valley Winery who donated the venue and refreshments for the occasion and to Joe & Leighann Rumsey, our honorary co-chairs.

These individuals, together with the Bubbly & Brunch Committee, over 20 sponsors who underwrote the event costs, more than 80 individuals and businesses who donated items to our silent auction and our sold-out crowd of attendees made this a truly success endeavor.

In total we raised nearly \$13,000, surpassing our original goal by \$3000. All proceeds from Bubbly & Brunch will further our cutting-edge work with Full Circle America and our Aging in Place projects in Cameron/Jasper/Troupsburg/Woodhull, Hammondspport/Urbana, Pulteney, and Wayne, with the goal of empowering our older county residents to continue to live safely in their own homes.

We are truly blessed to live in such a caring, giving community. Thank you again!





## 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, will I ever be able to make my house perfectly safe?

No matter what we choose to do to make our homes safer, we can never be 100% sure that our living environment will always keep us safe. No environment can provide that 100% guarantee. Accidents happen.

There are many things over which we have absolutely no control. (Which I must say makes those of us who like to hold the reins tightly very frustrated!) ☹️ The good news is that there ARE some things over which we do have control. Making small changes to our homes that are within our budget can help reduce the number of accidents that can occur.

We can reduce the chance of falls by:

- Eliminating clutter and maintaining clear, unhindered pathways
- Improving lighting so we can see potential obstacles in our way
- Providing support at critical locations, like on both sides of steps and at the entrance to tubs, etc.
- Smoothing high transitions in flooring and at thresholds

We can, of course, also exercise to maintain muscle tone and balance, get regular eye exams, and take any necessary medications as the doctor prescribes, amongst many other things.

Let's take control of what we can and improve our odds of staying safe!

### Autumn Tips

Need help with fall yard clean up?

Ask friends on Social Media, like Facebook, if they know of a responsible person who can help out. Keep your contact info private by having them Message with the information.

Contact your local High Schools to see if their service clubs will help you out.

Check with landscaping and lawn companies to see if they offer fall clean-up services.

To submit a question to Sue Gruber go to [www.forwardthinkinghomesolutions.com](http://www.forwardthinkinghomesolutions.com) and click on the "Contact Us" tab at the top



## Rural Aging in Place News

After more than two years of inactivity due to COVID and the aftermath of the destructive flooding that struck the area, the Cameron/Jasper/Troupsburg/Woodhull, Aging in Place project is once again underway. The goal is to bring additional activities, information and services to that area of the county to those older residents who wish to age in place in their own homes and communities.

Bone Builders has once again resumed



under the direction of Melodie Manley. They meet Tuesdays and Fridays at 10 a.m. with the exception of the first Tuesday when they meet at 9. For more information or to join the group, call Melodie at 607-792-3854.

Plans for resuming the senior luncheons are also being explored and advisory group members are being sought to help Bob Manley, Coordinator. Please call Bob at 607-769-3412 if you are interested in helping bring services to the seniors of that area of Steuben County.



Preliminary exploration of a focal point for senior activities is underway with the QKA Aging in Place project and other community partners in the Hammondsport/Urbana area. More information to follow....



Pictured above from L-R: Woody Latour, Laura Rossman, Executive Director of ProAction, Linda M. Tetor and Jamie Hojnoski, Nutrition Services Manager, with a check representing the proceeds from the 4th Annual LaTournament Golf event sponsored by the Latour family in honor of their parents, Gordon & Mary, who received home delivered meals from ProAction of Steuben and Yates, Inc. for many years. This year's proceeds totaled \$4526.

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**SSSF**  
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