



SSSF

Steuben Senior Services Fund, Inc.

Empowering Seniors to Age at Home



Come Join the Fun

The Board of Directors and staff of Steuben Senior Services Fund, Inc. announce Bubbly & Brunch 2023, being held in the newly air-conditioned Pleasant Valley Wine Company's Visitor's Center on Sunday, July 30th, 11 a.m. to 2 p.m.

Timber Stone Grill will be serving a delicious brunch, and complimentary drinks will be available courtesy of the Pleasant Valley Wine Company and our host Mike Doyle.

A silent auction, music, raffles and a wine pull will also be available for participants to enjoy.

Tickets are \$60 each and are now on sale at the SSSF office, 3 East Pulteney Square, Bath, NY., or by calling 607-664-2298, from Board members and on-line at EventBrite. Our event sold out last year, so get your tickets early.

Plan to join us on July 30th for a enjoyable time while supporting Steuben County seniors through the Full Circle America Program.

PHOTO GALLERY 2022 BUBBLY & BRUNCH





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, how do I declutter?

One of the most popular sessions of our very well-attended Creating Your Forever Home series was on decluttering! It seems that many of us have way too much "stuff!"

There are many approaches. Here are a just a few tips:

- Choose a declutter partner for support who will not judge you.
- Peel back the layers – Tiny bites, set a timer for 15-20 min.
- Go Room-by-room, drawer-by-drawer, closet-by-closet.
- Or go by category, i.e., all clothing first, then books, etc.
- Set inventory limits... "How many socks do I absolutely need?"
- If you have forgotten you had the item, it has little or no value.
- Ask yourself... "Could someone else benefit from using this item right now instead of it sitting unused in this closet?"
- Tackle Sentimental Items Last. Photograph the items before you give them away. Digital memories take up less room.
- Give yourself breaks to alleviate "decision fatigue."
- Join us for our next series to learn much more about decluttering, i.e., where you can drop off your items. Learn how to safely age in place, as well!

Resources to Google

Marie Condo

Margarita Magnusson

The Minimal Mom

The Simplicity Habit

Cas Aarsen – "The Clutter Bug Philosophy"

Dana White

Cornell Cooperative Extension also offers decluttering workshops

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



Welcome to the first of three upcoming articles by a local speech-language pathologist whose practice aim is to help adults remain safe and independent at home. Brittany Peck Williams is the owner of BPeck Speech and Swallowing, a local, home-based, person-centered speech therapy practice.

Aging in Place: Speech Therapy's Role

Are you managing well in your home right now, but have started noticing trouble remembering your medications or keeping track of dates and appointments? Do you have concerns about being able to stay independent at home in the future?

Or are you caring for a parent or loved one at home, and have concerns about safely managing changes to their memory and communication long-term?

As we age, however, certain daily tasks do become more challenging, particularly for those with cognitive decline or diagnosis of dementia.

Dementia in itself is not a disease; it is a term for those who have impairment in the ability to remember important information, think, and perform daily activities requiring decision making, such as taking medications correctly or managing bills and finances. There are various types of dementia, with Alzheimer's dementia being the most common. According to the Center for Disease Control (CDC), in 2021 an estimated 6.2 million people age 65 and older have Alzheimer's disease in the United States, and that number is growing.

Those with dementia may have difficulty maintaining attention to conversation or a simple task, have bouts of forgetfulness and confusion, have difficulty making plans, and have difficulty following conversation or being able to tell other people what they need. In later stages, people may have personality changes, depression, and even difficulty eating and swallowing.

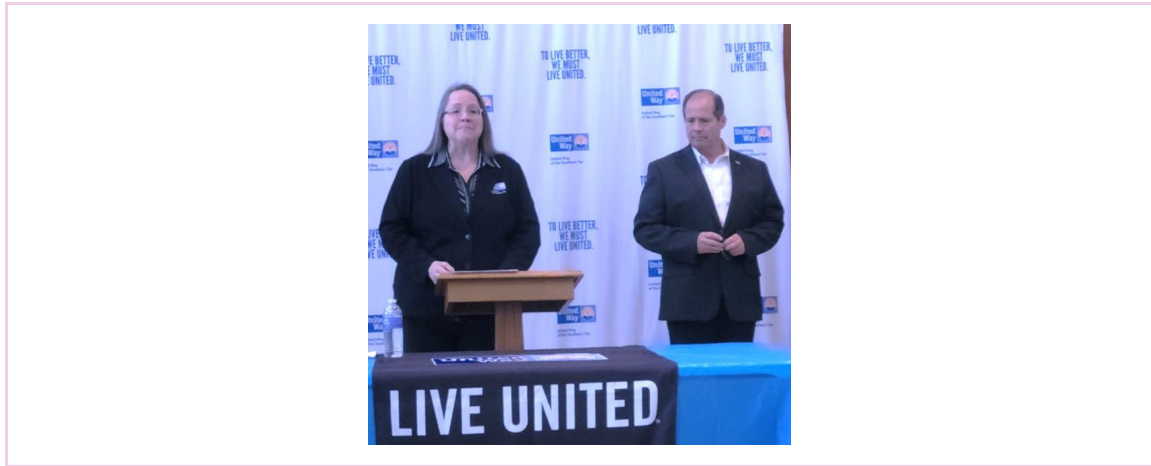
Though there is no cure for dementia, speech therapists can play an integral role in helping to keep you or your loved one safe and independent at home, whether through management of cognitive-communication changes (such as memory, attention, thought organization, word finding and communication) or management of swallowing safety.

Our main goal as therapists is to maintain you or your loved one's quality of life as long as possible.



Our sincere appreciation to the United Way of the Southern Tier for their recent investment in the Full Circle America program of SSSF from the Senior Supports Fund in the amount of \$36,375! Thanks to this support many seniors will be empowered to stay in their own home as they age. Pictured below are Barb Hubbell, Senior Director of Strategic

Initiatives (L) and Stephen Hughes, President and CEO of the United Way (R). A huge thank you to the United Way for their support of our older citizens!!



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