

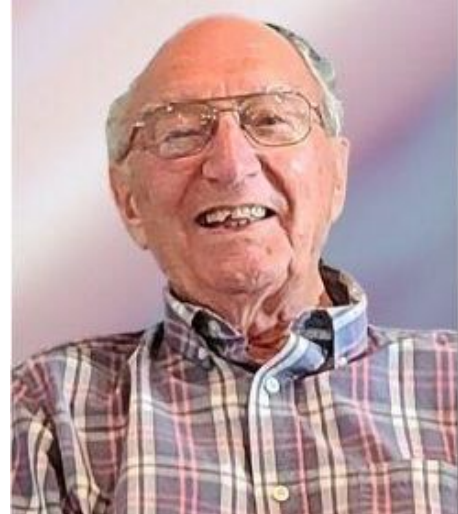


SSSF
Steuben Senior Services Fund, Inc.
Empowering Seniors to Age at Home



A FOND FAREWELL!

After decades of living and serving others in the Bath area, John Caputo and his wife Jan are retiring permanently to Surprise, Arizona. John has been a faithful member of the SSSF Board of Directors for 20 years and is planning on continuing by Zoom from Arizona. His other service is extensive, having volunteered for hospice, the Ombudsman program, RSVP, the Office for the Aging Advisory Council and the RSVP Advisory Council, to name but a few. Jan has also spent her retirement years here, working and serving others through the Advisory Councils of the Office for the Aging and RSVP, The Pregnancy Resource Center and as an Ombudsman. Both served their church communities well here in Bath and will no doubt do the same in their new church. Our very best wishes to John and Jan in this new adventure!



Thanks to the efforts of our Bubbly and Brunch committee headed up by Diane Marshall and Monique Page, this year's event was a HUGE success. Event founder Benita Nesbitt, along with her husband, David, served as honorary co-chairs. Mike Doyle of Pleasant Valley Wine Company donated the venue and complimentary refreshments, and brunch was served by Timber Stone Grill. Thousands of dollars' worth of donations were received from area businesses and individuals for our silent auction, including a special art auction, necklace raffle, and wine pull. Music by Shawn Makowiec of Walk the Wildside Entertainment was enjoyed by all.

A big note of gratitude to our sponsors including: Big D Restaurant of Bath, the Bath Lodge of Elks, the Bath Veterinary Hospital, Bishop and Johnson Funeral Home of Hornell, Hornell Loyal Order of Moose, Chemung Canal Trust Company, Community Bank NA of Bath, Community Investment Services, Inc.,

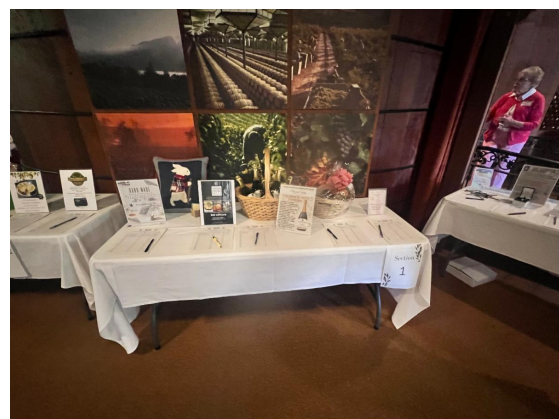
Christine & Rose Ann Ewanyk, Excellus BlueCross/BlueShield, James Flaws and Marcia Weber, Frey & Campbell, Inc. of Hammondsport, Antiques from the Hill of Lindley, Hufnagel Holdings, LLC, Diane Marshall & Terry Stutzman, Brian McDonald State Farm of Bath, Mercury Aircraft, Nesbitt Financial Services of Bath, Julie Rock, the Rose Family Farm of Hornell, the Ryan Insurance Agency of Hornell, Jani & Hildreth Volonts, the Law Office of Calvin D. Weaver of Hammondsport and West Lake Design of Hammondsport.

The final tally is in, and Bubbly & Brunch raised \$18,865 for services through SSSF and the Full Circle America Program, \$6034 above last year's total! Thank you to our attendees, volunteers, and all others who made this great event so successful. See you

next year.

PHOTO GALLERY 2023 BUBBLY & BRUNCH

--Courtesy of Krystal Watkins



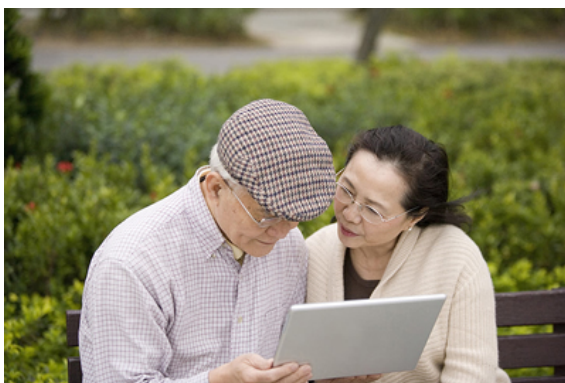


AGING IN PLACE REPORT

The local Aging in Place committees have been very busy over the last few months. The Wayne and Pulteney areas are concentrating on their next newsletter while QKA Aging in Place has been focused on their newsletter and also an LED light bulb exchange program.

The QKA Aging in Place program is partnering with NYSEG to create a light bulb exchange program for seniors in the Hammondsport school district. They are planning to not only offer energy efficient LED light bulbs, but also help seniors in need to change light bulbs within their home. The project is planning to roll out in late fall this year. Look for more information in their upcoming newsletter.

Additionally QKA Aging in Place received a \$10,000.00 grant from the Hammondsport Presbyterian church to help fund their activities related to seniors aging in place.



More on Brain Health and Staying Independent at Home

By Brittany Peck, Owner and Speech-Language Pathologist of BPeck Speech and Swallowing:

As we age, our bodies and brains age too.

Some mild changes to the brain are normal as we age: slower thinking speed, problems multitasking, mild decrease in ability to pay attention, slower to find words or think of names.

"Mild Cognitive Impairment" is cognitive decline that does not fully impact a person's ability to carry out daily tasks: forgetting things more often, missing appointments, trouble maintaining train of thought, difficulty following instructions or making decisions. Daily tasks become more difficult, or you

may need to start implementing strategies to stay on top of them, but you can otherwise still manage.

Dementia is typically diagnosed when this cognitive decline interferes with a person's daily activities: Memory loss, poor judgment, confusion, difficulty speaking and understanding, getting disoriented in familiar places, loss of interest in normal activities/events, impulsivity, problems with movement.

The good news is, we can do things to promote healthy brain aging:

Toolkit: things you can do at home

1. Use Memory Strategies:

- Keep a calendar that is big enough to write on clearly
- Make to-do lists
- Use post-its or a notepad by your phone
- Use reminders and/or alarms on your cell phone

2. Stimulate your Brain Every Day:

- Stay active in completing household tasks
- Do word puzzles or jigsaw puzzles
- Play cards with friends
- Stay social!
- Read

3. Eat a balanced diet: talk with your doctor for specifics, but foods like leafy greens, fatty fish, berries, and nuts can be beneficial to preventing brain decline.

4. Stay physically active! Walking, gardening, cleaning your home, going to exercise classes in your area, playing with your grandchildren, swimming...get creative!

If you are starting to notice changes that you feel are impacting your daily activities, or that you are needing more help to complete things that once came easily, talk to your doctor. And remember, if you don't use it, you lose it! Keep your brain and body active!



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 there a way to make sure my spouse does not exit the house when I am sleeping?

Lack of a good night's sleep can make a caregiver's day even more challenging. Many caregivers, myself included, sleep very poorly because we are always listening for any movement from the person for whom we are caring. "What if I do not hear him get up and he falls, or even goes out of the door of the house?" There are many products available to give caregivers greater peace of mind, especially when roaming becomes a worry.

- Inexpensive, low tech door alarms will sound if a door is opened. They can be turned off when the alarm is not needed.
- Some more expensive Smart sensors can send alerts to your Smart phone to notify you that someone has just opened the door, for example, RING makes one compatible with their app.
- Motion sensors that can be placed in beds, along hallways, by stairs, etc. will sound an alarm when someone is on the move.
- Having hearing difficulty yourself? Vibrating alarms can be placed underneath pillows to alert a caregiver to movement instead.

Start Googling and you will find a plethora of products available to help you get a better night's sleep! No prescription necessary! 😊

Keeping Upright in the Fall!

Leave cleaning the gutters to someone else!

Leaves can hide uneven walkways, so tread with caution.

Watch out for wet, slippery leaves outdoors, and on the bottom of your shoes when you enter the house.

Contact schools and church youth groups for help with your fall clean-up.

Has your second stair rail been installed yet?? 😊

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



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Contact Us

607-664-2298

STEUBEN SENIOR SERVICES FUND INC | 3 East Pulteney Square, Bath, NY 14810

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