



SSSF

Steuben Senior Services Fund, Inc.

Empowering Seniors to Age at Home



Dear Linda,



MEET FULL CIRCLE AMERICA MEMBER, JANNY KOSTER

It's remarkable when you get to meet and talk with our members about the truly exciting, impactful lives they have led. I have had the privilege of interviewing some amazing people, and none of them

more so than Janny Koster who recently joined Full Circle America.

Janny was born in what we call the Netherlands, "Nederland" as she would say. One of her earliest memories occurred in 1944 when she was only eleven years old. At the time the family was living in Arnhem, a city of over 100,000 on the banks of the Rhine. The Germans had been occupying the Netherlands since 1940, but their presence was barely noticeable. On that fateful day, she recalls a knock at the door of their home and a German soldier telling them to get out within 24 hours.

Janny's family did as the entire city did, and packed a suitcase each, but not before her father took the cheese from his basement business and gave it to their neighbors to sustain them on their journey away from the center of the war. Janny's family boarded their bicycles with their suitcases precariously tied to them and began a two-day trek northward to their uncles' farms. They thought they would be gone from their home for a few weeks; little did they know they would not return home for a year.

When the family went back home, they found their house and

neighborhood still standing, although much of the city had been heavily bombed. Although their home was intact, all of its contents had been stolen. Thankfully a family heirloom, an antique clock which her father had buried under the coal in their basement, was still there. Many years later, it is a prized possession, displayed proudly in Janny's home.

Over time, Janny's father rebuilt his business, Janny completed her schooling and eventually began her own career, teaching in San Diego, CA. Subsequently she was hired by the U. S. Department of Defense to teach upper elementary and junior high English to children of our soldiers who lived on American bases in Europe. This was a job that Janny loved, and it gave her the opportunity to travel all over Europe and North Africa and remain in frequent, in person contact with her parents.

Once Janny retired she visited her brother, a farmer in Prattsburgh and fell in love with the beauty of this area, as she relished the opportunity to be close to her family here. The Office for the Aging was fortunate as well, as Janny took the training her sister-in-law recommended to her to become an Ombudsman for our office. She remained in that position for nearly 20 years, dedicated to serving the older residents of a long-term-care facility in Steuben County in a way few others did.

Now, at the age of 88, Janny has lost her brothers, and her nieces are out of the area, so the contact she maintains with her family in the U. S. and the Netherlands through email is extremely important to her. Since she is unable to get out much, Janny places great value on the ProAction Home Delivered Meals program as it gives not only a meal, but the opportunity to speak to someone in person each day, Monday – Friday. Janny stated that it may be only 3-4 minutes of contact, but you can look in another's eyes and talk with them. What a gift that is to her.

Janny is also very pleased with being a part of Full Circle America. She thinks it is a fantastic program and that it gives her additional contact with the outside world and a security blanket should she fall. We are blessed to be able to give back to Janny what she so willingly gave to others through her 20 years of service with the Steuben County Office for the Aging.



YOU CAN DO THIS

Fact or fake? Sometimes tricky. Fortunately, the truth about health is simple, evidenced-based and eternal. Take the quiz:

1. Krispy Kreme or kiwi? (Yes, I do know which tastes better!)
2. Broccoli or Baby Ruth? (Except for Halloween!)
3. TV or...almost anything done standing up?
4. Playing the slots or pickleball?
5. Wasting time on your phone/internet or babysitting great grandkids?

Look at you—a perfect score!

The perfect plan for aging well is eating plants (ideally only) and exercising (at least 30 minutes daily). Seems too good to be true that a simple, obvious, ancient agenda can be such a radical advantage for a longer, livelier, lovelier life. If it sounds a little “10-Commandment-y,” well it is. Do’s and Don’ts exist everywhere, especially wellness and longevity.

Don’t smoke.

Don’t sit so much.

Don’t eat animal products or highly-processed junk food.

Don’t watch more than 1-2 hours of TV a day.

Don’t count calories or try fad/celebrity diets.

Don’t take supplements or vitamins unless prescribed.

Don’t drink—ever—sweetened beverages.

Don’t drink alcohol or no more than two a week, max.

Don’t be shy—ask your PCP what lifestyle changes will reduce or eliminate all the freaking meds.

Don’t be in denial—if/when you need Depends, get ‘em. When you need to relinquish the car keys, do it.

Don’t be so damn grumpy.

Do ‘old school’ social interaction with family and friends.

Do adopt a dog or cat from the shelter—or get a robotic pet from the OFA (when available).

Do volunteer-but, remember, better to be in the 5 or 10 K walkathon than passing out water bottles.

Do something new—yoga, Taiji, dancing, pickleball, massage,

meditation or Rubik's Cube (kidding!).

Do what your mother told you—play outside/eat your veggies.

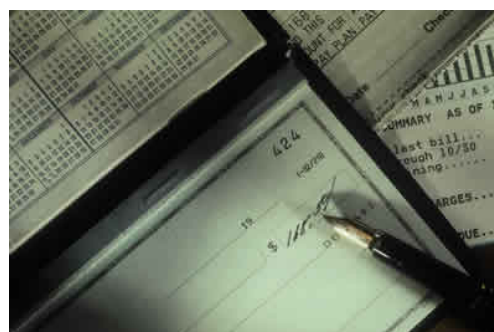
We have been sold a “bill of goods” (none good); conned by the booze, drug, food, supplement and “entertainment” industries. A good life is not being overweight, diabetic, disabled, medicated, and lonely. A good life is sober, strong, self-sufficient, slim, sexy, and smiling.

Let's be real—things are gonna get a lot weirder. If you really don't want to be a burden, time to man-up and put on big-girl panties. It ain't rocket science, but you can rock the science and be healthy, hopeful, and happy.

By: Joshua Goldman,
10-year Senior Forum
presenter on Aging Fabulously

2023 HONOR ROLL OF DONORS

The Board and Staff of SSSF gratefully recognize the many organizations, businesses and individuals who contributed to SSSF in 2023!



TO OUR GRAND BENEFACTORS--those individuals and organizations donating over \$10,000: James Flaws & Marcia Weber, the Hammondsport Presbyterian Church, Steuben County and the United Way of the Southern Tier.

TO OUR BENEFACTORS--those individuals and organizations giving \$4000 or more: James Kirk, and Gregg Learned.

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Finally, Daniel & Debra Hall, Janet Hallahan, Hands on Glass, Healing Path, Gary E. & Carole Herrlich, Heron Hill Winery, Horseheads Mill Street Market, Ileen Kaplan, Carol Kemp, William & Terry Kessler, Keuka Spring Winery, Keuka Watersports, Bill & Cathy Knobel, K-Rae Salon & Spa, Krooked Tusker Distillery, Joann Laverde, Long's Card & Book Store, Bill & Alise Mahr, Laura Mann, Market Street Brewing Co. & Restaurant, Stan & Kay Martin, Suzanne Miller, Thomas & Barbara O'Brien, Dr. Dennis & Mary Lou O'Connor, Pauletta O'Donnell, OFA Sunshine Club, Olney Place, Park Pharmacy, Charles & Shirle Parsons, Mary Passage, Pearl Nails by Marcia, Deloris Perkins, Luther Perkins, Pure Design, Purple Aster Art Glass Bead Jewelry, James Rahmlow, Rockwell Museum, Dr. Lester & Sheryl Rosenbloom, Sales by Estate of Mind, Joyce Schwartz, Angelo Siena, Shirley Shaddock, Ken & Pat Sherer, Cheryl Slatt, Marcia Smalt, Duncan & Audrey Springstead, Stained Glass Works, State Farm Corning, Steuben Brewing Company, Noel Sylvester, Davida Telehany, Thundering Hooves Tack Shop, Jim & Jane Trondsen, Twin Tiers Antiques Plaza, Valu Home Center, Bridget Bossart Van Otterloo, Vines & Barrels Wine & Liquor Warehouse, Vitrix, Daneen Wasssink, Bonnie Weber, Charles & Betty Wilson, Yates Cellars, Y-Knot Country Store & Eatery, and Kathryn Yowell.

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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**

Winter/Spring 2024



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, should I remain in my home?

This is a question that can only be answered by the person asking it and his/her family members! For some people who have planned in advance, "Never Moving" may be a perfectly viable and safe option!

Here are a few of the questions that we can ask ourselves (and answer honestly ☺) to help us come to the right decision:

1. What does my home provide for me emotionally and physically? Can I find those essential needs in an alternate location?
2. Can I continue to maintain my home? Do I have a plan and people who can help? Is downsizing an appealing option?
3. Can my home safely support me? Can I get in and out easily? Have I made modifications to reduce the possibility of falls?
4. How important is it for me to be socially engaged? Is living alone appealing or would I be better living with others? Should I be closer to family? Is living with a family member a perfectly viable option for all involved or will I feel like a burden?
5. Can I manage my activities of daily living, like bathing, preparing meals, etc. on my own? Do I have a plan in place to support me in these areas if I need help? What are my transportation options?
6. What can I financially afford? Can I afford to move to an alternate location? Can I afford to remain in my home?

Researching, planning and taking action in advance will help lead us to the right decision for us!

Take a First Step!

When we need help answering the questions to the left, these agencies below can provide unbiased information on services and options that are available to us:

Steuben Co. Office For the Aging
(607) 664-2298

NY Connects
(607) 664-2322

Steuben Senior Services Fund (Full Circle America)
(607) 664-2298

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



WELCOME KRYS

A warm welcome to Krystal Watkins, our new Full Circle America Coordinator/Aging in Place Coordinator. Krys comes to us from our local Office for the Aging Americorps Seniors Program where she served as the Volunteer Engagement Specialist and nearly twenty-five years as the coordinator of a family support program. Krys resides in Woodhull, NY with her family and is a member of the Community Church of Woodhull. Among her many interests Krys has a love for music and is a member of the Woodhull Community Band and Caledonian

Highlanders Pipe & Drum Band.

BUBBLY & BRUNCH

July 28, 2024

Mark your calendars for this year's Bubbly & Brunch, scheduled for July 28th from 11-2 at the Pleasant Valley Winery once again, thanks to Mike Doyle. The exciting news is that Timber Stone Restaurant and Grill will once again be catering our event, and the Winery Visitor's Center is completely air-conditioned! We look forward to seeing you at the 4th Bubbly & Brunch.



AGING IN PLACE NEWS

QKA Aging in Place

We are excited to announce that QKA Aging in Place Advisory Committee is once again offering our free Community Buffet Lunch for our 60 plus residents. It is a great opportunity for all of us to have a place to go, to be fed and gather as a community.

For the last 2 years we chose **Valentine's Day to hold our Brunch**, but due to time constraints this year we are doing an **Easter Brunch** to be held on March 26, 2024, from 11 am-1:30 pm at the Hammondsport Fire Department, 8521 NY-54, Hammondsport, NY. This event is free to any resident over 60 residing in the Hammondsport School District; all others are \$10.

We fed over 60 residents in our first year and 82 residents in our 2nd year. We are planning to feed between 100 to 120 residents this year. Please note: We are not taking RSVPs, so all walk-ins are welcomed as well. We are also planning a games and prize hour which has been very successful and lots of fun.

Cameron/Jasper/Troupsburg/Woodhull Aging in Place

Exciting news! The community of Woodhull is planning a Senior Safety Showcase, and while we are in the early stages of planning, the event will take place in mid-April. This event will feature the NYS Citizen Preparedness Corps whose goal is to teach residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. In addition to the NYS Citizen Preparedness Corp there will be several programs in attendance who will share information and resources. Additional information regarding the date and time will be available in the coming weeks. This event will be open to all residents of the area.

Happy 100th Birthday !!

Bertha McShane, Full Circle America member for the past four years, celebrated her 100th birthday this month. A party in her honor was held at the Main Place in Hornell with a large family contingent in attendance along with representatives of OFA and SSSF. Many family credited Full Circle America and the services of the Office for the Aging for Bertha being able to continue living in her own home. Congratulations Bertha!! We are

proud to be a part of your journey.



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607-664-2298

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