



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



Greetings!



□ **Companionship That Brightens Every Season**

By Linda M. Tetor

In a world that often moves too fast, it's the quiet acts of kindness that make the biggest impact. Emy Lou Snyder is one such beacon of compassion, dedicating 4–5 hours each week to serve as a Senior Companion to Janny Koster—a role that has blossomed into a cherished friendship.

Janny, who lives independently, shared how Emy Lou's visits have transformed her days. "She's

not just helping me get groceries or giving me rides," Janny said with a smile. "She's helping me feel connected again."

Together, they've turned everyday errands into joyful outings. From scenic drives to admire the fall foliage, peaceful walks at Mossy Bank Park, and lively afternoons at the Bath Senior Center filled with puzzles, laughter, and lunch, their time together is a celebration of life's simple pleasures.

Emy Lou's spirit of service is deeply rooted in her upbringing. She grew up on a farm in Bath, where hard work and community were part of daily life. As a stay-at-home mom, she raised three children while actively volunteering at their school and church. That commitment continues today—she still helps with church dinners, teaches Sunday School to children ages 5 to 10, and volunteers regularly at the Senior Center.

Janny feels very fortunate to have Emy Lou in her life. "She's getting me out of my loneliness," Janny shared. "Being with a person is such a joy—not just sitting around twiddling my thumbs. Now I have something to look forward to." In addition to Emy Lou's visits, Janny is also uplifted by Holly Mattus, an RSVP Wellness Ambassador, whose friendly visits and outings add even more brightness to her week.

Emy Lou is also the daughter-in-law of Don (Doc) Snyder, who played a pivotal role in the launch of Full Circle America in Steuben County. Over a decade ago, Doc Snyder introduced me to Dr. Allen Teel and his book *Aging & Invisible No More*, which describes the transformative impact Full Circle America can have on the lives of seniors. That moment marked the beginning of a movement in our community—one that continues to grow and thrive. Janny is proud to be a Full Circle America member herself.

Emy Lou reflected on the experience: "It's about more than just companionship—

it's about making sure someone feels seen, heard, and valued."

Programs like Senior Companions and Full Circle America remind us that aging at home doesn't have to mean aging alone. With a little time and a lot of heart, Emy Lou—and Holly—are helping Janny stay engaged, active, and joyful.

For more information on Full Circle America or the Senior Companion Program, please call SSSF at the Office for the Aging at **607-664-2298**.



Seven Healthy Habits

Want to become a member, in good standing, of the fastest-growing rockstar group in the world? If hell-yeah, keep on living!

Very old people – centenarians (100 & up) and super-centenarians (110 & up) are knocking it out of the park in study after study. All, repeat, all of which reveal the same habits for living longer and stronger.

You already know the “do’s and don’ts” of aging well and may be a caregiver for who someone who, let’s be nice, ignored them. The 4 horsemen of life-in-hell; tobacco, alcohol, obesity, and loneliness, kill. You may know them by other names; cardiovascular disease, stroke, diabetes, and dementia. They are, literally, poisons linked to virtually all disease, while not having a purpose is a major bummer in the golden years.

They *can* be golden. Most centenarians worldwide enjoy active, high-functioning, disease-free lives. Sometimes from growing up that way, but in the U.S. more often because of a desire (it’s never too late!) to regain capability and competence.

The virtues of “village” life are fast disappearing, even in rural China and low-income countries. But the lifestyle lessons still work in our screen-dominated, sedentary society. Most longevity plans rely on 7 behaviors to enable a protective, preventative path in ones 80’s, 90’s and beyond.

1 EAT PLANTS. The more, and more diverse, the better. Goodbye constipation. Don’t eat junk like highly processed products with salt, sugar, dyes, additives and chemicals. Don’t drink junk like soda, fruit juices, or energy drinks. Water works really well. No alcohol is ideal though one drink a day with a meal is safe.

2 MINDSET. Negativity or positivity is your choice. Though it is uncertain why negativity strongly correlates to unhealthy outcomes, it is proven that positive perceptions of aging are very predictive for late-age vitality and happiness.

3 SOCIALIZATION. Hang out with your homies. The word “community” is over-used to the point of being almost meaningless. People age 65 and older often report the best part of their life is happening NOW.

4 WALK. If you can, get out of the recliner, put down the remote, put on good walking shoes, and go. If you’re a mess, start slow and small, and stay with it. Walk the dog more. Walk with a friend. Walk 365 days a year. Consistency is way more important than speed or mileage. Healthcare providers silently evaluate mobility at your appointments. Doctors privately put it grimly, “the slower you walk, the faster you die.”

5 ROUTINE. Same old same old. Most healthy centenarians have a daily routine for eating, moving, socializing, and soooo important – sleeping.

6 ENVIRONMENT. There is so much you can’t change, but there are changes you can make. Get rid of your toxic cleaning supplies. Throw away junk food. Use a rake for leaves. Go to a club at the library. Say goodbye to the “boob tube;” 2 or more hours a day is

directly associated with deep mental decline and disability. Bring your home-bound neighbor a healthy meal.

7 Have a REASON TO LIVE. Playing with great grandkids, getting off some or all of your medications, volunteering, driving that disabled or isolated neighbor to an appointment or out for coffee, sharing a skill you've spent decades developing....

The key is ATTENTION. Intentions sound awesome but don't do squat for weight loss, smoke cessation, nicotine or alcohol addiction. Tell family and friends about "turning over a new leaf." Invite them to support or join you for a pleasant autumn walk, with a water bottle, after a satisfying, fiber-rich lunch.

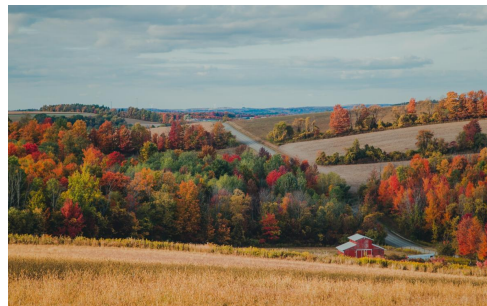
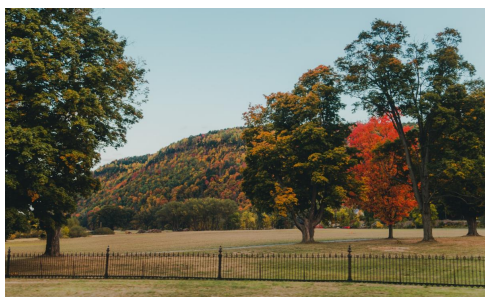
As sure as the house wins in Vegas, you will lose it if you don't use it. Employ a simple approach to eat better, walk daily, and get restorative sleep. It will sustain you as you reach the ninth or tenth decades while dramatically decreasing the risk of what kills. As the cliché goes, we can do this the easy way or the hard way. It's your choice.

--By Joshua Goldman



Bubbly & Brunch 2025

Wow, what an amazing celebration we had at SSSF's 5th annual Bubbly & Brunch! We are absolutely thrilled to announce that we raised over \$25,000 to empower our older adults in Steuben County to age in place with grace and dignity. A massive shoutout to all our incredible supporters, fabulous guests, and dedicated volunteers—your contributions truly make a world of difference.



Bridging Generations, Strengthening Steuben County Communities

In Steuben County, we believe a thriving community is one where every generation has a place at the table. Through Steuben Senior Services Fund (SSSF) and our Full Circle America (FCA) program, we've seen firsthand how meaningful intergenerational activities bring people together, nurture understanding, and strengthen the bonds that hold communities together.

Today, it's easy for generations to live side by side without truly connecting. Children and teens grow up surrounded by technology, while many older adults face isolation or reduced opportunities for social engagement. But when we bridge these divides through something as simple as an **Intergenerational Game Day**, shared learning experiences, or community service projects we create moments of genuine joy, mutual respect, and belonging.

For older adults, intergenerational activities bring renewed energy, laughter, and purpose. For younger generations, they offer priceless lessons in empathy, resilience, and local history. Together, these experiences foster friendships that dissolve stereotypes and build lasting community ties.

Research continues to show what our members already know: when generations interact, everyone benefits. Older adults report feeling more connected, safer, and happier, while youth gain confidence and a deeper appreciation for those who paved the way before them. These shared moments make our neighborhoods stronger, more compassionate, and better equipped to support residents at every stage of life.

As part of our **Aging in Place initiative**, SSSF continues to promote opportunities for people of all ages to come together celebrating the power of community, compassion, and connection. Events like our recent **Intergenerational Game Day** in partnership with the Steuben County Office for the Aging and the Community Church of Woodhull show that joy, learning, and friendship have no age limit.

LATOURNAMENT 2025

The 7th annual LaTournament golf outing raised an amazing \$4549 for the ProAction Home Delivered Meals Program, for a seven year total of \$25,624! Thanks to the Latour family for holding this most successful event to benefit the older adults of Steuben County. Pictured here from l-r are Gabe Smalt, Director of the Steuben County Office for the Aging, Linda M. Tetor of SSSF, Marianne Rosica-Brand, ProAction Associate Director, Woody Latour, and Jamie Hojnoski, Senior Nutrition Program Manager.



-
- 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!
-



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, I am afraid that I will have to give up gardening in the future. What are some options?

Many of us find solace in our gardens and in digging in the soil. Perhaps it is just an extension of our love of making mudpies as children?! ☺ Whether it is flowers or veggies, or maintaining beautiful bushes and a manicured lawn (which I have never managed to do!), there is something very satisfying about creating a beautiful environment to live in. Besides the positive effects of nurturing growth and new life, outdoor exercise is so good for the body and soul.

The questions I have asked myself...

1. Do I need a large number of plants to be happy or would fewer strategically placed plants in my line-of-sight satisfy me?
2. Can I design some beautiful raised beds that would be easier to manage, requiring lower physical effort and thus saving my back?
3. Are there watering devices or systems available to make tending the gardens easier and safer? (BTW, yes there are!)
4. Should I be removing hard to manage plants and bushes now before I can no longer maintain them, or is there someone I could hire to help with the work now and into the future?

Fall and winter are good seasons to ponder and create plans of action. If you find some great ideas, please do share them with me!

Things to remind ourselves...

1. Completing tasks quickly is no longer a necessity. Enjoy a slower pace! Take more frequent breaks.

2. There is absolutely no shame in asking for help! Ask friends & neighbors for names of people they hire and trust, or contact NY Connects 607-664-2322 for leads on service providers.

3. Dilemmas can lead to exciting creative problem-solving. Change can lead to exciting new possibilities!



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

Certified Aging in Place Specialists,
Mike Hurley of Gerould's Healthcare Center &
Sue Gruber of Forward-Thinking Home Solutions, present...

CREATING YOUR FOREVER HOME

Look at Your Home from a New Perspective!

Learn how to make it:

Safe, Functional, & Aesthetically Pleasing



Attend one or all of our **FREE** sessions

Fred & Harriett Taylor Mem. Library
21 William St.

Hammondsport, NY 14840

Seating is Limited!
Reserve Your Seat Today!
Call **607-569-2045**

Thursdays - 2:00 pm – 3:00 pm - Refreshments Served!

Session 1	Jan. 8	There's No Place Like Home! Why & How to Age in Place...Safely
Session 2	Jan. 15	It Starts at the Front Door! Exploring Entries, Steps, Thresholds...
Session 3	Jan. 22	User-Friendly Bathrooms! Showers, Tubs, Toilets, and more...
Session 4	Jan. 29	Kitchens & Laundry Rooms that Work! Retrofitting, Remodeling, Reorganizing...
Session 5	Feb. 5	Reclaim Your Freedom; De-Clutter! Understanding why, Learning how...

This Opportunity is Co-Sponsored by:
Steuben County Office for Aging & Steuben Senior Services Fund

If you are using Outlook and are having trouble viewing any part of this email, please click the following link or copy and paste it in your browser to resolve the problem:

<https://docs.microsoft.com/en-us/outlook/troubleshoot/message-body/https-linked-images-in-html-emails-show-red-x>

BOARD OF DIRECTORS

Patty Baroody, Donna Chiaramonte, Mary Daly EDD, Pat Finnerty, Diane Marshall, Andy Mazzella, Marcia Melnyk, Peter Robbins, Gabe Smalt, Grace Stewart, Joe Striano, Elisa Tobia, Hildreth Volonts, Wendy Winnett,

SSSF
Donate Now

and Mary Woollatt. Ex Officio: Stoner Horey, MD, and Ann Weiland. Executive Director, Linda M. Tetor and FCA Coordinator, Krystal Watkins.



Contact Us

607-664-2298

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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!