



SSSF

Steuben Senior Services Fund, Inc.

Empowering Seniors to Age at Home



Greetings!



Meet Kim Fenn: The Heart Behind the Technology

It is my sincere pleasure to introduce you to **Kim Fenn**, Medical Assistant and Operations Manager for Full Circle America (FCA), based in Damariscotta, Maine. Kim works closely with Dr. Allan Teel, founder of FCA, and with our local FCA Coordinator, Krystal Watkins, to ensure that the older adult members of our program are fully supported and satisfied with a service that empowers them to age safely and confidently in their own homes.

Kim first met Dr. Teel more than 30 years ago when he was her son's physician. Several years later, he shared his vision for a new model of care, one that combined cutting-edge technology, dedicated volunteers, and medical expertise to help older adults remain independent at home. Kim was immediately inspired and eager to be part of a project that would make a meaningful difference in people's lives.

At the time, Kim owned a graphic design business and began assisting Dr. Teel with marketing efforts, including brochures and website design. Over the years, her role evolved, and she gradually assumed increasing operational responsibilities within this growing and innovative program.

Born in New Mexico, Kim is the daughter of a U.S. Air Force serviceman and a mother whose family emigrated from Poland after escaping Nazi occupation. Her childhood included extensive travel before her family eventually settled in Maine, her father's birthplace, upon his retirement. Kim completed high school and later graduated from the University of Maine, where she met her husband of 40 years.

Together, they raised two sons along the beautiful Maine coastline, often spending treasured family time sailing and island hopping. Today, as her sons are grown, Kim's caregiving has come full circle. She now supports her parents, both in their eighties, visiting frequently to encourage her father's mobility and preparing meals twice a week.

In addition to her work with FCA, Kim and her husband recently launched a small business, Blue Earth Bags, creating grocery bags and handbags from recycled materials using solar energy. They also stay busy helping one of their sons remodel his home.

In her role with FCA, Kim assists with technology installations and camera placement, working closely with Krystal to ensure everything functions smoothly. If technical issues arise, she coordinates promptly with SSSF for follow-up. Perhaps most importantly, Kim regularly calls our Steuben County members, conversations they eagerly anticipate.

Members cherish the opportunity to share stories and memories, and Kim delights in bringing light, connection, and laughter into their days.

Kim's dedication, compassion, and steady leadership help make Full Circle America more than a program—it becomes a relationship.

Thank you, Kim, for the care, warmth, and commitment you bring to our members each and every day.

--by Linda M. Tetor

SAVE THE DATE

Sunday, July 26, 2026
11:00 AM - 2:00 PM

BUBBLY
& Brunch



Corning Museum of Glass
1 Museum Way
Corning, NY

Tickets \$75 per person

For more information, call **607-664-2298** or email: LTetor@SteubenCountyNY.gov

Celebrate with us by attending this fun-filled and lively event featuring a delicious brunch, wine pull, raffles, games and an exciting silent auction--all in support of our mission to help older adults age safely and independently at home. Tickets are pre-sale only.



Spring Is Calling A Gentle Return to the Garden

After months of winter chill, spring is slowly making its way back. We may still see a few brisk mornings, and the occasional mix of rain or snow may still remind us that winter isn't quite finished. Yet we know that gentle breezes and abundant sunshine are just around the corner.

With sunshine peeking through more often and the ground beginning to thaw, many of us are starting to glance out at our yards and gardens, imagining what's possible in the weeks ahead. Spring has a way of inviting us back outside to move, to breathe deeply, and to reconnect with the simple pleasures of tending to our own little corner of the world.

If you're feeling that urge to rake, trim, or plant, remember that early spring yardwork is best approached gently. After a winter of being indoors, our muscles and joints benefit from easing back into activity. Start small perhaps by picking up fallen branches or clearing light debris and working in short intervals. A little stretching before and after can make a big difference, and even in cooler temperatures, staying hydrated is important.

Spring weather can change quickly, so dressing in layers allows you to stay comfortable from chilly mornings to warmer afternoons. Be mindful of uneven or damp ground, as thawing soil and hidden winter debris can create slippery spots. Sturdy shoes with good traction and long-handled tools can help reduce strain and improve stability. When lifting or bending, remember to bend at your knees rather than your waist to protect your back.

For those who love gardening but prefer less physical strain, this season is also a great time to think creatively. Raised garden beds, container gardens on a porch or patio, and planting low-maintenance perennials can make yardwork more manageable while still bringing beauty and satisfaction. And sometimes, spring is a wonderful excuse to connect whether asking a family member for help with heavier tasks or sharing seedlings with a neighbor.

Beyond the work itself, spending time outdoors offers meaningful benefits. Fresh air and sunshine can lift our mood, increase vitamin D, and gently improve flexibility and mobility. Even sitting outside with a warm cup of coffee, listening to birds returning for the season, can feel restorative. A friendly wave across the yard or a short conversation at the mailbox reminds us that spring is also about community.

As the days grow longer and brighter, let this season be about renewal not just for your garden, but for yourself as well. Whether you're planting flowers, tidying garden beds, or simply enjoying the view from a sunny chair, spring invites us to move forward at our own pace.

Here's to warmer days, fresh beginnings, and the simple joy of being outdoors once again.

-- by Krystal Watkins

2025 HONOR ROLL OF DONORS

The Board and Staff of SSSF gratefully recognize the many organizations, businesses and individuals who contributed to SSSF in 2025!



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

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

TO OUR PATRONS--those businesses and individuals donating \$2000 or more: Corning Hospital/Guthrie, the Meade Foundation, the Pleasant Valley Wine Co., and Linda M. Teter.

TO OUR SUSTAINING MEMBERS--those businesses, organizations, and individuals giving \$1000 or more: Chemung Canal Trust Company, Patricia Finnerty, Eleanor Jones,

Diane Marshall & Terry Stutzman, Peter & Carol Robbins, Tom Snow & Karen Meriwether, and Jani & Hildreth Volonts.

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Steuben County RSVP Wellness Programs Staying Active, Connected, and Thriving

Across Steuben County, older adults are showing that wellness truly has no age limit. Steuben County RSVP Wellness Programs are committed to helping 60 (flexible) and older adults remain active, independent, and connected because good health is about far more than appointments and checkups. It's about movement, confidence, friendships, and purpose.



RSVP (Retired and Senior Volunteer Program) offers meaningful volunteer opportunities that keep both the body and mind engaged. Research continues to show that staying socially connected and involved supports heart health, strengthens cognitive function, and reduces feelings of isolation. Through RSVP, volunteers not only give back to their community they gain a renewed sense of belonging and fulfillment.

Wellness Programs also offer structured, evidence-based classes designed specifically to support healthy aging:

Bingocize[®] combines the fun of bingo with light exercise and health education. Participants enjoy gentle movement, laughter, and learning, all while strengthening muscles and improving balance.

A Matter of Balance is a nationally recognized program led by volunteers that helps reduce the fear of falling. Participants learn practical strategies to increase confidence, improve stability, and stay safely active in their daily lives.

Tai Chi offers slow, flowing movements that improve balance, flexibility, and strength while promoting relaxation and mindfulness. Often described as “meditation in motion,” Tai Chi is accessible for many ability levels and supports both physical and emotional well-being.

Bone Builders is an innovative program for seniors to stay fit and sharp. If you're worried about developing osteoporosis or taking a tumble, check out Bone Builders, a researched backed program designed at Tufts University. Its primary goal is to reduce the risk of osteoporosis in both men and women. Additionally, it teaches body mechanics to improve posture and prevent falls. By building muscle and preventing further bone deterioration, this program offers a comprehensive solution to seniors looking to stay healthy and sharp.

These programs not only promote mobility and fall prevention but also create opportunities for friendship and encouragement. Participants often say the social connections are just as valuable as the exercises themselves.

Whether you're looking to try something new, strengthen your body, meet new friends, or give back through volunteer service, the Steuben County RSVP Wellness Program welcomes you. There is something for everyone and it's never too late to take a positive step toward better health.

For more information about upcoming classes and volunteer opportunities, contact Steuben County RSVP office at 607.664.2298 and discover how you can stay active, connected, and thriving right here in our community.

Here's to healthy living, steady steps, and strong connections at every stage of life.

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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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Happy 103rd Birthday !!

Bertha McShane, Full Circle America member for over seven years, celebrated her 103rd birthday this past month. Bertha called us when she was 95 and asked to be a part of Full Circle America. Her son told us that Full Circle gives not only her but all the rest of her extended family a great deal of peace of mind knowing she has such a wonderful resource as Full Circle America. He stated that the services and companionship FCA has provided his mother are the primary reason she can stay in her home of 63 years. Congratulations Bertha!! You are an inspiration to all of us, and we are grateful to have walked this path with you.

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