

GOLDEN GLOW

Published by Schuyler County Office For the Aging and the Retired and Senior Volunteer Program

OFA

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**Transportation Requests:
(607) 535-7105**

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How amazing it is that we are ready to kick off a new year. It seems as though we just started 2006 and now we are moving into 2007! It has been a very busy year here at Office for the Aging with work on various programs and behind the scenes planning. We have seen some staffing changes as well as new implementation in some programming. We are very excited about the new Link-to-Life service that has begun through our EISEP program, the start-up of a Parkinson's Support Group in conjunction with RSVP, and the reinstating of the Caregiver Support Group. Also, we are now a National Voter Registration Site. This means that individuals age 60 and over, who meet the criteria, can register to vote while receiving services at Office for the Aging. We continue to work with a new data collection system that will help us track the services we provide and report back to the state in order to continue to receive funding for each program we provide.

Our goals for 2007 include:

- Increase transportation services throughout the county.
- Increase frequency and expand methods of advertising about OFA services.
- Establish a telephone reassurance program for lonely and isolated individuals age 60 and over.

- Increase service locations to outlying areas for HIICAP counseling, HEAP intake and other services as identified.
- Expand caregiver services by involving identified caregivers in targeted groups throughout the county.
- Study the potential use of supervision as Respite for the Caregiver program.
- Increase educational sessions on senior related topics to be held in various locations throughout the county.
- Increase the number of Golden Glow publications throughout the year from quarterly to bi-monthly as well as expanding the content.
- Expand the Health Promotions program to

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To Your Health

Anne's Words of Wisdom

Written by: Anne Heist, RD

You may have heard in the news recently that one of the major fast food restaurants, Kentucky Fried Chicken, will no longer fry chicken in oil containing trans fats. Why is there so much attention given to this announcement? Trans fat is similar to saturated fat which raises the bad cholesterol (LDL) and therefore increases the risk for coronary heart disease. Many restaurants currently use trans fat in frying because of flavor and stability of the oil.

Trans fat is made when hydrogen is added to vegetable oil turning it into solid fat. It appears in the list of ingredients on a food label as partially hydrogenated vegetable oil. Trans fats are found in fried foods, cookies, cakes, pastries, snack foods such as chips, margarine, and Crisco. In 2006, the Food and Drug Administration required trans fat be listed on food labels. Some products are available stating "no trans fat." Be careful, though, since any item containing less than a half gram of trans fat can be labeled no trans fat.

Emergency food supply - With the onset of colder weather, possibly bad road conditions or a power outage, it is a good time to think about having an emergency supply of non-perishable foods on hand. In your food supply, include canned foods (meats, fruit, vegetables), a manual can opener, cereals, powdered milk, peanut butter, crackers, bottled water, and a flashlight with working batteries. You may add other foods to this list, but make sure they are non-perishable.

HAPPY HOLIDAYS!

O-M Fitness Center Now Open; Accepting Applications

SENIOR CITIZEN DISCOUNT AVAILABLE

The Odessa-Montour Central School is offering their fitness center to the community. There is "state-of-the-art" fitness equipment ready to be used by its members. The equipment ranges from treadmills and stationary bikes to a large array of nautilus machines that focus on every major muscle component in your body. The Fitness center will be supervised by trained personnel in CPR and First Aid. They will also take time and introduce you to each machine. Hours will be posted monthly depending on the number of applicants. There is a family discount and also a **senior citizen discount**. For further information, please contact Tim Young at 594-3341 ext 2030.

To Your Health

Macular Degeneration

By Dr. Brian Bleiler, Optometrist

Aging brings challenges to our lives. Some challenges are exciting but others bring difficulties and leave us worried. Every week in my exam room I have at least one patient say, "whoever called these the Golden Years was clearly nuts." It's the difficult parts of aging that bring comments like that. In my field of practice it's the thought of living life visually impaired or even blind that causes people to be uneasy about their future.

There are many aging, degenerative changes of the eye that rob people of the ability to drive, read, recognize people in the store, and even live independently. The most common degenerative change of the eye to affect people over the age of sixty is Macular Degeneration. The macula is that part of the retina responsible for central vision, and visual acuity (how many letters you can read on an eye chart). Acuity loss can range from dropping just a couple of lines on the eye chart to only being able to count fingers on a hand twelve inches in front of your face.

Treatment options for Macular Degeneration have been largely unsatisfactory, with results that are difficult to predict. Lasers have been used for a long time to halt the progression of some forms of Macular Degeneration, for which it is quite effective. This treatment however leave the retina scarred with little change for the vision to improve. Newer forms of drugs have recently become available

that are injected into the eye to do the same work as the lasers, but with much less damage to the retina. In some people these treatments, if used early, have even resulted in improved acuity. This is clearly a step forward in the treatment of Macular Degeneration.

Lifestyle has also been shown to be important in not only treating Macular Degeneration, but also in possibly altering the development and progression of the disease. Habits such as smoking and drinking alcohol in excess are known risk factors for developing the disease. While on the other hand, a healthy diet rich in vegetables such as spinach and carrots is helpful to the retina. Antioxidant vitamins such as A, C, and E, and Lutein and Zeaxanthin have all been shown to reduce the potential for progression of Macular Degeneration. These nutrients can be found in multivitamin preparations at any pharmacy.

Once vision is lost however, low vision aids are available to help people continue to use their eyes to their best potential. Magnifiers, special reading glasses, even electronic video equipment can be used to regain lost visual activities. Practice and diligence is required to learn how to use these aids effectively.

Your eye care provider is best suited to direct you toward treatment options that may be most beneficial to you. There are agencies that exist in our community that are dedicated to helping individuals who are visually impaired. Losing vision is discouraging and difficult, but it doesn't need to be isolating. Ask for help. It's out there.

Office for the Aging

(Continued from page 1)

include a higher outreach to those in need of medication management services.

- Refine the client satisfaction survey process to continually measure the programs' effectiveness and need for growth and/or change.

At OFA, we welcome ideas and want to hear from you on what the needs and issues are for those age 60+ in our county. We ask that you help spread the word by referring family, friends and neighbors who may benefit from the various services offered. The following is a list and brief definition of each service area provided:

OFA Services:

Caregiver Program: In-Home Respite, Overnight Nursing Home Respite, Support Group, Information & Assistance, Counseling, Training, Case Management, Loan Library with books and videos, and Supplemental Services including equipment, transportation and other needs as identified.

EISEP or Expanded In-Home Services for the Elderly Program:

Personal Care Level 1: Includes making and changing beds, dusting and vacuuming rooms the client uses, light cleaning of kitchen, bedroom and bathroom, dishwashing, shopping for the client, laundry, ironing and mending as needed, preparing meals, paying bills and running other essential errands, escorting to appointments and community activities.

Personal Care Level 2: Includes all tasks listed under Level 1 as well as bathing the client in bed, the tub or shower, dressing, grooming, toileting, transferring to and from bed, chair or wheelchair, routine skin care, changing of simple dressings and assisting the client with medical supplies and equipment such as walkers and wheelchairs.

Adult Day Services: Includes social and health day care based on client need and availability of service (occurs outside Schuyler County).

PERS or Personal Emergency Response System: OFA has a contract with Link-to-Life to provide an electronic device which will alert appropriate persons of the need for immediate assistance in the event of an emergency situation within the client's home. A button is pushed on the neck pendant or wrist band that is worn by the client. Help is then summoned by the dispatcher who receives the signal.

Case Management: Provides assistance by Case Manager to gain access to and coordinate appropriate services, benefits and entitlements.

AARP Driver Safety Class: Provided by a volunteer as a NYS approved driver safety course. Upon successful completion of the course, the driver receives a certificate verifying the date and location the course was completed. The driver then presents the certificate to their insurance carrier for a discount on their premium.

Golden Glow: Newsletter for county residents who are identified as being 60 and over as well as for those providing services for the 60+ population. This is a joint effort by OFA and RSVP.

Health Promotions: Presentations and articles on health related topics, devices and minor equipment for medication management, and blood pressure clinics.

HEAP: OFA provides assistance with HEAP application completion, collection of documentation and processing of application to go to DSS for review and approval.

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Office for the Aging

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HIICAP or Health Insurance Information, Counseling and Assistance Program: Provides trained volunteer counselors to assist with billing disputes, Medicare issues, Part D sign-up, EPIC, Medicare Advantage plans, Private insurance, Retiree Coverage, Employer Insurance, Medicare Savings program and Medicaid eligibility.

Information & Assistance: OFA staff answer questions about issues for individuals age 60 and over. They also provide assistance in linking clients to services as needed.

Legal Services: Provision of legal advice, counseling and representation by an attorney as needed and approved under the guidelines of the program.

LTCIEOP or Long-Term Care Insurance Education and Outreach Program: Education and information about long-term care policies within New York State. Targets ages 45-65.

Nutrition Services: Includes the following:

Congregate Meal Sites in Montour Falls, Burdett and Tyrone. Currently a requested \$2.00 donation for those age 60 and over and a cost of \$2.50 per meal for guests under the age of 60.

Home Delivered Meals: For individuals age 60 and over who meet certain criteria as established by New York State Office for the Aging. This includes the inability to prepare one's own meals, inability to shop for groceries and/or inability to leave the home.

Grocery Bag Program: Provides groceries and menus for individuals who cannot shop for groceries but who can still prepare their own meals.

Blizzard Bags: Bag containing contents for 5 meals in the case of a weather event that precludes meals from being delivered to the home. All individuals on the Home Delivered Meal program

receive a Blizzard bag prior to the winter season. **Nutrition Counseling and Education:** A Registered Dietitian provides individual counseling as needed for clients involved in any of the meal programs. Educational topics are presented at the meal sites and in written format for the Home Delivered Meal clients.

Farmer's Market Coupons: Coupon booklets are distributed annually, usually in July or August, until booklets have run out. Each household must meet income guidelines to receive one (1) booklet per household. Coupons can be used to purchase fresh fruits and vegetables at the local farmer's markets.

Senior Center Recreation and Education: Programs include bingo, special events, parties, speakers on senior related topics, cards, and social outings.

Transportation: Provides rides, via an OFA van, to meal sites, social outings, local stores for shopping, the Arnot Mall, hair appointments and more. The van service, other than social outings, is intended for individuals who do not have transportation or who can no longer drive. Wheelchair transportation to medical appointments and for other needs is provided via our wheelchair lift van. Escort Services are provided through a contract with RSVP. Volunteers drive individuals to medical appointments, the pharmacy, therapy, and non-emergency hospital appointments.

Voter Registration: Clients are offered the opportunity to register to vote while receiving other services through OFA. OFA will mail the registration form to the Department of Voter Registration.

WRAP or Weatherization Referral and Packaging Program: Services provided for HEAP eligible individuals for home repair including roof replacement, some window replacement, insulation, caulking, weather stripping, furnace repair and health and safety issues.

Office for the Aging

Thank you!

Thank you to the following volunteers who helped in preparing the last Golden Glow for mailing:

Marge Bleiler, Jan Freese, Charlie Keach, Priscilla Kelly, Esther Lentz, Polly Mangus, Alice Powers, John Shuler, Mildred Shuler, Eloise Velie, and Alice States

If you would like to volunteer to help us with our next newsletter mailing, please call RSVP at 607-535-7105.

Caregiver Video Library:

- * "Know Your Rights"
- * "Keeping in Touch"
- * "The Gift & Grace of Being a Caregiver"
- * "Neighbors Helping Neighbors"
- * "Decisions to Be Made"
- * "Gifts of Aging"
- * "Dealing with Alzheimer's"

To borrow any of the above videos or for a full video listing or listing of printed material, please contact Shannon at Office for the Aging at 607-535-7108.

WELCOME to Gina Gasparro and Patti Sabatini!

Gina is the new Insurance Counseling Coordinator who started at OFA on November 13th. She most recently was working with Lifelong in Ithaca where she worked as a program assistant with HIICAP (Health Insurance Information, Counseling and Assistance Program). Gina has also worked as a Recreation Director, Program Director and Activities Director over the years. She holds a Bachelor's of Science degree from Ithaca College and is a Schuyler County resident.

Patti started at OFA on November 20th as an Account Clerk Keyboard Specialist. She was most recently employed with Murph's Business Services in Watkins Glen where she had been the Office Manager for the last 16 years. In addition to her full-time job, Patti held several part-time positions as bookkeeper for other businesses as well. She studied secretarial skills at Alfred State College and is also a Schuyler County resident.

Senior Safety Tips

It is hard to believe that winter will soon be upon us and with this are many safety concerns.

Electrical plugs should not be overloaded. Use smaller lights so circuits can handle the extra load. Extension cords should not be used to accommodate decorative lighting.

Candles should be in proper containers or holders so if they melt down they will self extinguish. Candles should not be near combustible products such as trees or decorations. Always make sure they are out when you leave home.

Don't block exits. Make sure you have two ways out in case of an emergency.

If you are handicapped have someone talk over emergency exit plans with you or contact your local fire department for help.

Have smoke alarms checked and install a carbon monoxide detector in your home. This is especially important if you have wood or coal stoves. Kerosene heaters can also be a source of carbon monoxide.

Have someone from your family help you do a safety check so your holidays may be safe and warm. Your local fire department is a good resource to assist you with your fire safety concerns. Feel free to contact them at their listed business number or call our office at 607-535-8200.

Please have a safe holiday season. Look forward to spring!

Schuyler County Emergency Management

Find us on the web at: <http://www.schuylercounty.us/911E.htm>

Caregivers Corner

Caregiving Tips for the Holiday

Referenced from: Iowa State University and Boone Council on Aging, December 2004

Holiday preparations can be overwhelming for caregivers and care receivers. Many caregivers wish to hold on to holiday traditions, but their old traditions don't always fit with new realities. Often, there seems to be an underlying sadness that surrounds the season with feelings of loss, change, or separation as you try to focus on the joys of the season.

As a caregiver, you do not need to dread the arrival of the holidays. There are ways you can still celebrate the season by making adjustments to improve your chance of having a safe and happy holiday for both you and the care receiver.

- Some caregivers suggest that you and the care receiver visit others so that you won't feel like you must entertain guests. Try to schedule visits during the time of day when the care receiver is at his/her best. Limit the number of visitors at one time and keep visits short.
- Talk to family and friends before they arrive. If the care receiver is confused, has trouble eating or has any behaviors that guests might not understand, explain the circumstances to them and tell them how to approach the situation.
- Suggest a potluck meal or ask guests to take

responsibility for preparing a meal. Make clean-up easy by using festive paper plates and cups.

- If guests ask what they can bring, suggest gifts that really will help -- frozen prepared foods, an IOU for caregiving that offers you respite time, a trip to the beauty or barber shop for your care receiver, or an offer to run specific errands.
- Include the care receiver in safe, manageable activities as much as possible. It will allow the care receiver to feel useful. However, don't force the person to participate if you sense resistance.
- Simplify your decorating; keep the decorations in one room or area. Move furniture as little as possible and watch out for extension cords.
- Give yourself permission to do only what you can reasonably manage. Minimize your stress by resisting the impulse or sense of obligation to do it all "perfectly." You can't do it all and care for someone, too. Find time for doing some holiday things that you like to do, even if it means getting someone else to spend time with the care receiver.
- Enjoy yourself, but watch for your own stress triggers. Share the care with other family members. Don't feel ashamed or guilty. Let others know how they can be helpful. They won't know your needs unless you tell them.

Caregivers Corner

My Care Recipient Won't Cooperate

Reprinted with permission from Denise M. Brown and Caregiving.com. Visit Caregiving.com for information and support throughout your caregiving journey.

Sometimes, uncooperative care recipients are just asserting their opinions. Listening to the gripes and complaints may improve your care recipient's disposition. And, if you listen to their gripes, you may learn some new approaches and solutions.

For instance, your care recipient gripes that her noon-time meal, delivered by Meals on Wheels, arrives cold every day. You may not want to hear this complaint; knowing that a Meals on Wheels volunteer delivers a noon-time meal to your care recipient lessens your guilt while you're at work. Thinking that your care recipient receives a cold meal just increases the guilt you feel! So, rather than acknowledging that your care recipient may have a justified complaint, you choose to downplay it: "Oh, Mom, you expect too much". Or, "Mom, it only costs \$2.50. What do you expect?"

Instead, try listening and accepting the gripe, then calling the agency to pass along the complaint. The agency probably can make some simple changes (perhaps a new volunteer forgets to include hot packs in the coolers that store the meals) that will greatly improve the experience your care recipient has with Meals on Wheels. What a benefit for both of you!

If a care recipient refuses help in the house, work to get a commitment to use in-home care on a trial basis. For instance, when your care recipient says: "I

will not have strangers in my house!". You might try this approach:

"Mom, I can understand your concerns about strangers in the house. I think you're wise to be skeptical that this will work. But, I also worry about you and want you to be safe at home. So, what if we try this: Let's try using a home health aide for a month. I'll be with you the first few times the aide comes. We'll have her come three days a week for four hours. I'll make sure you have a notebook and pen so you can jot down notes about the aide and how it's working out. I'll still call you every day, but we'll set aside Saturday mornings just to discuss the aide. So, I'll stop by to have coffee with you and we'll go over your notes. What do you say? Can we try this for a month and see how this works?"

It's important to get a commitment on a trial basis because often it's the springboard to a permanent commitment. And, it's helpful to know that you respect your care recipient's concerns and will listen to them. More importantly, if you take time to listen to your care recipient's complaints, you may be able to nip small problems before they become huge problems (and huge barriers to a permanent commitment). If, when you have your Saturday morning meeting, your care recipient shares complaints that concern you, you can contact the home care agency immediately on Monday morning to resolve them.

If in doubt when dealing with your care recipient, keep in mind these tips:

1. Listen for the meaning behind the words. Is your care recipient angry, sad, depressed? Love

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Caregivers Corner

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and fear are our two motivating emotions; most times, we act out of love or fear. It's easy to see actions from love. Actions from fear are trickier, though, because the fear can manifest itself in anger or guilt. And, those are very difficult emotions to deal with.

2. Once you've understood the message, then validate your care recipient's feelings ("It's absolutely understandable why you would so angry and upset, Mom. How can I help?"). Validating means you've heard your care recipient—and that's meeting a huge need. We all want to be heard.

3. Involve a third-party, a trusted professional or family friend, that can help mediate discussions with your care recipient. Physicians, lawyers and ministers or rabbis often can help smooth rough waters with your care recipient. And, bad news is often best delivered from a third-party, rather than from you.

4. You may feel that you wear a t-shirt with a bulls-eye, at which your care recipient is constantly taking aim. Take off the t-shirt! When discussions become verbally abusive, end the phone conversation, walk away, take a walk, escape to your room. Remember that the disease and illness (and sometimes the care recipient's disposition and circumstances) are to blame - not you.

5. Give back some control. Be sure your care recipient has some control over the decisions about care.

6. Show gratitude with words and action: Give your care recipient a hug and say, "Thank you for being such a trooper. It's great to be on the same team with you. Who knows what we can do together?"

FREE & FUN!

Shoe-Strings Indoor Walking Program

Where: Watkins Glen High School Field House

When: 3:00-4:30pm Daily
(when school is open and in session)

Contact RSVP at 535-7105
for more information!

Three old ladies were discussing the trials and tribulations of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand while standing in front of the refrigerator, and I can't remember whether I need to put it away or start making a sandwich." The second lady chimed in with, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down." The third one responded, "Well, ladies, I'm glad I don't have that problem, knock on wood," as she rapped her knuckles on the table and then said, "That must be the door, I'll get it!"



JANUARY 2007
National Eye Care Month

	1 NEW YEARS' DAY	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Martin Luther King, Jr. Day	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2007
American Heart Month; Black History Month

				1	2 GROUND-HOG DAY	3
4 SUPER BOWL SUNDAY	5	6	7	8	9	10
11	12	13	14 VALENTINE'S DAY	15	16	17
18	19 PRESIDENT'S DAY	20 FAT TUESDAY, Start of MARDI GRAS	21 ASH WEDNESDAY	22	23	24
25	26	27	28			

<p style="text-align: center;"><u>JANUARY BIRTHDAYS</u></p> <p>1 - Paul Revere Betsy Ross</p> <p>3 - J.R.R. Tolkien</p> <p>4 - Isaac Newton Louis Braille</p> <p>6 - Sherlock Holmes</p> <p>8 - Elvis Presley</p> <p>9 - Richard M. Nixon</p> <p>15 - Martin Luther King, Jr.</p> <p>17 - Benjamin Franklin</p> <p>27 - Lewis Carroll</p> <p>30 - Franklin D. Roosevelt</p> <p>31 - Jackie Robinson</p>	<p style="text-align: center;"><u>SPECIAL EVENTS</u></p> <p>1 - Lincoln signed the Emancipation Proclamation, 1863 Ellis Island Immigration Station opened, 1892</p> <p>7 - First Presidential election held, 1789</p> <p>12 - The Alamo, a Franciscan Mission, was built, 1722</p> <p>14 - Henry Ford introduced the assembly line, 1914 NBC's "Today Show" premiered, 1952</p> <p>15 - First Super Bowl held, 1967</p> <p>16 - United States Civil Service established, 1883 United States Prohibition began, 1920 "Hello Dolly!" opened on Broadway, 1964</p> <p>22 - United States Supreme Court's Roe vs. Wade decision, 1973</p> <p>23 - Gold was discovered in California, 1848 First United States Congressional Medal of Honor awarded, 1894</p> <p>24 - Charles Manson convicted of the 1969 Sharon Tate murder, 1971</p> <p>27 - End of the Military Draft announced, 1973 The Vietnam War ended, 1973</p> <p>28 - First telephone exchange opened, 1878 Space Shuttle "Challenger" exploded, 1986</p> <p>30 - Adolph Hitler becomes Chancellor of Germany, 1933 Mohandas Gandhi assassinated, 1948</p> <p>31 - 13th Amendment to the US Constitution, abolishing slavery submitted, 1865</p>
<p style="text-align: center;"><u>FEBRUARY BIRTHDAYS</u></p> <p>1 - Langston Hughes</p> <p>4 - Charles Lindbergh Rosa Parks</p> <p>5 - Hank Aaron</p> <p>6 - Babe Ruth Ronald Reagan</p> <p>7 - Charles Dickens Laura Ingalls Wilder</p> <p>12 - Abraham Lincoln</p> <p>15 - Susan B. Anthony</p> <p>22 - George Washington</p> <p>23 - George Frideric Handel</p> <p>26 - William "Buffalo Bill" Cody</p> <p>27 - Henry Wadsworth Longfellow</p>	<p style="text-align: center;"><u>SPECIAL EVENTS</u></p> <p>1 - Underground railroad established, 1838</p> <p>2 - National League of Professional Baseball Clubs was formed in New York, 1876</p> <p>4 - Patty Hearst was kidnapped, 1974</p> <p>6 - Monopoly board games goes on sale in stores, 1935</p> <p>7 - Boy Scouts of America incorporated, 1910</p> <p>9 - Hershey's Chocolate is founded, 1894 First Barbie dolls for sale, 1959</p> <p>15 - First adhesive postage stamps issued, 1842</p> <p>16 - Tomb of King Tutankhamen was unsealed in Egypt, 1923 The nation's 911 system went into effect, 1968 Fidel Castro became Premier of Cuba, 1959</p> <p>17 - First issue of Newsweek magazine published, 1933 President George Washington signed an act creating the United States Post Office, 1792 Astronaut John Glenn, became the first American to orbit the earth, 1962 The Washington Monument was dedicated, 1885 Frank Winfield Woolworth opened a 5-cent store in Utica, New York, 1879</p> <p>25 - Paper currency introduced in the US by Abraham Lincoln, 1862</p> <p>28 - Republican Party formed in Ripon, Wisconsin, 1854</p>



HELP NEEDED

Schuyler County Office for the Aging greatly appreciates and gratefully accepts any financial contributions to help off-set needs beyond available resources. Please clip and send this coupon along with your contribution payable to:

**Schuyler County OFA
P.O. Box 810
Montour Falls, NY 14865**

I would like my contribution to go to:

- | | |
|--|--|
| <input type="checkbox"/> Home Delivered Meals | <input type="checkbox"/> Medical Transportation Services |
| <input type="checkbox"/> Health Related Activities | <input type="checkbox"/> Where it is most needed |

Please DO NOT acknowledge my donation in the Golden Glow

Name _____

Address _____

Phone _____

MEMORIAL CONTRIBUTIONS

To make a gift in memory or honor of someone, please send your check, made payable to Schuyler County OFA, along with the name of the individual being recognized to:

**Schuyler County Office for the Aging
P.O. Box 810
Montour Falls, NY 14865**

Upon receipt of a (memorial) contribution, the Office for the Aging will send a letter acknowledging the donation to the individual being honored or to the family of the deceased.

We will also list donations in the subsequent Golden Glow.

RSVP

The Retired & Senior Volunteer Program

(607) 535-7105

(315) 694-1081

Tidbits by Beth . . .

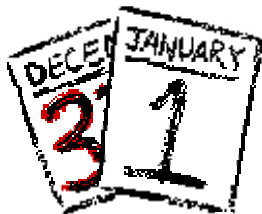
Beth MacIntyre Lisk, RSVP Director



Another year is nearly over. It's time for families and friends to gather for holiday celebrations and the New Year brings a sense of renewal...and those dreaded New Year "Resolutions".

RSVP is looking forward to its 34th year serving Schuyler County (22 years in Yates County). Our goal is to attract the large 'Baby Boomer' population with even more challenging flexible volunteer opportunities. We also are working to increase volunteer involvement by men. The current rate of male participation in our RSVP project stands at just 22%.

I am pleased to take this opportunity to thank Cornell Cooperative Extension (CCE) of Schuyler County for its on-going support, serving as RSVP's sponsor since 1973. CCE provides the administrative structure and technical support necessary for RSVP to operate. CCE also provides talented leadership and a team approach to creative program development and problem solving.



Speaking in behalf of the entire RSVP staff, I wish you all Happy Holidays and the very best in 2007!

~Beth

Welcome New and Reinstated Volunteers!

Dale Welker	James Preston
Raymond Welker	Robert DeYager
Herbert Goodman	Joyce Veil
Elaine Dahl (R)	Herman Veil
Don Quigley	Elsie Goodman
Darwin Hammond	Howard Fox
Alice Dinkins (R)	Mary Heinonen
Doris Morgan	Sidney Mann
Fran Chapman	Elizabeth Castner
Gretta N. Preston	

In Memoriam

Bertha Horan & Mary McDermott

RSVP extends its sympathy to the family and friends of these fine volunteers.

Attention Volunteers!



Don't forget to report your volunteer hours on an RSVP timesheet.

Presidential Awards are based on documented hours served.

RSVP is sponsored by Cornell Cooperative Extension of Schuyler County
An Equal Opportunity Employer

Find us on the web at: <http://www.cce.cornell.edu/schuyler/rsvp/>

Volunteer Opportunities –Call RSVP for further details

<i>Opportunities</i>	<i>Duties</i>	<i>County</i>	<i>Details</i>
First Aid Closet	Assist in the loan process of durable medical equipment to those in need of these items in their homes.	Yates	Orientation will be provided. Location of medical equipment is in Dresden, NY.
Volunteer Clown	Spread joy and laughter around Schuyler County.	Schuyler	Training by “Jangles the Clown” starts early 2007
HIICAP Volunteer Insurance Counselor	Assist and serve as counselor for individuals age 60 or older with their health insurance questions, eligibility and claims.	Schuyler & Yates	Should have good organizational skills. Familiarity with Medicare system is helpful but not required.
Library Aide	Assist at Library desk, check books in and out, maintain circulation records, shelving books, etc., possible involvement with special programs.	Schuyler	Hector’s E L Pert Memorial Library. Computer familiarity a plus but not necessary.
Meal Deliverer	Drivers needed to deliver meals to homebound individuals	Schuyler & Yates	Training and orientation provided by station.
Receptionist Literacy Volunteers	Yates Co. Literacy Volunteers needs receptionist for late February and all of March 07.	Yates	Orientation to be provided.

Janet's Lines

The spirit of giving.... that’s what the holidays are all about. Please join me in saluting some Yates Co. volunteers for the **First Aid Closet** who truly reflect that attitude. They have organized a *free* service to local residents in need of medical equipment, such as walkers, wheelchairs, commodes, and even hospital beds. Now they need more help, both volunteer and financial, as they hope to expand their storage space from a Sunday School room in a Dresden Church to more suitable quarters. Want to learn more? Call me at the RSVP Office (phone numbers above). Best wishes for a Happy New Year!

Consumer Tips . . .

*Office of the New York State Attorney General
and Triad of Schuyler County*

Travel Tips

Planning on flying off to visit your children or grandchildren, to a warmer climate for the winter, or just to visit some place you always wanted to visit? Many airline companies and travel agents offer discounted airline tickets if you purchase them over the internet. There are a number of different types of Web sites with information about travel services:

Searching for Fares: Some services allow consumers to search for fares using specific times and dates. The results can usually be sorted by such factors as airline preferences or lowest fare. Once the consumer is satisfied with the quoted fare, he or she can usually purchase the ticket directly from the Web site.

Name Your Price: Other services ask consumers to commit to a particular price and then allow the Web site to select the airline to fulfill the traveler's request. These sites may allow you to "name your own price," but require you to submit a credit card number at the time you register for the service. Although this may be a great way to save money, there are terms which usually accompany such purchases that consumers should read carefully before bidding:

Risks:

- Tickets are immediately purchased and charged to the consumer's credit card;
- Often tickets purchased through these services cannot be changed, transferred or canceled;
- The travel service may require that you be flexible about the date and time of your departure and arrival as well as whether the flight will require stops or connections, miles or upgrades;

- Tickets purchased may not be eligible for Frequent Flyer miles or upgrades; and
- Special in-flight needs, such as meals and boarding arrangements, may not be guaranteed.

Disclaimers: Many online travel services disclaim responsibility for overbooking, cancellation or delays, because they claim to only pass along information from airlines, hotels, and cruise lines.

E-Tickets: Tickets purchased online may be in the form of an "e-ticket," meaning that you will not receive a paper ticket in the mail prior to your trip. If you attempt to use your ticket to fly standby on another airline, they may require you to obtain a paper ticket from your original carrier.

Online Only: Consumers should be aware that discounted fares are often tied directly to online promotions and may not be available offline (i.e., on the phone or through a travel agent). In addition, some airlines may offer specials that are only available on their own company Web sites.

If you have any questions about making travel arrangements online, please call our office at 607-721-8771. And remember, if it sounds too good to be true, it is.

—By Dennis C. McCabe, Assistant Attorney General, Binghamton Regional Office



OFA SPECIAL DATES

January:

- 3rd - New Year's Dinner, Roast Pork with Dressing
- 4th - Bingo, 11am
- 18th - Bingo, 11am

Blood Pressure Dates To Be Announced

February:

- 1st - Bingo, 11am
- 14th - Cookie Decorating At All Meal Sites
- 14th - Valentine's Day Dinner, Chicken Breast
- 15th - Bingo, 11am

March:

- 1st - Bingo, 11am
- 15th - Bingo, 11am
- 29th - Bingo, 11am

Blood Pressure Dates To Be Announced

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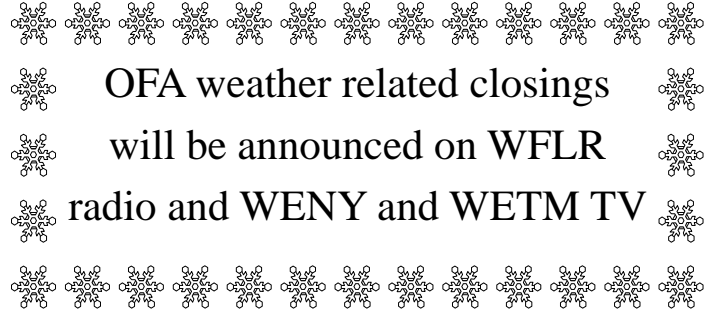
CLOSINGS

OFA will be closed on:

- * Monday, December 25 for Christmas
- * Monday, January 1 for New Year's Day.

RSVP will be closed on:

- * Monday, December 25 thru Monday, January 1 for the winter holidays.



The Golden Glow is a cooperative effort of OFA and RSVP. OFA is funded through: Federal Administration On Aging N.Y. State OFA, Schuyler County Legislature and participant contributions. RSVP is funded by: the Corporation for National and Community Service, Schuyler & Yates Counties, Schuyler and Yates United Ways, special grants and donations. RSVP is sponsored by Cornell Cooperative Extension of Schuyler County.
Jan/Feb 2007

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