

# GOLDEN GLOW

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

## OFA

336 West Main Street  
Montour Falls, NY 14865

**(607) 535-7108**

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Deputy Director, Sheila LaFever



## RSVP

208 W. Broadway  
Montour Falls, NY 14865

**(607) 535-7105 or  
(315) 694-1081**

Director, Beth MacIntyre Lisk

**Nutrition Reservations:  
(607) 535-7470**

**Schuyler Senior Citizen Club:  
(607) 535-8960**

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

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## DIRECTOR'S CORNER

BY TAMRE S. WAITE

As I write this, we are busy making plans for the move into our new Human Services Complex. As most of you have read or heard, Office for the Aging along with the Department of Social Services, the Youth Bureau, and Veteran's Administration as well as Head Start and Cooperative Extension, including RSVP, will be moving into the former Jamesway building. Our target move-in date is for October of this year. If you've driven by the building on Route 14, you can see all the work that has been occurring. There has been tremendous progress made, and we are anxiously awaiting the final product. Please know that we will keep you informed as we go along and hope to have our Golden Glow publications coincide with being able to announce the actual move-in date. Our phone number will remain the same but the new address will be provided to you at the

appropriate time.

Another busy area for us has been the development of a local point of entry system for long term care services. The NYS Office for the Aging is working in conjunction with the NYS Department of Health on this initiative. Locally, we have coordinated between the Youth Bureau, Public Health, OFA and DSS. The Youth Bureau, Probation Dept., Health Services, and Dept. of Social Services already had a collaborative program providing services to youth and families in Schuyler County through

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# Office for the Aging

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their “Families First.” OFA and long term care services have been added to that. We are now known as “Families First/NY Connects”, and we provide information and assistance for long term care services in addition to helping individuals and families locate and obtain the services they need. The mission of Families First is to provide a single point of entry for adults, youth and families in need of assistance where services will be prompt, efficient and user- friendly.

In regard to “NY Connects” and Long Term Care services, it is important to note that “Long Term Care refers to [medical](#) and non-medical [support services](#) needed to improve or maintain ones' health and/or daily function. Such services may be provided in individuals' homes or other [community-based](#) and residential settings. Consumers of long term care services include adults and children with disabilities and the elderly.” This covers from birth throughout the aging process.

“The envisioned comprehensive long term care system begins with a ‘Point of Entry’ (POE) in every County of the State providing easy access to information and assistance for consumers and their family members who are exploring available options or who are already receiving services through private payment, [New York State Office For The Aging programs](#), [Medicaid](#), or [Medicare](#).” Every county in NYS, except one, has a point of entry system with the name “NY Connects” in the title.

We are currently working on expanding

our comprehensive resource listing which will provide *unbiased* consumer choice as well as a road map for long term care services. If you need information on long term care services for Schuyler County, please contact “Families First/NY Connects” at 535-2710.

Have a happy and healthy summer, and please stop in and see us or call if you need anything in the way of in-home assistance, home repairs, home delivered meals, health insurance counseling, legal services, transportation, or respite services. We are here to help!

Be sure to check out the “concerts in the park” at LaFayette Park in Watkins Glen this summer. They are every Tuesday from 7-9pm starting June 19<sup>th</sup> through the month of August. The music is wonderful and best of all, it is FREE! Come have a meal with us at the Montour Falls or Burdett nutrition site and then head down to the concert. It makes for a great summer evening.

## ***Thank You!***

The following people graciously made monetary donations to the Office for the Aging and its programs:

Jim & Ellen Coleman - \$10

Polly Mangus - \$25

Anonymous - \$20

Anonymous - \$25

\$50 in memory of Harold M. Wood from his cousins, Robert Conley, Beverly & James Gleason, and Richard & Helen Conley.

# To Your Health

## *Anne's Words of Wisdom*

By: Anne Heist, RD

### **BEWARE OF NUTRITION MISINFORMATION**

**T**elevision, magazines, newspapers, and the radio have been major sources for nutrition information. They are our means for receiving the good word about nutrition. With more and more households using the internet, the source of reliable nutrition information can become even more of a problem. Internet misinformation can be alarming as concerned people begin forwarding false nutrition messages to everyone in their address book. People who use the internet for medical information must be cautioned that anyone online can call himself or herself an authority. False "authorities" are difficult to detect and eventually the media may take this information and report it as fact. This information can be confusing and contradictory. We then ask ourselves, "What should I believe?" Be wary of health claims and spending unnecessary dollars. Remember, if it is too good to be true, it probably isn't true. Look for well-established sources such as the American Dietetic Association, the American Heart Association, the American Diabetes Association, and the national Cancer Society. A registered dietitian can also help you identify reliable information.

## *Parkinson's Support Group*

**I**n lieu of a regular monthly meeting, the group will be holding a summer picnic.

**WHEN:** Thursday, July 19, 2007

**WHEN:** 12:30pm

**WHERE:** Pavilion #1, Havana Glen

Bring your own beverage, table service and a dish-to-pass.

The group is looking for new members. This is a perfect time to get to know individuals in the support group and a little about their meetings. Please call the Office for the Aging at 535-7108 for directions or with any questions.

The next meeting will take place in September. Watch for upcoming details.

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## *Caregivers Support Group*

**T**he next Caregivers Support Group meeting will be held on August 9, 2007 at 3:00pm at the Office for the Aging.

# Senior Safety

## *Thank you!*

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

Marge Bleiler, Alice Dinkins, Muriel Graeber, Charlie Keach, Polly Mangus, Nellie Munroe, Leona Sandusky, Alice States, and Ruth Wirth.

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.

## *Using Your Senses*

*\*\*Article in the NYSEG informational flyer entitled, "Natural Gas Pipeline Safety" sent with their billing.*

**A** natural gas leak is usually recognized by smell, sight, or sound. Remember, if you smell natural gas, get up, get out and call us immediately from a neighbor's phone.

**SMELL**>> Natural gas is colorless and odorless. For your safety, a distinctive, pungent odor, similar to rotten eggs is added so that you'll recognize it quickly. Not all transmission lines are odorized.

**SIGHT**>> You may see a white cloud, mist, fog, bubbles in standing water or blowing dust. You may also see vegetation that appears to be dead or dying for no apparent reason.

**SOUND**>> You may hear an unusual noise like roaring, hissing, or whistling.

If you suspect a leak, call from a neighbor's phone to 1-800-572-1121.

Remember, **DO NOT** smoke or operate electrical switches or appliances and **DO NOT** assume that someone else will report the condition.

## *Office Closings*

**T**he Office for the Aging will be closed on Wednesday, July 4 in observance of Independence Day.



## *Evening Meals*

**E**vening meals started Tuesday, May 29<sup>th</sup> and will continue every Tuesday at 4:30pm until Labor Day.

The suggested donation for meals for individuals age 60+ is \$2.50.

Guests are required to pay \$3.00 per meal.

# Senior Safety

## *When to use 911*

*By: Rick Churches, Schuyler Co. Emergency Mgmt. Office*

**T**his month we will talk about calling 911. There are important things to know when calling 911.

It is very important to know your address and phone number should you need call 911. Have it written down somewhere close to the phone. The dispatcher will need to verify the address in case of an emergency. Schuyler County does have enhanced 911 which displays the phone number and address but we need to make sure the information is correct. The first question dispatchers ask will be, “what is the address of your emergency?”

Use 911 in an emergency only. You should not be calling 911 to find out information. There are non-emergency numbers if you are asking for things other than an emergency.

What is a true emergency? The following will give you an idea:

Medical Emergencies are incidents where you or someone else needs immediate medical attention. These are situations, accidents or illness that are serious in nature and require outside assistance. If the situation is minor in nature and can be handled by going to the doctor’s office or emergency room, then 911 does not need to be called.

Fire alarms, hazardous conditions, wires down, smoke detector activation, things of this nature, 911 should be called.

Police issues of an immediate nature such as intruders, crimes in progress, car accidents, and domestic disputes all would be reason to call 911.

When in doubt call 911 and the dispatcher will assist you. You may be put on hold or your call may be transferred. We must not overload the 911 system with unnecessary calls. True emergencies are waiting to be answered, therefore making calls for general information such as; weather, road conditions or normal business purpose takes away from the need of someone with a real emergency.

When 911 is called, give the dispatcher information they are asking for. Stay on the line until they tell you to hang up. If you are unable to talk, call 911 and stay on the line, help will arrive. Do not hang up! If you unable to get out of the building, tell the dispatcher where you are so you can be located.

911 is there to help! If you need help call. Keep stickers on your phone for address and phone numbers. Any questions may be directed to the non-emergency numbers listed below.

<b>911</b>	<b><u>Fire / Police / Ambulance</u></b>
<b>535-8222</b>	<b><u>Non-Emergency number for dispatch</u></b>
<b>535-7121</b>	<b><u>Schuyler Hospital</u></b>
<b>535-8200</b>	<b><u>Schuyler County Emergency Management</u></b>

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

# Office for the Aging

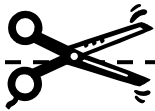
## *Annual Senior Dinner Dance*

We had a fabulous dinner dance on May 17<sup>th</sup>. Many thanks to all who attended and provided the positive feedback. Kudos to the kitchen staff who served a delicious pork tenderloin meal preceded by the invocation delivered by the Rev. Beverly Karr-Lyon. The Ed Clute quartet got everyone up and moving to some well known dance tunes which received rave reviews.

Congratulations to this year's **Senior of the Year: Jeannette Stephno!** We received many nominations and all deserve our thanks and respect for giving to the community in so many different ways. We are very blessed to be surrounded by all these caring, giving and devoted individuals.

This year marked the inception of the **Dr. Marjorie Norton HIICAP Volunteer Award** which was presented to **David Kunzmann**. Congratulations Dave and thank you for all your years of service in counseling individuals in regard to their health insurance needs! We were especially grateful and honored to have Dr. Jim Norton with us to help present the award.

We would like to take this opportunity to thank all the local businesses for their generous contributions in the way of door prizes and support of this annual event. We are looking forward to next year and an even bigger venue!



### ***HELP NEEDED***

Schuyler County Office for the Aging greatly appreciates and gratefully accepts any financial contributions to help off-set needs beyond available resources.

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 list all donations in the subsequent Golden Glow.

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:

- Home Delivered Meals
- Medical Transportation Services
- Health Related Activities
- Where it is most needed

Please **DO NOT** acknowledge my donation in the Golden Glow

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

Your Phone \_\_\_\_\_

In Memory of \_\_\_\_\_

# July & August Menus

*Call for reservations: 535-7108. Meals are served at 12:00pm except on Tuesdays which is 4:30pm. Sides are not listed below. Menus are subject to change.*

## JULY

**Monday, 7/2** - Beef and mushrooms/bun

**Tuesday, 7/3** - Tahitian chicken cutlet

**Wednesday, 7/4** - **CLOSED**

**Thursday, 7/5** - French beef patty

**Friday, 7/6** - Vegetable lasagna

**Monday, 7/9** - Shepherd's pie

**Tuesday, 7/10** - Ham slice/roll

**Wednesday, 7/11** - Lemon-garlic baked chicken

**Thursday, 7/12** - Chili con carne

**Friday, 7/13** - Baked fish w/ lemon & dill

**Monday, 7/16** - Chicken cutlet w/ savory sauce

**Tuesday, 7/17** - Open-face roast beef sandwich w/ gravy

**Wednesday, 7/18** - Pork cutlet w/ mushroom gravy

**Thursday, 7/19** - Chicken salad on lettuce

**Friday, 7/20** - Stuffed shells/sauce

**Monday, 7/23** - Scalloped potatoes & ham

**Tuesday, 7/24** - BBQ chicken/dinner roll

**Wednesday, 7/25** - Pasta w/ meat sauce

**Thursday, 7/26** - Zucchini quiche

**Friday, 7/27** - Seasoned beef patty

**Monday, 7/30** - Hamburger stroganoff

**Tuesday, 7/31** - Pork cutlet w/ sauerkraut

## AUGUST

**Wednesday, 8/1** - Macaroni and cheese

**Thursday, 8/2** - Roast beef salad

**Friday, 8/3** - Teriyaki chicken cutlet

**Monday, 8/6** - Beef and tomato goulash

**Tuesday, 8/7** - Hawaiian ham

**Wednesday, 8/8** - Swiss steak

**Thursday, 8/9** - **ANNUAL PICNIC**

BBQ chicken, baked beans, macaroni salad, juice and crackers/roll, dessert-to-pass

**Friday, 8/10** - Fish Kiev

**Monday, 8/13** - Chicken cutlet w/ honey mustard sauce on a bun

**Tuesday, 8/14** - Meatloaf w/ gravy

**Wednesday, 8/15** - Chicken parmesan w/ sauce

**Thursday, 8/16** - Pork cutlet/mushroom cutlet

**Friday, 8/17** - Tuna salad on lettuce

**Monday, 8/20** - Stuffed peppers/sauce

**Tuesday, 8/21** - Baked chicken/herb gravy

**Wednesday, 8/22** - Shaved roast beef w/ horseradish packet on a bun

**Thursday, 8/23** - Ham slice with lettuce potato salad

**Friday, 8/24** - Zucchini quiche

**Monday, 8/27** - Turkey divan

**Tuesday, 8/28** - Braised pork cutlet

**Wednesday, 8/29** - Chicken pasta salad

**Thursday, 8/30** - Seasoned beef patty on a bun

**Friday, 8/31** - Stuffed shells w/ sauce

*Tidbits by Beth . . .*

*Beth MacIntyre Lisk, RSVP Director*

**R**SVP will be moving its office to the former Jamesway structure this fall. Proud to be under the continuing sponsorship of Cornell Cooperative Extension since 1973, we are all looking forward to the move to our quarters at the new **Schuyler County Human Services Complex**.

Our new location will provide us with a more efficient office space with plenty of parking. The building will include similar security measures to those currently in place at the county office building in Watkins Glen. I have personal experience with the tragic events of October 1992 and encourage all volunteers and other community members to respect the need for security measures in a municipal setting.

We hope that being housed in the same complex as Head Start, Office for the Aging, and several other public agencies will result in more intergenerational programming and expanded opportunities for collaborations that enhance community services. Watch for more details about the move in the early fall.

On behalf of the RSVP staff and Cornell Cooperative Extension, we wish you an enjoyable and safe summer.



**Office Closing**

**R**SVP will be closed on Wednesday, July 4 in observance of Independence Day.

**W**elcome New and Reinstated Volunteers!

- |                     |                   |
|---------------------|-------------------|
| Waneta Nielson      | Elizabeth Johnson |
| Glenda Thompson     | Christine Updyke  |
| John Weichman       | Victor Sungaila   |
| John Q. Smith       | William Crain (R) |
| Clara Staples       | Margaret Kirch    |
| Ann Stephno         | Judy Beauchemin   |
| Bessie Bliss (R)    | Nitra Hillyer     |
| Susan Wojciechowski |                   |

*In Memoriam*

**Don Quigley**

*RSVP extends its sympathy to the family and friends of this fine volunteer.*

**Attention Volunteers!**



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

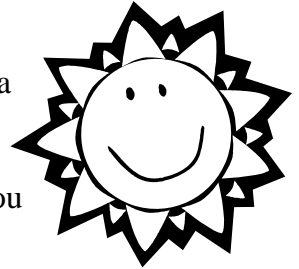
***Presidential Awards are based on documented hours served.***

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

*Janet's Lines*

Someone once said this about the benefits of volunteering. "Volunteering can be an exciting, growing, enjoyable experience. It is truly gratifying to serve a cause, practice one's ideals, work with people, solve problems, see benefits, and know one had a hand in them."

There may be as many reasons why YOU give YOUR time in volunteering as there are RSVP volunteers in Schuyler and Yates Counties, but whatever your reason, you are appreciated more than you know. A great big THANK YOU!



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***Volunteer Opportunities***  
***Call RSVP for further details!***

**Schuyler**

**Blood Bank, Red Cross  
Sullivan Trail Chapter**

Serve as Registration Coordinator, Canteen Server or Observer at local blood drives. Must complete Red Cross application for their files. **Urgent** need for volunteers for this assignment.

**Bone Builder Group Leaders**

Lead a small group of individuals age 55+ in a preventive exercise program, designed to strengthen bones and reduce the incidence of osteoporosis. Must be in good health with physician's permission to participate. Training provided in early fall, 2007

**Clerical, Schuyler Co. Public Health**

Assemble record packets for several different Public Health programs. Training and orientation provided by PH staff including confidentiality requirements.

**Ombudsman**

Serve as advocates for residents of local nursing and adult care homes. Upcoming mandatory training late Sept., early October 07.

**Reading Buddies**

Help struggling readers, grades K-3, this coming school year. Orientation and training at the start of school year, fall 2007; Reading Buddies volunteer at 5 area schools.

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**Yates**

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## *Your Stories*

*Written by: Karey Solomon*

Jean Hubsch of Tyrone has been an RSVP volunteer for about five years, but “I’ve realized I’ve been volunteering at something, most of my whole life,” she says. Starting with being a “Candy Stripper” (hospital volunteer) at 14, Jean says, “I always seem to be inclined to do it.” And volunteering has enriched her life.

Lately, many of her volunteer jobs have involved public speaking. Jean trained to present “Guarding Against Fraud” programs to help people prevent identity theft and other threats to financial security. She also trained in explaining disaster preparedness strategies and distributing “File of Life” materials.

The Triad program is basically an outcome of the September 11 tragedy, she says. “I think many of us thought, I wish there was something I could do to help, but what can I do? I’m not young, I can’t move rubble... This is to let people to be aware of how they can be prepared, not just for terrorism but also for natural disasters.”

After retiring from a career as an analytic chemist in Rochester, Jean spent part of her winters as an interpretive ranger for the U.S. Park Service, both as a seasonal ranger and as a

volunteer. “I’d take people on hikes, give talks and evening camp ground programs.” She worked at Carlsbad Caverns in New Mexico, Organ Pipe Cactus National Monument in Arizona, Gulf Islands National Seashore in Mississippi and Okefenokee National Wildlife Refuge in Georgia. “It was lots of fun. I just loved it,” she said.

Other volunteering includes work for the Schuyler County Historical Society where she serves the dual role of treasurer and member of the



Board of Trustees; a greeter at the Schuyler County Chamber of Commerce, and help with the Mustard Seed Ministries in Tyrone, a social ministry operating a food pantry and small thrift shop, among other good works. Jean is treasurer for that group as well. She’s also been an officer of the Lakes Association for Lamoka and Waneta Lakes.

In previous years, her hobbies included serious needlework, particularly embroidery. In the past year, her life got busier when she got married this December. Naturally, husband Bob De Yager is an RSVP volunteer too, working as a Reading Buddy at the Bradford School and helping energetically with Schuyler Historical Society projects.

Volunteering is a way of life for them both. “I like to be busy,” Jean says. “I don’t ever see myself retiring from volunteering.”

**Schuyler County Recognition Highlights**

*May 23, 2007*

**Congratulations to all Volunteers and Thank You!**



**Lifetime Award**

(4,000+ hours)

**Dorothy Huey**

**4,281 hours**

RSVP volunteer since 1990



(Pictured above, *l-r*) Lifetime award recipient Dorothy Huey with Beth Lisk and Tim O'Hearn



(Pictured above, *l-r*) Gold award recipients Jenny Gleason, Nancy Musser and Barbara Berghoff

**Gold Award**

(500+ hours in 2006)

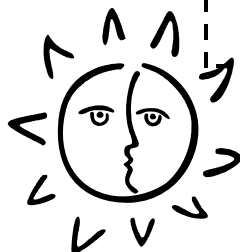
Barbara Berghoff - 1,204 hours

Kermit Bossard - 514 hours

Genevieve Gleason - 615 hours

Nancy Musser - 565 hours

Georgia Paladino - 568 hours



# Farmers Market Coupons



It's that time of year again! Stop in and see us to receive your coupon booklet. Eligible senior households will receive one (1) \$20 booklet of coupons which may be used from early July through November 15, 2007.

Coupons are intended for those lower income seniors who are most in need. The primary focus is to improve nutrition through the consumption of fresh fruits and vegetables.

**Please note this important change for this year:**

**Income eligibility:** Household income must be at or below 185% of Federal Poverty Level: 1-person household = \$1,574.00/mo income; 2-person household = \$2,110.00/mo; etc. This is different from past years when the HEAP income guidelines were used; therefore, a number of participants will no longer be eligible for the program. As always, those requesting the coupons must sign a self-attestation form indicating they are age and income-eligible.

PLACE LABEL HERE

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

Non-Profit Org.  
Bulk Rate  
U.S. Postage  
PAID  
Montour Falls, NY  
Permit No. 4

CORNELL COOPERATIVE EXTENSION  
Schuyler County  
208 Broadway  
Montour Falls, NY 14865