

GOLDEN GLOW

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

OFA

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(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*

By the time you read this, we will be operating out of our new offices. This has been a time of great excitement as we plan for new surroundings and a change in how we meet the needs of our senior population. Please know you are welcome to stop in and see the new office suite and dining area. We are very happy to show it off!

There will be an Open House for the public on Thursday, November 8th from 10:00am- 1:00pm and again from 6:00pm – 8:00pm. The ribbon cutting ceremony will begin at 10:00am. Following the ribbon cutting, there will be tours of the building after which you are welcome to join us for lunch. As a reminder, there is a requested donation of \$2.50 per meal for anyone age 60+ and a required fee of \$3.00 for any guest

under the age of 60 who might be attending with a senior. We hope you will be able to share in this day with us. If you need a ride, call our office at 535-7108 to schedule.

Part of our planning for the next year and into the next four years includes awareness of Emergency Preparedness. If you attended one of the Public Hearings in October, you heard some excellent advice from our local chapter of the American Red Cross as well as from Rick Churches who works in our Emergency Management office

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Office for the Aging

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here in Schuyler County. Rick and Bill Kennedy have been working with this office to create a plan for how Office for the Aging will assist in helping you be prepared as well as our role in the aftermath of an emergency or disaster situation. Please take some time to make plans for how you can stay safe during an event and have items in place for the aftermath as needed. Do you have clean drinking water on hand, a flashlight with working batteries, non-perishable food supplies, blankets, medications to last for

several days, a list of important contacts such as family members, and other needed items? If not, let us know. We may be able to assist you in this process.

Finally, I want to take this opportunity to thank all of you who participated in the phone survey that we conducted as part of a needs assessment for our senior population in the county. This information helps us to plan for the needs that are particular to Schuyler residents. We welcome your comments and feedback at any time. Thank you for helping us to help you!

Office Closings

The Office for the Aging will be closed on...



November 12 - Veterans Day

November 22 & 23 - Thanksgiving

December 25 - Christmas Day

Donations Needed

OF A is gratefully accepting monetary donations toward the purchase of greenery for the new dining room. Anyone wishing to assist in this project can make checks payable to: Schuyler County Office for the Aging and address to 323 Owego Street, Unit 7, Montour Falls, NY 14865. Thank you in advance for your consideration and help in making our new dining room attractive and welcoming.

The Caregivers Marketplace is the nation's only cash back (mail-in rebate) program geared specifically to the nation's 44 million family caregivers. This one-of-a-kind program is completely **free**, confidential and has no membership requirement. It provides **cash back** on eligible products used routinely by those who care for a loved one at home. Consumers can purchase eligible products (not typically covered by insurance or Medicare) and then submit an easy-to-complete cash back request form on brands, including: Ensure - Nutritional Supplements, Depend & Poise - Incontinences Care Products, Cottonelle - Toiletry Products.

Visit them on the web at www.caregiversmarketplace.com or call (800) 888-0889 for more information.

To Your Health & Senior Safety

Anne's Words of Wisdom

By: Anne Heist, RD

Baking Potatoes

Recently the Idaho Potato Commission released a new Idaho Potato Tips Brochure. Here are some tips for buying, storing, preparing, and cooking baking potatoes:

- Look for potatoes with clean, smooth, firm-textured skin that have no cuts, bruises or discoloration.
- Store potatoes in a cool, dry place, but never leave in the refrigerator. Refrigeration converts potato starch into sugar.
- Don't foil your potato...never bake your potato in aluminum foil. It traps the steam and actually boils, not bakes, your potato.
- To make the perfect baked potato, scrub it, pierce the skin two or three times with a fork, and place the potato directly on the oven rack, at 450F for about 50 to 60 minutes. It may take less time as it depends on the size of the potato.
- A 5.3 ounce potato has only 100 calories, 45% daily value of vitamin C, nearly twice the potassium as a banana, 3 grams of fiber, no fat and no cholesterol.
- The USDA included the potato on its list of top-20 most antioxidant-rich foods.

Home Heating Safety

By: Rick Churches, Schuyler Co.

Emergency Mgmt. Office

Sorry to say, but winter is just around the corner. It's time for us to think about closing the doors and turning up the heat. Please follow some of the following tips for a safe heating season.

- Have a professional inspect and clean your heating equipment before using. Also have your chimney checked and cleaned.
- If you have a fireplace, use a screen to keep sparks and rolling logs in the fireplace.
- If you burn wood, use only seasoned firewood. When ashes are removed, keep them in a metal container away from the house.
- All heating equipment need space free of any combustible items. Keep them well away from heating units; at least three feet.
- Kerosene heaters need the proper fuel recommended for the unit. Make sure there is an insulating mat between the heater and the floor. Never refill the heater inside or when it is hot or not vented properly.
- Electric heaters need to have cords checked for damage and that they are suited for the device. Don't operate heaters in bathrooms or where there is water in use. If fuses blow or circuit breakers trip when you start the heater then discontinue the use of the device. Don't dry or store objects on the device.
- Be sure to check on local regulations before purchasing portable heaters.

Let's have a fire safe heating season!
Any questions contact your local fire department
or this office.

Find us on the web at:

<http://www.schuylercounty.us/911E.htm>

Caregivers Corner

Thank you!

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

Alice Dinkins, Muriel Graeber, Charles Keach, Esther Lentz, Doris Morgan, Nellie Munroe, Alice Powers, Leona Sandusky, Alice States, Eloise Velie, Marge Wilhelm, Ruth Wirth.

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

Office for the Aging Caregiver Support Group

The Caregiver Support Group meeting scheduled for Thursday, November 8th has been **cancelled** due to the Open House at the new Schuyler County Human Services Complex.

However, the Alzheimer's Association of Rochester will be on-hand to provide informational materials for caregivers, as well as materials honoring National Family Caregiver Month. Please feel free to stop by and tour this amazing new facility.

10 Tips for Family Caregivers

Reference from the National Family Caregiver Association; www.nfcacares.org

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.
2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.
3. When people offer to help, **accept the offer** and suggest specific things that they can do.
4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.
5. There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.
6. **Trust your instincts.** Most of the time they'll lead you in the right direction.
7. Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back.**
8. Grieve for your losses, and then allow yourself to **dream new dreams.**
9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.
10. **Stand up for your rights** as a caregiver and a citizen.

Medicare

Medicare's Annual Coordinated Election Period is November 15-December 31, 2007. Now is the time to look at your prescription drug coverage and decide whether your current policy will meet your needs in 2008, or whether you would like to find another plan that may be better for you.

Your plan must send you an Annual Notice of Change by October 31, 2007. This letter should contain changes to the plan's benefits for 2008, including the formulary and monthly premium and/or deductible amounts. If EPIC is paying your monthly premium, you should also check that the plan's monthly premium for 2008 has not increased above the \$24.18 that EPIC will cover.

You (or a family member or friend) may find detailed information about plans available in our region and make comparisons according to your current drug regimen by accessing the Medicare Planfinder at www.medicare.gov. Need help? Trained HIICAP counselors are available at no charge. This confidential service is available by appointment only. Please call the Office for the Aging at 535-7108.

Caregivers Corner

How to Help Caregivers

Reference from: MayoClinic.com

Everybody says the same thing when a friend is going through a difficult time: "Let me know how I can help." But such offers are often difficult to accept — primarily because they're not specific.

It's much easier to accept concrete offers, such as:

- "I'm going to the grocery store. May I pick up a few things for you?"
- "I've got a couple of hours free tomorrow afternoon. May I sit in for you while you run a few errands?"
- "I made an extra big meatloaf so I could share it with you. I brought enough to last you for several meals."
- "Do you need some laundry done? I can come over today and do it. Or maybe I could help you sort medical bills, or do dishes."

Even a card or phone call means a lot.

Often visits are even better. Sometimes a caregiver just needs a little contact with the outside world. It's all too easy to become enmeshed in the duties required to care for a person with mental or physical impairments. Caregivers can feel trapped in their own house.

You may even want to arrange an outing, to give everyone a change of scenery. A picnic lunch at a park might be fun. If appropriate, try to include the care receiver in all conversations. He or she may not be able to participate, but may appreciate the attention. Caregivers also need the chance to just talk. A sympathetic ear is more valuable than you might realize. Don't expect to solve problems; just offer support.

Some people have a difficult time accepting help. They may believe they should do everything themselves. This attitude can be harmful not only to the caregiver, but also to the care receiver.

Signs and symptoms of caregiver stress include denial, anger, social withdrawal, anxiety, depression, exhaustion, sleeplessness, irritability and lack of concentration.

Be gently persistent in your offers of help. Remind caregivers that they can't take care of someone

else if they don't take good care of themselves first.



Caregivers Corner

Office for the Aging has partnered with the Montour Falls Memorial Library and the Watkins Glen Public Library, in conjunction with the Southern Tier Library System, to offer easy access to a wide array of materials dedicated to providing caregivers with education, information and support as they cope with the challenges of caregiving.

Check out these, and other great materials in the *Caregivers Corner* at the Montour Falls and Watkins Glen libraries:

“Eldercare 911 – Q & A” by Susan Beerman; paperback

“Understanding Alzheimer’s” by Leeza Gibbons; DVD

“Guide to Home Caregiving” by Angela Perry, MD; paperback

“Into the Mist: When Someone You Love Has Alzheimer's Disease” by Deborah Glover; paperback

“If Only I'd Had This Caregiving Book” by Maya Hennessey; paperback

By calling 739-8600, an individual can listen to the latest weather forecast from WENY TV. This is a recorded message and referred to as the “weather line”. Anyone who prefers to use the computer can go to www.weny.com and read the forecast on the home page.

If you surf the web for information, you might be interested in checking out the helpful sites listed below.

www.eldernet.com

A seniors' guide to health, housing, legal, financial, retirement, lifestyles, news and entertainment.

www.agenet.com

Look up information/topics on health, drugs, legal, insurance, financial, caregiver, housing and shopping. Find problem solving eldercare products at 888-405-4242 or by shopping online.

www.seniornet.org

Discussion & chat, learning centers, and courses available. Topics include technology, books & culture, health, money, recreation and volunteering. Easily enlarge the text and print items of interest.

www.seniorlink.com

Advisory services, case management, caregiver benefit & caregiver homes. The goal is to help seniors age with dignity and to live in the least restrictive environment. They have professionals

located in all 50 states. Read the “about us” page.

www.helpingpatients.org

Partnership Prescription Assistance program for patients, caregivers and medical personnel. This program helps those lacking Rx coverage to get the coverage they need. Many get their medications free or nearly free.

www.benefitscheckup.org

Apply for Medicare Rx Extra Help. Find & enroll in federal, state, local & private programs that help pay for Rx drugs, utility bills, meals, health care and other needs. Obtain applications & fact sheets for programs that cover Rx drug costs and health care costs.

www.aarp.org

Issues & elections, learning & technology, health, family/home & legal, money & work, travel, and fun & games plus much more about AARP.

<http://aging.state.us.ny>

New York State Office for the Aging web site. Aging issues; Health Insurance Information, Counseling and Assistance Program; senior housing; aging well; the Long Term Care ombudsman program; and the Senior Helpline as well as current NYSOFA issues and more.

www.drkoop.com

A variety of health information and articles.

Tidbits by Beth . . .

Beth MacIntyre Lisk, RSVP Director

By the time you read this newsletter, RSVP will have moved to its new location at the Schuyler County Human Services Complex in Montour Falls. Feel free to stop by to visit us. Also, watch the local media for information about an Open House for the entire complex to be held later this fall. As of this writing we still do not know if we will be able to retain the same phone number for Schuyler County volunteers but we'll keep you posted about that.

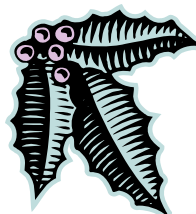
As usual, this fall has been extremely busy. RSVP Reading Buddies and Bone Builder group leaders have received orientation and training and are back on assignment. Over 115 people have expressed an interest in Bone Builder classes with 95 completing the enrollment process. There are now 15 trained RSVP volunteers serving as Bone Builder group leaders.

Our next big project is Tax Counseling Services for the Elderly and **we need volunteers!!** Tax volunteers receive extensive training and support. Please consider accepting this challenge. Call me at

We make a living by what we do,
but we make a life by what we give.
-Winston Churchill

Welcome New and Reinstated Volunteers!

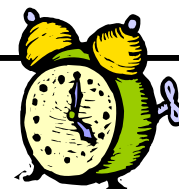
Jean MacAlpine Don Riley (R)
Fran Anderson Nancy Reuter
Gail Gittens



**Happy Holidays
from the
RSVP Staff**

*Beth Janet
Jen*

**Attention
Volunteers!**



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

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

RSVP is funded by the Corporation for National & Community Service, New York State, Schuyler & Yates Counties, United Way, Grants, Individual Contributions and the RSVP Advisory Council. RSVP is sponsored by Cornell Cooperative Extension of Schuyler County, which provides equal program and employment opportunities.

Janet's Lines

Back to school! It's the start of the school year, and Reading Buddies are back too, beginning the 11th year of our RSVP Buddy program! Since 1997, our program has expanded into 5 school districts in our two counties: Watkins Glen, Odessa/Montour, Bradford, Dundee, and Penn Yan. Congratulations to all of you who have served this program so well! You truly are making a difference in the lives of young students.



Volunteer Opportunities Call RSVP for further details!

<i>Opportunities</i>	<i>Duties</i>	<i>County</i>	<i>Details</i>
Income Tax Counselor	Assist older adults with federal and state income tax returns during the upcoming tax season; February-April 2008	Schuyler	Extensive training and ongoing support provided. Criminal screening required.
Smoke Alarm Installer	Install smoke alarms in private homes for Yates Co. Dept. Of Health.	Yates	Supervision and training provided. Must be capable of safely climbing a ladder.
Meal Delivery	Urgent need! There is an urgent need for volunteers to deliver meals to home-bound individuals in the Penn Yan/Dundee area. Please consider giving some of your time to this valuable service.	Yates	Usually 1-2 hours per day. Volunteer one day each week or more if you wish. Motor vehicle and criminal screening required.
Library Assistant Montour Falls Memorial Library	Assist in library operations, discharging and checking in library materials, answering questions of the public, re-shelving books and other related duties.	Schuyler	Orientation and training provided by library staff. M,T,W and F (10am-4pm); Thurs (1pm-7pm)
Packet Assembly Schuyler Co. Public Health	Assemble record packets for several different Public Health programs	Schuyler	Thursday mornings. All volunteers must sign confidentiality statement and abide by HIPPA protocol.

Your Stories

By: Karey Solomon

When Nancy Davis and Mike Mize made a list of their volunteer activities with RSVP in the past four years, it filled several pages.

“We’re very interesting people,” says Mike.

“Busy ones,” explains Nancy.

When they retired five years ago from professional careers at the Elmira Psychiatric Center, they spent a year building their house in Hector – and then started looking around for other things to do.

Both became members of the Citizen Corps, teaching disaster preparedness; they put in time at the Tourist Information Booth at the Glen, at the Elizabeth Beattie Pert Reading Center (Hector Library) and myriad other places, essentially helping out wherever there was a need, including with the RSVP Advisory Committee.

“It’s important to us to give back to the community,” Mike says.

And it’s also important, Nancy adds, for each person to find the right volunteer work among the many options available. “People who volunteer need to know there’s a lot of things out there,” she says. “You just have to find what’s right for you.”

Currently, Nancy’s favorite volunteer job is her work with the Ombudsman program, advocating for and addressing the concerns of people in long term care. “I love it. It uses skills from my background in nursing, psychiatry and administration,” she explains. “This has all the good things I missed about work. There are professional expectations and it’s a big commitment – but I set my own hours and schedules. It’s a wonderful and greatly needed program that gives me great satisfaction.”

She also volunteers at the Pert Reading Center, serves as Secretary for the VLH Fire Auxiliary, knits hats and mittens for Seneca Santa

and participates in Bone Builders.

Originally from Buffalo, Mike caught the volunteering spirit early, when he helped out at Cradle Beach Camp, a place for disadvantaged children who have a physical handicap. Mike’s brother was had a paralyzed arm and attended as a camper. A dietician and national reservist who served several tours with the military, most recently in the first Gulf War in Oman, Mike most likes being able to share his knowledge with others through lecturing on disaster preparedness, File of Life and fraud prevention. He’s been RSVP Chairperson and has just completed training with Southern Tier Hospice as a hospice volunteer. When he lived in Chemung County, he was part of the Master Gardener program there as well.

He and Nancy have used these skills to bring



a vineyard on their property back to fruitfulness – this harvest season they gave away more than a ton of Concord grapes from well-pampered vines. “It was fun to see people enjoy them,” Nancy says. They both love to garden and work outside. “Hobby or necessity?” Nancy asks. One of Mike’s many “tinkering” hobbies is grafting fruit trees. After tasting a delicately flavored apple brought back by a visitor to China, he began planning a new apple propagation project. He also restores short-wave radios and military surplus equipment. And together, they enjoy traveling.

Nancy and Mike say they were fortunate in being able to retire while still relatively young, in good health and with energy and skills to offer. With their many interests as well as a commitment to volunteering, they’ve had to work a little at finding a balance between all the activities they enjoy. “It took me a while to find out what was right for me among so many options,” Nancy says. “It’s okay to decline [the offer of a volunteer job] and to know your limits.” And then, when you’ve found the perfect volunteer work, “It’s a joy,” she says.



Bone Builder Update:

Fifteen RSVP volunteers are now serving as group leaders at 8 Bone Builder exercise sites. Leaders received training in Tuft's University's "Strong Women" curriculum during September and classes started in October. Bone Builder classes run from October to April and are located in Dundee, Hector, Montour Falls, Penn Yan, Tyrone and Watkins Glen. 95 participants are enrolled in the progressive strength training program designed to reduce the incidence of osteoporosis.

Background Screenings

Volunteer assignments involving work with members of vulnerable populations require a background check. Criminal and/or motor vehicle screenings are conducted only with the permission of the volunteer and are paid for by RSVP. The assignment description designates the need for a screening and all volunteers are treated equally and in accordance with the Volunteer Involvement Policy adopted by RSVP's sponsoring agency, Cornell Cooperative Extension of Schuyler County.

RSVP...YOUR INVITATION TO VOLUNTEER!

Office Closings

RSVP and Cornell Cooperative Extension's offices will be closed on the following dates...

November 12
Veterans Day

November 22 & 23
Thanksgiving

December 22 - January 1
Winter Holidays

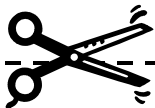
Wanted! **Tax Counselors!**



RSVP needs volunteers to assist with the "Tax Counseling for the Elderly" program this winter. Volunteers receive extensive training, support and guidance.

If you like a challenge and enjoy working with figures, please consider becoming an RSVP tax counselor.

Contact RSVP at (607) 535-7105



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 _____

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.

Nov/Dec 2007

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

CORNELL COOPERATIVE EXTENSION
Schuyler County
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