

GOLDEN GLOW

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

OFA

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RSVP

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(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 we head into 2008, I would like to take this time to review the services that are available to seniors in Schuyler County. Office for the Aging has a host of programs and services available to folks age 60 and over with a few exceptions for under age 60. Please take some time to read through the following and determine if there is a need we can help you with. Our hours of operation are Monday through Friday from 9:00am- 5:00pm. We are closed on holidays.

Nutrition Services:

Congregate Meal Sites: **Montour Falls** at the Human Services Complex, Monday through Friday. Meals are served at 11:45am.

Tyrone: Held at the United Methodist Church. Meals are served every Wednesday at Noon.

Burdett: Meals are served at Noon three or more days per week depending on attendance. Please

call first to be sure the site is open.

Monterey: Opened in December. Meals served Tuesdays at Noon at the Baptist Church.

Home Delivered Meals: Available to anyone age 60+ who is frail, disabled, unable to prepare their own meals or leave their home. Options include hot meals and/or frozen meals. We also have a grocery bag program for those unable to shop for food but who can still prepare their own meals.

Nutrition Counseling: Provided by a registered dietitian on a 1:1 basis for individuals receiving meals. Topics can include how to plan meals when living with diabetes and other diseases or complications.

Nutrition Education: Articles and presentations provided to group settings about nutrition concerns. Articles are also provided with home delivered meals.

In-Home Services:

EISEP or Expanded In-Home Services for the

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Elderly Program: This provides non-medical in-home services to individuals age 60+ who need assistance with every day activities such as bathing, dressing, grooming, laundry and house work. This program is income based, so clients may be required to pay a percentage of the cost of the services they receive,

PERS or Personal Emergency Response System:

This is the Link-to-Life service that provides a means for an individual to summon help in the event of a fall, chest pains or other emergency.

EISEP clients must cost-share on this service as well.

Caregiver Program: Services include a support group, 1:1 counseling, trainings, resource loan library and respite services. The resource library is available at the Office for the Aging as well as the Montour Falls and Watkins Glen libraries. Respite service includes an aide in the home to relieve the caregiver a few hours at a time as well as overnight nursing home respite in cases where the caregiver may need hospitalization or an extended leave for other reasons. Each case is managed according to the individual needs and circumstances. The Caregiver Program is targeted at individuals age 60+ caring for another individual, a caregiver caring for an individual age 60 or older, or a grandparent age 55 or older caring for a child age 18 or younger.

Phone Pal Program: Volunteers are paired with individuals who are isolated and/or homebound or who have little social contact. Volunteers call the individual at least weekly as a means of socialization.

Transportation:

OFA van service: Available to transport individuals age 60+ to one of the meal sites, for groceries, to the pharmacy, to visit a relative in a local nursing home or other needs as identified and approved. A wheelchair van is also available to transport individuals to medical appointments, hospital testing, therapy and other needs as identified and approved.

RIDE: Provided through an agreement with RSVP to utilize volunteers to take individuals to a medical appointment, therapy or for tests at a local hospital.

Health Insurance:

HIICAP or Health Insurance Information, Counseling and Assistance Program: The program Coordinator or trained counselors are available to assist individuals age 60+ with health insurance questions, Medicare, Medigap, Medicare Advantage Plans, EPIC, filing an insurance claim and dealing with paperwork, understanding billing procedures and assisting with Medicare fraud or abuse. This is by appointment. Please call 535-7108 to schedule.

LTCIEOP or Long Term Care Insurance Education and Outreach Program: This is to assist individuals in understanding and planning for future long term care needs. This program is targeted at educating individuals age 45-65 about long term care insurance.

Legal Services:

Provided to individuals age 60+ who need assistance with pension and Social Security issues, tenant issues, home repair fraud, financial

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Anne's Words of Wisdom

By: Anne Heist, RD

Store-bought soup: read labels for best nutritional buy!

Many of our participants use canned soup for one of their meals. In choosing a prepared soup, it is important to read the label. If you read labels, you can get nutritious soup that's also low in fat, calories, and possibly sodium.

Lentil, bean, and split pea soups are highest in fiber. Most canned, dried, frozen, and boxed soups contain more than 1,000 milligrams of sodium per cup. The recommendation for sodium is approximately 2400 mg per day. Look for reduced or low-sodium soups.

Soups containing meat, chicken, or shrimp may contain only a teaspoon or so. They may have a fair amount of pasta or tomatoes for fillers. Cream soups are usually rich in fat. These soups will contain from 6 to 12 grams of fat per cup. Low-fat soups, the soup should contain no more than 3 grams of fat per cup. Dried noodle soups often contain highly saturated palm oil or partially hydrogenated oil. Not only are they high in fat, they are also high in sodium.

Look for low-sodium, low-fat beef, chicken, or vegetable broth. For a fat-free stock, you can refrigerate the can or carton and remove the fat from the top before using. A quick minestrone soup can be made easily by combining broth, canned tomatoes, cooked pasta, fresh or frozen vegetables, and a few canned beans.

With the approach of winter weather, comes the possibility of not being able to deliver home-delivered meals. It is always good to have an emergency food supply on hand consisting of non-perishable foods such as canned foods (meats or tuna fish, vegetables, fruit, fruit juice), peanut butter, cereal, crackers, dried fruit, powdered milk, bottled water, a can opener, flashlight and batteries.

HAPPY HOLIDAYS !!

Anne Heist, RD

Grandparents' EDITH

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

It's hard to believe that the holidays will have come and gone by the time this is out. Hope all had a very safe season!

Fire safety continues to be a very important topic no matter what time of year. In our program at school we have the children do EDITH (Exit Drills In The Home) at this time of the year. In the third grade we have them do an escape plan other than their home. If you have your grandchildren over this would be a great thing for them to talk over with you.

You should have an escape plan that you use and it shouldn't take too much to include any guests you might have. Go over the primary and secondary exits and where the place is for you to meet. Test the smoke detectors and check exit doors and windows to be sure they are in working order.

Every year you see articles about fire injuries or deaths that are at grandparents' homes. It pays to take a few minutes to make sure everyone is familiar with fire escape plans.

Post telephone numbers for easy access in case of a medical emergency and you need to contact mom or dad.

Other things to be concerned about may include: making sure your cooking areas are free of dangers so children will not get burned (e.g. pulling pot handles or touching hot surfaces), also storing poisons out of the reach of children or locking them up, this includes medications.

It's always enjoyable having the grandchildren over for a stay so take a few minutes to make it a safe visit!

As always, if there are any questions please contact our office at 607-535-8200.

The Silver Spoon Café

The congregate meal program has a new name!! Thank you to all who submitted entries. The response was overwhelming and quite a pleasant surprise. There were 161 suggested names received. Two were selected as finalists and since the judges were split down the middle on the two, it was decided to blend the names. Congratulations to Lisa Harer (Youth Bureau employee) for her submission of "The Silver Spoon" and to Jeanne Johnson (Schuyler ARC employee) for her submission of "The Senior Café." The new program name is "The Silver Spoon Café." We hope you will all have the opportunity to come visit the new site. It is spacious, comfortable and very lovely.

Special thanks to Charlie Haeffner and the Odessa File (www.odessafile.com) for the use of the photo.



Jeanne Johnson (left) and Lisa Harer (right.)

Thank you!

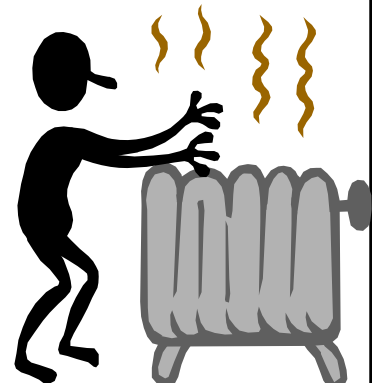
Thank you to the following volunteers who helped in preparing the last Golden Glow for mailing:

Phyllis Bailey,
Marjorie Bleiler,
Muriel Graeber,
Charles Keach,
Donald Kelly,
Priscilla Kelly,
Esther Lentz, Doris
Morgan, Nellie
Munroe, Leona
Sandusky, Clara
Staples, Alice States,
Ann Stephno, Eloise
Velie, and Ruth
Wirth.

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

HEAP

Please note that due to a change in structure at DSS, Office for the Aging is not handling HEAP applications this year. Anyone submitting an application will need to go through the Department of Social Services. You can visit them at the Human Services Complex at 323 Owego Street in Montour Falls.



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exploitation, nursing home and adult home issues, wills, health care proxies, power of attorney and transfer of property as well as other topics. This is by appointment only. Call 535-7108 to schedule.

WRAP:

Weatherization Referral and Assistance Program:

Available to individuals age 60+ who need help with weatherizing the home or home repairs such as a new roof. This program works in conjunction with other agencies such as Bishop Sheen, USDA, Schuyler Housing Opportunity Council (SHOC), NYSEG, Power Partners, American Red Cross and more. The Economic Opportunity Program is the contract agency that handles this service for OFA. Call 535-7108 to discuss your needs and receive a referral to the WRAP program.

Health Promotions:

Articles, speakers and medication management supplies are provided at no cost to individuals age 60+. Medication management supplies include but are not limited to pill boxes, pill splitters and crushers, eye drop guides and medication charts.

Senior Center Recreation & Education: Events and activities targeted at seniors age 60+, including, but not limited to, bingo, cards, games, exercise, line dancing and social outings.

We are very excited about being in the new building and having the extra room in which to provide services. With the expanded space, we are planning to increase what is offered in the

way of recreation and education to include sessions through BOCES Adult Education, use of the Catherine Valley Trail and more. If you have ideas, please call 535-7108 to share your thoughts. We are also planning to implement a shopping assistance program. This will be available to individuals age 60+ who cannot shop independently and may need someone to shop on their behalf. More info will follow in the next newsletter. Watch for upcoming additions to our program!

Office Closings



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

December 25 - Christmas Day
January 1st - New Year's Day

The RSVP office will be closed for the holidays from...

December 22 thru January 1st

Thank You!



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

Anonymous - \$500
Town of Orange - \$50
Pat Macnamara - \$10

Raising Grandchildren

The New York State Office for the Aging serves as a focal point for statewide technical assistance and advocacy on policy, program and resource development for supportive services to grandparents and other kin caring for children. To complement child welfare services and supports, the aging network has an emphasis on the health and well-being of informal and formal relative caregivers as they age in their custodial caregiving roles. The Office continues to maintain its webpage (www.aging.state.ny.us/caring/grandparents) with up-to-date information for kinship care families and addresses e-mail requests from across the country by individual grandparent caregivers and the organizations that serve them.

In 1992 the New York State Office for the Aging funded the Targeted Caregivers Initiative (TCI) to address the needs of isolated caregivers in New York State. By 1995, the presence of caregivers taking care of frail family members, and also raising young grandchildren, was becoming more apparent to local offices for the aging. The State Office for the Aging responded to this increasing number of grandparent caregivers by partnering with the New York City Department for the Aging Grandparent Resource Center to develop a curriculum for grandparent support groups. In 1996 the State Office was awarded a two-year "Relatives as Parents Program" (RAPP) grant from the Brookdale Foundation to enhance our Targeted Caregivers



Initiative.

Both programs respond to the needs of the rapidly growing number of relatives, primarily grandparents, who are the caregivers of children. Some 297,239 children in New York State are living in grandparent-headed households. There are another 111,806 children living in households headed by other relatives. Of the children living in households headed by grandparents or other relatives in New York State, 165,493 are living there without either parent present.

If you, or someone you know, is a grandparent or other older relative caring for a child, contact Shannon Slater at the Schuyler County Office for the Aging, 535-7108, to discuss the supportive services that may be available.

Did you know?

The AARP Foundation established a Grandparenting Program, whose primary goal is to ensure that grandparents and grandchildren have access to resources that strengthen their health, finances and family connections. This Grandparenting Program has recently introduced the Grandparent Information Center (GIC). This program provides information, referral and outreach for grandparents, including:

- Grandparents providing childcare for their grandchildren.

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- Grandparents raising grandchildren full-time.
- Grandparents who have problems with visiting their grandchildren. Grandparents who want to have a positive role in their grandchildren's lives.

The AARP Foundation Grandparent Information Center (GIC) offers:

- General information about raising grandchildren, including problems with visitation or legal matters.
- Access to the latest facts, figures, statistics and research related to grandparenting.
- Initiatives around work issues for grand families, benefits outreach and financial literacy.
- A searchable, online database that connects grandparents raising grandchildren and/or those seeking local supportive services and programs.
- "GrandCare News," a free quarterly newsletter for grandparents who are caring for their grandchildren and professionals who support them.

The Grandparent Information Center (GIC) also offers a highly informative web site (www.aarp.org/grandparents) devoted to providing information about the range of support services, benefits and policies grandparents need to fulfill their caregiving role. The AARP Foundation Grandparent Information Center can also be reached toll free at 1-888-OUR-AARP (1-888-687-2277).

Did you know?

On November 30, 2006 the New York State Office of Children and Family Services provided operational funding for the Kinship Navigator. The Kinship Navigator is a statewide program operated by the Catholic Family Center in Rochester, NY and is specifically designed to provide information and resources to kinship caregivers across all of New York State.

The NYS Kinship Navigator provides:

- Fact sheets on laws and resources
- Answers to frequently asked questions on kinship care
- County guides on kinship caregiving
- Forums for caretakers and service providers
- Access to a kinship specialist via a toll free phone number

The NYS Kinship Navigator answers questions regarding:

- Legal rights regarding custody and visitation
- Decision-making authority
- Access to official records
- Eligibility for public assistance, foster care, tax credits, childcare, and respite
- Other resources

Call the **NYS Kinship Navigator** at 1-877-454-6463 (toll free) or visit online at:

<http://www.nysnavigator.org/>

Winter Emergencies for Caregivers

Kee extra caregiving supplies (incontinence supplies, prescriptions and OTC medications, canned goods, frozen meals) and extra boredom-fighting supplies (books, videos, puzzles) on hand at your house and your care receiver's house.

Know the back-up plans of your home care agency and treatment providers (oxygen delivery, dialysis, wound care, etc...) in case of ice storms or other emergencies that threaten to interrupt service. In some instances, it may be prudent to discuss the safety of your care receiver during weather emergencies with his/her physician.

Advance planning with privately hired aides will be helpful in avoiding chaos during unexpected emergencies. Think about some scenarios that could occur and decide what steps you would want to take.

If you have family in the area and they regularly help, create a "tag team" system that you can use during a weather emergency. Determine which family member will stop at your care receiver's home, which family member is the back-up and how communication between the "tag team" will occur.

Create a space in your care recipient's house for your own personal supplies (a change of clothes, toiletries, medications) that you may need in case you must spend the night.

For more information visit:

www.caregiving.com/support/html/weather

Caregivers Must Set Limits

(Referenced from "In Support of Caregivers", Publication of the Caregivers Resource Center at the Tompkins County Office for the Aging, and www.caregiving.com)

Every family is different. Therefore, every family caregiving situation is different too. However, one thing that emerges from most family caregiving discussion is how hard it is for caregivers to set limits. Caregivers who defer to all requests, no matter how unreasonable, impose increasing burdens on themselves.

Why is it so hard to set limits?

Experts suggest that people give in to unreasonable demands because of feeling:

- Guilty at being healthy when their loved one is not;
- Totally responsible for keeping that person happy;
- Confused as to what are actually realistic or unrealistic expectations for a caregiver;
- Intimidated by the sick person's tears or expressions of anger;
- Fearful of losing the other person's love;
- Unwilling to put their own needs ahead of a person they love;
- Feeling compelled to make up to the person for past injustices, afraid family members or friends will see them as neglectful.

Caregivers commonly have unreasonable expectation that come from within themselves. To break out of unhealthy patterns of behavior, caregivers must first recognize when expectations

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are unreasonable. When that is hard to do on one's own, caregivers can benefit from conversations with other family caregivers who seem to have negotiated some balance in their lives. Support groups or meetings with a caregiver counselor may also be helpful in this process.

The goal

Caregiving will be a source of satisfaction to the degree the family caregiver is able to affirm without self-doubt that:

- I do the best I can about a situation,
- I have no need to compare myself with others,
- I treat my care receiver with the same respect I wish for myself,
- I am responsible "to" others, not "for" them,
- I choose how to respond to stressful situations and accept responsibility for the consequences.

ATTENTION HOMEOWNERS

Sheen Housing is offering a program for home repairs and accessibility modifications for eligible families, seniors and persons with disabilities. You may receive a home repair or accessibility grant at little or no cost to you if you own your own home and live there.

For an application or information, contact Sheen Housing at 585-657-4114.

Hearing and speech impaired customers may call the NYS relay number at 1-800-662-1220.

Accommodations for seniors and persons with disabilities can be made (ramps, showers, doorways, etc).

This program is funded by NYS AHC and USDA 533 and administered by Sheen Housing.

Bishop Sheen Ecumenical Housing Foundation, Inc. is an equal opportunity provider and employer.

Caregiver Support Group Meeting

Are you the primary caregiver for a spouse or loved one, and live in Schuyler County?
Would you like a place to share ideas, exchange information and receive support?

The **Schuyler County Office for the Aging**, 323 Owego Street, Montour Falls, invites you to attend our Caregiver Support Group meeting on
Thursday, January 10, 2008 from 3:00pm - 4:30pm.

Please contact Shannon Slater or Mark VanAlstin at **535-7108** if you are interested in attending this meeting or would like more information.

Refreshments will be provided!

Health Tips

With the winter months now here, we should all be prepared in the event the power goes out.

NYSEG suggests the following:

- Have flashlights and fresh batteries available.
- Have a battery operated radio.
- Store adequate supplies of water for drinking and for washing.
- Keep non-perishable food supplies on hand.
- If you or a family member relies on life-sustaining equipment, be sure that your power supplier has this information.

If your power is interrupted:

- Check with your neighbors to see if their power is out. If it isn't, double check your circuit breakers or fuse box.
- Listen to a battery powered radio for updates.
- Turn off or unplug major appliances and sensitive electronic equipment.
- Leave a light turned on so you will know when power is restored.
- Avoid "peeking" into your refrigerator or freezer to help extend the length of time food will keep.

If utilizing a generator:

- Operate your generator outdoors in a clean, dry, well-ventilated area.
- Make sure all electrical connections comply with the National Electric Code.
- **NEVER** connect a generator to an existing wiring system without an automatic transfer switch.
- **NEVER** overload your generator with too many appliances.

By complying with the safety tips above, you can help keep yourself, your family members and your neighbors out of harm's way. If you need assistance in obtaining a flashlight, radio and or

batteries, please contact the Office for the Aging at 535-7108.

Another important topic to focus on in keeping you healthy this winter is preventing the spread of germs. We all know that this is the time of year when colds are prevalent. If you use a shopping cart or basket when in the store, eat out in a restaurant, use a public bathroom, sit next to others at social events or exchange money at the bank or while shopping, you are at risk for acquiring an upper respiratory infection. Here are some tips to employ.

- Wash your hands often and well. Scrub your hands vigorously with soap and water for at least 15 seconds (about as long as it takes to recite the alphabet). If soap and water are not available, use an alcohol-based hand gel. These come in convenient travel size containers so are easy to carry in a purse or pocket.
- Cover your mouth and nose when sneezing or coughing. Germs can travel as far as 3 feet! It is best to use a hankie, tissue or crook of your elbow. If you sneeze or cough into your hand, wash your hands immediately. If you do not, the germs on your hands will be transferred to whatever you touch and can live there for up to 2 hours or more. This means that the next person who touches the doorknob or other surfaces after you are at risk of inheriting your germs.
- Avoid touching your eyes, nose or mouth. Germs can travel easily through the mucous membranes.
- Stay home when you are sick and see your health care provider as needed.
- Eat right, get adequate sleep and exercise regularly to help keep your immune system strong and stable. Chair exercises are beneficial if you are unable to stand to exercise or to walk.
- Did you get your flu shot this year?? Very important! If you need a ride to a doctor's office for this, please contact RSVP at 535-7105 to arrange for transportation.

Here's to a healthy and safe 2008!

January is

National Glaucoma Awareness Month

Glaucoma is the leading cause of preventable blindness, and in the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost. Everyone, from infants to seniors is vulnerable. Moreover, among African-American and Hispanic populations, glaucoma is the leading cause of blindness. The most common type of glaucoma—primary open angle glaucoma—is hereditary; so if you do have glaucoma, don't keep it a secret. Let your family members know they are at increased risk. The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

February is

Age Related Macular Degeneration and Low Vision Awareness Month

Age-related macular degeneration is a chronic eye disease associated with aging that gradually destroys sharp, central vision. It is the leading cause of legal blindness and vision impairment in Americans age 65 and older. Macular degeneration affects the central vision, but not the peripheral vision - therefore, it doesn't cause total blindness. The progression of AMD can be slow or rapid, but the deterioration of central vision generally occurs over a period of a few years. Pain is not associated with AMD. Although the exact cause of macular degeneration is unknown, several studies have shown the following individuals may be at risk:

- People with hypertension

- People who smoke
- People with a family history of AMD

Early detection and treatment is the best defense against losing your vision. If you are at risk for macular degeneration, see your eye doctor for a complete eye exam at least every one to two years.

Help Your Grandchildren Escape Lead Poisoning

As parents and grandparents, our main concern is for the safety and welfare of our children. One of the things we can do is to prevent the effects of lead poisoning on growing children. Even low levels of lead in the body can cause harm. That's why it is so important for children to be tested at the ages of 12 months and 24 months. Ask if your grandchildren have been tested.

High lead levels can cause learning disabilities, attention deficit disorder and decreased intelligence as well as speech, language and behavior problems. It can also cause poor muscle coordination, decreased bone growth and hearing damage.

Lead gets into the body through the soil and in the air. Paint that was made on or before 1978 contained lead. If the surface is disturbed, the dust is sent into the air and breathed in. Also, some children will eat paint chips or put their hands in their mouths when they are dirty.

Remember to wash the child's hands before every meal and at bedtime. Give them frequent, healthy snacks. Lead is absorbed faster in an empty stomach. Keep your house clean, especially surfaces such as windowsills and floors.

For more information, a booklet entitled "Protect Your Family From Lead in Your Home" is available by calling the Schuyler County Health Department at 535-8140.

Tidbits by Beth . . .

Beth MacIntyre Lisk, RSVP Director

This fall has truly been a time of challenge for RSVP. While we are pleased with the new work environment, moving is always a bit disorienting; it interrupts the normal flow of work and requires adapting to new ways of doing things.

In addition, as many of you already know, our cherished RSVP employee, Janet Ribauda has been seriously ill. Happily, the most recent news has been more positive and encouraging. We've also missed our treasured office volunteer, Jenny Gleason, who is now doing well after knee replacement surgery.

We extend our appreciation to all those who have expressed support and concern and thank those who have helped us meet our program goals at this difficult time. As Robin Travis, the Cooperative Extension Executive Director so aptly put it; "We will 'circle the wagons' to support one another..."

Meanwhile, tax volunteers are preparing for the upcoming tax season and the "Shoe-Strings" walking program has begun at the Field House at Watkins Glen HS (Weekdays from 3—4:30pm)

Stay well and happy volunteering everyone!

**RSVP is celebrating 35 years
of volunteer service in
Schuyler County
1973-2008**

Welcome New and Reinstated Volunteers!

Judi Gibbs (R)

Karen Koskinen

Mary Kohlenberg

Mary Pratt (R)

Joe Donahoe



In Memoriam

Nancy Musser

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 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.

Corporation for
**NATIONAL &
COMMUNITY
SERVICE**

**United
Way**



Janet's Lines

Janet wanted to share these thoughts with you all...

*H*ello my dear friends at RSVP and Cornell Cooperative Extension (CCE). How gracious God has been to me! How I miss you and would like to share some amazing experiences that I have had. The thoughts and cards from the CCE staff and volunteers at RSVP were so kind and encouraging. Imagine, I'm learning to walk again! Love you all so much.

*New grandma,
Janet*

Daughter Melinda asks that you "keep the cards coming!" She said they have been very encouraging to Janet.

Volunteer Opportunities <i>Call RSVP for further details!</i>			
Opportunities	Duties	County	Details
Income Tax Counselor	Assist older adults with federal and state income tax returns during the upcoming tax season; February-April 2008.	Schuylers	Extensive training and ongoing support provided. Criminal screening required.
Library Assistants @ Elizabeth Pert, Modeste Bedient and Montour Memorial Libraries	Assist in a variety of library operations, discharging and checking in library materials, answering questions of the public, re-shelving books and other related duties.	Schuylers & Yates	Orientation and training provided by library staff.
Home 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 screenings required.
Hospice @ Southern Tier and Ontario/ Yates Hospice Programs	Provide needed warmth, companionship, friendship and support to terminally ill patients and their caregivers.	Schuylers & Yates	Extensive training and ongoing support provided. Criminal screening required.
Classroom Aide Keuka Lake School	Assist the special ed teacher and aides with activities for and with the children.	Yates	On-going training and support provided. Criminal screening required.



RSVP's
INCOME TAX ASSISTANCE
FOR SENIORS CITIZENS

RSVP volunteers provide assistance with 2007
Federal and State Income Tax Returns

Schuyler County Human Services Complex

323 Owego Street, Montour Falls

Wednesdays, January 30 – April 9, 2008

BY APPOINTMENT ONLY

NO WALK-INS

Accepting Reservations Beginning January 7th

Call **RSVP** at **535-7105** to schedule an appointment.

Availability is limited and times fill quickly - call early.

SHUT-INS: If you are **incapacitated and unable to travel**,
please call **535-7105** to make an appointment for a home visit.

What Papers Are Required?

County Tax Bill paid in January 2007

Village Tax Bill paid in 2007

School Tax Bill paid in September 2007

Documentation of Star Refund for 2007

Copies of 2006 Federal and State Income Tax Returns and IT-214, if filed

The following which you may receive in your January mail:

- Form SSA-1099 for each individual receiving Social Security benefits,
- W-2 forms from all employers showing 2007 earnings, if you worked,
- Form 1099R reporting pensions or annuities received during 2007,
- Forms 1099-INT or 1099-DIV showing interest or dividends for 2007, and/or
- Records of any other income received by a household member in 2007

WHO MUST FILE:

Income tax returns must be filed if income exceeds the following:

	FILING STATUS	ADJUSTED GROSS INCOME (AGI)*	
		<u>FEDERAL</u>	<u>STATE **</u>
Single	Under 65	\$8,750	\$4,000 ***
	65 or older	10,050	4,000
Married, Filing Jointly	Both under 65	17,500	4,000
	One 65 or over	18,550	4,000
	Both 65 or over	19,600	4,000

*AGI does not include Social Security Benefits

**State AGI does not include pensions if over 59 ½ years old and pensions are not more than \$20,000

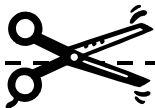
***Single must file NY Return if AGI is \$3,000 or over and can be claimed on someone else's return.

NEW YORK REAL PROPERTY TAX CREDIT, IT-214

Even if you are not required to file a State or Federal return, you may be entitled to a refund if your total household income is \$18,000 or less, and you paid property taxes or paid rent not over \$450/month. Market value of home must be less than \$85,000.



This is a free tax counseling service provided by trained RSVP volunteers for Schuyler County Senior Citizens.



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
323 Owego St., Unit 7
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.

Jan/Feb 2008

RETURN SERVICE REQUESTED

CORNELL COOPERATIVE EXTENSION
Schuyler County
323 Owego St., Unit 5
Montour Falls, NY 14865

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