

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

I am sure that by now you have all been hearing or reading about the switch from analog television to digital TV or DTV. Until 1996, television broadcast had been provided solely through the analog system. At that time, Congress authorized an additional broadcast channel allowing for simultaneous broadcasts in analog and digital. They followed up by mandating a complete switch-over from analog to digital to take place February 18, 2009. This means that if you do not have digital capability, your tv will go dark on that date.

Reasons for the switch-over:

It will make other parts of the broadcast spectrum available for public safety communications including fire departments, police and ambulance crews or rescue squads. Some of the broadcast spectrum will be

auctioned off to companies that will use it to provide more advanced wireless services.

Improved picture and sound quality.

Increased efficiency through multicasting which means several channels of digital programming can be offered at the same time for the same amount of spectrum it would take to broadcast one analog program.

Digital tv can provide interactive video and data services not possible with analog technology.

What can you do?

If you utilize antennas (outside antennas and "rabbit ears"), you can replace your analog television with a digital tv or for less money, you can purchase a converter box. Consumers with cable or satellite tv should not be affected by this switch-over.

To assist consumers in the transition process, the government established the Analog-

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to-Digital Converter Box Coupon Program. All U.S. households are eligible to receive up to 2 coupons, valued at \$40.00 each, toward the purchase of eligible converter boxes. The boxes are anticipated to sell for \$40.00- \$70.00 each. Eligible converter boxes will be sold at participating electronics consumer retail stores. The coupons must be used at the time of purchase.

For more information, you can call the Federal Communications Commission (FCC) at 1-888-225-5322 (TTY: 1-888-835-5322) or visit their website at www.dtv.gov.

Information for this article taken from the Federal Communications Commission website at www.dtv.gov.

Safe Driving Course

Classes are being offered on the following Saturdays:

March 15
April 12
May 17

8:30am-5:00pm
at the Silver Spoon Café
(Human Services Complex)
323 Owego Street
Montour Falls, NY

Bring a bag lunch - 30 minute lunch break provided.

\$10.00 fee

Call Office for the Aging at 535-7108 to register.

Anne's Words of Wisdom

By: Anne Heist, RD

The DASH Diet

A diet rich in fruits, vegetables, whole grains, and low-fat or nonfat dairy foods provides potassium, calcium,



magnesium, and other nutrients that help maintain blood pressure. This is the basis of the DASH (**D**ietary **A**pproaches to **S**top **H**ypertension). It is an eating plan that is also low in saturated fat and encourages limiting sodium to 2400 mg a day (about 1 teaspoon of salt) – or, for greater results, 1500 mg. The DASH diet avoids foods which are high in sodium, namely, convenience foods (such as canned soups and frozen dinners), cured meats, and fast food. Be sure to read food labels to compare the sodium content, which can vary widely across similar products. The DASH diet not only is recommended for preventing high blood pressure but also incorporates the recommendations published in the 2005 Dietary Guidelines for an overall healthy diet.

Cold Weather Safety Tips

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

As the cold winter days of a new year set in, the Schuyler County Emergency Management office would like to offer some important safety tips to our senior members of our community.

Smoke Detectors / Carbon Monoxide Detectors

- The best defense for any home fire is a working smoke detector. Smoke detectors increase the probability of surviving a home fire by 85%.
- Your home should be protected by at least one smoke detector on each level and outside of all sleeping areas.
- Smoke detectors should be tested monthly and batteries replaced twice per year.
- Carbon monoxide detectors are highly recommended for homes, especially during the winter when homes are sealed up from drafts and other outside air.

Space Heater Safety

- Be sure that space heaters have a minimum three foot clearance from all combustibles, including walls and draperies.
- Do not leave space heaters operating while you are not in the room.
- Never use extension cords to operate electrical space heaters. These units require high amounts of current to operate and could melt extension cords, causing a fire.
- Never refuel a liquid or gas powered heater while still inside the home. Always refuel where there is outside ventilation and only after the unit has had time to cool.
- Never use a home cooking stove as a substitute for a furnace or space heater.

Fire Place / Wood Stove Safety

- Always have fireplace and wood stove chimneys inspected and cleaned by a professional prior to the start of the heating season.
- Have chimneys cleaned periodically during the heating season to prevent the build-up of combustible creosote.
- Use a screen for fireplaces to prevent sparks from escaping and setting combustibles on fire.
- Never store newspapers, kindling, or matches near the fireplace.

If there are any questions, please feel free to contact us at the Schuyler County Emergency Management office (607) 535-8200.

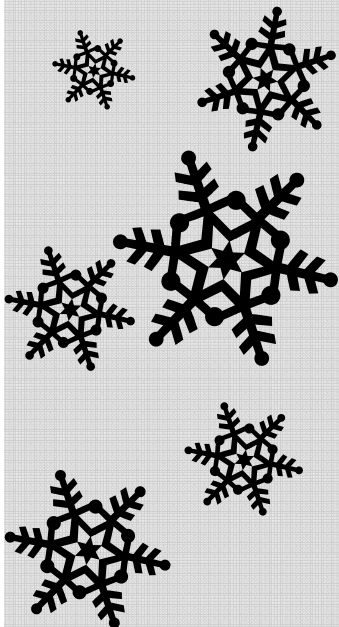
And as always “Be Prepared and Be Safe”.

Thank you!

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

Marjorie Bleiler
Alice Dinkins
Muriel Graeber
Charles Keach
Donald Kelly
Priscilla Kelly
Gretta Preston
James Preston
Alice States
Ann Stephno
Eloise Velie
Ruth Wirth

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



Notes from HIICAP

(Schuyler County's Health Insurance Information, Counseling, and Assistance Program)

Do you have questions about your health coverage? Would you like unbiased information? The HIICAP program has informational materials and trained counselors available to assist individuals with Medicare. Give us a call at 535-7108 to schedule an appointment.

MEDICARE ADVANTAGE PLANS (MAPs)

Form now until March 31, beneficiaries have one opportunity to switch from Original Medicare to a Medicare Advantage Plan (privatized Medicare, offered under such plans as Health Net Pearl, Excellus Blue PPO, and Today's Options), or back. Medicare Advantage Plans must cover the same services as Medicare (they can cover additional services as well), but the cost-sharing structure may be different. You cannot keep your supplemental/Medigap plan if you have a MAP. If you are considering a MAP, take the time to carefully read the details of the plan, and compare it to your current Medicare coverage. The Schuyler County HIICAP program would be happy to assist you. Companies marketing these plans must adhere to strict marketing guidelines. These include: not enrolling you over the telephone, disregarding the National Do-Not-Call Registry, visiting you at your home without an invitation. If you feel you have been a victim of a misleading or fraudulent agent, you may contact HIICAP, the Centers for Medicare and Medicaid Services, or the New York State Department of Insurance.

MEDICARE SAVINGS PROGRAM

If your finances make it difficult to pay your Medicare Part B premium - \$96.40/month in 2008 - and you make less than \$1190/month (\$1595/couples), you may be eligible for the Medicare Savings Program. Please contact the HIICAP program for details at 535-7108

New Office Hours

Schuyler County Office for the Aging will be open from
8:00am- 4:00pm on Fridays starting February 15, 2008.

Monday – Thursday will remain 9:00am- 5:00pm.

Thank You!

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

\$481.75 from the Watkins Glen CROP Hunger Walk proceeds. Monies are used in the nutrition program to help provide meals to Schuyler County residents.

\$50.00 - Anonymous donation for the Home Delivered Meal Program.

\$25.00 from Louis and Anne Meehan in memory of Joseph Franzese.

\$25.00 - Anonymous donation for Home

\$20.00 from Ruth Potter in memory of Francis Ralph Potter.

\$20.00 - Anonymous donation.

\$15.00 - Anonymous donation for the Home Delivered Meal program.

\$10.00 - Anonymous donation.



Office Closings



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

March 21 - Good Friday

Grant Funds

Home modifications for
Frail Elderly and Disabled Individuals

**Chemung - Monroe - Schuyler
Seneca - Tioga - Wayne - Yates
Counties**

Now available for owner occupied single family homeowners who are income eligible.

Accommodations for disabilities can include ramps, doorways, bathrooms, stair lifts, etc.

For an application or information call Sheen Housing at 1-585-657-4114
TDD clients call 1-800-662-1220

Sheen Housing is an equal opportunity provider & employer



CAREGIVING GLOSSARY OF TERMS

Referenced from: www.strengthforcaring.com,
Johnson & Johnson Consumer Products Company

The following are simple definitions of some of the most common terms used in conjunction with family caregiving:

Activities of Daily Living (ADLs): Basic personal activities, which include bathing, eating, dressing, mobility, transferring from bed to chair, and using the toilet. ADLs are used to measure how dependent a person may be on assistance in performing any or all of these activities.

Acute Care: Care that is generally provided for a short period of time to treat a certain illness or condition. This type of care can include short-term hospital stays, doctor's visits, and surgery.

Adult Care Home: Also called board and care home or group home, an adult care home is a residence that offers housing and personal care services, such as meals, supervision, and transportation for 3 to 16 residents.

Adult Day Care: Community-based care designed to meet the needs of impaired adults who, for their own safety and well-being, can no longer be left at home alone during the day.

Administration on Aging (AOA): An agency of the U.S. Department of Health and Human Services that is the focal point for older persons and their concerns at the federal level.

Advance Medical Directives: Prepared ahead of time, a health care advance directive is a written document that says how a person wants medical decisions to be made if he or she loses the ability to make these decisions. A health care advance directive may include a Living Will, a Durable Power of Attorney for Health Care or both.

Ambulatory: Able to walk about.

Area Agency on Aging (AAA): A nationwide network of state and local programs that help older people plan and care for their life-long needs.

Assessment: Activities performed by at least one professional (preferably a social worker and/or a nurse) to determine a person's current ability to function in six areas: physical health, mental health, social support, activities of daily living, environmental conditions, and financial situation.

Assisted Living Facility (ALF): Residences that provide a "home with services" and that emphasize residents' privacy and choice. Assisted living residence means any group housing and services program for two or more unrelated adults, that makes available, at a minimum, one meal a day and housekeeping services and provides personal care services to the residents. Settings in which services are delivered may include self-contained apartment units or single or shared room units with private or area baths.

Assistive Devices: A range of products designed to help seniors or people with disabilities lead more independent lives. Examples include motorized wheelchairs, walking aids, elevated toilet seats, bathtub seats, and handrails.

Bereavement: The act of grieving someone's death.

Burnout: The feeling of becoming overly frustrated and negative experienced by some caregivers.

Burden: The impact or consequence of having the responsibility of caring for someone (most frequently with dementia).

Care Plan: A written action plan that contains the strategies for delivering care to address an individual's needs and problems.

Care Recipient: The person receiving care who typically has a condition such as Parkinson's disease, cancer, Alzheimer's disease, traumatic brain injury, AIDS, muscular dystrophy, paralysis, multiple sclerosis, frailty attributed to old age, or other chronic illness.

Caregiver: An adult who provides unpaid care for the physical and emotional needs of a family member or friend.

Codicil: A written amendment to a will.

Competence: Usually used in a legal sense, refers to a person's ability to understand information, make an informed choice based on the information and values, and communicate that decision.

Continuing Care Retirement Community (CCRC): A retirement community that offers a broad range of services and levels of care based on what each resident needs over time. Sometimes called "life care," it can range from independent living in an apartment to assisted living to full-time care in a nursing home.

Continuum of Care: Encompasses the different care services considered necessary over the full course of an illness.

Cues: Both verbal and non-verbal prompts, instructions and gestures that assist persons in their daily living.

Custodial Care: Care to help individuals meet personal needs such as bathing, dressing, eating, and other non-medical care that most people do themselves, such as using eye drops. Medicare does not pay for custodial care and Medicaid pays very little.

Delirium: A disturbance of brain function that causes confusion and changes in alertness, attention, thinking and reasoning, memory, emotions, sleeping patterns and coordination. These symptoms may start suddenly, may be due to some type of medical problem, and may get worse or better multiple times.

Disorientation: Loss of one's bearings, loss of sense of familiarity with one's surroundings, or loss of one's bearings with respect to time, place and person.

Do-Not-Resuscitate (DNR) Orders: Instructions written by a doctor telling other healthcare providers not to try to restart a patient's heart, using cardiopulmonary resuscitation (CPR) or other related treatments, if his/her heart stops beating. Usually, DNR orders are written after a discussion between a doctor and the patient and/or family members.

Durable Power of Attorney for Health Care (DPOAHC): A legal document that specifies one or more individuals (called a health care proxy) designated to make medical decisions for a person if that person is incapacitated.

End-of-Life Care: Doctors and caregivers provide care to patients approaching the end of life that is focused on comfort, respect for decisions, support for the family, and treatments to help psychological and spiritual concerns.

Entitlement: Federal program (such as Social Security or unemployment benefits) that guarantees a certain level of benefits to those who meet requirements set by law.

Estate Planning: Thoughtful consideration and planning for an individual's future in the area of finances and property. In some cases, planning for health care decisions may begin at this time.

Family Caregiver: Anyone who provides care without pay and who usually has personal ties to the care recipient. This person can provide full- or part-time help, and may live with the care recipient or separately.

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Functional Status/Capabilities: The measurement (usually through a scale or instrument of assessment) of a person's abilities in activities of daily living or instrumental activities of daily living.

Home Health Agency (HHA): A public or private agency certified by Medicare that specializes in providing skilled nurses, homemakers, home health aides, and therapeutic services such as physical therapy in an individual's home.

Home Health Care: Health services provided in the homes of the elderly, disabled, sick, or convalescent. The types of services provided include nursing care, social services, home health aide and homemaking services, and various rehabilitation therapies (e.g., speech, physical and occupational therapy).

Hospice: A special way of caring for people with terminal illnesses and their families by keeping the patient as comfortable as possible by relieving pain and other symptoms, preparing for a death that follows the wishes and needs of the patient, and reassuring both the patient and family members by helping them to understand and manage what is happening.

Instrumental Activities of Daily Living (IADLs): Personal tasks often performed by a caregiver, such as meal preparation, grocery shopping, making telephone calls, and money management.

Live-In: A person who will live in the home of an individual requiring health care, to provide assistance to the individual.

Living Will: A legal document that outlines the kinds of medical care a patient wants and doesn't want. The living will is used only if the patient becomes unable to make decisions for him/herself.

Long-Term Care and Support: Refers to a broad and highly variable range of rehabilitative, restorative and health maintenance services that assist people with ADLs, IADLs and the emotional aspects of coping with illness or disability.

Medicaid: An assistance program through which the federal government and the individual states share in payment for the medical care of certain categories of needy and low-income people.

Medicare: A federal health insurance program for people 65 and over and some under 65 who are disabled. Medicare has two parts. Part A is also called Hospital Insurance, and Part B is called Medical Insurance.

Medigap Insurance: Sold by private insurance companies, this type of insurance is specifically designed to help pay health care expenses either not covered or not fully covered by Medicare.

Multi-Disciplinary Team/Interdisciplinary Team: A group of professionals with different skills and training who share information and consultation around a person's care.

Ombudsman: A person who investigates complaints about long-term care facilities where older people live.

Palliative Care: The total care of patients with progressive, incurable illness. In palliative care, the focus of care is on quality of life. Control of pain and other physical symptoms, and psychological, social and spiritual problems are considered most important.

Personal Care: Activities, such as bathing, dressing, grooming, caring for hair/nails and oral hygiene, that are needed to facilitate treatment or to prevent deterioration of a person's health.

Rehabilitation: The process of restoration of skills by a person who has had an illness or injury so as to regain maximum self-sufficiency and function in a normal or as near normal manner as possible.

Respite: Temporary or short-term care of a chronically ill person by another which is designed to give the caregiver a rest.

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Senility: Popularized laymen's term used by doctors and the public alike to categorize the mental deterioration that may occur with aging.

Skilled Care: Institutional care that is less intensive than hospital care in its nursing and medical service, but which includes procedures that require the training and skills of an RN for administration. Both Medicare and Medicaid reimburse for care at the skilled level if it is provided in a facility that has been certified as meeting the Skilled Nursing Facility (SNF) standards.

Skilled Nursing Facility (SNF): A facility that has been certified by Medicare and/or Medicaid to provide skilled care.

Spend Down: Under the Medicaid program, a method by which an individual establishes Medicaid eligibility by reducing gross income through incurring medical expenses until net income (after medical expenses) meets Medicaid financial requirements.

Supplemental Security Income (SSI): A federal program that pays monthly checks to people in need who are 65 or older and to people in need at any age who are blind or disabled. The purpose of the program is to provide sufficient resources so the person can have a basic monthly income. Eligibility is based on income and assets.

*The material reference below is a sample of information from Strength for Caring, a Johnson & Johnson Consumer Products Company Division. Please visit the website, www.strengthforcaring.com for the **complete listing** of terms and definitions.*

Extra HEAP Money Released For Second Emergency Benefit

Second emergency benefits for heat and heat-related emergencies will be available, **effective February 11, 2008**, for those otherwise eligible households that have received a heat and/or heat related emergency and are still in an emergency situation.



You may apply for a second emergency benefit if:

Your household received both a regular and emergency HEAP benefit in the 2007-2008 program year.

If you **did** receive both a regular and emergency HEAP benefit in the 2007-2008 program year, your eligibility for a second emergency HEAP benefit will be based on the information that you previously submitted on your last application for emergency benefits and the information submitted this time. Contact the Office for the Aging at 535-7108.

**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, (NEW Schuyler County Human Services Complex, Silver Spoon Café - entrance on the right side of building, green awning), would like to invite you to attend our Caregiver Support Group meeting on **Thursday, March 13, 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 !

EDUCATIONAL PRESENTATION

The **Schuyler County Office for the Aging**, 323 Owego Street, Montour Falls, (NEW Schuyler County Human Services Complex, Silver Spoon Café - entrance on the right side of building, green awning), would like to invite you to attend our Caregiver Support Group meeting:

Thursday, April 10, 2008 from 1:00pm - 3:00pm.

The **Alzheimer's Association** will be presenting an educational seminar on "Communication Through the Stages & Meaningful Activities"

Registration is required.

Refreshments will be provided!

Please call **535-7108** if you are interested in attending this meeting or would like more information.

CAREGIVERS - YOU ARE INVITED TO JOIN

The Caring for Your Parents Community Initiative

~ **Broadcast Premier** ~

Caring for Your Parents – on PBS

April 2, 2008 at 9 pm

(check local listings)

As the population ages, many adult children are grappling with an unprecedented social, cultural, economic, and personal revolution as they transition into the primary caregiver role for their aging parents. Produced, written, and directed by award-winning filmmaker Michael Kirk, Caring for Your Parents is a moving two-hour special that draws much-needed attention to this universal reality.

For more information, visit www.pbs.org/caringforyourparents (launching March 2008).



**JUNE 3 – 8, 2008
Cortland, NY**

Open to New York State residents age 50 and older.

Participation is individual or as a team member.

Events include Archery, Badminton, Basketball, Bowling, Bridge, Cycling, Golf, Handball, Horseshoes, Orienteering, Pickleball, Race Walk, Racquetball, Shuffleboard, Softball, Swimming, Table Tennis, Tennis, Track & Field, Triathlon and Volleyball.

Stop in at Office for the Aging to pick up a registration form and information. If a number of individuals from Schuyler County are interested, OFA may be able to provide transportation to and from the event.

Registration Deadline:

Team entry forms MUST be postmarked by April 25, 2008.

Individual entry forms MUST be postmarked by May 2, 2008.

A NOTE FROM JANET

Dear RSVP Volunteers,

Thank you so much for all the kind wishes you've sent during my convalescence. I continue to grow stronger in many ways. I miss you all so much and think of you, too, so often. I hope to see you again before very long. In the meanwhile, keep up the wonderful work you do.

*Much love,
Janet Ribaud*

Tidbits by Beth . . .

Beth MacIntyre Lisk, RSVP Director

Counting volunteer hours is fine...but what difference does a volunteer make? Since 1996, RSVP projects around the country have focused on measuring the impact that its volunteers have on the individuals served. In Schuyler and Yates Counties, RSVP volunteers have accomplished much in 2007 and here are a few highlights:

Reading Buddies

42 volunteer 'Reading Buddies' tutored 143 struggling readers in 5 local elementary schools. At the end of the school year teachers reported that 76% of the participating children showed an improved attitude toward reading and 54% were reading at grade level.

Bone Builder Program

71 individuals participated in weekly 'Bone Builder' exercise classes conducted by 13 volunteer group leaders, utilizing Tuft's University's research-based exercises, designed to reduce the incidence of osteoporosis. Of the 41 participants who completed the post-test, 68% reported improved balance, flexibility and overall improved sense of well-being.

Transportation Services (Retired Individuals Driving the Elderly)

22 volunteers drove 92 Schuyler County senior citizens to their medical appointments, helping to fill the gap in the limited local public transportation options available in Schuyler County. 89% of the surveyed passengers reported that RIDE services contributed to their ability to remain independent.

Tax Counseling Services

7 trained volunteers assisted 150 older adults with their 2006 State and Federal tax returns during the tax season. 95% of the participants completing exit surveys reported that they would have had to pay for the service, at a minimum cost of approximately \$70 per taxpayer.

Thank you Volunteers!

Welcome New and Reinstated Volunteers!

Joseph Donahoe Edyth Jones (R)
Stew VanBuren Sarah Conley
Jean Chapman Lillian Hollis
Margo Shaw (R) * (R) = Reinstated

Throughout my life, I've seen the difference that volunteering efforts can make in people's lives. I know the personal value of service as a local volunteer.
~Jimmy Carter

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



Volunteer Opportunities
Call RSVP for further details!

<i>Opportunities</i>	<i>Duties</i>	<i>County</i>	<i>Details</i>
Literacy Volunteers	Tutor adults in basic reading skills or English as a second language.	Schuyler	Extensive training provided.
Library Assistants at Elizabeth Pert, Modeste Bedient, Montour Memorial, and Watkins Glen 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.	Schuyler & Yates	Orientation and training provided by library staff.
Home Meal Delivery	Deliver meals to home-bound individuals in the Penn Yan/ Dundee area.	Yates	Usually 1-2 hours per day. Volunteer one day each week or more if you wish. Motor vehicle and criminal screenings required.
Hospice at Hospice of the Southern Tier and Ontario/Yates Hospice	Provide needed warmth, companionship, friendship and support to terminally ill patients and their caregivers.	Schuyler & 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
American Cancer Society	Annual daffodil sales fundraising event.	Schuyler	Sale being held during the week of March 10th
Cornell Cooperative Extension Agriculture Literacy Day	Read the book "Sugarbush Spring" to 2nd graders at local elementary schools.	Schuyler	March 8th and 9th

Your Stories

By Susan Wojciechowski

We know that volunteering brings all kinds of rewards—it strengthens our communities, gives a sense of purpose to our lives, and allows us a way to give back for all the blessings we’ve been given. But for Arlene Corey of Penn Yan, volunteering brought one more benefit—it kept her out of the operating room. Here’s how it happened.

In 2001 Arlene, already a veteran volunteer, read about the need for volunteers to teach a program called Bone Builders, which offers a regimen of exercises to senior citizens in order to develop bone strength. Arlene took the training course and has been teaching classes ever since at St. Mark’s Terrace in Penn Yan. In 2006, Arlene had the misfortune of breaking her ankle in three places. Doctors told her that about 95% of such cases require surgery in order to help the bones heal properly. But Arlene was one of the lucky 5%. Her ankle healed on its own. “It was those years of heel-toe exercises that did it,” says Arlene. Score one more point for the benefits of volunteering!

Arlene knew the rewards of volunteering even before her Bone Builder involvement. In 1994, she decided she wanted more to do in her life. Her husband, Stephen, had taken early retirement from Kodak and her two children were grown, so she made a call to RSVP. As a result of that contact, Arlene has been calling bingo at Clinton Crest Assisted Living Home every week for the past 14 years.

In 2001, Arlene decided to put more of her time and energy into volunteering. From that decision came the Bone Builder experience. “I love it,” says Arlene. “They call me the drill sergeant, but really, we have fun. People come back again and again to take the class.”

In 2003, Arlene wanted even more involvement in volunteering, so she joined the staff at The Once Again Shoppe, a thrift shop run by the Penn Yan Council of Churches, where she spends at least three days a week sorting donated clothing.

“During deer hunting season, I’m there even more,” she laughs. “I call it my second home.”

It’s obvious Arlene has great respect and love for The Once Again Shoppe. “You will never find a place like The Once Again Shoppe in the world,” says Arlene. “They help so many people. Where else can you buy a bag of clothes for \$4?”

For her efforts, Arlene earned an RSVP Bronze Award for giving 350 hours of work in 2005 and two Silver

Awards for giving 500 hours in 2006 and 2007. She credits her mother, who served as an outreach worker for the Office on the Aging, with being her role model and instilling in her the desire to help others.

For Arlene, volunteering is a two-way street. She helps others and the experience helps her. She’s made many friends and is never bored. “I don’t sew; I don’t knit; I don’t do crafts,” says Arlene. “My hobby is volunteering. I wouldn’t survive without it.”

We thank you, Arlene, for choosing the perfect “hobby.” Your ankle thanks you, too.



Arlene Corey



ATTENTION!!

*Important information for those who
do not usually file tax returns*

You **MUST** file a 2007 federal
tax return to receive your
Stimulus Payment!

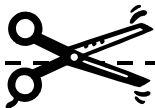
(Payments range from \$300 to \$600 per person)

Information for Recipients of Social Security and Veterans Benefits

The IRS and Treasury are working closely with the Social Security Administration and the Department of Veterans Affairs along with beneficiary organizations to ensure that all eligible individuals know what to do to receive a stimulus payment. In many cases, the taxpayer will be able to use the short tax return Form 1040A.

Recipients of Social Security, certain Veterans' and Railroad Retirement benefits and low-income workers who don't normally need to file may need to take special steps to file a 2007 tax return. **If they receive Social Security or Veterans' benefits and did not file a 2006 tax return, the IRS will send them a package that includes everything they need to file a 2007 return and receive a stimulus payment.**

FOR MORE INFORMATION, VISIT IRS.GOV OR CALL RSVP at 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
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.

March/April 2008

RETURN SERVICE REQUESTED

CORNELL COOPERATIVE EXTENSION
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