

# GOLDEN GLOW

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

## OFA

323 Owego St., Unit 7  
Montour Falls, NY 14865

(607) 535-7108

Director, Tamre (Tammy) Waite  
Deputy Director, Sheila LaFever



## RSVP

323 Owego St., Unit 5  
Montour Falls, NY 14865

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

Director, Beth MacIntyre Lisk

Nutrition Reservations:  
(607) 535-7470

Schuyler Senior Citizen Club:  
(607) 535-8960

Transportation Requests:  
(607) 535-7105

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## Director's Corner

by Tamre S. Waite

Happy Older Americans Month! With spring weather upon us, this is a time to celebrate the gift of life and the numerous contributions to our communities provided by Americans age 60+. The following article discusses the changing world of the senior population. We acknowledge the Administration on Aging for this article which can be found on their web site at [www.aoa.gov](http://www.aoa.gov). We hope you find this information useful.

*The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.*

*Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.*

*An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults' unique health and long-term care challenges. The thousands of professionals, caregivers, and volunteers that*

(Continued on page 2)

*(Continued from page 1)*

*make up the National Aging Services Network have been collaborating in innumerable ways for decades to fulfill the mission of the Older Americans Act. Led by the U.S. Administration on Aging, the Network is now engaged in modernizing systems of care to provide consumers with more control over their lives.*

***May is Older Americans Month**, a great time to bring attention to the issues that affect older adults. This year's theme is "**Working Together for Strong, Healthy, and Supportive Communities**," which speaks to the opportunities we have to create better care and reinforce healthier societies for all ages. Working together, our communities can improve older adults' overall quality of life by helping them:*

*Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.*

*Obtain the tools needed to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.*

*Have more options to avoid placement in nursing homes and remain at home as long as possible*

For more information on services available through Office for the Aging, please contact us at 535-7108. For more information on Long Term Care Services in general, please contact Families First/NY Connects at 535-2710 or stop in at the Human Services Complex at 323 Owego Street, Unit 6 in Montour Falls.

## **Anne's Words of Wisdom**

**By: Anne Heist, RD**

### **What's In An Egg?**

**E**ggs are an excellent example of an inexpensive high nutritional value food. Eggs have been given a bad reputation because of their high cholesterol content. Recent research indicates that this should still be a concern to individuals with elevated blood cholesterol levels, but otherwise, eggs do not have to be limited in your diet.

One large egg contains 6 grams of high quality protein (in both the yolk and the white). The yolk is also a source of zinc, B vitamins (including riboflavin and folate), vitamin A, iron, and other nutrients.

In addition to the antioxidants lutein and zeaxanthin, egg yolks provide choline, an essential nutrient, which is especially important for fetal brain development.

"Designer" eggs from chickens fed special diets, usually contain more of the claimed special nutrient but are not worth the higher price.. An example are eggs that claim to be rich in omega-3s; these eggs contain only a small amount compared to fatty fish, such as salmon.

### **Office Closings**

**T**he Office for the Aging and the RSVP offices will be closed on...

**Monday, May 26 for Memorial Day**



# *Preparing for Natural Disasters*

*By: Brian Gardner, Schuyler County Emergency Management Office*

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Disasters disrupt hundreds of thousands of people each year. If a disaster occurs in your community, local government and disaster-relief organizations try to help you, but you need to be ready as well. Local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere. Being prepared and understanding what to do can reduce fear, anxiety and losses that accompany disasters.

Severe weather may occur at any time, with little or no warning. Whether it's a severe thunderstorm, winter storm or flood, preparation and early warning are the keys to survival while awaiting local emergency response personnel.

Early warning all hazard radios provide the best source of information for weather related incidents that may impact your area. These radios may be found at local electronics stores or by contacting your local emergency management office.

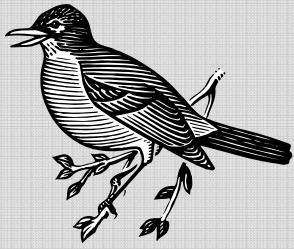
Disaster supply kits will give you the essential supplies to survive until emergency responders can get to you. Essential items to include in your supply kits should include:

1. Water (at least three days of drinking water per person)
  2. Food (canned food, dry mixes, and other staples on your cupboard shelves, be sure to include a manual can opener)  
\*\* Food and water supplies should be rotated and replaced every six months \*\*
  3. Extra prescription medication (it may be difficult if not impossible to fill prescription medications during an extended natural disaster)
  4. First aid kit (include band aids, sterile bandages, tape, antibiotic ointment, scissors, antiseptic, tweezers, needle & thread, and sunscreen)
- Flashlight with spare batteries  
Matches in a waterproof container  
Whistle  
Personal identification, cash or travelers checks, and a credit card.

This is just a short list of essential items that will allow for survival for up to three days should the need arise. For a more complete list and more tips for preparedness, contact the Emergency Management office for a copy of the publication "*Are You Ready? A Guide to Citizen Preparedness*".

As always, if you have any questions or need further assistance please feel free to contact the Schuyler County Emergency Management Office at (607)535-8200.

And as always "Be Prepared and Be Safe".

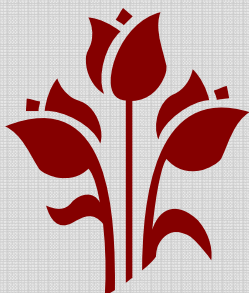


## Thank you!

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

Marjorie Bleiler  
Bev Davis  
Muriel Graeber  
Charles Keach  
Pauline Mangus  
Nellie Munroe  
Gretta Preston  
James Preston  
Leona Sandusky  
Clara Staples  
Alice States  
Ann Stephno  
Eloise Velie  
Theresa Winton

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



## What is an Immunization Registry? And Why Should I Know About It?

An immunization registry is a central computer based location for immunization (or vaccination) records. New York State now has a statewide program to track all vaccinations given to children. Adults who receive vaccinations can be added to this if they sign a special consent. This consent is available at the public health department, and should be available at your doctor's office. Ask about this the next time you get a vaccination. You should keep a record of any vaccinations you receive. This prevents un-needed extra vaccinations, and helps remind you when you might need another shot (like a tetanus shot every 10 years). Anyone who gives you a vaccination can also give you a card to carry in your purse or wallet with this information. The computer registry is a confidential program, and the only ones who can get information from it are public health departments, doctors, hospitals and schools. If you have any questions, please call Schuyler County Public Health at 535-8140, and ask to speak to one of the nurses about immunizations.

### **DECISION MAKING DAY 2008**

**SPONSORED BY THE NEW YORK BAR ASSOCIATION**

**DATE/TIME:** May 14, 2008 / 10:00 AM

**LOCATION:** Human Services Complex  
323 Owego Street, Room 120  
Montour Falls, NY

**SPEAKER:** Dennis Morris, Esq.

**TOPICS:** Health Care Proxies, Power of Attorney, Wills, DNR, Probate issues, Guardianship issues- *What are these? Why have a HCP or POA? How will these help me and/or my family?*

## *Thank You!*



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

\$25 from an anonymous donation to be used where most needed.

\$35 from the Watkins Glen Central School's Operations and Maintenance Dept. in memory of John Ganung.

\$100 from Carl and Arlene Ganung in memory of John Ganung.

## *May is Driver Safety Program Month*

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With both AARP Day of Service and Driver Safety Program Month during May, AARP is pleased to officially announce the “**Bring a Friend**” promotion. This is a new promotion that will be offered May 1<sup>st</sup> – June 15<sup>th</sup>.

Bring your friend, your spouse, your neighbor, and your family members. During the month of May, AARP members and a friend can attend the AARP Driver Safety Program classroom course together, for just \$10.00 – a 50% savings! Both attendees will receive a certificate upon successful completion of the course. To receive this special offer, the AARP member must show their AARP membership card upon arrival on the first day of the course. There has never been a better time to tune up your skills.

Please check with your insurance company or agent prior to taking this course for any additional requirements for eligibility.

## *Welcome*

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Welcome to Patty Secord, newly appointed Aging Services Coordinator! Patty comes to us with a strong background commensurate with her position. We are very excited to have Patty on board and look forward to working together. Please join us in extending a warm welcome.

## *Do you know someone aged 100 or older living in Schuyler County?*

Please let us know as we wish to give special recognition to our oldest seniors.

Send name, phone number and address to:

Schuyler County Office for the Aging  
323 Owego Street, Unit 7  
Montour Falls, NY 14865

...or call 535-7108.



## ***May is Mental Health Awareness Month***

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**W**ould you tell your loved one not to seek medical care for heart disease or diabetes? Of course you wouldn't. The same applies to your mental health. The mind and body connection is so important, because both your mind *and* your body are designed to work together to optimize your health *and* your happiness.

Fortunately, the stigma that has long been attached to taking care of one's mental health is beginning to be recognized as inaccurate and even harmful. Even though there is a fine line between sadness and depression, it can be triggered by our winter weather, medical health problems, the rising cost of living, the loss of a loved one (human or pet), just to name a few. Additionally, while we can usually handle one of these at a time, when several of these life changes happen at once, the result can be reduced energy, appetite changes, altered sleep patterns, not finding joy in the things you have always enjoyed, or not wanting to leave your home to venture out to social gatherings, church services, or in some cases even medical appointments. The good news is that these symptoms are treatable, just like heart disease or diabetes.

Do you recognize any of these symptoms in yourself, or someone you care about? If so, help is available. Call the Office for the Aging at 535-7108 and ask about a referral. They can connect you with Suzanne

Fingler, RN or Jo Anne Olah, RN, of Schuyler County Community Services – Mental Health. Services are available to anyone living or working in Schuyler County, we accept all types of insurance coverage, and our services are confidential.

### ***Phone Pal Program*** ***Starting April 1, 2007***

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**I**f you are a homebound individual who would enjoy having a Phone Pal call you for a telephone visit 2-3 times per week, please call Office for the Aging at 535-7108 to sign up. What a great way to fill some of those long hours during the day!



Anyone interested in volunteering for this special project is asked to contact RSVP at 535-7105 for further details. You will be paired with one or more individuals to call on a regular basis.

### ***Evening Meals at the Silver Spoon Cafe***

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**E**vening meals will start Tuesday, May 27<sup>th</sup> and will continue every Tuesday at 4:30pm until Labor Day.

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

Guests are required to pay \$3.00 per meal.

## *Congratulations...*

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Congratulations to Liz Landry and Greg Antonio, winners of the emergency preparedness kits for the months of February and March, respectively! Remember that anytime you receive a service at or from Office for the Aging, your name will go into a drawing for one of the emergency preparedness kits. We want to help equip all seniors in the county to have supplies on hand in case of a disaster or significant emergency situation. If you need more information on how to prepare, please call

### ***Making A Difference: Long Term Care Ombudsman Program***

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The Chemung-Schuyler-Tioga Regional Long Term Care Ombudsman Program and the Yates County Long Term Care Ombudsman Program (sponsored by LIFESPAN of Rochester, NY) relies upon certified volunteer ombudsman as advocates who help to resolve concerns expressed by, or on behalf of, residents of adult and nursing homes in our local communities. Upon successful completion of the mandatory 36-hour certification-training program, volunteers are assigned to a long term care facility in his/her **local community**. The volunteer ombudsmen visit their assigned facility on a weekly basis (2- 4 hours/week) and are also asked to attend a monthly in-service meeting; where they have the

opportunity to meet with other ombudsmen and gain new skills. **Some areas an Ombudsman may assist with include:**

- Resident Rights and Care
- Medical Services
- Financial Concerns
- Food Service
- Administrative Policies
- Suspected Abuse, Neglect and Mistreatment

Interested volunteers must be at least 21 years of age and complete the mandatory 36 - hour training program. The main prerequisites for doing this rewarding work are that the volunteer must have good communication and problem solving skills, be sensitive to the needs of long term care residents and wish to insure that the rights of residents are protected.

If you would like to talk with an ombudsman to discuss a concern or issue or if you would like more information on this volunteer opportunity, which a few hours each week can make a difference to the long term care residents of your community, please call the **Chemung-Schuyler-Tioga Long Term Care Ombudsman Program at 607-737-5520 or the Yates County Long Term Care Ombudsman Program (LIFESPAN) at 800- 454-5030. Volunteers are being recruited for regional certification-training programs that will be held in May. Together we can make a difference!!**

# Notes from HIICAP

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

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**D**o 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.

## May is American Stroke Month

(sponsored by the American Heart Association, (800) 242-8721, [www.americanheart.org](http://www.americanheart.org))

According to the National Stroke Association website, about 780,000 Americans each year suffer a new or recurrent stroke. It's the No. 3 cause of death behind diseases of the heart and cancer. And, some stroke risk factors – such as age and heredity - cannot be changed. That's the bad news. The good news? YOU have the ability to take action to reduce your risk.

Identified steps include:

1. Eating a healthy diet
2. Exercising every day
3. Knowing your blood pressure
4. Stopping smoking

High blood pressure, high cholesterol, and excess body weight are three risk factors for stroke you are encouraged to monitor (and reduce, if necessary). Your Medicare benefits include coverage for preventive services such as cardiovascular screening. All people with Medicare can be tested for cholesterol, lipid, and triglyceride levels once every five years,

and you pay nothing if your provider accepts assignment.

## May is also Healthy Vision Month

(National Eye Institute, (301)496-5248, [www.healthyvision2010.nei.nih.gov](http://www.healthyvision2010.nei.nih.gov))

According to the National Eye Institute glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. Glaucoma occurs when the normal fluid pressure inside the eyes slowly rises. However, with early treatment, you can often protect your eyes against serious vision loss. As we age, our risk for glaucoma increases, and factors such as family history and race also contribute.

Good news again! Studies have shown that the early detection and treatment of glaucoma, before it causes major vision loss, is the best way to control the disease. And, again, Medicare preventive service benefits can help. Medicare covers a glaucoma test every twelve months for those who are identified by their provider as being 'at high risk' for glaucoma, i.e., are diabetic; have a family history; are African-American and age 50 or older; are Hispanic and age 65 or older. You are responsible to pay 20% of the Medicare-approved amount (after your Part B deductible has been satisfied.)

Take care of yourself in May.

1. If you are at risk for glaucoma or stroke, talk with your provider about Medicare-covered tests.
2. Find out about other preventive services Medicare covers. Information is available in your *Medicare and You 2008* handbook, on the [www.medicare.gov](http://www.medicare.gov) website, or by calling Schuylers County HIICAP at 535-7108.



## Marketing Fraud: How to Avoid Getting Taken For a Ride



Companies that offer Medicare private health and drug plans must follow certain rules when promoting their products.

The guidelines are meant to prevent plans from deceiving you—through marketing materials or through someone representing the plan—about what the plan offers and how much it costs. That is called **marketing fraud**.

Plans can market their plan through direct mail and radio, television and print advertisements. Plans can even call your house (telemarketing). However, agents for Medicare private plans must follow certain rules.

### Plans cannot

- **enroll you over the telephone if they called you.** If you would like to enroll, you should call the plan back yourself;
- **ask for your financial or personal information if they call you.** Beware if you are asked for your Social Security or Medicare number or your bank information;
- **request payment over the telephone;**
- **visit you in your home or nursing home room without an invitation.** You can ask the plan to send someone, but they cannot just knock on your door uninvited;
- **provide gifts or prizes worth more than \$15 to encourage you to enroll.**
- **disregard the National Do-Not-Call Registry and “do not call again” requests.** Plans must comply with federal and state consumer protection laws for telemarketing.
- **send you unsolicited e-mails.** You must have specifically requested information in order for a plan to e-mail you;
- **compare their plan to another plan by name in advertising materials;**
- **include the term “Medicare Endorsed” or suggest that it is a preferred Medicare drug plan.** Plans can use “Medicare” in their names as long as it follows the plan name (for example, the Acme Medicare Plan) and the usage does not suggest Medicare endorses that particular plan above any other Medicare plan;
- **use information that they have obtained from you to market non-health-related products and services without your written consent.**

See flip side for more tips on avoiding marketing fraud →

## How do I know if a plan or broker is giving me misleading information?



It can sometimes be difficult to tell. You can avoid being misled if you know the rules that plans must follow, and **double check everything the broker tells you.**

Get the plan's benefits in writing, make sure it covers your preferred doctors, hospitals and prescriptions, and find out how joining a plan will affect your other health benefits.

**A broker absolutely cannot tell you that :**

- you must sign up for a Medicare private health plan (like an HMO) **to get Part D drug coverage** (really, you can keep Original Medicare and get a stand-alone drug plan—a PDP);
- **you will lose your Medicaid benefits** unless you sign up for a certain plan;
- **you will pay a higher Medicare Part B premium** unless you sign up for a plan
- a plan representative must come to your home;
- the plan covers certain drugs when it does not;
- certain doctors, hospitals and pharmacies are in the plan's network, when they are not;
- the plan offers additional benefits, such as dental or vision, that are actually covered by Medicaid, not the health plan;
- the plan covers certain services and make it sound like it is an additional benefit of the plan, when it is actually a Medicare-covered service (like mammography screenings);
- you can always return to Original Medicare if you are dissatisfied with the plan, without advising you about **strict enrollment periods** when you can change Medicare health and drug plans.

**If you feel an insurance agent is committing fraud, you should save all proof (such as a business card or marketing materials) and report the activity. You can contact**

- **the NY State Insurance Department:** You are encouraged to file complaints online at <http://www.ins.state.ny.us/complhow.htm> . For questions or a mailing address, call 800-342-3736
- **the NY State Attorney General Consumer Helpline:** 800-771-7755
- **To register for the Do-Not-Call Registry:** Call 888-382-1222 (TTY call 866-290-4236).

**Note:** If you find out that your plan has made fraudulent claims about your health or drug coverage **after the enrollment period has ended**, you may be able to get a Special Enrollment Period (SEP) to disenroll from your plan and switch to another one.



**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.**

***Office for the Aging's  
Annual Dinner Dance***



**When:** Thursday, May 8, 2008  
Doors open at 3:30pm  
Event runs 4:00- 8:00pm

**Where:** Clute Park Community Center  
Watkins Glen, NY

**RESERVATIONS REQUIRED:**

Call 535-7108 by May 1, 2008

***Safe Driving Course***

Classes are being offered on Saturday,  
May 17 and Saturday, June 14.

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.

## Tidbits by Beth . . .

Beth MacIntyre Lisk, RSVP Director

RSVP is celebrating its 35th Anniversary this year. Under the leadership of Dick Bornholdt, Cornell Cooperative Extension of Schuyler County successfully applied for a federal grant to operate this new program, which began in the United States in 1972. RSVP expanded its services to include Yates County in 1985. Since then, over 1,900 people age 55 and older have served their community as RSVP volunteers. The Schuyler-Yates project is one of 700 projects across the nation with over 400,000 volunteers serving in their communities.

There have been four project directors over the period of 35 years. For a short time, Bernard Morris was Schuyler County's first RSVP Director with Margaret O'Grady Phelps and Joette Mc Bride carrying out the duties until I assumed the role in 1995.

Several changes have occurred over these many years. Volunteer records are now managed electronically, opportunities can be viewed on the Internet at Volunteer Match and volunteer assignments must be in accordance with federal outcome-based programming requirements.

But the nature of volunteering remains much the same as it did back in the 1970's. Volunteers still are the first to say that they get more from their experience than they give, that serving others keeps them feeling vital and that they would not trade the experience for anything. It doesn't get much better than that!

**Thank you RSVP Volunteers!**

## Welcome New and Reinstated Volunteers!

### New

Sarah Conley

Lillian Hollis

Anne Myers

### Reinstated

Ruth Givins

Pauline Mangus

Beverly Davis

Theresa Winton

It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself.

~Ralph Waldo Emerson

## 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** 



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

<i>Opportunities</i>	<i>Duties</i>	<i>County</i>	<i>Details</i>
<b>Literacy Volunteers</b>	Tutor adults in basic reading skills or English as a second language.	Schuyler	Extensive training provided.
<b>Library Assistants Elizabeth Pert Modeste Bedient Montour Memorial and Watkins Glen Libraries</b>	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.
<b>Home Meal Delivery</b>	Deliver meals to home-bound individuals in the Penn Yan/ Dundee area.	Yates	Usually 1-2 hours per day. Motor vehicle and criminal screenings required.
<b>Hospice of the Southern Tier and Ontario/Yates Hospice</b>	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.
<b>Classroom Aide Keuka Lake School</b>	Assist the special ed teacher and aides with activities for and with the children.	Yates	On-going training and support provided. Criminal screening required.
<b>Bone Builder Exercise Group Leaders</b>	Lead a small group of individuals age 55+ in a preventive exercise program, designed to reduce the incidence of osteoporosis. Classes resume in October.	Schuyler & Yates	Must be in good health with doctor's permission to participate. Training provided in early fall.
<b>Reading Buddies</b>	Help struggling readers, grades K-3, when school opens in fall 2008.	Schuyler & Yates	Orientation and training at the start of school year. Criminal screening.

## *RSVP Volunteers Assist with Tax Forms*

Several trained RSVP volunteer tax counselors assisted local older adults with their 2007 federal income tax returns this tax season. Step-by-step directions for completing a simplified tax return were described in mass tax clinics held at the Schuyler County Human Services Complex. Retired individuals who are not usually required to file a tax return must do so this year in order to receive the federal “Stimulus” payment of \$300 to \$600. This includes people receiving Social Security, Veterans and/or Railroad Retirement benefits. Rebate checks will be mailed to qualified citizens from May through July. Further details about the Economic Stimulus Payment can be found at



[www.irs.gov](http://www.irs.gov).

Stimulus payment tax clinics were in addition to the regular tax counseling services provided to Schuyler County residents age 60 and older. RSVP partners with the Buffalo IRS office; the volunteers participate in extensive training in tax law and e-filing systems. Services under the Tax Counseling for the Elderly program are provided free of charge.

1973

**RSVP**

2008

**RSVP** is celebrating its **35th Anniversary** in 2008 under the sponsorship of **Cornell Cooperative Extension of Schuyler County**. Since 1973, 1,908 individuals age 55 and older have been addressing critical community needs as RSVP volunteers in Schuyler and Yates Counties.

**Congratulations to RSVP volunteers, past and present!**

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

## The Impact and Benefits of Volunteering

Senior Corps programs like **RSVP** benefit the community, the organization, and the volunteer. Think of what you can do when you give your time to help your community:

**Help your community:** Know that you are giving your time, talent, wisdom, and experience to your community and neighbors who need you.

**Help yourself:** Through service, you can add to the quality and health of your life. Research indicates that volunteers enjoy better health, make new friendships, stay active and involved in the community, and learn new skills.

**Make a difference:** Be part of a national movement to transform America through the involvement of its citizens.

**Save money for the organizations you serve:** By donating your time and skills, you help make funds go farther for organizations that address critical needs in your community.

**Choose How to Serve:** RSVP offers maximum flexibility and choice to its volunteers as it matches the personal interests and skills of older Americans with opportunities to serve their communities.

RSVP volunteers choose how and where they want to serve—from a few hours to more than 40 hours a week.



**RSVP and Triad of Schuyler County** have emergency kits available for **\$10** each for Schuyler County residents age 60 and older. **Contact RSVP at 535-7105** (\$30 value)

**Who can be an RSVP volunteer?** RSVP provides service opportunities for those who want to make a difference in their communities while maintaining the flexibility to decide where and how frequently they serve.

**Eligibility:** RSVP volunteers must be at least 55 years of age.

**Benefits:** RSVP volunteers are able to put their unique talents to work for community and faith-based organizations that are significant to them. In addition, they receive the following benefits:

- Pre-service orientation;
- On-the-job training from the agency or organization where they are placed;
- Supplemental insurance while on duty

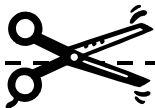
FILE OF LIFE	
Name: _____	
Address: _____	
Doctor: _____	Phone#: _____
EMERGENCY CONTACTS	
Name: _____	Phone#: _____
Address: _____	
Name: _____	Phone#: _____
Address: _____	

**RSVP and Triad of Schuyler County** offer free **File-of-Life** packets to Schuyler County residents age 60 and older.

First Responders look for the **File-of-Life** on a participant's refrigerator for quick access to medical information when responding to an emergency.

**Contact 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.

May/June 2008

**RETURN SERVICE REQUESTED**

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

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