

# GOLDEN GLOW

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

## Office for the Aging (OFA)

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

(607) 535-7108  
www.schuylercounty.us

Director, Tamre (Tammy) Waite



## Retired & Senior Volunteer Program (RSVP)

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

(607) 535-7105  
www.schuyleratesrsvp.org  
Director, Dick Evans

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

**OFA Transportation Requests:**  
(607) 535-7108

**Volunteer Today!**

**“SERVICE AND ASSISTANCE FOR SENIORS...BECAUSE YOU’VE EARNED IT!”**

Vol. 39 No. 1

January/February 2012

## DIRECTOR’S CORNER

By: Tamre S. Waite

In preparation for the new year, the staff at Office for the Aging have been planning for 2012 with adaptations to some programs, laying the groundwork for new endeavors and collaborations, and soliciting feedback from those we serve in an effort to provide the best possible services. Many thanks to those who responded to our surveys and encouraged us with your feedback.

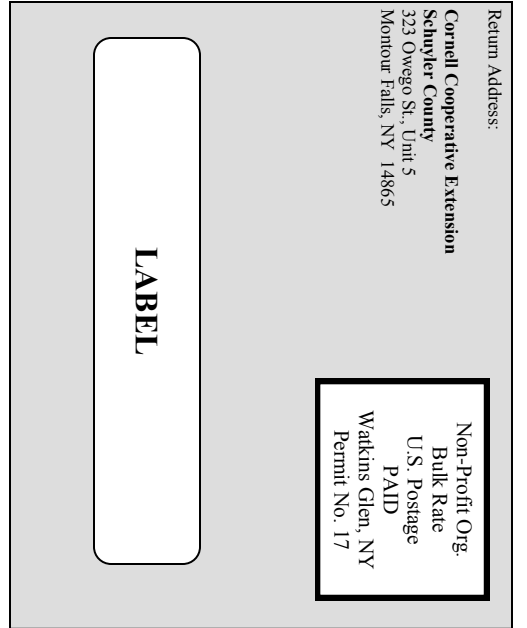
Of special note, as we design or redesign services and programs, is the growth in the aging population within Schuyler County. The 2000 census showed a total of 3,708 individuals age 60 and older which was 19% of the total population. The 2010 census shows a total of 4,386 individuals age 60 and older which is 24% of the total population for a 5% increase. Much effort has gone into

evaluating services provided through Office for the Aging. This has included looking at the numbers of individuals impacted, the quantity of service units provided, and the cost associated with that. We must continually evaluate the benefits of the various services and determine when something should be redesigned or eliminated. Client need, interest, location and cost are all factors considered.

For a more in-depth look at the work that occurs daily at OFA, you can go to the County website at [www.schuylercounty.us](http://www.schuylercounty.us) to review the performance based budget. This provides a break out of programs indicating how many people have been served or how many units of service were provided along with the cost per unit. For example, we note how many congregate meals are served during the course of a year and the cost associated with those meals. We then compare that to the previous year to study growth or decline in the service. From there, the goal is to determine the

cause for the change and if it was intentional or not. This is done for each program area.

As we continue to evolve to meet the changing needs of the aging population within our county, we encourage your input. I have received some very in depth thoughts and comments along the way and have been discussing with staff how we can incorporate this input. We recognize that there are differences between needs based on where one lives, the amount of expendable income available to each individual, if transportation is readily available, individual health status, family/friend relationships, health insurance coverage, access to technology and much more. Our target populations include unserved and underserved older adults with the greatest social or economic need with an emphasis on those with low income, minorities with low income, rural residents, older adults with limited English proficiency, Native Americans and frail persons or those with disabilities such as a visual or hearing impairment. Although, we are required by our guiding regulations to focus on target populations, we do have services for all aging adults. Please call us at 535-7108 if you need assistance as



an individual or as a caregiver for someone with chronic or long-term needs. I would like to take this opportunity to publicly thank my staff for their ongoing dedication and commitment to the aging population of Schuyler County. Many times, they come across needs beyond the scope of what is provided through Office for the Aging. My staff takes the time to assist the caller by making phone calls on their behalf or providing needed applications for other services or by providing pertinent information to help the caller do their own follow up. We have a wonderful core group of volunteers who assist as well. Hats off to all for making our office function so exceptionally well.

## Office Closings

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

**Monday, December 26 for Christmas**

**Monday, January 2 for New Years**

**Monday, January 16 for Martin Luther King, Jr. Day**

**Monday, February 20 for President’s Day**

The Retired and Senior Volunteer Program (RSVP) and Cornell Cooperative Extension offices will be closed on...

**Monday, December 26 - Monday, January 2 for the holidays**

**Monday, January 16 for Martin Luther King, Jr. Day**

**Monday, February 20 for President’s Day**



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# OFA's SILVER SPOON CAFÉ MENU

Meals served at 12:00 p.m. (except Breakfast days)

Note: Menu subject to change.

For reservations call 535-7470

Dates	Mon	Tue	Wed	Thu	Fri
<b>JAN 2 THROUGH JAN 6</b>	<b>2 New Year's Day Holiday (OFA closed)</b>  <i>Happy New Year!!</i>	3 Salisbury steak w/ gravy Winter squash Spinach/chick pea salad Rice pilaf Fruit	<b>NEW YEAR'S LUNCH</b> Roast pork w/ dressing & gravy Green bean casserole Rosy apple relish Whipped potatoes w/ gravy Chef's choice	5 Chicken w/ lemon and garlic Buttered Beets Marinated vegetable salad Lyonnaise potatoes Fruit fluff	6 Vegetable lasagne Tossed salad Juice Garlic bread Fruit
<b>JAN 9 THROUGH JAN 13</b>	9 Shepherd's pie Cauliflower 3 bean salad Whole wheat bread Fruit	10 Boiled ham dinner w/ carrots, cabbage, potatoes & onions Apricots Dinner roll Cookie	11 Tasty beef patty Mixed vegetables Tropical fruit cup Baked potato Ice cream	12 Turkey loaf w/ gravy Stewed tomatoes Fruit salad Brown rice Pudding / topping	13 Baked fish kiev Winter squash Coleslaw Parsley potatoes Fruit
<b>JAN 16 THROUGH JAN 20</b>	16 <b>MARTIN LUTHER KING DAY</b>  (Closed)	17 Spanish rice Broccoli Beet & onion salad Whole wheat bread Fruit	18 Greek baked chicken Peas Parsley potatoes Marinated vegetable salad Baked apple slices/cinnamon	19 Beef stew Dinner roll Angie's salad Pineapple salad Brownie	20 <b>BREAKFAST MENU</b> Sausage Scrambled eggs Home fries Juice French toast Baked apple slices  Breakfast served 8-10am
<b>JAN 23 THROUGH JAN 27</b>	23 <b>CHINESE NEW YEAR</b> Sweet & sour chicken Oriental vegetables Brown rice Pear salad Fortune cookie/ ice cream	*24 Savory pork roast Carrot coins Tossed salad Baked potato Fruit fluff	25 Beef & mushrooms on a bun Scalloped cabbage Peaches Birthday cake	26 Stuffed shells / sauce Cauliflower Molded vegetable salad Whole grain bread Fruit	27 Liver, bacon & onions Rosemary potatoes Green beans Apricots Pudding w/ topping
<b>JAN 30 THROUGH JAN 31</b>	30 Ham & scalloped potatoes Spinach Beet & onion salad Whole grain bread Fruit	31 Oven-fried chicken Peas Whipped potatoes/ gravy Fruit salad Cookie	*Denotes new menu item		
<b>FEB 1 THROUGH FEB 3</b>			1 Roast beef w/ gravy Broccoli Tossed salad Whipped potatoes Fruit	2 <b>GROUND HOG DAY</b> Ground hog loaf w/cranberry glaze Winter squash Vegetable salad Baked potato Fruit ambrosia	3 Macaroni and cheese Scalloped tomatoes 3 - bean salad Baked apple slices w/ cinnamon
<b>FEB 6 THROUGH FEB 10</b>	6 Sloppy Tom w/ bun Cauliflower Beet salad Fruit	7 Deluxe beef patty Green beans Apricots Lyonnaise potatoes Ice cream	* 8 Jambalaya w/ chicken Vegetable medley Applesauce Brown rice Blond brownie	9 Hamburger vegetable soup Roll Cottage cheese/chives Colorful coleslaw Fruit	10 Cheese strata Peas Marinated chickpea / tomato salad Fruit
<b>FEB 13 THROUGH FEB 17</b>	13 Mexican chicken casserole Dinner roll Mixed vegetables Applesauce Juice Tapioca pudding w/topping	14 <b>VALENTINE'S DAY</b> Open-faced turkey sandwich w/ gravy Broccoli Pineapple salad Whipped potatoes Chef's choice	15 Pork cutlet w/ sauerkraut Carrot coins Marinated bean salad Parsley potatoes Fruit fluff	16 Pasta w/ meat sauce Tossed salad Juice Garlic bread Fruit jello	17 <b>BREAKFAST DAY</b> Western omelet Home fries Juice Blueberry muffin Fruit  Breakfast served 8-10am Take outs available
<b>FEB 21 THROUGH FEB 24</b>	20 <b>PRESIDENTS' DAY</b>  (OFA closed)	21 Meatloaf w/ gravy Winter squash 3 - bean salad Baked potato Bananas & strawberries	22 <b>ASH WEDNESDAY</b> Stuffed shells / sauce Cauliflower Peaches Whole wheat bread Ice cream	23 Chicken & gravy on a biscuit Vegetable medley Pear salad Juice Cookie	24 Fish w/ lemon & dill Lima beans Carrot raisin salad O'Brien potatoes Fruit
<b>FEB 27 THROUGH FEB 29</b>	27 Ham & bean casserole Brussels sprouts Juice Brown rice Fruit	28 Chicken cacciatore Peas Fruit salad Pasta Fruit	29 Beef stew Cottage cheese/chives Tropical fruit cup Roll Leap year Birthday cake		<b>Five meal sites in Schuyler Co.</b> Montour— Monday-Friday Monterey— Tuesday only Burdett—Wednesday only Tyrone— Wednesday only Hector—Thursday only

# HEALTH PROMOTION

## ROOT VEGETABLES

By Anne Heist, RD

Root vegetables are versatile, filling and economical. They are low in calories by themselves. They are fair to good sources of fiber and potassium and contain a variety of other nutrients depending on the vegetable. Turnips, radishes, and rutabagas are cruciferous vegetables (members of the broccoli family). Potatoes and onions are not technically root vegetables. Most root vegetables taste better when small. Large ones can be tough and starchy. The deeper the color, the more nutritious it is.

- ◆ Beets – have the most sugar, but still only 35 calories in one-half cup. They are a good source of Vitamin C, iron, folate, and magnesium. They are also high in antioxidants.
- ◆ Carrots – great source of betacarotene (precursor to vitamin A).
- ◆ Parsnips – relative to the carrot (without betacarotene) is a fair source of Vitamin C, folate, and potassium.
- ◆ Radishes – not out-standing nutritionally but a source of a small amount of Vitamin C, calcium, and folate.
- ◆ Turnips – Wide range of shapes and sizes. Good pureed, mashed with potatoes, or added to soups and stews. They contain some vitamin C, calcium.
- ◆ Rutabagas – Sometimes called yellow turnips but contain higher amounts of similar nutrients. They are the best source for vitamin C of all the root vegetables. They also contain a good amount of betacarotene (Vit A).

Winter is a nice time for soups and stews. Think about including some root vegetables for added flavor and nutrition.

HAPPY HOLIDAYS  
and  
HAPPY 2012 !!

## FLYING COMPANIONS PROVIDES A VIABLE TRAVEL SOLUTION

**F**lying Companions is a company located in Atlanta, GA but servicing individuals across the country. It is a service providing professional travel companions for those who require special assistance. They make the travel arrangements for you and as part of the process, look into the best air fare along with necessary accommodations. The Companions are comprised of former airline professionals as well as experienced air travelers. All have successfully completed a background check and are fully insured. These professional travel escorts can accompany an individual throughout the flight process or for an entire vacation, if needed. For more information regarding this service, please visit their website at [www.flyingcompanions.com](http://www.flyingcompanions.com) or call 1-888-350-8886.

## 5-STAR SPECIAL ENROLLMENT PERIOD

**A** new Special Enrollment Period (SEP) will be available for beneficiaries to enroll in a Medicare Advantage or Part D drug plan with an overall 5-star quality rating. For 2012, there are no Medicare Advantage plans with 5-star ratings in New York State, but there are two 5-star stand-alone Part D plans (PDP) available from Simply Prescriptions (Rx 1 and Rx 3).

Any beneficiary with Medicare Part A and/or Part B will be able to use the SEP to enroll in a Simply Prescriptions PDP one time between December 8, 2011 and November 30, 2012 to be effective the first of the following month.

This is especially helpful for those who may need a new prescription that is not on their current plan's formulary and will result in the person being responsible for the full cost of a drug.

## Harvest Health and Wellness: Reap the benefits

Looking for ways to stay active during the winter months? OFA's health and wellness opportunities allow you to exercise safely indoors at your own pace.

### Afternoon Open Swim at Watkins Glen School District's Community Pool

- Monday, Wednesday, and Friday, 3:00-4:30pm, when school is in session from January 4 through April 30 (schedules are available).
- This is a lifeguard-supervised open swim at the WGCSD community pool. Lap lanes and locker rooms are available.
- There is a \$3 suggested donation per class (\$2.50 if you pay for the month).

*Schuyler County OFA does not deny participation due to an inability to pay the suggested donation.*

### Shoestrings Walking Program at Watkins Glen High School

- Week days from 3:00-4:30pm when classes are in session from January 4 through April 30 (schedules are available).
- There is no fee for this program
- Please call to register. We ask that you keep track of your steps, and provide you with a weekly steps/miles log and pedometer.

### A Matter of Balance®

An 8-week program that helps you to:

- learn to view falls as controllable.
- learn about making changes to reduce fall risks at home.
- participate in an exercise program to increase strength and balance.

Held from 9:30-11:15am in the Catherine Court Apartments Community Room, 116 Canal Street, beginning Thursday, January 5.

Seating is limited; Registration is required.

There is a \$1.50/class suggested donation.

*Schuyler County OFA does not deny participation due to an inability to pay the suggested donation.*

### Wii™

Office for the Aging has a Wii™ system available, along with many sports and games programs to choose from. If you and a group of friends are interested in starting a Wii™ group, please contact Gina Gasparro, Health Promotions Coordinator.

**For information about any of these programs, please call the Office for the Aging at (607) 535-7108.**



# EMERGENCY MANAGEMENT

## EMERGENCY MANAGEMENT SERVICES

By Brian Gardner, Deputy Coordinator, Schuyler County Emergency Management

According to recent statistics released by the United States Fire Administration, the fire death rate among people over the age of 65 is more than twice the national average. As we become older and our bodies start to slow down, we must take steps to protect ourselves and perhaps lower these fire death statistics. The Schuyler County Emergency Management Office would like to offer these tips for safeguarding yourself and your homes against a fire.

- Check and Change the

battery in your smoke detector. Having a working smoke detector, can more than double your chances of surviving a fire.

- Make sure that alarms are installed on all levels of your home. Adults who are deaf or hard of hearing should buy visual aids such as alarms with strobes. Flashing or vibrating alarms should also be tested every month.
- Change or update your escape plan - Consider your capabilities when planning escape routes. If needed, make sure escape routes are accessible for walkers or wheelchairs. Be sure escape routes are kept clear of clutter that may slow you down.
- Keep fire extinguishers handy – If you do not have a

portable fire extinguisher, consider purchasing one. Multi-purpose dry chemical extinguishers are recommended for home usage.

- Change unsafe cooking habits - Never leaving cooking unattended.
- Wear tight fitting clothing when cooking over an open flame.
- Clean the exhaust hood and utensil regularly to avoid grease build-up.

We hope that these tips will assist you in keeping yourself and others safe from the fire hazards that we all face. As always, if you would like any

further information please feel free to contact us at the Schuyler County Emergency Management Office at 607-535-8200 or contact us on facebook



**Hendersons Health Mart Pharmacy**  
320 West Main Street  
Watkins Glen, NY 14865  
607-535-7272



**Jerlando's Pizza**  
Est. 1998  
"the Best Around"

# TRANSPORTATION

## OFA VAN TRIPS

Call the Schuyler County Office for the Aging at 535-7108 for more information and to sign up.



January 9

### Curtiss Museum

Van leaves at 9:00 a.m. Stops for lunch.  
\$6.00 Museum Fee  
\$2.00 Suggested Ride Donation

January 23

### Arnot Mall

Van leaves at 9:30 a.m.  
\$2.00 Suggested Ride Donation

February 6

### Elmira Thrift Shop

Van leaves at 9:00 a.m. Stops for lunch.  
\$2.00 Suggested Ride Donation

February 27

### Arnot Mall

Van leaves at 9:30 a.m.  
\$2.00 Suggested Ride Donation

March 12

### Corning Museum of Glass

Van leaves at 9:00 a.m.  
\$11.90 Museum Fee or \$6.00 if driver's license shown.  
\$2.00 Suggested Ride Donation

March 26

### Ithaca Thrift Shop

Van leaves at 9:00 a.m. Stops for lunch.  
\$2.00 Suggested Ride Donation

## TRANSPORTATION ASSISTANCE

Transportation is available through OFA for individuals age 60 and older for medical appointments, trips to the pharmacy, bank and grocery store, for hair appointments, agency appointments and for outpatient testing as well as visiting a family member or loved one in the hospital or nursing home. This is a donation based service, but no one will be denied access due to their inability to contribute to the cost of the service. Call 535-7108 for more information or to book your request.





**Schuyler County Transit**  
www.schuylercountytransit.org  
(607) 535-3555

**FARES**

**One Way Trip (fixed routes)**  
Regular: \$1  
Disability/Senior: \$5.00

**Month Pass**  
Regular: \$30  
Disability/Senior: \$15

**Dial-A-Ride: \$2 - \$13**

**Connecting You to Schuyler County**

Operates 7:45 a.m. - 5:30 p.m.

*Information Guide & Schedules Available at:*  
Schuyler Hospital • Tops • Wal-Mart  
Additional locations listed on website

Tickets and Month Passes may be purchased from transit bus drivers with **EXACT CHANGE ONLY.**  
Also available at The Arc of Schuyler, 203 Twelfth St., Watkins Glen



# HIICAP

## NOTES FROM HIICAP

By Gina Gasparro, HIICAP Coordinator

A few important things you should know about Medicare in the New Year

- You can switch from your Medicare private health plan (except MSA plan) to Original Medicare during the **Medicare Advantage Disenrollment Period (MADP)**, which is **January 1-February 14**. You can only make this coverage change if you have a Medicare private health plan (also known as a Medicare Advantage plan), and the change will take effect the first of the following month.

\* If you have a Medicare Advantage plan and a separate stand alone drug plan (PDP), then you can switch to Original Medicare but cannot change stand alone drug plans.

If you have...	You can switch to...
A Medicare private health plan with or without drug coverage (Medicare Advantage)	Original Medicare <b>and</b> a prescription drug plan* <b>or</b> Original Medicare <b>without</b> a prescription drug plan
A Medicare Private Fee-For-Service (PFFS) plan that does not have prescription drug coverage <b>and</b> a stand-alone prescription drug plan (MA and PDP)	Original Medicare, <b>but you must keep your current</b> prescription drug plan
Original Medicare or Original Medicare and a prescription drug plan	You cannot switch your plan during this time

• Changes to EPIC

You may notice an increase in your drug co-pays during 2012. This is because EPIC is ONLY providing coverage to EPIC enrollees once they reach the 'donut hole' in 2012. The donut hole is reached when the **total cost** of your drugs (not just what you paid, but what your plan paid, also) totals \$2930. Without EPIC, you would pay (depending on your plan) up to 50% of the cost of covered brand-name drugs. With EPIC, that 50% will be reduced according to EPIC's co-payment amounts. For example, if your drug co-pay is \$100 during the donut hole, you will only pay the \$20 EPIC charges for prescriptions that are \$55 or higher.

• New Medicare Preventive Service Benefits!

◦ Annual Alcohol Misuse Screening

By primary care providers

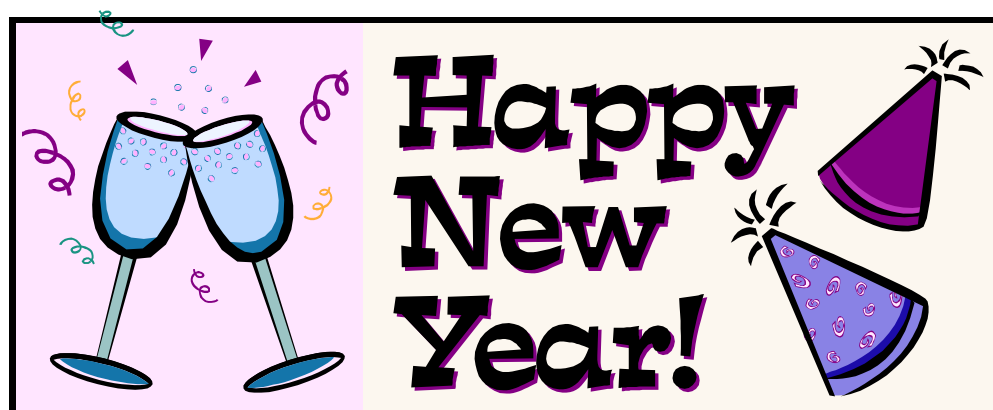
Also covers 4 behavioral counseling sessions per year covered by the primary care provider, if the beneficiary screens positive for alcohol misuse.

◦ Annual Depression Screening

Covered in primary care settings that have staff resources to follow up with appropriate treatment and referrals

These are in addition to the many preventive service benefits that are covered by Medicare: 17 of them at 100% (no cost to you!) Make a resolution in 2012 to take care of YOU by asking your primary care provider what Medicare preventive services you are eligible for.

If you have questions or concerns regarding your Medicare benefits, please call the Office for the Aging to schedule an appointment with a trained counselor. Our services are free, confidential, and unbiased.



## WISE CHOICES PREVENTING THE SPREAD OF GERMS

- Wash your hands often and well. If soap and water are not available, some health officials recommend rubbing your hands with alcohol-based gels.
- Cover your nose and mouth when you sneeze or cough.
- Avoid touching your eyes, nose or mouth.
- Keep doctor-recommended vaccinations up to date.
- Stay home when you are sick and check with a health care provider when needed.
- Eat right, get enough sleep and exercise regularly to help strengthen your immune system and fight sickness.



## MEDICATION MANAGEMENT SUPPLIES AVAILABLE

The Schuylers County Office for the Aging has a number of medication management supplies. Pill cutters, pill dispensers, timers, bottle openers, collapsible cups, etc. Anyone who is 60+ years old who may benefit is welcome to contact Gina for more information.

Gina Gasparro  
Insurance Counseling Coordinator  
(607) 535-7108  
GGasparro@Co.Schuylers.NY.US



(SMP is the Senior Medicare Patrol, a special unit of the HIICAP program made up of Office for the Aging staff and volunteers throughout the state, dedicated to educating and assisting people with suspected Medicare fraud and abuse issues.)

This article is taken from the September/October *Fraud Corner* column.

“Some of the calls we receive on the SMP hotline involve identity theft.

If you suspect that you are a victim of identity theft, take the following step as soon as possible. Place a fraud alert on your credit reports, and review your credit reports.

Fraud alerts can help prevent an identity thief from opening any more accounts in your name. Contact any of the three consumer reporting companies below to place a fraud alert on your credit report. You only need to contact one of the three companies to place an alert.

**TransUnion:** 1-800-680-7289  
**Equifax:** 1-800-525-6285  
**Experian:** 1-888-397-3742

Once you place the [fraud alert](#) in your file, you're entitled to order one free copy of your credit report from each of the three companies, and, if you ask, only the last four digits of your Social Security number will appear on your credit reports. Once you get your credit reports, review them carefully. Look for inquiries from companies you haven't contacted, accounts you didn't open, and debts on your accounts that you can't explain.

Remember - the toll-free number to report allegations of Medicare and Medicaid fraud and abuse is 1-877-678-4697.

*SMP: Protect. Detect. Report.*

## CAREGIVER'S CORNER

### ABC's for Caregivers

Created by Dawn Foster,,  
Office for the Aging, Intern  
Corning Community College

**A**nxiety about facing another day and what the future holds (what happens when he/she needs more care than I can provide).

**B**elieve in yourself. Trust your instincts. Let your inner voice guide decision making for your loved one and yourself.

**C**aregiving is a job and respite is your earned right. Reward yourself with respite breaks.

**D**enial about the disease and its effect on the person who has been diagnosed (I know they're going to get better.)

**E**xhaustion that makes it nearly impossible to complete necessary daily tasks.

**F**inancial planning - think about the cost of long term care and securing resources for your future. Free legal services at your local Office for the Aging for documents such as a Power of Attorney, Health Care Proxy, and Living Will.

**G**et help. Doing everything yourself, will leave you exhausted. Seek support from family, friends, and community resources. Have someone advocate for you if you are afraid to ask for help.

**H**ealth problems that begin to take their toll, both mentally and physically. Take care of yourself, watch your diet, exercise, and get plenty of rest. Take a break to do something you enjoy.

**I**rritability that leads to moodiness, which can trigger negative responses and reactions (I can't do this anymore - leave me alone!)

**J**oin together. Don't try to carry the load alone. Enlist the support of other family members. When you need a break or need help, call them.

**K**now what resources are available within your community. If you don't know, ask. Start with calling your local Office for the Aging.

**L**ack of concentration that makes it difficult to perform familiar tasks (I was so busy, I forgot that appointment).

**M**anage your stress level. Stress can cause physical problems, emotional problems and changes in mood and behavior.

**N**ew Dreams. Grieve for your losses, and then allow yourself to dream new dreams.

**O**penness to new technologies and ideas that promote your loved ones independence.

**P**rotect your health. Taking care of yourself is not a luxury, it is a necessity. If your health is compromised it's hard to be an effective caregiver.

**Q**uality - remember it is the quality of care you are giving your loved one, not the quantity of care.

**R**each out for help. Caregiving is not a one-person job. Asking for help is a sign of strength, not weakness.

**S**eek support from other caregivers. There is great strength in knowing you are not alone.

**T**rust your instincts. Most of the time, they will lead you in the right direction.

**U**se your head. Avoid unhealthy habits such as smoking, excessive drinking or using drugs.

**V**alue - Caregiving is a value we can model for others, including our children.

**W**atch out for signs of depression, i.e. fatigue, change in appetite, weight loss/gain, hopelessness, sadness, social isolation. Don't delay in getting professional help.

**X**aler. What is this word? - It is **RELAX** spelled backwards. Remember to take some time each day to relax. Read a book, listen to music, take a walk, work in the garden or chat with a friend.

**Y**ou have to be your first priority. Taking care of yourself means you can provide better care for your loved ones.

**Z**ebra - What the heck does this have to do with caregiving? Remember every zebra's stripes are a little bit different from the next; just as your loved ones are different from one another. This is what makes each of us unique and wonderful in our own way.

### FAMILY CAREGIVER'S GUIDE TO URGENT CARE CENTERS

(Referenced from: [www.nextstepincare.org](http://www.nextstepincare.org).  
A Family Caregiver's Guide to Urgent Care Centers, 2011 United Hospital Fund)

**U**rgent care centers help fill the gap between a doctor's office and a hospital's emergency room (ER). They provide treatment for medical problems such as a sudden illness or injury that needs attention right away but is not a life-threatening emergency.

You can save time and reduce anxiety for you, as well as your family member - when you plan ahead and know when, and when not, to use an urgent care center.

This article includes basic information about urgent care centers. It is written to help you understand options for immediate care when your family member's doctor is not available or you cannot get an appointment right away. It does not replace the advice of your family member's primary physician.

#### About Urgent Care Centers

A person might go to an urgent care center for a medical problem such as a:

- sprained ankle or wrist
- cut finger
- painful sore throat
- sinus or urinary tract
- infection
- rash, insect bite
- headache
- infected finger/toe nail
- upset stomach

These are just examples of the kinds of medical problems urgent care centers generally treat. But staff at one urgent care center may decide that a patient with an injury needs to go to the ER. Staff at another center may decide to provide treatment right there. Sometimes this choice depends on how serious the problem is and if the health care provider has experience treating it. Most urgent care centers can take X-rays, do blood work, and perform other common tests.

Staff at urgent care centers will assess your family member's medical problem and may provide some symptom relief. They will also say whether your family member needs to see his or her doctor for follow-up care.

The urgent care center may instead want your family member to go to the nearest ER. This may happen if the medical problem is very serious or if the urgent care staff feels they cannot provide the right kind of treatment. If your family

member needs to go to the ER, the urgent care center may help make the arrangements to get there right away.

#### When There Is a Medical Emergency

Some people refuse to go to an ER. They may say that their symptoms are not so bad or that they do not want to wait in the ER. Others are afraid that if they go to the ER they will be admitted to the hospital and then to a nursing home. Many older people and those with chronic illnesses feel this way. It may be easier to persuade your family member to get treatment at an urgent care center. Urgent care centers tend to be quieter and less busy than an ER.

It is important to know that if you employ a home health aide through an agency, he or she may be required to call 911 in a medical emergency. But if you hire the aide yourself, you can decide what to do and where to go for medical problems.

A person should **NOT** go to an urgent care center for **severe breathing problems, chest pains, uncontrolled bleeding, or other symptoms of a life-threatening emergency**. If your family member has any of these problems, **call 911 or go to the nearest hospital ER right away**.

#### Questions to Ask Before Going to an Urgent Care Center

##### Q. When is the center open?

Urgent care centers set their own hours. Most, but not all, are open in the evening and on weekends. Make sure you know the hours it is open. This way you will not waste time going to a center in the middle of the night and finding out it is closed. By law ERs must be open 24/7 (all the time).

##### Q. What professionals are on staff?

Urgent care centers may not have doctors on duty at all times. While some centers are staffed by family physicians or doctors with ER training, others only have doctors "on call" (such as a radiologist to read X-rays). Urgent care centers may be staffed by nurse practitioners or physician assistants trained to handle common medical problems. Their care might include doing blood work, giving X-rays, and providing oxygen.

##### Q. How long is the average wait time?

At urgent care centers, there is often just a short wait to see the doctor, nurse practitioner, or physician assistant. Short waits can be very important when caring for an older person.

### Schuyler County Office for the Aging Elder Caregiver Support Program

Shannon Slater, Aging Services Case Worker

(607) 535-7108

*Service and Assistance for Seniors...  
Because You've Earned It!*

# CAREGIVER'S CORNER

(Continued from page 6)

In busy ERs, patients are triaged (the most serious cases are seen first). This means that if your family member's illness is not the most serious, you might have to wait in the ER for many hours.

## Q. Does the urgent care center accept insurance?

Urgent care centers accept many insurance plans. Find out ahead of time if your family member's health plan has a contract with an urgent care center. If you go to an urgent care center that does not have such a contract, there might be higher fees for an "out-of-network" provider. Sometimes people go to an out-of-network urgent care center if the "in-network" one is far from home.

## Q. Does the urgent care center provide medications?

Doctors at urgent care centers can write prescriptions to fill at your pharmacy. Some urgent care centers can also give patients common medications like antibiotics (to treat infections).

## What To Do After Going To An Urgent Care Center

Tell your family member's doctor that you went to an urgent care center, why, and what treatment and medications were given. This is very important as the center might not send information about the visit to your family member's doctor. Tell the urgent care center and your family member's doctor about the quality of care you received. This helps everyone know what to do the next time there are medical problems.

## Local Resources For Urgent Care

### Schuyler Primary Care Walk-in Clinic

230 Steuben Street  
Montour Falls, NY 14865  
535-7154

Monday & Wednesday  
8:30am – 6:30pm;  
Tuesday, Thursday & Friday  
8:30am – 5pm;  
Saturday  
9am – 12pm

### Elmira Urgent Care Center

360 West Water Street  
Elmira, NY 14905  
732-1100  
Monday - Friday - 9am – 7pm;  
Saturday & Sunday - 9am – 5pm



## HOW AND WHY TO USE POSITIVE AFFIRMATIONS AS A STRESS MANAGEMENT TOOL

(Referenced from: Elizabeth Scott, M.S., *www.About.com Guide*, updated October 2009)

**A**ffirmation (af•fir•ma•tion) n.  
1. The act of affirming or the state of being affirmed; assertion.  
2. Something declared to be true; a positive statement or judgment.

Positive affirmations are a great tool to reprogram your unconscious mind from negative thinking to positive. The idea is to take positive statements of what you would like to see manifested, and repeat them enough so that they're part of your way of thinking and seeing the world; this operates in the same way that negative self-talk does, but in a way that benefits you. To come up with your own positive affirmations, use the following guidelines:

### Look At Your Intentions:

Think about what you are trying to create in your life. This means, look at the end product, and the behaviors, attitudes and traits you would like to see yourself develop in order to get there. Would you like to feel more peace? Would you like to practice more healthy lifestyle habits? Would you like to be a more supportive friend? You might want to write in a journal and brainstorm to figure out what's important to you and get to the heart of what you want to create in your life. (A good starting point is to imagine your ideal life, pretend a fairy has given you three wishes, or try to visualize what you were put on Earth to be.)

### Create Statements:

Once you get an idea of what you're aiming for, try to put that idea into a few simple statements that reflect the reality of what you want to create. Phrase the statements as if they are already true, not that you would like them to be true. For example, the affirmation, "I am feeling more peaceful each day," would be better than, "I want to feel more peaceful." This is because you are programming your subconscious mind to believe the statements, and that helps manifest them into reality. You're not trying to want something, you're trying to make it so.

### Be Sure They're Positive:

When making positive affirmations, be sure they're positive! This means saying what you want to see and experience, not what you

don't want to see and experience. For example, instead of saying, "I don't want to feel stress," or even, "I've stopped feeling stress," use, "I'm feeling peace". Sometimes your mind doesn't register the negative, and it just hears the concept, "stress", which is what you're trying to avoid.

### Make Them Realistic:

Your subconscious mind can benefit from positive affirmations that stretch and expand your perspective, but if you push things too far, your 'inner judge' steps in and negates the affirmations. Be sure that you're making your affirmations realistic, but hopeful as well, and positive affirmations will work for you. For example, the affirmation of, 'Every day, in every way, I'm getting better and stronger, etc.' might feel like too much of a stretch, and your subconscious mind might 'beg to differ'. However, 'I am learning from my mistakes,' or 'I am grateful for all that I have in my life,' might feel more 'real' to your subconscious mind. Experiment, and see what feels right to you.

Once you've found your affirmations, here are some ways to introduce positive affirmations into your life:

### Repetition:

Probably the most popular way to harness the power of affirmations is to simply repeat them to yourself on a regular basis. Repeating them mentally several times in the morning or evening can be effective; repeating them aloud is even more effective because you hear them more clearly that way.

### On Post-Its:

A fun way to use affirmations is to put them on post-its that you place around your house (on the fridge, on the bathroom mirror, and other places you'll likely see them) to give yourself positive messages throughout the day. This technique can be effective on its own, or can be used with other affirmation techniques as a reinforcer.

### Journal your thoughts and experiences:

Accompany your use of affirmations with daily journaling. In your journal you can record your affirmations and your daily reflections on them. Sometimes you will find that you want to write several sentences, paragraphs or pages on one affirmation. Journaling allows you to release thoughts, feelings and impressions that are important to acknowledge and process.

### Create a vision board:

Take your affirmations and find pictures or images that you can attach to them. You can tape or glue

these images to a large or small poster board, or create a digital slideshow with digital images. When you look at these images they activate an energy in you, they make you smile and remind you what it's all about.

### Here are some sample affirmations:

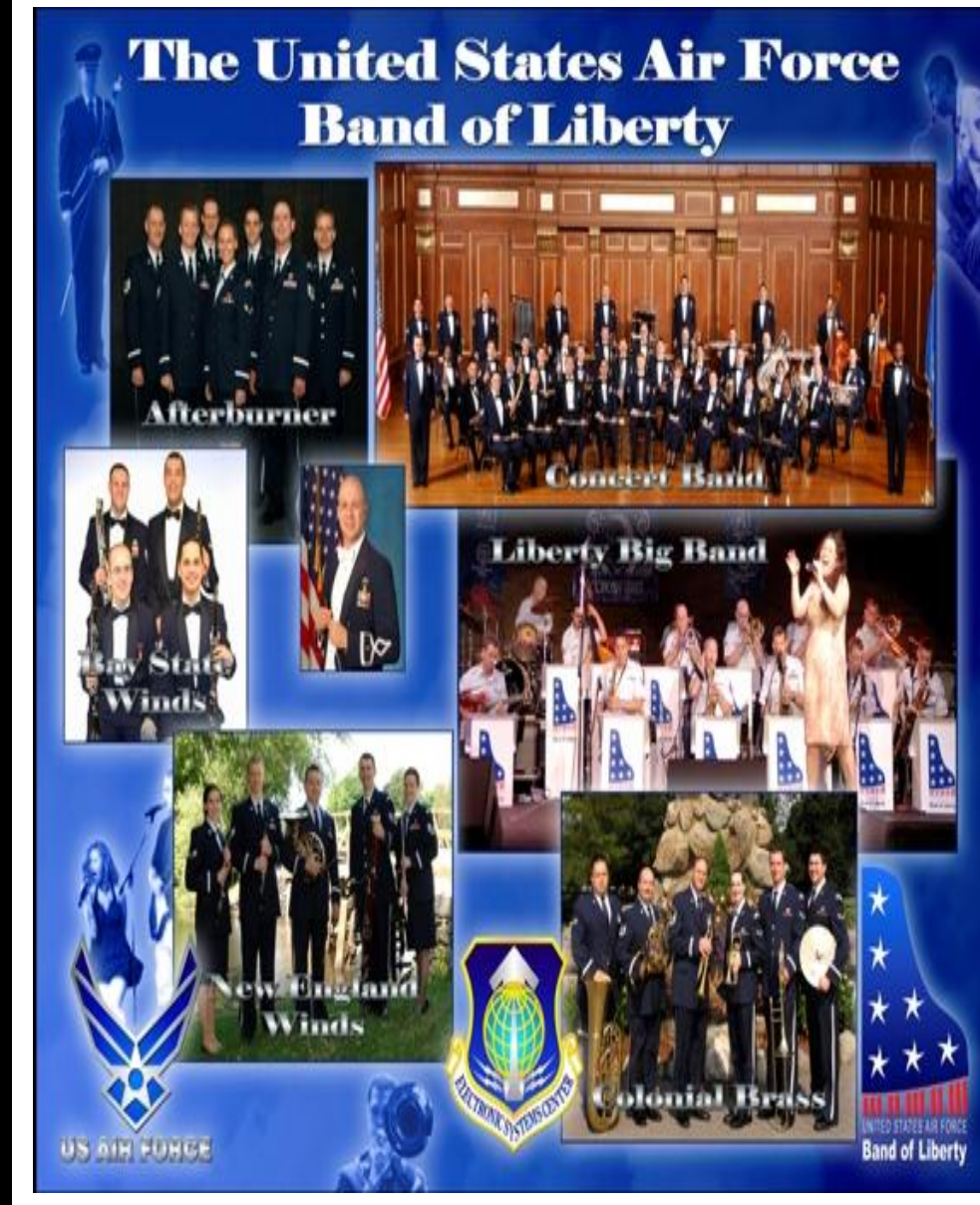
- Kindness starts with kindness towards myself.
- I did what seemed best at the time.
- Today nurturing myself is my highest priority.
- Today I love my body fully, deeply and joyfully.
- I can only do my best and be dependable. I can't do it all!
- Fear is only a feeling; it cannot hold me back.
- I am filled with light, love and peace.
- If I had selected another course of action, I might now be having doubts.
- I love the way I feel when I take good care of myself.
- I love myself, therefore when I make a mistake, I forgive myself.
- I must consider "good-enough-for-now" solutions!
- Attitude determines how I handle and survive life!
- With a solid plan and a belief in myself, there's nothing I can't do.

## Thank you!

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

*Bev Davis  
Genevieve Gleason  
Muriel Graeber  
Charles Keach  
Don Kelly  
Priscilla Kelly  
Dianne Kimmey  
Gretta Preston  
Alice States  
Eloise Velie*

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



***Save the date...***

**FREE**

**CONCERT**

**MONDAY, May 7, 2012**

Watkins Glen High School Auditorium

Start time 7:00pm

*Sponsored by  
Schuyler County*



## New York Connects



### Choices for Chronic and Long-Term Care for People of all Ages

#### What is NY Connects?

It is a program that provides information and assistance regarding chronic and long-term care services and options.

#### What does NY Connects do?

It minimizes the confusion of working through the long-term care system to find comprehensive, objective information and support for individuals and their caregiver(s). It enhances consumer choice.

#### Who Does It Serve?

It serves any person of any age with a disability, chronic health issue or long-term care need regardless of payer source.

#### What does "Long-Term Care Services" Refer To?

It is defined as medical and non-medical supports and services accessed to improve or maintain one's health and well being. This could include but is not limited to: caregivers for loved ones with Alzheimer's Disease, an amputee, a diabetic, a child with a diagnosis of autism, individuals with behavioral and developmental health concerns, someone with debilitating chronic arthritis, or someone with a traumatic brain injury.

#### What Types of Services Can Individuals be Aligned With?

Home delivered meals, personal care services, "housekeeping", respite, transportation, home modifications and repairs, counseling, support and assistance, information about institutional care- levels and options, insurance counseling, and health education.

#### How are Individuals Assisted?

There is a screening process to discover and discuss all possible needs and concerns. Once the screening is complete, the service seeker can be provided with information on availability of services, assistance with completion of applications or making phone calls and referrals to sources providing specific services.

*Are you looking for help? Are you frustrated trying to find answers and programs that can assist?*

# VETERANS

# WEBSITE SHOWCASE

## MILITARY WOMEN VETERANS



### YESTERDAY - TODAY - TOMORROW

**D**id you know that there are almost two million women veterans? From the American Revolution to Panama, Bosnia, Kosovo, Afghanistan and Iraq, women have served in some way in every conflict. Not that they were legal in the early days. History tells us ... that over 1,500 nurses served with the Army in the Spanish-American War. These nurses served with the Army in Hawaii, Cuba, the Philippines, Puerto Rico, on the hospital ship Relief and in stateside hospitals. That thirty three thousand women served in World War One and almost 500,000 took part in World War Two. During the Korean era 120,000 women were in uniform and seven thousand were deployed in theater during Viet Nam. During Desert Storm seven per cent of the total U.S. forces deployed were women - over forty thousand of them.

Today military women serve in all jobs and assignments stateside and overseas except in direct ground combat and in units with a high probability of direct enemy contact. There are still restrictions regarding them serving in Special Forces. There are currently an estimated 344,500 women in the armed forces; on Active Duty, in the National Guard and in the Reserves. They serve in every enlisted rank, and in the officer corps, all but the four-star general/flag officer rank.

It would be interesting to know how many of our Schuyler women residents have served in the military? If you've ever served in the military, drop me a line at my email or give us a call so we can update our Schuyler Veterans Memorial list.

### CONTACT THE VA

Contact your Schuyler County Veterans Service Agency for assistance by calling 607-535-2091, emailing [jscott@co.schuyler.ny.us](mailto:jscott@co.schuyler.ny.us) or by visiting them at 323 Owego Street, Montour Falls, NY.

Monday	9:00 a.m. - 1:00 p.m.
Tuesday	9:00 a.m. - 1:00 p.m.
Wednesday	9:00 a.m. - 1:00 p.m.
Thursday *	3:00 p.m. - 7:00 p.m.
Friday	9:00 a.m. - 1:00 p.m.

\* Note that the VSA has evening hours on Thursdays.

[www.countyhealthrankings.org](http://www.countyhealthrankings.org) ranks the health status of each county within a state. Shows health outcomes and health factors.

[www.elderjusticecoalition.com](http://www.elderjusticecoalition.com) "A National Advocacy Voice Supporting Elder Justice in America". Includes legislation, research and articles.

[www.cms.hhs.gov](http://www.cms.hhs.gov) Answers to Medicaid and Medicare questions as well as news updates.

[www.schuylercountytransit.org](http://www.schuylercountytransit.org) Information on the Schuyler County public transportation system. Schedules, services, fares, and contact information included.

[www.schuylercounty.us](http://www.schuylercounty.us) The official website for Schuyler County offices and services. Click on the various links to bring up information specific to each department and service area.

## DID YOU KNOW?

- \* There are 803 certified organic farms in NYS.
- \* If you could drive a straight line from Alpine to Albany at an average speed of 63 mph, you could make the trip in less than 3 hours.
- \* The salt industry in Watkins Glen was launched after being discovered while drilling for natural gas and oil.
- \* NYS ranks third in grape production.

## COMMUNITY SERVICE EMPLOYMENT PROGRAM

*Attention Seniors.....Are you looking for help supplementing your income? Interested in finding employment? Then the Senior Community Service Employment Program could be for you!*

**E**mployers value the talents older workers bring to the workplace and are looking for someone just like you. If you're 55 or older, this program will help you refresh your job skills and prepare you to re-enter the workforce. You'll be placed (according to your preferences) in a paid, part-time community service assignment. SCSEP staff will help you secure a position in one of our Host Agencies that will assist you in making the transition to a job that's right for you. Income eligibility requirements apply. (SCSEP is funded through the U.S. Department of Labor and Senior Services of America. It is a non-profit organization that provides employment and training opportunities to seniors across the country). Our program covers Chemung, Tioga, Steuben, Alleghany, Yates and Schuyler Counties. For more information please call **Kelly Duby - Project Director: 1-800-553-2033 x145** or visit : [www.seniorserviceamerica.org](http://www.seniorserviceamerica.org)

## SCHUYLER COUNTY TRANSIT

Schuyler County Transit is the public transportation system serving the villages of Burdett, Montour Falls, Odessa, and Watkins Glen and areas in Schuyler County.

Schuyler County Transit is committed to providing safe, convenient and affordable transportation. Stops are made at Schuyler Hospital and Primary Care, Wal-Mart in Watkins Glen, Tops/CVS, and the Human Services Complex in addition to many other convenient boarding and departure points.

If you have never used public transportation, please take a few moments to check out the website. Visit the **SERVICES** page to find out how you may be eligible for a discounted fare if you are a senior citizen or have a disability. Check **FARE** to see regular fare rates and **PASSENGER TIPS** to understand the general public transportation and safe riding procedures. Schuyler County Transit also offers a transportation service known as **DIAL-A-RIDE**.

Hours 7:45AM- 5:30PM

Please note that scheduled times are subject to change, and not all stops are serviced until 5:30pm.

Schuyler County Transit is operated by the Arc of Schuyler.

The Arc of Schuyler is the location of the Schuyler County transit Office.

# The Retired & Senior Volunteer Program (RSVP): Your invitation to volunteer!

## FREE TAX COUNSELING SERVICES

Schuyler-Yates RSVP has offered free tax counseling for the elderly for over 30 years. This year, trained RSVP volunteers will again offer persons 60 and older assistance to prepare and submit their federal and New York State tax returns. But 2012 will bring a few changes to the program.

Our goal is to continue offering tax counseling for Schuyler County residents 60 and older, while expanding the program to make this free tax preparation service available to more low and moderate income Schuyler County residents. The United Way of the Southern Tier's CASH tax assistance program offers assistance to low and moderate-income households as well as seniors. CASH and RSVP volunteer tax preparers will be available Wednesday, February 1, 8 and 15 at the Human Services complex in Montour Falls, and throughout tax season at locations in Chemung and Steuben Counties. To schedule an appointment with CASH, call the 2-1-1 Helpline by simply dialing 211.

RSVP will resume our tax service for seniors Wednesdays, between February

22 and April 11, also at the Human Services Complex. If you are a Schuyler County resident, age 60 and older, and wish to make an appointment for tax counseling between February 22 and April 11, call 607-535-8242 and leave a message. An RSVP volunteer will contact you to schedule a time.

If you have general questions about our free tax preparation services or filing your tax return, please call Lilly Hartman at RSVP, 607-273-1511.

## TID-BITS FROM THE DIRECTOR'S DESK...

*By Dick Evans, RSVP Director*

2011 has been challenging for Schuyler-Yates RSVP. RSVP lost 20% of its federal funding and 50% of its state funding. Those losses totaled between \$18,000 and \$19,000. And the funding picture for 2012 does not appear much brighter. Yates County has eliminated all RSVP funding for 2012. As a result of these cuts, both RSVP staff positions---the Director and the Administrative Assistant---will be reduced to 80% and the volunteer mileage

reimbursement will be eliminated. This will be effective in January, 2012.

Schuyler-Yates RSVP continues to support the Reading Buddies and Bone Builders programs. Volunteer Reading Buddies visit elementary school classrooms each week during the school year, helping struggling readers improve their reading skills and enthusiasm for reading. The Bone Builders program offers weekly osteoporosis-prevention exercise classes to men and women 55 and older. In addition, IRS-trained RSVP volunteers provide free tax counseling for Schuyler County residents, age 60 and older.

RSVP volunteers deliver meals to homebound seniors, provide transportation to medical appointments for persons without a ride and assist in local food pantries.

During 2010, 175 RSVP volunteers provided over 15,600 hours for impact programming in Schuyler and Yates counties. Altogether, 306 active Schuyler-Yates RSVP volunteers provided just over 38,000 hours to more than 60 non-profit agencies in the two counties.

Tomorrow's RSVP will look different from the RSVP of yesterday and today. RSVP volunteers are changing, and so will the RSVP program. New volunteers may not have the option of committing to an assignment on a regular basis. Some are opting to continue working part-time, even after they retire. Given the uncertainty of the economy, others are working part-time to offset losses to their retirement portfolios. These volunteers want to use their life skills and experiences in ways that allow them to give back to their communities.

As it has since 1973, Schuyler-Yates RSVP will continue to engage persons age 55 and older in volunteer service to meet critical community needs and to provide a high quality experience that will enrich the lives of volunteers. Our efforts will focus on education, healthy futures, clean energy, veterans' issues, economic opportunity and disaster preparedness. Stay tuned...the Schuyler-Yates RSVP of tomorrow is definitely a work in progress!

## Support RSVP!

Your donation to Schuyler-Yates RSVP allows our volunteers to continue helping dozens of non-profit agencies and programs. Your financial support becomes even more critical as federal and state funding for RSVP continues to shrink. Your donation supports the efforts of volunteers who provide tax counseling for the elderly, deliver meals to homebound individuals, help young students improve their reading skills, lead osteoporosis-prevention exercise classes and a variety of other activities at more than 60 sites across Schuyler and Yates counties. Any donation, large or small, supports over 300 RSVP volunteers.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Donation Amount: \_\_\_\_\_

*Please make checks payable to "Schuyler-Yates RSVP"*

Would you like your donation to be recognized in our newsletter and/or on our website?  
 Yes  No

### Mail this form to:

Schuyler-Yates RSVP  
323 Owego Street, Unit 5  
Montour Falls, NY 14865

Call 607-535-7105  
with questions.

**Contact RSVP: 607-535-7105 or [www.schuyleratesrsvp.org](http://www.schuyleratesrsvp.org)**

***Volunteer Opportunities-Call RSVP at 607-535-7105 for further details!***

<b>Opportunities</b>	<b>Description</b>	<b>County</b>
<b>RSVP Ambassador</b>	RSVP Ambassadors will tell the RSVP story to church and civic groups, clubs and community organizations. Most presentations will be 15-20 minutes, include a PowerPoint presentation and distribution of RSVP brochures.	Schuyler & Yates
<b>Shopping Assistant</b>	Shop at local stores for groceries, personal care items, prescriptions or other items as specified for Schuyler County residents who are unable to shop for themselves.	Schuyler
<b>Medical Transportation Driver</b>	Drive individuals to and from medical appointments as referred by Schuyler County agencies; Office for the Aging, Mental Health, Public Health, Dept. of Social Services, and Veterans. Safe driving record, valid driver's license and auto insurance as required by New York State law. Must be reliable, prompt and dependable. Mileage reimbursement paid by Schuyler County at the federal rate (currently 55 1/2 cents/mile). Background screenings required.	Schuyler
<b>Long Term Care Ombudsman</b>	Serve as an advocate for residents of local nursing and adult care homes. 36 hour mandatory training provided. Criminal screening required.	Schuyler & Yates
<b>Matter of Balance Coach</b>	Teach 8-week course focusing on fall prevention according to evidence-based curriculum. Leaders needed in various areas of the county. Training will be provided, able to speak in front of a group of 8-12 people, able to follow curriculum. Will lead class members in low impact exercises and discussion.	Yates
<b>Library Assistant</b>	Volunteers needed to act as library aides: checking in/out books, shelving books and other library duties. Dundee library and several locations in Schuyler County. Orientation provided.	Schuyler & Yates
<b>Keuka Comfort Care Home</b>	Provide end of life comfort care, including help with medications, personal care, cooking and housekeeping. Must be able to read, write and speak English. Training provided. 4-part classroom style training (approximately 6-8 hours) followed by 2-3 shadowing experiences.	Schuyler & Yates
<b>Montour Falls Library</b>	Read to children at local daycare providers once a month. Leave books with provider and deliver new book selections the following month. Orientation provided.	Schuyler
<b>CASA (Court Appointed Special Advocate)</b>	Appointed by family court judges, CASA volunteers are empowered to make a lifelong difference in the lives of abused and neglected children.	Schuyler
<b>Schuyler Housing Opportunity Council (SHOC)</b>	Home repairs of varying degree of complexity based on volunteers' skills. Orientation provided by SHOC volunteers. Criminal screening required.	Schuyler
<b>Historical Society</b>	An interest in local history. Help needed in the areas of collections management, scrapbook indexing, letter/diary transcription, exhibits, photo scanning, and many more interesting areas of preserving and interpreting history.	Schuyler

RSVP is funded by the Corporation for National & Community Service, New York State, Schuyler & Yates Counties, United Way, Grants and the RSVP Advisory Council. RSVP is sponsored by Cornell Cooperative Extension of Schuyler County, which provides equal program and employment opportunities. Accommodations for persons with disabilities may be requested by calling CCE Schuyler County at 607-535-7161 at least 5 days prior to an event to ensure sufficient time to make arrangements. Requests received sooner than 5 days prior to an event will be met when possible.

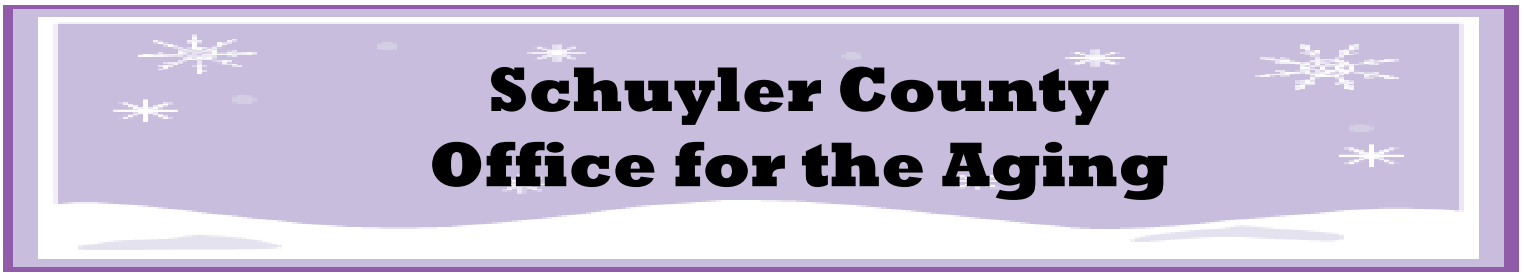
Corporation for  
**NATIONAL & COMMUNITY SERVICE**



**THANK YOU!**

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

- \$1,355.00 donation from the **members of the Parkinson's Support Group** in memory of Thomas Peet to be used for the Parkinson's Support Group.
- \$400.00 donation from **members of the Squires Alumni Association** donation in memory of Elizabeth Schimizzi to be used for Transportation.
- \$360.00 **anonymous** donation to be used where most needed.
- \$50.00 **anonymous** donation to be used where most needed.
- \$23.00 **anonymous** donation to be used for Home Delivered Meals.
- \$22.00 **anonymous** donation to be used for Home Delivered Meals.
- \$20.00 **anonymous** in memory of Dick Durgin to be used for the Parkinson's Support Group.
- \$20.00 **anonymous** donation to be used for Transportation and Home Delivered Meals.
- \$10.00 **anonymous** donation to be used for Transportation.



**Elder Caregiver Support Program presents...**

**Dinner and Discovery**

**Tuesday, February 28, 2012**

**6:00pm – 8:00pm**

**Schuyler County Human Services Complex**

**323 Owego Street, Montour Falls**

**Silver Spoon Café**



**Understanding Alzheimer's Disease**

This presentation will differentiate Alzheimer's disease from other diseases and discuss diagnosis and treatments. Warning signs, risk factors and stages of the disease are also addressed. In addition, techniques and approaches to enhance communication and understand changes in behavior are explored.



**If you are caring for a loved one, please join Office for the Aging and the Rochester Chapter of the Alzheimer's Association for this FREE event.**

**All participants MUST BE REGISTERED in order to attend this presentation. Please contact Shannon Slater, at 535-7108 prior to February 24<sup>th</sup> for more information or to register.**

alzheimer's  association

the compassion to care, the leadership to conquer

**By 2030, the number of people aged 65 and older with Alzheimer's disease is estimated to reach 7.7 million – *this could be your mother, father, sister, brother, grandparent, friend, neighbor, or yourself***

**To Make a Donation or Change Address**

*Please clip and send this coupon along with your contribution payable to or address change to:*

**Schuyler County OFA  
323 Owego Street, Unit 7  
Montour Falls, NY 14865**

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

I would like my contribution to go to:

- Home Delivered Meals
- Transportation Services
- Health Insurance Counseling
- Where it is most needed
- In Memory Of \_\_\_\_\_
- Please DO NOT acknowledge my donation in the Golden Glow

Tape current mailing label here

Name \_\_\_\_\_

NEW Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

I prefer to receive the Golden Glow by (circle one) USPS MAIL or EMAIL

Permanent

TEMPORARY In effect from \_\_\_\_\_ to \_\_\_\_\_

Please remove name from mailing list.