

# GOLDEN GLOW

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

## OFA

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Montour Falls, NY 14865

(607) 535-7108

Director, Tamre (Tammy) Waite



## RSVP

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

(607) 535-7105

Director, Beth MacIntyre Lisk

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

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

**Volunteer Today!**

Vol. 37 No. 2

March/April 2010

## *Director's Corner*

*by Tamre S. Waite*

Office for the Aging receives guidance from a volunteer group of community individuals known as the OFA Advisory Council. It is difficult to know all the needs of our mature adult community members, so we rely on input from county residents to provide information that will help us in decision making processes and program formulation.

Advisory Council members serve as eyes and ears in the community. They bring information and suggestions to our meetings and review and comment on reports for each program/service area. They also assist with fundraisers (breakfast at the Silver Spoon Café) and special events such as the Air Force Band of Liberty Concert.

We need representation from all areas of the county and are currently lacking the Alpine, Cayuta, Catharine, Mecklenburg, Reynoldsville and Valois areas as well as the Village of Burdett. We are looking for individuals who will help us review program and service effectiveness and serve as a liaison between each geographical region and OFA. If you have an interest in policies and advocacy, you could be very helpful in reaching out to state senators and representatives as we advocate for services needed by individuals age 60 and older.

Council members should be able to

function as a group member, think objectively, devote time to council activities and meetings, commit to the purpose of OFA and commit to representing individuals regardless of race, ethnicity, disability, income, religion or political affiliation. Members may consist of individuals age 60 and older, caregivers, individuals representing the aging community and local elected officials. Meetings are afternoon gatherings which occur quarterly. If you or someone you know may be interested in serving on the Advisory Council for OFA, please contact me at 535-7108. Thank you for your consideration in joining us!

Many thanks to the following Advisory Council members for their time and contributions by way of advice, suggestions, assistance in and support of the operations of OFA. Your input is sincerely appreciated!

Ted Specchio - Burdett/Hector; Glenn Larison - Legislature/Odessa; Chuck Tarshus - Town of Orange/Monterey; Helen Marie Sipperley - Village of Watkins Glen/Town of Reading; Alice Quinata Eastwood - Village of Watkins Glen; Beth MacIntyre Lisk - RSVP; Emily Grimmke - Schuyler Hospital/Seneca View; Dorothy Huey - Tyrone; Elaine Dahl - Town of Tyrone; Barbara Berghoff - Village of Montour Falls; Cam Oswald - Public Health; Tom Gifford - Legislature; Bob Burnside - Town of Dix; Marie Scott - The Arc of Schuyler; Phil Smith - Veterans Services

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## ***March is National Women's History Month***

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**A**lthough the names are too numerous to list, here is a sampling of women who have contributed to our history either by their writing, acting, political endeavors, music, teaching, entertainment, involvement in sports, contribution to medicine or pioneering. These include women of vision, faith and strength from all walks of life.

*Gracie Allen, Julie Andrews, Maya Angelou, Susan B. Anthony, Pearl Bailey, Lucille Ball, Clara Barton, Shirley Temple Black, Joyce Brothers, Pearl Buck, Carol Burnett, Barbara Bush, Hillary Rodham Clinton, Agatha Christie, Marie Curie, Bette Davis, Doris Day, Dear Abby, Isadora Duncan, Amelia Earhart, Ella Fitzgerald, Grandma Moses, Mahalia Jackson, Lady Bird Johnson, Helen Keller, Grace Kelly, Coretta Scott King, Elizabeth Kubler-Ross, Ann Landers, Dolly Madison, Margaret Mead, Golda Meir, Ethel Merman, Bette Midler, Mary Tyler Moore, Mother Teresa, Florence Nightingale, Sandra Day O'Connor, Georgia O'Keeffe, Jacqueline Kennedy Onassis, Rosa Parks, Emily Post, Sally Ride, Eleanor Roosevelt, Elizabeth Cady Stanton, Elizabeth Taylor, Harriett Tubman, Gloria Vanderbilt and Laura Ingalls Wilder.*

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## ***Home Energy Assistance Program (HEAP) Information For Those Who Heat With Electric***

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**D**ue to the increased electricity demand, rates have increased for the majority of both regulated AND non-PSC regulated MUNICIPAL electric companies. This increase makes the rates similar to those that the major utility companies charge.

As a result, the regular HEAP base benefit for electric heat for all Municipal electric companies has been increased to \$400.

This new benefit is EFFECTIVE IMMEDIATELY.

HEAP recipients with electric heat provided by a Municipal company, who have been authorized a regular HEAP base benefit of \$200 prior to this change, are eligible to receive a supplemental benefit for the additional \$200. These payments will be issues directly to the municipal electric company and must be issued no later than March 1, 2010.

**For clarification purposes, this benefit change *only applies to those who receive their electric service from a Municipal Company* (i.e. Watkins Glen) and *DOES NOT include those who receive their service directly from NYSEG.***

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## ***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)

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## ***NYS-Restore Funding Available For Home Repairs***

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### **What is the NYS-RESTORE PROGRAM?**

The **NYS-RESTORE Program** is a home repair program funded the New York State Housing Trust Corporation, intended to assist homeowners age 60 and older with life threatening or unsafe conditions within their home.

### **What are the eligibility factors?**

- You must live in Schuylers County and must have owned and occupied your home for at least one year. Proof of ownership must be provided.
- Property taxes for the last 2 years must be paid up-to-date, and proof must be provided.
- Fire insurance must be up-to-date and maintained for 3 years after project completion. Documentation of such must be provided.
- Mobile home owners must own the home as well as the land it resides on.

### **What type of repair work is permitted?**

Repair work can include, but is not necessarily limited to:

- Structural Problems
- Roof Replacements
- Electrical System
- Heating System
- Plumbing
- Windows and Doors
- Chimney Repairs
- Access problems, such as repair or replacement of defective/unsafe steps and porches. Installation of handicap ramps/and or bathroom accessibility.

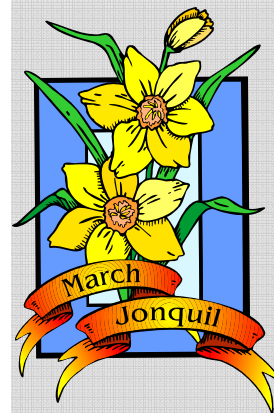


This funding has been allocated to eligible home owners and **MUST BE USED AS SOON AS SOON AS POSSIBLE.**

**Don't miss out on the opportunity to make those long awaited home repairs.**

**Call SCOFA  
535-7108**

*“Service and Assistance for Seniors...  
Because You've Earned it !!”*



### ***Thank you!***

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

***Barbara Berghoff  
Bev Davis  
Charlie Keach  
Don Kelly  
Priscilla Kelly  
Esther Lentz  
Gretta Preston  
Clara Staples  
Alice States  
Eloise Velie  
Theresa Winton  
Ruth Wirth***

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



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

***By: Anne Heist, RD***

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February is National Heart Month. Since salt is used widely to enhance the taste of food, this description of the various salts used to flavor our foods may be helpful to you.

### **SALT VARIETIES - IS THERE A DIFFERENCE?**

Chemically, salt is sodium chloride. There are several types of salt available for purchase:

The most common is table salt, which is fine grained and can be iodized or uniodized. Iodized salt has added iodine, particularly important in areas that lack natural iodine which is needed to maintain adequate thyroid function. Table salt has additives to make it free-flowing.

Sea salt does not have additives and chefs prefer it for its delicate undertone sea flavor. This can vary depending on where the sea salt was obtained. It is more expensive because it must be harvested by hand and the sea water evaporated. This is best used after the food is cooked.

Kosher salt also does not have additives and is used in the preparation of meat according to Jewish dietary guidelines. Some chefs prefer it because of its texture and flavor. Kosher salt is mined in salt beds rather than evaporated so it is less expensive than sea salt. It comes in coarse flakes and it is easy to pinch or sprinkle on food. A common example is the salt on pretzels.

Rock salt has a greyish color because it is not as refined as other salts. It is chunky and often used with ice to make ice cream in crank-style ice-cream makers.

Seasoned salt is regular salt combined with other flavoring ingredients, such as garlic salt, onion salt, celery salt.

Regardless of what type of salt you use, you must be more concerned about the amount consumed. The recommendation is 2300 mg of sodium per day (about a teaspoon of salt); 1500 mg per day for people with heart disease.

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## ***March - National Nutrition Month®***

National Nutrition Month® is the American Dietetic Association's nutrition education and information campaign that promotes healthful eating by providing practical nutrition and physical activity tips. This year's theme, "Nutrition from the Ground Up," focuses on back to basics, simple and economical healthy foods, food preparation and family meals at home, as well as health promotion. If you would like to learn more about healthy eating and healthy activities to help you along the path to an improved lifestyle, please contact Office for the Aging at 535-7108.

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## ***Astor Case Raises Awareness of Elder Abuse and Need to Fight It***

***(Reference from: AARP Bulletin Today, <http://bulletin.aarp.org/yourworld/law/articles>, October 15, 2009)***

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At its heart, the case against Anthony Marshall, the son of renowned New York philanthropist Brooke Astor, is no different from thousands and thousands of other crimes against elders: A trusted caregiver takes advantage of an older person's declining state to enrich himself.

True enough. But that's a little like saying the Queen Mary II and a dinghy are both boats.

In many ways the Astor case, which ended in Manhattan last week {*article originally published on October 15<sup>th</sup> 2009*} with Marshall's conviction on charges that he defrauded his mother, was a once-in-a-lifetime legal saga. It showcased A-list celebrity witnesses such as Henry Kissinger and Barbara Walters. It peered voyeuristically into the opulent lifestyle and dysfunction of the grande dame's family. And it laid bare the financial and legal machinations it took to siphon off a \$185 million fortune.

All of that glamour, glitz, gossip and detail through 19 weeks of daily full-press coverage could have overwhelmed the elder abuse issue at the case's core.

But it didn't, elder abuse professionals and experts say. In fact, there are signs that the trial raised the public's awareness and understanding of elder abuse. It's likely that prosecutors will be emboldened to bring more suspected abusers to trial. And the Elder Justice Act, a bill that would authorize millions of dollars to protect older people but which has languished in Congress since 2002, might have received a boost from the trial's publicity.

The Astor case also brought to the fore crimes often overlooked as elder abuse: financial exploitation, for example. After deliberating for 12 sometimes contentious days, the jury convicted Anthony Marshall, who turned 85 during the trial, of committing a scheme to defraud, grand larceny and 12 other counts of financial misdeeds. Marshall's lawyer friend and codefendant, Francis X. Morrissey, was also found guilty of forging one of Astor's wills.

"This case raised awareness to a new level on what constitutes elder abuse," says Robert B. Blan-

cato, national coordinator of the Elder Justice Coalition, which includes AARP.

That wasn't expected three years ago when a petition filed by Astor's grandson Philip Marshall to have Anthony Marshall, his father, removed as his grandmother's guardian thrust the case into public light. "The big issue we were concerned about was the psychological abuse, which was prominent," Philip Marshall told the Bulletin. "Undue influence would be a polite way of describing this. But it went far beyond undue influence. This was psychological warfare in an effort to get what they wanted out of her."

Initial stories of Astor's mistreatment at the hands of her only child detailed her abuse by neglect and mistreatment: cutting back on everything from her doctor visits to the brand of makeup she used; dressing her in rags and not allowing nurses to buy her a new outfit for her 104th birthday; locking her beloved dogs, Boysie and Girlsie, away from her because they damaged the antique furniture.

"Her bedroom is so cold in the winter that my grandmother is forced to sleep in the TV room in torn nightgowns on a filthy couch that smells, probably from dog urine," stated Philip Marshall's guardianship petition.

But between the filing of that petition and Anthony Marshall's criminal trial, the case evolved. The majority of hard evidence available to the lawyers, first in the guardianship case and then in the criminal investigation by the Manhattan District Attorney's Office, centered around financial documents: wills, deed transfers and letters from Anthony Marshall, who had power of attorney for his mother, authorizing a \$1 million retroactive raise for himself for overseeing his mother's finances.

There was a paper trail of financial exploitation, but the neglect and mistreatment allegations were mostly culled from the subjective observations of the Astor staff. When Judge A. Kirke Bartley Jr. barred almost all the testimony about Astor's purported physical abuse and neglect, it ensured that the trial would focus on financial exploitation by a loved one.

Though understanding the testimony at times seemed to require an MBA degree, experts say the trial sent out a strong message. Since the trial began in April, "we have actually seen an uptick in the number of [financial elder abuse] inquiries," says Sharon Merriman-Nai, co-manager of the National

Center on Elder Abuse. "I can't say with certainty that it's directly related to the Astor trial, but it was a very public case."

And financial elder abuse is a very pervasive problem. A conservative estimate of the annual cost of the crime is \$2.6 billion, according to the study "Broken Trust: Elders, Family, and Finances" released in March by the Metlife Mature Market Institute.

As in the Astor case, financial abuse is typically committed by a person the victim trusted. In 55 percent of the financial elder abuse cases, the perpetrator was a family member, friend, neighbor or caregiver. In another 18 percent of the cases, the perpetrator was a financial professional working for the victim. Only 21 percent of the fraud was committed by a scam artist previously unknown to the victims.

Given those statistics, perhaps the most important lesson from the Astor trial, Merriman-Nai says, is that if financial abuse can happen to a rich and famous woman like Astor, it can happen to anybody. "There are many, many people out there being taken advantage of in much smaller ways," she says. "It may be smaller dollar amounts than in the Astor case, but it can be just as devastating in their lives. The point [the trial made was] this occurs everywhere."

Although Philip Marshall couldn't fathom that his guardianship petition would become the jumping-off point on the financial elder abuse debate, he says he is hopeful that this issue will define the legacy of his grandmother even more than the \$200 million she gave away to charity or any of the causes she championed while living.

"I think it has started a national conversation on the problem of elder abuse," says Philip Marshall, who is a professor of historic preservation at Roger Williams University in Rhode Island. "It continues and it will continue. While my grandmother didn't choose this, this may be her lasting legacy in a good way over even the other philanthropic work she has done in New York City. The importance of this issue exceeds the gravitational force of New York. This is nationwide."

**UPDATE:** Anthony D. Marshall, who was convicted of siphoning millions from his mother, Brooke Astor, was sentenced on December 21, 2009 to one to three years in prison. Judge A. Kirke Bartley Jr. said Mr. Marshall, who is 85, must report to prison on January 19, 2010.

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## ***NYALERT***

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

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In times of emergencies information can be very difficult to obtain. Planning ahead of where and who to turn to for guidance can prove very beneficial during times of crisis. Information on evacuation routes, emergency shelters or general emergency procedures may be passed on to the public in a number of different ways. As discussed in previous issues, an emergency kit is essential in times of an emergency. In these kits, it is recommended to have a battery operated radio or television. Local radio and television stations can be your best source of up to date information and guidance. Emergency personnel try to maintain a constant flow of information to the media outlets so that they may pass this on to the public. This has been the main communication channel from emergency responders to the public for many years.

With the advancement in technology there are a number of other sources to obtain information. Most people in today's society carry a cellular telephone with them. This can be a very quick way to be alerted of an emergency in your area. In New York State, a system called "NYALERT" has been set up to alert the public of an emergency in their area. This is a free service that you may sign up for on the internet at [www.nyalert.com](http://www.nyalert.com). For guidance of how to enlist this service, you may read about it on-line or contact the Schuyler County Emergency Management Office at (607)535-8200. The internet may be another source of information to consider for information. Most emergency response organizations have web-sites set up for the public to obtain information. These web-sites may be useful in planning before an actual emergency happens.

Our times have become known as the "information age," and there have become so many ways of transmitting and obtaining information that we may see something that has happened half way around the world almost as soon as it happens. Utilizing these new technologies to keep the public informed in times of crisis has become a major advantage for emergency responders. Knowing these different avenues of information can also prove very beneficial for the public.

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## ***Libraries***

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First Public Library Opened in Petersborough, NH in April 9, 1833

Visit your local library where you can find a wide variety of topics in various formats from hard covered books to books on tape to newspapers, magazines, videos, DVDs and more. Local libraries are also a great source for programs and special activities for you and your grandchildren. Many of our libraries provide computers for patron use. Your local library opens the door to a world of information. Take advantage! Visit your local library today and see what awaits you!

Montour Falls Memorial Library: 535-7489

Watkins Glen Public Library: 535-2346

Dutton S. Peterson Memorial Library, Odessa: 594-2791

Elizabeth B. Pert Library- Hector: 546- 2605

### ***Veterans Outreach***

**Thursday, April 29**

**9 a.m. - 3 p.m.**

**Room 120**

**Human Service Complex, Montour Falls**

**For more information contact:**

**Schuyler County Veteran Service Agency**

**(607) 535-2091**

March 17<sup>th</sup>- Happy St. Patrick's Day

April 22<sup>nd</sup>- Earth Day: 40<sup>th</sup> Anniversary!! Use this day to help bring recognition to and opportunities for "going green". Let's all do our part to preserve our beautiful earth.

April 30<sup>th</sup>- Arbor Day: Started in 1872, this is a day to plant a tree to help nature and the environment.

## ***What is “Financial Abuse”?***

It’s using the elder’s money or assets contrary to the elder’s wishes, needs, or best interests - or for the abuser’s personal gain.

For example:

- Taking money or other items from the elder’s home or bank accounts
- Selling or transferring the elder’s property against their wishes or best interests
- Failing to provide agreed upon services to the elder, such as care giving, home or vehicle repair, or financial management
- Using the elder’s credit cards for unauthorized purchases
- Using the elder’s name or good credit to open new credit accounts
- Misusing the elder’s Power of Attorney (POA)
- Refusing to return borrowed money or property as agreed upon, or when requested by the elder or their agent
- Creating or changing living trusts for the benefit of the abuser
- Changing the elder’s will, trusts, or inheritance for the abuser’s benefit

Report suspected abuse or mistreatment to:

**Schuyler County  
Adult Protective Services  
535-8303**

**Schuyler County  
Sherriff’s Department  
535-8222**

Remember: You do not need to prove that abuse is occurring; it is up to the professionals to investigate.

For more information on the fight against elder abuse, visit the National Center on Elder Abuse (NCEA) website at [www.ncea.aoa.gov](http://www.ncea.aoa.gov), or contact them by phone, **302-831-3525**.

## ***10 Tips for Family Caregivers***

(Referenced from: <http://www.thefamilycaregiver.org>)

- Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.
- Watch out for signs of depression, and don’t delay in getting professional help when you need it.
- When people offer to help, accept the offer and suggest specific things that they can do.
- Educate yourself about your loved one’s condition and how to communicate effectively with doctors.
- There’s a difference between caring and doing. Be open to technologies and ideas that promote your loved one’s independence.
- Trust your instincts. Most of the time they’ll lead you in the right direction.
- Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.
- Grieve for your losses, and then allow yourself to dream new dreams.
- Seek support from other caregivers. There is great strength in knowing you are not alone.
- Stand up for your rights as a caregiver and a citizen. Visit the National Family Caregiving website at <http://www.thefamilycaregiver.org> or call 1-800-896-3650.

## Alzheimer's Association Presentation



The **Schuyler County Office for the Aging**  
would like to invite you:

**Tuesday, March 9, 2010**  
**1:00pm - 3:00pm**

The Alzheimer's Association will be presenting a **FREE**  
educational seminar to caregivers on  
“Understanding Alzheimer's”

**Location:** Schuyler County Human Services Complex  
323 Owego Street, Montour Falls  
**CONFERENCE ROOM 115**

**Registration:** All participants **must** be registered in order to attend this presentation. Please contact Shannon Slater, at **535-7108** prior to March 5<sup>th</sup> for more information or to register for this event.

**\*Refreshments will be provided\***

# *Please Join Us!*

*At An Open House Retirement Celebration  
For Beth Lisk, RSVP Director*

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*When: Tuesday, March 30, 2010  
3:00 - 6:00 p.m.*



*Where: The Silver Spoon Café  
Schuyler Co. Human Services Complex  
323 Owego Street  
Montour Falls, NY*

*Refreshments will be served.*

*After 14 1/2 years of service, Beth Lisk will be retiring as  
RSVP Director for Cornell Cooperative Extension of  
Schuyler County. Those wishing to contribute to a retirement  
gift may do so by contacting Jennifer Geck at 607-535-7105.*

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## ***Medication Management***

***Gina Gasparro, HIICAP Coordinator***

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**B**elow are some ways that OFA can help you with medication management.

### Tracking your medication

Talk to your physician or pharmacist if you have questions about your prescriptions. Know what you are taking, why, and any side effects or precautions. Make sure that they are aware of any over-the-counter products or supplements that you take, as well.

It is important to have an updated list of your medications, including dosage and frequency. Keep it in a format that is easily portable, and keep it on hand for medical appointments or when you travel. OFA has pocket-size medication log books for distribution. Feel free to ask for one, if you'd like!

It's also important to take medications on schedule. Talk with your doctor or pharmacist if you have questions. Make a routine out of taking medications, and provide yourself with reminders when needed: a note on the bathroom mirror or a list on the refrigerator, for instance. OFA has a supply of various pill organizing containers and medication aids (bottle openers, collapsible cups, timers, etc.). If you or a family member needs help with organizing medications, give us a call.

### Insurance coverage

Does your insurance company cover your particular drugs? Do you know what your insurance options are? Are you unsure with regard to Part B vs. Part D covered drugs? Do you have questions about how Medicare coordinates with EPIC or private insurance coverage? HIICAP can help! Schedule an appointment to speak one-to-one with a counselor. It's free and confidential, and flexible hours are available.

### Affording your medications

Don't choose between paying bills and taking your medicine! If you find yourself splitting pills in half to 'stretch' them, skipping doses, or going without other needed items to pay for prescriptions, talk to HIICAP about assistance programs. First, talk with your doctor: he or she needs to be aware if you are not able to take your medication as prescribed. Also, there may be a less expensive generic alternative available.

- Low-Income Subsidy (Extra Help) is available to those who are on Medicare and meet income guidelines. Applications are available through the Social Security administration, and you can apply online, over the telephone, or by mail. Call the Office for the Aging for details.
- Patient Assistance Programs are offered through the companies that make drugs, and you may be able to get your prescriptions free or at very low cost. Some programs will allow you to apply even if you have insurance coverage such as Part D. You may find out more about PAPs at [www.needymeds.com](http://www.needymeds.com), or by making an appointment with a HIICAP counselor.
- EPIC is the State Pharmaceutical Assistance Program. If you are over the age of 65 and make less than \$35,000/yr. (\$50,000 as a couple), you qualify for EPIC. EPIC can be used even with a Part D plan, and provides important coverage through the Part D doughnut hole and deductible. Applications are available at the Office for the Aging.

If you would like OFA to help you comply with your medication needs in any of the ways listed above, please give Gina, HIICAP Coordinator, a call.

### ***Office Closings***

Office for the Aging will be closed on...

**April 2, 2010**

**in observance of Good Friday**



## “Could I have diabetes and not know it?”

If you are 65 or older, check off the boxes below if you have any of the following:

- |                            |                          |
|----------------------------|--------------------------|
| Family history of diabetes | <input type="checkbox"/> |
| High blood pressure        | <input type="checkbox"/> |
| High cholesterol           | <input type="checkbox"/> |
| Overweight                 | <input type="checkbox"/> |
| Diabetes during pregnancy  | <input type="checkbox"/> |

If you marked any of the boxes above, you are eligible, under Medicare, for a free test to check for diabetes. Ask your doctor to order the test and do it soon!

FOR MORE INFORMATION, CALL GINA GASPARRO AT  
OFFICE FOR THE AGING AT 535-7108.

A National Drive to  
Find the Undiagnosed

**MedicareDiabetes**  
**Screening Project**

[www.screenfordiabetes.org](http://www.screenfordiabetes.org)

Supported by a grant from Novo Nordisk, Inc.

## MedicareDiabetes Screening Project

### Participating Organizations:

Administration on Aging

America's Health Insurance Plans –  
AHIP

American Academy of Physician  
Assistants

American Association of Diabetes  
Educators

American Clinical Laboratory  
Association

American College of Physicians

American Diabetes Association

American Dietetic Association

American Medical Association

American Optometric Association

Avalere Health

Center for Health Transformation

DMAA: The Care Continuum Alliance

Healthcare Leadership Council

Healthways

National Association of Area Agencies  
on Aging – n4a

National Black Nurses Association

National Council on Aging

Novo Nordisk Inc.

Vision Service Plan – VSP

XL Health



# Want to know a secret?

Medicare covers screening  
for diabetes and pre-diabetes.

Pass it on.

61% of Americans aged 65 and older have diabetes or pre-diabetes.  
Could you be one of them?

That's why government, professional and private sector organizations, co-chaired by the American Diabetes Association, Healthcare Leadership Council, and Novo Nordisk Inc., are joining forces to create awareness of the screening benefits for diabetes and pre-diabetes available under Medicare.

Millions of seniors are not getting the treatment they need to prevent complications from diabetes such as heart disease, stroke, blindness, kidney disease and amputations. And millions more may be missing a chance to prevent or delay the onset of diabetes.

*Help us get the message out about diabetes screening.  
This is one secret we don't want to keep.*

A National Drive to  
Find the Undiagnosed

MedicareDiabetes  
Screening Project

[www.screenfordiabetes.org](http://www.screenfordiabetes.org)

The MDSP is a coalition sponsored by Novo Nordisk  
with additional support from partner organizations.

## From Beth . . .

*Beth MacIntyre Lisk, RSVP Director*

It is with mixed emotions that I have announced my plan to retire from my position at RSVP, effective the end of March 2010. Working with volunteers who give so much to their community has been the most fulfilling job in my 38 year career. You are special people and I have learned a great deal from you and the many other volunteers who have served over the last 14+ years. I look forward to traveling a bit and working on personal projects before I expand my own volunteer efforts in my home community of Schuyler County. Please note that you serve as my role models for a future rich in creativity, lifelong learning and volunteerism. You are the best!

Cornell Cooperative Extension of Schuyler County serves as RSVP's sponsor and by the time this issue of the Golden Glow has been delivered, they hope to have a new person ready to assume the director's position. I am confident that the next director will maintain the highest quality of volunteer service for the Schuyler & Yates communities. But it will not be an easy task. Financial resources are limited and requirements by RSVP's federal funding source continue to influence the volunteer opportunities that RSVP volunteers can provide.

But I am a firm believer that change can be good and that new perspective and energy is crucial in meeting the challenges ahead. RSVP in Schuyler County has proven its adaptability since its inception in 1973 and will continue to succeed in the years to come! Best wishes everyone!

***Thank you Volunteers!***

## W elcome New Volunteers!

**Nancy Dawson**

**Carole Harth**

*In Memoriam*

**Kay Doolittle**

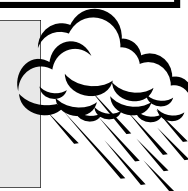
**Helen Human**

**Bob Soule**

*RSVP extends its sympathy to the family  
and friends of these fine volunteers.*

**Featured Volunteer  
Opportunity**

Call 535-7105



## 'Citizen Scientist'

Learn how to monitor the precipitation in your own backyard and report it on-line to the Community Collaborative Rain, Hail and Snow Network. By providing your daily observation, you help to fill in a piece of the weather puzzle that affects many in your locale. The National Weather Service and others rely on this valuable data.

*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**

**United  
Way**



**RSVP**  
**Tax Counseling**  
*for*  
**Schuyler County**  
**residents**  
**age 60 and older**

**Wednesdays**  
**February 3 - April 14, 2010**

**Human Services Complex**

323 Owego Street  
Montour Falls, NY

**By Appointment Only**

**Call 535-8242**

*(Please leave a message)*

**What Documents Are Required?**

Property taxes paid in 2009

Copies of 2009 Federal and State Tax Returns

The following items, which you should receive in your January mail:

- Form SSA-1099 for each individual receiving Social Security benefits
- W-2 forms from all employers showing 2009 earnings, if you worked
- Form 1099R reporting pensions or annuities received during 2009
- Forms 1099-INT or 1099-DIV showing interest or dividends for 2009
- Records of any other income received by a household member in 2009

**Why Register with RSVP?**

- It allows us to tell the story of today's retirees in a way that clearly shows their contribution to the health and welfare of their communities. RSVP, as a national network of nearly 500,000 volunteers and 750 projects, is positioned and viewed as an expert on and advocate for volunteerism in our country. The more we can track on a local level the reality of the contributions of today's older volunteers, the more we dispel the myths surrounding aging.
- It validates the work of RSVP in being a catalyst for positive change through the utilization of volunteers to impact issues of local concern.
- It gives us the opportunity to honor the work of our community volunteers.
- We are able to offer additional volunteer opportunities to new volunteers who, although already volunteering, may be willing to explore some additional placements.
- The obvious benefits – liability insurance and recognition.
- Tracking volunteer data is a valuable tool in detailing and highlighting how volunteers impact a community, what they actually accomplish and just how valuable they are to the operation of local public agencies and non-profit organizations. Without the tracking done by RSVP, the efforts of volunteers remain unidentified in any comprehensive way, leading to a lack of knowledge as to the true impact of today's volunteers. In addition, the data collected is shared with legislators who then use the information to help determine how to allocate funds for volunteer efforts such as RSVP.
- In the event of a local or national disaster, RSVP has the ability to contact and mobilize volunteers to assist in the event of an emergency.

## *Your Stories - RSVP Tax Counselors*

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### **Robert**

Robert Crippen retired from the United States Air Force in 1996 in Wichita Falls, TX and returned to Germany where he had previously spent eight years of his military career. In March 2007, he returned to the local area after 31 years, nineteen of which were spent in Germany. He has been working for the US Census Bureau in a permanent part-time position since December 2008. Robert is hobby genealogist, an active member in both the Schuyler County Historical Society and the Backbone Ridge History Group.

Robert said he received a call from his mother who had seen a notice for individuals to help with taxes in the "Golden Glow" newsletter, she had thought it was right down his alley. Robert said he volunteered to answer a need and he hopes he can help make a difference.

### **Nancy**

I'm a 57 year old registered nurse, have been married for 38 years and have 3 grown children. I grew up in Beaver Dams and have lived there most of my life. As a child I participated in Schuyler County 4-H and stayed involved as a 4-H volunteer leader in my adult years. Since I'm no longer able to work in the health care field I decided that I wanted to get involved in volunteering in the county. I saw in the Golden Glow that RSVP was looking for volunteers to help with the tax program. It sounded like it would be something that would be challenging and learning Tax Law has proven to be challenging! I think the program is great and a real benefit to the seniors here in our county. After all, dealing with the IRS is somewhat scary to most people. I'm really looking forward to meeting and working with our most important citizens.

### **Judith**

Judith, a mother of three, is a Schuyler County resident, although she was born in the UK and came here in 1962. She previously held executive secretary positions at Corning Glass International, a law office in Watkins Glen and a business office in Montour Falls.

Judith started volunteer work with RSVP helping with the income tax program for the elderly in our community. She said, "This is such a worthwhile service offered free-of-charge to any Schuyler County resident who is over the age of 60. From the comments we receive, it is truly appreciated. When tax time comes around I get to see retirees I know but do not see very often—it is like going to a yearly reunion!"

Judith said, "Since I like to keep busy I have several other volunteer projects going on for RSVP and get a great deal of enjoyment from them all."

"I believe that we all need to do something for others, no matter how small, and this is a great way for me to accomplish this."

### **Hugh**

Hugh was born, raised and educated in the small town of Hudson, NY. He served in the US Navy during the Korean War and later completed a 4 year Apprentice Training program at the General Electric Company. He then worked for Dresser Rand in Painted Post, retiring after 37 years. Woodworking, gardening and traveling are paramount now. Hospice assisted him during his wife's illness and he quickly signed on as a hospice volunteer. Then he found RSVP, saw the importance of what they were doing and signed on as a tax counselor. He loves doing this very rewarding job.

### **Kerm**

After many years working for Cornell Cooperative Extension, Kerm Bossard retired from the executive director position in Chemung Co. He has been involved in many volunteer activities in and around the Spencer-Van Etten area and also serves at the annual Chemung County Fair and Farm Museum. In addition, Kerm provides a much needed service as a Court Appointed Special Advocate for Schuyler County's Family Court.

At this point in time, there are many seniors on a fixed budget that are unable to keep up with the rising cost of living. Doing income tax is something that we all must do. When there is an option to help people that need our services and do it for free - that seems like a win-win deal. IRS is providing the help we need as tax counselors with computers, training and programs. Since I have always done my own taxes this seemed like something that I could do to help. It's a good program and good people to work with. This is a good deal for all of us.

### **Fran**

In June of 2007 I retired from the New York State School of Industrial and Labor Relations at Cornell University after 28 years of service. In my second year of retirement I knew I needed more to do. I went to RSVP to find out what I could do as a volunteer. I immediately signed up to be a Reading Buddy and then began working at Wags2Riches thrift store, operated by the Humane Society.

I was asked if I was interested in being a volunteer to do taxes and I agreed I would try it. Since I have gotten quite involved with volunteering for RSVP, I decided I don't have as much free time as I once did and I didn't feel comfortable doing the tax preparation but have agreed to be a customer 'Greeter' and help out in the process where ever I am able.

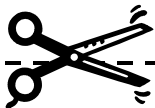
Volunteering has brought such satisfaction and happiness for me. I enjoy meeting new people and the work is challenging. I am doing for others and benefiting myself at the same time. What could be more gratifying?

### **Jim**

No bio available.

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

<i><b>Opportunities</b></i>	<i><b>Duties</b></i>	<i><b>County</b></i>	<i><b>Details</b></i>
<b>Citizen Science</b>	Learn how to monitor and report backyard precipitation levels as part of a national weather tracking effort.	Schuyler	Training provided by Cornell Cooperative Extension March 22, 2010
<b>Schuyler Housing Opportunity Council (SHOC)</b>	Home repairs of varying degree of complexity, based on volunteers' skills.	Schuyler	Orientation provided by SHOC volunteers. Criminal screening required
<b>Humane Society</b>	Assist in variety of activities of the Schuyler County Humane Society (Animal Clinic/Thrift Shop).	Schuyler	Orientation & training provided by Humane Society volunteers.
<b>Home Meal Delivery</b>	Deliver meals to homebound individuals in Yates County.	Yates	Training and orientation provided by Yates OFA. Criminal screening required
<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	Extensive training provided by CASA staff. Criminal screening required
<b>Long Term Care Ombudsman</b>	Serve as an advocate for residents of local nursing and adult care homes.	Schuyler & Yates	36 hour mandatory training provided. Criminal screening required
<b>Catholic Charities Community Garden</b>	Help out at the local food pantry garden. Includes weeding, watering and harvesting vegetables to Schuyler Outreach.	Schuyler	Orientation provided. No experience necessary
<b>Schuyler County Health Check</b>	Doctors, nurses and clerical staff needed to serve at the health clinic which provides free medical care for the uninsured.	Schuyler	Training and orientation provided. Clinics held on Thursday evenings



# 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
- Transportation Services
- Health Insurance Counseling
- Where it is most needed

Please DO NOT acknowledge my donation in the Golden Glow

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

Your Phone \_\_\_\_\_

In Memory of \_\_\_\_\_

**PLACE LABEL HERE**

**The Golden Glow** is a cooperative effort of OFA and RSVF. OFA is funded through: Federal Administration On Aging N.Y. State OFA, Schuyler County Legislature and participant contributions. RSVF is funded by: the Corporation for National and Community Service, Schuyler & Yates Counties, Schuyler and Yates United Ways, special grants and donations. RSVF is sponsored by Cornell Cooperative Extension of Schuyler County.

March/April 2010

**RETURN SERVICE REQUESTED**

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

Non-Profit Org.  
Bulk Rate  
U.S. Postage  
PAID  
Watkins Glen, NY  
Permit No. 14