



# Shoestrings Summer 2010

The goal of Shoestrings is to get people walking — so feel free to do it **your way**.

- Walk as far and as often as you'd like.
- Walk by yourself or with others. Don't have a partner? Join our indoor or outdoor walking group — or form your own.
- Remember: safety first. Tell others where you are going and when you expect to return. Dress for the weather. Bring a cellphone or whistle to call for help and remember to take a drink.

## Group Walking Schedule

It is important to make this program your own. Walk at your own pace, and walk only as far as you choose.

The OFA-designated walking companion will be equipped with a cell phone in case of emergency.

**Indoors:** Watkins Glen High School Fieldhouse Track

- June – 6:30-7:15am; July and August: 9:00-10:00am
- OFA staff will be walking on Tuesdays & Thursdays for the month of July to get the group started

**Outdoors:** Catharine Valley Trail in Montour Falls (Cook Street to Genesee Street, 1 mile each way)

- June, July, August: 9:00am-10:00am
- OFA staff will be walking on Mondays & Wednesdays for the month of June to get the group started.
- We will allow one hour for the walk, and will ensure that all members of the group have exited the trail at the end of that time.

**Inclement Weather:** The group will not walk if it is raining. A sign will be posted at the entrance to the trail. If it is misting, we will walk. Use your own judgment and comfort level when deciding whether to come along. Please dress appropriately for the weather. Layering is a plus! Please bring your own water and sun protection.

## Blood Pressure and BMI

We are asking for a record of everyone's beginning and ending blood pressure and bmi (body-mass index) as well as steps taken during the three-month period. Why are numbers important? Quite simply, because positive results = funding. In order to sustain programs such as Shoestrings, agencies like OFA rely on grants and government funding — and these organizations want to see that programming is increasing the quality of life for individuals. So, even if you feel you are healthy and do not need to keep track of these figures, or don't care about being one of the 'top steppers', please know that it helps **us** continue to provide health and wellness opportunities to the community. Please note that all this information will be kept confidential, and that no names or personal information will be shared when reporting.

### Blood Pressure and BMI clinics

Held at OFA's Silver Spoon Café:

May 27: 2:00-3:30pm

September 10: 1:00-2:00pm (we will be having an end of the season get-together—details to follow)

If you cannot attend these sessions, please let us know so that we can make other arrangements to receive this information from you at the beginning and the end of the summer walking session.



Contact Info:

Gina Gasparro, Coordinator  
Schuyler County Office for the Aging  
323 Owego Street, Unit 7  
Montour Falls, NY 14865  
607-535-7108  
Visit us on the web!  
[www.schuylercounty.us/aging.htm](http://www.schuylercounty.us/aging.htm)

"Service and Assistance for Seniors—  
because you've earned it."

### Step Counts

The top three steppers for the period from June through August will receive prizes – but everyone is a winner because walking is good for your health and well-being!

Turn in your total steps for each month by the 10<sup>th</sup> of the following month. So, June's steps are due by July 10, and so on.

By mail: OFA Shoestrings  
323 Owego Street, Unit 7  
Montour Falls, NY 14865

By email: [ggasparro@co.schuyler.ny.us](mailto:ggasparro@co.schuyler.ny.us)



## Come Hike With Us

Don't forget about three hiking trips scheduled in cooperation with OFA's Recreational Trips program:

- June 7: Montezuma Wildlife Refuge (suggested donation - \$5)
- July 19: Cornell Plantations and Lab of Ornithology (suggested donation - 3)
- August 9: Tanglewood Nature Center (suggested donation - \$3)

We will hike the trails and enjoy a picnic lunch (pack your own — coolers will be available). Vans will leave from the Human Services Complex Building at 8:30am, and will return early/mid-afternoon. Registration is required. Call OFA at (607) 535-7108 to reserve a seat.