How many of you have visited the Hannibal Community Center?

How many of you knew it existed?

How many of you know how much it has to offer?

Located at 162 Oswego Street in the village (in an historic Baptist church), the Center not only houses the public library, (which is connected to 65 libraries in the North Country Library System), it also hosts senior groups, the Senior Nutrition Program, children's programs, and community events. Public service classes in basic computing, crafting and defensive driving courses are periodically offered.

The library not only has a collection of hard, soft and large print books, but also movies and CDs to borrow (nominal rates apply to the DVDs and are free to renew).

Also on hand are computers with internet access, Microsoft Office programs, and other software installed. Free Wi-Fi is also available.

Director, Shelly Stanton, staff of librarians, program coordinators and volunteers are friendly and helpful! Call 564-5471 or visit their website at hannibalfreelibrary.org or northcountrylibraries.org.

Editor's Note
Sheila Weldin is a volunteer at the library and also a staff member at the H. Lee White Marine Museum. RSVP now recruiting Computer Tutors and other volunteers. Stop in!

Hannibal’s Sheila Weldin & Shelly Stanton

In this issue
Free Tax Aide Assistance
Six Steps to Better Balance
Meet Up.com
And More!

“Anyone can catch your eye, but it takes someone special to catch your heart.” ~ Unknown

Step Up to Stop Falls ,,,

FALLS PREVENTION COALITION AWARDED GRANT

With OCO’s Rural Health Network of Oswego County as the lead agency and RSVP as a Coalition member, Oswego County is poised to effect positive and long lasting change in the area of Falls Prevention for County residents.

“We will create a fall free Oswego County and support Healthy Aging by preventing falls through education and awareness.”

~Vision for Oswego County

HANNIBAL COMMUNITY CENTER
~Sheila Weldin

Want to Volunteer?
Want Better Balance?
Want to Join a Class?
Want to Learn more?
Contact RSVP!

What folks are saying ... cont’d on p. 3
**VOLUNTEER OPPORTUNITIES**

**OSTEO BONE BUILDERS INSTRUCTOR**
Receive 1:1 coaching from an RSVP Master Trainer. Enrolling in an Osteo class as a participant is a pre-requisite. More info, call RSVP.

**6 STEPS TO BETTER BALANCE COACH**
Spend one hour a week for six weeks coaching seniors in proven balance techniques. Follow a prescribed lesson plan based on the book of the same name. Training provided. More info, call RSVP.

**BUSY KNITTERS**
Recruiting knitters & crocheters, gladly accepting yarn donations too. Contact Donna James (598-3346) or Marcia Owens (598-1048).

**NEW HORIZONS BAND & CHORUS**
Practice once a week at the First United Methodist Church in Minetto. Contact Frank Bickel (343-5791) Band, Mary Lou Bjorkman (591-6984) Chorus.

**TAX AIDES**
AARP New Tax Aide training takes place at Baldwinsville Library on January 21, 22, 28, & 29 at 9 am. Mileage reimbursement provided. Email: rsvp@oswego.edu

**CONTACT RSVP**
Office Hours: M-F 8:00 - 4:30  
Tracie Wallace’s Hours: Tues-Thurs  
Email: rsvp@oswego.edu  
Phone: 312-2317  Fax: 312-3374  
Office: 103 Rich Hall, SUNY  
Website: Oswego.edu/rsvp  
Like us on Facebook!

**PAID OPPORTUNITIES**

**OSWEGO DINING & ACTIVITY CENTER MANAGER**
The job involves managing a congregate meal site in Oswego 10 hours a week, Tuesdays & Thursdays from 9 am to 2 pm. Call Bridget Dolbear at OCO: 598-4712 x1813.

**CATHOLIC CHARITIES**
**COMMUNITY BASED MENTORING**
Flexible schedule, mentoring children ages 8 -17 years, who have a mental health diagnosis. $10 per hour plus mileage. More info, call 598-3980, or email: cwilliams@ccoswego.com or visit www.ccoswego.com

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**Out & About.....**

**DINING & ACTIVITY CENTERS**
OCO’s Dining & Activity Centers serve as community hubs-- or at least, aspire to be. As their motto-- “More than just a meal” implies-- they offer a meeting place for socialization and recreation and are especially attractive to boomers who wish to assist with meal provision and program implementation.

**COMING!**
**OSWEGO DINING CENTER**
Closed in 2013, the Oswego Center plans to re-open in January. The Center will incorporate current trends and embrace creative programming while meeting the expectations of those age 60 and older. A new home and new center manager are being sought! (See paid opportunity above.)

**COUPON EXCHANGE**
**BETWEEN PARISH DINING CENTER & GRIST MILL RESTAURANT**
One of the most popular and innovative programs is the Coupon Exchange between the Parish Center and the Grist Mill Restaurant. It consists of a special menu available at the Grist Mill on Wednesdays & Fridays-- days when the Parish Dining Center is not open. The menu consists of eight entrees, pre-approved by the OCO dietician. Diners obtain coupons from the Parish Center and use them instead of cash when paying for a meal at the restaurant.

No need to reserve ahead of time and family and friends are welcome to join in, even last minute (they just order from the regular menu). At the beginning of each quarter, obtain coupons from Parish Center Manager, Mary Lou Guidon, located in the Presbyterian Church on Rider St., phone 625-4617.

**INFORMATION**
For more information on the meal program at these or the other six sites, call OCO at 598-4712. To volunteer ask for Chris Parks.

~Related story back page

**TAX AIDE ~ FREE COUNSELING & E-FILING**
Sponsored by AARP, Tax Aide runs February 1 - April 15. Rarely will sites close due to bad weather. Count on the Tax Aides being there for you! Sites:

**CONSTANTIA**, Bernadette's Bistro Thursdays by appointment. Call 623-9803 to schedule (call T-Th) Lunch is optional

**FULTON** Municipal Building  
Wednesdays 9 am to 12 noon; evenings 6 to 8 pm  
**Walk-in site**

**OSWEGO** McCrobie Civic Center  
Tuesdays 11 am to 3 pm  
**Walk-in site**

**PHOENIX** Public Library  
Schedule an appointment by calling:  
(Fred) 695-2553, (Bill) 458-1465, or (Betty) 934-4333

**PREPARE IN JANUARY**
Gather the following documents:  
Photo ID and last year’s tax return; W-2s; 1099s; unemployment compensation statements; all forms indicating federal (estimated) taxes paid, Social Security cards; all receipts if itemizing. If using Direct Deposit, bring checkbook/acct. #.
WHEN DISASTER STRIKES...

... Charity scams go into full swing. Even before Super Storm Sandy made landfall, 1,000 new websites with "Sandy," "relief" or related keywords had been registered; many by scammers.

Some ask for your credit card number to collect donations, possibly using that information later for identity theft. Others can infect your computer with malware that can ferret out sensitive information. It’s wise to assume that an unsolicited donation request is a scam.

* Before donating, take time to authenticate. Call the New York State Charities Bureau at 212-416-8401, Email: charities.bureau@ag.ny.gov. website: www.charitiesnys.com.

* When using the Internet, remember scammers often create rogue websites. Legitimate nonprofit organizations typically end in .org, not .com. Don’t click on links in emails or sketchy websites, they can unleash computer malware.

* Never, ever provide your credit card information, even if your Caller ID indicates it’s a legitimate charity. Instead, tell the caller to mail you printed information and if the organization doesn’t have your address, do not provide it.

* Why tell a strange caller where you live? Although mailed material is no guarantee of legitimacy, organizations that won’t provide it are usually scams.

* Insist front-door solicitors leave printed materials that allow you to vet them before making a donation and avoid giving cash.

WHAT’S YOUR NEW YEAR’S RESOLUTION?

Continued from page 1

The grant will facilitate the promotion and expansion of the 6 Steps to Better Balance program in Oswego County and allow for the certification of new volunteer coaches and more courses being taught.

PROGRAM HIGHLIGHTS

The course is powerful yet simple. The program is designed to help individuals prevent falls by practicing and repeating the exercises regularly. It includes fun things like practicing the “10 Martini Slump,” the “Jiggle Wiggle,” and “Dancing with a Pillow.”

WHAT PEOPLE ARE SAYING

"After a few weeks of exercises I find that my neck mobility (how far I can turn it) has increased about 45 degrees. This means I see more of what is going on around me. This has to be a big safety improvement to someone with a history of falls. I recommended it to all who will listen!”

~ David T.

"I attended the class you taught at the "Y". As a result of the information you presented, I have been faithfully doing the "bed" stretching and "slumping". The benefits of such are:
  * I no longer have back pain.
  * I am almost limp free.
  * I have lost weight.
  * My Pickle Ball game has improved.
  * I want to share this approach to life with everyone.”

~ Nada R.

HOW TO GET STARTED

Simply contact RSVP to sign up for a class.
Heart disease is the leading cause of death for both men and women in the United States, but heart disease is preventable and controllable.

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

The five major symptoms of a heart attack —
- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain/discomfort.
- Pain or discomfort in arms or shoulder.

One Step at a Time
As you begin your journey to better heart health, keep these things in mind:
- Don't become overwhelmed. Every step brings you closer to a healthier heart.
- Don't go it alone. The journey is more fun when you have company. Ask friends and family to join you.
- Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night’s sleep and do what you can tomorrow.
- Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunch time walk, join a singing group, or have a healthy dinner with your family or friends.

25 SURE FIRE STRESS REDUCERS
~Compliments of Thunderbird Country Buffet, Florence, SC

1. Go to bed on time.
2. Get up on time; start the day unrushed.
3. Say “no” to projects that won’t fit into your time schedule, or that will compromise your mental health.
4. Do something for the Kid in you every day.
5. Simplify and unclutter your life.
6. Less is more.
7. Separate worries from concerns. Do what you can do. If you can’t do anything about a situation, forget it.
8. Take one day at a time.
9. Live within your budget; don’t use credit cards for ordinary purchases.
10. Have backups ... an extra car key in your wallet, an extra house key buried in the garden, extra stamps...
11. K.M.S. (Keep Mouth Shut.) This single piece of advice can prevent an enormous amount of trouble.
13. Eat right.
15. Everyday, find time to be alone.
16. Join a support group or see a counselor. Try to nip small problems in the bud.
17. Make friends with happy, non-stressed people.
18. The shortest bridge between despair and hope is often a good night’s sleep.
19. Take your work seriously, but yourself not at all.
20. Develop a forgiving attitude (most people are doing the best they can).
21. Be kind to unkind people (they probably need it the most).
22. Sit on your ego.
23. Talk less; listen more.
24. Remind yourself that you are not the general manager of the universe.
25. Every night before bed, think on one thing you’re grateful for that you’ve never been grateful for before.

“You no longer have to keep up with the Joneses ... They’ve died of exhaustion.”

GO NUTS AND BE GOOD TO YOUR HEART!

Nuts (tree nuts and peanuts) are nutrient dense foods, rich in active compounds: high-quality vegetable protein, fiber, and minerals. By virtue of their unique composition, nuts are likely to beneficially impact health outcomes. Studies have associated nut consumption with a reduced incidence of coronary heart disease and gallstones in both genders and diabetes in women.

Limited evidence also suggests beneficial effects on hypertension, cancer, and inflammation. Interventional studies consistently show that nut intake has a cholesterol-lowering effect, even in the context of healthy diets, and there is emerging evidence of beneficial effects on oxidative stress, inflammation, and vascular reactivity. Blood pressure, visceral adiposity and the metabolic syndrome also appear to be positively influenced by nut consumption. Thus it is clear that nuts have a beneficial impact on many cardiovascular risk factors.

Contrary to expectations, studies and clinical trials suggest that regular nut consumption is unlikely to contribute to obesity and may even help in weight loss. Safety concerns are limited to the infrequent occurrence of nut allergy in children.

In conclusion, nuts are nutrient rich foods with wide-ranging cardiovascular and metabolic benefits, which can be readily incorporated into healthy diets.


“All that is necessary for evil to triumph is for good men to do nothing.” ~ Edmund Burke

Did you know....
1 pistachio has as much fiber as 3 whole plums!
and metabolic benefits, which can be
foods with wide
ited to the infrequent occurrence of
weight loss. Safety concerns are lim-
ute to obesity and may even help in
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show that nut intake has a cholesterol
Interventional studies consistently
pertension, cancer, and inflammation.
also suggests beneficial effects on hy-
disease and gallstones in
consumption with a reduced incidence
comes. Studies have associated nut
of their unique composition, nuts are
protein, fiber, and minerals. By virtue
compounds: high
nutrient dense foods, rich in active
GO NUTS
"All that is necessary for evil to
to do nothing."
Contrary to expectations, studies
Limited evidence
In conclusion, nuts are nutrient rich
...
HAPPY BIRTHDAY VOLUNTEERS

JANUARY

2 Bill Baldwin, Mary Borte, Terese DeMarais, Evelyn Kellogg
3 Patricia Coyer, Paula Rohn
4 Evelyn Baldwin, Julie Birtle, Kathryn Stafford
5 Nancy James
6 Carol Flournoy, Thomas Tryniski, Barbara Wallace
7 Patricia Lamson
8 Dianne Mitchelson, Grace Raes
9 Joan Osyipiewski
10 Nancy Caldwell
11 Douglas Wagner, Catherine Waterman
13 Ann Hardy
16 John Walcutt
18 Doris Potter
19 Margaret Gshwender
20 Judy Rusho, Ron Sipling, MLK DAY
21 Mary Orr
22 Laraine Crisafulli, Diana Laurent
23 Francis Quirk
25 Paul Attwood, Evelyn Newton, Genevieve Roarick, Jackie Root
27 Judith Agugliaro, Joanne Gardner, Masako Licourt
30 Jacqueline Armelino
31 Stella James, Louise Kellogg

FEBRUARY

1 Maud Pitonza
2 Betty Bartholomew, Lois Ruthven, Ralph Spencer
3 Mary Lou Bjorkman, David Brown, Deborah Deeb, Rita Hooper
4 Judith Conley, Lorraine Smith, Rose Woods
6 Ginger Leotta, Eldora Miller
8 Jill Walch
10 Leon Smith
12 Bonnie Lescensi
14 Charlotte Row, Clara Winn
16 Diana Gardiner
17 Alec Seymour, PRESIDENT’S DAY
20 Dorothy (Dot) Smith
21 Nancy Bookheimer
22 Nancy Smith
23 Linda McNitt, Theresa Sheldon, Nancy Smiedy
24 Martha Arnold
25 Clara Fortier, Linda McAuley
26 Ann Rockower, Gerald Slivinski
27 Gloria Jaskula, Mary Kilmer, Mary LaDue

SAVVY CONSUMERS ~aarp.org/bulletin, 12/12

January: Sporting goods, Linens & Bedding; Furniture (Expect January sales on previous year merchandise).

February: Air Conditioners, Luggage; Cameras (industry trade shows occur in January to unveil new models, so older inventory is marked down).

From the following areas:

Fulton
Marjorie Foil
Susan Lane
Carol Manzer
New Haven
Gordon Schipper
Palermo
Patricia Jamerson
Phoenix
Martha Arnold
Marjorie Russell
Pulaski
Joan Bardeen
Carol Rohrmoser
Oswego/Scriba
Judy Cass
Georgia Edwards
Sharon Figiera
Irene Fletcher
Donna Foster
Nancy Lieb
Marta Santiago
Sandy Creek
Louise Sigler
West Monroe
Margaret Drummond

Elders are not an age group but the "Jewels of Humanity," and the Keepers of Wisdom.
~unknown

St. Luke Health Services
Residential Skilled Nursing
Adult Day Health Care
Short-Stay Rehabilitation
299 East River Rd, Oswego, NY 13126 315/342-3166
Fax 315/342-6531 www.stlukesny.com

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Fulton Savings Bank
315-592-4201 www.fultonsavings.com
WHAT’S YOUR NEW YEAR’S RESOLUTION?

According to the website USA.gov, these New Year’s resolutions are popular year after year.

- Drink Less Alcohol
- Eat Healthy Food
- Get a Better Education
- Get a Better Job
- Get Fit
- Lose Weight
- Manage Debt
- Manage Stress
- Quit Smoking
- Reduce, Reuse, and Recycle
- Save Money
- Take a Trip
- Volunteer to Help Others

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.”

~ Edith Lovejoy Pierce

TRAVEL DESTINATIONS

New Haven Seniors
April 29-30 ~ Travel to Lancaster Pa to see Moses at the Sight and Sound Theater. (Money due 3/1)
Info: Elaine Parkhurst, 343-9475.

JANUARY 20
MARTIN LUTHER KING DAY

Millions of Americans will come together on Martin Luther King Jr. Day, to honor the civil rights leader through volunteer service.

With many communities struggling, volunteer service can be a powerful force. Neighbors helping neighbors, young helping old, employees offering skills and companies investing in communities where they do business. We dream of the day when everyone is actively involved in making a better America.

~ www.pointsoflight.org

WHAT IS CALL-N-RIDE?

Call-N-Ride is a curb to curb transportation service for elderly and persons with special needs residing within the County. It is available Monday - Friday, 10a - 2p.

The general public may use the service when public transportation is not readily available in their area. It can be used for medical¹, social or personal business.

CALL 598-1514
(Toll Free: 1-877-484-3287)
Monday - Friday, between 8 am - 3 pm

FARE: Oswego County is divided into 5 zones. Fares range from $2 - $6 depending on the zones used. Tokens are available and Exact Fare is required.

RESERVATIONS: Call 3 days in advance. (Cancel at least 2 hours before pick up.)

INFO.: Call OCO or visit www.oco.org

* * *

¹Effective September 1, 2013

Medical rides for MEDICAID RECIPIENTS ONLY must be arranged by calling 1-800-733-9395
What a joy to be out & about amongst volunteers! A window of opportunity opened just long enough to allow me to visit all seven OCO Dining & Activity Centers.

I met with volunteers on duty and people curious about volunteering; agencies interested in our volunteers and eager to work with us. I met people who are not RSVP members but who nevertheless volunteer their time to provide much needed services such as Medicare Counseling and teaching downhill skiing to the disabled, including veterans. I learned of two new host sites for Tax Aide and met several folks interested in becoming Tax Aides.

People brought me their questions and offered me their suggestions. It was a true give & take which will help us grow.

February 17
PRESIDENT’S DAY
"Believe you can and you are half way there.”
~Theodore Roosevelt (1858 - 1919)