RSVP is headed to the 158th Oswego County Fair to celebrate Senior Day on Wednesday, July 1st. You can find us in the “Entertainment Building” alongside the Senior Spelling Bee and an Oreo Stacking Contest. Stop in and say Hello.

Come and experience the sights and sounds of the fair. Enjoy cotton candy, carnival games, midway rides, antique tractors, livestock and so much more. Bring your dancing shoes as there will be plenty of music, from 1p - 4p, courtesy of the Black River Fiddlers. Stay for the parade which starts at 7pm.

We hope that you will join us in recognizing and supporting our seniors. This is sure to be a great time with plenty of fun and socializing. The Flag ceremony will begin at 9am and buildings open at 10am.

Celebrating our Volunteers...

A HARVEST GATHERING

On Wednesday, September 30th, RSVP will host their 42nd Recognition Event. The annual celebration honors the dedication and highlights the accomplishments of our volunteers and the positive impact they have on our community. This year’s event will be held at the Lake Ontario Event and Conference Center located in the city of Oswego on East 2nd Street.

Invitations will be mailed at the end of August. Stay tuned!

INVASION OF…

THE WATER CHESTNUT

~ www.seagrant.sunysb.edu

If a shoreline property owner in New York or the Northeast complains to you about their water chestnut problem, don’t think they are talking about yummy Chinese takeout. The European water chestnut, an invasive aquatic plant released inadvertently into waters of the Northeast in the late 1800s, is slowly but inexorably spreading throughout New York State, clogging waterways, lakes and ponds and altering aquatic habitats. It must be pointed out that...

~ continued on back page

DRIVING SMART

~ Meave Gillen

AARP Driver Safety first launched in 1979 as the “55 Alive” program to aid in keeping older drivers independent, confident, safe, and healthy while on the road. Today, AARP Driver Safety continues to meet those needs of older drivers through leading multiple educational programs.

~ continued on page 7
HOME DELIVERED MEALS
VOLUNTEERS NEEDED

According to Christine Parks, OCO Volunteer Coordinator, “Volunteers are the heart of our program and their daily visits contribute to the general well being of home bound seniors every bit as much as the nutritious meal they deliver. The meal service we provide also reassures family members that their loved ones are being checked on daily.”

Consider volunteering daily, weekly or even just once a month delivering meals. Make their day and you may just find, they have made yours! INFO, Chris Parks Volunteer Coordinator, 598-4712, ext. 1807.

LITERACY VOLUNTEERS

The Oswego County Opportunities Literacy Volunteer program is looking for tutors! No teaching experience necessary. Materials and support are provided. Just two hours a week to change someone’s life. INFO, Meg Henderson at 342-8839 or e-mail lvoswego@oco.org

WANTED: VOLUNTEER KAYAKERS & CANOERS

Join the cause! A chestnut pull is scheduled at Battle Island for Saturday, Aug. 1st, 10am. While pulling the water chestnuts paddlers can enjoy the local historical sites and scenery along the way. Refreshments offered afterwards to the group. Extra canoes and kayaks should be available. INFO, Richard & Naneen Drosse, 343-4565 or email rdrosse@twcny.rr.com.

OSWEGO COUNTY TOURISM

Volunteers will put together tourism kits, consisting of events, brochures, visitor information, etc. for Oswego County. Volunteers will initially meet 2-3 times a month at the County Building, 46 East Bridge St., Oswego. Light refreshments will be provided. INFO, Lisa Gray, 349-8322 or email Lgray@oswegocounty.com

OSWEGO COUNTY OFA

Is seeking long-term volunteers to perform general clerical tasks, mainly copying and filing. All training provided by OFA and positions are based at 70 Bunner Street Oswego. INFO, 349-3484

O’MARA WELCOME CENTER LOOKING FOR VOLUNTEERS

Volunteers will greet visitors, provide literature, brochures and directions to all who stop. Schedule is flexible. INFO, Arlene Johnson, Coordinator at 342-5266.

Harborfest is held annually in Oswego during the last full weekend of July and draws over 200,000 people to the area.

The festival offers concerts, a midway and activities for all. The highlight of the festival is the Saturday night Entergy Nuclear Fireworks Spectacular produced by Fireworks by Grucci that will light up the skies over the Oswego Harbor.

What makes Harborfest truly unique is that it is staffed almost entirely by 400+ VOLUNTEERS. To learn more, visit our web site www.oswegoharborfest.com. and click on the Volunteer tab or come to our office at 41 Lake Street, and pick up an application. INFO, Rick Rodgers, Volunteer Coordinator 343-6858.

ADVISORY COUNCIL MEMBERS

Currently seeking volunteers interested in serving on our council. The role of the Council is to assist the RSVP staff in topics affecting planning and significant program decisions.

As a member you will provide advice and support on such matters as community relations, volunteer recognition and other related duties. INFO, Eleanor Fildburn, RSVP Advisory Council Chairperson, 343-1953.

Are you looking to be a part of the AARP Driver Safety Program? AARP is looking for volunteers to facilitate its Driver Safety Program within Oswego county and neighboring counties as well. There are several perks to volunteering with this program, the best being you are making a difference in the lives of seniors!

Contact Gordon Schipper, AARP Driver Safety Program District Coordinator at 963-3093 to learn more about Driver Safety volunteer opportunities and the multiple programs offered. You will be joining a passionate group of individuals who are driven (pun intended!) to save lives!
Left lane driving is a touchy subject these days. Traditional driving etiquette says that the left lane is for faster drivers looking to pass other cars. This is one reason why it’s commonly called the “passing lane.” Besides aiding in the efficiency of traffic and preventing traffic jams, reserving left lanes for faster cars may also keep the roads safer.

Research shows accidents stem more from the variance of average drivers’ speeds than from speeding itself. Slower drivers in the left lane will cause faster drivers to slow down, speed up and change lanes more than they should. And that, researchers say, causes the majority of accidents.

Today, every state has legal measures to regulate left lane driving. No matter your views on this issue, it’s a good idea to know your state’s left lane driving laws—no matter which lane you’re in. NY follows the Uniform Vehicle Code and requires drivers to keep right if they are going slower than the normal speed of traffic, regardless of the speed limit.

http://www.eriesense.com/
You see the ads everywhere these days - "Smart Drugs for Long Life" or "Arthritis Aches and Pains Disappear Like Magic!" - or even testimonials claiming, "This treatment cured my cancer in one week." It's easy to understand the appeal of these promises. But there is still plenty of truth to the old saying, "If it sounds too good to be true, it probably is!"

Quacks - people who sell unproven remedies - have been around for years peddling their wares. Sadly, older people are often the target for such scams. In fact, a government study found that most victims of health care fraud are over age 65.

Be wary. Question what you see or hear in ads, newspapers, magazines, radio, TV, and internet. Find out about a product before you buy. Don't let a salesperson force you to make a snap decision. Check with your doctor first if necessary.

Remember stories about the old snake oil salesman who traveled from town to town making claims for his fabulous product? Well, chances are today's quack is using the same sales tricks. Look for red flags in ads or promotional material that promise a quick or painless cure, claim to be made from a special, secret, or ancient formula, use testimonials or undocumented case histories from satisfied patients, claim to be effective for a wide range of ailments and/or cure a disease (such as arthritis or cancer) that is not yet understood by medical science, offer "free" gift or a larger amount of the product as a "special promotion," or require advance payment and claim limited availability of the product.

Unproven remedies may be harmful, waste money and sometimes using these remedies keeps people from getting the medical treatment they need. Unproven remedies promise false hope. Often they offer cures that are painless or quick. Why do people fall for these sales pitches? One reason health care scams work is that they prey on people who are susceptible to promises of miraculous health.

Can you really walk your way to fitness? You bet! Get started today. Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

Regular brisk walking can help maintain a healthy weight; prevent or manage various conditions; including heart disease, high blood pressure and type 2 diabetes; strengthen bones, lift mood and improve balance and coordination. The faster, farther and more frequently you walk, the greater the benefits.

As you start your walking routine, remember to choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility. If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.

The loss of strength and stamina attributed to aging is partly caused by reduced physical activity. Inactivity increases with age and by age 75, about one in three men and one in two women engage in no physical activity.

Warm up. Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise. Cool down. At the end of your walk, walk slowly for five to 10 minutes to help your muscles cool down. Stretch. After you cool down, gently stretch your muscles. If you'd rather stretch before you walk, remember to warm up first.
Men are far less likely than women to be screened for osteoporosis, even though they are more likely to suffer worse consequences from the bone-thinning condition, a new study finds. Up to 2 million American men have osteoporosis, and another 8-13 million men have low bone density, a precursor to osteoporosis, the researchers said.

While most women in the study said they would accept osteoporosis screening if it was offered, only 25 percent of men said they would get screened. Women were also over four times more likely than men to take measures to prevent osteoporosis, such as taking calcium and vitamin D supplements to strengthen their bones.

"We were surprised at how big a difference we found between men and women regarding osteoporosis," study author Dr. Irina Dashkova, a geriatric fellow at North Shore-LIJ Health System in New Hyde Park, N.Y., said in a health system news release. "The fact that longevity is increasing in our population is wonderful. But we know from research that when men suffer fractures, their mortality is higher than in women and that severe medical consequences and loss of independence are much more prevalent in men," she said.

"In our environment, you get this perception that osteoporosis is a women's problem. This has to be changed, and the sooner the better."

~ Dr. Irina Dashkova

Research suggests that 13 percent of white American men older than 50 will have at least one osteoporosis-related fracture in their lifetime. Certain health problems and drugs that boost osteoporosis risk are specific to men, including some prostate cancer drugs, the researchers pointed out.

Dr. Gisele Wolf-Klein, program director for the geriatric fellowship at North Shore-LIJ, was a mentoring author and collaborated with Dashkova on the research. "Our survey clearly establishes that physicians are just not thinking of screening men. It's only when older men fall and break their hip that someone thinks maybe we should do something to prevent them breaking the other hip," Wolf-Klein said in the news release.

~ Robert Preidt
webmd.com

OSWEGO COUNTY
OSTEO BONE BUILDER SITES

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<th>SITE</th>
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<td>Amboy - West Amboy Church</td>
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<td>APW - Parish Library</td>
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<td>Central Square</td>
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<td>Constantia VFW</td>
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The goal of the RSVP Bone Builders program is to inspire people to reduce and prevent their risk of Osteoporosis; maintain a high quality of life; enjoy continued independence and freedom; and embrace a healthy lifestyle.
HAPPY BIRTHDAY VOLUNTEERS

JULY

1. Madeline Esser, Margarita Flood, Phil MacArthur
2. Louise Sigler
3. Susan Benzing, John Lyons
4. Sarah Elkin
5. Virginia Hughes
6. Elma Schott
7. Larry Jerrett, Eleanor Spicer
8. Edith Knight
9. Linda Attwood, Anne Gibbs, Sue Lewis
10. Richard Pupparo, Cynthia Stanton
11. Allison Dillabough
12. Nancy Lieb
13. Fred Swartz
14. Dianne Woods
15. Laura Kinney, Patricia Machemer
16. Patricia Rossman, Mary Lynch, Leon Stoughtenger
17. Joyce Cook, Carol Miles
18. Sally Anderson, Beverly Reynolds
19. William Waters
20. Pauline Nikas
21. Marion Popp
22. Gloria Bickel, John Godfrey
23. Cindy Bickford

AUGUST

1. Joanne L. Cloonan, Florine Desantis, Mary Hundyz
2. Sally Ann Cronk
3. Beverly Beck, Paul Lupa
4. Nathalie Burns
5. Sarah Conley
6. Roberta Barbera, Nancy Hinman
7. Georgia Edwards
8. Mona Shannon, Sally Spath
9. Marilyn Mandigo, Catherine Myers
10. Francis North
11. Bonnie Carpenter, Gail Johnson
12. Linda Attwood, Anne Gibbs, Sue Lewis
13. Richard Pupparo, Cynthia Stanton
14. Allison Dillabough
15. Nancy Lieb
16. Fred Swartz
17. Dianne Woods
18. Laura Kinney, Patricia Machemer
19. Patricia Rossman, Mary Lynch, Leon Stoughtenger
20. Joyce Cook, Carol Miles
21. Sally Anderson, Beverly Reynolds
22. William Waters
23. Pauline Nikas
24. Marion Popp
25. Gloria Bickel, John Godfrey
26. Cindy Bickford

July 20th

Celebrate National Lollipop Day

Could you imagine how sheltered our childhood, and perhaps adulthood, would be, if the lollipop had never been invented!? Geoge Smith invented and patented the Lollipop in 1908. Legend has it, that George named the Lollipop after his favorite racehorse "Lolly Pop"! The Racine Confectioner's Machinery Company claims to be the first to create a machine to automatically make Lollipops. Their machine made 40 lollipops at a time.

Sam Born of California also claims to have created the first automated lollipop machine, in 1916. It was called the "Born Sucker Machine".

Welcome....... New Volunteers

Central Square
Christine Parks
Sandra Bilowus
Patrick O’Leary
Ellen Wahl

Oswego

DID YOU KNOW?

On July 4, 1826, former US Presidents Thomas Jefferson & John Adams, once fellow Patriots & then adversaries, died within five hours of each other....

At the age of 90, Adams lay on his deathbed while the country celebrated Independence Day. His last words were "Thomas Jefferson still survives." He was mistaken: Jefferson had died five hours earlier at Monticello at the age of 82.
OSWEGO COUNTY OFFICE FOR THE AGING

Farmers Market Coupon Booklets will be available Wed. 7/1, 10a-2p in the lobby of the Oswego County Office Complex, 70 Bunner St., Oswego and thereafter at the OFA Office. The booklets are valued at $20 & distribution is on “first come, first served” basis & one per household.

Individuals must be age 60+ & meet household income guidelines ($1,815/mo. for one-person; $2,456/mo. for two-person) or 60+ & receiving or eligible to receive SSI, public assistance or Section 8 housing.

Additional distribution dates:
- Mon. 7/6, Parish Presbyterian Church, 10a-12p.
- Tues. 7/7, Sandy Creek Town Hall, 11a-12p.
- Wed. 7/8, Phoenix Congregational Church, 10a-11:30a.
- Thurs. 7/9, Constantia, St. Bernardette’s Church, 11a-12p.
- Fri. 7/10, Hannibal Community Library, 11a-1p.
- Wed. 7/15, Mexico Presbyterian Church, 10a-2p.
- Fri. 7/17, Fulton Municipal Bldg., 10:30a-1p.

Medicare 101

The OFA will present a one day free informational seminar, Medicare 101. This presentation will cover the basics of Medicare. To register call OFA, 349-3484.

7/8, 10a-2p, Oswego County Federal Credit Union, Mexico.
7/21, 6-8p, Central Square Library, Central Square
8/19, 10a-12:30p, Oswego County Health Dept. Training Room, Oswego.

Medicare Made Simple, LLC

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Long Term Care • Life Insurance • Final Expense (Burial) • Dental plans

Oswego County Office for the Aging

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8/19, 10a-12:30p, Oswego County Health Dept. Training Room, Oswego.

Caregiver Support Group Meetings

The Oswego County Caregiver Support group meets the 1st Tuesday of each month, 3-5p at the Park United Methodist Church 2 Hubble Street, Pulaski. Info, Elizabeth Weimer, 349-3570.

OFA Advisory Council

The next Advisory Council meeting will be held Friday, July 24th at 1p at the Fulton Municipal Building. All are welcome to attend! If you would like to enjoy lunch prior to the meeting, call OCO at 592-3408 to reserve a meal. ~ Sara Sunday

Aging Services Administrator

Continued from front page...

DRIVING SMART

One such program to high-light is C.A.R.F.I.T. Getting the right “fit” in your vehicle is the driving force behind this pneumonic device to ensure you are fitting comfortably and safely in your car. Why CARFIT? Checking to see that you and your car “fit” together well can be as important to your safety as a mechanical check-up.

C: Clear line of sight over the steering wheel.
A: Adjust the head restraints.
R: Room between the center of your chest and the diver front airbag.
F: Fit in your seat comfortably.
I: Inspect seatbelt for proper position and comfort.
T: Touch gas and brake pedals to measure easy access.

Please contact the RSVP office if you are interested in learning more about CARFIT and signing up for a “C.A.R.F.I.T Inspection”. There are assistive devices that are designed to make you feel more comfortable in the driver’s seat.

~ Sara Sunday

Aging Services Administrator
Overwintering of populations is accomplished through the mature, greenish brown seeds sinking to the bottom where they can remain viable in the sediment for up to 12 years.

The plant is native to Europe, Asia and Africa. In its native habitat, the plant is kept in check by native insect parasites. These insects are not present in North America and the plant, once released into the wild, is free to reproduce rapidly.

It colonizes areas of freshwater lakes and ponds and slow-moving streams and rivers where it forms dense mats of floating vegetation, causing problems for boaters and swimmers and negatively impacting aquatic ecosystem functioning.

“The plants are located in Oswego County in various water bodies: the Oswego River; Oneida Lake and River; Sage Creek; Little Salmon River; the Salmon River and Grindstone Marsh.

Volunteer assistance is needed during mid-late July to hand pull the chestnuts out of the water and dispose of them. Hand pulling is the true last resort in attempting to eradicate this plant from our waterways.

I have arranged with Dave White of NY Sea Grant to provide basic water safety training to those volunteers wishing to help control the spread of water chestnut and strongly encourage attendance.”

~ John DeHollander, District Manager
Oswego County Soil & Water Conservation District