OSWEGO COUNTY FAIR
in SANDY CREEK

SENIOR DAY - JULY 2
Opening Day of the Fair
Black River Fiddlers,
Oreo Stacking Contest,
Wet T-Shirt Contest (not to be missed) & More!
Come for Good Old Fashioned FUN!
Mark Your Calendar!

SOUP KITCHEN VOLUNTEERS
Front row, Judy Stuckey, Margaret Salisbury.
Back row, Delores Stevens (Kitchen Manager),
Diane Sanderson, Pastor Fran Taplin,
(Director), and Sharon Taplin (Coordinator).

Head North …
for Food & Camaraderie!
There are two community meal sites in the North Country, the OCO Dining & Activity Center in Sandy Creek and the Soup Kitchen in Lacona. RSVP’s Tracie Wallace visited the Soup Kitchen and offers her impression …

SANDY CREEK - LACONA
SOUP KITCHEN
~ Tracie Wallace
The North Country Christian Church (NCCC) in Lacona hosts a Soup Kitchen, Monday - Friday, 11:30am - 1pm. The meals are delicious, the fellowship is positive and the inspiration……absolutely priceless!

~Cont’d on page 2

HEAD NORTH …
for Better Balance!
SIX STEPS TO BETTER BALANCE
North Country Christian Church
Wednesdays, May 21 - June 25
from 2:00 - 3:30 pm
~Cont’d on page 4

PEOPLE AGAINST POVERTY
Committee Members (l-r): Meg Quigley, Judy Cass, Carol Fitzsimmons, Kathleen Whitney

SUNY POVERTY COMMITTEE GIVES TO FRIENDSHIP SHOPPE
When the People Against Poverty Committee at SUNY’s Newman Center, learned that the shelves were nearly bare at the Friendship Shoppe, they decided to make this north country food pantry the recipient of their most recent Soup & Salad Fundraiser. (Members made the soup, and guests “paid” with soup & crackers.)

College students loaded up the car and Tracie Wallace delivered.

Head North … page 8

Head North …
to Learn Computer and Volunteer!
AINSWORTH LIBRARY
Sandy Creek
~ See page 3

LET’S GET ENERGIZED!

SENIOR CAMPING
at Camp Hollis
on Beautiful Lake Ontario
Head Over …
~ See page 7
**NEWMAN CENTER SALE**

May 22, 23 & 24
Swetman Hall Gym at SUNY
(Follow the Signs)

Thursday 9 - 6, Friday 9 - 5
Saturday 9 - 1 ($2/bag)

At the end of every school year, the People Against Poverty Committee at SUNY’s Newman Center, gather up clothing and other items left behind by college students and sells them to benefit local food pantries and related causes. Prices are reasonable and many items are like new. In 2013, over 4 tons of food alone were donated. That’s a lot of Ramen noodles!

The Campus Green Committee teams up with the Newman Center to help set up the gym. Rummage sales are after all, a great way to recycle!

**VOLUNTEERS NEEDED**

Volunteers are needed May 13 - 21, from 4 - 8 pm to help with sorting. Also, “Any good garage sale shoppers will be great,” said Kathy Nyman, “to help price household items.” Volunteering is a lot of fun and great exercise. Contact RSVP.

**AINTSWORTH LIBRARY REQUESTS!**

Volunteers are needed to help staff the circulation desk and shelve books. Computer classes take place on Wednesdays from 10 - 11 am and 4 - 5 pm. Volunteers who would like to assist as Computer Tutors are also welcome.

The library is open Mon. thru Sat., morning & afternoon. Stop by to read, research and learn computer. Tell Kelly and Barbara, Director and Assistant Director, RSVP sent you! Call 387-3732.

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Since opening their doors in 2004, Pastor Fran and Sharon Taplin, along with a dedicated team of volunteers, have served an impressive 80,627 meals. The meals served are free of charge, and without age or income restrictions. NCCC statistics show that over 60% of the meals served are to the local senior population.

Both Pastor Fran and Sharon have extensive careers working in the public sector. Their longtime dream—to ensure no one goes hungry—became a reality 10 years ago, and with 30 volunteers, it continues to grow. According to Pastor Fran, “It is the only soup kitchen along the Syracuse-Watertown corridor.”

The NCCC partners with CNY Food Bank, participates in continuous trainings and undergoes annual inspections to remain open. Sharon manages the daily operations of the kitchen, and maintains all administrative duties such as grant writing and record-keeping. Pastor Fran serves as the Director of Operations for the church.

The church hosts numerous community functions; assists patrons with referral services to various agencies and promotes events such as free blood pressure screenings every second Wednesday of the month and a flu clinic scheduled for September 10, both during soup kitchen hours and sponsored by Rite Aid.

*Stop in, you’ll be glad you did! Reservations Not Needed.*
PROJECT LINUS
~ Cynthia Stanton

“Blanketeers,” provide blankets to seriously ill and traumatized children, ages 0-18. All styles are welcome, including quilts, tied comforters, fleece blankets, crocheted or knitted afghans in child-friendly colors.

The blankets must be new, homemade, and washable (no wool). They must be free of pins, pet hair and come from smoke-free environments, due to allergy reasons. Blanket size recommendations are for babies, 36”x36-44”; grade school, 40”x45”; and teens, 45”x50” or larger.

In our area, Project Linus donates to Golisano Children’s Hospital and other CNY groups. For more information on Project Linus contact: RSVP member Cynthia Stanton 625-7476, or visit their website:

http://kikiquilts564.wix.com/projectlinusonondaga

Editor’s Note
Cynthia Stanton is an Osteo Bone Builders instructor at the West Amboy site.
Six workshops have been scheduled to take place in Oswego County in 2014 and more sessions will take place throughout the year as new instructors are trained and where there is interest!

Sessions take place on Wednesday afternoons for 1 1/2 hours, once a week for 6 weeks. They will be taught by RSVP volunteers Rachel Brooks & Carol Simpson.

Class size is limited. To register call Carol at 343-5614.

UPCOMING SESSIONS:

May 21, 28, June 4, 11, 18, 25
2pm, North Country Community Church
49 Salisbury St., Lacona

Sept. 10, 17, 24, Oct. 1, 8, 15
1 & 2:30pm, St. Paul's Catholic Church
W. 4th St., Oswego

Oct. 29, Nov. 5, 12, 26, Dec. 10
Williamstown (TBA)

WHAT “SIX STEPPERS” SAY ABOUT THE BETTER BALANCE SYSTEM

"Recently I opened my own salon and I put some anti-fatigue mats under the chairs. I ultimately caught my heel on the mat and backwards I fell. All I kept thinking is *"10 Martini Slump." Being 50 and never broken a bone I felt this would be the time, well was I wrong! I fell without so much as a bruise! Thank you so very much!"

*Better Balance exercise ~ Rhonda G

"Over the past couple years, my balance has been out of whack. Little did I expect in my first class that your suggestion would become a successful remedy for my problem. Immediately after the class, I went to an indoor track to walk.

"As you suggested, I began by choosing a spot in the distance to focus on, and each time I rounded a curve, I would focus on a new spot. If I felt I was beginning to lose my balance, I would stop and stare at the spot without blinking until the feeling would leave.

"Then I decided to carry my cane instead of using it just to test if I needed it. I didn't! Happily, I have regained confidence in my balance so when I walked into my second class, I left my cane in the car." ~ Florence K.

"Two days before last class I fell in the dark at 5:30am into a blackberry patch while going to my deer blind. I tripped, went limp and fell down. I suffered no bruises or strains but have a lot of scratches and my gun didn't even go off." ~ Dave H.

OCO’s Rural Health Network has secured a grant from the Health Care Foundation of Western and Central New York to target Falls Prevention. RSVP is a member of the Falls Prevention Coalition and in charge of the physical activity piece.

Other members are focusing on professional development and conducting awareness campaigns. Together we plan to make a difference!
SPOTLIGHT ON RACHEL BROOKS

“Six Steps to Better Balance” exists in Oswego County due to the determination and passion of one person, Rachel Brooks.

Rachel took on FALLS, the leading cause of fatal and non-fatal injuries to older people in the US, and decided to use her life-long passion for teaching, to do something about it. “As an instructor for this innovative program,” stated Rachel, “I can tell you it is exciting, fun, and often times amusing! My goal is to teach you, provide guidance, and make sure you have fun doing it!”

Rachel is a lifetime educator, has taught preschool through grad school, “math, science, and all subjects”; home-schooled her son while living in Nigeria; and ended her career as the elementary supervisor in Baldwinsville.

Rachel joined RSVP in 2008 as an AARP Driver Safety Instructor; became an Osteo Bone Builders instructor in 2009 and most recently a Better Balance instructor in 2012. She currently teaches all three.

Rachel began volunteering because she “wanted to keep teaching.” She said it allows her to focus on what she liked best about teaching and to set her own terms—location, time of day and amount of time spent; and to avoid what she liked least, “no grades or tests.”

She considers the biggest rewards to be the “thank-yous” following driver safety classes, her faithful Osteo group, and seeing Better Balance make a difference in participant’s lives.

Rachel resides in Mexico with her husband Dennis, who she affectionately refers to as “DH” (darling husband).

RSVP Requests ...
OSTEO BONE BUILDERS INSTRUCTORS

Osteo instructors are trained on an ongoing basis, year-round. Pre-requisite for all instructors is to attend osteo exercise classes as a participant for 6 months. During that time the prospective instructor receives one-on-one coaching from a Master Trainer.

There are over 70 instructors and 23 sites. To become an instructor (or participate in a class) contact RSVP for a site near you.

RSVP Requests ...
SIX STEP BETTER BALANCE INSTRUCTORS

Tuesday, June 3 from 9a-3p at the Oswego Elks, there will be a new instructor training for the Six Step system taught by Dr. Betty Perkins-Carpenter, Ph.D., of Senior Fitness Productions and founder of the Six Step System. Candidates must have a background in physical education or equivalent experience. Call RSVP to register.

oco Requests ...
HOME DELIVERED MEALS DRIVERS

Chris Parks is looking for volunteers to deliver meals to seniors in their homes. Areas in current need are: Meadow View Apts. in Central Square, Parish and Northwest Oswego areas.

One such driver is Daniel Mathews. His story at right ...

“Thank you”

SPOTLIGHT ON DANIEL MATHEWS

Daniel Mathews lives in West Monroe with his wife, Mary of 62 year. They have 2 children, 4 grandchildren and 7 great grandchildren.

Dan retired from Reymore Chevrolet in Central Square. He also served with the 138th NY Air National Guard and fought in the Korean War.

Dan has been a home delivered meals volunteer with OCO since 2003. During his 11 years he has worked 6,336 hours. He delivers 5 days a week—3 routes in the Central Square, West Monroe and Constantia areas.

When a sub driver is needed for any route, Dan is the first one to volunteer. “This winter has been a rough winter and not once did Dan call and say, ‘I can’t drive today because of the weather,’” relayed Volunteer Coordinator Chris Parks, “and he doesn’t even have a SUV.”

Dan is always worried about his seniors and wants to make sure they are fed. If he has to take a day off he will call Chris Parks and ask if he can double up on his meals the day before so the seniors are fed.

In 2003 Dan & Mary lost a daughters and their neighbor, Amy Roland, Director of Nutrition Services at OCO, asked if they were interested in delivering meals one day a week, to get them out of the house. Dan said, “We will try it, it has to be better than walking at the Mall,” and the rest is history.

Dan said delivering meals makes him feel good and gives him a reason to get up in the morning. He looks forward to seeing his seniors everyday.

“There is no home as Comfortable as your father’s arms and no bed as soft as your mother’s lap.”

~ Faraaz Kazi

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“Thank you”
MEMORIAL DAY - MAY 26

Memorial Day, an American holiday observed the last Monday of May, honors men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

9.6 Million
The estimated number of people 65 and older who were Veterans of the armed forces in 2012.

~Source: U.S. Census, 2012 American Community Survey

OCO Senior Center
MAY CANDLELIGHT DINNERS
Annual Special Occasions
4-course meal & entertainment
Popular! Sign up w/ Site Manager:

Arlene Slaski, Phoenix, May 7, 695-4841
Linda McNamara, Mexico, May 21 963-7757
Eileen Lutz, Fulton, May 29, 592-3408

MINETTO
UNITED METHODIST CHURCH
Good Home-Cooked Meal
Everyone Welcome
Sun, May 18—ham & mashed potatoes
Sun, June 29—roast pork & rice
Donations accepted not expected
INFO: 343-0613

MENTAL HEALTH
AWARENESS FAIR - MAY 10
10am - 3pm, Fulton War Memorial
OSWEGO RELAY FOR LIFE  
~ Andrea Aquino

Relay For Life (RFL) is an overnight community driven event supported by volunteers, companies, hospitals, community groups and schools. We gather to celebrate the lives of those who have had cancer, remember those lost, and fight back against the disease.

RFL in Oswego is a longstanding tradition which last year raised $133,500! The money raised goes toward cancer research, education, advocacy and patient services.

INFO: Call Andrea Aquino 433-5627 or email andrea.aquino@cancer.org or visit www.relayforlife.org/oswegony.

WINNER, WINNER CHICKEN DINNER!  
Enjoy Chicken BBQ and Raise Money for a Good Cause!

Thursday, May 17, 12n - 3p at Gibby’s Irish Pub, 8 W. 2nd St. Oswego $10. Supports Relay for Life (above). INFO & presale: Michele 529-7862

Thursday, May 17, 12n - 5p at Lighthouse Lanes, Oswego. $10 Supports: The Victor Orlando Woolson Foundation - Fighting the war against synthetics to help save lives. Info & presale: Teresa, 402-6119

Saturday, May 31, 10 am - 4 pm at Lighthouse Lanes, $10 ($8 presale) Supports: Arise & Ride for Ramps: Motorcycle ride, 5K run, BBQ) 160 ramps provided to date; 50 on waiting list. INFO: Jim Karasek, 342-4088 or email: jkarasek@ariseinc.org

OSWEGO RELAY FOR LIFE  
~ Andrea Aquino

SENIOR CAMPING  
A program for the young at heart

Offered in June and September, people ages 50+ enjoy the facilities of Camp Hollis and activities such as ... Chair Exercises ... Bingo ... Arts & Crafts ... Dancing ... Sports ... Swimming ... Nature Walks ... Live Music ... Bonfire ... Guest Presenters and More!

Enjoy LOTS of free time and make new friends in a carefree environment. Meals & snacks are provided! Theme for 2014 is “Let’s Get Energized!” Choose:

2-Day Overnight Program  
9 m Monday to 3pm Tuesday. Stay in cabins with electricity, flush toilets; hot/cold running water. Bring your bedding! $20.00

Day Program  
9am - 4pm. Pick Monday or Tuesday, or both! $10.00

Monday Day & Evening Program.  
Stay for dinner & entertainment. $12.50

Space is limited & pre-registration is strongly recommended by May 30th. For more information or to register, call 343-2381 or 806-4256.

“Thank you!” ~ Pat Thayer

“The entertainment was fabulous! I especially enjoy the guest speakers and of course, socializing with other campers!”

CONTACT RSVP
Phone: 312-2317  Fax: 312-3374
Email: rsvp@oswego.edu

June 13-14

OSWEGO RELAY FOR LIFE  
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June 13-14
On hand to receive the donation when Tracie arrived, were RSVP volunteers Sybil Cummings and Phyllis McNitt. Said Sybil, “It couldn’t have come at a better time. We have a food delivery coming next week but the shelves are looking pretty bare.” Phyllis added, “Every little bit helps and we are so appreciative of the community support we receive.”

When Tracie arrived back in the RSVP office her comment was, “You’d think they were given a million bucks!”

Established in 1983, the Friendship Shoppe was formed by a group of mothers from the local school for families to shop for reasonably priced school clothes. In 1997 another building was added to the property and The Community Cupboard food pantry opened.

“You’d think they were given a million bucks!”

Anyone who wishes to make a donation or wants to volunteer, can contact the Shoppe at 387-6673 for more information. Better yet, stop by. “You won’t see a button off,” said Phyllis, “and there are great buys!” They are located at 6046 S. Main St. in Sandy Creek.

The People Against Poverty Committee’s biggest fundraiser is coming up, the Newman Rummage Sale. See page 2.