RSVP WELCOMES NEW PROJECT DIRECTOR

RSVP is pleased to announce the recent addition of Meave Gillen, Oswego County’s newest RSVP Project Director. Born and raised in Oswego, NY, Meave holds a B.S. in Childhood Education and Special Education from St. John Fisher College (Class of 2004). Following graduation, she was a teacher and the 3rd Grade Chairperson for a Charlotte-Mecklenburg Elementary School in North Carolina.

Returning to Oswego in 2009, she became an Administrative Assistant and Scheduler for NYS Senator Darrel Aubertine. Later, she was the Congressional Caseworker and Outreach Administrator for Oswego County under US Representative, Daniel Maffei.

Meave currently resides in Oswego along with her husband, Seth Wallace. They have a son, Alexander Edward.

Under the guidance of RSVP Osteo Instructors Sally Flavor, Millie Murray, Deb Spiwak and Barbara Youmans, the Pulaski Osteo Site has grown into one of the largest Bone Builder sites in Oswego County. The site opened in 2001 and is located at Park United Methodist Church, 2 Hubble Street, in the village of Pulaski.

I recently had the opportunity to visit.

June 15 & 16

SENIOR CAMPING
at Camp Hollis
“In Our Own Backyard”
on Beautiful Lake Ontario

Head Over …

Oswego County Welcomes You!

Located on St. Rt. 104W in Oswego, The O’Mara Welcome Center was originally a one-room school house that was saved from destruction because of its historical significance.

Inside the Tourist Center, visitors will find a restored 19th century classroom representing how pupils in the late 1800’s were educated.

RSVP has a long-standing history of providing volunteers to operate the O’Mara Welcome Center from Memorial Day through Labor Day. Under the direction and supervision of Tourist Coordinator (and RSVP volunteer) Arlene Johnson, the volunteers staff the center daily, 10a-5p.

Pulaski Osteo Site: 1st row: Osteo Instructors; Deb Spiwak, Millie Murray, Sally Flavor and Barb Youmans. 2nd row: Nancy Boyer, Terry DeMarais, Veronica Olin, Maureen Bellardini, Anne Wart, Nancy Hinman and Pat Rossman. 3rd row: Jean Powers, Dawn Holynski, Pratt Balcom and Tina Mance. Absent: Shirley Hull, Sharon Ouellette, Dorothy Peterson and Margaret Whalen.
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

HOME DELIVERED MEALS
VOLUNTEERS NEEDED

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

CALLING ALL KNITTERS
AND CROCHETERS

Marcia Owens is looking for volunteers. She is always accepting yarn donations. Give Marcia a call at 593-1048 for more information.

ST. LUKE HEALTH SERVICE

Consider sharing some of your time with the residents. There are many volunteer opportunities such as visiting with residents, managing the book cart, competing in Wii games, the list goes. INFO: Nikki Greenier, Volunteer Coordinator 342-3166, ext. 173

~cont’d from front page

O’MARA WELCOME CENTER

Better known as “Goodwill Ambassadors,” the volunteers greet visitors, provide literature, brochures and directions and good ole Oswego County hospitality to all who stop.

VOLUNTEER ORIENTATION

The O’Mara Welcome Center
Wednesday, May 20th @ 10am
Prospective Volunteers
Current Volunteers
All are Welcome to Attend

Kicking off the 2015 summer tourist schedule, Coordinator Arlene Johnson will be hosting an informal meeting for individuals interested in volunteering. Call 342-5266 to reserve a seat.

Why we forget....
SURPRISING FACTS ABOUT OUR MINDS

There are many reasons why we forget at any age. Although mix-ups are more common as you get older, says Barry Gordon, MD, PhD, founder of the Memory Clinic at Johns Hopkins Medical Institution and co-author of Intelligent Memory.

Remembering is a 3-step process: You acquire new information, consolidate it (a process where the brain stores short-term memories more permanently), and then later recall it.

The first part is simple, but from there it gets trickier. Every day we’re bombarded by tons of new information. “There needs to be a balance of remembering and forgetting for the memory to work properly,” Dr. Gordon says.

Most of the time, this goes smoothly, but sometimes your brain accidentally edits out important things. Either because you’re distracted or the information is too similar to other information in your head.

Another key reason we forget is the brain likes to organize information by category, so that facts relate to each other. A lack of connection makes it especially difficult to remember an event in the future— what researchers call prospective memories— whether it’s turning on the slow cooker, or buying a birthday card. “It hasn’t happened yet, so there’s no link to an actual experience to fix it in your mind,” says Dr. Wheeler.

Anomia...
The technical word for tip-of-the-tongue syndrome when you can almost remember a word, but it just won’t quite come to you.

Another key reason we forget is the brain likes to organize information by category, so that facts relate to each other. A lack of connection makes it especially difficult to remember an event in the future—what researchers call prospective memories—whether it’s turning on the slow cooker, or buying a birthday card. “It hasn’t happened yet, so there’s no link to an actual experience to fix it in your mind,” says Dr. Wheeler.

Get into the ACT
OLDER AMERICANS MONTH
MAY 2015

In April 1963, a meeting between President Kennedy and the National Council of Senior Citizens designated May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

To celebrate the 50th anniversary of the Older Americans Act (OAA), we are focusing on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

Now is the time to “Get into the Act” and make the benefits of community living a reality for older Americans. Together we can promote healthy aging, increase community involvement, and tackle important issues such as the prevention of elder abuse.

Celebrate Sunday, May 10
Happy Mother’s Day!

Celebrate Sunday, June 21
Happy Father’s Day
The AARP Driver Safety course is designed especially for drivers age 50+ however all ages are welcome to attend. AARP membership is not required to take the course and there are no tests to pass. Upon completion of the class, you may be eligible to receive an auto insurance discount. Classes are taught by certified RSVP volunteers.

Class size is limited and pre-registration is required. Contact the instructor before 8pm. Cost is $25 ($20 AARP members) payable by check or money order only.

MAY
7 & 8, 9:30a-1:00p. Minetto Town Board. Call Brenda, 342-3296.
9, 9:00a. Sandy Pond Sportsman Club, Call Gerard, 298-5992.
11, 9:00a-4:00p. West Monroe United Methodist Church. Call Pete, 436-0565.
14 & 15, 9:30a-12:30p. The Oswego Salvation Army. Call Pat, 963-8133.

MAY cont’d
19 & 20, 9:30a-1:00p. Town of Volney. Call Brenda, 342-3296.

JUNE
8 & 9, 9:30a-1:00p. Town of Scriba. Call Brenda, 342-3296.
11 & 12, 9:30a-12:30p. The Oswego Salvation Army. Call Pat, 963-8133.
24 & 25, 9:30a-1:00p. Minetto Town Board. Call Brenda, 342-3296.

JULY
9 & 10, 9:30a-12:30p. The Oswego Salvation Army. Call Pat, 963-8133.

SEPTEMBER
10 & 11, 9:30a-12:30p. The Oswego Salvation Army. Call Pat, 963-8133.

OCTOBER
8 & 9, 9:30a-12:30p. The Oswego Salvation Army. Call Pat, 963-8133.
15 & 16, 9:30a-12:30p. The Oswego Salvation Army. Call Pat, 963-8133.

CONGRATULATIONS AARP TAX AIDES
Dear Team;
I would like to extend my appreciation for your time and cooperation during the remote Field Site Visit (FSV) for Fulton Municipal Building on March 27, 2015.

Field Site Visits provide oversight at Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) sites. FSV also evaluate the site’s overall adherence to Quality Site Requirements and Volunteer Standards of Conduct. FSV include both a return and site review. This e-mail provides the final results.

Congratulations! The site has met 100% of the Quality Site Requirements. It was a pleasure talking with Nancy Perticone during this review. Nancy has always strived for a quality site and correct returns. It appears that the staff at this site (the same staff who volunteer in Oswego and Central Square) has achieved just that. They have managed to grow in the face of adversity. With the introduction of the Affordable Care Act, issues with Tax Wise Online program and the weather they still managed to increase their production by over 4% and maintain a low reject rate, great job. Thank you and your volunteers for their service and commitment to the program and their community.

~ Marie Mesmer, Senior Tax Specialist
VITA/TCE Programs
OSTEO BONE BUILDER
CLASSES “BREAK” THE FALL

It was a year ago, I was on my way down to the cellar. I had traveled down those very steps for 25 years...sometimes slowly, sometimes quickly but always made it safely down all 13 steps. Well, until a year ago! Once my foot slipped off from the 3rd step, I knew things were not going to end well. On my way down, I attempted to grab for anything to catch myself. I resembled a pinwheel as my arms and legs made contact with the last 10 steps as well as the walls. I could see the concrete floor heading for my head, or maybe it was my head heading for the concrete floor? Either way, I could sense pain was heading my way. BANG---THUD---OUCH! I lay there face down on the floor for a moment or two and once I determined I was still alive, I rolled over onto my back. After being sure I was okay, I headed back up the stairs...more slowly than when I went down! I checked my body over, applied a band aid to my bleeding shin and drove myself to Walmart to have my glasses adjusted as they had gotten messed up during the fall.

Then I headed to my Dr’s. office to be checked out. After the Dr. examined me all over, he mentioned that I had great muscle tone. I told him about our Osteo exercise class and what the purpose of the class was for. He said the Osteo class is no doubt what saved me from having any fractures or broken bones. I did have an MRI as well as x-rays to confirm there were no broken bones.

~ Patricia Thayer
RSVP Volunteer & Osteo Instructor, Phoenix RSVP Volunteer & Osteo Instructor, Patricia Thayer

RSVP THANKS.....
Osteo Bone Builder Instructors

The Bone Builders Osteo Instructors are a dedicated group of RSVP volunteers who have undergone extensive training and certification. Mandatory recertification is required every two years, although the majority recertify annually to keep up with programming updates.

They often attend additional classroom workshops to further educate themselves and make sure their Osteo participants are getting the best Osteo exercise program possible.

“Osteoporosis is responsible for 2 million broken bones every year in the U.S and cost patients, and the healthcare system $19 billion annually.”

~ National Osteoporosis Foundation

6 STEPS TO BETTER BALANCE BEGINS AT PALERMO TOWN HALL

RSVP is pleased to offer a 6-week Better Balance course, May 27 - July 1, from 1p - 2:30p at Palermo Town Hall located on Co. Rt. 35 in Palermo.

The workshops cover how to help prevent falls and reduce injuries if a fall occurs. Participants will learn activities that are fun to do, such as the ‘Jiggle Wiggle,’ and ‘10 Martini Slump,’ and are designed to reduce, not only falls, but fear of falling. A major component is improved balance.

“‘This is the first time in 6 years I have walked without a cane!’

~ Judy Voorhees, Fulton Mills Better Balance Class

To sign up, call Carol Simpson at 343-5614. Class size is limited and a fee is charged to cover classroom materials.
Tips for Taking Calcium & Vitamin D Supplements

http://www.webmd.com/

Nutrition and Osteoporosis are closely linked. If you're not getting the right nutrients, whether in your diet or through supplements, you’re putting yourself at greater risk for Osteoporosis. The most important nutrients for fighting osteoporosis are calcium and vitamin D. Calcium is a building block for your bones, while vitamin D is the "key" to unlocking the door to your bones and allowing them to absorb calcium.

The two go hand in hand: if you don't get enough vitamin D it won't matter how much calcium you get, because your bones can't absorb it properly. But if you don't get enough calcium, there's nothing for the vitamin D to help your bones absorb.

Experts think that vitamin D may do more to protect you from Osteoporosis than just help you to absorb calcium. Particularly in older individuals, a vitamin D deficiency makes you more likely to fall down”, says Ethel Siris, director of the Toni Stabile Osteoporosis Center at Columbia University Medical Center. “If you get enough vitamin D, you not only improve your calcium, but you're also less likely to fall and sustain a fracture.”

The National Academy of Sciences (NAS) recommends adults up to age 70 get 1,000 mg per day of calcium. Women 51 and over get 1,200 mg/day. Women and men 71 and over get 1,200 mg per day. To "unlock" that calcium, the NAS recommends 600 international units (IU) of vitamin D per day from age 1 through age 70 and 800 IU after age 70. But some experts are now saying we need even more vitamin D.

Some Osteoporosis experts say that we should be getting 800 to 1,200 IU of vitamin D per day. This is particularly important, because the primary source of natural vitamin D -- exposure to sunlight -- carries the risk of skin cancer. As more of us slather on sunscreen and stay in the shade, we need to make sure we get enough vitamin D from other sources.

To find out how much vitamin D you need, consider a blood test for vitamin D from your doctor.

## OSWEGO COUNTY

### OSTEO BONE BUILDER SITES

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<thead>
<tr>
<th>SITE</th>
<th>DAYS</th>
<th>TIMES</th>
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<tr>
<td>Amboy - West Amboy Church</td>
<td>M, W, F</td>
<td>9:00-10:00</td>
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<tr>
<td>APW - Parish Library</td>
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<td>4:45-5:45</td>
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<td>Central Square</td>
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<td>Constantia VFW</td>
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<td>Municipal Bldg. Hastings</td>
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<td>Cleveland American Legion</td>
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<td>Meadowbrook Estates</td>
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<td>Fulton YMCA</td>
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<td>Fulton Mills</td>
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<td>Hannibal</td>
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<td>Mexico</td>
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<td>1st United Methodist</td>
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<td>New Haven Town Hall</td>
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<td>Oswego</td>
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<td>Scriba Justice Center</td>
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<td>Springside at Seneca Hill</td>
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<td>Simeon Dewitt</td>
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<td>1st United Methodist (104W)</td>
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<td>Minetto United Methodist</td>
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<td>Palermo - Town Hall</td>
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<td>Phoenix</td>
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<td>Lysander Station #1</td>
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<td>Pulaski/Sandy Creek</td>
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<tr>
<td>Park Methodist Church</td>
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On February 27, 2015, Ellen Wahl retired as Project Director of Oswego County RSVP. Ellen gave 33 years of service to her Alma Mater & the County which has enhanced the quality of life for Oswego County residents.

The Oswego County RSVP is one of the best in the nation, largely due to the energy, creativity & compassionate oversight Ellen has brought. She opened up new areas of service & enhanced the capacity of organizations to respond to community needs through senior service.

Congratulations on a successful career and hopes for new adventures.

~ Eleanor Filburn, RSVP Advisory Council Chairperson
OSWEGO COUNTY WELCOMES YOU

Located on the shores of Lake Ontario, and in the center of NY State, the County offers year round recreation and fun for everyone. What better way to celebrate summer than to explore your own backyard!

**Explore new areas!** Discover brand-new destinations, as well as the popular local attractions in your own backyard.

**Date night!** Have dinner on a lake cruise, enjoy a wine tasting tour, try an outdoor concert, attend a play and finish with an amazing Oswego sunset on the beach.

**Become a tourist!** Remember to bring binoculars, a fanny pack, local maps and a camera to take lots of cheesy photos.

**Before heading out, check the website:** visitoswegocounty.com and stop at the O’Mara Welcome Center for unique county information.

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**TRAVEL DESTINATIONS**

**June 7-11**
Explore Wildwood, NJ. - Dolphin sightseeing cruise, Atlantic City Casinos, Wildwood Boardwalk & more! $399 pp **Info:** Joanne, at 564-5797.

**July 7-8**
Visit Boston, MA. - Duck tour, Skywalk, New England Aquarium & more! $286 - $377 pp. ($50 deposit required) **Info:** Elaine, 343-9475 or 289-2148.

---

**SENIOR CAMPING**

Offered each June and September, people ages 50+ can enjoy Camp Hollis and a variety of activities.

This year’s theme is “In Our Own Backyard.” Bring a friend (or two) and meet some new ones along the way.

Highlights include: Local history; Recreational opportunities; Games to challenge; Arts and crafts; Animals to pet and cuddle and of course lots of delicious food, snacks and beverages.

**Space is limited & pre-registration is encouraged by June 1st. For more info or to register, call Fran at 343-2381.**

**2-Day Overnight Program:**
9am Monday - 3pm Tuesday. Bunk in a cabin complete with electricity, flush toilets; hot/cold running water. Bring your own bedding! $20.

**Daytime Program:**
9am - 4pm. Monday and Tuesday or join us both days! $10/day

**Monday Day & Evening Program:**
Enjoy the day, then stay for dinner and entertainment. $12.

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~ continued from page 1

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**The Manor at Seneca Hill**

**Rehabilitation & Nursing Care**

Tell your doctor you want to go to the Manor for your rehabilitation

**Call for your appointment 315-349-5300**
I was pleasantly surprised to hear how the members take turns hosting luncheons each month. From homemade soups and desserts to hotdogs & hamburgers, the group shares a meal, socializes and often play board games, such as a favorite called “Chicken Feet.”

Not surprisingly, this dynamic group have been known to get sassy by heading out to Castaways Restaurant for some dancing (country-style). They will often attend bingo marathons at the American Legion and during the summer months you can find them at the Waterfront Concerts in Sackets Harbor.

“I am a new member of the Pulaski Osteo class & really enjoy it! All the members have been friendly & helpful. I especially like our instructors; Barb, Millie, Sally & Deb. Barb often helps me after class and gives me pointers so that I achieve the maximum benefit from the exercises.” ~ Anne W.

Birthdays are a special event for them. Each November they hold a birthday celebration for everyone at The Gathering Place Restaurant in Redfield. Truly a caring group of ladies, they can often be found helping others and offering their services in the community whenever needed. What an inspiration, and to think this developed from an RSVP Osteo group that meets twice a week!

~ Tracie Wallace
RSVP Program

MATURE LIVING is published bi-monthly as a community service to older residents of Oswego County. It is prepared by the RSVP staff. Printing is made possible through the courtesy of NBT Bank, Dowdle Funeral Home, Foster Funeral Home, Fulton Savings Bank, Pathfinder Bank, St. Luke Health Services, The Ladies Home, The Manor at Seneca Hill, and Wayne Drugs. RSVP is funded in part by the Corporation for National & Community Service; the State University of New York at Oswego and by the United Way.