MEET & GREET & JOIN US for Lunch & Conversation

Ellen Wahl, Director of RSVP & Chris Parks, Volunteer Coordinator for OCO will be making the rounds in November and visiting all eight Dining & Activity Centers

“Learn about RSVP, our partner agencies, and all the programs and services we have to offer.”

Joining Ellen & Chris will be various agency representatives
You don’t have to stay to eat, but why not?
Presentations will take place at 11:30 followed by lunch (optional).

First Stop Phoenix! November 12!
Full schedule at right

Mike Licatese, Mary Kay Shannon and Manager Laura Licatese at OCO’s newest site in Oswego.

NEVER IN THE HISTORY OF THE WORLD HAS ANY SOLDIER SACRIFICED MORE FOR THE FREEDOM AND LIBERTY OF TOTAL STRANGERS THAN THE AMERICAN SOLDIER.
-ZELL MILLER

Veterans Day Honor November 11, 2014

OCO’s Sandy Creek Dining & Activity Center Manager Judy Parker, along with RSVP volunteer Paul Lasher. Below right, the Bingo, Brunch & Lunch bunch at the Sandy Creek site.

PHOENIX - Wednesday, 11/12 (M W F) Call Arlene Slaski: 695-4841.
CONSTANTIA - Thursday, 11/13 (T W Th) Call Deirdre McCarthy: 623-9803.
HANNIBAL - Friday, 11/14, (M W F) Call Rosemary Kellogg: 564-5471.
PARISH - Monday 11/17 Call Nicole Jordal: 625-4617. (M T Th)
OSWEGO - Tuesday, 11/18 Call Laura Licatese: 343-0232. (T Th)
MEXICO - Wednesday, 11/19 Call Nicole Jordal: 963-7757. (W F)
SANDY CREEK - Thursday, 11/20 Call Judy Parker: 298-5020. (M-F)
FULTON - Friday, 11/21 Call Eileen Lutz at 592-3408. (M-F)
Other Volunteer Opportunities at the Salvation Army:
• Thanksgiving Dinner, 11/27 & Christmas Dinner 12/25 preparation, serving & clean-up
• Christmas Assistance & Application Intake for food & toy distribution
• Red Kettle Campaign (2-4 hour shifts)
• Toy & Food distribution: 9 am - 3 pm in Oswego on 12/19 & Fulton 12/22.
• Grounds & Custodial Maintenance

Another way to help, Eat!

**Guest Chef Dinner**
Oswego Salvation Army
73 West 2nd Street, Oswego
Tuesday, November 4
4:30—6:30
Dine-In or Take-Out
Chef Raymond Jock of La Parrilla
Mediterranean style bistro
(*next to Oswego Movie Theatre*)

**HOME DELIVERED MEALS**

Volunteers are the life blood of the “Meals on Wheels” service, contributing to the general well being of home bound seniors every bit as much as the hot, nutritious meal they provide. This service often makes the difference between independent living and more costly institutional care.

Once a week or once a month, Home-Delivered Meals drivers & walkers are needed for the following areas & routes:

- **FULTON**: Drive route & Fulton Mills
- **HANNIBAL**: Drive route.
- **PARISH**: Drive route.
- **CENTRAL SQUARE**: Meadowview Apts.
- **OSWEGO**: St. Luke High Rise & Drive routes in the Southeast and Northwest.

**CONTACT RSVP**
103 Rich Hall
SUNY Oswego
Oswego, NY 13126

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

Lori Welsh, Administrative Assistant, works part time and appreciates the RSVP volunteers who already assist. She would love more! If you only have one hour to give, you’re needed! (weekdays) Call Lori at 343-6491, or stop in and see her after 1:00 at the Oswego location. Say RSVP sent you.

**“An Abundant Service”**
The soup kitchens and pantries housed at the Fulton & Oswego sites are the Salvation Army’s largest programs serving the public.
This time of year the need for volunteers is greatest.

**DELIVER MATURE LIVING**
If you can help with deliveries of Mature Living (ML) to Oswego, Volney, Fulton & Phoenix, RSVP wants to hear from you. Approximately 2,000 copies of Mature Living are delivered to distribution sites throughout Oswego County every other month.

OCO vans deliver ML with food deliveries to their Dining & Activity Centers and from the Centers volunteers bring ML to their apartment complexes, town halls, clubs, and so on. The North Country Library system makes sure ML is delivered to all County libraries.

Many RSVPs develop their own system. For instance, Millie gets ML from Margie and then transports them to the North Country Christian Church in Lacona. Rosie picks them up from her daughter to bring to the Shady Lane Community Center. Margie meets Carol Sunday at St. Mary’s Church and Carol takes them to communities along the North Shore of Oneida Lake. Fran picks them up at the Elks to bring to clubs in Scriba & Granby. And so on!

It all starts when the Palladium Times says, “They’re ready!” “Many hands make light work.” If you can lend a hand please contact RSVP.

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Oswego, NY 13126

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Fax: 312-3374
Email: rsvp@oswego.edu

Happy Thanksgiving!

**What are the feathers on a turkey's wings called?**

*Turkey Feathers*
TELEPHONE SCAMS

NY Attorney General Eric Schneiderman is urging seniors to beware of phone scams. Many scams have gotten more sophisticated, with crooks using social media and the Internet to learn details about you, including family members' names, he warned. The five most common types of fraud targeting seniors and how they work are as follows:

Grandparent scam: Someone calls posing as a grandchild who is supposedly out of town and in a desperate situation. They could claim to be locked in jail, had a car accident or are in need of medical treatment. They'll want money wired to them.

Jury duty scam: Someone at the courthouse calls and claims you failed to report for jury duty and a warrant has been issued for your arrest. You're offered a choice to pay the warrant or have an officer sent to arrest you.

Lottery scam: This one aims to convince you that you’ve won money in a foreign lottery. Never mind you can't recall entering one. They'll ask for a payment up-front for taxes & fees so you can collect your winnings.

IRS scam: Takes advantage of most Americans' inherent fear of the IRS. The phone call purports to be from police or an IRS agent demanding payment for overdue taxes. If not settled immediately, the call claims you'll be arrested.

Utility scam: A fear-based scam that tries to convince you that your service will be shut off due to non-payment. The scammers will want money sent to them by money transfer or a prepaid card.

TIPS FOR SENIORS TO AVOID FALLING VICTIM

Think of the telephone as a “One Way Street” - It’s okay to give out information over the phone if you made the call to a number you know and trust (such as your own bank). However, never give out personal information when you receive an unsolicited call. If you receive a call soliciting personal information, just hang up the phone, no matter what the caller ID says. If the caller says he’s from your bank and is checking on possible unauthorized withdrawals from your account, hang up the phone and then call your bank.

Beware if a caller asks to keep a conversation a secret - A legitimate caller will never request that a conversation remain a secret, and you should immediately be suspicious. Whether the caller claims to be from the government, a bank, or a family member, requests for confidentiality should raise a red flag.

Just Say No! - You don't have to be polite when you receive unsolicited phone calls. The safest thing to do is to say “no” and hang up. Legitimate callers will typically also provide requests in writing. It is better to be guarded than to fall victim.

REMEMBER THE OLD ADAGE

"If it sounds too good to be true, it probably is.” Be wary of any offers or deals that sound too good to be true, as they likely are too good to be true. Attorney General Schneiderman reminds New Yorkers that in addition to being vigilant consumers, they should also report instances of fraud to his office. Consumers are encouraged to file complaints by visiting the Office's website or calling 1-800-771-7755.

ALZHEIMER'S QUICK FACTS

- More than 5 million Americans live with the disease.
- Every 67 seconds someone in the United States develops Alzheimer's.
- Alzheimer's disease is the 6th leading cause of death in the US.
- 1 in 3 seniors dies with Alzheimer's or another dementia.
- In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than $220 billion.

WOMEN ARE AT THE EPICENTER OF THE ALZHEIMER'S EPIDEMIC.

- In her 60s, a woman's estimated lifetime risk for developing Alzheimer's is 1 in 6. for breast cancer it is 1 in 11.
- There are 2.5 times more women than men providing intensive “on-duty” care 24 hours a day for someone with Alzheimer’s.
- Almost two-thirds of Americans with Alzheimer’s are women.
- More than 60 % of Alzheimer's and dementia caregivers are women.

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer care, support and research.

OSWEGO COUNTY MONTHLY ALZHEIMER’S SUPPORT GROUPS

Central Square: Divine Mercy Parish Center (St. Michael's), 592 S. Main St., 4th Monday, 7pm. Info., Gail Lauricella, 676-7533.

Oswego: The Manor at Seneca Hill, 20 Manor Dr., 4th Wednesday, 7pm. Info., Dianne Morrisette, 349-5341.

ALZHEIMER’S CAREGIVER STRESS

Common signs include

- Denial
- Exhaustion
- Anger
- Sleeplessness
- Social withdrawal
- Irritability
- Anxiety
- Lack of concentration
- Depression
- Health problems

When stress is a concern, don’t wait!

For information and support:
Contact The Alzheimer’s Association at 800-272-3900 or Oswego County Office for the Aging at 349-3484.

Signs of Alzheimer's

| Poor judgment and decision making. | Occasionally making a bad decision. |
| Missing a monthly payment. | Inability to manage a budget. |
| Losing track of the date or the season. | Forgetting which day it is and then remembering later. |
| Difficulty having a conversation. | Sometimes forgetting which word to use. |
| Misplacing things and unable to retrace steps to find them. | Losing things from time to time. |

STRETCHING VS. RANGE OF MOTION

Stretching primarily helps the muscles, while range of motion (ROM) exercises target the joints. However, both are extremely important for those with knee Osteoarthritis. Stretching is often neglected in our workouts. Most of us need to stretch more, especially as we age. It's best to stretch after a good warm up and after your workout is done.

The purpose of warming up is to get blood flowing to your muscles and to raise body temperature. Warmed-up muscles will behave more elastically and are less likely to be injured or strained. A warm up can be simply one or two minutes of calisthenics like jumping jacks, running in place or a ride on a stationary bike.

Joint ROM exercises help keep mobility in the joint and prevent the stiffness and motion loss that is so common with Osteoarthritis. To improve or maintain joint mobility, gently and slowly bend the joint as much as possible and hold 10–20 seconds, then straighten the joint and hold for another 10–20 seconds.

“Turning Back the Clock” on Alzheimer’s

A new study from The New York Stem Cell Foundation focuses on the creation of living cells from the brain tissue of Alzheimer’s patients. The new stem cell lines essentially allow researchers to “turn back the clock” to see how Alzheimer’s develops in the brain.

Researchers hope this study can reveal the exact point when Alzheimer’s begins & will allow the disease to be diagnosed before symptoms appear. www.alzheimers.net/2014-01-08/
“OSTEO BONE BUILDERS EXERCISES WILL HELP KEEP YOU OUT OF A NURSING HOME”

~ Jerry Palazzo, Exercise trainer

Jerry Palazzo, exercise trainer out of Washington D.C. led the Osteo refresher course for over 60 instructors at RSVP’s October training. Jerry gave the exercise regimen a new spin and vitality, which the RSVP instructors will share with participants.

Particularly insightful, was a comment Jerry made, “There are two exercises that will help keep seniors out of nursing homes. ‘The Push-Ups’ enable you to eat by yourself and the ‘Chair Stands’ will allow you to use the toilet independently. These two exercises practiced regularly, help seniors live independent lives.”

Jerry offered ways to use alternate and optional variations that enrich the six basic exercises, and accommodate participants with special needs. Adding music to both the warm-ups and cool-downs is invigorating and energizing!

Gifts to RSVP

Music definitely enhances the exercise experience. If anyone has a CD player or deep footlockers to donate, please contact RSVP. All contributions to RSVP are tax deductible. Thanks to funds provided by the Shineman Foundation, all Osteo Instructors received updated, professional training manuals.

Site Re-opens at Fulton Mills

The Fulton Mills Osteo site re-opened in October. All are welcome, residents and non-residents alike. Participants are eligible to become Instructors.

Becoming a Participant

Stop by any site during class or contact RSVP for information. The exercises are self-paced, which allows 55 year olds to exercise alongside 95 year olds.

EXERCISE - CAN YOU AFFORD IT?

Of course you can! Because “an ounce of prevention is often worth a pound of cure,” keeping fit is way more affordable. There are many opportunities in Oswego County to help you stay fit. Check within your local community, many programs are sponsored by churches, school districts, businesses, RSVP and a variety of organizations. Most are low-cost, if not free of charge.

The Silver Sneakers Fitness Program allows certain Medicare B health plans to participate in this YMCA program at no additional cost. For info., visit silversneakers.com or inquire at the YMCA.

The Silver & Fit program allows eligible Excellus BCBS Medicare Advantage Plan members to participate in a YMCA membership. For info., visit silverandfit.com or inquire at the YMCA.

The YMCA has facilities in Fulton and Oswego, along with outreach programs. There are programs that don’t require membership such as RSVP’s Osteo Bone Builders and Aquatic Exercise Programs.

<table>
<thead>
<tr>
<th>LOCATION (by area)</th>
<th>DAYS</th>
<th>TIMES</th>
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<tbody>
<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>
<td>M, Th</td>
<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>9:30-10:30</td>
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<td>Cleveland American Legion</td>
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<td>10:00-11:00</td>
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<td>West Monroe Town Hall</td>
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<td>Fulton</td>
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<td>Meadowbrook Estates</td>
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<td>Fulton YMCA</td>
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<td>Fulton Towpath Towers</td>
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<td>Fulton Mills</td>
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<td>Hannibal</td>
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<td>American Legion</td>
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<td>Mexico</td>
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<tr>
<td>1st United Methodist</td>
<td>M, W, F</td>
<td>10:00-11:00</td>
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<tr>
<td>New Haven Town Hall</td>
<td>M, W, F</td>
<td>9:30-10:30</td>
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<td>Oswego</td>
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<td>Scriba Justice Center</td>
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<td>9:30-10:30</td>
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<tr>
<td>Springside at Seneca Hill</td>
<td>T, Th</td>
<td>4:00-5:00</td>
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<tr>
<td>Simeon Dewitt</td>
<td>T, Th</td>
<td>10:15-11:15</td>
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<tr>
<td>Oswego YMCA</td>
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<td>1:00-2:00</td>
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<tr>
<td>1st United Methodist (104W)</td>
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<td>Minetto United Methodist</td>
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<td>10:30-11:30</td>
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<tr>
<td>Palermo - Town Hall</td>
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<td>9:30-10:30</td>
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<td>Phoenix</td>
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<td>Schroeppe1 Town Hall</td>
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<tr>
<td>Lysander Station #1</td>
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<td>9:00-10:00</td>
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<tr>
<td>Pulaski/Sandy Creek</td>
<td>M, Th</td>
<td>10:00-11:00</td>
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</table>

EDITOR’S NOTE

Stretching, warming-up, cooling-down and range of motion are all part of the Osteo Bone Builders exercise regimen.
150 years and counting…
Your community partner.
Proud supporter of the
Retired Senior Volunteer Program

www.pathfinderbank.com
Member FDIC

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315 • 592 • 4201
www.fultonsavings.com

The United Way presents
STONE SOUP LUNCHEON
Thursday, November 13
11:30 am - 1:30 pm
St. Joseph’s Parish Center,
240 West 1st Street, Oswego.

Break bread.
Warm your heart.
Gather with friends & support
local food pantries.

Soups provided by: Canales Restaurant,
Bridie Manor, Oswego Country Club,
The Press Box, and
Vona’s Restaurant.

For more information,
call Lois at 593-1900.

Donation, $5.

Happy Birthday Volunteers

NOVEMBER
1 Wilda Pulver
4 Mary Eddicus
5 Charles Conklin
6 Louise Oleyourryk
8 Rosalia Secor
9 Allan Mosier
11 Mary Lou Morrow
12 Esther Tanner
13 Anna Bonanno
14 Charmaine Smith
15 Ione Dolbear, Heike Koenig,
   Eva Taillefer, Carolyn Waterman
18 Madeline Shruell, Donna Stiles,
   Sue Taylor
20 Donna Foster, Dorothy Gass,
   Elizabeth Stine
21 Ann Palen
23 Sally Favor, Nancy Hale,
   Marian Schremph
24 Donald Fitzgerald, Gordon Haskins
25 Norma DeAmbra
27 Terrill Curran, Norman Hickox
28 Darlene Adydan

DECEMBER
2 Kathryn Ferguson, Sharon Halsey
3 James Abel, Patricia Foster
4 Linda Palmer
6 Peggy Munski
7 Betty Talamo
8 Dian Alder, Betty Kirkpatrick
10 Marge Ravesi
11 Linda Crandall, Carol McCarthy
12 Ruth Barry, Dorothy Putnam,
   Melvin Sitts
13 Bruce L. Schuchert, Mary T. Smith
15 Eileen Bixby, Joan Southwell
16 Linda Cough
19 Rosalyn King, Deborah Spiwak
23 Rachel Brooks, Rosemary Occhino,
   Sue Trinder
25 Merry Gantley
27 Carolyn King
30 Harold Johnson,
   Barbara Kelly,
   Shirley Rice,
   Marjorie Russell,
   Mildred Stoughtenger

December 2014
We wish you a
Merry Christmas,
Happy Holidays and
a Healthy New Year
Ellen and Tracie

HOLIDAY GIFT GIVING IDEAS
Oren Arnold

- To an enemy, forgiveness.
- To an opponent, tolerance.
- To a friend, your heart.
- To all, peace and charity.
- To every child, a good example.
- To yourself, love and respect.

~ Oren Arnold

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For more information,
call Lois at 593-1900.

Donation, $5.
NEVER THROW AWAY USED TEA BAGS AGAIN...

It is a known consensus that tea is good for your health, my health and everyone else’s health as well.

Let’s be clear
Acne, which is excess sebum production, can be cleared away with the compression of a used tea bag, preferably green tea.

Mouth Sores
Used tea bags work wonders by acting as an antiseptic for cuts, abrasions or blisters inside the mouth.

Taking the Red out
All it takes is a cold tea bag, pressed against the eye for up to 2 minutes, and voila!

Keeping it Clean
Use to scrub mirrors, tables and other objects that have a drab appearance.

Marinades
Not only do they tenderize the meat, they also add a rich and yummy aroma.

Burns
Placed directly on the affected area, it can relieve burns. This works mainly for sunburn victims, and black tea seems to be the most successful.

Freshen up
Hang used tea bags in the closet. For shoes, place used tea bag in the sole, remember to remove before wearing!

Bring New Life
Garden lovers can use tea bags directly with composted soil or steep them and water the plants with the serum.

~ 10/2014, Health & Wellness, Life Hacks (provided by Laura Licatese, OCO Oswego Dining Center Manager)

HOLIDAY EATING TIPS

Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave and go where they're serving rum balls.

Drink as much eggnog as you can. You can't find it any other time of year. Who cares about 10,000 calories in every sip?

If something comes with gravy, use it. Gravy does not stand alone. Pour it on and make a volcano out of your mashed potatoes.

Pies; have a slice of each. If you don’t like mincemeat, have two apples and one pumpkin. Always have three.

Under no circumstances should you exercise between now and New Year's. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.

Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?

Did someone mention fruitcake? Granted, it's loaded with mandatory, celebratory calories, but avoid it at all cost. I mean come on, have some standards.

ONE FINAL TIP

If you don't feel terrible when you leave the party or get up from the table, you obviously haven't been paying close attention. ~ www.seniorliving.about.com
Affectionately known as “The Medicare Lady,” Theresa Cangemi, independent agent and president of Medicare Made Simple, LLC in Syracuse, helps educate seniors and their families about the options available to them when the time comes to enroll in Medicare.

“People often come to me confused and somewhat intimidated by the system,” says Cangemi. “I dispel the myths, and replace uncertainty with knowledge, so that they can make the best choices for their own unique situation.” Veterans in particular often struggle with the intricacies of how to integrate VA benefits, Medicare, and supplements, according to Cangemi.

“People need to understand, Medicare is not an entitlement program; it’s a benefit that Americans pay for over the course of their entire working life. When the time comes to enroll, you want to maximize that investment and get the very best coverage for you. That’s something I enjoy knowing I can assist seniors in doing,” says Cangemi.

Many settle for gaps in their coverage — often without realizing those gaps exist — when there are zero premium and low-cost premium plans that can help. Cangemi is often asked to speak as a keynote for different events and has presented to veterans and their families through organizations such as Clear Path for Veterans.

“While the government supplies basic information to seniors as they approach the age of 65, the information is general and sifting through it isn’t always easy,” explains Cangemi. “My clients benefit from an individualized approach. We sit together and look at the whole picture — their unique and individual situation — ensuring that they are clear about their options, and well-informed on the latest program changes and how to avoid the late enrollment penalties which can stay with you for life.”

Specializing in Medicare keeps Cangemi on the leading edge of changes to benefit programs as well as new options being offered, something more challenging for a generalist. She is also a certified senior adviser, meeting a strict code of professional conduct for ethical business practices in dealing with seniors. Cangemi’s commission is paid by the Medicare insurance carrier. When a client chooses a program to enroll in, there is no additional cost for the one-on-one consultation and individualized service.

In fact, most of Cangemi’s clients are the next generation of the same family. Often the child of a client she is working with today will ask her to call them back for their own appointment when they near age 65. Social workers, case managers, financial advisors and estate planners also make frequent referrals to Cangemi’s practice.

To speak with Theresa Cangemi, or for more information on her services, visit www.MyMedicareMadeSimple.com or call 676-4933.

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