SENIORS MOTIVATED TO IMPROVE THEIR HEALTH

~ http://www.ncoa.org/

The results of the 2014 United States of Aging Survey are in! This year, older Americans are taking more proactive steps to improve their health, like exercising daily and setting health goals. This uptick in healthy behaviors correlates with increased levels of optimism and confidence in maintaining health. Seniors receiving support from loved ones were more likely to set health goals.
Volunteer Opportunities

CNY Arts Center, Inc.

Looking for volunteers to staff the Art Gallery located in Fulton. On Fridays, 10am-3pm and 3pm-8pm, Saturdays, 10am-4pm. Perks include band concerts on Friday evening just outside the door and the Farmer’s market on Saturdays. Call Coordinator Bonnie McClellan, 592-3373.

OCO presents

CANDLELIGHT DINNERS

4-course meal with entertainment
Sign up w/ Site Manager

Thursday, September 18
Sandy Creek, call Judy at 298-5020.

Wednesday, September 24
Hannibal, call Rosemary at 564-5471.

Thursday, October 2
Constantia, call Deirdre at 623-9803.

Volunteering is a great way to get involved and support your community. Do you have a friend or family member interested in volunteering? Help us to spread the word, opportunities are not limited to RSVP members.

OCO...
Home Delivered Meals Program

Since 1974, OCO Nutrition Services programs have provided over 6 million meals to senior citizens aged 60 and older And their spouses, regardless of income. Meals are available throughout the county via the Meals-on-Wheels Program as well as at any of the eight (8) Dining and Activity Centers.

Meals are planned by a registered dietitian and prepared and delivered by our professional staff as well as a network of dedicated Volunteers. Last year alone, OCO Nutrition Services served 239,769 meals to Oswego County residents 60 and older!

Chris Parks, OCO Volunteer Coordinator, states the need is great for Meals on Wheels drivers to deliver meals to homes to the

Fulton,
Parish,
Central Square & Oswego areas.

Did you know that just a few hours of your time, once or twice a week, can help seniors remain healthy and independent in their homes? Along with meals, drivers deliver smiles and conversation. You check in on “your seniors” and make sure they’re healthy and safe.

For more information or to become a volunteer driver, contact Chris Parks, Volunteer Manager at 598-4712 ext. 1807.

Mexico Food Pantry

Some volunteers help every week. Others give their time once a month. Many enjoy socializing with like-minded people dedicated to improving their community. Whatever amount of time you can give, we are more than willing to train and welcome you. To volunteer, call Martha Sturtz, 963-3117.

CONTACT RSVP
Retired & Senior Volunteer Program of Oswego County
103 Rich Hall SUNY Oswego
Oswego, NY 13126
Tel. 315-312-2317
Fax 315-312-3374
rsvp@oswego.edu
www.oswego.edu/rsvp

RSVP Patricia Miller accepting her Lifetime Achievement Award, as Jim Hayes (Senator Ritchie’s office) and Meave Gillen from (Congressman Maffei’s office) look on.

Letters from President Obama along with Lifetime Achievement Awards earned by three volunteers who exceeded 4,000 hours of service were presented.

Sally Anderson...resides in Phoenix and in only seven years accumulated over 4,100 hours as a volunteer at the Phoenix Dining and Activity Center.

Patricia Miller...originally from Syracuse, now resides in Mannsville and volunteers every month at the Friendship Shoppe and the Sandy Creek/Lacona Community Cupboard.

Mary Stone... resides in Oswego and has been volunteering at Oswego Hospital for nearly 20 years.

RSVP
Lead with Experience
“Volunteering Happy Hours” was the theme of RSVP’s 41st anniversary celebration. SUNY Oswego deserves credit for going above and beyond to accommodate us. Due to extensive renovations in Waterman Theatre, Hewitt Union Ballroom has become the staging ground for much of the performing arts on campus. As a result, the ballroom was unavailable for the entire summer but made an exception for the RSVP event.

Emoticons where everywhere -- round, yellow, happy faces. They adorned centerpieces and popped in and out of the power point presentation which projected onto the large screen above the stage. The power point featured RSVP volunteers in action at their stations and sure enough the little emoticons followed...

Laura Kehoe won the afghan, selected from over 100 tickets sold. Diana Laurent won the 50/50 raffle and took home $171 in winnings. In fact, everyone was a winner, receiving coupon clips, along with donated local area coupons.

New Horizons Band (NHB) set the tone, with upbeat music. 33 members of NHB put on a vivacious presentation. They even had groupies who “crashed” the luncheon to see them perform.

As Ellen’s speech came to a close, she spoke of her desire to be invited to next year’s event as a (1) one year volunteer. After 33 years of service, Ellen has decided to relinquish her role as the RSVP Director but plans to remain very much active with the RSVP program as a volunteer. Thus, the search for a suitable replacement begins....
“Strong Today Falls Free Tomorrow”

September 23rd, the first day of fall, marks the 6th annual National Falls Prevention Awareness Day, sponsored by the National Council on Aging.

Falls are the leading cause of injury related emergency department visits for older adults, the major cause of hip fractures, and responsible for more than half of fatal head injuries.

Numerous states and countries worldwide are now coalescing to address this growing public health issue; many are working closely with occupational therapists as key contributors to reducing falls. This year’s theme, “Strong Today, Falls Free Tomorrow,” seeks to unite professionals, older adults, and caregivers to play a part in raising awareness and preventing falls in the older adult population.

47 states participated in Falls Prevention Awareness Day last year, joining more than 70 national organizations, including the American Occupational Therapy Association and federal agencies that comprise the Falls Free© Initiative.

Research indicates that fall prevention initiatives and education greatly reduce the rates of falls and injury among older adults.

~ http://www.nsc.org/

FOOD SENSE PROGRAM www.foodbankcny.org/

Food $ense is designed to increase self-sufficiency by helping individuals stretch their food dollars. The Food Bank of CNY is able to purchase food items in large quantities at discounted prices, and pass the savings to their customers.

A food package contains 10-12 items, including fresh fruits, vegetables, meats, and staple food items. Participants are also offered “monthly specials” at a substantiated savings.

The cost of the package is $15.50 and participants pre-pay with cash or EBT card and packages can be picked up at the following locations:

CENTRAL SQUARE COMMUNITY CHURCH Call: Linda House, 676-2898

PHOENIX FIRST CONGREGATIONAL CHURCH Call: Roberta Daly, 715-4444

PULASKI UNITED METHODIST CHURCH Call: Peggy Balcom, 298-6054

FIRST UNITED METHODIST CHURCH IN FULTON Call: Sue Sawyer, 668-1222

6 STEPS TO BETTER BALANCE

Call Carol Simpson at 343-5614 to sign-up for Oswego’s Fall Prevention classes beginning October 29. Photograph: Trainer Carol Simpson with Cheryl Cullinan & Noreen Powers, future instructors, Bishop Commons.

WHAT ABOUT SENIORS? Senior hunger—America’s “hidden hunger”—is on the rise. Since 2001, the number of food insecure seniors has more than doubled. For low-income seniors, a healthy diet can be difficult, even impossible to maintain. That’s why programs like the Supplemental Nutrition Assistance Program (SNAP) are so important. September is Hunger Action Month. Help us spread the word—SNAP helps hungry seniors, and it’s easy to get started!

MEXICO FOOD PANTRY

We rely on grants, subsidies and support from the US Dept. of Agriculture, the Food Bank of CNY, and other charitable groups and government organizations.

Keeping our pantry running requires thousands of dollars and thousands of pounds of food each month. Regular monetary donations and contributions of food from the local community are our lifeblood. We could not function without this support.

Although we receive support from the government and community, our pantry is run entirely by volunteers. From unloading food trucks, to sorting donations and restocking shelves, the volunteers make things happen.

An estimated 14.5% of American households were food insecure at least some time during the year in 2012, meaning they lacked access to enough food for an active, healthy life for their household.

~ www.ers.usda.gov/

Monetary contributions allow us to buy food items at a steeply reduced price from the Food Bank of CNY. Donations can be sent to Mexico Food Pantry c/o St. Anne, Mother of Mary, PO Box 487, Mexico, NY 13114. Non-perishable food donations are gladly accepted and can be dropped off during pantry hours or left in the church vestibule or the rectory porch.

The pantry is open Mon. 1-3 pm, Wed. 5-7 pm, or by appointment. Call Martha Sturtz, 963-3117 or Mary Turo, 963-7182. During pantry hours, call 963-0701.

This is an emergency food assistance program. To qualify for our services families must live within the Mexico school district and meet income requirements.
FOOD PANTRIES, FOOD CO-OPS & SOUP KITCHENS  
IN OSWEGO COUNTY

AMBOY CENTER UMC PANTRY  
State Routes 69 & 183, Amboy Center 13493  Wednesday 11:30 am - 12:30 pm

CATHOLIC CHARITIES PANTRY*  
365 West First St., Fulton 13069  Monday, Wednesday, Thursday, & Friday 9am-3:30 pm; Tuesday 11 am - 6 pm

DEXTERVILLE ADVENTIST  
COMMUNITY SERVICES PANTRY  
9 Rathburn Road, Dexterville 13069  Monday 6-9 pm (If a Holiday moved to Tuesday) and by appt for emergencies

DIVINE MERCY PARISH PANTRY  
598 South Main St., Central Square 13036  Tuesday & Friday 9:00 am - 3:00 pm

HANNIBAL RESOURCE CENTER  
923 Cayuga Street, Hannibal 13074  Tuesday 10:00 am - 1:00 pm Wednesday 5:00 - 7:00 pm Closed if School is closed

HUMAN CONCERNS CENTER*  
85 East 4th Street, Oswego 13126  Monday - Friday 12 - 3 pm

MEXICO FOOD PANTRY*  
3352 Main Street, Mexico 13114  Mondays 1-3 pm & Wednesdays 5-7 pm

NORTH COUNTRY CHRISTIAN*  
CHURCH SOUP KITCHEN  
49 Salisbury St., Lacona 13080  Monday - Friday 11:30 am - 1:00 pm Sunday 9:30 - 10:30 am

NORTH SHORE FOOD PANTRY  
2 Clay Street, Cleveland 13042  2nd Saturday 9 am - 12 noon & by appt.

PARISH ECUMENICAL PANTRY  
814 Rider Street, Parish 13131  Tuesdays 2-5 pm

PHOENIX FOOD PANTRY & CO-OP*  
41 Bridge Street, Phoenix 13135  Monday - Friday 9:30 am - 12:00 pm

PULASKI COMMUNITY FOOD* CUPBOARD  
12 Bridge Street, Pulaski 13142  Monday 9:00 - 11:00 am & 3:00 - 5:00 pm Wednesday 10:00 am - 1:00 pm Friday 9:00 am - 3:00 pm

REDFIELD COMMUNITY PANTRY  
8 Schoolhouse Road, Redfield 13437  Tuesday 12-2 pm, 5-7 pm alternate weeks

SALVATION ARMY - FULTON  
62 South First Street, Fulton 13069  
- FOOD PANTRY  
Tuesday & Thursday 10am - 3pm
- SOUP KITCHEN - Monday - Friday  
Breakfast 8:30am - 9:30am  
Lunch 11:30 am - 12:30 pm

SALVATION ARMY - OSWEGO*  
73 W. 2nd Street, Oswego NY, 13126  
- FOOD PANTRY  
Mon, Wed, Fri. 10am - 3pm
- SOUP KITCHEN - Monday - Saturday  
Breakfast 7:30 - 8:30 am  
Lunch 11:30 am - 12:30 pm

SANDY CREEK-LACONA*  
COMMUNITY CUPBOARD  
6046 South Main St., Sandy Creek 13145  Monday - Friday 9 am - 3:30 pm

UNITED BAPTIST CHURCH SCRIBA FOOD PANTRY  
5111 State Rte. 104 East, Oswego 13126  Monday, Thursday 1 - 3 pm by appointment. Must call between 9:30-11:30 am

*RSVP Station Placement. To volunteer contact RSVP

For more information on any of the pantries, call 800-444-1562  
or visit www.foodbankcny.org/
SEPTEMBER
1  Joan Bardeen, Eleanor Kinney, Carol Neill
3  Carol Cook
6  Elaine Delaney
7  Theresa Brown, Arlene Johnson, Lenora Schuchert, Judy Spencer
8  Mary Lloyd
9  Edith Cox, Gladys Daniels, Jon Vermilye
10 Sybil Cummins, Roger Miles
11 Marilyn Datz, James Ruthven, Duane Stephens
13 Esther Granger
14 Carol Simpson, John Wall
15 Roberta Daly
17 Patricia Auer, Elizabeth Dumas
18 Linda Welch
19 Theodora Horth, Joyce Knight
20 Ida Grimshaw, Gail Sanders
21 Mary-Ellen Ross
22 Catherine Gregory, Paul Lasher
23 Maria Clavelli, Barb Downs, Imogene LeFort, Nancy Perticone
24 Mary Lou Heintz
28 Mary Stone
29 Denise Wall
30 Dorothy A. Smith, Jeanne Smith

OCTOBER
1  Roberta Davis, Joyce Ferlito
6  Russell Sturtz
7  Lin Davis, Jane Holliday, Ruth Plantz
8  Marguerite Warner
9  Shirley Adle
10 Patricia Miller
12 Shirley Hull, Marilyn Schaeffer
13 Salvatore Barbaro, Jr.
15 Rosanne Conaway
16 Priscilla LeConaway, Ike Perry, Violet Whitman
17 Gladys Little
19 Karen Potter
21 Veronica Baker
23 Dee Manning, Therese Watchus
24 Laura Kehoe, Mary Jane Storrings, Les Weldin
28 Ira Van Buren
30 Wanda Mayerhofer
31 Susan Comerford

AARP Smart Driver Classes
Classes are taught by RSVP Volunteers. The cost is $20 (AARP member) or $25. Pre-registration is required. No calls after 7pm.

9/22-23, Christian Alliance Church, Mexico, 9a-12:15p. Rachel, 963-1069.
9/27, VFW, Mexico 9a-4:15p. 298-5992.
10/7-8, Oswego County Credit Union, Mexico, 9:30a-12:15p. Rachel, 963-1069.
10/9-10, Springside at Seneca Hill, 8:30a-12 Noon. 343-5658.
11/6-7, SUNY Oswego, Phoenix 9a-1p. Brenda, 342-3296.

CLASSES WILL RESUME NEXT SPRING

OSWEGO LIGHTHOUSE CELEBRATES 80 YEARS!

AUCTION
Saturday, October 25
American Foundry, Oswego
Silent Auction 10-4pm
Live & Online Auction 11:30-4pm
Tickets available at the door $10
Jewelry, fishing charters, antiques, local memorabilia, patriotic items, maritime themed items, artwork, gift baskets, etc.

H. Lee White Marine Museum
342-0480 or www.hleewhitemarinemuseum.com
ARTSWEGO MOVES OFF CAMPUS

Due to an extensive renovation of Waterman Theatre in Tyler Hall, many of the music, dance and theatre arts have moved off campus to become “one long campus & community festival,” according to John Shaffer, Artswego Director. The first off-campus will be in October at Fort Ontario. Full schedule below:

9/23 Dafnnis Prieto, Cuban-born jazz percussionist, quartet. Hewitt Union Ballroom, SUNY. $15
10/6 Julian Lage & Chris Eldridge on guitar. Sheldon Hall. **FREE**
10/10,11 Anthem, Third Rail – a creative experience for the community. Fort Ontario. **FREE** but tickets are needed.
10/15 St. Joseph Choir from Senegal, a vibrant West African chorus with drummers. St. Mary’s Church, W. 7th St. Oswego. $15
10/29 Sybarite5 – string quintet. Sheldon Hall. $
11/12 Greg Quick, Bassoonist. Sheldon Hall. $
2/18 Voice: ‘Female trio of “beautiful, haunting voices,” Sheldon Hall. $15
3/3, 4 Becoming Harriet Tubman, a compelling story of legendary slave-turned-abolitionist, Union spy and conductor of the Underground Railroad. Hewitt Union. $15
4/15-18 Vague de Cirque - Big Top on the grounds of SUNY’s Marano Campus Center. $20
4/18 David Douglas, Jazz Trumpeter. Sheldon Hall. $ Tickets may be purchased at all SUNY box offices, online at tickets.oswego.edu or by calling 312-2141.

OSWEGO MUSIC HALL

Every other weekend during the school year, the Music Hall offers blue grass & other varieties of acoustic music. Overlooking Lake Ontario, the McCrobie building is transformed into an intimate candlelit setting with home baked desserts & beverages. Run by volunteers & family friendly. Pick up a program flyer & purchase tickets at the River’s End Bookstore (or online at oswegomusichall.org).

Open Mic Fridays: 7-10 pm
9/26 – 5/29 Take place on the Friday before each Saturday concert. All ages are welcome. Musicians who performed last spring were ages 4 to 94. **FREE**.

Saturday Concert Series – 7:30 pm
Ticket prices begin at $14; volunteers free (Call Volunteer Coordinator Sheri Morey at 342-1974.)

Fall season:

9/27 Zoe Lewis – English humor, keyboard
10/11 Dave Gunning & James Keelaghan – Canadian guitarists
10/25 Susquehanna String Band – bluegrass
11/8 Connie Dover w/Skip Gorman – Celtic
11/22 Ernest Troost – guitar
12/6 Burns Sisters - 5 members

TRAVEL DESTINATIONS

Contact RSVP to have news and information from your club published.

New Haven Seniors
Call Elaine Parkhurst, 343-9475
The Oswego New Horizons Band (OCNHB) began in the late 1990s and in October 2008 the chorus was added. In November 2009 we officially became the Oswego County New Horizons Band and Chorus (OCNHB&C), drawing members from across Oswego County and several from neighboring Cayuga and Onondaga Counties.

The New Horizons Band program was founded in 1991 by Roy Ernst, a professor at Eastman School of Music in Rochester. The program promotes music participation for senior citizens, enriching their lives and well-being. Now known as New Horizons International Music Association (NHIMA), the organization consists of over 200 bands, orchestras, and choruses with over 9,000 musicians in Australia, Canada, England, Ireland, Italy, the Netherlands, New Zealand, and the United States.

Instrumentalists are seniors 50 years of age or older. We come from all walks of life and levels of musical backgrounds to play together for the pure enjoyment of music, to socialize with others who love music, and to entertain audiences. We perform a variety of selections that include everything from swing to marches, classics to pops, and golden oldies.

Our band is an example of the success of the NHIMA program. The OCNHB&C is a Minetto-based member of NHIMA, is an affiliate of Oswego County RSVP, and is sponsored by Midstate Music.

NEW MEMBERS ARE ALWAYS WELCOME!