The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

For those approaching Medicare eligibility, MRC offers this advice:

- Consider all of your options well before you become Medicare-eligible and start thinking about Medicare enrollment six months before you become eligible.

- If you have employer-sponsored health coverage, then you should carefully consider whether to enroll in or delay Medicare Part B depending on the size of your company and whether or not Medicare will be your primary coverage.

- Make an appointment to speak to a representative at your local Social Security office about your circumstances after you have done some basic research.

- Write down what you are told by the Social Security representative, confirm that you understand the information you are being given, and keep a record of all conversations.

- If you are going to enroll in Part B, do so early in your Initial Enrollment Period so that you do not experience any delay in coverage.

- If you are in an unusual circumstance, don’t assume that you understand how the general rules apply to you. Explain your circumstance to a trained counselor and ask questions!

For additional help, beneficiaries and caregivers can visit Medicare Rights’ informational website at www.medicareinteractive.org, or call the national helpline at 800-333-4114. Other resources include 1-800-Medicare and the State Health Insurance Assistance Program (SHIP). Your local SHIP can be found at the Steuben County Office for the Aging. Please call 607-664-2298 for an appointment.
Senior Corps is celebrating the 50th Anniversary of the Foster Grandparent Program this year! Foster Grandparent volunteers work in a variety of educational settings, including Head Start, daycare or working with career development with high school students. Nation-wide, 500,000 active seniors are making a difference to the younger generation. Steuben County is proud to be able to count six “Grandmas” and one “Grandpa” of our own.

The program is open to men and women age 55 and older, who like to work with children or teens, and can volunteer at least 15 hours per week. Benefits include a tax-free stipend (must be income eligible to qualify), assistance with transportation expenses and monthly training.

Research indicates that volunteering promotes a positive outlook and a longer life for older adults. Additionally, the children being served by Foster Grandparents reap life-long benefits from the experience.

Volunteers are still needed in local school districts, including those in Addison, Bath, Corning and Hornell, according to FGP Director, Deb Gage. For more information, call (585) 243-7520, or visit the website, www.seniorcorps.com.

RSVP Volunteers Honored at NYSOFA Senior Citizen’s Day

Seniors from across the state gathered in Albany on May 5th to be recognized for their contributions to their communities by the New York State Office for the Aging (NYSOFA). Each year NYSOFA requests nominations from local agencies on aging for the Senior Citizen’s Day celebration. This year, the Steuben County Office for the Aging chose to recognize two RSVP volunteers; Ruth Walters of Bath, and Jane Jamison of Canisteo.

Walters was recognized for her tireless service with the American Red Cross, Services to the Armed Forces and Bath VA Medical Center. Jamison was recognized for her many years of services and advocacy on behalf of the aging through Faith in Action, and as an influential member of several non-profit executive boards.

Welcome to our newest RSVP Volunteers!
(March 1st – April 30th, 2015)

| Sandra Brant – Corning | Jonathan Breux – Elmira |
| Nancy Cole – Hammondsport | Charlene Gates – Jasper |
| Leroy Hersh – Jasper | Anne Keefer – Bath |
| Darla Kosty – Painted Post | Christopher Maxey – Hornell |
| Linda Motz – Cohocton | Dolores Pardoe – Lindley |
| Kathleen Richardson – Corning | Andrea Rubin – Corning |
| Lucille Schuchardt-DeSerio – Bath | Shirley Smith – Bath |
| Suzanne Steeves – Hammondsport | Jill Weaver – Arkport |
| Wanda Wilson – Corning | |
SSSF Conference

“Allan S. Teel, MD, Nationally Known Author and Founder of a Transformational Approach to Aging in Place is Coming to Corning”

Steuken Senior Services Fund, Inc. (SSSF) will host a day-long conference with Allan S. Teel, MD, on September 15, 2015, at the Radisson Hotel in Corning. Teel is a family physician, author of the book “Alone and Invisible No More”, and founder of Full Circle America. Dr. Teel’s passion and commitment to the thousands of senior citizens he has treated during his 30-year medical career has driven him to speak out forcefully on the eldercare crisis facing our communities and our country and to develop this new approach. SSSF’s hope is to replicate his project in our area. Mark your calendars and plan to attend this life-changing approach to caring for our elders.

“Teel’s pioneering stay-at-home approach shifts the focus from medicalized care to empowering older adults to serve as resources for one another. His project moves our dialogue about aging forward in one great leap.” –Dennis McCullough, MD, Associate Professor of Community and Family Medicine, Dartmouth Medical School.

For registration information, please contact SSSF at 664-2298.

Linda

WE NEED YOUR SUPPORT

Because needs are always greater than the resources available to meet them, the Steuben County Office for the Aging encourages financial contributions.

Name__________________________________________

(May we publish your name? Yes_____ No______)

Address__________________________________________

Phone___________________________

I designate my contribution of $__________________for:

_____USE WHERE MOST NEEDED
_____Caregiver Resource Center
_____In-Home Services
_____Information & Referral
_____Legal Services

_____Newsletter
_____Nutrition Program
_____Ombudsman
_____Project CARE
_____Transportation

All donations are greatly appreciated.

ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE TO THE EXTENT OF THE LAW.

CLIP AND RETURN THIS COUPON WITH YOUR DONATION.

PLEASE SEND TO STEUBEN COUNTY OFFICE FOR THE AGING, 3 EAST PULTENEY SQUARE, BATH NY 14810-1557.

THANK YOU!
Alzheimer’s Association Educational Opportunities

| Being a Healthy Caregiver: Strategies to keep yourself strong & well | Communication: Understanding Dementia & shaping your approach |
| 5:00-6:30pm Thursday, September 17th Guthrie Corning Hospital | 2:00-3:30pm Tuesday, October 13th Hornell YMCA |
| Caregiver Retreat Restore your strength & reshape your approach | 9:00AM-4:00PM Thursday, November 12th Horseheads Elks Lodge |

Call to register at (607) 664-2298 or do so on-line at www.alzevents.eventbrite.com

Alzheimer’s Association Support Groups

Set aside a time for you. Join other caregivers who share their experience and understand yours. Meetings are free. Place it on your calendar. There is something to look forward to. Call to register at (607) 664-2298.

Southern Tier Connections

- **BATH** 2nd Monday of each month 10:30 -12 noon Steuben Center for Rehabilitation & Health Care 7009 Rumsey Street
- **CORNING** 3rd Tuesday of each month 3:00 – 4:30 pm Corning Senior Center 1 Park Lane
- **Early Stage Support Group** Our April/May session was a success. Watch for another session to be scheduled in the Fall

**July 12th** Pioneers Baseball Game
Meet 4:45pm at the front gate (game starts at 5:05pm)
Come cheer on the Elmira Pioneers as they play the Newark Pilots in Historic Dunn Field.

**July 28th** 1:30-3:00pm National Soaring Museum
Come tour this amazing museum and enjoy fun filled activities with friends.
Meet at the museum, 51 Soaring Hill Drive, Elmira.

**August 4th** 1:30-3:00pm Tanglewood Nature Center
Tour the museum & see a live animal presentation. Short guided hike is optional.
Meet at the park, 443 Coleman Avenue, Elmira.

**August 25th** 1:00-4:30pm Captain Bill’s Seneca Lake Cruise
Meet at Wegman’s parking lot in Elmira. Enjoy a scenic bus ride to Watkins Glen. Be welcomed aboard for an hour long boat ride. Browse the shops in downtown Watkins Glen afterward.
$15.00 cost for care partners, Free for persons with dementia.
Southern Tier Connections is a social program provided by the satellite office of the Rochester Finger Lakes Chapter of the Alzheimer’s Association located in Elmira and serving our tri-county region of Chemung, Schuyler and Steuben.

Social programs provide a safe haven for the person with dementia and the caregiver to enjoy a few hours without worrying that something odd may be said or something strange might be done. The common denominators are understanding, acceptance and support.

The stigma of the disease is left at the door while people join together to participate in a variety of activities and social events. It is an opportunity to explore cultural sites and landmarks in the Southern Tier.

This, the second season of Southern Tier Connections has expanded to five excursions throughout the beautiful Finger Lakes region. In this summer’s line up all events are free to persons with dementia and their companions with the exception of Captain Bill’s excursion, which will be a longer trip and include a bus ride to Watkins Glen.

In case of inclement weather, the trips may be cancelled or rescheduled. Please call 607-378-6605 the day of the activity for the current status.

“How do I do it?” When caregivers ask for advice, they want concrete answers about how to strike a balance between giving care to someone else while taking care of themselves. Experts agree that the best approach to caregiving includes a combination of ingredients.

NY Connects can help you find the best recipe:

- Review benefit eligibility and potential savings through Medicare Savings Programs
- Investigate in-home options for housekeeping, meal preparation, laundry, yardwork, . . .
- Schedule assistance with bathing or during high anxiety times like sundowning
- Consider home delivered meals or luncheon visits at the Senior Center
- Learn about Personal Emergency Response Systems that add peace of mind
- Understand housing options, levels of care, costs and planning
- Be informed through educational materials, programs and support groups
- Realize you are not alone. There are experienced people who will listen. We offer a new approach, coping strategies, family mediation, suggestions and solutions.
- You choose the direction.
Steuben County Senior Dinner Clubs

Open for Lunch Monday through Friday with some exceptions listed below.
Suggested Donation $3.00 if 60 years old or older, $6.00 cost if under 60 years of age.
Please make reservations one day in advance.

Addison: Addison Place Apartments 43 William St (607) 377-9951
Bath: Clyde F Simon Lakeview Apts 105 Geneva St (607) 776-4310
Corning: Corning Senior Center 1 Park Lane (607) 962-2009
       Dayspring II Apartments 220 Tioga Ave (607) 769-9786
Hornell: Hornell Senior Center 20 Broadway Mall (607) 324-8609
       Church Street Court Apts 71 Church St (607) 324-0814
Hammondsport: First Presbyterian Church 1 Park Place (607) 569-2712
              Tuesday
Pulteney: First Presbyterian Church Main St Cty Rt 74 (607) 522-5121
          Monday and Thursday

No reservations required

Call ProAction at (607) 776-2125 or 800-553-2033 for more information.

Eat More Fruits and Vegetables!

Consider how you can include more fruit and vegetables in meals and snacks. Perhaps these ideas will help you: top cold cereal with bananas or peaches, add blueberries to pancakes, add dried fruit when cooking hot cereal, toss fruit into salads, grill fruit on skewers, serve fruit as dessert or as dessert topping, wash and precut raw vegetables and store them in a visible place in the refrigerator, chopped or shredded vegetables can be added to meatloaf, casseroles, quick breads, muffins and pasta sauce.

Fresh fruit and vegetables in season tend to be higher in quality and lower in price than out-of-season fruit. They are perishable, so don’t buy more than you can eat in a reasonable amount of time. Before eating any fresh fruit or vegetable, scrub and rinse it under cool running water to remove dirt, bacteria, and pesticide residue.

Canning and freezing is done within hours of harvesting to lock in flavor, texture and nutrients. Canned fruits and vegetables offer a nonperishable supply to keep on hand, which is helpful when fresh fruit and vegetables are not in season. It is best to consume them before the expiration date on the can for maximum nutrient retention.

Frozen fruit and vegetables are convenient and less perishable than fresh fruit and vegetables. Look for frozen fruit and vegetables in loose-pack bags so you can pour out only what you need and put the rest back in the freezer before it thaws.

Fruit packed in juice or water has less sugar and fewer calories per serving than fruit packed in syrup. Fruits and Fresh Vegetables are naturally low in sodium. Salt may be added to vegetables during food processing. Choose fresh, unsalted frozen or low-sodium canned varieties. Most vegetables are low in calories. Corn, peas, potatoes, sweet potatoes and lima beans are the higher calorie vegetables.

Sponsors: United Way, Steuben County Office for the Aging, New York State Office for the Aging, and Administration on Aging
Bone Builders

The date for the Annual Leaders’ Training is scheduled for **Wednesday, September 16, 2015.** It will be held at the Bath Fire Department Community Room, 50 E. Morris St. in Bath. (same location as last year)

This is a refresher course for current leaders, as well as training for any new leaders. Please mark this date on your calendars. Registration is **tentatively** set for 8:45 am with an ending time of 2:00 pm. I am waiting for the confirmation of the guest speaker before I announce who that will be.

There are 25 Bone Builders groups with over 470 women and men enrolled. Some of our groups are at capacity and there are now waiting lists for these locations. There have been inquiries about starting 4 more groups in the county. Right now this is contingent on our funding for the coming year. Further information will be available in upcoming newsletters.

Hornell II group is now meeting in a new location: New Hope Wesleyan Church at 280 Grand St. They meet from 9:00-10:00 on Mondays and Wednesdays. There is a paved parking lot in the back of the church with a handicap entrance available. We thank the people at this church for allowing us the use of their facility for our group.

Anyone interested in becoming a new leader or joining an existing group, please contact ProAction at 607 776-2125 or 1-800-553-2033 and let me know.

Darlene Auckland
Bone Builders Program Coordinator

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**PITTSBURGH EXPRESS; RSVP Group Travel Opportunity**

August 25 – 27, 2015 ($409.00 Double Occupancy, $518.00 Single Occupancy) Join us for an exciting trip to explore Pittsburgh, PA. Included are a ride on the Duquesne Incline Cable Car, Gateway Clipper Cruise, Tour of the Phipps Conservatory & Botanical Gardens, a visit to Frank Lloyd Wright’s “Fallingwater” House, a guide tour of Pittsburgh that visits the University of Pittsburgh Cathedral of Learning, Nationality Rooms, the Heinz Memorial Chapel, and an opportunity to visit the Flight 93 Memorial. Hotel stays, breakfasts and two dinners, including dinner at the Grand Concourse are also provided. **Seating is limited and will fill up quickly.** Contact Kathy Burns at 607-664-2298 for more information and to reserve your place with a deposit of $50.00 per person.
LARGE PRINT issues of "Second Season" are available upon request. You may also receive this newsletter electronically via email. Let us know your preference.

GRANDPARENTING WITH HEART
Are you or is someone you know the primary caretaker for a grandchild? You are not alone: 4.9 million grandparents are raising their grandchildren. Children haven’t changed, but childhood has. Join this support group and unravel that mystery. **Wednesdays, starting June 3rd thru August 5th 5:30PM-7:30PM** at the Bath Area Family Resource Center at 216 Maple Heights in Bath. Register by calling (607) 359-3839 or (607) 776-4123 ext 5650 or kasweeney@addisoncsd.org

GRIEVING TOGETHER: CAREFIRST
**SIX SESSION SERIES** will be held on **Wednesdays, August 5th through September 9th, 6:00PM-7:30PM** at the Frank Pierce School, 3805 Meads Creek Road in Painted Post. Open to anyone grieving the recent loss of a loved one. Social workers facilitate the group. Call (607) 962-3100 to register.

FARMERS’ MARKET
**BUY LOCAL!**
NY Farmers’ Market Nutrition Program provides coupons for purchase of fruits and vegetables. **Coupons normally arrive in July.** Call us in late June for information on distribution times, dates and locations. They are available to residents age 60+ who meet income eligibility guidelines. Coupons are **distributed in person on a first-come, first-serve basis** at the Office for the Aging sites.

“The length of our life is less important than its depth.”
Quote by Mary Fisher

PREVENTION & WELLNESS
There are 25 **Bone Builders** sites across Steuben County. Classes are free. They are open to men and women age 50+ in Steuben County. For further information, contact ProAction at (607) 776-2125 to join one near you!

**NYS GOLDEN PARK PROGRAM**
If you are 62 or older, on any non-holiday week day, there is free vehicle access to state parks, boat launch sites and arboretums. Also, you can get a fee reduction to state historic sites and state-operated golf courses. **Simply present your current valid NYS Driver’s License or NYS Non-Driver’s Identification Card.**

One can get a government-issued NYS Driver’s License or NYS ID Card through the DMV (607) 664-2029, 3 E. Pulteney Square, Bath, NY. You may want to contact them first to be certain you bring the required documentation.

**NATIONAL PARK SENIOR PASS**
Seniors (62 or older) can purchase a lifetime pass for $10 which you can get at any of the federal recreation sites that charge an entrance fee. Applicants must provide documentation of age and residency or citizenship. The Senior Pass admits the Pass owner and any passengers traveling with him/her in a non-commercial vehicle at per-vehicle areas or the Pass owner and three additional adults where per-person fees are charged. The Senior Pass may also offer a discount on some expanded amenity fees (such as camping, swimming, boat launching and guided tours).

**ACCESS PASS**
Free for U.S. citizens or permanent residents with permanent disabilities and may be obtained in person at a federal recreation site. Applicants must provide documentation of permanent disability and residency or citizenship. This Pass may provide a 50% discount on some amenity fees charged for facilities and specialized interpretive services.
Director’s letter:

Dear Readers,
Not all of the good work of the Office for the Aging is visible to the public. Behind the scenes we work tirelessly to answer the question, “How can we improve the quality of life for elders?” I happen to believe there is no cause more worthy for those entrusted to monitor, shape and deliver aging services in Steuben County. To that end, I ask you to make the commitment to attend our aging in place conference in September so you can see what we have in mind for the future! It will change the way you think about aging! See more details in this newsletter. Until then, age well!

~Patty Baroody