

GOLDEN GLOW

Published by Schuyler County Office For the Aging and the Retired and Senior Volunteer Program

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“SERVICE AND ASSISTANCE FOR SENIORS...BECAUSE YOU’VE EARNED IT!”

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DIRECTOR’S CORNER

By: Tamre S. Waite

Here we are starting another new year. (pause) Hard to imagine. Where does the time go? We have been so very focused on many new initiatives that are restructuring the face of OFA, not to mention planning around budget reductions. When looking back over 2012 and considering all that has been accomplished, we are pleased to see how many individuals have received assistance in one or more areas. OFA staff are genuinely happy to help and hope you know we can always lend an ear to whatever the problem may be. We may not always readily have an answer, but we will research when necessary and provide you avenues for finding solutions.

As we move into 2013, we will be focusing more on solutions for assisting individuals to continue living in their homes in an effort to avoid placement wherever possible. Understand that there are times when assisted living or a nursing home may be the best option. Issues we run into on a recurring basis in our very small county include a lack of professional, credentialed aides to provide in-home services; lack of volunteers who can assist with grocery shopping, medical transportation, in-home supervision and more; and limited funding and paid staff to provide for the many service areas needed.

To give you an idea of what has

been provided in 2012, here is a partial listing of services projected out to the end of the year:

Congregate Meals: 11,260 meals

Home Delivered Meals: 29,350 meals

Transportation: 3,015 one way trips

Health Insurance

Counseling: 1,187 individual sessions, includes 91 new

Medicare beneficiaries

Health & Wellness Activities: 623 sessions

Personal In-Home Care: 4,190 hours of aide service

Housekeeping: 2,143 hours of aide service

Caregivers: 55 hours of 1:1 counseling

Case Management: 1,150 hours

Legal Counseling: 93 hours (includes 15-30 minute sessions)

Information & Assistance: 1,056 individual contacts

NY Connects Information &

Referral: 336 individual contacts

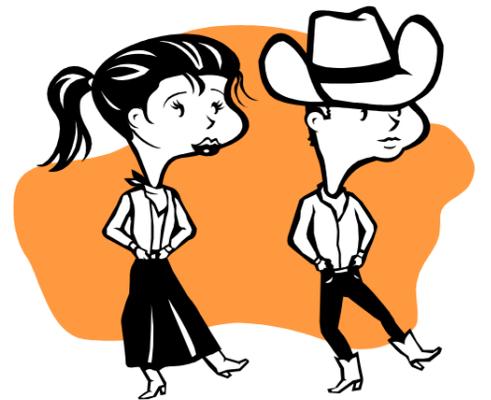
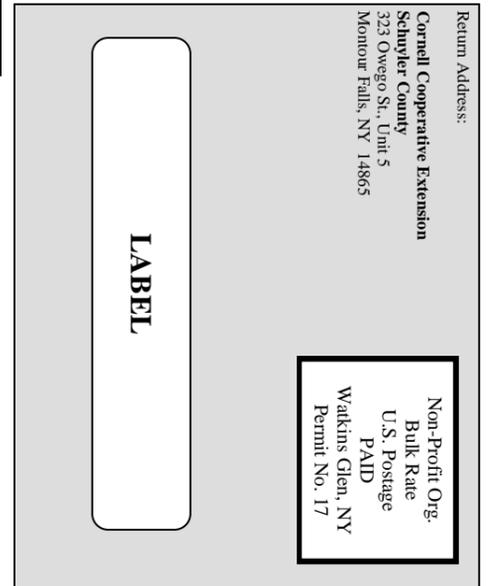
With fewer dollars to work with yet a greater need to reach more individuals, we have been looking at ways to collaborate with other entities and provide a shared service. One of the areas currently being addressed is transportation.

The plan is not to eliminate this service but rather find more cooperative measures for providing this. We want to ensure needs are met but are finding alternative ways to make this happen. The public transit system has been a blessing for many and as that evolves, we hope to be able to serve more individuals in a more efficient manner. Thinking of public transit in terms other than just a big bus, there is a plan

to add a van or car to meet the needs of those unable to utilize a bus. This can easily compliment what OFA is currently providing.

Stay tuned for updates on all OFA services via future issues of the Golden Glow. As always, please feel free to call us with your questions or comments.

- Lastly, don't forget about Line Dancing, offered at the Silver Spoon Café in the Schuyler County Human Services Complex in Montour Falls on Mondays, from 10:30-11:30am. No matter your skill level, come kick up your heels. Dancing is a great way to have fun while you exercise!



Office Closings

The Office for the Aging and RSVP offices will be closed on...



Tuesday, January 1 for New Years
Monday, January 21 for Martin Luther King Day
Monday, February 18 for Presidents' Day

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OFA's SILVER SPOON CAFÉ MENU

Meals served at 12:00 p.m. (except Breakfast days)

Note: Menu subject to change.

For reservations call 535-7470

Dates	Mon	Tue	Wed	Thu	Fri
JAN 2 THROUGH JAN 4		1 <u>New Year's Day</u> (closed) Happy New Year !!	2 Pepper steak Carrots w/ parsley Fruit salad Parsley potatoes Pudding/topping	3 Chicken pot pie with biscuit Harvard beets Juice Peaches Blond brownie	4 Vegetable lasagna Tossed salad Garlic bread Juice Fruit
JAN 7 THROUGH JAN 11	7 Sloppy Joe/ bun Broccoli Pineapple salad Ice cream	8 Baked chicken w/ herbs Butternut squash Black bean, corn & citrus salad Baked potato Fruit	9 <u>NEW YEAR'S LUNCH</u> Roast pork w/ dressing Green bean-mushroom casserole Rosy apple relish Whipped potatoes/gravy Chef's Choice	10 Beef cubes w/ onions & gravy Carrots w/ dill Coleslaw Brown rice Fruit	11 Baked fish w/ lemon and dill Mixed vegetables Apricots Potatoes au gratin Cookie
JAN 14 THROUGH JAN 18	14 Brunswick stew Spicy red cabbage Peaches Roll Pudding w/ topping	15 Pasta goulash Vegetable medley Pear salad Juice Whole grain bread Cookie	16 Island chicken cutlet Peas Tropical fruit cup O'Brien potatoes Ice cream	17 Meatloaf w/ gravy Cauliflower Angie's salad Whipped potatoes Fruit jello w/ topping	18 <u>BREAKFAST</u> Denver omelet Hash brown potatoes Juice Muffin Fruit
JAN 21 THROUGH JAN 25	21 <u>MARTIN LUTHER KING DAY</u> (Closed)	22 Baked chicken/orange sauce Green beans Beet salad Mashed potato casserole Bananas & strawberries	23 Hamburger strogan- off Creamed corn Carrot-raisin salad Juice Brown rice Fruit	24 Stuffed shells/sauce Tossed green salad Fruit salad Garlic bread Cake	25 Liver & onions or chicken cutlet Butternut squash Pineapple salad Baked potato Pudding/topping
JAN 28 THROUGH JAN 31	28 Chili con carne Cottage cheese/chives Apricots Cornbread Ice cream	29 Boiled ham dinner w/ carrots, cabbage, pota- toes Applesauce Roll Rice pudding	30 Baked turkey and rice casserole w/ gravy Broccoli Peaches Whole wheat bread Birthday cake		
FEB 1					1 Swedish meatballs /sauce over pasta Spinach Cuke/onion salad Fruit
FEB 4 THROUGH FEB 8	4 Dressed beef patty/ bun Green beans Apricots Cookie	5 Chicken cacciatore/ pasta Cauliflower Tossed salad Fruit ambrosia	6 Beef pot pie Chick pea and spinach salad Pineapple salad Bran muffin Pudding w/ topping	7 Ham & scalloped pota- toes Vegetable medley Bean salad Whole wheat roll Baked cinnamon peaches	8 Fish w/ lemon & dill Scalloped corn Rosy apple relish O'Brien potatoes Fruit
FEB 11 THROUGH FEB 15	11 <u>CHINESE NEW YEAR</u> Sweet & sour pork Oriental mixed vegeta- bles Fruit salad Juice	12 Beef and mushrooms/ bun Spinach Carrot salad Fruit	13 <u>ASH WEDNESDAY</u> Macaroni and cheese Harvard beets Coleslaw Fruit jello/ topping	14 <u>VALENTINE'S DAY</u> Stuffed chicken breast/ gravy Broccoli Tropical fruit salad Whipped potatoes Chef's choice	15 <u>BREAKFAST</u> Scrambled eggs Sausage links Hash brown potatoes French toast/syrup Fruit
FEB 19 THROUGH FEB 22	18 <u>PRESIDENTS' DAY</u> (closed)	19 Chicken & dumplings Spicy red cabbage Pear salad Pudding/ topping	20 Pasta w/ meat sauce Tossed salad Juice Garlic bread Brownie	21 Salisbury steak/ gravy Butternut squash Corn, black bean & citrus salad Dill potatoes Bananas & strawberries	22 Cheese strata Peas Marinated vegetable salad Juice Fruit
FEB 25 THROUGH FEB 29	25 Ham & bean casserole Scalloped cabbage Beet & onion salad Brown rice Fruit	26 Pepper steak Carrots w/ dill Bean salad Parsley potatoes Fruit fluff	27 Chicken w/ savory sauce Vegetable medley Fruit salad Baked potato Birthday cake	28 Shepherd's pie Spinach Pineapple salad Whole wheat roll Ice cream	

EMERGENCY MANAGEMENT

NY-ALERT

By Brian Gardner, Deputy Coordinator, Schuyler County Emergency Management

2012 has brought many challenges to our area in the form of severe thunder storms in the spring, tornadoes in the summer and Hurricane Sandy in the fall. During some of these events, we had warning well in advance, yet others only gave us a very short warning time. NY-ALERT is a **free** system that could provide emergency information to you in advance of one of these storms or another disaster.

NY-ALERT is an all hazards alert and notification system set up by New York State to keep all of its residents and visitors informed. It is a web-based system that allows state agencies, county and local governments, emergency

services and institutions of higher education to provide emergency alerting information to a defined audience. You could receive emergency information such as major road closures and weather events at home, work or on the go. You could receive this information via text message, email, fax, pager, telephone call or by visiting the NY-ALERT website at www.nyalert.gov. Information provided by state and local agencies could be severe weather alerts, road closures, amber alerts, civil unrest or protective actions recommended by state, local, colleges, or even private sector organizations. When you sign up for NY-ALERT you can choose the type of emergency notifications and the areas that you would like to be notified for. You could choose to receive notification for alerts affecting your town, county,

adjacent counties, regions of the state or the entire state itself.

If you would like more information or would like to sign up for this free program, go to www.nyalert.gov, or you can call toll free 1-888-697-6972. You may also call contact the Schuyler County Emergency Management Office at 607-535-8200, on Facebook at Schuyler County Emergency Management or on Twitter @SchuylerEMO.

**When you need to know...
Be prepared...
Be informed...
NY-ALERT!!!**



TRANSPORTATION

OFA VAN TRIPS

Call the Schuyler County Office for the Aging at 535-7108 for more information and to sign up.

Be sure to bring enough money for meals, admissions and/or anything you'd like to purchase.

Please note that recreation outings have been reduced to one per month.

January 7

Ithaca Thrift Store

Van leaves at 9:00am

\$3.00 Suggested Ride Donation plus lunch.

February 25

Tioga Downs

Van leaves at 9:30am

\$5.00 Suggested Ride Donation plus lunch.



SCHUYLER TRANSIT - CURB TO CURB SERVICE a.k.a. DIAL-A-RIDE

PLAN AHEAD FOR YOUR TRANSPORTATION NEEDS

Did you know that Schuyler Transit provides curb to curb service, outside of the regular route?

If you live outside of the daily transit route, you can schedule a ride ahead of time on the following days and times:

Mondays & Fridays - between the hours of 8am and 4pm

Tuesdays – between 8am and 11am

Wednesdays 1pm – 3pm

Also known as Dial-A-Ride, when you plan ahead, a transit bus will come to your home to pick you up, and drop you at your desired location on the transit route. By informing the driver what time you will be finished, the driver will pick you up and transport you back home.

What does this transportation cost?

\$4.00 round trip **OR** \$2.00 one-way.

OUT OF COUNTY TRANSPORTATION TO MEDICAL APPOINTMENTS

**Do you have a disability, and need to travel outside of the county for medical appointments?
Are you experiencing a temporary medical problem in which you need to travel outside of the county for treatment, and have no other means of transportation?**

Schuyler County Transit provides curb-to-curb transportation to the following destinations weekly:

Elmira Area: Wednesdays & Thursdays – 8am – 11am

Corning Area: Thursdays 1pm-3pm

Ithaca Area: Tuesdays 1pm-3pm

COST: \$10.00 maximum one-way transportation
\$20.00 maximum two-way transportation,
(depending upon where you reside in the county)

*For more information about learning how the transit system works, or to pre-arrange your upcoming transportation, call Amber Simmons, Mobility Manager
Schuyler County Transit
535-3555*

HIICAP and HEALTH PROMOTIONS

NOTES FROM HIICAP

By: Gina Gasparro, HIICAP Coordinator

Many people are surprised at the beginning of the year when they go to the pharmacy and a prescription that cost a few dollars in 2012 has a much higher co-pay in 2013 or, is not covered at all. Here are some strategies you can use:

- **Were you on Extra Help and it did not automatically renew for 2013?** If so, you can reapply by picking up a paper application at the Office for the Aging, or going online to the Social Security Administration website: www.ssa.gov. Your level of Extra Help may also have changed, for example from Full Extra Help to Partial Extra Help. You can check this by calling Medicare at 1-800-633-4227, or Social Security at 1-800-772-1213.
- **Did your plan change its formulary?** (Meaning: Does your current plan not cover your drug?) There are several solutions. You can:
 1. Ask your doctor to request a "formulary exception" for your drug;
 2. If you are on Extra Help or EPIC, you may change to a different plan that covers your drugs more comprehensively. This is called a Special Enrollment Period (or SEP): you have one SEP/year if you are on EPIC; those on Extra Help have a continuous SEP throughout the year;
 3. If you are on a Medicare Advantage Plan, you may disenroll from the plan between January 1 and February 14, and then go back to Original Medicare and pick up a Medicare "stand-alone Part D plan";
 4. You can take your plan's formulary booklet to your doctor to see if there is a comparable drug that your plan will cover;
- **Did you change drug plans and your new plan does not cover your prescription on its formulary?** If so, the new plan is required to give you a 30-day "transition fill". Once you have received this one-time fill of this prescription, you should contact your doctor for alternative drugs,

or -if you have an SEP - switch to a different plan;

- **Does your plan have a deductible?** In 2013, the maximum deductible a plan can charge is \$325. This is the amount you must play out of pocket before your plan will kick-in (similar to an auto insurance deductible.) However, some plans have a \$0 deductible, and if you have an SEP you may switch to one of these \$0 deductible plans. Also, EPIC does not cover during a plan's deductible, but will once the deductible has been paid by you out of pocket and you are in the "initial coverage period";
- **Is your pharmacy in your prescription drug plan's "network"?** If not, you may want to change to a network pharmacy, where co-pays will be lower.
- **Are you on a brand-name drug that has a lower-cost generic alternative?** Check with your doctor!
- **Is your drug in one of the higher cost tiers of the plan?** If so, you can appeal to the plan to reduce your drug to a lower tier, for example, from a non-preferred generic to a less costly preferred generic co-pay.
- **Consider a 90-day fill of your prescription - rather than a 30 day - at the pharmacy, or using the Part D plan's mail-order pharmacy.** Call your plan to see if either of these options would save you money;
- **Are you on EPIC?** EPIC is a NY State program that helps those ages 65+ with the cost of their Medicare Part D co-pays (and sometimes premiums). Call HIICAP for more info.

If you are having difficulty paying for your prescription drugs, please do not go without, skip pills, or lower your dosage to make your prescription go farther! Talk with your pharmacist, or call for a HIICAP appointment to discuss your options: 607-535-7108.

EPIC CHANGES FOR 2013 - A QUICK REVIEW

- EPIC will again have a fee and a deductible program, depending on your income
- EPIC will only cover secondary to Medicare Part D drug plans
- EPIC will cover secondary to Medicare Part D during the entire coverage year, *with the exception of your plan's deductible* (if it has one). This means that you will pay between \$3 and \$20 for any prescription that is on your plan's formulary.
- EPIC will still pay the Part D premium up to \$43.22 in 2013 for a single person whose income is ≤\$23,000 a year, or a couple whose income is ≤\$29,000/year.
- EPIC members have one opportunity to switch to a different plan during the year (called a SEP).

MEDICARE ADVANTAGE DISENROLLMENT PERIOD: JANUARY 1 THROUGH FEBRUARY 14

If you have chosen a Medicare Advantage Plan in 2013 and - for whatever reason - are dissatisfied with this plan, you may change back to Original Medicare during the Medicare Advantage Disenrollment Period (MA-DP). The first of the following month, you will be re-enrolled in Original Medicare (coverage through the Federal government/ your red, white, and blue card). You may also apply for a Medicare Supplemental Policy at this time. You *cannot* switch from a Medicare Advantage Plan with drug coverage to Original Medicare without drug coverage, or a Medicare Advantage Plan without drug coverage to Original Medicare with a stand-alone Medicare Part D plan, unless you qualify for a Special Enrollment Period.

HIICAP OPPORTUNITIES!

- Want to learn more about Medicare? HIICAP offers Medicare Basics presentations every other month to Medicare beneficiaries, soon-to-be Medicare beneficiaries, and caregivers/family members. Call the Office for the Aging for the 2013 schedule.
- Would you like to help others understand their Medicare benefits? HIICAP has opportunities for volunteer counselors (training included!). There are also opportunities to assist the HIICAP program in other ways, for example: speaking to a group about Medicare Fraud and Abuse or another specialty Medicare topic, or distributing information about Medicare throughout your community. If you are interested, please contact Gina Gasparro, HIICAP Coordinator, at (607) 535-7108.

BRINE-INJECTED MEATS

By: Anne Heist, RD

Injecting chicken, beef, and turkey with salt water and other additives has become a wide spread practice in the meat industry. Food companies say these "enhanced" products are more tender and flavorful and retain moisture better during cooking. The products taste salty and the meat may feel mushy to some people. And, the consumer ends up paying more for these meats since the solution can be up to 15% of the total weight, instead of meat. The meat label will indicate if the product has injected solution.

You are also getting extra sodium. A four ounce serving of "enhanced" pork contains 272 milligrams of sodium compared to 58 in the same size portion of plain pork.

If you are on a low sodium diet, it would be better to limit your intake of "enhanced" meat products. If you are following a recipe, be aware of these additives. A recipe using "enhanced" meat will require less salt or no salt and may cook faster than meat that has not been injected.

HEALTH PROMOTIONS

AGING AND DEPRESSION

Old age is often portrayed as a time of rest, reflection, and opportunities to do things that were put off while raising families and pursuing careers.

Unfortunately, the aging process is not always so idyllic. Late-life events such as chronic and debilitating medical disorders, loss of friends and loved ones, and the inability to take part in once-cherished activities can take a heavy toll on an aging person's emotional well-being.

An older adult may also sense a loss of control over his or her life due to failing eyesight, hearing loss, and other physical changes, as well as external pressures such as limited financial resources. These and other issues often give rise to negative emotions such as sadness, anxiety, loneliness, and lowered self-esteem, which in turn lead to social withdrawal and apathy.

Depression

Another, more serious outcome is chronic depression, or depression that is recurring and persistent. Chronic depression has both physical and mental consequences that may complicate an older adult's existing health condition and trigger new concerns.

There is evidence that some natural

body changes associated with aging may increase a person's risk of experiencing depression. Recent studies suggest that lower concentrations of folate in the blood and nervous system may contribute to depression, mental impairment, and dementia. Researchers also suspect that there may be a link between the onset of late-life depression and Alzheimer's disease.

Regardless of its cause, depression can have alarming physical effects on older people. The mortality rate for elderly men and women suffering from both depression and feelings of loneliness is higher than for those who are report satisfaction with their lives. Treatment programs for depressed elderly patients suffering from cardiovascular disease and other major illnesses usually take longer than normal, and are less successful. In addition, the feelings of hopelessness and isolation that often spur thoughts of suicide are more prevalent among older adults, especially those with disabilities or confined to nursing homes.

A Risk to Daily Living

Depression can also have potentially harmful effects on an older adult's health in other ways. Depression can lead to eating habits that result in obesity or, conversely, can cause a significant loss of appetite and diminished energy levels, sometimes resulting in a condition known as

geriatric anorexia.

Depressed older adults also experience higher rates of insomnia and memory loss. They also have longer than normal reaction times, increasing the hazards associated with cooking, driving, self-medication, and other tasks that require full attention.

What You Can Do

While aging is an inevitable part of life, depression need not be part of it. Researchers agree that early recognition, diagnosis, and treatment can counteract and prevent depression's emotional and physical consequences.

Here are some issues to consider in addressing depression in an older adult:

- Be aware of physical limitations. Encourage an older adult to consult with a physician before making dietary changes or undertaking any new activity that may stress his or her stamina.
- Respect individual preferences. Because elderly people tend to be less amenable to lifestyle changes, they may be reluctant to adopt new habits or do things that their peers find highly enjoyable. A psychologist who specializes in aging issues can help tailor an individualized strategy to combat depression.

- Be tactful. An older person with fragile self-esteem may interpret well-intentioned encouragement as further proof of his or her declining condition. Others may resent any attempts at intervention. A psychologist can help friends and family members craft positive approaches for dealing with these and other sensitive issues.

The American Psychological Association gratefully acknowledges the assistance of Susan Silk, PhD., in developing this fact sheet.

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HOW DO I DETERMINE MY NEEDS?

The type of care you need is determined by the amount of help you need with daily activities, such as:

- Bathing
- Dressing
- Eating
- Grooming
- Mobility
- Toileting/Transferring
- Housework
- Cleaning
- Preparing Meals
- Laundry
- Shopping/Errands
- Transportation



If you need help with one or more of these activities, you may need long term care services. Although it may be hard to decide what care and services you want, Schuyler County Office for the Aging & NY Connects can connect you with the resources that can assist you.

Schuyler County



Office for the Aging

323 Owego St., Unit 7
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CAREGIVER'S CORNER

AGING AT HOME, WITH THE HELP OF TECHNOLOGY

(This article by Amy Goyer is reprinted with permission and first appeared in her "Take Care" blog on AARP.org <http://blog.aarp.org/author/amygoyer/>, July 2012, a publication of AARP. Copyright 2012. All rights reserved.)

Some call it the "bonus years," others call it a challenge. Either way, we're living longer lives (in 1900, the average life expectancy was about 47... now it's about 78) and more than ever we want to remain active, healthy and most importantly *independent*. And for most, that means one thing: AARP research indicates 9 out of 10 people want to stay in their own homes as they age. With retirement lasting as much as 20, 30 or even 40 years for some, how will we pull off this lofty goal?

One growing trend is the use of technology to help older adults and their caregivers with comfort, safety and convenience to support independent living. And 80% of those 65+ are willing to try tech to stay independent – even if it means giving up some privacy. There are all sorts of amazing new technology tools in development – from devices that turn off the stove or lights to motion sensors that detect the movements (or lack thereof) of our older loved ones, to health monitoring devices (blood pressure, blood sugar, temperature, weight etc.) to easy-to-use computers that offer video conferencing (think Skype or Facetime,) photo sharing, health and wellness information and more...even caregiving robots are getting into the act!

I was recently interviewed for a segment on technology and aging for NBC Nightly News. We discussed the ways technology is being used to enhance aging and caregiving today and into the future. I also shared some of the ways I have introduced various tech tools to our family – both for my parents' use and for me as a caregiver and advocate.

Here are just a few of my favorite gadgets:

Phone – When the usual cordless phones began to be tough for my Dad to use, I searched for weeks and tried several phones before I settled on a Uniden model. It has a corded phone with additional cordless handsets. It features large keys and numbers and lights up when it's ringing. When there is a message, the "talk" button flashes and beeps until you hit it and voila – the messages are played on speaker. Dad can still easily answer it and retrieve messages, and Mom can independently use the high-volume cordless by her chair without getting up. Brilliant.

Door Alarm – My Dad is a self-described outdoorsy kinda guy. But sometimes he ventures out when we are busy with Mom in another room, leaving us with concerns about his

safety. Easy fix: I bought battery operated door chimes. One half sticks to the door frame and the other half to the door. They work on sliding glass doors too and chime (loudly) when the door is opened. Also easy to switch off. Instant stress reducer and safety enhancer.

Remote Pacemaker Monitoring Device – Dad has a pacemaker that needs to be monitored several times a year. I spend countless hours taking my parents to doctor appointments every week, so I was delirious when I discovered we could send data from his pacemaker remotely via a standard telephone line directly to his cardiologist's office. Now every other monitoring session is done from the comfort of Dad's recliner. "Push-pull-click-click" as Dad says – easy to use and works like a charm!

Nintendo Wii – I bought the Wii Resort games (bowling, tennis, golf, etc.) and Mom and Dad are picking it up quickly. It's especially helpful during hot weather when they need some indoor physical activity. It tickles Mom that she can play from the comfort of her recliner. Special Bonus: we stream Netflix via the Wii and feed Dad's other passion: old musicals! Both are great for enhancing social interaction and intergenerational relationships (my nephews play with them too), stimulating brain activity and promoting endorphin-inducing laughter. Good stuff.

Here are a few other suggestions from AARP.org:

GPS safety technology provides the location of the wearer: devices can be used on the wrist, as a clip-on, or on a pendant. Some cars and smart phones have them – enabling you to speak or touch your desired destination – and see or hear turn-by-turn instructions.

With some devices, the caregiver sets the parameters of where the recipient can be – sometimes referred to as 'geofencing'. If the person goes outside those areas, the caregiver is alerted via phone, text, or email. At any time, the caregiver can log on to a website and track the location of the elder.

Personal emergency response systems, known as PERS, also contain GPS technology. It's the Medic Alert model – if in trouble, the wearer can press a button and be connected with a call center that can dispatch help and notify caregivers. Many PERS devices only work at home, but a few allow the wearer to get help wherever they are – on the golf course, in the car, around the block.

Other **safety technology** includes wireless sensors around the house (in the bathroom, on the bed, door, or refrigerator, for example) that let caregivers know if there is activity out of the ordinary i.e. not leaving the bathroom. A fall, perhaps?

Staying connected via Internet: Simple systems offer video chats with the adult children and grandkids, photo sharing, Skype, email, audio messages,

online networking with others in similar situations (dementia, specific cancer caregivers, only children) through forums, websites with targeted articles and audience.

Medication management: Reminders for recipients to take their meds, alert them (could be via email, a buzzer, or a bell) if they forget, and let the caregiver know if their loved one has, or has not, complied.

Care Coordination: It might be a shared website for caregivers and others interested in pitching in to help and/or get updates, or services to connected families with professional caregivers.

- [GreatCall 5Star Responder Service](http://www.greatcall.com/5star_urgent_response/5Star_responder/) – mobile PERS
- [MobileHelp](http://www.mobilehelpnow.com/) – mobile PERS
- [BeClose](http://beclose.com/) – wireless, sensor-based home monitoring
- [GrandCare System](http://www.grandcare.com/) – wireless, sensor-based home monitoring with communication and messaging
- [Telekin Computer](http://www.firststreetonline.com/) – senior computer, sold by FirstStreet as the WOW computer, supporting Skype
- [TabSafe](http://www.tabsafe.com/) – medication dispensing and reminders
- [Independa](http://independa.com/) – caregiving software application – including TV-based communication
- [CareLinx](https://carelinx.com/) – finding home care workers without an agency
- www.lotsahelpinghands.com/ – creating a shared website for caregivers

I'M A CAREGIVER, BUT FEEL LIKE A NURSE!

By: Carol Levine
(Reprinted with permission from: www.nextstepincare.org)

These days, family caregivers are routinely performing tasks that a registered nurse would do in a hospital: managing feeding tubes, changing bandages after surgery, giving injections, checking blood oxygen levels, and much more. If you're a caregiver who may be facing such tasks, here are five questions you need to ask yourself:

1. Are you able and willing to do these tasks? Often family caregivers

say that they feel pressured to take on the task mostly because there is no one else to do it, or because insurance wouldn't pay for assistance. You may be able to find ways around these barriers, such as home care agency services or enlisting another family member. But, remember, to get help, you need to ask for it.

2. Do the tasks make you uncomfortable? Different people have different levels of tolerance for performing tasks that require invasive procedures, like wound care, or intimate care — such as managing incontinence for a parent. Don't let others — professionals or well-meaning friends or family — disparage your reactions. Your feelings are valid. Many health care professionals, who are trained to be objective, have the same emotions when it comes to this type of care for their own family members.

3. Can you get training? Remember that even if you get some training on operating a machine or monitor in the hospital, you may receive a different type or model once you get home. Further training may be available in the community through a home care nurse, the Red Cross, or another agency.

4. Who can you call with questions? Ask the doctor or pharmacist about medication questions. Home medical technology companies usually have a toll-free number to call but the helpfulness of the responses may vary. Don't be afraid to ask questions and to ask for more help understanding the answers.

5. How will you cope with providing this type of care – not just now, but in the long term? You may be proud of your ability to manage the complexities of medical care and keep your family member at home, but you may also feel depressed, anxious and isolated. These are normal reactions — and were common among surveyed family caregivers — but it is important to recognize that extended periods of negative feelings affect not only your mental health but also your physical health. Consider what options might be better for you and ultimately for your family member.

A full version of this article is available at: <http://www.aarp.org/home-family/caregiving/info-09-2012/im-a-caregiver-but-feel-like-a-nurse.html>.

To read more about nursing tasks and family caregivers, read a new report by AARP and the United Hospital Fund at: <http://www.aarp.org/home-family/caregiving/info-10-2012/home-alone-family-caregivers-providing-complex-chronic-care.html> or <http://uhfnyc.org/publications/880853>.



CAREGIVER'S CORNER

WHEN CAREGIVING ENDS

(Reprinted with permission from: "News You Can Use" brought to you by Comfort Keepers®, www.comfortkeepers.com/information-center/, 2012)

Family caregivers experience a range of emotions and stages in their lives when providing care for a loved one. Several different resources cite levels of caregiving, and while some stages differ depending on the source, one fact remains constant – eventually, the caregiving will end.

If you are caring for an elderly relative, the end of your caregiving days may be marked by the death of your loved one. As a caregiver, you have experienced the ups and downs of caregiving – taking time from your own family responsibilities to provide care, perhaps suffering a financial burden and balancing multiple budgets, and realizing your loved one is not who he or she used to be. You have incorporated caring within the possibly already hectic routine of caring for your own family, work, and other responsibilities. It has been hard and stressful. However, your love for the one you cared for made caregiving worth your while.

It is not uncommon for the post-caregiver to feel an utter sense of loss when caregiving ends. You will experience heartache as you mourn the loss of your loved one, but you also find yourself at a crossroad in your life as to what to do now. No more phone calls for assistance. No more visits filled with playing games, dining together or simply reminiscing about good times. When once you felt worry over your loved one, that burden is gone - leaving behind a void in your life. Your grief is compounded as it overlaps the sense of who you are...and who you are going to become once the caregiving phase has ended. Your entire daily routine is filled with broad gaps that once were filled by the physical and emotional acts

of caregiving.

You may find it interesting to know some research shows that many caregivers are better situated to deal with the end of their caregiving days than they realize. The family caregiver has lived this role, possibly for quite some time. Caring for an elderly loved one, especially a mother or father, illustrates the essence of life coming full circle. People in these roles have faced and grieved the loss of their loved one long before physical loss occurs. Once caregiving ends, there is a mourning process but there is also a sense of frightening wonder as to where to go from that point.

However, research shows that once caregivers overcome the immediate sense of loss, they find they are organized, financially savvy and highly efficient. Post-caregivers are also able to identify and balance their own wellbeing better than non-caregivers. These qualities may put them heads above the rest in terms of gainful employment after caregiving responsibilities end. Adjusting to new life may be a change, but their experience as caregivers presents a set of tools that help determine their next steps in life.

This is good news and important for family caregivers to know. While it may be sad for a loved one to pass away, post-caregivers can look back and know they accomplished something meaningful, worthwhile, and made a difference in the life of someone else. They realize how they enriched their own lives through the caregiving process and find comfort in the experience. Once this knowledge takes root, these post-caregivers can set forth confidently, and continue making a positive impact...wherever they may choose to go.

For more information, you can contact the local Comfort Keepers office:

2359 North Tripperhammer Road
Ithaca, NY 14850
607-272-0444
<http://www.comfortkeepers.com/office-685>

Empower New York

NO-COST energy efficiency solutions for income-eligible New Yorkers

Lower energy bills; More money in your pocket to spend on what matters most to you; A healthier, more comfortable home. Through the Empower New York program, you can have all of these things—without having to spend a dime.

If you're eligible, a team of accredited contractors will be scheduled to evaluate your home to determine if it would benefit from improved insulation, reduced drafts, and upgrades to lighting and appliances, all at no cost to you. Plus, we'll give you tips and strategies on how to better manage your energy usage on a daily basis.

Are you eligible?

Free energy efficiency improvements are available for homeowners and renters. You're eligible for EmPower New York if you can answer "yes" to these statements:

- I live in a building with 100 units or fewer.
- I am eligible for regular HEAP benefits OR I participate in a utility payment assistance program OR my household income is below 60% of the State Median Income.
- Not eligible?. [Check out NYSEKDA's other energy efficiency assistance programs at www.nyserdera.ny.gov](http://www.nyserdera.ny.gov)

EmPower is free—plain and simple

There are no strings, no hidden fees, and no pressure. Participating accredited contractors make all the improvements and upgrades and all you need to do is enjoy a healthier, more comfortable home—and smaller energy bills.

EmPower is free—plain and simple

NYSEKDA's EmPower New York program offers no-cost energy efficiency services to low-income (i.e., HEAP-eligible) homeowners and renters. These services include lighting and appliance upgrades and home performance measures. On-site energy education offers customers additional strategies for managing their energy costs. The services are provided by contractors accredited by the Building Performance Institute (BPI). **For application assistance, contact Schuyler County Office for the Aging & New York Connects.**

Schuyler County



Office for the Aging

607-535-7108



BULLETIN BOARD

VOLUNTEERS NEEDED!!

Areas of Service:

Transportation – grocery shopping, medical appointments and more.

Phone Pal – Call an isolated senior to provide companionship and a safety check.

Shopping Assistance – Shop on behalf of a senior or take them to the grocery store and assist in the process.

Strong for Life or Matter of Balance Coach – lead sessions, training provided.

Health Insurance Counselor – training provided
Clerical– Assist with answering phones, filing, greeting walk-ins, mailings, and more.

Advisory Council Member – Represent your home area, voice ideas, share needs of seniors in the community, help with planning and advocacy, and more; training provided, 5 meetings per year.

Call Office for the Aging at 607-535-7108 to inquire or obtain a volunteer application.

Join in Sunday mornings
to watch the
*Senior
Notebook*
television program.

The "Senior Notebook" airs
Sundays at 6:30am &
11:30am
on WENY-TV ABC and
7:00am and 11:30am on
WENY-CBS

Senior Notebook is a weekly
half hour TV show
exploding with information
for Twin Tiers
Seniors. Addressing issues
facing today's seniors
including health tips &
resources, and providing
information on interesting

SHERIFF'S OFFICE INSTALLS MEDICATION DROP BOX

The Schuyler County Sheriff's Office, in conjunction with the New York State Office of Alcoholism and Substance Abuse Services (OASAS), has placed a permanent medication drop box in the lobby of the Sheriff's Office on 10th Street in Watkins Glen.

There is 24-hour access to the drop box, and no questions are asked. Prescription medications including controlled substances are accepted along with over-the-counter drugs.

Medications should never be thrown away in the garbage or flushed down the toilet or sink drain. Having access to a location for proper disposal, keeps our water system and wildlife safe.

For further information, call the Sheriff's Department at 607-535-8222.



**ATTENTION SENIORS.....ARE YOU
LOOKING FOR HELP SUPPLEMENTING
YOUR INCOME? INTERESTED IN
FINDING EMPLOYMENT? THEN THE
SENIOR COMMUNITY SERVICE
EMPLOYMENT PROGRAM COULD BE
FOR YOU!**

Employers value the talents older workers bring to the workplace and are looking for someone just like you. If you're 55 or older, this program will help you refresh your job skills and prepare you to re-enter the workforce. You'll be placed (according to your preferences) in a paid, part-time community service assignment. SCSEP staff will help you secure a position in one of our Host Agencies that will assist you in making the transition to a job that's right for you. Income eligibility requirements apply. (SCSEP is funded through the U.S. Department of Labor and Senior Services of America. It is a non-profit organization that provides employment and training opportunities to seniors across the country). Our program covers Schuyler, Steuben, Chemung, Alleghany, and Yates Counties. For more information please call *Jo-Ann Gugliotta* – Project Assistant: 1-800-553-2033 x145 or visit : www.seniorserviceamerica.org

VETERANS

CONTACT THE VA

Contact your Schuyler County Veterans Service Agency for assistance by calling 607-535-2091, emailing jscott@co.schuyler.ny.us or by visiting them at 323 Owego Street, Montour Falls, NY.

Monday	9:00 a.m. - 1:00 p.m.
Tuesday	9:00 a.m. - 1:00 p.m.
Wednesday	9:00 a.m. - 1:00 p.m.
Thursday *	3:00 p.m. - 7:00 p.m.
Friday	9:00 a.m. - 1:00 p.m.

* Note that the VSA has evening hours on Thursdays.

WEBSITE SHOWCASE

www.OSFL.org - The Orchestra of the Southern Finger Lakes

Information about the orchestra and upcoming events/concerts, ticket information

www.nyselderabuse.org - NYS Coalition on Elder Abuse.

Information on where to call for help, understanding elder abuse, Identity Theft, research & training, and more

www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002194 - US National Library of Medicine.

Diabetes- causes, risk factors, symptoms, treatment, prevention, and more

www.hud.gov - US Department of Housing and Urban Development

Find rental assistance, avoid foreclosure, find local public housing agency, and more

MAKE THE CALL. DON'T MISS A BEAT

This is a national public education campaign developed by the Office on Women's Health, a component of the US Dept. of Health and Human Services (HHS). According to the information provided by the Office on Women's Health, one woman suffers a heart attack every 90 seconds in the US. Scary statistics! It is especially alarming to realize that many women do not even know or recognize the symptoms of a heart attack when experiencing them.

The *Make the Call, Don't Miss a Beat* campaign is attempting to educate women and their families regarding signs and symptoms. It is also a tool to encourage women to take charge of their health and call 911 if they experience any of the following symptoms: chest pain or discomfort, shortness of breath, light headedness or sudden dizziness, nausea, unusual upper body discomfort, breaking out in a cold sweat, unusual or unexplained fatigue. Don't take a chance. If you feel these symptoms, make the call to 911. It could literally save your life!



Find Schuyler-Yates RSVP on Facebook!
www.facebook.com/MyRSVP

THANK YOU!

The following people graciously made monetary donations to the Office for the Aging and its programs:

- \$50.00 donation from **Hope Decker** in **Memory of Genevieve Dean** to be used where needed most.
- \$26.00 **anonymous** donation to be used for Home Delivered Meals.
- \$50.00 **anonymous** donation to be used for Medical Transportation.
- \$10.00 **anonymous** donation to be used where needed most.
- \$20.00 **anonymous** donation to be used where needed most.
- \$20.00 **anonymous** donation to be used for Home Delivered Meals.



Schuyler County Transit
www.schuylercountytransit.org
 (607) 535-3555

FARES

One Way Trip (fixed routes)
 Regular: \$1
 Disability/Senior: \$.50

Month Pass
 Regular: \$30
 Disability/Senior: \$15

Dial-A-Ride: \$2 - \$13

Connecting You to Schuyler County

Operates 7:45 a.m. - 5:30 p.m.

Information Guide & Schedules Available at:
 Schuyler Hospital • Tops • Wal-Mart
Additional locations listed on website

Tickets and Month Passes may be purchased from transit bus drivers with **EXACT CHANGE ONLY.**
 Also available at The Arc of Schuyler, 203 Twelfth St., Watkins Glen



Thank you, volunteers!

Thank you to the following volunteers who helped in preparing the last Golden Glow for mailing:

<i>Edward Ames</i>	<i>Gretta Preston</i>
<i>Beverly Burnside</i>	<i>James Preston</i>
<i>Muriel Graeber</i>	<i>Clara Staples</i>
<i>Donald Kelly</i>	<i>Alice States</i>
<i>Priscilla Kelly</i>	<i>Eloise Velie</i>
<i>Dianne Kimmey</i>	<i>Theresa Winton</i>
<i>Esther Lentz</i>	<i>Leona Sandusky</i>

If you would like to volunteer to help us with our next newsletter mailing, please call RSVP at 607-535-7105.

The Retired & Senior Volunteer Program (RSVP): Your invitation to volunteer!

FROM THE DIRECTOR'S DESK...

As the new year begins, I'd like to offer a report on the status of Schuyler-Yates RSVP. It has been an eventful and busy year for RSVP and its volunteers.

In early March, administrative assistant Jennifer Geck left to take a position with the Schuyler County Office of Emergency Services. Jen left after more than 8 years with Schuyler-Yates RSVP. Sue Larson stepped in to take over many of Jen's duties. The decision was made to end RSVP coordination of the non-emergency medical transportation program. RSVP continues to provide volunteer drivers for R.I.D.E. (Retired Individuals Driving the Elderly), but agencies requesting a volunteer driver are now scheduling the rides themselves. We thank Jen for her dedication and wish her the best!

Spring saw the wrap-up of both the Bone Builders and Reading Buddies programs for 2011-2012. 119 individuals participated in 9 Bone Builders exercise classes at 5 locations in Hector, Montour Falls, Tyrone, Dundee, Penn Yan and at Keuka College. 36 Reading Buddies worked with nearly 200 young students to improve their reading ability and enthusiasm for reading. Reading Buddies visited classrooms each week at six elementary schools in the Watkins Glen, Penn Yan, Odessa-Montour, Dundee and Bradford school districts. This fall, Bone Builders classes resumed and Reading Buddies are again busy in elementary school classrooms.

Volunteers were honored for their contribution at recognition luncheons held in Watkins Glen and

Penn Yan. Hidden Valley 4-H camp hosted a late June get-together for Schuyler County volunteers. Among those recognized were volunteers Barbara Berghoff and Kermit Bossard. Each received a Lifetime Presidential Service Award in recognition of more than 4,000 hours of service. Yates County volunteers were recognized at a July luncheon held at the Penn Yan Moose Lodge. Lifetime Presidential Service Awards were presented to Beatrice Christiansen, Barbara Sutherland and Wanda Wood.

In 2011, 298 Schuyler-Yates RSVP volunteers provided 32,220 hours of service to 62 non-profit agencies and organizations in Schuyler and Yates counties. RSVP volunteers assisted at food pantries, thrift shops, libraries, schools, Offices for the Aging, hospitals and nursing homes and on Habitat for Humanity projects. RSVP volunteers delivered meals to homebound individuals, helped seniors prepare federal and state income tax returns, assisted at rabies clinics, supported veterans' outreach events and provided necessary repairs to keep eligible seniors living independently in their own homes. Schuyler-Yates RSVP volunteers also served the Community Dispute Resolution Center and the Court Appointed Special Advocate program.

In August, Cornell Cooperative Extension of Schuyler County announced plans to end its sponsorship of Schuyler-Yates RSVP. CCE-Schuyler has sponsored RSVP since 1973. Schuyler-Yates RSVP approached Catholic Charities of Schuyler County about sponsoring the program. Catholic Charities determined RSVP would be a good addition to its programs and services. Schuyler-Yates RSVP worked with Catholic Charities-Schuyler to prepare and submit an application for federal funding. We have to wait

until March, 2013, to learn if the grant will be awarded to Catholic Charities.

In early 2011, the Board of Directors of our federal funder, the Corporation for National and Community Service (CNCS) approved the agency's 2011-2015 Strategic Plan. The Strategic Plan provides a roadmap for using national service to address critical challenges facing our communities and our nation. The plan recognizes that national service will have its greatest impact if we target resources on a core set of critical problems and carefully measure our progress.

The Strategic Plan outlines the Corporation's strategy for addressing the six focus areas previously identified in the Edward M. Kennedy Serve America Act of 2009: disaster services, economic opportunity, education, environmental stewardship, healthy futures, and veterans and military families.

Previously, Schuyler-Yates RSVP had more flexibility to tailor focus areas to the community needs in Schuyler and Yates counties. Since CNCS is focusing on specific areas, we must also.

Schuyler-Yates RSVP offers the Bone Builders osteoporosis-prevention exercise program and recruits volunteer drivers the medical transportation program in Schuyler County and the home-delivered meals programs in Yates County. RSVP volunteers also assist at food pantries in both counties. These

In Memoriam

Henry Welshans

RSVP extends its sympathy to the family and friends of these fine volunteers.

volunteers all fall under the Healthy Futures focus. RSVP volunteer Reading Buddies assist elementary school students needing to improve their reading skills in five area school districts under the Education focus).

Since a large portion of our volunteers and partners are already supporting the CNCS focus areas, we will not have to make many changes. However, we will contact Schuyler-Yates RSVP volunteers and our partners to review our service descriptions and bring them into compliance with the CNCS regulations.

We have an active, effective program, and RSVP staff and Advisory Council continue to work hard to maintain quality experiences for our volunteers. Our focus continues to be supporting our volunteers, our community and our community partners.

Office Closings

The RSVP and Cornell Cooperative Extension offices will be closed on...

**Tuesday, December 25 for Christmas Day
thru Tuesday, January 1 for the holidays.**



Support RSVP!

Your donation to Schuyler-Yates RSVP allows our volunteers to continue helping dozens of non-profit agencies and programs. Your financial support becomes even more critical as federal and state funding for RSVP continues to shrink. Your donation supports the efforts of volunteers who provide tax counseling for the elderly, deliver meals to homebound individuals, help young students improve their reading skills, lead osteoporosis-prevention exercise classes and a variety of other activities at more than 60 sites across Schuyler and Yates counties. Any donation, large or small, supports over 300 RSVP volunteers.

Name: _____
Address: _____
Phone: _____ Donation Amount: _____

Please make checks payable to "Schuyler-Yates RSVP"

Would you like your donation to be recognized in our newsletter and/or on our website?
 Yes No

Mail this form to:

Schuyler-Yates RSVP
323 Owego Street, Unit 5
Montour Falls, NY 14865

Call 607-535-7105
with questions.

Contact RSVP: 607-535-7105 or www.schuyleratesrsvp.org

Volunteer Opportunities-Call RSVP at 607-535-7105 for further details!

Opportunities	Description	County
Medical Transportation Driver	Drive individuals to and from medical appointments as referred by Schuyler County agencies; Office for the Aging, Mental Health, Public Health, Dept. of Social Services, and Veterans. Safe driving record, valid driver's license and auto insurance as required by New York State law. Must be reliable, prompt and dependable. Mileage reimbursement paid by Schuyler County at the federal rate (currently 55 1/2 cents/mile). Background screenings required.	Schuyler
Schuyler Housing Opportunity Council (SHOC)	Home repairs of varying degree of complexity based on volunteers' skills. Orientation provided by SHOC volunteers. Criminal screening required.	Schuyler
RSVP Ambassador	RSVP Ambassadors will tell the RSVP story to church and civic groups, clubs and community organizations. Most presentations will be 15-20 minutes, include a PowerPoint presentation and distribution of RSVP brochures.	Schuyler & Yates
CASA (Court Appointed Special Advocate)	Appointed by family court judges, CASA volunteers are empowered to make a lifelong difference in the lives of abused and neglected children. Extensive training provided by CASA staff. Criminal screening required.	Schuyler
Shopping Assistant	Shop at local stores for groceries, personal care items, prescriptions or other items as specified for Schuyler County residents who are unable to shop for themselves.	Schuyler
Bone Builders Leaders	Once trained, the volunteers will work, usually in teams of two, leading small groups of individuals age 55+ in Tuft's University's "Strong Women" strength training program, designed to reduce the incidence of osteoporosis.	Schuyler & Yates
Reading Buddies	Serve as a reading "partner", listening to and reading to a teacher identified child on a "one-on-one" basis or in small groups. Provide children with positive encouragement to develop an appreciation for reading and to enhance self-confidence.	Schuyler & Yates
Long Term Care Ombudsman	Serve as an advocate for residents of local nursing and adult care homes. 36 hour mandatory training provided. Criminal screening required.	Schuyler & Yates
Historical Society	An interest in local history. Help needed in the areas of collections management, scrapbook indexing, letter/diary transcription, exhibits, photo scanning, and many more interesting areas of preserving and interpreting history.	Schuyler
Montour Falls Library	Read to children at local daycare providers once a month. Leave books with provider and deliver new book selections the following month. Orientation provided.	Schuyler
Tax Counselors	Complete tax returns for Schuyler County senior citizens (Feb-April). Extensive IRS training provided. Criminal screening required.	Schuyler
Library Assistants	Volunteers needed to act as library aides: checking in/out books, shelving books and other library duties. Dundee library and several locations in Schuyler County. Orientation provided.	Schuyler
Humane Society	Assist in variety of activities of the Schuyler County Humane Society (Animal Clinic/ Thrift Shop). Orientation & training provided by Humane Society volunteers	Schuyler

RSVP is funded by the Corporation for National & Community Service, New York State, Schuyler & Yates Counties, United Way, Grants and the RSVP Advisory Council. RSVP is sponsored by Cornell Cooperative Extension of Schuyler County, which provides equal program and employment opportunities. Accommodations for persons with disabilities may be requested by calling CCE Schuyler County at 607-535-7161 at least 5 days prior to an event to ensure sufficient time to make arrangements. Requests received sooner than 5 days prior to an event will be met when possible.

Corporation for
**NATIONAL &
COMMUNITY
SERVICE** 

**United
Way** 



Project Lifesaver International



Schuyler County Emergency Services

A PUBLIC SAFETY PROGRAM TO LOCATE MISSING PERSONS SUFFERING FROM DEMENTIA TYPE DISORDERS

Alzheimer's Autism Down syndrome

Over 5,000,000 people in the USA have Alzheimer's and related disorders. This number is expected to triple by 2050. Well over 50% of these people wander and become lost. Unaware of their situation, people with Alzheimer's often fail to call out for help or respond to people calling out to them. Nearly half of those who wander will die and many become injured or fall victim to predators if they are not located within 24 hours.

- Person wears small personal transmitter around the wrist or ankle
- If person goes missing, caregiver notifies Sheriff's Department
- Trained Emergency Team responds to the wanderer's area
- Recovery time for Project Lifesaver International clients average 30 minutes – 95% less time than standard operations

For more information or enrollment contact:

Schuyler County Sheriff's Office
106 Tenth Street, Unit 2
Watkins Glen, New York 14891
(607) 535 - 8222
www.schuylercounty.us/sheriff



To Make a Donation or Change Address

Please clip and send this coupon along with your contribution payable to or address change to:

**Schuyler County OFA
323 Owego Street, Unit 7
Montour Falls, NY 14865**

The Schuyler County Office for the Aging appreciates and gratefully accepts financial contributions to help off-set needs beyond available resources.

I would like my contribution to go to:

- Home Delivered Meals
- Transportation Services
- Health Insurance Counseling
- Where it is most needed
- In Memory Of _____
- Please DO NOT acknowledge my donation in the Golden Glow

Tape current mailing label here

Name _____

NEW Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

I prefer to receive the Golden Glow by (circle one) USPS MAIL or EMAIL

- Permanent
- TEMPORARY In effect from _____ to _____
- Please remove name from mailing list.