
FROM THE DIRECTOR

.....ANGELA M. REARDON

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OFA Senior County Picnic

**Location: Sampson State Park
6096 Route 96A, Romulus, NY
Date: Friday, August 18th
Live Music at 11am**

RSVP to OFA (315-539-1765) by Monday, July 31st

**Picnic Menu served at noon:
Hamburger/Cheeseburger on Bun
Baked Beans
Carrot Apple Salad
Watermelon**

Snacks: mini chips, cakes, and lemonade

Seneca County Office for the Aging 2017 Senior Farmer's Market Nutrition Program

The NYS Farmer's Market Senior Nutrition Program is open. The purpose of this program is to promote improved nutrition through increased consumption of

locally grown fresh fruits and vegetables. The \$20 coupon booklets will be issued by the Seneca County Office for the Aging.

To be eligible for the coupons you must meet **ALL** of the qualifications:

1. You must be 60 years of age or older
2. You must reside in Seneca County
3. You must meet the following income guidelines:

Income of

\$1,860 or less per month for 1 person

\$2,504 or less per month (2 persons)

\$3,149 or less per month (3 persons)

For more information or to schedule an appointment to pick up coupons, please call Deb DiLallo at 1-607-869-9420.

WE'RE MOVING!



The Office for the Aging will be moving “next door” to the former BonaDent building, now known as the “*Seneca County Health and Senior Services Building*”.

The Seneca County Public and Environmental Health Departments will also be moving to this building as well. Our move date is scheduled for **September 1, 2017**.

Our **NEW ADDRESS** WILL BE: **2465 NORTH ROAD**

SENECA FALLS, NY 13148

Our phone numbers will remain the same (315) 539-1765. We hope you will stop by to join us for lunch/activities at our new location! Stay tuned for new programs provided in our new location!!!

THANK YOU JUNE 2017 SERVITOR VOLUNTEERS..... Janice Roloson, Elsa Conley, Irma Kraft, Michele Bonacci, Lauren Cole, and Barbara Sheppard

SOUTH COUNTY TRANSPORTATION CORPS

Providing transportation to medical and health related destinations for people who don't qualify for Medicaid transportation services or RSVP over 55 transportation services. Serving residents of **Covert, Fayette, Lodi, Ovid, Romulus and Varick.**

NEW PHONE NUMBER!!!

FOR RIDES CALL: 315-333-2179

This service is free but donations beginning at \$5.00 per local ride are requested to offset program costs.

APPOINTMENTS ENCOURAGED

Nothing is more frustrating than driving all the way to our office for help with a problem only to find that the employees you need to see are busy assisting other customers. Given the number and complexity of issues we help with, we want you to meet with the employee best able to assist you.

Please remember to call ahead and make an appointment. This will guarantee that you will be able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to see everyone in a timely manner.

SENIOR COMPANION PROGRAM

Do you need EXTRA income (\$212 a month for 20 hours a week of service) and want to help others in your community?

The new lower age of 55 and the new income guidelines allow more seniors to participate in the program.

The Senior Companion Program recruits low- income people 55 and over who are willing to provide volunteer services for people with developmental disabilities.

We are looking for Senior Companions in Newark, Geneva, Canandaigua , Penn Yan, Seneca Falls and Waterloo.

In exchange for their time, the volunteers receive a tax-free stipend (\$212 a month), a transportation allowance, a daily meal, and many other benefits. There are group homes, adult day programs and nursing homes in your area that would benefit from having a Senior Companion.

Senior Companions benefit by being a part of a group of seniors who meet monthly for training, and enjoy annual picnics, recognition luncheons, and holiday parties.

Find out more!

Call 315-331-1700 Ext. 2427 and Ask for Annette Hawver

OFA PUBLIC HEARINGS

The Seneca County Office for the Aging would like to hear your comments and suggestions concerning the programs and services we provide:

Please join us at one of our Public Hearings:

Tuesday, September 26, 2017 at 11:30 am

Verona Village
2276 County Road 139
Ovid, NY 14521
(607) 869-2275

Thursday, September 28, 2017 at 11:30 am

Office for the Aging
Seneca County Health & Senior Services Building
2465 North Road
Seneca Falls, NY 13148
(315) 539-1765

Lunch follows the hearings.

Please make a reservation by noon the day before the hearings if you plan to stay for lunch.

HOT WEATHR SAFETY TIPS FOR OLDER ADULTS



We all know that hot weather can be dangerous. This is especially true for older adults. Every summer nearly 200 Americans die of health problems caused by high heat and humidity. Most of these individuals happen to be age 50 or older. Hot weather is more likely to cause health problems for older adults for a variety of reasons. These reasons include age related physical changes in the body, chronic health conditions, and even side effects from taking some medications.

Staying Safe When It's too Darn Hot

When the temperatures climb above 90 degrees, older adults can be proactive and take precautions. So check the outside temperature on summer days. If it's above 90 degrees, older people should keep in mind the following tips:

1. **Stay out of the sun when possible.** If possible, wait to go out until the sun starts to set or until early the next morning. Adjusting when you go outside could mean a difference of several degrees.
2. **Air Conditioning** is your friend. Spend as much time as possible in an air-conditioned space. If you don't have an air conditioner, go somewhere that is air-conditioned. Read a book at the library, walk around an indoor mall, watch that new movie at the theater, or meet your friends at the senior center.

3. **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you .
4. **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes (dark colored clothes absorb heat). Top it off with a lightweight, broad brimmed hat and you are dressing like a pro! These simple changes will help you stay cool and avoid sunburn.
5. **Did someone say sunburn?** Use broad -spectrum sunscreen with sun protection factor (SPF) of 15 or higher.
6. **Cool Down!** Take tepid (not too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Info. taken from healthinaging.org



FREE LINE DANCING INSTRUCTION

The Senior Center, Inc. provides FREE line Dancing Classes!

Come join the EASY MONDAY class from 10:15 AM – 11:00 AM

Additional classes are available on TUESDAY and THURSDAY

from 10:30 am – 11:30 am

For more information contact Denise or Chris at (315) 539-1620

AUGUST 2017 ACTIVITIES

Seneca County Senior Center, Inc.
1 DiPronio Drive, Waterloo, NY 13165

The following activities are each week at the Office for the Aging Nutrition Site located in the Seneca County Office Building, 1 DiPronio Drive, Waterloo, NY and at the Verona Village Nutrition Site in Ovid. Please call (315) 539-1780 for details.

- MONDAY: Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 1:00 PM- 3:00 PM ART GROUP
Waterloo 10:15 AM - 11:00 AM LINE DANCING
Waterloo 11:30 – 11:45 AM WELLNESS/FITNESS
- TUESDAY: Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 10:30 AM – 11:30 AM LINE DANCING
- WEDNESDAY: Ovid 8:00 AM – 9:00 AM COFFEE HOUR
Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 11:00 AM – 11:30 AM ADULT COLORING GROUP
Waterloo 11:30 – 11:45 AM WELLNESS/FITNESS
- THURSDAY: Waterloo 10:00 AM – 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 10:30 AM – 11:30 AM LINE DANCING
Waterloo 11:30 AM – 12 NOON DISCUSSION GROUP
- FRIDAY: Waterloo 10:00 AM- 12 NOON BILLIARDS
Waterloo 9:00 AM – 3:00 PM WALKING
Waterloo 11:00 AM – 12 NOON COFFEE HOUR
Waterloo 11:45 AM – WORD OF THE WEEK
Waterloo 11:30 AM – 12NOON TRIVIA

OFFICE FOR THE AGING STAFF

Angela M. Reardon.....Director
Kimberly Pfeiffer.....Coordinator of Services
Debra DiLallo..... Nutrition Services Coordinator
Jamie Damoth.....Meals on Wheels Coordinator
Tom McArdle.....Aging Services Aide
Bob DeYoung.....Weatherization Coordinator
Amanda Faiola-Mikkelsen.....Aging Services Specialist
Leeanne Dutcher- Teufel.....Aging Services Aide
Lisa Lindon.....Weatherization Referral Associate
Christina Ganzon.....Registered Dietitian
Kathy Kopsa.....Cook
Cynthia Doolittle, Susan Kastenhuber.....Kitchen Personnel
Barbara Strawway, Marian Gable,
Elinor Goslicki.....Nutrition Site Managers
Michelle Langley, Mark Crawford, Harold Bush ,
David Ramsey,.....Food Transporters
Scott Burluson.....Weatherization Energy Auditor
Bill Murray, Adam Hampshire.....Weatherization Aides

CHANGE OF ADDRESS

If you will be having a change of address, please remember to let our office know.

Also, if you are temporarily away from your home, contact us as well. The Office for the Aging pays **.49** cents for each returned SERVITOR. If your copy is returned to our office, you will be taken off our mailing list until you notify us of your new address or that you have returned home.

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If you would like to receive the SENECA SENIOR SERVITOR, or if you

would like to have it sent to a friend or neighbor, please fill out the following

form. Please be sure to include the TOWNSHIP and BOX NUMBER, if you are on a rural route. The suggested contribution is \$2.00 per year.

NAME: _____

ADDRESS: _____

TOWNSHIP _____
