



CAREGIVER

NEWSLETTER

ADDRESS: 70 BUNNER ST., OSWEGO, NY 13126

HOURS: MONDAY- FRIDAY 8:30AM-4:00PM

NUMBER: (315) 349-3484

WEBSITE: WWW.OSWEGOCOUNTY.COM/OFA

NY CONNECTS OSWEGO: (315) 349-8697 OR (800) 342-9871

HEATSTROKE OR STROKE?

Aging Services Administrator:
Sara Sunday

Aging Services Specialists:
Casey Diehl
Bobbie Gill

Secretary:
Kim Briest

Aging Services Aides:
Nicole Baldwin
Jacqueline Louer
Richard Proctor

Senior Home Care Case Managers:
Hope Cimilluca
Wendy Heretyk
Elena Oldenburg

Account Clerk:
Rita Oldenburg

Home Delivered Meals Case Managers:
Luanne Crouch
Missy Peel

NY Connects:
Katrina Froats
Elizabeth Weimer

Caregiver Services:
Elizabeth Weimer

Heatstroke	Stroke
What is it?	
Heatstroke occurs when core body temperature rises to more than 104 degrees Fahrenheit	A stroke occurs when a blood vessel to the brain is either blocked by a clot or bursts. The disruption of blood and oxygen to the brain causes brain cells to die
Causes	
Some people may be at higher risk due to: Weight, age, medical history, medications they are taking. Being outside in EXCESSIVE HEAT	80% of strokes are preventable. Some risk factors that can be treated or controlled: heart disease, high blood pressure, obesity, cigarette smoking, diabetes, atrial fibrillation, poor diet, high cholesterol Some risks factors that can't be changed: age, race, gender, family history and medical history
Signs	
High Body Temperature- a body temperature of 14 degrees Fahrenheit or higher is the main sign. Muscle cramps, headache, strong or rapid pulse, flushed/red skin, nausea and/or vomiting, hot and dry skin (if not exercising), confusion and/or unconsciousness	F.A.S.T. F= face drooping A= Arm weakness S= Speech difficulty T= Time to call 9-1-1 Additional signs of stroke included sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body
What to do	
Cool the person- Call 9-1-1	Call 9-1-1

Source: StrokeAssociation.org

Summer Weather Doesn't Mix with some Medications

Summer is here and the days continue to get hotter. Families often look forward to getting outside and enjoying the warm weather, but many common prescription medications can complicate having fun in the sun. It is important to be more mindful of medication side effects and watchful of a senior's wellbeing during this time of year.

Be sure to check all your loved one's medication for the their side effects; Explore in detail before heading outside this summer.

Dehydration

During the hot summer months, it is easier to become dehydrated because we lose more water through the process of sweating. Dehydration worsens when individuals decrease their fluid intake to manage bathroom visits or cannot remember how much fluid they consumed due to cognitive impairment. Add in "water pills" or diuretics used to control conditions like edema, hypertension and glaucoma and the effects can be profound.

Everyone, regardless of age, is encouraged to increase their fluid intake during the hot summer months.

Sensitivity to Sunlight

Certain topical, oral and injection medication can cause phototoxic and photoallergic reactions in individuals when they are out in the sun. During the sunny months, it is extremely important to ask a healthcare provider about how each of a loved one's medications (new and old) may interact with spending time outside. How a person might react to a medication is often dependent on the dosage as well as the amount of sun exposure.

Preventing photosensitivity is like preventing sunburn. Good prevention includes avoiding or limiting exposure to the sun, wearing of protective clothing (including hats), and using sunscreen products.

Heat Intolerance

The heat of summer may cause great problems since some seniors have a reduced ability to regulate body temperature. The addition of certain medications can further weaken or inhibit the body's normal physiological response to heat and humidity.

It is crucial to closely monitor seniors taking these and similar medications while spending time outside. Overheating, also known as hyperthermia, can quickly progress into heat stroke if left untreated. To avoid overheating, wear light-weight summer clothes, keep a cool, non-alcoholic beverage handy and bring your own shade.

Safe Summer Fun

It is important for seniors and their caregivers to get some fresh air and vitamin D this summer, but be smart about outdoor activities and know the interactions of the medications that your loved one is on.

Source: AgingCare.com

Skin Cancer: Why your skin needs to stay protected this summer

While being active this summer, be sure to care for your skin. Skin cancer is one of the most common forms of cancer in the country. Anybody is at risk for skin cancer; however those with lighter skin and freckles are at the greatest risk. Excessive exposure to the sun is the leading cause of skin cancer, although tanning beds and lamps can also cause skin cancer. In some cases, skin cancer can be eliminated if it is found early before spreading to other parts of the body. You should check your skin at least once a month for any abnormalities, such as bleeding mole, or a new growth.

The three types of skin cancer:

Basal cell carcinoma Squamous cell carcinoma	Both grow slowly and barely spread; they are found primarily on parts of the body often exposed to the sun ex: face, hands, neck and head.
Melanoma	Spreads to other organs and can be deadly (rarer than other types)

Tips to keep your skin healthy this summer:

1. Limit exposure to the sun- Some sun is ok but be careful of too much exposure during times of the day when the sun’s rays are the strongest. During the summer, the sun’s peak hours are from 10am-4pm. Sun rays can also burn you on cloudy days and when swimming in a pool, lake or ocean.
2. Use sun screen- When going out always be sure to use sunscreen with sun protection factor (SPF) 30 “Broad Spectrum” or higher. Always apply 15 to 30 minutes before heading outdoors. Remember to reapply every couple hours and always reapply after swimming and excessive sweating.
3. Wear protective clothing/accessories- When participating in activities that require direct sun exposure, for example: picnic, BBQ, gardening, at the beach; wear a wide brim hat to cover your face and neck. Wear sunglasses to protect your eyes (You can get cancer in the eyes!) and wear loose, lightweight, and long clothing to protect your arms and legs.
4. Avoid tanning-Refrain from using tanning beds or sun lamps. This direct exposure is very harsh on the skin, making you more susceptible to skin cancer.

Source: www.nia.nih.gov/health/publication/skin-care-and-aging

Farmers Market Coupon Booklets for Seniors

The Oswego County Office for the Aging has Farmers Market Coupon Booklets available again this year. The coupons may only be used to buy locally grown fresh fruits and vegetables from participating farmer's markets/farmers.

Eligibility requirements are as follows: Age 60 and over whose gross income is at or below 185% of Federal Poverty guidelines (\$1,860.00 monthly for a one-person household, \$2,504.00 monthly for a two-person household, \$3,149.00 monthly for a three-person household- income levels increase by \$645/month per person) OR 60 and over who currently receive or are eligible to receive SSI, public assistance or Section 8 housing subsidy. Each older adult in a household is eligible to receive a booklet if they meet the age and income requirements.

On July 12th coupon booklets may be picked up at the Oswego County Office Complex, in the Front Lobby located at 70 Bunner Street, Oswego, NY between 10:00am-2:00pm and weekdays thereafter at the Office for the Aging also located in the Complex. Booklets cannot be mailed and may not be picked up by proxies. Booklets must be picked up in person.

Depending upon availability, Office for the Aging staff is scheduled to distribute the booklets at the following Senior Nutrition Sites on the following dates:

Wed. 7/19	Hannibal*	Community Library	11:00am-1:00pm
Thurs. 7/20	Parish	New Hope Church	10:30am-12:00pm
Fri. 7/21	Mexico	Presbyterian Church	10:30am-12:00pm
Fri. 7/21	Fulton*	Municipal Building	11:00am-1:00pm
Mon. 7/24	Phoenix	Congregational Church	10:30am-12:00pm
Thurs. 7/27	Cleveland*	United Methodist Church	11:00am-1:00pm

Booklets will also be available:

Thurs. 7/20	Sandy Creek Town Hall	10:30am-12:00pm
-------------	-----------------------	-----------------

Transportation is available to the Hannibal, Fulton & Cleveland Nutrition sites.

Call the Nutrition Sites directly to reserve your seat and meal-

Hannibal: 315-564-5471 Fulton: 315-592-3408 Cleveland: 315-598-1514

There are a limited number of coupon booklets available therefore distribution will be on a first come, first serve basis. Booklets will be issued until the supply is depleted.

If you have any questions regarding the coupon booklets call the Office for the Aging at 315-349-3484, Monday-Friday, 8:30am-4:00pm

RSVP, County, Pathfinder Bank to launch Financial Program for seniors.

SUNY Oswego will host the first workshop in a new partnership of three prominent Oswego County organizations offering seniors critical assistance to boost financial awareness and the opportunity to meet with professionals and learn about the free resources available to help assure a more secure financial future.

Pathfinder Bank, the Oswego County Office for the Aging (OFA), and the Oswego County Retired Senior and Volunteer Program (RSVP) have teamed up to coordinate a comprehensive financial awareness workshop as part of Pathfinder's "Money Smart" program.

The first workshop will take place at 1p.m. Tuesday, Aug. 8th, in Rich Hall's Room 118, a conference on the campus of SUNY Oswego. Those attending need to register. Parking is available in the employee lot adjacent to Rich Hall.

The collaboration of public and private interests is designed to respond to a widespread demand for information on how to use the readily available financial assistance apparatus within Oswego County.

"Pathfinder Bank is dedicated to helping our seniors and their families stay safe in a world where elder financial abuse is a growing issue," said Pathfinder Bank Branch Manager Deana Michaels. "Together, we will provide our seniors the resources to make healthy financial decisions and the tools to prevent financial exploitation."

The workshop will feature information on an array of information ranging from Power of Attorney, avoiding scams and the benefits of knowing your banker, to accessing legal help and healthcare resources. Professionals will be available to answer questions in their areas of expertise pertaining to financial health and wellness.

"By highlighting the resources and materials available, especially for our seniors, we are working together to ensure they have access to accurate and up to date information," said RSVP Director Meave Gillen.

"Our mission is to assist older residents to remain in the community at the highest level of independence, for as long as possible, in safety and dignity," said OFA Aging Services Administrator Sara Sunday. "We are happy to partner with Pathfinder Bank and RSVP to add one more tool to help our seniors safely age in place."

The Pathfinder Bank "Money Smart" program was designed through combined resources and expertise of Pathfinder Bank and SUNY Oswego to cover a multitude of topics to increase fiscal literacy and understanding among Oswego County resident.

RSVP works to recruit volunteers ages 55 and older to develop program opportunities for volunteer that are rewarding and challenging, as well as strengthening the Oswego County community by meeting critical needs and improving lives.

To register for the workshop or for more information, contact RSVP Director Meave Gillen at 315-312-2317 or rsvp@oswego.edu. Space is limited.

Project Lifesaver

The Office for the Aging (OFA) is currently able to offer “Project Lifesaver” with funding received from the BIP Caregiver Support grant. Through program funding, OFA can pay for the first year of a Project Lifesaver Unit.

What is Project Lifesaver? Project Lifesaver is a public safety program to locate missing persons suffering from Dementia-Type Disorders. Each participant is fitted with a personalized Project Lifesaver wristband that emits an automatic tracking signal every second, 24 hours a day. The signal can be tracked by specifically trained personnel on the ground or in the air. Project Lifesaver gives family members a piece of mind that their loved on can be found should they wander off. On average nationally, the recovery time of a client who has gone missing with the project lifesaver bracelet is 30 minutes.

Qualifications through the Office for the Aging Caregiver Support Program:

- Person must be 18 years of age or older
- The person who “wanders” MUST have a valid MEDICAID number
- The person MUST have a caregiver
- Consent must be given for the unit and referral

The cost of the unit for the first year is approximately \$311. If the above-mentioned criteria are met, the OFA will cover the first year fee. Upon the second year, the unit costs \$8 a month which the family/caregiver would be required to pay if they wish for the unit to remain.

OFA is happy to discuss the qualifications and arrange an appointment to assist with the application process. If you are interested and would like more information, or have questions about the program, please contact Elizabeth @ 315-349-3570

Updates:

Medicare 101- Office for the Aging will hold Medicare 101s in the community on the following dates:
Aug. 10th 10am-12pm West Monroe Town Hall (46 County Route 11)

For more information, please contact the Office for the Aging at 315-349-3484 Monday-Friday
8:30am-4:00pm

Social Media Program- Are you a senior who is 60 years of age or older and interested in learning more about social media apps? We may have a program that is right for you. The Office for the Aging and the Oswego County/City Youth Bureau are partnering to assist seniors in learning more about social media programs such as: Facebook, Skype, Texting, FaceTime, etc. We have a small survey to fill out and we are looking at potential sessions this summer. For more information contact the Office for the Aging @ 315-349-3484

AURORA of Central New York- Do you have any gently used aids or devices that you are no longer using? We can repurpose the following items: Lighted Magnifiers, Closed Circuit Televisions (CCTV), Gently Used Hearing Aids, Amplified Telephones, Assistive Listening Devices and Wrap Around Sunglasses. Bring them down to our office between the hours of 8:30am and 4:30pm, Monday through Friday. We are located at 518 James Street in Suite 100. There is free off-street parking next to and across from the building.

Handyman Services- Are you a senior who is 60 years of age or older and in need of some small home repairs? We may have a program that might be able to assist you. The Office for the Aging is partnering with CiTi students & staff and RSVP to assist with small home repairs. If you would like more information on this program please contact the Office for the Aging @ 315-349-3484 Monday- Friday from 8:30am-4:00pm

Oswego County Veterans Agency- Some veterans' benefits may be available to veterans (who served DURING wartime) or surviving spouses with low incomes. You can now have the word "veteran" placed on your driver's license free of charge. Check with the DMV for details.

Veterans bronze plaques for headstones, please let your families know your wishes on whether you would like one or not. They MUST be placed in a cemetery. Please call the Oswego County Veterans Agency for more information on any of the above. 315-591-9100.

North Shore Nutrition Site- The North Shore nutrition site will temporarily change locations beginning June 20th through August 10th. The North Shore Temporary site address will be: Cleveland United Methodist Church at 73 Bridge Street in Cleveland and the contact number is: 315-720-9732.

UPDATES:

Call N Ride Program- The Call N Ride program is free for anyone who is 60 years of age or older. Seniors are welcome to give a donation. Simply call OCO transportation at 315-598-1514 and ask to make a Call N Ride appointment. You will need to provide the dispatcher with: Name, Address, Gender, Race/Ethnicity and Date of Birth (proof you are at least 60).

The Call N Ride program for seniors is funded by a Community Services for the Elderly (CSE) grant through the NYS Office for the Aging and the Oswego County Office for the Aging. OFA contracts with Oswego County Opportunities, Inc Transportation Services to provide the Call N Ride program for seniors.

BIP (Balancing Incentive Program) Caregiver Program- Office for the Aging (OFA) has received funding to assist care-receivers who are on Medicaid. The program allows OFA to provide ramps, in collaboration with ARISE, to eligible households. The grant also allows OFA to assist with the Project Lifesaver Program. For more information on eligibility, please contact the Office for the Aging @ 315-349-3484

Alzheimer's Respite Program- Respite is intended to deliver relief to caregivers who provide care and support to individuals with Alzheimer's disease and other dementias (AD/D) by offering a temporary reprieve from the stresses associated with care giving. Respite is intended to strengthen the family system while protecting the health and well-being of both the caregiver and care recipient. This respite program is for people who are not Medicaid eligible. For more information, please contact Elizabeth @ 315-349-3570.

The Mature Living Newsletter- The newsletter is available in 1of 3 ways. The first is at many locations throughout Oswego County such as libraries, dining and activity centers, senior housing and home delivered meal sites. The second is through email. Simply email RSVP at rsvp@oswego.edu for your subscription. Mail is also an option and an annual subscription cost is \$5.00

Osteo Bone Builders Exercise Classes in Oswego County:

RSVP currently offers "Osteo Bone Builders" program in 23 sites in Oswego County biweekly. The classes are led by a RSVP volunteer who is certified in the techniques developed by Research Scientists at Tufts University. The classes are free but a suggested donation of \$.50 per session is recommended. For more information please contact RSVP at 315-312-2317 or email: rsvp@oswego.edu

Office for the Aging is on Facebook. Have you checked out the Office for the Aging Facebook page? There are updates posted, interesting articles and reminders of upcoming events/groups. Check us out and like us on Facebook today, search for: Oswego County Office for the Aging.

Office for the Aging has a website:

You can find more information on Office for the Aging programs at: www.oswegocounty.com/ofa

UPDATES

Cornerstone Club Social Day Program- A brand new program designed especially for older adults is planning to open its doors this summer. The Cornerstone Club will offer members a place to socialize and take part in activities with staff available to provide supervision, health and nutrition monitoring, all in a safe location that is easily accessible to the community. The Social adult day club will be located at the newly renovated Catholic Charities site at 808 West Broadway (State Route 3) in the City of Fulton, and serve the entire county. The hours will be 7:30am to 5:30pm weekdays. There are flexible attendance options available in either full-day or half-day increments. Members can arrange for their own transportation or let The Cornerstone Club arrange for transportation services as needed. Program enrollment can be paid privately, funded through a Managed Long-Term Care Plan, or other programs. Rates are based on full or half-day visits. Scheduling is flexible; members can visit as often as they choose during the week. For more information please contact Program Director, Nicole Greenier @ 315-806-8721 or on the web at www.cornerstoneclubfulton.com



New Logo- Office for the Aging Celebrated their 40th Anniversary on May 31st with an Open House. As part of the 40th anniversary, we partnered with CiTi to create a new logo and with their help and Julia Allen (from Citi) we have a new Logo!

Opportunities to Volunteer

Home Delivered Meals Volunteers Needed- Volunteers are the heart of the program and their daily visits contribute to the general well-being of home bound seniors every bit as much as the nutritious meal they deliver. Please consider volunteering daily, weekly or even just once or twice a month. For more information please contact Chris Parks, Volunteer Coordinator at 315-598-4712 ext. 1807

ARISE- ARISE is looking for Volunteers to assist with their Ramp program to build wooden sections, assemble both aluminum and wooden ramps and general support of the program. For more information please contact Jim Karasek at 315-342-4088 ext. 206 or email at jkarasek@ariseinc.org

P.A.L.S. (Pulaski Assisting Local Seniors)- Are you looking for an opportunity to volunteer? P.A.L.S. is looking for volunteers to help local Pulaski Seniors. Check out their Facebook page or contact them via phone at 315-509-4313.

Catholic Charities- Catholic Charities of Oswego County is looking for volunteers in the emergency services program (Food Pantry and Thrift Store) If you are interested in volunteering, please contact Catholic Charities @ 315-598-3980

Happenings in Oswego County

August

- 2nd- Goettel Community Park Concert, Central Square 6-8pm
 2nd- Summer Concert Series @ Brietbeck Park, Oswego 7:00pm
 3rd- Rock the River Concert Series @ Veteran's Stage, Oswego 6:30-9:30pm
 4th- Henley Park Concert, Phoenix 6-8pm
 7th- Henley Park Concert, Phoenix 6-8pm
 9th- Senior Day at the Oswego County Fair, Sandy Creek
 9th- Goettel Community Park Concert, Central Square 6-8pm
 9th- Summer Concert Series @ Brietbeck Park, Oswego 7:00pm
 10th- Rock the River Concert Series @ Veteran's Stage, Oswego 6:30-9:30pm
 10th-12th- Fulton Jazz Festival
 14th- Henley Park Concert, Phoenix 6-8pm
 16th- Goettel Community Park Concert, Central Square 6-8pm
 16th- Summer Concert Series @ Brietbeck Park, Oswego 7:00pm
 17th- Rock the River Concert Series @ Veteran's Stage, Oswego 6:30-9:30pm
 18th- Henley Park Concert, Phoenix 6-8pm
 21st- Henley Park Concert, Phoenix 6-8pm
 23rd- Goettel Community Park Concert, Central Square 6-8pm
 23rd- Summer Concert Series @ Brietbeck Park, Oswego 7:00pm
 24th- Rock the River Concert Series @ Veteran's Stage, Oswego 6:30-9:30pm
 25th-26th YMCA Dragon Boat Race, Oswego
 25th- Henley Park Concert, Phoenix 6-8pm
 28th- Henley Park Concert, Phoenix 6-8pm
 30th- Goettel Community Park Concert, Central Square 6-8pm
 31st- Rock the River Concert Series @ Veteran's Stage, Oswego 6:30-9:30pm

Farmer's Markets in August:

Oswego- Thursdays 4:30-8pm (Aug. 3rd, 10th, 17th, 24th, 31st)

Hastings- Saturday August 5th, from 11am-3pm

Fulton- Saturdays 8am-12pm (Aug. 5th, 12th, 19th, 26th)

Pulaski- Fridays 4-8pm (Aug. 4th, 11th, 18th, 25th)

Oswego Downtown Market- Saturday August 19th, from 9am-4pm

Support Groups in the Area

Caregiver Support Groups
 Meets 1st Tuesday of the Month 3-5pm
 2 Hubble Street, Pulaski
 Contact Elizabeth Weimer
 (315) 349-3570
 2nd Thursday of the month 3-5pm
 357 State Street, Fulton, NY

Cancer Support Group
 (Caregivers and Patients)
 Meets 1st Weds. of month 4-5:30pm
 Hematology Oncology
 Associates of CNY
 5008 Brittonfield Pkwy
 3rd Floor, East Syracuse
 Contact (315) 472-7504

Breast Cancer Support Group
 Meets 2nd Wednesday of the month
 4-5:30pm
 Hematology Oncology Assoc. of CNY
 5008 Brittonfield Pkwy
 3rd Floor, East Syracuse
 Contact: (315) 472-7504

Alzheimer's Caregiver Support Group
 First Universalist Church of Central Sq.
 Central Square, NY 13036
 4th Monday of the month @ 7pm

Online Support Groups:
<https://www.agingcare.com>

Stroke Survivors Support Group
 (For families and caregiver also)
 Meets 1st Thursday of the month 12-1
 The Manor at Seneca Hill
 20 Manor Drive Oswego, NY 13126
 Contact (315) 349-5300

Oswego County MS Self Help Group
 Meets 2nd Thursday of the month 7pm
 Fulton Medical Center
 510 South 4th St. Fulton, NY
 Contact Brenda Irving @ (315) 342-3296

Oswego Hospital Bereavement
 Meets the 2nd Tuesday of the month
 Hospital Cafeteria Conference Rm. 7-9
 Contact Donna Lupien (315) 342-6326

Alzheimer's Caregiver Support Group
 Meets 4th Wednesday of the month
 7-8:30pm, Manor at Seneca Hill
 Adult Day Health Room
 Contact: (315) 349-5344

Get Help with your long-term services and supports needs.



NY Connects can help you:

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about caregiver supports
- Find a supported employment program
- Get answers about Medicare
- Apply for Medicaid and other benefits

To find out more, contact NY Connects:

Call: 315-349-8697 or (800) 342-9871

Individuals who are deaf or hard or hearing can use NY Relay System 7-1-1.

Or online at: www.nyconnects.ny.gov

Funding provided in part by, The NYS Office for the Aging, Administration for
Community Living and Oswego County.