It seems as though each month of the year is national something or other. One designation for May is national Mobility Awareness month, particularly for those living with disabilities. June is celebrated as national Safety month. So, in recognition of both, you will find a number of articles in this issue of THRIVE with a focus on mobility, or safety, or both!

We need to hear from you....

It’s been a while since we reached out to you for survey information and decided to make it really easy for you this time. In the box below you’ll find 3 questions we’d like all of you to answer. All you have to do is call us at the new phone number, 734-4453, and provide your 3 answers. We do not need your name, but if you want to make anonymous comments or feedback we encourage you to do so.

C TRAN Adds to Fleet

Watch for three new mid-size buses to be moving about. They’ll help seniors and individuals with disabilities utilize the county’s public transit system with greater ease and comfort. The new buses have large seats and plenty of room for wheelchairs. They also feature an accessible ramp. These buses will be used on C TRAN’s established routes but will also be available for point to point rides through Access Chemung.

Mobility is critical, especially for those who no longer drive or for those who have never, and will never, possess a driver’s license.

Contact C TRAN at 607-734-5211 or check out their website www.ridectran.com for more information.

Website/Phone Changes—A Reminder

We’ve been preparing for life without our own telephone number and the exclusive use of the CCE website. Please know that you can reach us by phone at 607-734-4453, and all of our website information can be accessed at chemung.cce.cornell.edu. At the top just click on ‘volunteering’. For educational transportation resources click on ‘community’ and then ‘Getting There’.

Until next time.......Carol
Staying in Touch
With CCE
Address
Cornell Cooperative Extension
of Chemung County
425 Pennsylvania Ave., Suite 107
Elmira, NY 14904
Office Hours
Weekdays 8:30— 4:30
Monday, May 30
For Memorial Day
Website
chemung.cce.cornell.edu
“Like” us on Facebook!
Phone
607-734-4453
fax number is
607-734-7740

“I was going for a walk,” a lady told her husband, “when I saw this poor man lying on the sidewalk in pretty bad shape. Fortunately, all my first-aid training came back to me and I bent down and put my head between my knees to keep from fainting.”

What Volunteering Means to Me
“The fact that it keeps me going! I enjoy meeting the people. I enjoy teaching the Driver Safety Program tremendously! The students keep coming back and I regret I can’t remember everyone. I’d recommend volunteering. I’m healthy, active and happy. Enjoy life because life is great!”
Olga Krazinski

From one of our Bus Buddies:
“To me volunteering means helping the community and the less fortunate. I’ve worked with a lot of different people over the years and made many friends.”
Marilyn Plate

New Volunteers
Karen Curren
Anita Dupont
Virginia Elliott
Sue Kambeitz
Betty King
Donnah MacLaury
Gertrude Peck
Katy Piet
Charlene Prior
Peter Russell
Teri Seeley
Denise Siecieska
Rehana Stanley
Kathleen Wilber

Welcome to CVAC and Thank You for your service!

We received monetary gifts, for which we thank:
Sara Hurley
Anne Fitzpatrick
Kathryn Muccigrosso

We have sustained funding cuts over the past couple years. If you are able to help us with a donation it is most welcome at this time. We will acknowledge your gift if you choose. Please use the form below.

THANK YOU!

Please Help Us!!!
Funding for volunteer training and management is increasingly difficult to obtain through traditional sources. Therefore, individual and community donations are more important than ever! Thank you for your tax deductible donation. Your assistance will help CVAC recruit and educate volunteers.

I designate my contribution of $ ______ for:

_____ Use wherever it is needed most
_____ Staying Healthy Initiatives
_____ Going Green initiatives
_____ Citizen Action initiatives

My contribution is in memory/in honor of:

_____________________________________

Contributions are tax deductible to the extent of the law.

I designate my contribution of $ ______ for:

_____ Use wherever it is needed most
_____ Staying Healthy Initiatives
_____ Going Green initiatives
_____ Citizen Action initiatives

My contribution is in memory/in honor of:

_____________________________________

Contributions are tax deductible to the extent of the law.
Opportunities for Enrolled Volunteers

Staying Healthy

BONE BUILDERS
Volunteer Bone Builders trainers. Help yourself and others by becoming a BONE BUILDERS group leader. This research-based osteoporosis prevention exercise program meets at various sites throughout the county. Improve physical health, meet new people and help others. Training is provided. Enrolled

A MATTER of BALANCE PROGRAM
Wanted: Volunteer coaches. A Matter of Balance is a program designed to reduce the fear of falling among older adults by emphasizing practical strategies to increase activity levels, strength and balance, change environment to reduce fall risk factors and teach people how to be safe at home. Volunteers will attend eight hours of coach training, which will be held soon. Enrolled

SOS HOME MANAGEMENT
Volunteers who educate seniors about community services and options available to help them remain living independently. These services revolve around transportation to medical appointments or for groceries, and performing minor home repairs. Enrolled and Affiliated

Citizen Action

CHEMUNG COUNTY POVERTY REDUCTION COALITION
Join community partners, agencies and individuals working with CCE Chemung to empower those living with incomes below the poverty line to transition out of poverty. Enrolled

4-H CLUB LEADER
Volunteers who are willing to serve as positive role models for youth. Leaders work with a group of youth to coordinate and facilitate an educational 4-H Club. Help youth grow as healthy citizens of our community through healthy living, education and civic engagement. Enrolled

Going Green

GETTING THERE
With CCE’s new transportation program up and running, volunteer Transportation Stewards and Bus Buddies are needed to help provide public education and work one-on-one with those learning to navigate the C-TRAN bus system. We’ll help you get started helping others. Enrolled

Opportunities for Affiliated Volunteers

Trail maintenance, educational aides, gift shop
3rd Annual Women Build 2016
Help maintain 20 raised bed gardens
Front desk, gift shop, clerical, restocking
Child advocacy training for volunteers
Geranium sale/Golf Tournament fund raisers
Tanglewood Nature Center
Habitat for Humanity
Food Bank of the Southern Tier
St. Joseph’s Hospital
CASA
CareFirst

If any of these exciting and challenging opportunities interests you, contact CVAC at (607) 734-4453. CVAC is a civic engagement program of Cornell Cooperative Extension of Chemung County. Individuals who bring a diverse perspective and are supportive of diversity are strongly encouraged to apply.
Word Scramble—Safety

Unscramble These Safety Words

CIDCAENST ____________
SSAOTESB ____________
NYMREECEG ____________
MCHILCEAS ____________
HSDAZRA ____________
OOSINP ____________
RACSTEP ____________
XSREOEUP ____________
LLISPS ____________
ADATIOIRN ____________

Answers on page 8

Your Safety Checklist

Depending on where and how you donate your time, you should always be aware of your personal safety. Here are some things to remember:

- Who is responsible for your safety and the safety of other volunteers?
- Are there any health risks related to your volunteer assignment?
- Is there a first aid kit available? Do you know what’s in it and where it is?
- Do you have or need a buddy system?
- Does weather create any hazards, such as extreme heat?
- Is safe drinking water available for you?
- Is your work space well vented?
- Do you have to wear any special clothing?
- Do you need any special identification badges or name tags?
- If riding with someone else, is the driver licensed and is the vehicle insured?

Having this information will better prepare you for taking on just about any volunteer assignment.

ROAD TRIP!

Summer time for a lot of folks means hitting the road and enjoying some vacation time, but before we load up our suitcases and head down the road here are some important tips to remember.

- Is your car in 100% working order? Tires checked (the spare too), fluids topped off, up to date inspection and a full tank of gas? If so, then buckle up. You are ready to go.
- It is important that drivers be aware of their surroundings and distractions that may interfere. With the warmer weather children will be at play and pets running free. Keep your eyes on the road at all times.
- Hands-free devices are great, but how about staying off the phone completely while driving! If you must, then pull off to the side of the road.
- Follow the speed limit at all times. If you begin to feel drowsy or fatigued take that as your cue to completely step out of the car and get a beverage or snack.
- Take the time to get some fresh air, walk around or do some stretching before you reach your destination because, after all, it is about the journey and we want yours to be a safe one.

I’m Walkin’

Known as man’s first form of transportation this activity is full of benefits that will make you want to jump up and get started today!

It’s walking, and anyone can do it.

Walking is, by far, one of the easiest ways to get around and the cheapest too—all you need is a pair of comfortable shoes and a safe path. Twenty minutes per day (preferably more) and you are on your way to better health.

We all know that walking daily can help burn calories and shrink your waistline, but did you know that increased activity can have a profound affect on your life? Walking can improve your mood, increase energy and help lower the risk of heart disease and stroke. People who walk can improve spatial memory and reduce the risk of dementia. It can help lower blood sugar, hence lowering the risk of diabetes.

The bottom line is get off your chair because not moving can be hazardous to your health!
Navigating Safely with Age

Each year one in every three individuals 65 and over will fall. For many the fall will be inconsequential. For others it will be a moment that changes their life forever.

Falls are not a normal part of aging. Contributing factors may include vision issues, hearing impairment, medications, blood pressure, access in and around the home, and pets. That’s right. Most falls can be prevented and a third of falls happen within the home.

Fear of falling tends to increase with age. “Inactivity” leads to loss of strength, flexibility, and endurance, all of which affect balance which is crucial to staying upright. Once a person has fallen the tendency is to avoid activities where another fall might occur and so a vicious circle of sedentary behavior and declining physical stamina snowballs.

The worst thing a person can do is sit and do nothing. Negative thoughts take over and the risk for falling is actually increased. When the person does have to get up and move the risk of falling is greater than for the person who leads an active lifestyle.

The bottom line – keep moving. If you have not been active start slowly and increase your level of activity gradually. Talk openly with your physician about options appropriate for you. It is never too late to start.

Consider taking A Matter of Balance, eight two-hour classes held over four weeks at various locations within Chemung County. For more information, call Cornell Cooperative Extension at 607-734-4453 and ask for Connie or Mary-Lynn.

The Importance of Strong Ankles When It Comes to Mobility and Safety

I learned this in A Matter of Balance Master Training. Why I had never given it much thought before surprises me. The ankle is what allows the foot to adjust to the terrain. It needs to be strong and flexible so we can maneuver up or down slopes or stabilize on uneven ground. The strength of the ankle is what helps us to lift our foot so we avoid stubbing our toes. Hence, it plays a very important part in balance.

With age, many people find their ankles swollen and stiff, often from longs periods of inactivity. There are many simple exercises that can help keep the ankles strong and flexible. Both Bone Builders and A Matter of Balance have exercises that address the ankle.

Another thing I have learned is that when you do a “runner’s lunge”, you should be able to keep your back foot flat on the ground. This is heel cord flexibility and is a strong indicator of overall balance ability and range of motion. Stand about an arm’s length away from the back of a chair. With right foot in front of left, lean forward keeping left heel flat on the floor. Hold 10-15 seconds and then repeat with the opposite foot. Repeat two times.

Take good care of your ankles. They can help you stay on your feet!  

Connie Shelford
Upcoming Events and Community Opportunities

AARP Smart Driver Classes*

Big Flats Community Center    Call 562-8443, Ext. 30
April 21   9:00 AM—4:00 PM (bring a bag lunch)
April 25 & 26  5:30—8:30 PM
May 5    9:00 AM—4:00 PM (bring a bag lunch)
May 23 & 24  5:30—8:30 PM
June 20   9:00 AM—4:00 PM (bring a bag lunch)

Steele Memorial Library    Call 733-2788
May 2   9:30 AM—4:30 PM (bring a bag lunch)
June 15 & 16  1:00 PM—4:00 PM
July 11  9:30 AM—4:30 PM (bring a bag lunch)

Appleridge Senior Living    Call 767-6190 Ext. 6629
June 22 & 23  1:30 PM—4:30 PM

*Registration fee is $20 for AARP members, $25 for non-members. Please bring Driver’s License to class!

Prescription Drug “Take Back” Scheduled
April 30   10:00 AM—2:00 PM
Southport Fire Dept. and West Elmira Fire Dept.
Conducted by the Chemung County Sheriff’s Office

Geology of the Finger Lakes Lecture
June 16  7:00 PM   FREE
Human Services Building, Montour Falls, NY

Free Document Shredding
May 14   1:00 PM—3:00 PM
First Heritage Federal Credit Union, Painted Post, NY
In the parking lot off from W. Water St. Open to the public.

Chemung County Senior Games
May 11—May 26 various locations and times
Opening ceremonies at Horseheads High School on Saturday, May 14th at 10 AM.
Events to be contested by individuals ages 50 and older include: track & field, archery, golf, bocce, pickle ball, bowling, softball, putt putt billiards, and miniature golf.
Medals to be awarded in several age groups.
For a complete schedule go to chemungcounty.com.

FAST STAT:
In an average year, speeding is involved in 27 traffic deaths every day during June, July and August.

Talking About Driving Retirement?
For older adults, limiting or stopping driving can represent the end of their freedom and independence, and cause strong emotions from sadness to anger. Family members themselves may feel angry, frustrated, or guilty about having the conversation with older loved ones and making driving related decisions. The We Need to Talk workshop gives practical tips and guidance on how to recognize the warning signs and develop a plan to begin talking about driving retirement. It also provides participants with information on local transportation alternatives to help keep older persons independent and mobile, when driving is no longer a safe option.

Two upcoming FREE workshops:
May 17  2:00 PM—4:00 PM   Corning Library
June 15  1:00 PM—3:00 PM   Appleridge

11th Annual Walk a Mile in My Shoes Suicide Prevention Walk
May 7   9:00 AM   On-site registration
Walk begins at 11:00 AM   Eldridge Park, Elmira
Call 737-2052 for more information.

Farmers’ Markets Opening!
June through September   10:00 AM—2:00 PM
Wisner Market, Elmira
June 10 through October 21  2:30 PM—6:00 PM
EastSide Market, Elmira

You Still Have Time to Register.....
....for Chemung County’s SPRING Household Hazardous Waste Collection Event
Saturday, May 21st

Pre-registration is required. Call CCE at 734-4453, Monday, May 2nd through Thursday, May 19th, weekdays only from 9 AM to 4 PM. Registration closes on May 19th at 4 PM sharp. Eligible items include gasoline, insect sprays, CFL light bulbs, and oil based paint.

For a complete list of acceptable items visit our website chemung.cce.cornell.edu.

This event is FREE, but limited to residents of Chemung County.
Agency & Volunteer Limelights

Mary-Lynn Rourke’s featured agencies:

Offering several programs to help build a community of life-long learners, this all volunteer run agency has so many ways to get involved and help foster the joy of reading for every child from day one. The programs within include: Books at Birth, Reach Out and Read, Kids Bookfest, Book Banners, Traveling Bright Red Bookshelf and Traveling Books. The latter two demonstrate that while we are a mobile society, book programs can be too. So when you are out and about in the community look for the Book Banners, check out the Bookfest, and donate some books to the Bright Red Bookshelf. Help join books and children together!

St. Joseph’s Hospital

Started in 1908 by several physicians and a small group of nuns from Rochester, this local landmark has been serving our community for over 100 years. They have grown from a small three-story building to a regional healthcare facility thanks to the dedicated staff, volunteers and community members. St. Joseph’s Hospital has kept our community safe by caring for the sick and injured. The outpatient therapy department works with folks post-surgery to help them regain mobility promptly. So on any given day you will see volunteers busy restocking shelves, filing, transporting patients and working the front desk. Stop in and see how you can get involved.

Anne Bluhm

Even before she retired from Chemung Canal Trust Company our Limelight Volunteer, Anne Bluhm, was already helping others in our community build strong bones as a Bone Builders trainer. Anne is also a trained Coach for ‘A Matter of Balance’, and received the 2014 Friend of CVAC Award at Cooperative Extension’s ‘Friends of Extension’ event.

Fast forward to today and 8,469 donated volunteer hours later, Anne who was born and raised in Elmira knows the importance of giving back and continues to do so, daily! Anne says that volunteering allows her to meet new people and learn new things. “It’s just a good feeling to help somebody along the way.”

MORE VOLUNTEERS IN ACTION!

Thank you to several CVAC volunteers for helping makes this year’s Ag Literacy Week a huge success!

Over 1,500 children in 78 classrooms (grades preK-4) across Chemung County heard “The Apple Orchard Riddle” and participated in a special group activity. Those are record numbers!

Thanks for your help, and let’s hope that we reach even more children in 2017!
Getting That Garden Ready?
The Cornell Waste Management Institute has some guidelines for your compost pile.

- Avoid raw poultry or meat wastes, pet feces, and plate scraping from people who are ill.
- Manage your composting system so that it gets and stays hot enough to reduce pathogens.

Go here for more info:
http://cwmi.css.cornel.edu/smallscale.htm

- Practice good personal hygiene when handling compost. Wash hands after handling or use gloves. If very dusty consider watering the compost.
- If you have a weakened immune system or another condition that compromises the body's ability to fight off infection, use caution when handling compost.
- Allow composts that are produced in a small scale setting to age for at least a year before use.

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GOING GREEN TIP:
Many vehicles are coming equipped with advanced safety technologies, but to be effective you need to know how to use them. Visit mycardoeswhat.org to learn more.

4-H News
On March 4th, 5 Chemung County 4-Hers had the honor to present at the Southern Tier ELLNoST Legislative Breakfast about their experiences in September with the NYS 4-H Fiber Science Robotics Challenge at State Fair.

Congratulations to EMC—40 Years Young!
The all-volunteer Environmental Management Council (EMC) has been a vital resource to Chemung County residents, serving as liaison between the community and county government on environmental issues. Their work often serves as the basis for courses of action taken by elected officials. Recently EMC members took part in an Earth Day project at Corning Community College, demonstrating the energy saved using LED light bulbs. They are currently selling LED’s to help sponsor students attending Conservation Summer Camp. EMC meetings are every 4th Wednesday at 9 AM at the county sewer district office on Milton Street.

Jennifer Trimber

A drunk phoned police to report that thieves had been in his car. "They've stolen the dashboard, the steering wheel, the brake pedal, even the accelerator!" he cried. The police were dumbfounded and dispatched an officer to the scene. However, before the police arrived, the phone rang a second time and the same voice came over the line. "Never mind," said the drunk with a hiccup, "I got in the back seat by mistake!"

Answers to word scramble: accidents, asbestos, emergency, chemicals, hazards, poison, carpets, exposure, spills, radiation
FREE SHOWING OF “STILL ALICE” MOVIE

The Chemung County Department of Aging and Long Term Care is partnering with the Department of Mental Hygiene and the Alzheimer's Association to provide a free showing of the movie “Still Alice” on Thursday, June 9th, at 5:00, at the Elmira Heights Theater, 10 E. 14th St., Elmira Heights. “Still Alice” portrays the life of a woman diagnosed with early onset Alzheimer's disease. This event is open to the public and will include light refreshments, information stations, and an expert panel discussion. For more information, contact Alzheimer’s Association Southern Tier Program Coordinator Marleah Denkenberger at 607-378-6605 or mdenkenberger@alz.org.

HELP FOR CAREGIVERS

Family caregivers can benefit from a variety of supports and services provided by our department, including our Caregiver Discussion Group that meets the 2nd Thursday of every month from 2:00 – 4:00. Our presenter on May 12th will be Nurse Practitioner and Arnot Health Stroke Coordinator, Mary Ann Teeter, who will provide a presentation on Stroke Awareness. Our June 9th topic is an Overview of Department of Aging and Long Term Care Programs and Services.

HELP WITH MEDICARE COSTS AND DECISIONS

If your gross monthly income is below $1,345 ($1,813 if married), you may be eligible for help paying for your Medicare Part B premium, Medicare prescription drug costs and more. Your income may be higher if you pay health insurance premiums or if some of your income is from wages.

If your monthly income is below $1,471 ($1,991 if married) and your assets are no more than $13,640 ($27,250 if married), you may be eligible for help paying for your Medicare prescription drug costs. Your income may be higher if some of your income is from wages, or if you have additional family members in your household.

For more information or help with Medicare, contact the Department of Aging at 737-5520 or attend our Medicare 101 Presentation on Wednesday, June 8th, from 9:00 a.m. to 10:30 p.m. in our office. Our certified health insurance counselors will provide an introduction to Medicare, including Medicare enrollment periods, the four parts of Medicare, and how to decide what coverage is right for you. We will also discuss the transition from the Health Insurance Marketplace to Medicare and assistance for individuals with limited income and resources. To register, please call Department of Aging at 737-5520 by June 6th.
June is National Safety Month

Safe Choices on the Road

The nation’s roadways are a place of constant risk, with millions of vehicles moving alongside one another. Since it’s impossible to control the choices of everyone on the road, we need to be defensive drivers. Getting behind the wheel is a time for patience and focus – qualities that can help you avoid a collision should someone else make a bad decision.

Be Distraction-free  Avoid Impairment  Check Your Speed  Rest Up

Help Teens and Children

Driving is a complex skill that demands judgment and experience, which can take years to acquire. Teen drivers need as much experience as possible, and parents should help provide that by driving with their teens on a regular basis.

Do not allow teens to drive with their friends. A single young passenger can increase a teen driver’s fatal crash risk 44 percent. The safety of child passengers is the responsibility of the driver, and requirements change as kids grow. Make certain child safety seats are properly installed, that children are correctly secured and that the seats are appropriate to the child’s height, weight and developmental level. Regardless of age, make sure all passengers are correctly belted before setting off.

Source: National Safety Council

Road Rage?

An elderly lady driving a big, new, Mercedes was preparing to back into a parallel parking space when suddenly, a young man in a Corvette zoomed into the space. The lady charged out of her car and angrily demanded to know why he had done that when it was obvious she was trying to park there.

His response was simply, “because I’m young and I’m quick.” When he came back a few minutes later, the lady was using her Mercedes as a battering ram against the ‘Vette. Now the young man was angry and asked why she was wrecking his car. Her response was simply, “because I’m old and I’m rich.”

11th Annual Hunt for the Gold Shoes

Now that the weather has improved more of you will be out and about WALKING! While you walk, be on the lookout for gold shoes at the following: Big Flats Community Park, Catherine Valley Trail, Chapel Park, Chemung County boat launches, Eldridge Park, Katy Leary Park, Lackawanna Rail Trail, Pirozzolo Park, Sperr Memorial Park, Park Station, Thorne Street Park, Tanglewood Nature Center, and The Holding Point. Shoes will be waiting to be found from May 2nd through June 4th. LIMIT 4 SHOES PER FAMILY. Bring your found shoes to Tanglewood on June 4th at 10 AM to win prizes.

“What do you mean I’m not qualified?” demanded a job applicant. “I have an IQ of 150, scored 1,480 on the SAT, and was Magna Cum Laude in graduate school.” “Yes”, replied the hiring supervisor, “but we don’t really require intelligence around here.”

It will be interesting to see how long the meek can keep the earth after they inherit it.
Another Blast from the Past…
Earl Barfoot’s ‘The Far Side of 55’

It took a broken ankle to teach me the importance of railings for up and down stairs. It took a painful few weeks with a knee that went on strike to understand why, for some of us, getting out of bed is a slower process than it used to be. When my reach isn’t accurate and I tip things over or knock them off, I realize that many of the things I used to do automatically, I now have to give conscious attention, if I’m to avoid the troublesome clean-ups.

AARP sets 50 as the age of seniority, which is the polite way of saying, “growing old”…or to soften it a bit, “growing older.” I think I’ve been growing older for a good many years, but at least I’m not alone. The “growing older” experience is one we share in common. In a way, there’s a lot of comfort in that. (I’m always surprised at class reunions to see how my friends have aged.)

But the conversations are not all “organ recitals.” Nor is aging necessarily downhill. There is a certain vitality in the human spirit that allow us, with good grace, to laugh at ourselves. The things we hang onto are the feeling of dignity and worth and a sense of humor. As it takes a pad to cushion the seats of the chairs that get harder every year, so a sense of humor makes physical losses more bearable even as they become more frequent.

Listen in on any gathering of seniors and you’ll pick up a funny story. Treasured companions become more delightful because we have someone to laugh with...someone who understands from experience how important it is to cushion the day with a smile.

Earl Barfoot was a long-time and beloved volunteer whose writings appeared in our newsletter on a regular basis. We’ll rerun his work from time to time.

Getting There Addresses Mobility Options

CVAC is currently developing ‘how-to’ videos that will be posted on our website as transportation education. We are pleased to have Buckley’s Automotive as our corporate sponsor for each of these videos. Topics will vary, from using public transportation to options for safely walking and riding a bicycle throughout Chemung County.

The information is mainly for seniors and those with disabilities, but is also useful for commuters. Knowing your options can take the stress out of mobility.

Scotch Treats

Ingredients
- 1 cup butterscotch morsels
- 1/2 cup smooth peanut butter
- 3 cups krispie rice cereal

Directions
- In 3-quart saucepan, combine butterscotch morsels and peanut butter. Cook over low heat, stirring until smooth. Remove from heat. Stir in krispie rice cereal, mixing until well coated.
- Press mixture evenly into 9 x 9 x 2-inch pan coated with butter. Chill until firm. Cut into bars to serve. Store in refrigerator.

Kitchen Shortcuts

Find it awkward to chop herbs with a knife? Get out your pizza wheel and roll away over that parsley or cilantro.

Did your cake break apart coming out of the pan? Keep breaking it apart, layer broken cake with pudding or fruit or whipped cream. Make several layers and voila – something different but equally delicious (and very attractive if you use a clear bowl)!

Finding it hard to peel hard boiled eggs? Try adding 1 teaspoon of salt to the water before putting the raw eggs in the water.

Want more out of that lemon when you squeeze it? Put it in the microwave for 10 seconds. That makes the juice flow faster and it’ll be easier to squeeze.

A lot of government policies make about as much sense as interstate highways in Hawaii.
OUR MISSION
Cornell Cooperative Extension puts knowledge to work in pursuit of economic vitality, ecological sustainability and social well being. We bring local experience and research based solutions together, helping New York State families and communities thrive in our rapidly changing world.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans and Individuals with Disabilities, and provides equal program and employment opportunities.

CVAC STAFF
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