You’re Invited!
We’re holding a holiday party to honor our many CVAC volunteers on Tuesday, December 5th from 1 to 3 PM. We’ll have light refreshments and door prizes! Join us at the 4-H Building at the Chemung County Fairgrounds as we say ‘thank you’. Please call us at 734-4453 to let us know you’re coming so we’ll have ample goodies!

Reading is Critically Important
One of the most important fundamental skills to succeed in school and in life is being able to read. Good reading skills early in life directly relate to a child’s future success and children who are poor readers or who struggle with reading will have difficulty catching up. In fact, some never do.

Reading early helps build self-confidence, independence, positive attitudes and strong work habits. So read to your children and grandchildren. Help them develop a strong foundation of oral language skills and comprehension, but most of all, a love for reading that will take them places they never imagined. Read to a child today, and experience the rewards.

Bone Builders Has Positive Impact
Our annual survey of BB participants once again has yielded great results! With a 70% return rate (which is tremendous), 96% reported an increase in their knowledge about strength training since joining, 86% said strength improved, and 75% said balance and flexibility improved. Of those who reported their length of participation, 22% have been regulars for 10 or more years! Call us at 734-4453 if you’d like to join a group and start showing improvement in your own health and wellness!

Friend of CVAC—Kathryn Muccigrosso
Every year CCE Chemung honors individuals, businesses or organizations that help our various departments bring high quality educational programs to people throughout the county. This year’s Friends of Extension event will take place on Thursday, November 9th at the Holiday Inn Riverview.

Over the years CVAC has bestowed this honor on volunteers and businesses that have provided support through donations of time or money. This year we are honored to celebrate a woman who has done both! All you have to do is look on page 2 of our newsletter and Kathryn Muccigrosso’s name appears in every issue for her monetary donations. Katie continues to help those who are shut in by providing friendly telephone calls on a regular basis. She’s also the one who calls every CVAC volunteer on his or her birthday! Of that she says, “I have the best job in the world.”

She’s a friend to many, and we’re happy to thank her for all she means to us and to so many others! Congratulations, Katie!

In This Issue, on Page:
- Donation form, 2
- CVAC Community Engagement, 3
- Exercise Comes in Many Forms, 4
- Agency and Volunteer Limelights, 5
- Various Community Events, 6
Welcome to CVAC and Thank You for your service!

Thank you for monetary gifts we received from:

Jacqueline Egger
Kathryn Muccigrosso

THANK YOU!!!

What Volunteering Means to Me

“Volunteering gives me satisfaction because I feel I am helping others and at the same time learning more about myself.”

Rich Buchheimer, Adult Literacy volunteer

“Well it certainly means keeping busy, in a productive kind of way. At the Horseheads Food Pantry we provide a real service to people in need.”

Jean Erway Nichols

If you receive Thrive by mail and want to switch to email call us and we’ll save money!

Community Solar is Here!

You no longer have to own your home to go solar. We are partnering with Nexamp and Renovus Solar to offer you a spot in their community solar farms! Community Solar brings solar energy to everyone who pays a utility bill, including renters. Join us to learn about the 2 options.

Wed., November 15th
Steele Memorial Library
7 PM—8:45 PM

Fri., December 8th
Horseheads Free Library
12 PM—2 PM

They’re free, light refreshments are served. Call 734-4453 to register.

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.

Name

May we publish your name? Yes____ No____

Street

City ___________________ State ______ Zip_____

Clip and return this coupon with your contribution to:
Chemung Volunteer Action Corps
CCE of Chemung County
425 Pennsylvania Ave. Suite 107
Elmira, NY 14904

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.
November/December 2017
Community Engagement

**Opportunities for Affiliated Volunteers**

<table>
<thead>
<tr>
<th>Task</th>
<th>Location</th>
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<tbody>
<tr>
<td>Perform front desk duties</td>
<td>The American Red Cross</td>
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<tr>
<td>Advocate for abused &amp; neglected children</td>
<td>CASA (Court Appointed Special Advocate)</td>
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<tr>
<td>Tax preparers/phone callers/greeters</td>
<td>AARP Tax Preparation Program</td>
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<tr>
<td>Deliver nutritious meals</td>
<td>Meals on Wheels</td>
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<tr>
<td>Drive elderly or disabled individuals</td>
<td>The Arc of Chemung</td>
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<tr>
<td>Advocate for residents of nursing homes</td>
<td>Ombudsman Program</td>
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<tr>
<td>and long term care facilities</td>
<td>CA$H Program</td>
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<tr>
<td>Greeter for income tax preparation</td>
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**Staying Healthy**

**Supporting Our Seniors (SOS)**
You, your family or your religious group can help individuals remain living independently in their own homes as long as possible. Educate them about the services available in Chemung County. Call us at 734-4453 Ext. 207. SOS is also the connection between those needing an access ramp and the volunteers who build them. **Enrolled and Affiliated**

**BONE BUILDERS (BB)**
This osteoporosis prevention exercise program uses hand weights and a variable ankle weight used during slow fluid movements to help maintain bone mass and build on existing bone mass. The program is designed for both women and men. If you are interested in participation as a Trainer, call 734-4454 Ext. 207 for more information. Nurses and teachers, especially, are encouraged to volunteer. Training is provided. **Enrolled**

**Staying Healthy**

**A MATTER of BALANCE PROGRAM (AMOB)**
This research-based program addresses the fear of falling and fall prevention. Eight two-hour classes are held at various sites throughout the county. Workbooks, videos, and light exercise are used. The classes are for anyone over 60. Volunteer Coaches go through eight hours of training and are asked to teach two classes each year. This is a short one month commitment. For more information call 734-4453, Ext. 207 for Connie, Ext. 202 for Mary-Lynn. Training is provided. **Enrolled**

**Citizen Action**

**K-3 READING HELP**
Elementary schools in Chemung County need individuals to work in their classrooms with children needing help with reading or math skills. Teachers tell us 100% of the children who work with volunteers show improvement by the end of the school year. Call Mary-Lynn at 734-4453, Ext. 202 for information. **Affiliated**

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**Don’t let the holiday blues get to you...**

Here are a few suggestions that may help you over the next few months:
- Stick to your normal routine, be sure to get enough sleep, take time for yourself with supportive people, eat and drink moderately, exercise, prepare a ‘to-do’ list, set reasonable expectations around shopping, cooking and gift-giving, set a budget and stick to it, and listen to soothing music to relax. It can, and should be, a time when we’re not overcome by fatigue, frustration, sadness or loneliness.

(Adapted from the National Alliance on Mental Illness)

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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.
Exercise Comes in Many Forms

Many of the things people do for fun or work count as exercise. Raking the yard, ballroom dancing and playing with your kids or grandkids all count as physical activity. If you're doing some form of aerobic exercise for at least 30 minutes a day along with two days of strength training a week, you're an "active" person.

Some of the best physical activities for your body don't require the gym and are very beneficial for your health. They’ll help improve your balance and range of motion, strengthen your bones and joints, lower your risk for disease, and ward off memory loss regardless of your age or fitness level.

1. Swimming or Water Aerobics - how perfect that the buoyancy of the water supports your body and takes the strain off painful joints so you can move them easier. Research has found that swimming can also improve your mental state and put you in a better mood.

2. Tai chi - this Chinese martial art that combines movement and relaxation is good for both body and mind. Tai chi is made up of a series of graceful movements, one smoothly moving into the next.

3. Strength training - lifting light weights will keep your muscles strong and help to burn calories. Strength training may also help preserve brain function in later years. Start light, with just one or two pounds and gradually increase by a pound or two. If it becomes too easy then bump up the weight you’re lifting.

4. Walking - how simple but powerful to help you stay trim. Walking also helps improve cholesterol levels, strengthen bones, keeps blood pressure in check, lifts your mood, and lowers your risk for a number of diseases. A number of studies have shown that walking and other physical activities can even improve memory and resistance to age-related memory loss. Start with 10 to 15 minutes at a time and gradually increase.

5. Kegel exercises - these exercises strengthen the pelvic muscles that support the bladder and can help prevent incontinence. Squeeze the muscles you would use to prevent yourself from passing urine or gas. Hold the contraction for two or three seconds, then release.

Adapted from HEALTHbeat, Harvard Medical School

Spellbound by Witchcraft?

There’s a new library exhibition at the Kroch Library on the Cornell campus. A. D. White’s personal collection is the largest of its kind in North America. Among the rare artifacts are handwritten transcripts from European witch trials, the first book on witchcraft ever printed, and collections of spells and ‘prescriptions’ for curing illnesses.

The witchcraft movie posters show how witchcraft has been politicized around the world and also shows how witches have been ‘domesticated’ in popular culture.

“The World Bewitch’d” will be on display at the Kroch Library through August 31, 2018.

Cheers to our Bone Builders Trainers!

Every year we bring our BB trainers together to update information and go over the exercises. This keeps everyone accountable and on track with regards to form and execution. This year 21 trainers attended to network and learn before going through the exercises together.

This is also the time when we distribute the annual evaluation survey to Trainers for the participants in their groups. Some of the survey results are given in this newsletter. It is always gratifying to see the improvements that people make because of the BB program. It routinely highlights the health impact the program has within each group. While learning to better care for themselves, participants also form strong social connections with each other. The program promotes strength, endurance, flexibility and balance and gives participants a feeling of greater independence.

Thank you to all of the trainers, all of whom are volunteers, who make this research-based program what it is! We appreciate every one of you for your commitment.

Did you know?
The average U.S citizen throws away 70 pounds of clothing every year, all of which ends up in our already crowded landfills. Please consider donating your unused clothing to others in need. ’Tis the season for giving!

BB group leaders attending their annual refresher.
American Red Cross

For more than 130 years the American Red Cross has been helping folks during disaster times across the country and around the world. The Red Cross is the largest humanitarian network organization in emergency preparedness and response, but they do so much more than that.

Blood drives provide much needed blood for transfusions, CPR classes can save lives, and a home fire prevention program both provides and installs smoke alarms in homes. The American Red Cross helps our deployed military stay in contact with family members during crisis times, assists military families re-integrating into society, and provides comfort kits to the VA hospitals. With nearly 600 chapters across the U.S. it’s good to know we can always count on the American Red Cross.

Stay connected by volunteering and download the free Red Cross Emergency App today.
123 W. Market St, Corning 607-936-3766

Guthrie Corning Hospital

This multispecialty group was founded in 1910 by Dr. Donald Guthrie. The medical group grew rapidly as he recruited only the best physicians to join the Guthrie organization. In adding the School of Nursing and the Guthrie Research Institution, the Guthrie Medical Group is today one of the longest established group practices in the country. With more than 1,000,000 patient visits per year the commitment is clear: well-being and life-long health for every patient.

Many volunteer opportunities are available, so make your commitment today.
1 Guthrie Way, Corning 607-937-7455

Mary-Lynn’s Limelight Volunteer:

Tom Rhodes

He is known by a select few as “the keeper of the saw.” Tom Rhodes, our volunteer spotlight for this month, has been a member of CVAC for nearly 7 years. Most of his volunteer hours are spent building handicap ramps with a great group of fellow volunteers who talked him into joining them shortly after he retired. Now in their 7th season, they have just completed 83 ramps.

Tom Rhodes was born and raised in Big Flats and is a retired dairy farmer. Tom stated it perfectly, “I think when you do something you like with a great bunch of people, and you can help someone at the same time, it doesn’t get any better than that.”

120 Years and Going Strong

Hats off to our partner organization, the Elmira Heights Historical Society on their upcoming 120th birthday celebration. They’re currently selling candles for $5.00, which will be lit during their Lights in the Heights event.

You can also enjoy a great Chicken & Biscuit dinner on the 2nd Wednesday of each month, beginning November 8th. Dinners are held from 4 to 6 PM with the low price of $9 for adults and $4 for children.

For information on any of these events stop at their museum (266 E. 14th St., Heights), or call 732-4250.

Our Impact

Participants at the recent A Matter of Balance series at the Big Flats Community Center provided some great feedback:

I developed an awareness of what impacts my balance. Exercises are very beneficial. - SAK
I definitely am moving better and am more flexible. - LS

Did you know?

PLASTIC BAGS DO NOT BELONG IN YOUR RECYCLE BIN! They get caught in the machinery from recycling facilities and it takes them 2 hours a day to be cut free. Take bags to supermarkets for special recycling collection, or reuse them! Keep this in mind while out shopping during this holiday season.
Upcoming Events and Community Opportunities

## AARP Smart Driver Classes

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<tr>
<th></th>
<th>Steele Memorial Library</th>
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<td>Nov. 15</td>
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<td>Nov. 16</td>
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<td>Dec. 19</td>
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<td>Dec. 20</td>
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### Corning Senior Center

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<tr>
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<tr>
<td>Nov. 17</td>
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<tr>
<td>Dec. 15</td>
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*Bring a bag lunch

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

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### Events at 1st UM Church, Broad St., Horseheads

- **Chicken & Biscuit Dinner**
  
  Tues., Nov. 7  4—6 PM
  
  Adults $8, Children $4. Take-outs available.

- **Harvest Dinner**
  
  Sat., Nov. 11  4:30—6 PM
  
  Adults $9, ages 5-12 $5, under 5 free. Take-outs $9.50

- **Winter Fantasy Bazaar, Craft Sale, Pasta Bake Takeout**
  
  Free admission  Sat., Dec. 2  9 AM—3 PM

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### Fall Household Hazardous Waste Event Successful

Chemung County held its Fall Household Hazardous Waste Collection Event this past October with over 400 households participating. This program is quite successful, due in part to the very knowledgeable and committed volunteers who assist (managing over 700 calls) during the pre-registration period. Thank You to all of you. YOU KNOW WHO YOU ARE!

If you missed the opportunity to rid of hazardous materials, don’t fret! The County will be planning its 2018 Spring and Fall Events early in the new year and you can be sure to read it here in THRIVE.

From the CCE Natural Resources Team

### Debunking Some Holiday Myths

1. The hostess can’t enjoy his or her own party. Why, then, would you even have a party? Don’t fret over every little thing related to every guest. Just have fun.

2. Wrapping presents is hard on your back. Use gift bags and a few pieces of tissue paper for fill and you’re good to go.

3. You can go broke buying gifts. That’s true, unless you consider everyone ON your list. Make something, give away some of your heirlooms, set limits, and comparison shop.

4. You can’t break with tradition. Yes, you can. Try celebrating your culture with new recipes. Or, go out for dinner and take all of that food preparation stress off your plate.

*Adapted from www.oprah.com*

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### What’s the best dance to do on Thanksgiving?

The turkey trot.

### What do you call Santa’s helpers?

Subordinate clauses.

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CCE’s Toni Gardner double checks his registration. He likely wins the all-time most unusual means of delivery at the 2017 Fall Household Hazardous Waste Collection Event. It was a nice day and the bike pouch held his batteries and bulbs. Why not!?
HELP WITH HEATING COSTS

The low-income Home Energy Assistance Program (HEAP) is a federally funded energy program that assists eligible households in meeting their heat-related energy costs. HEAP issues heating benefits to supplement a household's annual energy cost and also offers an emergency benefit for households in a heat related energy emergency. HEAP benefits are sent directly to the utility company or fuel vendor. Monthly household income (after Medicare Part B and D premiums have been deducted) must be at or below $2,318 for one person and $3,031 for two people.

If you did not receive an application in the mail, you may apply after the program begins on November 13th. Applications will then be available online at www.mybenefits.ny.gov or by coming to our office (737-5520). An in-person or phone interview is only required for new Heap Applicants. If you have been receiving SNAP benefits since before September 16th of this year, you do not need to apply, because your HEAP benefit will be issued automatically. If you aren’t sure, call 737-5368 after November 13th to see if you need to apply. Emergency HEAP begins January 2nd, 2018. For more information about HEAP call 734-4898, or if you receive SNAP benefits call 737-5368. To schedule an appointment for assistance with your application, call Department of Aging and Long Term Care at 737-5520.

MEDICARE OPEN ENROLLMENT

Medicare Open Enrollment is October 15 – December 7. Health needs and plans can change from year to year! For help comparing 2018 plans, visit www.medicare.gov, call 1-800-Medicare, or contact our office at 737-5520 to schedule an appointment. We apologize that walk-ins cannot be accepted due to high scheduling demands this time of year. DO YOU HAVE QUESTIONS ABOUT MEDICARE? Attend our Medicare 101 presentation on Monday, December 18th, at 2:30. Please call 737-5520 to register.

HELP FOR CAREGIVERS

Family caregivers can benefit from a variety of supports and services provided by our department, including:

• **Caregiver Discussion Group** meets the 2nd Thursday of every month from 2:00 to 4:00. Please call us at 737-5520 to register. Upcoming presenters are:
  
  November 9: Planning for Emergencies – What Every Caregiver Needs to Know
  December 14: Effective Communication Strategies for People with Dementia.

• **The New Family Caregiver Education Program** offers training for caregivers in the convenience of your own home to reduce stress, improve communication strategies and support caregivers. To participate, contact our office at 737-5520.

• **Free Medic Alert Safe Return Units**: Medic Alert Safe Return Units are bracelets that provide vital information about your loved one with dementia to help ensure a safe return in case they wander. Learn more about our free Safe Return Units by contacting Laurie Hansen or Stephanie Beard at 737-5520.
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.

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