We’ve been talking about the Poverty Stoplight initiative in the City of Elmira for nearly two years. Waiting fifteen months for grant approval was very difficult. But, they say ‘good things are worth waiting for’. And this is a very good thing!

Work on our survey indicators is just about finished, we’re into the second half of the Natural Leaders Initiative program for the individuals nominated to participate, and we have been involved in over a half dozen online meetings with our partners in Paraguay, the UK, South Africa and Central America, among others!

On May 19th Andy Fagan, CCE Chemung’s Executive Director, and Carol Houssock will depart for Asuncion, Paraguay as invited participants in Cerrito 2018: Innovation for Poverty Elimination! This global conference is bringing together representatives from 30 countries, each of whom is working to reduce and, one day, eliminate poverty in their areas. One full day is being devoted to the Poverty Stoplight, and we’re thrilled that we’ll be among so many folks from around the globe.

Naturally, we’ll have a recap in the next issue of THRIVE.

Tai Chi for Arthritis is Coming!

This late spring/early summer we’ll be offering three separate classes of Tai Chi for Arthritis. These free classes will take place for one hour twice a week, and will cover eight weeks (for a total of 16 hours of training).

This is an evidence-based, low intensity program that can help those living with painful arthritis to improve movement, balance, strength and flexibility. Participants have also reported an increase in relaxation as well as a decrease in pain and the possibility of falling.

If you’re interested in this, or want more information on class locations and dates, give Mary-Lynn a call at 734-4453 and we’ll get you signed up!

Special thanks to the Chemung County Dept. of Aging and Long Term Care for funding to make these classes possible. Because of them, these classes are FREE!

Re-thinking Plastic

‘Tis the season for cleaning house and ridding of all things that you no longer use, want or need. While you’re at it, I suggest taking an inventory of all things plastic, whether it be packaging of items (foods and other), containers, or bags, etc.

With the spring season here and summer around the corner, the outdoors is calling. We spend more time enjoying activities that take us outside, and when we venture out we often take items along such as water, snacks, etc. These items are often in disposable containers, which makes our lives a little bit easier, but they contribute to land pollution.

Cutting back on your use of plastic is one of the best ways to reduce your household waste and contribute to a cleaner, greener environment. Following are some tips to help:

* bring a reusable bag when shopping
* skip the plastic produce bag
* pack meals and snacks in reusable containers
* say no to disposable straws and cutlery
* carry a reusable water bottle
* bring your own coffee mug when on the go

From Toni Gardner, CCE Chemung’s Natural Resource Educator

Scattered throughout this issue of THRIVE you’ll see more of the popular ‘Did You Know?’ facts. Toni uses these in her educational programs, and we’re delighted to share them with all of you!
What Volunteering Means to Me

“Anything I can do to help the Meals on Wheels clients. It’s so uplifting and unless you’ve done it you don’t know how rewarding it can be to see those big smiles when they open the door.” Kay Ackerman

“In my opinion real pleasure from our time on earth comes from service to other people. Volunteering with Meals on Wheels is a perfect example of that.” Dennis Graumann

Remembering Ron Rehner

We’re saddened to learn of Ron Rehner’s passing. Ron was a former RSVP employee and he never stopped visiting us in the office. His community work, including being a crackerjack camera man for Senior Notebook, will be sorely missed by many.

He and his late wife, Nancy, set the bar high for community engagement. Our deepest condolences to Ron’s family and his MANY friends.

We dedicate this issue to Ron Rehner. May he rest in peace.

Did You Know?

50% of the world’s plastic goes into items that are only used once, such as coffee cups, straws, grocery bags and beverage bottles.

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. Please make any checks payable to CCE Chemung.

THANK YOU!!!

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:

_______________________________________
May/June 2018
Community Engagement

Opportunities for Affiliated Volunteers

<table>
<thead>
<tr>
<th>Task</th>
<th>Location</th>
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<tbody>
<tr>
<td>Advocate for abused and neglected children</td>
<td>CASA</td>
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<tr>
<td>Help with several volunteer opportunities</td>
<td>John W. Jones Museum</td>
</tr>
<tr>
<td>Tour guides, simulator operators</td>
<td>Wings of Eagles</td>
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<tr>
<td>Marketing, Fundraising, Construction</td>
<td>Habitat for Humanity</td>
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<tr>
<td>Camera operator/interviewer/historian</td>
<td>Senior Notebook</td>
</tr>
<tr>
<td>Office duties and support</td>
<td>Susan G. Komen Upstate NY</td>
</tr>
<tr>
<td>Blood drive help/Blood Courier</td>
<td>American Red Cross</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. 202. 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 during slow fluid movements to help maintain bone mass and build on existing bone mass. The program is designed for women and men. If you are interested in participation as a Trainer, call 734-4453 Ext. 202 for more information. Nurses and teachers, especially, are encouraged to volunteer. Training is provided.  Enrolled

Citizen Action

Summer Reading Readiness Program
Last year this pilot reading program reached high-risk children who could use an infusion of caring hands as they prepare for kindergarten. CVAC volunteers helped teachers at three elementary schools to promote and encourage reading during months when such activities often do not occur. The results were staggering! In just a few weeks the children who participated gained the level of improvement that is more typical of a full school year! This year’s program will expand upon that success.

If you are interested in this short-term, yet highly impactful, volunteer assignment please give us a call at 734-4453 Ext. 202. This was truly a win for all—the children gained reading skills, the teachers appreciated the extra one-on-one help, and the volunteers felt a special sense of pride in having helped with something so powerful.

WANTED

Do you make, grow or produce your own local foods, crafts, or merchandise? We are looking for vendors and sponsors for this season’s EastSide Farmers’ Market! The market is held every Friday from 2:30-6PM starting June 15th and ending mid October. Our market is located at 760 E Water St. in Elmira, on the west lawn of the Holiday Inn Riverview. We also welcome local organizations and sponsors to table at the market at no charge. If interested in an application or if you have questions, please call Danielle Howie 607-734-4453 ext. 216 or email dkh54@cornell.edu

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.
How well do you know New York State? What is our:

State Beverage: cider, milk, grape juice
Flower: violet, black eyed Susan, rose
Fruit: blueberry, apple, grape
Tree: sugar maple, blue spruce, white birch
Bird: robin, ruffed grouse, eastern bluebird
Animal: beaver, white-tailed deer, black bear

Registration for the Household Hazardous Waste Collection Event is now open! This event will take place on Saturday, May 12th and is FREE and for Chemung County residents ONLY!

Pre-registration is required by calling (607) 734-4453, weekdays, 9am-4pm. Registration will close on May 10th at 4pm.

Items accepted include ammonia, antifreeze, arts and crafts supplies, household batteries, bleach, brake fluid, cesspool cleaners, drain cleaners, driveway sealer, dry cleaning fluids, engine and radiator flushes and floor cleaners.

Also, fluorescent lights (bulbs and tubes), gasoline, herbicides, insect sprays, mercury and items containing mercury, metal polishes, moth balls, muriatic acid, oil-based paint, old chemistry set supplies, oven cleaners, paint thinners and pesticides. Also, photo chemicals/inks, pool chemicals, radiator cleaners, rodent killers, rust preventatives, sealants, solvents, transmission fluid, wood preservatives and wood strippers.

Electronics, motor oil and latex paint will not be accepted. For more details, please call 607-734-4453 or visit Cornell Cooperative Extension’s website at chemung.cce.cornell.edu

From Toni Gardner, CCE Chemung Natural Resources

Social Security Relocating Office
Folks looking to stop in to the Social Security office will have to travel to Horseheads beginning May 7th. The current office on W. Church St. in Elmira will close on May 3rd.

The new office will be at 3345 Chamber Road South, Suite 19, in Horseheads. Administrative Law Judges will be able to conduct hearings onsite.

Social Security offices are open to the public Monday, Tuesday, Thursday and Friday from 9 AM to 4 PM, and on Wednesdays from 9 AM to 12 noon.

You can also reach SS by phone at 1-800-772-1213, or online at www.socialsecurity.gov

Did You Know?
160,000 plastic bags are used globally every second, with 5 trillion being produced yearly.

Welcome, Danielle!!
Danielle Howie recently moved from Fort Worth, TX, where she previously worked as a middle school science teacher. She is originally from southeastern Connecticut and is excited to be in beautiful New York closer to family. In her spare time she enjoys kayaking, biking, and going on hikes with her husband and dog. When not out exploring the area she likes to bake delicious treats and make crochet gifts for friends and family.

She is excited to be part of CCE and take on new challenges with CVAC. She will also manage CCE’s EastSide Farmers’ Market.

Healthy Wrists
Since many of you will be doing yard work and hauling out patio furniture, now is a good time to ensure that your wrists are healthy. Listed below are some exercises you can easily do at home or whenever you think of it!

Wrist extension and flexion
• Place your forearm on a table on a rolled-up towel for padding with your hand hanging off the edge of the table, palm down.
• Move the hand upward until you feel a gentle stretch
• Return to the starting position.
• Repeat the same motions with the elbow bent at your side, palm facing up.

Wrist supination/pronation
• Stand or sit with your arm at your side with the elbow bent to 90 degrees, palm facing down.
• Rotate your forearm, so that your palm faces up and then down.

Wrist ulnar/radial deviation
• Support your forearm on a table on a rolled-up towel for padding or on your knee, thumb upward.
• Move the wrist up and down through its full range of motion.

Thumb flexion/extension
• Begin with your thumb positioned outward.
• Move the thumb across the palm and back to the starting position.

Hand/finger tendon glide
• Start with the fingers extended straight out.
• Make a hook fist; return to a straight hand.
• Make a full fist; return to a straight hand.
• Make a straight fist; return to a straight hand.

Source: Harvard Health
After the plant closed where he was employed as a purchasing agent this Elmira native knew right away that a part time job wasn’t going to cut it. He made his way to the Arnot Ogden Medical Center. Born there nearly 90 years ago, Dick became a valued volunteer.

Dick Schornstheimer, former RSVP advisory council member, veteran, piano player, husband, father and outstanding volunteer, continues today to help someone else wherever there’s an opportunity. One of Dick’s most rewarding volunteer moments is playing the piano for the Kiwanis Club. “They were happy when I was there,” he said.

Dick feels that doing something to help somebody else is something he never thinks about. “I just do it,” he says. Spoken like a true volunteer, Dick!

BONE BUILDERS

Don’t forget that we still facilitate the Bone Builders osteoporosis prevention exercise classes throughout Chemung County.

We have offered this research-based program for upwards of 20 years. Over those years hundreds and hundreds of individuals have realized the benefits of strength-based movement.

We are grateful that the locations are provided to us at no cost. We are also fortunate to have such wonderful CVAC volunteers serving as group leaders.

Special thanks go out to Appleridge, Big Flats Community Center, Chapel Park, Erin Town Hall, First Presbyterian Church, First United Methodist Church, Grace Episcopal Church, Pennsylvania Ave. United Methodist Church, Spencer-Van Etten Village Hall, West Elmira Town Community Center, and Westside United Methodist Church.

Agency & Volunteer Limelights

Appleridge Senior Living

Appleridge Senior Living is a premier living community, with 112 luxury apartments located within the Finger Lakes countryside with 22 acres of resort style living.

Residents of Appleridge enjoy an option of apartment styles with numerous floor plans and amenities including full kitchen, dining options, housekeeping, garages, transportation and stimulating activities, surrounded by a beautiful landscaped grounds and friendly neighbors.

If you are interested in volunteering to visit residents at Appleridge please contact Marcie Rice at Mrice@appleridgeseniorliving.com or call her at 607-398-6784.

Trout Unlimited

You know spring is in the air when you see this group of conservation professionals out stocking our local creeks and streams.

Trout Unlimited is a national organization that helps protect and restore North America’s cold water fisheries and watersheds. Every season you will see dedicated volunteers tossing fingerlings, some as long as 15”, into the water to provide local fisherman with some outdoor fun. Not only that, you can find Trout Unlimited volunteers reconstructing river banks, planting bushes to prevent erosion, picking up trash, providing free fly tying and fly casting lessons and participating in the kids derby.

If you enjoy any of these outdoor activities join Trout Unlimited today! Call 607-734-4453 for more details.

Welcome, Jessica!!

We are also happy that Jessica Belgrave is on board with us to provide support for the Poverty Stoplight initiative. Jessica has been very active in the community, establishing the successful Mothers Helping Mothers organization (among other meaningful work). She’s a welcome addition to the CCE staff.

Did You Know?

45 million tons of paper and plastic products end up in U.S landfills every year.
Upcoming Events and Community Opportunities

AARP Smart Driver Classes*
Steele Memorial Library 733-2788
Tues., May 22 and Wed., May 23
1:30—4:30 PM

Southport Community Center 733-2788
Mon., Apr. 30 and Wed., May 2
12 Noon—3 PM

Corning Senior Center 962-8000
Fri., May 18
9 AM—3:45 PM

Schuyler Office for the Aging 535-7108
Sat., May 5
9 AM—4:00 PM

Erin Wood Festival
June 1—3, Open 10 AM each day
Vendors, chicken BBQ, wood carving, lumberjack and lumberjill competitions. Great family fun! Free admission!

Urban Arts Crawl
Free, self-guided tour of artwork, exhibitions and cultural experiences. Downtown Corning on the final Friday of each month from 5 to 8 PM.

Waterfront Festival
Seneca Harbor Park

Fundraiser for 4-legged Friends
Everyone loves dogs, especially the Kramer Foundation. They’re holding a fundraiser on Saturday, May 19th at the American Legion in Horseheads from 12 to 5 PM. Enjoy spaghetti and meatballs, salad, roll, drink and dessert for $10. Also raffles and silent auctions at this day of fun! Money raised will help with fostering for active military, along with canine rehabilitation, and training.

Homemade Yard Products
Now that spring has sprung many of us are doing yard clean-up and planting. The NYS Dept. of Environmental Conservation has provided some options for you that are easy, and good for the environment.

The grass can be greener...
Get a lush, healthy lawn without chemicals
Set mowing height to 2.5 - 3 inches. Leave grass clippings on the lawn. Water slowly and deeply in the mornings, one inch of water once a week at most. Fertilize with 1/4-inch of compost spread on your lawn between mid-June and the end of August.

Tolerate some weeds
The goal of having a weed-free lawn is essentially unattainable without resorting to dangerous chemicals. Learn to accept the natural diversity of your lawn.

Deal with Japanese beetles
In the early spring, apply parasitic nematodes (HB strain) to your lawn. Water the lawn well before and after application. Don't use beetle traps - they attract more than they kill.

Peanut Butter Balls
1 can (15 oz) chick peas, drained and rinsed
1/3 c honey
1 T vanilla
1 1/4 c peanut butter
1 1/2 c quick cooking oats

Mash chick peas with a fork in a bowl until smooth. Add the honey and vanilla. Stir until blended. Add peanut butter and blend well. Add oatmeal and stir until blended. You can also use half oats and half granola.

Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls. This recipe makes about 50. Store leftover balls in an airtight container in the refrigerator.

Source: Finger Lakes East Smart New York

Did You Know?
A single person using a reusable, refillable water bottle instead of a single-use plastic bottle can save as much as 170 bottles from being produced each year.

NY State’s Official (from page 4): milk, rose, apple, Sugar Maple, Eastern Bluebird, beaver.
As the new Director of the Department of Aging and Long Term Care, it is privilege to introduce myself and say hello. I have been with the Department for over 20 years, starting as a college intern and later as a volunteer with, and coordinator of, the Long Term Care Ombudsman Program. This experience opened my eyes to just how valuable volunteers are to our community. Volunteers offer vital help to people in need, worthwhile causes, and the community, but the benefits of volunteering can be even greater for the volunteer. Volunteering opens many opportunities for socialization, and promotes mental, emotional and physical wellness. We have several opportunities for you to help older persons in our community. For more information please contact us at 737-5520.

OLDER AMERICANS MONTH! ENGAGE AT EVERY AGE: MAY 2018!

Every May, the Administration on Aging leads our nation’s observance of Older Americans Month. The Department of Aging and Long Term Care is proud to be a part of this amazing tradition that recognizes and celebrates the many ways that Older Adults make a difference to our community. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being. This month we are sponsoring many events that Older Adults can participate in that promote mental and physical wellness.

- The annual 2018 Chemung County Senior Games are scheduled for May 5th through May 24th. This event features several fun activities for participants age 50 and over, at sites throughout the county. Nearly 500 athletes from throughout New York State, Pennsylvania, and from as far away as Rochester will participate in the Games. To register please call the Department at 737-5520. **Please note some events may be closed.**

- The Department’s EAT WELL LIVE WELL Program presents: Lunch and Learn. We want to invite you, your friends and neighbors to join us for lunch, and fun and informative programs and activities that will take place at each of our eight lunch locations across the county during May. The activities include corn hole competitions, instruction on mobile devices (smart phone), crafts, overview of library programs, Tai Chi for Arthritis demonstrations, a presentation on Advance Directives with Attorney John Maloney and more. For a complete listing of the activities, or to register for lunch and learn, please call the Department at 737-5520.

HELP FOR CAREGIVERS

Family caregivers can benefit from a variety of supports and services provided by the Chemung County Department of Aging and Long Term Care:

- Join us for a free informational event co-sponsored by our Department and the Alzheimer’s Association on Strategies for Handling Communication and Challenging Behaviors on Tuesday, June 5th, 5:30p.m to 7:30p.m., at 425 Pennsylvania Avenue, Elmira. This event will offer tips for communicating with persons with Alzheimer’s and strategies for dealing with challenging behaviors. For more information or to RSVP please call 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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