At left, Carol and Andy are with Dr. Martin Burt, (who developed the Poverty Stoplight), at his home in Asuncion, Paraguay. This was on the eve of the first-ever global gathering of countries using the tool in an effort to reduce/eliminate poverty. Representatives from several countries shared how they use the survey tool and how those who participate are developing their own family plans and addressing issues unique to them.

Here in Elmira we will be focusing on families living in Census Tract 6 (Washington Ave. to Water St., Walnut St. to the railroad tracks, more or less). We hope to have the survey tool loaded on to notebook computers and ready to go in July.

Pictured to the left is the scene of the Ycua Bolanos supermarket fire that killed 396 and injured another 500. The owner locked people in so that they wouldn’t loot on their way out. No one looted, and he’s now serving time in prison. One of the saddest days, other than war, in the country.

Every household in Cerrito is participating in the Poverty Stoplight survey. We visited the home of a woman who said with pride “all green”. She had worked hard to improve and she even had her stoplight dashboard hanging on the wall (R), demonstrating she was now green (or, not in poverty) in all 50 indicators.

Andy Fagan, CCE Executive Director (L), participated in a panel on the Missing Dimensions of Poverty. He was joined by a researcher from UC Irvine and another from Oxford University.

‘Cerrito 2018 Innovation for Poverty Elimination’ in Paraguay was a trip of a lifetime. We are so grateful to Dr. Burt and his Fundacion Paraguaya for their kind hospitality and for exposing us to experts from around the world.

Congrats to NLI Elmira Graduates!
Earlier this year CCE Chemung launched the Natural Leaders Initiative as part of our Appalachian Regional Commission grant for the Poverty Stoplight initiative. Participants were nominated for this program by community leaders. We can’t thank them enough for seeing in these folks what we saw as well!

Participants included Jessica Belgrave, Tashina Cardone, Jackie Council, Jerome Emanuel, Andy Fagan, Antanisha Garrett, Tamara Grayson, Carol Houssock, Brenda Kelly, Shaun Marks, Kaitlyn Maycumber, Sharon Rainey, Tina Stanton, Shante Tranchant and Sid Whitfield.

Go to page 5 for more on this celebration.

In This Issue, on Page:
- Donation form, 2
- CVAC Community Engagement, 3
- Info on Plastics, 4
- Agency and Volunteer Limelights, 5
- CCE Events and Workshops, 6
Stay in Touch with CCE
Cornell Cooperative Extension
of Chemung County
425 Pennsylvania Ave., Suite 107
Elmira, NY 14904

Office Hours
Weekdays 8:30 to 4:30

Website
chemung.cce.cornell.edu

Social Media
“Like” us on Facebook
We’re also now on Instagram

Phone
607-734-4453

CVAC Staff
Phone Extensions:
Carol  215
Danielle  216
Mary-Lynn  202

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

We’re closed on
Wednesday, July 4th.

What Volunteering
Means to Me
“I’m happy to be in a position to
help others and have very
positive feelings. It’s to help in
some way without actually
having a job.”  Virpi Loomis

“Well it gives me an opportunity
to do something I really like. I
actually lose myself while I’m
with the kids, it’s not hard, time
passes and they keep me
entertained without even
knowing it. It’s a pleasure to be
able to help the kids who really
need it.”  Elizabeth Maloney

New Volunteers
Tori Donato
Dick Farnsworth

Welcome to CVAC and
Thank You for your service!

Thank you for monetary
gifts we received from:
M/M Michael Chamberlin
Kathryn Muccigrosso
Eldon Van Alstine

THANK YOU!!!

We’re looking for Advisory
Committee members. If
you’d like to help oversee
CVAC with 4 scheduled
annual meetings, we’d love
for you to call Carol at
734-4453, Ext. 215.

Pictured at left, honorees and
dignitaries at the Older
Americans Month celebration
held by the Chemung County
Department of Aging and
Long Term Care.

Congrats to all!

Did You Know?
It is estimated that Americans use
over 2 and a half million plastic
bottles every thirty minutes, and
most of them are thrown away rather
than recycled.

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.

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.
Community Engagement

Opportunities for Affiliated Volunteers

<table>
<thead>
<tr>
<th>Task</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slicing, dicing, baking and more!</td>
<td>Meals on Wheels</td>
</tr>
<tr>
<td>Event volunteers, ushers, Ambassadors</td>
<td>Corning Museum of Glass</td>
</tr>
<tr>
<td>Many volunteer opportunities available</td>
<td>Habitat for Humanity</td>
</tr>
<tr>
<td>Camera operator/interviewer/scheduler</td>
<td>Senior Notebook</td>
</tr>
<tr>
<td>Docent, youth program assistants</td>
<td>The Rockwell Museum</td>
</tr>
<tr>
<td>Food pantry and various opportunities</td>
<td>Samaritan Center</td>
</tr>
<tr>
<td>Patient care, office and community support</td>
<td>CareFirst</td>
</tr>
</tbody>
</table>

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 by educating 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.

It’s not too late for 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.

SAVE THE DATE!!

CCE Chemung is holding our 7th annual Taste of Chemung on Thursday, September 27th.

This year’s dinner will be at Community Arts of Elmira (413 Lake St., Elmira). The Culinary Program from the Greater Southern Tier BOCES Bush Campus will be preparing an array of dishes made from locally sourced farm and food products. We’ll have local wineries and breweries on hand to provide tastings of select beverages.

Proceeds from this annual event go towards all of CCE’s educational programs. Watch our website (Chemung.cce.cornell.edu) and CCE Facebook page (Cornell Cooperative Extension of Chemung County) for more details as the date approaches.

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.
Did You Know?
It can take 10-1000 years for plastics to degrade (depending on the type).

No More Cloudy Headlight Lenses
I can vouch that this works. My son noticed the lenses on my headlights were turning cloudy. He went for a spray can, which I assumed was headlight cleaner, but he returned with bug spray containing Deet. He sprayed it on a paper towel and started wiping. To my amazement he had both lenses clear in minutes. While it won’t last forever, it’s easy to do and the spray may be something you already have in your home or garage! Carol

IN THE BIN
When it comes to recycling, do you ever ask yourself “what should I put in the bin”? It’s often confusing when it comes to plastics - what type they are and whether they belong in the curbside recycle bin. It would be much easier if all plastics were the same and treated alike. But there are many different types of plastics and some are easier to recycle than others.

Plastic materials are labeled with a symbol (resin code, chasing arrows) that we all look for to help us determine whether the item is recyclable. That recycling code is actually used to identify the material from which the item is made. It also helps facilitate easier recycling or other processing. Such symbols are a chasing arrows triangle with a number inside, as in the diagram above.

Let’s break down these resin codes:
1 – PETE (polyethylene terephthalate), commonly used for soft drink bottles, mineral water bottles, fruit juice containers and cooking oil bottles
2 – HDPE (high density polyethylene), commonly used for milk jugs, cleaning products, laundry detergents, bleaching agents, shampoo bottles, liquid washing and shower soap containers
3 – PVC (polyvinyl chloride), commonly used for food tray wraps
4 – LDPE (low-density polyethylene), commonly used for shopping bags, highly resistant sacks and most other wraps
5 – PP (polypropylene), commonly used for furniture pieces, luggage, toys and car parts (bumpers, linings and external borders of cars)
6 – PS (polystyrene), toys, hard packing, refrigerator trays (shelves), cosmetic bags, costume jewelry, CD cases, vending cups
7 – OTHER, used for other plastics including acrylic, nylons and fiberglass

Here in Chemung County, most plastics are accepted for recycling, when in doubt of a certain item or type of plastic, inquire with your waste hauler or call the Chemung County Waste Management District (607-737-2980).

Information provided by Toni Gardner, CCE Educator
Got Yard Waste?
The Chemung County Compost Facility located on Blostein Blvd. in Horseheads is open to the public for the summer. This drop-off facility is for Chemung County residents and is free of charge. You may bring your yard waste, and you are welcome to take material to use in your garden (also free).

Please call 607-739-3896 for operating hours and other details.

NLI Graduation Held at Special Venue
Identifying the right location for the Natural Leaders Initiative (NLI) graduation came easy, as class participant Shaun Marks opened up his new facility, the Sterling Event Center, to us!

Pictured below, left to right: Carol Houssock (CCE), Terri Bommarito (volunteer who watched over the children during the 8 sessions), Shaun Marks, Michele Jones (CCE Tompkins), Andy Fagan (CCE), Jessica Belgrave (CCE) and Margo Hittleman (CCE Tompkins). Michele and Jessica facilitated the curriculum, developed by Margo ten years ago.

Did You Know?
Recycling is a part of waste disposal hierarchy – Reduce, Reuse and then Recycle

Court Appointed Special Advocate (CASA)
Their mission statement alone should be enough to get volunteers involved with this very special agency. CASA’s goal is to advocate so that every abused or neglected child can be safe.

Although the training can be long (30 hours) and the case work intense, the rewards can be huge, after all you are working for children and helping to change a life! CASA of Chemung County began in 1988 when the Family Court system was informed about the benefits that could be gained through the use of CASA volunteers in family court. Over the years CASA’s services have expanded and today reach a wide range of counties in NYS.

Ten hours per month is all the commitment CASA is looking for. If you interested in making a difference contact: CASA of the Southern Tier, INC 102 W. Chemung St., Painted Post or call 607-857-5297.

Mary-Lynn’s Limelight Volunteer:
Roberta Hoffman

All it took was reading an article in the newspaper and one year later our volunteer limelight Roberta Hoffman was donating her time as an official Bone Builder instructor and she hasn’t stopped since. All of her 1,943 volunteer hours has been dedicated to this evidence-based program that she continues to promote everywhere she goes.

Roberta was born and raised in Elmira, graduated from Elmira College and taught in the school district for 32 years. Why Bone Builders, I asked? Roberta responded by saying that she is being totally selfish. “I wanted to be able to live well for a long while and after the age of 50 it’s better to be strong than to be pretty.” Roberta is so glad to see her class participants taking care of themselves and she enjoys helping them. “I’m enjoying life, and I owe it all to Bone Builders.”
Upcoming Events and Community Opportunities

AARP Smart Driver Classes*
Steele Memorial Library  733-2788
Thurs., July 5 and 1:30—4:30 PM
Fri., July 6  1:30—4:30 PM

Tues., Aug. 21 and 1:30—4:30 PM
Wed., Aug. 22  1:30—4:30 PM

Corning Senior Center  962-8000
Fri., July 20  9 AM—3:45 PM
Fri., Aug. 17  9 AM—3:45 PM

Schuyler Office for the Aging  535-7108
Mon., July 9  2 PM—8:30 PM
Mon., Aug. 20  2 PM—8:30 PM

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

FREE CONCERTS

Teal Park Summer Concert Series  Thursdays 6:30 PM
July 5  George Kaye Band
July 12  Pat Kane
July 19  Sgro Brothers
July 26  Music Maker’s Big Band
Aug. 2  Bernie Rosplock
Aug. 9  Double Take Band
Aug. 16  Dean Goble Band
Aug. 23  Joe Cavalarro’s Dixieland Band
Aug. 30  Marc Berger

Brand Park Afternoon Bands  Sundays 3:00 PM
July 1  Coyote Blue Country Band
July 8  Boots
July 15  Hepcats
July 22  Kaye Band
July 29  Eclipse Band
Aug. 5  White River Band
Aug. 12  Detour
Aug. 19  West O’Clare
Aug. 26  Sgro Brothers

Bethany Village  Wednesdays 6:30 PM
July 11  Destination Band
July 18  Boots
July 25  Doubletake
Aug. 1  George Kaye Band
Aug. 8  Sam Pallet
Aug. 15  Back Talk Band

Congrats to Award Nominees
Mary-Lynn nominated Greg Barulich, who helps children with reading in area elementary schools, for an award from the Dept. of Aging. Yep, this guy!

And congrats to Bobbi Marie King, a dedicated volunteer at Meals on Wheels. Carol nominated her for a Jefferson Award. We learned at the event that our own Jessica Belgrave from the staff was also nominated for a Jefferson Award.

What’s special about this portable access ramp built by ‘the ramp guys’? The fact that it IS portable. You see, this ramp was built in November of 2017 and was no longer needed. The woman donated it back to the program and it was used a week later for someone with no ability to pay for one. We covered the balance with donations previously received. Talk about a win-win! Thanks to the dedicated volunteers for keeping this project alive and well!

Parmesan Peas

1 1/2 teaspoons margarine or butter
3 1/2 cups peas (about 2 cans [14.5 ounces each] drained, or 16 ounces frozen)
1 1/2 teaspoons lemon juice
1/4 teaspoon black pepper
1/3 cup grated Parmesan cheese

Heat margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add peas and cook 2-3 minutes or until peas are heated through.

Add lemon juice and pepper and mix well. Sprinkle with Parmesan cheese and serve warm.

Refrigerate leftovers within 2 hours.

Source: www.fingerlakeseatsmartnewyork.org and www.foodhero.org

Did You Know?
The first type of plastic was made in 1907.
Health Insurance Information, Counseling and Assistance Program

Do you have questions about Medicare or your health insurance? Our Health Insurance Information, Counseling and Assistance Program (HIICAP) can help. Trained staff can provide you and your loved ones with confidential, unbiased, no-cost one on one counseling. For more information or help applying for these programs, please contact the Department of Aging for an appointment by calling 737-5520.

IMPORTANT MEDICARE BENEFITS TO HELP YOU STAY HEALTHY

- Medicare now covers an annual wellness exam and personalized prevention plan, as well as many prevention services, at no charge.
- Prevention services you may be eligible for include flu, pneumococcal and Hepatitis B shots; heart disease and diabetes screenings; cervical, colon and prostate cancer screenings; depression screenings; obesity counseling; tobacco cessation counseling; bone mass measurements; mammograms and Advanced Care Planning.
- Medicare Part D provides coverage for prescription drugs.
- Talk to your doctor about developing a prevention plan just for you, based on your current health and risk factors.

BENEFITS TO HELP YOU PAY FOR MEDICARE

- If your gross monthly income is below $1,386 ($1,872 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 $1,538 ($2,078 if married) and your assets are no more than $14,100 ($28,150 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.
- If you are over age 65 and your annual income is below $75,000 ($100,000 if married), you may be eligible for EPIC, which helps pay Medicare prescription drug costs.

For more information or help applying for these programs, contact the Chemung County Department of Aging at 737-5520.
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.

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