Exercise and Diabetes

Harvard Medical School reports the benefits of exercise for just about any disease cannot be overstated. Exercise helps control weight, lower blood pressure and harmful cholesterol, raise healthy cholesterol, and improve your overall health. For those living with diabetes, exercise lowers blood glucose levels and boosts the body’s sensitivity to insulin.

Their report cites studies that validate the benefits of exercise on diabetes. Among those: people with diabetes who walk at least two hours a week were less likely to die of heart disease than those who are sedentary; and women with diabetes who spend at least four hours a week doing moderate exercise (including walking) had a 40% lower risk of developing heart disease than those who do not.

The Harvard Report authors suggest the best time to exercise is one to three hours after eating, when blood sugar is likely higher. They also remind those with diabetes to test their blood sugar before and after exercising. With all of the holiday eating going on over the next couple months, be sure to get out there and at least walk someplace that’s safe to do so.

A Look at Our CVAC Volunteers

It’s been a while since you all knew about the impact you’re collectively having in the community. We currently have 591 volunteers on our rolls and 77% of you have contributed hours so far in 2018. Your nearly 50,000 hours - so far this year - represents a dollar value in excess of $1.2 million to the agencies benefitting from your generous service!

While the male/female ratio has held steady for the past dozen years (28% male, 72% female), the commitment you continue to make is astounding. The average number of hours donated so far this year per volunteer is 108, meaning that every month you are helping someone, somewhere with 12 hours of your time.

As we approach the holidays we wanted you all to know how much we appreciate you and what you do right here in Chemung County. People are better off because of you, and the agencies are better able to serve their clients! Thank you again, and as we close out 2018 let’s all be thankful for what we have and look forward to the year ahead.

Finger Lakes Wine Region Voted Best in U.S.

In a poll by USA today Reader’s Choice, the Finger Lakes Wine Country was named the best wine region in the U.S., out-competing more than 230 different regions including California’s Napa Valley. Originally chosen as a top 20 nominee by a panel of wine experts, the top ten were then selected by online voting. It is no surprise the Finger Lakes Region is among the top wine regions in the Country. The region is home to more than 100 wineries spread across 3 different wine trails and generates over a billion dollars a year. Wineries are open year-round, with many having seasonal hours during the winter- as if you needed another reason to head north into wine country!

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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 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!

The Office will be CLOSED on:
November 12, November 22-23,
December 24-25, December 31
and January 1

What Volunteering Means to Me
“It’s rewarding, gets me out of the house, keeps me busy and I like being around people.”
-Phil Meyers

“Volunteering means a lot to me. It gives me something to do, it’s rewarding and it makes me feel great!”
-Janet Fundurulic

New Volunteers
Welcome to CVAC and Thank You for your service!
Janice Czimback
Margaret Carrigan
Joyce Gage
Dianne Layton

Thank you for monetary gifts we received from:
Kathryn Muccigrosso (2)
Carl Bombarger Jr.

THANK YOU!!!

Don’t forget to turn the clocks back on Sunday, November 4th for the end of daylight saving time!

Dr. Joyce Hyatt gave an informative presentation on the importance of hydration at the annual BB refresher. Thank you to all the trainers who attended the annual meeting!

Happy Holidays!

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>Holiday Home Tour volunteers needed</td>
<td>Near Westside Neighborhood</td>
</tr>
<tr>
<td>Site assistant, greeter, and several other opportunities</td>
<td>Elmira Correctional Facility</td>
</tr>
<tr>
<td>Courier, transporters, office volunteers</td>
<td>Arnot Ogden Medical Center</td>
</tr>
<tr>
<td>Adopt-a-shelf, genealogy indexing &amp; more</td>
<td>Steele Memorial Library</td>
</tr>
<tr>
<td>Admissions desk, and many more fun opportunities</td>
<td>Wings of Eagles</td>
</tr>
<tr>
<td>Kitchen duties and applying labels</td>
<td>Meals on Wheels</td>
</tr>
<tr>
<td>Driver for food pick-up &amp; delivery</td>
<td>Salvation Army</td>
</tr>
</tbody>
</table>

Opportunities for Enrolled Volunteers

Staying Healthy

Supporting Our Seniors (SOS)
You, your family or your religious group can help individuals remain living independently in their own home 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 has been in Chemung County for 16+ years. Hand weights and a variable ankle weight are used during slow fluid movements to help maintain bone mass. The program is designed for both women and men. If you are interested in participation as a Trainer, call 734-4453 Ext. 202 for more information. 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

High Energy Bills?
Did you know the average home has leaks that, when taken together, are the size of a basketball? It’s like leaving a window open in winter! Thanks to a state program, home energy assessments are available to most New York State residents, whether you own your home or rent, at no cost. Based on the assessment, certified contractors will provide you with a report with recommended actions to improve the comfort and safety of your home, as well as reduce your energy bills. Having an energy assessment may qualify you for incentives, rebates, and low-interest loans that can be applied to your energy-efficiency. The home energy assessment can help you cut your energy bills and make your home more comfortable year round! For more information contact CCE educator Eileen Hanrahan at 607-366-0833 or eeh85@cornell.edu.
RAMP #99
The Ramp Guys are back at it again! They completed ramp #99 at the end of October and already have ramp #100 scheduled. Great Job!

Holidays and Heartburn:

*Don’t let heartburn hinder your holidays*

Most of us look forward to the holidays—time with friends or family, and time with foods! However, some of us can feel the after-effects of those foods in the form of heartburn.

Heartburn results from stomach acid moving up and out of the stomach and into the lower part of the esophagus. Relief comes when the acidity level is reduced. The fastest way to neutralize stomach acid is with an over-the-counter antacid. Relief is quick, but not long lasting.

Long-lasting relief can come from an H2 blocker and those are all available over-the-counter in the form of pills, liquid or chewable tablets.

Ask your Pharmacist or Doctor for the best form of relief for you. And don’t refuse all of those holiday goodies thinking they won’t agree with you. They might, but you can arm yourself with the right tools from your local drug store!

**Did you know!** Military veterans can get free Admission to Corning Museum of Glass for the month of November!

**Thanksgiving Trivia**

See if you can get these correct and enjoy your Thanksgiving meal!

1. What year was the first Macy’s Day Thanksgiving Parade?
2. What is the wobbly red piece of flesh on top of the beak of a turkey?
3. What two football teams played the first Thanksgiving Day game?
4. Which Founding Father wanted the turkey to be America’s national bird?
5. What year was the first Thanksgiving held?
6. What president made Thanksgiving a national holiday?
7. What Native American Tribe celebrated Thanksgiving with the pilgrims?
8. How long did the first Thanksgiving last?
9. What state raises the most turkeys?
10. How long was the Pilgrims’ voyage from England to the New World?

Answers on page 6

Challenge yourself to carry your recycling efforts into the upcoming holiday season...Be creative with gift giving... give your time, give experiences, give eco-friendly gifts.
Agency & Volunteer Limelights

Twin Tiers Community Orchestra

If playing music is your jam, then this is the group you might consider joining. This ensemble of both young and old musicians, from intermediate to advanced playing levels, comes together to practice on Monday nights in Elmira Heights. They perform 9-10 concerts throughout the year. According to Don Holtz, the Twin Tier Community Orchestra is a safe place for people to come and play, and if they like it they will come back....no auditions necessary. Join this dedicated group today and help spread the joy of music. Message them on Facebook for more information.

Limelight Volunteer: Donald Holtz

Spreading happiness through music has been our featured volunteer’s passion for most of his life. Don Holtz retired from Hendy Elementary School as the band director after 39 years and it wasn’t long after that he became a member of the soup kitchen’s team, thanks to his wife. But, I could tell just by his stories that his real joy comes from the music he presents at many of our local facilities with the Twin Tiers Community Orchestra. Born and raised in Rochester, N.Y. Don told me his giving spirit comes from his mother. “All of my volunteer work is the best thing I can imagine, I come away with a high every time,” he said. He told me that when this dedicated group of musicians, both young and old, gets together there is a feeling of love in the air. “I hope we are bringing an hour of peace and joy,” declares Don. I am certain you are, Don!

Seaman’s Knitting

Also referred to as Christmas at Sea, this agency works year round gathering scarves, caps, vests and socks all knitted by volunteers for our international mariners at sea and inland waterways here in the United States. Finished products are gathered and shipped to the headquarters two times per year to ensure that every mariner who is miles from home during the holiday season receives a warm garment. The Chemung County group has become a legacy project of the Bixler/Draht family. If you are handy with knitting needles and are interested in getting involved give CVAC a call at 607-734-4453, ext. 202

Twin Tiers Community Orchestra

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Upcoming Events and Community Opportunities

AARP Smart Driver Classes*
Steele Memorial Library  733-2788
Mon., Nov. 12 and  1:30—4:30 PM
Tue., Nov. 13  10:00—3:00 PM
Thurs., Dec. 6 and  1:30 — 4:30 PM
Fri., Dec. 7  1:30 — 4:30 PM
Corning Senior Center  962-8000
Fri., Nov. 16  9 AM—3:45 PM
Fri., Dec. 21  9 AM—3:45 PM
Schuyler Office for the Aging  535-7108
Sat., Nov. 10  9 AM—3:30 PM
Sat. Dec. 8  9 AM—3:30 PM

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

Growing Unusual Fruits at Home Workshop
November 7th from 2:30-4:30 PM at CCE offices room 110
learn the basics of growing Bush Cherries, Currants, Figs, Hardy Kiwi, Honeyberries, and more.
Cost to attend is $5 per person. Preregistration is required by November 6. For more information/register, contact Shona Ort, at 734-4453 ext. 227 or sbo6@cornell.edu.

Free Holiday Spirit

Holiday Extravaganza: Arnot Medical Center  
November 1&2 from 9AM -7PM and  
November 3rd from 9AM- 4PM

TAE Craft Show: Thomas Edison High School
November 3rd from 9AM- 2PM

GCP Holiday Bazaar: Grand Central Plaza, Horseheads
November 17th from 10AM-2PM

Tree Lighting/ Parade of Lights:
Corning Gaffer District
November 24th

Holiday Open House: Corning Museum of Glass  
Free admission December 1&2

Sparkle: Corning Gaffer District
December 1st: Full day of Holiday cheer!

Holly Days: Village of Horseheads
November 24th from 1-6PM

Answers from page 4 Thanksgiving Trivia
(1) 1924 (2) Snood— the piece under the beak is called a wattle
(3) Detroit Lions and Chicago Bears (4) Benjamin Franklin
(5) 1621 (6) Abraham Lincoln (7) Wampanoag (8) 3 days
(9) Minnesota with ~41 million turkeys (10) 66 Days

From CCE Chemung NATURAL RESOURCES Team...
Chemung County’s Fall Household Hazardous Waste Collection Event went off without a hitch! While we had a cold and rainy start to the day, all ran smoothly. Over 500 households participated and were able to rid of items containing chemicals, safely, efficiently and for free.

A BIG THANK YOU to several CVAC volunteers for their help with the pre-registration and providing over 700 one-on-one educational phone consultations. They are a BIG part of the pre-event process that contributes in a major way to the success of these events.

Chemung County provides this event every Spring and Fall to residents. Stay tuned to THRIVE for details about next years’ events. You may also visit our website for updates (chemung.cce.cornell.edu).

Holiday Craft & Vendor Fair on November 10th from 9AM-2PM at the Wings of Eagles Discovery Center: $2 dollar admission

Under the Dome Craft Fair on December 2nd from 10AM-3PM at the Murray Athletic Center: $2 dollar admission

Friends of Extension Awards/ Annual Meeting
Holiday Inn Riverview December 6th at 6 PM
Cost: $30/person or $55/couple

Holiday Shopping Safety Tip
When using a shopping cart as you browse through the store, keep your purse zipped or closed and secure it to the cart by clipping the child safety belt through the strap(s).
This will help prevent someone from taking advantage of your distraction and running off with your purse. For those carts that don’t have the child strap, keep an inexpensive carabiner clip attached to your purse strap. Simply clip the carabiner to the cart and your purse is more secure. HAPPY SHOPPING!
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 $2,391 for one person and $3,127 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’re not sure, call 737-5368 after November 13th to see if you need to apply. Emergency HEAP begins January 2nd, 2019. For more information about HEAP 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

October 15—December 7. Health needs and plans can change from year to year! Open Enrollment is the one time of year when all people with Medicare can make changes to their coverage. For help comparing 2019 plans, visit www.medicare.gov, call 1-800-Medicare, or contact the Chemung County Department of Aging and Long Term Care at 737-5520 to schedule an appointment. We apologize that walk-ins cannot be accepted due to high scheduling demands this time of the year. DO YOU HAVE QUESTIONS ABOUT MEDICARE? Attend our Medicare 101 presentation on Monday, December 10th, 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 Movie Night** will be held Wednesday, November 7th at 5:30PM at the Horseheads Library. The featured film will be “Grief: How to Handle Grief and Loss as a Caregiver”. For more information please call 737-5520.

- **Caregiver Retreat**: Thursday, November 15th at the Horseheads Elks. Call the Alzheimer’s Association for more information, or to register 1-800-272-3900

- **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.
CVAC Advisory Committee
Gerry Brown     Caryl Cavalier     Mark Edgerly - Chair
Andy Fagan     Richard Kuhn     Kim Salisbury
Livie Trexler     Evelyn Williams

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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