Scattered throughout this issue you will find comments included on our annual Bone Builders Participant Survey. This research-based program continues to help people in a number of ways.

These Kids Are Out of This World!

Students at a school in Watertown, NY are vying for a huge honor. The after-school program conducted by CCE Jefferson gave students in 16 schools the opportunity to develop a proposal. Not just any proposal. This proposal involved developing a science experiment that will be delivered to the International Space Station in 2019!

The competition is now narrowed down to three finalists. From those three, the Student Spaceflight Experiments Program (SSEP) National Step 2 Review Board will select one for flight.

CCE Jefferson’s lead staff person reached out to Cornell’s Spacecraft Planetary Imaging Facility and had input from grad students, research assistants and faculty members. Some even connected with other scientific experts in their field. One team of students worked with a Cornell doctoral student who said he has a responsibility to pursue outreach and share what he knows.

SSEP National Step 2 will begin their tough work in the coming weeks. The winning team will then create the experiment inside a flight-certified mini-lab and their experiment, along with 40 others, will launch aboard a Space rocket sometime in 2019.

Happy and Healthy Lives

Good health is the key to doing all the things you want to do, and good health involves lifestyle choices and preventive tests that can have a positive impact on your health and longevity. As this new year begins let’s all commit to incorporating exercise and wholesome eating into our lives. We can do this without sweating to death or having a feeling that we’re sacrificing something.

Boredom needs to go. Spice up your foods to make them more appealing. That alone can help in expanding your palate and slimming your waist. Challenge your mind. Work on your memory. Do puzzle books or watch Jeopardy! Get your eyes and ears checked so you won’t miss a thing! Work on getting good, restful sleep and keep those joints moving as much as you can. Join one of our Bone Builders groups, they’ll help keep your bones strong.

We all want to live longer and if we make good choices now, we’ll have done our part to help make that happen.

Mike Wayne is CVAC’s BFF/Bestie/Wingman

Every year we have the opportunity to thank someone who has supported CVAC through the donation of time, money, or both. This year’s honoree is Mike Wayne, Senior Vice President and Director of Marketing at Chemung Canal Trust Company. Mike, a volunteer in his own right, is a huge supporter of volunteers in the community with his commitment to RSVP/CVAC dating back 30 years to the LPGA days. His belief in, and financial support of, our program through the bank is very much appreciated. Mike, thank you again!

Mike is pictured with Carol Houssock after receiving his award as our Friend of CVAC at the CCE annual meeting.

In This Issue, on Page:
- Donation Form, 2
- CVAC Community Engagement, 3
- Agency and Volunteer Limelights, 5
- Community Events and Workshops, 6
- Dept. of Aging News, 7
We will be CLOSED on:
January 1st
January 21st
February 18th

What Volunteering Means to Me
“ Well I have a strong conviction about volunteering. I enjoy doing it because it gives me satisfaction and I like to pay it back.”
- Rita Buckbee

“I figure I might be helping somebody, and you know me... I love babies!”
- Eldora Gould

New Volunteers
Welcome to CVAC and Thank You for your service!
Larry McCormick
Paul Holland
Dorothy Kurta

Thank you for monetary gifts we received from:
Anne Fitzpatrick
Kathryn Muccigrosso (3)

Thank YOU!!!

It’s winter! Is your house cold?
Give Eileen Hanrahan, Community Energy Educator a call (607-366-0833) and ask her about the Smart Energy Choices FREE Home Energy Assessment program! You may be eligible to receive up to $7000 in free energy upgrades to your home, such as, insulation and weather stripping, as well as information on how to reduce your electric bills! You can also have your furnace and hot water heater checked for safety and efficiency. Make a resolution to help improve your family’s health while reducing your utility costs with a FREE home energy assessment!

“Outlook to future improved.”
-Bone Builder Participant

“Quit smoking.”
-Bone Builder Participant

Congratulations Tom Rhodes on receiving the Friend of Extension “Patricia Cusick” award!

“Thank you for sending me these newsletters. I print a copy up and I keep it in my car. When I’m at McDonald’s or other restaurants I have reading material- I hate to just sit and eat and not read.”

“What stands between a child and freezing? You do. Heartwarming for you. Life changing for them.”
Thank you to all the CVAC volunteers who made hats, mittens and blankets this year!

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.
Opportunities for Affiliated Volunteers

<table>
<thead>
<tr>
<th>Task</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office, committee members, build site volunteers</td>
<td>Habitat for Humanity</td>
</tr>
<tr>
<td>Assistant Site Coordinator</td>
<td>Elmira Correctional Facility</td>
</tr>
<tr>
<td>Office support, patient care, fund raising</td>
<td>CareFirst</td>
</tr>
<tr>
<td>Recreational, drivers, residential volunteers needed</td>
<td>The ARC of Chemung</td>
</tr>
<tr>
<td>Clerical, pastoral care, gift shop, front desk help</td>
<td>St. Joseph’s Hospital</td>
</tr>
<tr>
<td>Advocate for children</td>
<td>CASA</td>
</tr>
<tr>
<td>Many opportunities to help fight hunger</td>
<td>Food Bank of the Southern Tier</td>
</tr>
</tbody>
</table>

Opportunities for Enrolled Volunteers

Staying Healthy

SUPPORTING OUT 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 variable ankle weights 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

READING HELP
Elementary schools and preschool programs in Chemung County need individuals to work with children needing help with reading. 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

CVAC ADVISORY COMMITTEE
We are looking for volunteers to join our Advisory Committee. Meetings are held quarterly and you can help guide our program. Call Carol at 734-4453, Ext. 215 for information. Enrolled

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.

Tai Chi for Arthritis a Big Hit

When we decided to facilitate Tai Chi for Arthritis we had no idea how it would go over among people ages 60 and older. With year one now behind us we can say we were very pleased with the results.

Special thanks to the Dept. of Aging and Long Term Care and Chemung County for the funding. We are also thankful to Bethany Lutheran Church (Elmira), American Baptist Community Church (Big Flats), Park Terrace (Pine City), and 1st United Methodist Church (Horseheads) for providing the space. Asking them to accommodate us once is one thing, but we needed to use a room 16 times for each series of one-hour classes! A total of 36 people completed the sessions and many of them have signed up to take another class in 2019, when we shift our focus to Tai Chi for Diabetes!

The class evaluations were very positive. A participant who suffers from migraine headaches reported that since starting the classes her headaches have become less frequent and if she feels one coming on she practices the moves and her migraine subsides.

We already have a waiting list for 2019. If you’d like to add your name to that list give Mary-Lynn a call at 734-4453, Ext. 202.
The Far Side of Fifty-Five
by Earl F. Barfoot

It’s a wonderful word, ‘anyway’! And it’s an attitude that gets me through many a difficult situation. I learned the word from a little boy who had lost, in a game with a couple of other boys, a whole bag of marbles…except one. I thought he’d be crying as he walked away, but instead, I heard him say, ‘Anyway, I’ve still got one.”

More than that, he had no anger against the other boys. They had won fairly in a game and, anyway, it was his own decision to join the game. They were still his friends. And anyway, there would be another game, and he still had his ‘shooter’.

I thought that was a pretty mature attitude, to focus on what he still had, not on what he had lost, and to think ahead to the future when, anyway, he would have another chance.

We experience many losses as we grow older. It would be so easy to surrender and drown in our self-pity, or even grow angry and turn away our friends. That’s when we have to call on the ‘anyway’ strategy:

“I can’t walk as well as I used to, but I’m going to the lunch at the Senior Center anyway, to be with my friends.”

“My grandson is getting a merit badge at Scouts tonight. I’m exhausted from a hard day at work but I’ll be there, anyway.”

“I don’t have time, but I’ll stop by the hospital, anyway, to say hello after my friend’s surgery.”

And all of those sentences end with, “and I’m glad I did.”

It may be a simple tool, but I find it’s a great help for keeping myself in line. Anyway, I get a lot more pleasure out of life, keeping ‘anyway’ handy.

The late Earl Barfoot’s musings were a regular feature in our newsletter. Anyway, we wanted to continue to share his thoughts on occasion. Hope you enjoyed reading this one!

Did you know the federal government has changed the physical activity guidelines for the first time in 10 years? According to the guidelines, adults should aim for 150 minutes of activity a week. Not only does exercise help you function, feel, and sleep better but also helps reduce the risk of many chronic diseases. Even the smallest amount has benefits for your overall health, plus you start feeling benefits immediately after! Try to sit less and move more this new year!

Can You Solve These Winter Riddles?
1. What is a dreamlike fairyland but can also be horrific to many when it covers the land with ice?
2. What bites with no teeth?
3. What grows closer to the ground when it grows?
4. What was known to Greek philosophers a thousand years ago, has numbers all in a line, and can tell you if rain will turn to snow?
5. What is made of plastic or metal, used for play or for work, and you’ll usually find it in a sandbox but mostly out in the winter months?
6. What can you find in abundance in Greenland, in a box, in a sweet treat but you’ll never find it in an oven?

Answers on Page 6

“Progress in walking after a broken hip.”
-Bone Builder Participant

In with the New, Out with the Old– How to Recycle Old Electronics

Did you know that an estimated 68% of Americans purchase an electronic item during the holiday season either for themselves or to give as a gift? With the holiday (giving) season behind us, many have given or received an electronic item, possibly a new computer, a new phone or maybe even a new TV. It’s no surprise that this is one of the busiest times of the year for Electronic Recycling Facilities…which leaves the question…How do you properly dispose of your old, unwanted, retired electronic items (E-waste)? Chemung County residents have a few options when it comes to E-cycling (Electronic Recycling). Many electronics can be recycled for free or for a small fee (depending on the item) at a few local places. Please call the following to inquire:

*REACT-----739-8401
*Lake Street Transfer Station-----737-2980
*Best Buy-----739-9471

Also, Chemung County offers FREE E-Waste Collection Events throughout the year for residents (dependent on funding). Stay tuned to future THRIVE newsletters for any details.
Agency & Volunteer Limelights

Sandy Bonci: Beginning back in the 60’s, yes the 1960’s that is…. our Volunteer Limelight Sandy Bonci began her “volunteer career” by accompanying her daughter to a 4-H event. That commitment continued for the next 20 years. She served on the board of directors for two terms and on the camp committee for many, many years, according to Sandy. Today in fact, Sandy still volunteers with 4-H programs when needed. But, another area where Sandy donates a lot of her time is to her quilting. The quilting group consists of 9 people who, since 2012, have distributed 351 quilts. “Quilts make people feel warm and I think they feel cherished because someone cared enough to give them something. It makes them feel wanted and good about themselves. I get the satisfaction that I’ve made somebody feel better. I hate seeing people go hungry or cold.” Sandy has a huge heart and her work reflects that in such a positive way for everyone in our community.

Community Foundation of Elmira-Corning and the Finger Lakes Inc.
If you don’t know much about the Community Foundation be prepared to be amazed, I know I am! The Community Foundation was established more than 40 years ago in Corning and really soared during the flood of 1972. During the same time wealthy Elmira families looked for ways to give back to their community, and in 1993 the two groups merged creating the Community Foundation of Elmira-Corning and the Finger Lakes, Inc.
Known as grant makers, not grant writers, the staff, board of directors and selected community members work diligently to distribute donors’ funds with whom they are entrusted. Their goal is simple: invest in our community, help those in need, create growth, make a positive impact, forge lasting relationships, and invest in the future of our community. After all, we can all help make a difference. Check out the Community Foundation on Facebook, YouTube channel and their Good Works PodCast. 301 South Main St. Horseheads, NY 14845. 607-739-3900

Bethany Village
This senior living complex was established in 1978 and folks have many options to choose from when it comes to living out their golden years at Bethany Village from Independent patio homes, to senior subsidized apartments, assisted living or skilled nursing. Residents at each location can count on many of the Bethany Village community employees to make sure that seniors are living their best life by staying active, engaged, busy and informed. Interested in volunteering at Bethany Village? Opportunities are available in the gift shop, clerical duties, reception, friendly visitors and activities help. 3005 Watkins Rd. Horseheads, NY 14845. 607-378-6522

Ramp Crew Constructs 100th Ramp
On November 8th the Ramp Crew completed their 100th portable ramp in Chemung County! The ramps make it possible for individuals to continue living independently in their own home as long as possible. The labor is generously donated free of charge from a group of retired volunteers, while the cost of the materials is usually covered by the recipient or by various community agencies/churches. Thank you, Ramp Crew, for helping make Chemung County a better place for

Hot Apple Orange Cider

Ingredients:
- 8 cups 100% apple juice or apple cider
- 4 cups water
- 1 cup 100% orange juice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves

Directions:
In 4 quart pot, add apple juice, water, orange juice, and spices. Bring to boil and simmer for up to 2 hours. Serve hot and enjoy. Refrigerate leftovers within 2 hours; also good cold.

Thank You!
CVAC Volunteers have donated more than 60,000 hours this year!

“Drink more water and walk more”
-Bone Builder Participant
The Environmental Management Council of Chemung County will sponsor two scholarships for students between the ages of 11 and 17 years, to one of the four DEC camps operating across the state this summer. Campers will learn about forest, fields, streams and ponds and take part in activities such as fishing, orienteering, birding, fly tying, archery, canoeing, hiking and camping, along with an optional hunter safety course. Applications are due by Thursday, February 1, 2019. To apply go to: http://chemung.cce.cornell.edu/environment/emc-scholarship-to-conservation-summer-camp or contact Jennifer Trimber, Environmental Coordinator 607-734-4453 or e-mail jht75@cornell.edu.

“Dedicated to a personal exercise program weekly.”
-Bone Builder Participant

2300 Degrees Fahrenheit at Corning Museum of Glass will feature glass making demonstrations, live music, food and drink. The events are free and weather permitting.
January 17: 6-8 pm
February 21: 6-8 pm

Reinventing a Manufacturing Town
Excerpts from AARP’s Where We Live: 100+ Communities for All Ages

If you can get your hands on a copy of this publication, Elmira is featured on page 69 with a short article and a photo of the trolley on a tour. The writer acknowledges that most people have never been to the City but they likely have been near a product built here. This includes fire hydrants from Kennedy Valve, clutches and brakes from The Hilliard Corporation, locomotives and passenger trains from CAF USA, and heavy-truck and chassis parts from Trayer.

“The area has experienced a downturn in population since its heyday in the 1950s. The decline began after flooding from Hurricane Agnes destroyed many businesses. Over time, the compact and walkable city center felt more like a ghost town, visitors and former residents report, rather than a welcoming place for people, businesses and prosperity.”

The article goes on to highlight the City’s receipt of $10 million in 2016 for downtown revitalization. The money is currently helping to transform the downtown into an attractive destination for residents, businesses and college students.

Locally, we can’t say enough about AARP Chapter 276 and its great work in making Elmira and other municipalities Age-Friendly Communities.

“Doing more exercises at home”
-Bone Builder Participant

Old Skills, New Foods Workshops
CCE Tioga will be holding several hands-on workshops for middle and high school students along with their parents or grandparents. There is no fee for participating and workshops are stand alone but kids are welcome to come to every one.

All classes are held on Saturdays at CCE Tioga (56 Main Street Owego, New York 13827) from 9 am to noon:
Homemade Potato-Leek Pizza: Jan 5
Yogurt, Berry and Granola Parfaits— Jan 12
Caprese Salad— Jan 19
Canning Applesauce– Jan 26
Learning From Indigenous Cultures— Feb. 9

Call CCE Tioga for more information 607-687-4020

Upcoming Events and Community Opportunities

AARP Smart Driver Classes*
Steele Memorial Library 733-2788
Wed., Jan. 2 and 1:30—4:30 PM
Thurs., Jan. 3 1:30—4:30 PM
Wed., Feb. 6 and 1:30 — 4:30 PM
Thurs., Feb. 7 1:30 — 4:30 PM
Corning Senior Center 962-8000
Fri., Jan. 18 9 AM—3:45 PM
Fri., Feb. 15 9 AM—3:45 PM
Schuyler Office for the Aging 535-7108
Sat., Jan. 12 9 AM—3:30 PM
Sat., Feb. 9 9 AM—3:30 PM

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

Introduction to Hydroponics Workshop
Location: Room 110 at CCE Chemung (425 Pennsylvania Avenue, Elmira, NY 14904)
Date: Tuesday January 15
Time: 5:30-7:30pm
Cost to attend it $5 per person.
Youth 12 and under are free.
Pre-registration is required. For more information, please contact Shona Ort, Ag Educator, at 607-734-4453 Ext. 227 or sbo6@cornell.edu.

“Enjoying the people in our group makes me want to get out more. Our leader is a driving force and we could not find a better leader or more caring person.”
-Bone Builder Participant

Reinventing a Manufacturing Town
Excerpts from AARP’s Where We Live: 100+ Communities for All Ages

If you can get your hands on a copy of this publication, Elmira is featured on page 69 with a short article and a photo of the trolley on a tour. The writer acknowledges that most people have never been to the City but they likely have been near a product built here. This includes fire hydrants from Kennedy Valve, clutches and brakes from The Hilliard Corporation, locomotives and passenger trains from CAF USA, and heavy-truck and chassis parts from Trayer.

“The area has experienced a downturn in population since its heyday in the 1950s. The decline began after flooding from Hurricane Agnes destroyed many businesses. Over time, the compact and walkable city center felt more like a ghost town, visitors and former residents report, rather than a welcoming place for people, businesses and prosperity.”

The article goes on to highlight the City's receipt of $10 million in 2016 for downtown revitalization. The money is currently helping to transform the downtown into an attractive destination for residents, businesses and college students.

Locally, we can’t say enough about AARP Chapter 276 and its great work in making Elmira and other municipalities Age-Friendly Communities.

“Doing more exercises at home”
-Bone Builder Participant

Answers from page 4: 1) Winter 2) Frost 3) Icicles
4) Thermometer 5) Shovel 6) Ice
HELP WITH HEATING COSTS
Have you turned in your 2018-2019 HEAP application? If not, you may still do so. Applications are available online at www.mybenefits.ny.gov or by going to Department of Aging and NY Connects, located at 425 Pennsylvania, Elmira (737-5520). If you have been receiving SNAP benefits since before September 2018, you do not need to apply, because your HEAP benefit will be issued automatically. If you aren’t sure, call 737-5368 to see if you need to apply. Emergency HEAP begins January 2, 2019. For more information about HEAP call 737-5520.

POWERFUL TOOLS FOR CAREGIVERS
Are you a family or friend caregiver? At times, do you feel overwhelmed, guilty or unsure of how to handle a challenging situation? If so, the Chemung County Department of Aging and Long Term Care is offering a special no-cost program designed for caregivers like you. Powerful Tools for Caregivers is a six-week educational program for family and friends who are caring for older adults with long term illnesses. The class provides you with the self-care skills and confidence you need to better care for yourself while caring for others. Caregivers will receive a free copy of the Caregiver Help book, developed just for this class. The class is free but the size is limited. Call today to learn more. 737-5520. Classes meet on Thursdays from March 21st through April 25th from 5:30 pm - 7:00 pm at the Department of Aging.

OLDER AMERICANS MONTH CELEBRATION AND APPLICATIONS
The Department of Aging and Long Term Care honors older Americans and the organizations that serve them every May at our Older Americans Month Celebration. This year’s celebration is scheduled for Monday, May 6, 2019 at 2:00 pm at New Beginnings United Methodist Church. Application forms for the Chemung County Department of Aging Distinguished Volunteer Awards (formerly known as the Senior Citizen of the Year Awards) are due March 29th, and are available at www.chemungcountyny.gov or by calling the Chemung County Department of Aging and Long Term Care at 737-5520. Please contact us for an application form if you know a special volunteer who is 60 years of age or older! Thank you for supporting Chemung County volunteers!
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
Carol Houssock, Administrator, cwh28@cornell.edu
Danielle Howie, Special Programs Coordinator, dkh54@cornell.edu
Mary-Lynn Rourke, Program Educator, mr349@cornell.edu