



PULTENEY GRAPEVINE

FALL 2013 A COMMUNITY NEWSLETTER VOLUME 3, ISSUE 2

Welcome to the Pulteney Grapevine, a newsletter about services and happenings in Pulteney. This newsletter is compiled and distributed by the Pulteney Free Library to help spread information throughout the community. The Pulteney Grapevine community newsletter is made possible through funding from Steuben Senior Services Fund, the Town of Pulteney, the Pulteney Presbyterian Church, and the Pulteney Fire Department.



At the end of 2013, it will be five years since Steuben Senior Services Fund began the Pulteney Aging in Place Project. In addition, Kathy Burns, Aging in Place Coordinator, began to replicate this project in the Town of Urbana two years ago. It is important for all of you to know the accomplishments that have been achieved in your community due to the collaborative efforts of many groups and individuals. Below, we have compared statistical information from the last five years (1/1/2009-present) with the five years preceding those (1/1/2004- 12/31/2008). Here is what we have discovered:

- In the Pulteney/Urbana area, there has been an 85% increase in the number of chores done for seniors in need by volunteers. This is due mostly to our partnership with Hammondsport Central School and their commitment to engage students in these activities.
- There has been a 225% increase in the number of seniors from the area that are participating in senior meal sites provided by ProAction. Again, this is due to the Pulteney Presbyterian Church and community volunteers that provide meals on Mondays and Thursdays and the Hammondsport Presbyterian Church that began serving meals on Tuesdays at their sites.
- Due to Project CARE volunteers, there has been a 200% increase in the number of grocery shopping trips for seniors who need assistance.
- Volunteers in the area made nearly 300 telephone calls to provide companionship and safety to home-bound seniors compared to 10 calls made in the previous five years.
- Due to dedicated community volunteers who trained to be Bone Builder leaders, participants have more than doubled in the last five years.
- Community members are more aware of what is available, and we have received 17% more calls inquiring about possible services for seniors.

Transportation to medical appointments and home delivered meals have remained about the same over the last 10 years, but part of this statistic is due to the need for additional volunteer drivers. If you are interested in helping your neighbors, please call Kathy Burns at 664-2298 (Monday-Friday) or 868-3163 (evenings and weekends).

Thank you to all the individuals and organizations that have made this project possible! It takes an entire community to help our seniors age in place successfully.

GRACE COMMUNITY FELLOWSHIP

Recently, we have had two contemporary Christian bands perform at Church, and we are looking forward to return visits in the future. Also we have studied transhumanism and the dangers that technology can hold for the human race through genetics, robotics, artificial intelligence, and nanotechnology.

Coming soon: rocky Mountain Possum Band.

PRESBYTERIAN CHURCH

Pulteney Presbyterian Church welcomes Rev. Bryan Bond as our stated supply pastor. Rev. Bond who hails from the south and currently lives in the Spencer NY area loves the scenic Pulteney area especially during grape harvest season. Join us for the annual Harvest Dinner, Bake Sale and Bazaar on Saturday, November 2nd at the Pulteney Firehall. Serving begins at 4:30 pm ~ a bountiful turkey dinner with all the trimmings!! "Gobble on Over" The pastor has begun a communicants' class for several of teens and a few adults in our congregation. How great that our church is growing! As the holiday season approaches, join us for worship at 9:15 Sunday mornings and then stay for coffee and fellowship.

PULTENEY FIRE DEPARTMENT AUXILIARY

The Pulteney Ladies Auxiliary will host their annual Halloween party for the children in town on Sunday, October 27th at the Pulteney Firehall beginning at 2:00 pm. There will be costume judging, games, crafts, and refreshments. It should be a "boo"tiful time for all ghosts, goblins, and tricksters.

Save Saturday, December 14th for "Breakfast with Santa" at the Pulteney Firehall starting at 9:00 am. The Pulteney Free Library will share holiday stories and be taking pictures with Santa for young and old alike. Santa's chefs will prepare breakfast which includes waffles, french toast sticks, sausage, scrambled eggs, juice and hot cocoa. Right now his elves are busily creating holiday crafts for children of all ages to make that day. There is no cost but kindly bring canned food items/paper products that Santa will donate to the local food pantry.

BONE BUILDERS EXERCISE PROGRAM

BONE BUILDERS of Pulteney has been growing along with the local grapes and apples. As many as thirty people show up for the exercise program at the Pulteney Volunteer Fire Dept. on Brown Road, Mondays and Wednesdays from 9:00 AM until about 10:30. The group's leaders are Rita Finley, Kathy Wheat, Sue Steeves, Nancy Cole, Ray Dutcher and Carole Smith. All these "teachers" volunteer their time. They each attend at least one day of training every Fall, and then share their knowledge with the rest of the circle. Recently, the leaders were officially thanked and applauded at an informal coffee hour after one of the exercise sessions. All are welcome to attend these exercise sessions, designed to prevent osteoporosis, strengthen muscles and bones, and improve balance. (Some improvement in MENTAL balance can be detected among certain groupies, too!)

PULTENEY SENIOR LUNCH

THE PULTENEY SENIOR LUNCH BUNCH meets Mondays and Thursdays at the Presbyterian Church to enjoy a hot meal and lively conversation, starting at 11:30 AM. A donation of \$3.00 per person goes to support the Senior Meal Program of the Steuben Office of Aging. Certain members of the Lunch Bunch have become experts at serving coffee, clearing tables, and DOING DISHES! Come and see for yourself.

Barb Radigan offered some workshops at the lunch site this summer, teaching people how to use the current technologies available through the Library system. Be careful as you drive around town these days – there may be Senior Citizens walking along our roads with various phones and I Pads and other devices!

“Getting Good Care”



No doubt about it, the number one request that comes to NYCONNECTS is for in home services. Whether it is for housekeeping help, because you cannot stand or bend like you use to, or bathing help because a stroke left you weak on one side, many agree that quality in-home care makes a world of difference. So how do you find good care?

Well, as the one stop center for unbiased information on all long term care services, hopefully NYCONNECTS (1-866-221-7324) is the first place you call. From there you can access the list of home care agencies that serve our area. If you opt to hire someone that works independent of any agency, you will want to take extra care to thoroughly screen and check references on them. Beyond that, there is more you can do to improve your chances of having a positive experience. Most importantly, be a good communicator. Plan ahead of time what you want the hired worker to do and how you want them to do it. Don't be afraid to write the tasks down so that everyone is clear about your expectations.

If you want to learn more about this topic, even as it relates to getting good care in a **facility, you will definitely want to join us on Friday, November 15, 2013 from 10:30- 12 noon** at the First Congregational United Church of Christ, 171 W Pulteney St, Corning, NY. Reservations are required by calling Office for the Aging at 607-664-2298 or NYCONNECTS at 1-866-221-7324 by November 13.



PULTENEY COMMUNITY GARDEN

The Pulteney Community Garden has really been growing by leaps and bounds the past few months. Our Eagle Scout candidate, Brian Kilbury, and volunteers from Troop 18 and the community have been successful in building 8 raised beds. Brian still has plans on building a wheel chair accessible raised bed. In addition to building, we received donations of bushes, bulbs and wood from community residents. We did receive a little shock at the cost of top soil when it exhausted our budget, but Knight Settlement came to our rescue and donated approximately 60% of the cost of the soil. With the restored funding we should be all set to start planting in the spring. We will be posting the garden's policies on the town website soon. The new year will bring further organization of the program and the sponsorship of beds. Be looking for updates. As always, we are accepting cash donations to the Town of Pulteney Community Garden and in kind donations of topsoil, plants, and benches. For more information regarding how to get involved or what is needed contact Liz Ryder at 868-4016 or Kathy Burns at 868-3163.



Pulteney Free Library
P.O. Box 215
Pulteney, NY 14874-0215

**Non-Profit
Organization
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Permit No. 1**

CALENDAR:

November 1 & 15 - 7:00 pm - Pulteney Free Library Art Night

November 2 - Pulteney Presbyterian Church Harvest Dinner - Pulteney Fire Hall - Serving at 4:30 until 6:30 pm.

December 6 & 20 - 7:00 pm - Pulteney Free Library Art Night

December 14 - Breakfast with Santa - Pulteney Fire Department

Bone Builders - Mondays & Wednesdays - 9:00 am - Pulteney Fire Department

Pulteney Free Library Story Hour - 9:30 am - Saturdays

Senior Lunch - Mondays & Thursdays - 1100 am - Pulteney Presbyterian Church

NEWSLETTER SPONSORS:

- Pulteney Free Library
- A grant to the Steuben Senior Services Fund (SSSF) from Keuka Area Fund of the Community Foundation of Elmira-Corning and the Finger Lakes.
- The Town of Pulteney
- First Presbyterian Church of Pulteney
- Pulteney Fire Department

