



PULTENEY GRAPEVINE

WINTER 2015 A COMMUNITY NEWSLETTER VOLUME 5, ISSUE

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.

BRIAN KILBURY, a young man from Pulteney, recently received the highest award from Boy Scouts of America – the Eagle Scout medal. He worked on several community projects which helped him earn this honor. His most visible project is the Community Garden, located just south of the Pulteney Ambulance Building on County Route 74. Brian is a member of Hammondsport Central School Class of 2015, and has been accepted at SUNY Canton, where he will begin his college career next fall. Currently he's a volunteer at the Pulteney Free Library and participates in "Art Night", along with school activities. Brian was honored by the Pulteney Town Board at its January Meeting, where he led the group in the Pledge of Allegiance and was warmly applauded for his accomplishments. His mother, Lisa Rogers and assistant Scout Master, John Ridge, were in the audience for the recognition ceremony. Brian was welcomed to the ranks by two Town Board members, Mark Illig and Bill Weber, Brian's fel-

MISS STEFANIA TEARS, celebrated her 10th Christmas/Birthday in 2014 with an unusual request. She asked her friends and family to give her PET FOOD! LOTS of pet food. She received more than 100 pounds of pet treats, which she and her family took to the Steuben County Animal Shelter on a sunny but chilly Saturday in January. You can imagine how happy the animals were to have such gifts; the volunteers at the Shelter were delighted too. Her donations will support 60 animals at the Bath shelter. But the happiest person is Stefania! Her face lights up with a lovely smile as she describes the happy day. She's the older daughter of Becky and Jason Tears of South Pulteney, and a fourth grade student at Hammondsport Central School. She is also a faithful patron of the Pulteney Library, where she enjoys Story Hour and the Reading Programs.

By the way, there are lots of opportunities to volunteer your time and talent in this community. Our Library, Pulteney Firemen's Auxiliary, Steuben County RSVP, the area chapter of AARP, Ira Davenport and Soldiers and Sailors Hospitals, Food Pantries, and many other agencies are in need of willing workers. Just so you know, in STEUBEN COUNTY last year, 6,118 people aged 55 and older reported 1,507,509 hours of volunteer time, valued at \$42 MILLION. That does not show all the hours of service given but never "reported" anywhere! Something to think about...



PULTENEY FREE LIBRARY

Last year we sponsored a Winter Reading Program for both children and adults through February and March. This was so successful that we plan to continue it this year. Kids count the hours they read or are read to and can win prizes and free books. Adults read three books from this Library to enter the prize drawing. Stop in the Library to sign up.

The Library has been awarded a Southern Tier Library System Outreach grant to hold two workshops for those seeking employment or wishing to **find a better job** (advance your career). Presenter Lynn Paige, from CSS Workforce New York, will focus on Creating an Effective Resume, Letter Writing - How to write letters that capture attention, Customizing Your Job Application and how to answer the difficult questions on a job application. Learn how to Interview for Success! Workshops are February 19 and March 5 from 6:30 - 9:30 pm. Call the Library for more information.

HOURS:

TUES - 12 - 8:00

WED - 12 - 6:00

THUR - 12 - 8:00

SAT - 9 - 1:00

Do you enjoy working with people and want to help the Library? We are looking for volunteers work at the desk. If you're comfortable using a computer and have some time to volunteer, call Barb at



**Pultene Volunteer
Fire Department**

**PULTENEY FIRE DEPARTMENT &
AMBULANCE CORPS**

Do you wonder what to do when your power is out for a lengthy period of time and you have no heat, water or way to cook a meal? The Pultene Fire Department can help you out during these long term outages. The fire station is equipped with a backup generator and can provide a warm place for you to stay. We also have the ability to activate our Ladies Auxiliary Organization during long term power outages and provide meal services.

Are you an oxygen dependent citizen? We can help with oxygen delivery and portable generators for your oxygen machines during power outages. If you find yourself in one of these situations and need assistance we ask that you call the firehouse at 607-868-3003. If there is no answer we ask that you dial 911 and tell the dispatcher exactly what your need is and that you need the fire department's assistance. The dispatcher will then contact us.

PULTENEY SENIOR LUNCH

Some of the OTHER "Seniors" in town are continuing to meet for lunch on Mondays and Thursdays at 11:30 in the Presbyterian Church's Fellowship Room. Lunch is delivered from Lakeview Apartments in Bath, and often supplemented by homemade desserts contributed by famous local cooks. All are welcome, "Senior" or not. There is a modest contribution, usually \$3, for people older than 69. For information please call 522-5121.

GRACE COMMUNITY FELLOWSHIP

Grace Community Fellowship members are enjoying a growing variety of programs and opportunities. The Christmas Season was musical and moving, with the youth choir as well as adults participating in various Worship services. An up-dated sound system is getting a lot of use these days! Bible Study on Wednesday evenings at Pastor Larry and Marsha Slater's home on Brown Road offers the opportunity for sharing, studying, and thoughtful reflection . Currently the theme of the study is "Prophecy". The community is invited to view a selection of Christian-themed films during the winter and early spring. Details will be posted.

PRESBYTERIAN CHURCH

Now that winter is upon us, the spiritual life in the church still thrives with Pastor Bryon Bond.

Plans are gearing up for bicentennial celebration of the church. Plans include a summer church picnic, a commemorative book and other mementos. Again, if anyone has memorabilia such as old pictures, letters, or whatever on the history of the church and you'd like to share them, contact Donna Colvin at 607-868-4893. (All items will be returned to the owners.)

We still continue to collect items each month for the Prattsburgh Food Pantry. We try to come up with a monthly theme such spring cleaning, back to school, trimmings for the turkey dinner, baking and so on. The response was excellent in 2014. The Prayer Shawl Ladies' needles are busy every Monday at 10 o'clock.

Join the Senior Citizens Lunch Bunch on Mondays and Thursdays at 11:30 am in the church fellowship room. It will help "chase away the winter blues" . Sign up at church or call 522-5121 to make reservations.

Join us for worship and Sunday school at 9:15am on Sundays followed by coffee hour in the fellowship room.

BONE BUILDERS EXERCISE PROGRAM

Our "Seniors" are continuing to build their bones and improve their balance (mental and physical) on Mondays and Wednesday mornings at 9:00 am at the Pulteney Fire Hall. The exercises are led by a group on volunteer leaders who receive regular training from the Office of Aging. If you're over 50 and interested in joining you can drop in any Monday or Wednesday or call Rita Finley at 868-4393.



TIPS FOR BEING A WISE CONSUMER

For those of us resolving to improve our health in the New Year, use these tips reprinted with permission from the American Institute for Preventive Medicine:

Take the time to carefully select a doctor or healthcare provider. Ask friends or relatives for recommendations. Investigate whether or not the doctor participates in your health insurance plan.

Prepare for visits to your healthcare provider by compiling lists of questions or concerns you wish to discuss during your appointment. By making the most of the time you have, you can avoid unnecessary calls and repeat visits.

Ask questions about medications you are prescribed. Understand why you are taking it and how it should be taken. Finish all medications, even if you are feeling better.

Keep a checklist of all medications you are taking and share this list with your healthcare provider. This is especially important if you are seeing more than one doctor.

Be aware of routine medical tests and examinations and the recommended times to have them. You may be able to avoid unnecessary and expensive tests.

Understand your health insurance plan. A list of basic questions about what is covered and knowing the answers to these questions can save time and money.

Take care of your mental health as well as your physical health. States of emotional upset can interfere with daily living routines, and can ultimately affect your physical well-being.

Contact NY Connects to develop a strategy for remaining safe and independent at home. By lining up help, you gain assistance with items on your to-do list and a friendly visitor to your home. The NY Connects pro-

Dementia Support Group for Caregivers- 2nd Monday of each month - 10:30 -12 noon
Steuben Center for Rehabilitation & Health Care, 7009 Rumsey Street, Bath
or 3rd Tuesday of each month - 3:00 – 4:30 pm - Corning Senior Center, 1 Park Lane, Corning

Seminar for Understanding Alzheimer's Disease - February 10th from 5:30pm-7:30pm at Southeast Steuben County Library in Corning
or March 10th from 2:00pm-4:00pm at the Dormann Library in Bath

Veterans In-Home and Community Based Services

Friday, March 20th from 3:00pm-4:30pm at the Corning Senior Center at 1 Park Lane in Corning

Advances in Research for Alzheimer's Disease

April 14, 2015 the Southern Tier Library System will host a teleconference featuring Rochester Neurologist and Researcher, Dr. Mark Mapstone.

Early Stage Support Group - An 8 week series that offers support for living with Alzheimer's Disease -
Thursdays, April 9th – May 28th - 1:00 – 3:30 pm

Corning Center for Rehabilitation & Health Care, 205 East 1st Street, Corning



PULTENEY TOWN NEWS

News from the TOWN BOARD and OFFICES: Everybody has received their Town Tax Statement and information for 2015. The Town's 2015 budget was held below the NYS tax cap, which means property owners are eligible to receive a modest rebate! Town Board members are continuing to study potential use of technology such as Solar power, with a guest speaker on the agenda for February's regular meeting. Negotiations for the sale of the depleted gravel pit are progressing. Pulteney has resumed its active support of KWIC (Keuka Watershed inter-Municipality Compact) now that costs and policies have been worked out to everyone's satisfaction. All are welcome to attend regular meetings of the Town Board, second Wednesdays at 7:00 PM in the Town Hall Meeting Room. Town Historian Sharon Daggett's resignation was accepted with thanks for the excellent job she has done in behalf of the community. Everyone is encouraged to look at the new SIGN LAWS for Pulteney.

The Town website: www.pulteneyny.com is the place to read about news from the Town, including the complete ZONING LAWS which now contain the regulations for signs.

PULTENEY COMMUNITY GARDEN

Monthly meetings will begin in April on the third Thursday of each month at the Pulteney Town Hall at 6pm. Donations of top soil are always needed. We are also in need of mulch and plants. Last summer we were able to provide fresh vegetables to three residents and beautiful flowers for a few special local events. Please contact Liz Ryder at lizzardsden@hotmail.com with questions, concerns or donations. Help us continue to grow!

PULTENEY FIREMEN'S AUXILIARY

Are there any Pulteney citizens out there that would like to do something good for your community? Look into joining the Pulteney Volunteer Fire Dept. Auxiliary. They not only help the firemen with their fund raising projects, but also help support them during fires. Anyone over the age of 18 may apply regardless of gender. They also have an Easter Egg Hunt, Halloween Party and Breakfast with Santa through the year for the benefit of the community children. You may contact the President, Mrs. Finley, at 607-868-4393 for an application. We look forward to hearing from you.



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

**Non-Profit
Organization
U.S. Postage PAID
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Permit No. 1**

Return Service Requested

CALENDAR:

March 6 & 20 , April 3 & 17 - 7:00 pm - Pulteney Free Library Art Night

February 19 & March 5 - 6:30 - 9:30 pm - Workforce job workshops - Pulteney Free Library

April 4- 11:00 - 1:00 - Easter Party - Pulteney Fire Department

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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

