



**Madison County Office for the Aging, Inc.**  
138 Dominic Bruno Boulevard, Canastota, NY 13032  
Telephone: (315) 697-5700 Fax: (315) 697-5777  
Web: [www.ofamadco.org](http://www.ofamadco.org) e-mail: [information@ofamadco.org](mailto:information@ofamadco.org)

### **September 2021 Newsletter**

*A non-profit organization dedicated to promoting  
the independence of older individuals*



## **Local Programs Help Increase Awareness of, Prevent Falls**

September is Falls Awareness Month with Falls Prevention Week occurring September 20 to 24 this year. Falls are preventable, so it is important to be aware of hazards and to stay healthy. Falls prevention is a team effort and there are many ways to help prevent falls. Among the most important are working with community resources and maintaining a healthy lifestyle. The Madison County Office for the Aging, Inc. offers several programs geared toward improving older adults' health and balance.

The next A Matter of Balance workshop is scheduled to begin Tuesday, September 14 and run 12:30 to 2:30 p.m. Tuesdays and Thursdays for a total of eight classes at the MCOFA office.

AmeriCorps Seniors volunteer leaders with RSVP offer Bone Builders and Osteo Bone Builders exercise classes throughout Madison County. Online sessions are available and in-person sessions are open, or will open soon, in Cazenovia, Oneida, Perryville, and Peterboro. For more information, call Annette at 315-697-5700 ext. 212.

MCOFA and RSVP also offer Tai Chi for Arthritis workshops. The next workshop will be scheduled sometime in early 2022.



**FallsFree CheckUp**  
YOU CAN PREVENT A FALL

Use the Falls Free Checkup tool provided by the National Council on Aging at [ncoa.org/health-aging/falls-prevention/falls-free-checkup](http://ncoa.org/health-aging/falls-prevention/falls-free-checkup). This will help analyze awareness of fall hazards and provide information on ways to prevent falls. One in four Americans 65 and older will fall this year. Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults, according to the National Council on Aging.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

**Balance and gait:** As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.

**Vision:** In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.

**Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration, or interactions with each other that can lead to

a fall.

**Environment:** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.

**Chronic conditions:** More than 80% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.



*The Madison County  
Office for the Aging, Inc.,  
SNACK, and RSVP will be closed  
Monday, September 6  
in observance of Labor Day*



*Two AmeriCorps Seniors volunteers serving at the Earlville Food Pantry recently were honored for reaching 500 lifetime volunteer hours with the Madison County OFA/RSVP. From left, are Jacob Dunham, who accepted the certificate posthumously for his grandmother, Jean Furner; Annette Clark, RSVP director; and Thuvia Stopford, site supervisor for RSVP. Like the majority of food pantries throughout Madison County, the food pantry at the First Baptist Church in Earlville stayed open throughout the pandemic. Thanks to all for their efforts to make our communities better places!*

## Day of Service Activities Planned For 20<sup>th</sup> Anniversary of 9/11 Attacks

The Madison County OFA/RSVP is planning activities to honor emergency workers to mark the 20<sup>th</sup> anniversary of the Sept. 11 terrorist attacks on New York City, the Pentagon, and Pennsylvania.

The RSVP Advisory Board would like to recognize the first responders from Madison County who went down to the World Trade Center site in New York City to help in the aftermath of the attacks. A site at the county complex in Wampsville near the playground next to the Dept. of Social Services building has been offered. An ad hoc committee of AmeriCorps Seniors volunteers is working on designing the tribute as well as raising funds to pay for supplies and materials.

AmeriCorps, AmeriCorps Seniors, and the Madison County RSVP suggest residents consider volunteering in any capacity as a way to honor those who died and those who provided succor during the national crisis 20 years ago.

For more information, contact [RSVP@ofamadco.org](mailto:RSVP@ofamadco.org) or call 315-697-5700 ext. 212.

## Bone Builders/Osteo Bone Builders In-person Classes Resume

As of this writing, Bone Builders and Osteo Bone Builders classes were gradually resuming in-person sessions. AmeriCorps Seniors volunteer leaders allow RSVP to provide this program free to those 50 and older.

Participants must show their COVID 19 immunization card and sign a form in order to take part. Those who are not vaccinated or do not show their card must wear a mask while at the session. For those who cannot attend in person, RSVP is looking to expand its online offerings.

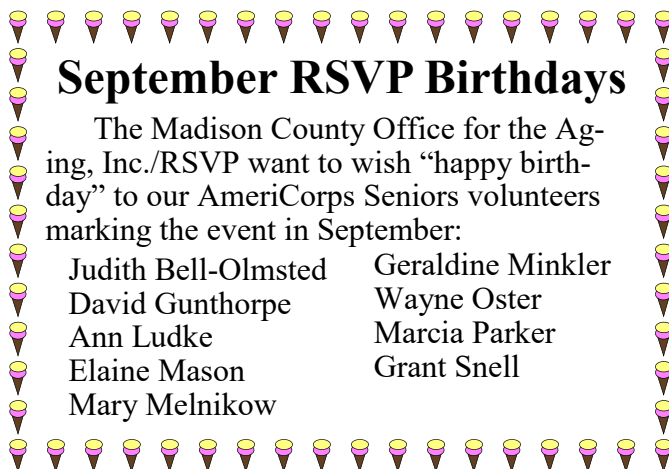
For more information about what classes are back, call Annette at 315-697 5700 ext. 212.



*Members of the Perryville Bone Builders group practice leg lifts with weights August 4.*

*Josie Howlett, right, leads Perryville Bone Builders participants in warm-up exercises to strengthen core muscles. Some Bone Builders/Osteo Bone Builders groups have resumed meeting. Call 315-697-5700 ext. 212 for more information*





## September RSVP Birthdays

The Madison County Office for the Aging, Inc./RSVP want to wish "happy birthday" to our AmeriCorps Seniors volunteers marking the event in September:

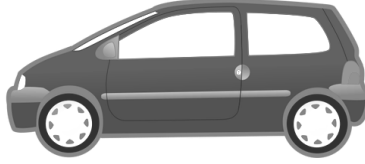
Judith Bell-Olmsted	Geraldine Minkler
David Gunthorpe	Wayne Oster
Ann Ludke	Marcia Parker
Elaine Mason	Grant Snell
Mary Melnikow	

# Collaboration to Help Expand Transportation Services

Madison County Office for the Aging, Inc., and Volunteer Transportation Center, Inc. (VTC) are excited to announce a new partnership to assist seniors in the county with their transportation needs.

This new collaboration will provide transportation to seniors 60 and older to medical appointments. AmeriCorps Seniors volunteer drivers with MCOFA's Retired and Senior Volunteer Program (RSVP) will continue to serve local senior through VTC.

Starting September 15, those registered for medical transportation with MCOFA will call VTC at 315-628-8372 to schedule. In many cases, the same volunteers will drive long-time users to their appointments. Appointments should be called in 48 business hours in advance to give VTC time to pair users with volunteers.



## MCOFA Schedules Flu Clinic

A clinic to get the flu vaccination will be held 9 to 10 a.m. Thursday, September 23 at the Madison County office for the Aging, Inc., 138 Dominic Bruno Blvd., Canastota.

The clinic is open to the public. Bring insurance cards.

The flu shot is safe and does not give you the flu. It is especially important for those 65 and older, and those with health conditions like asthma, diabetes, and heart disease, to get inoculated against influenza.

For more information, call 315-697-5700.

## Avoid, Report Scams, Financial Abuse

Financial scams are devastating to many older adults and can leave them in a very vulnerable position. Unfortunately, these crimes often go unreported or can be difficult to prosecute.

The National Council on Aging (NCOA) urges everyone to learn how to identify and stop the most prominent scams to protect themselves and their loved ones from financial fraud.

Robocalls take advantage of phone technology to dial large numbers of households from anywhere in the world. Robocallers use a variety of tactics to cheat their victims. Some may claim that a warranty is expiring on their car/electronic product and payment is needed to renew it. One popular robocall is the "Can you hear me?" call. When the senior says "yes," the scammer hangs up after recording their voice, thus obtaining a voice signature to authorize unwanted charges on items like stolen credit cards.

Unlike many of the other scams, elder financial abuse is carried out by someone a senior knows such as a family member, friend, power of attorney, or caregiver. These individuals try and gain control of a senior's money, assets, and credit, sometimes withholding needed care to retain control. Seniors who have a disability or cognitive impairment (such as dementia) may be at particular risk.

If you suspect you've been the victim of a scam, don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts), and Adult Protective Services (1-844-697-3505). For more information on scams and identity theft, visit <https://www.aging.senate.gov/resources/#scams-and-identity-theft>. For information on elder financial abuse, visit <https://www.aba.com/advocacy/community-programs/consumer-resources/protect-your-money/elderly-financial-abuse#>

## Updates

### September FoodSense

The deadline to order September FoodSense packages through MCOFA is 2 p.m. Friday, September 10 with pickup 2:30 to 3:30 p.m. Friday, September 24.



Payment can be accepted by cash, check, and EBT card. Call 315-697-5700 for more information and to order.

### A Matter of Balance Workshop Begins Sept. 14

"A Matter of Balance" workshop will be held 12:30 to 2:30 p.m. Tuesdays and Thursdays for eight classes at the Madison County Office for the Aging, Inc. beginning September 14.

If interested, call the MCOFA at 315-697-5700 to sign up.

### Remember to Get Vaccinated

The MCOFA encourages everyone to get vaccinated against COVID-19. Being fully vaccinated means you can go unmasked in public places like stores and restaurants, travel more freely, and get back to normal. For help with finding a vaccination site, call the OFA COVID Hotline at 315-606-5080.

### Grocery Shopping Program

MCOFA is still offering online grocery shopping help for older adults in Madison County who don't have the equipment, internet service, or know-how.

AmeriCorps Seniors volunteers take orders and may help with delivery. Call 315-606-5075 for registration forms and more information.

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***Caregiver support group***

Office for the Aging  
**1st Thursday of every month  
at 10 a.m.**

*An informal gathering of caregivers  
to meet, share and relax.*

Call 315-697-5700 with any questions!

**FCC Offers Temporary Help  
with Broadband Costs**

Qualifying low-income residents can get temporary help paying for broadband through the Emergency Broadband Benefit Program (EBB).

The Federal Communications Commission program lasts until funds run out or six months after the pandemic is declared over, whichever comes first.

Call 1-833-511-0311 or visit [getemergencybroadband.org](http://getemergencybroadband.org) for more information and to register.



**THANK YOU FOR YOUR CONTINUED SUPPORT!**

Clip and mail your contribution to Madison County Office for the Aging, Inc  
138 Dominic Bruno Blvd, Canastota, NY 13032



Name \_\_\_\_\_ Address \_\_\_\_\_

I wish my contribution to be used for:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Use Where Most Needed | <input type="checkbox"/> SNACK Program               | <input type="checkbox"/> Transportation Program |
| <input type="checkbox"/> In Home Services      | <input type="checkbox"/> Legal Assistance            | <input type="checkbox"/> Caregiver Resources    |
| <input type="checkbox"/> Respite Program       | <input type="checkbox"/> Health Insurance Counseling | <input type="checkbox"/> RSVP Volunteer Program |

Funded by the U.S. Administration on Aging under Title III of the Older Americans Act,  
New York State Office for the Aging, Madison County Board of Supervisors, and local contributions