Faith Moffe: 276’s Energy Bunny!  By Ron Rehner

To make a great Chapter 276, it takes a village of committed people! Faith Moffe is one of those, a young lady of 73 years. “I live for my volunteering; I’m so proud of my volunteer activity and enjoy it so much!” That’s her slogan as she is our chapter’s Sunshine and Community Activities Chair. Despite health issues of lupus, fibromyalgia, rheumatoid arthritis, and osteoporosis, Faith feels her volunteer activity and passion for people make her life so much better. In these key chapter jobs, her physical activity strengthens her body and gives her a great outlook on life through her interaction with people.

She has taken our chapter’s effort to alleviate hunger to a new level. Not only do we have 30 volunteers every month who work a three hour shift at the Food Bank of the Southern Tier, but Faith also leads our members to help with food distribution at the three high rise towers: Bragg, Flannery and Villa Serene as well as Carpenter Apartments. Faith is that go-to person who enjoys meeting people, learning about them, and inspires our volunteers to feel good about themselves. And she writes caring messages to our members who run into health or other life challenges to make them feel better! And do those cards connect with our members!

For 40 years she shared life with her hubby Patrick until his passing in 2001. They had four boys, Anthony, Nick, Patrick III, and Frank. She has 13 grandchildren, some of whom have walked with Grandma in the Walk to End Alzheimers at Eldridge Park. She has two sisters: sister Gloria was recruited to the chapter by her, and Gloria loves the volunteering activity too. (Feel the Love and Benefits of Volunteering!) Her special joy is her dog, Chloe.

Faith served people in a number of jobs. She worked as a home health aide for Jean Sweeney Dunn’s Community Health Nursing. For six years she was the supervisor of housekeeping at Arnot Ogden and later worked in the mailroom. And she worked for the YWCA at Kid’s World. While delivering mail at Arnot, she found some patients received no mail. The next day they would have a card from Faith. Her name itself personifies her deep religious faith (she’s been a Sunday School superintendent and the leader of Wesleyan Women)! When her boys were young she volunteered as a room mother in school as well as a Den Mother for Boy Scouts. And she was a really great bowler, too!

Hubby Patrick and she downsized 18 years ago to a beautiful home in Carriage Estates. But people there are recipients of her love too because she visits every new resident with homemade fruit bread: the “Welcome Wagon” of the community.

Faith broke her shoulder in her last job. She sat around depressed. And then she made the decision to get active in the community as a volunteer. We are very fortunate to have such a committed volunteer leading our Chapter! Keep on going Faith: thank you for your dedication and caring!
PRESIDENT’S MESSAGE

I hope you all had a wonderful Christmas! Our Chapter was very busy in 2016. We attended our legislature leaders’ offices, town hall meetings, etc., several times. We participated in the Alzheimer’s walk, Octagon Fair. We attended the Legislative Debate and volunteered at the Thanksgiving Parade, and the Food Bank.

Now that the hustle and bustle of Christmas is over, and with the new government administration coming in, our legislative representatives will be even busier advocating for the issues of Medicare and Social Security on our behalf.

We had a very cheerful crowd (137) at our Christmas general meeting/luncheon. Our Chapter presented a check in the amount of $770.00 to the Community Kitchen. Thank you to all of you for making it a success.

Every one of you is unique and possesses special talents which makes our chapter strong. I am so proud to represent you all and look forward to making Chapter 276 the best local AARP chapter around. Thank you once again for all you do.

Wishing you a very happy, healthy and prosperous 2017.

Respectfully yours,

Rehana Stanley, President
(607) 732-6990 - Home

Bring A Dish to Pass and Table Service to Our Next Meetings!

Elmira AARP Chapter 276 Meetings

The Chapter meets on the third Wed. each month, except July and August at 12:00 PM sharp at the New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904 (disability accessible). No meeting when schools are closed for a snow day. Meetings are announced on TV – channels 18 and 36, Star-Gazette & The Leader and on local radio.

The Programs offered by AARP Chapter 276 are solely for entertainment and information. They do not constitute any endorsement.

The Board of Directors (Officers, Directors and Com. Chairs) meet on the first Wed. of each month, except July and August at 9:00 AM at New Beginnings United Methodist Church, 300 E. Miller Street, Elmira, NY 14904.

Chapter Meetings

Jan 18: Program: Jim Hare “Trip to South America”. Please bring a dish to pass and your table service.

Feb 15: Program: Mary Mosteller, Development Coordinator for CareFirst. Please bring a dish to pass and your table service.

Do You Know? AARP 276 has a 50th Birthday this Year! Hint: see page 1 of this newsletter.

Where liberty dwells, there is my country. Benjamin Franklin
Courage is resistance to fear, mastery of fear – not absence of fear. Mark Twain
Some online health information is **reliable and up to date, some not.** How can you tell the good from the bad? If you use the web, look for an “about us” page. Check to see who runs the site. Focus on quality. Be skeptical. Things that sound too good to be true often are. You want current, unbiased information based on research. Quite often, the best information is found at, MedlinePlus.gov the National Institute of Health’s website for patients and their families. Follow these 7 steps:

1. **Consider the source. Use recognized, responsible authorities.**
   “You wouldn’t drink from an unmarked bottle, right? Instead you’d look for clues about what’s inside,” says Stephanie Dennis, head of the MedlinePlus team.
   “The same is true for health information on the web.” Ask some key questions:
   Who is providing the content? What do they know about the topic? Why are they providing this information? Where does it come from? Is it up-to-date? How is the site funded? Is there advertising on the site, and, if so, is it clearly labeled? Make sure the information is from reliable medical experts.

2. **Focus on quality. All websites are not created equal.**
   Does the site have an editorial board? Is information reviewed before it is posted? “This information is often on the ‘about us’ page,” says Dennis. Are the board members experts in the subject of the site? A site on osteoporosis with a medical advisory board composed of attorneys and accountants is not medically authoritative. Look for a description of the process for selecting or approving information on the site. It is usually in the “about us” section and may be called “editorial policy,” “selection policy,” or “review policy.”

3. **Be a cyber-skeptic. If it sounds too good to be true, it probably is.**
   “We’re often looking for health information when we’re vulnerable and seeking answers for comfort,” says Dennis. “Once you understand why a site was created, you can more easily pick up on any bias.” Beware of remedies that claim to cure a variety of illnesses, are “breakthroughs,” or rely on “secret ingredients.” Use caution if the site uses a sensational writing style (lots of exclamation points, for example).

4. **Look for the evidence. Rely on medical research, not opinion.**
   “Ask yourself if you’re being persuaded or manipulated,” suggests Dennis. “A site supported by public funds is less likely to support a particular perspective and is obliged to provide sound, unbiased information based on research.” Look for the author of the information, either an individual or an organization, such as “By Jane Smith, RN,” or “Copyright 2016, American Cancer Society.”

5. **Look for timeliness. Is the information current?**
   “Look for dates on the research,” says Dennis. “You want to be sure you are seeing current information on things like treatment.” Click on a few links on the site. If a number are broken, the site may not be kept up-to-date.

6. **Beware of bias. Who pays for the site? What is the purpose?**
   “What if a page about a skin condition is paid for by a company making medicine that treats this condition?” asks Dennis. “Ask yourself if it’s possible that the website’s purpose is to encourage use of a sponsored product instead of using other options.” For example, if a page about treatment of depression recommends a drug by name, is the information from the drug’s manufacturer?

7. **Protect your privacy. Health information should be confidential.**
   Dennis suggests you should be aware of what information you share about yourself. “If a site requires personal information, consider how it may be used. Read the privacy policy, and beware of sites without one.” There should be a link saying “Privacy” or “Privacy Policy.” Read the policy to verify your privacy is protected. For example, if it says “we share information with companies that can provide you with useful products,” then your information isn’t private.
Elmira Chapter 276
Hazel Thompson, Editor
147 W. Gray St. Apt. 414
Elmira, NY 14901
Phone: 734-0964

Electronic Service Requested

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Directors 2015 - 2017: Rose Burhyte 739-7390, Nancy & Dick Evans 734-6023, Ken Larsen 733-0173, Polly Neiley
Directors 2016 - 2018: Virginia Bastian, Jim Brown 737-1371, Jackie Droleski, Judy Frandsen 733-9590, Janet Fundurlic
Membership from Betty Empson

Happy New Year to you all! I’m hoping that everyone had a great holiday. The year has passed by very quickly. We have 363 members. Forty-eight have not paid their dues for this year. The dues are only $3.00 a year. You can always mail me your dues or pay them at our meeting.

Some folks have already gone south for the winter. I’m trusting that you have given us your winter address or have put a hold on them. It costs the Chapter 49 cents for a returned Spotlight. If you are not receiving the newsletter or if you wish not to have one, please let me know.

Applications are always at the membership table for your neighbor or friends. They must be a national member first. If you have any questions, call 697-732-0902, or write me at 3517 Michigan Ave., Elmira Heights NY 14903.

Chapter 276 Thanks the following for their support of Our Chapter:

AARP Smart Driver Classes

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<th>Location</th>
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<td>Steele Memorial Library</td>
<td>Jan 24 &amp; 25 (Tues &amp; Wed)</td>
<td>1:30-4:30 PM</td>
<td>733-2788</td>
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<td>Feb 14 &amp; 15 (Tues &amp; Wed)</td>
<td>1:30-4:30 PM</td>
<td>733-2788</td>
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<td>Big Flats Community Center</td>
<td>Jan 16 &amp; 17 (Mon &amp; Tues)</td>
<td>5:30 PM – 8:30 PM</td>
<td>562-8443 ext 303</td>
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<td>Feb 9 (Thursday) 9:00 AM-3:30 PM Bring a Bag Lunch</td>
<td>562-8443 ext 303</td>
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Please Note: Town of Big Flats is charging an additional $5.00 fee for each student.

Chapel Park, Southport
Jan 27 & Mar 1 (Mon & Wed) classes 12:00 PM to 3:00 PM
733-2788

Office for Aging Montour Falls
Jan 21 (Sat) class 9 AM – 4 PM Bring a Bag Lunch
535-7108

Feb 13 & 14 (Mon & Tues) classes 1:30-4:30 PM
535-7108

Times and Dates Subject to Change

There are two classes of three hours each – must attend both sessions to receive certificate.

Cost - $20.00 AARP members must have ID Membership Card; Non Members $25.00.

Registration is Required! Payment by check preferred with your AARP member # on the check.

Please Bring Your Driver’s License!

Like Us on Facebook or Website

AARP Chapter 276 is on Facebook. Also on Facebook are Chemung County Department of Aging and Long Term Care (CCDOA&LTC), Senior Notebook, Chemung County Senior Games, Chemung County Eat Well Live Well Program, Caregiver Support, and Age Friendly Chemung County. Website addresses for CCDOA&LTC are www.chemungcounty.com (scroll down to Human Services and click on Department of Aging & LTC) and www.agefriendlychemungcounty.wordpress.com. Please visit these sites for up-to-date news, events, photos and information for and about us. It’s a great way to stay informed. The Spotlight is on the Chemung County Health Department website at the following address: www.chemungcountyhealth.org then click on Health Education which will bring up Seniors info and AARP! The Spotlight is also in full color.
Chemung County Department of Aging and Long Term Care

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 1, at 2:00 p.m. at a location to be determined. Applications for the Age-Friendly Business and Organization Designation are due March 1, and available at www.agefriendlychemungcounty.wordpress.com or by emailing pbrown@co.chemung.ny.us. Application forms for Senior Citizen of the Year Awards are due March 15, and are available at www.chemungcounty.com 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!

HELP FOR CAREGIVERS
Family caregivers can benefit from a variety of supports and services provided by our department, including our Caregiver Discussion Group that meets the 2nd Thursday of every month from 2:00 – 4:00. The first hour is a presentation on community services of interest to caregivers, and the second hour provides an opportunity for caregivers to share ideas and support. The presenter for January 12th will be RN Case Manager Karen Mott, who will provide an overview of Consumer Directed Assistance, a program that allows eligible consumers to be in charge of their own homecare. The topic for February 9th will be Planning Your Funeral: What You and Your Loved Ones Need to Know. For more information or to register, please call us at 737-5520.

FAMILY CAREGIVER EDUCATOR PROGRAM
We are enhancing our caregiver supports and services by establishing a new program that utilizes trained community volunteer educators who will offer in-home training in caregiver skills and fall prevention strategies to family caregivers. Volunteers must be at least 21 years of age, pass a background check and complete the required training program. For more information on volunteering for this new and innovative program please call Laurie at 737-5520.

HELP WITH HEATING COSTS
It’s not too late to apply for HEAP, the federally funded Home Energy Assistance Program that assists eligible households in meeting their heat-related energy costs. To be eligible, monthly household income (after Medicare Part B and D premiums have been deducted) must be at or below $2,300 for one person and $3,007 for two people. Applications are available online at www.mybenefits.ny.gov or by going to Catholic Charities Samaritan Center, located at 380 South Main St., Elmira (734-4898). If you have been receiving SNAP benefits since before September 17th of this year, 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 3rd, 2017. For more information about HEAP call 734-4898, or if you receive SNAP benefits call 737-5368.

LET’S DO LUNCH
Did you know that social isolation and loneliness is a growing problem, affecting millions of older Americans? One in five adults over age 50 is affected by isolation, a problem that has been associated with higher rates of chronic disease, depression, dementia and death. Our “Eat Well Live Well” program provides nutritious and delicious lunches in an enjoyable social setting at 8 locations throughout Chemung County. There is no cost to people age 60 and over. A donation of $3 per meal is suggested to help maintain services but no one is denied a meal for inability to pay. Guests under 60 may participate by paying the full cost of the meal, $4.82.
Reservations are required – please call 737-5520 at least one day in advance to sign up. This program is available at the following locations:

- **Big Flats Community Center**: Monday, Wednesday & Thursday at 11:30
- **Bragg Towers** (115 Dewitt Ave, Elmira): Monday – Friday at 11:30
- **St. Matthew’s Episcopal Church** (408 S. Main St., Horseheads): Wednesday & Friday at 11:30
- **Flannery Apartments** (300 S. Main St., Elmira): Monday – Friday at 11:30
- **Park Terrace** (1281 Pennsylvania Ave, Pine City): Monday – Friday at 11:30
- **Retirement Estates** (34 Retirement Dr., Horseheads): 3rd Tuesday of the month at 11:30
- **Riverside Methodist Church** (559 Spaulding St., Elmira): Wednesday at 11:30
- **Villa Serene** (399 E. 14th St, Elmira Heights): Monday – Friday at 11:00

The Chemung County Department of Aging and Long Term Care is funded by Chemung County, NYS Office for the Aging, Administration for Community Living and participant donations.

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**Free Income Tax Preparation and Counseling**

For persons of any age----Federal---NY---PA

**Location:** Bethany Lutheran Church  
256 S. Walnut St.  
Elmira, NY 14904

**APPOINTMENTS REQUIRED**

Call, e-mail, or use our website.

Phone: 607-542-9303

E-Mail: freetaxprep@hotmail.com

Website: http://www.twintierfreetaxprep.org

Leave your name, phone number, and best time to call. We will call you back starting the second week of January. All appointments are made during the callbacks. No calls are answered live.

Appointments will be Monday through Friday from noon to 5 PM starting February 1.

AARP Tax-Aide provides free E-File tax preparation service to those with low/moderate income of ANY AGE with special emphasis to those 60 and over.

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Do you have some extra time that you could volunteer? Just think how much you could help to provide food for those whose budgets are insufficient for food. A large number of people have to choose prescription medicine over food. We have a large group of volunteers who work at the Food Bank of the Southern Tier once a month, usually the second Monday of the month. There is also the mobile food distribution at the high rise towers as well as at Carpenter Apartments. See Faith Moffe if you can help! Not only do the people get free food, you also gain satisfaction because you are a part of the solution in our community.
John Andrus was the guest speaker at the November 16th general meeting. John is well known throughout the area for his presentations on Indian culture. John is part Indian himself and has attended various Native American get togethers. John's Indian name is The One Who Eats Bark. Actually chewing slippery Elm bark can be good for stomach ailments. This region was the site of the Clinton-Sullivan Campaign of 1779. General George Washington sought retribution upon the Iroquois for their support of and alliance with the British. He intended to end the Indian menace that was plaguing New York and Pennsylvania. Washington's plan called for the immediate destruction of Iroquois villages, crops and food. As Major General John Sullivan moved through the territory, his army seized what food they could use from the local crops and destroyed the rest, cutting off food supplies from the Indians and the British.

Sullivan's arrival in the Chemung Valley came as no surprise to the Indians and the British. It was expected. What was not expected was the magnitude of Sullivan's army. The Sullivan-Clinton Campaign was the most significant of 1779. It remains the largest mass of armed forces ever to infiltrate this area. Destruction of crops furnished to the British by the Indians would be a major blow since it was known that they "traveled on their stomach". Actually the Indians were solicited by both factions for food and help. This area provides a wealth of Revolutionary War history.

John brought various Indian artifacts with him including wampum belt, bark baskets, furs, snapping turtle musical instrument and drum. He demonstrated the use of the snapping turtle instrument and drum in Indian rituals including the appropriate chants. Culinary achievements by Native Americans include syrup and popcorn - things that we continue to enjoy today.

It was a fascinating talk by John. He answered questions after his presentation. The Man Who Eats Bark is welcome back at our table any time for more Native American folklore.

Bath VA and Sophie’s Cards Huge Successes for Chapter 276

Over one hundred members attended the November Chapter meeting. They completed two outreach projects. For the Bath VA, members were to bring in all kinds of items such as envelopes, writing materials, paper, pens, word finds and other things mentioned in our previous newsletter for the patients to use. As you can see from the picture, we collected seven bins of things to be given to those veterans. Candis Reed, who thought of this need and developed its implementation, and Pres. Rehana Stanley are pictured with some of the donated items. They reported that the Bath VA employees were most happy because the need is so great!

Also we wrote cards that would be given to active duty servicemen and veterans as a part of the Sophie Kartzman’s cards. Our chapter surpassed last year’s participation as we made 196 cards. These helped Sophie reach her goal of over 30,000 cards from our area!
Winter Safety Tips  by Dawn Bush

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses. Here is some helpful advice for preventing common winter dangers:

Avoid Slipping on Ice - Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to make walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

Dress for Warmth - Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Prepare for Power Outages - Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Keep a supply of non-perishable foods on hand that can be eaten cold. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

Fight Wintertime Depression – Have family members check in on you; even a short, daily phone call can make a big difference. Arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

Check the Car - Get your car serviced before wintertime hits. Throw a blanket or two in the back just in case.

Eat a Varied Diet – Remember to eat your fruits and vegetables. Consume foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

Prevent Carbon Monoxide Poisoning - Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

Stay Active – Interested in walking the mall with me? Email me at dbush@co.chemung.ny.us and I’ll let you know when I’ll be there.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don’t hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor’s appointments. Many communities have shuttle services specifically for seniors. Don’t be afraid to reach out for help. Wintertime poses challenges, but with a bit of planning and awareness, you can stay healthy.

23rd Congressional Debate in 2016

AARP New York was one of the sponsors for this debate in the auditorium of Elmira High School before the election. Chapter 276 played a key role in support of having both candidates explain to constituents their positions so that voters could decide which candidate they wanted to support. AARP developed the Take A Stand initiative to get the candidates to tell the people how they would deal with Social Security if they were elected. Over 35 Chapter members attended the debate. They were non-partisan, listening to both sides while at the debate. We were ecstatic that Dave McNally, Joe Stelling, Randy Hoak, and Kristen McManus came to our area to give us assistance. It was indeed an historic moment for our chapter!
Identity Theft by Patti Mitchell (Marketing, Chemung Canal Trust Company)

You’re In Control: Any type of theft can happen to anyone and at any time of the day! Recently we have witnessed a case of identity theft that was fortunately halted before any damage could be done. Within the last week the wire transfer desk received a phone call from our “client” asking for a large wire transfer to be completed. The proper procedures were followed and we asked the appropriate questions, but unfortunately the fraudster was able to answer all the clients personally-identifiable information. At this point you may be asking yourself, “what is personally-identifiable information and how did they obtain it?” The following are examples of personally-identifiable information: name, address, social security number, date of birth, bank account number, driver’s license number. This information can be obtained in dozens of manners. For example, someone can have their purse and/or wallet stolen, mail theft, home invasion or burglary, phone scams, and also “phishing” can take place on your computer to gain your information.

Let’s talk about how to protect our information! There are many ways to protect yourself, but here are few that seem to be the most common “fixes” that could be made by any consumer. Promptly get your mail after delivery. Only use a secure and locked box for outgoing mail. Utilize the shred opportunities that take place in your community. These are typically free of charge, and are hosted for you to use to protect your vital information. Shred any pre-approved credit card materials, bills, and any other documents that might contain any vital information. Memorize your social security number and PIN #. Immediately report all lost or stolen credit cards, checks, etc. Create strong passwords for any web banking accounts, and never share that information. Reconcile your bank statements regularly. Typically fraudsters will start with smaller amounts to see if an account is active and then they will attempt several larger transactions. If reconciled frequently, this will help mitigate and detect any fraudulent activity. Request a credit report annually. This will also allow you to monitor any activity that might be happening without your knowledge. Be cautious about who you are giving your personal or financial information to over the phone (unless you originate the call) or via email.

Now you ask, “What do I do if I am a victim?” Contact all creditors, utility providers and your financial institution so the proper channels can place blocks or alerts on your accounts. Cancel any/all credit or debit cards that could have been affected. File a police report with your local law enforcement agency and keep a copy for your records, for future disputes. Change all passwords, and have any computers “scrubbed” or cleaned if they have been compromised. Close any accounts/cards that were affected, and re-establish new accounts. Add strong passwords to accounts for an extra step of verification.

Now that you are aware of what can be stolen, how to protect yourself and what to do, please take time to look at your every day practices. Rethink a few of your daily regiments, and ask yourself how can I better protect myself? What can I change? Do I really need a stack of unopened pre-approval credit cards sitting on my counter? Even if you change just one “habit”, it could potentially save you from becoming a victim of identity theft, which is more difficult to overcome than just switching your daily routine!
December 21st was the annual AARP Chapter 276 Christmas Party, complete with a panorama of red shirts and Santa hats. Attendance was 137 members and guests. There was a delicious array of foods to satisfy the appetite, topped with a tableful of tempting desserts. Santa made an appearance to deliver candy canes, provide photo opportunities and generally give warm holiday greetings. Sing-a-long entertainment was provided by John Stanley intertwined with 50/50 and door prizes. Nice assortment of door prizes provided through the tireless efforts of Pauline LeShure. Everyone was in a festive holiday mood and had a good time. Can you believe that Mr. Ron Rehner did not deliver a long message for us? However, come 2017 he will have lots to say that will require our full attention and focus so that we will be prepared to give our combined efforts toward fulfillment.

Community Kitchen Receives a Check from the Chapter

President Rehana Stanley introduced Kathy Dubel of Catholic Charities at the Christmas Party. Kathy received a check for $770+ for the Community Kitchen to purchase food for the program. The need for such donations is continuous, but particularly in Jan-May when contributions slacken. The Kitchen could not really function without the dedicated volunteers who cook the food and help with serving and cleanup. At every potluck lunch, our Chapter passes the baskets and provides a yearly check. Thank you volunteers and chapter members for your generosity! Many thanks to Kathy for leading this important project to help Chemung County’s needy.
Thank you to the following Businesses who contributed Gifts for our Christmas Party! Support Our Local Businesses!

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<tr>
<th>Banfield Baker</th>
<th>Goodyear Tire Center</th>
<th>Outback Restaurant</th>
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<td>Bonjulies</td>
<td>Griswold Florist</td>
<td>Red Lobster</td>
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<td>Cut-n-Curl Salon</td>
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<td>Elmira Jackals</td>
<td>Horseheads Do-It Center</td>
<td>The Shingle Restaurant</td>
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<td>Emily’s Florist</td>
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<td>Gold Silver Diamond Connection</td>
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Volunteerism at its Best: The Elmira Holiday Parade!

The Grinch did not have his way this year at the Christmas Parade in downtown Elmira. Nearly thirty AARPers and their friends worked for four hours to create an Elmira tradition. Imagine what it takes to make this parade happen every year! Community Bank’s team of dedicated volunteers worked hard to organize and prepare for this year’s parade. All the costumes have to be repaired, cleaned, and organized so that they can be ready for the big day. And the volunteer characters have to be found and notified.

And of course, our energy bunny, Hazel Thompson (only 99 years young) organized nearly thirty volunteers to meet the needs of the paraders in the Clemens Center. The elves at the drink counter supplied unending cups of hot chocolate and coffee as well as myriads of donut holes to the parade participants. Indeed, this warmed the hearts of the paraders to make their spirits cheery to delight the young and old in the crowd.

Meanwhile, Mandeville Hall was crowded with red-shirted volunteers who assisted the many parade characters by finding costumes, pinning, stuffing, dressing, and giving them the confidence that they would do very well walking the route. An amazing job they did! And of course, as each unit came in, the costumes had to be put back together and hung on racks for the amazing feat of next year’s parade. Kudos to all the volunteers! You were unbelievable! See you next year!

December 23rd Meeting with Alison Hunt at Reed’s Office

What a busy legislative season right before Christmas for our Chapter. Our Team met with Alison Hunt at Reed’s office to discuss the RAISE Act, the Tax Credit for Caring Act, Medicare, and Social Security. Alison very graciously listened to a discussion on these various items. The RAISE (Recognize, Assist, Include, Support, and Engage) Family Caregiver Act would require the development of a national strategy to support family caregivers (House has not passed). We thanked Tom Reed for being the House sponsor of the Credit for Caring Act which is a tax credit for caregivers. Randy Hoak, Associate State Director for AARP, came down for this meeting. Thank you Randy!