Our Motto: “Your Choice, Your Voice, Your Attitude”
Our Purpose: To Make More Meaningful the Lives of Older Americans

Vol. 50 No. 5 Elmira, NY November - December 2017

Reaching Out to Our Great Chemung County Community!

Can you identify our Chapter’s Involvement with our community from the following five pictures? There will be articles on these community chapter activities in the pages of this newsletter! Have Fun!

Our Chapter’s Officers, Directors, and Committee Chairs fervently believe that we are committed to growing our community by helping where there is a need, providing information to educate, and to work with other groups to make lives better for all of us. This is our Mission. Not only do we learn from these experiences, but also our community gains from our being there. Indeed, we aim to serve, not to be served!
PRESIDENT’S MESSAGE

We had quite a busy September and October. I can’t believe the year is almost over.

Our September meeting was very well attended. Hazel’s birthday celebration was attended by 130 people with dignitaries and chapter members.

We participated in the Octagon Fair at Elmira College. It was another successful event.

On October 14th, we had an Alzheimer’s Walk at Eldridge Park. Our AARP group, with Hazel Thompson’s efforts, took first place by raising $2,400.00+ for the cause.

We have a very energetic and thriving chapter. I am very proud of all the members for their support and hard work in volunteering at our community events. Keep up the good work!

Respectfully submitted,
Rehana Stanley, President (607) 732-6990

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

Nov. 15: Program – Rev. Dr. Cynthia Huling-Hummel: Living with Early Dementia (Cynthia is a Chapter member: read the article on her recent appointment by the US Attorney General! Remember to bring items for the Bath VA veterans in the article on our annual second giving to those heroes in service to the USA! Bring a Dish to Pass.

Dec. 20: Program – John Manfredi, gifted guitarist and vocalist will delight and inspire us with holiday music. Bring A Dish to Pass and Your Own Table Service!

Correction! Our last newsletter thanked the Goodyear Store for its contribution to the June Picnic. Please note this is the Elmira Store at 220 W. Gray Street!
Membership from Betty Empson

What a beautiful fall we have had! We have 365 members of which 73 have not paid their dues for 2017. I will be calling them as a reminder soon. Also, we have 48 Lifers who have turned 90 years and don’t have to pay local dues, but you must still pay your national AARP dues which are $16.00 a year.

This time of the year folks are thinking about going south for the winter. Please let me know so that we can either mail the Spotlight to you or hold them until you return in the spring (also, if you have a new address or phone number). If you are not receiving a call to remind you of the meeting and would like a call please let me know. You can always send me a check with a stamped and self-addressed envelope for you dues or you can always pay them at our meetings. Thank you! If you have any questions, call 607-732-0902, or write to me at 3517 Michigan Ave., Elmira Heights NY 14903.

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

AARP Smart Driver Classes

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
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<tr>
<td>Steele Memorial Library</td>
<td>Nov 15 &amp; 16 (Wed 1–4 PM &amp; Thurs 1:30-4:30 PM)</td>
<td>733-2788</td>
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<tr>
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<td>Dec 19 &amp; 20 (Tues 1:30-4:30 PM &amp; Wed 1–4 PM)</td>
<td>733-2788</td>
</tr>
<tr>
<td>Big Flats Community Center</td>
<td>Nov 2 (Thursday) 9:00 AM – 3:30 PM Bring a Bag Lunch</td>
<td>562-8443 ext 303</td>
</tr>
<tr>
<td>Times and Dates Subject to Change</td>
<td>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!</td>
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<td>Chapel Park, Southport</td>
<td>Oct 30 &amp; Nov 1 (Mon &amp; Wed) classes 12:00 PM to 3:00 PM</td>
<td>733-2788</td>
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<tr>
<td>Office for the Aging</td>
<td>Nov 8 (Wednesday) class 2 PM – 9:00 PM Bring a Bag Lunch</td>
<td>535-7108</td>
</tr>
<tr>
<td>Montour Falls</td>
<td>Dec 9 (Saturday) class 9 AM – 4 PM Bring a Bag Lunch</td>
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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 on this website.
A Call for More AARP Volunteers to Help with the Elmira Christmas/Holiday Parade (Picture A)

As you can see from the A picture on Page 1, Donna Abrunzo is helping to dress one of the cartoon characters at the Elmira downtown parade sponsored by Community Bank. This parade is a long tradition in our town where so many of our youth have witnessed and enjoyed this holiday extravaganza. **The parade can not continue unless there are hundreds of volunteers to help with all the floats, organization, and dressing the volunteer characters.**

AARP has volunteered to help for many, many years. How about coming down to the Clemens Center at 8:00 AM on Black Friday, November 24, 2017 to keep the flame of tradition going? AARP volunteers have two main activities at the Clemens Center. First is to prepare the hot chocolate, coffee, tea and the donut holes for the parade participants. We have generally a seasoned crew to do this. **The larger need is for help to dress the cartoon characters in Mandeville Hall and to rehang the costumes when they return to the Clemens Center.** If you haven’t done this before, please do volunteer because you will find it a joy to bring in the holidays. We need about 30 volunteers to do all these things.

**Please call Hazel Thompson, our 100 OLD veteran chair at 734-0964 to volunteer! We need you!**

100 Years Young, But Still Volunteering! (Picture B)

What a birthday bash! A fun time for all was had at our September Chapter meeting. 130 members and guests celebrated a mentor for all of us, Miss Hazel. This B picture shows Hazel being hugged by our Assemblyman, Chris Friend. There were so many testimonials and letters for this young whippersnapper whose picture appeared on the *Today Show* Smucker’s Jelly Jar with Al Roker. Not only does Hazel represent the best in what volunteers can do, but she has visited all of our local legislative offices to advocate for all seniors, Social Security and Medicare. Thank you Hazel for showing us the way!
Recipe from Chef Todd’s Classic Café by Candi Reed

Todd McClelland owner of the Classic Café, a Creating Healthy Places eatery offering healthy options on their menu selections, volunteers his time and talent as a monthly guest chef on Senior Notebook’s television program. Classic Café is located at 805 Pennsylvania Ave. Elmira, NY. www.visitclassiccafe.com

Baked Apples

4 large tart green apples   ½ cup brown sugar
4 tablespoons butter       2 tablespoons chopped walnuts
2 teaspoons ground cinnamon

Preheat oven to 350 degrees F. Scoop out the core from top of the apple, leaving a well. Do not cut all the way through. Stuff each apple with 2 tablespoons of brown sugar, 1 tablespoon of butter, 1 tablespoon of chopped walnuts. Layer the sugar, walnuts and butter. Place in a shallow baking dish and sprinkle with cinnamon. Bake in preheated oven for 15 minutes until sugar begins to caramelize and apples are tender.

The Walk To End Alzheimer’s 2017 (Picture C)

Twenty-five AARP members, families and friends walked the course at Eldridge Park to provide funds for research on Alzheimer’s disease. What a fun time was had by all! There were treats, shirts, memory garden, advocacy support, and music for all. Hazel’s AARP team raised over $2,400 for the cause. This large sum enabled the team to all win #1 medals since our team won in that category. And of course, don’t forget the wonderful amount of social interaction since we met so many people: old friends and new. Next year consider making the walk! Hooray for the AARP Team and again thank you Hazel for your leadership. The C picture stands for our great support of caregivers and the fight to end the disease by raising funds.

Our Octagon Fair Booth (Picture D)

On a windy, cool day, our AARP volunteers worked the throngs of college students, parents, and locals to gather petitions on Medicare to raise awareness and support for the program. We found a huge amount of support for our petition. We also talked about our Chapter and gave out many applications to join. Again, we brought the Chapter to the community and advocated for the preservation of Medicare for our citizens. A huge thank you to our Chair Lady, Virginia Bastian! Thanks to Dick Evans, Joe Matlega, and Mike & Rehana Stanley for raising the canopy!

The Mobile Food Distribution of the Food Bank of the Southern Tier (Picture E)

Our Chapter provides volunteers to set up the food and supervise the clients from the high rise apartments at Bragg, Flannery, and Villa Serene. Faith Moffe leads these volunteers to help provide food!
Confused about Medicare? We have the answers! Contact us at 737-5520 to schedule a presentation on Medicare basics for your group, or join us for Medicare Mondays at the Department of Aging at 2:30 p.m. on December 18.

MEDICARE OPEN ENROLLMENT
Medicare Open Enrollment is October 15 – December 7. Health needs and plans can change from year to year! Open Enrollment is the one time of year when all people with Medicare can make changes to their coverage. For help comparing 2018 plans, visit www.medicare.gov, call 1-800-Medicare, or contact the Chemung County Department of Aging and Long Term Care at 737-5520 to schedule an appointment. We apologize that walk-ins cannot be accepted due to high scheduling demands this time of year.

HELP FOR CAREGIVERS
Family caregivers can benefit from a variety of supports and services provided by our department and partners, including:

- **Caregiver Discussion Group** meets the 2nd Thursday of every month from 2:00 to 4:00. Please call us at 737-5520 to register. Upcoming presenters are:
  - November 9: Planning for Emergencies – What Every Caregiver Needs to Know
  - December 14: Marleah Denkenberger from the Alzheimer’s Association will present information on Effective Communication Strategies for People with Dementia

- **The New Family Caregiver Education Program** offers training for caregivers in the convenience of your own home. Caregivers can choose to learn about several different topics from trained community volunteers, including healthy eating, caring for the caregiver, positioning and helping a loved one move, home safety and fall prevention, assisting with personal care, and general caregiving skills. Educational materials are provided to reduce stress, improve communication strategies and support caregivers. To participate, please contact our office at 737-5520.

- **Free Medic Alert Safe Return Units**: Six out of ten individuals with dementia will wander. Medic Alert Safe Return Units are bracelets that provide vital information about your loved one to help ensure a safe return in case they wander. Ninety-nine percent of people enrolled in Safe Return are returned quickly and safely, compared to only 50% returned safely when they do not have a Safe Return unit. Learn more about our free Safe Return Units by contacting Laurie Hansen or Stephanie Beard at 737-5520.

- **Alzheimer’s Association Caregiver Retreat**: Caring for a loved one with Alzheimer’s comes with many challenges. Restore your strength and well-being at this free retreat on Thursday, November 9, from 9:00 – 2:00 at the Horseheads Elks Lodge. Call 800-272-3900 for more information.

HELP WITH HEATING COSTS
The low-income Home Energy Assistance Program (HEAP) is a federally funded energy program that assists eligible households in meeting their heat-related energy costs. HEAP issues heating benefits to supplement a household's annual energy cost and also offers an emergency benefit for households in a heat related energy emergency. HEAP benefits are sent directly to the utility company or fuel vendor. If you did not receive an application in the mail, you may apply after the program begins, generally in mid-November.
then be available online at www.mybenefits.ny.gov or by coming to our office. To schedule an appointment for assistance with your application, call Department of Aging and Long Term Care at 737-5520.

AGE-FRIENDLY BUSINESS AND ORGANIZATION AWARDS
The Chemung County Age-Friendly Business and Organization Designation encourages and recognizes local businesses and not-for-profit organizations who are striving to provide easy-to-navigate, respectful, and effective experiences and services to our community. Age-Friendly designation reflects support for the vision of Chemung County as a community that encourages active and healthy living. Four new businesses and organizations were designated Age-Friendly at the Chemung County Department of Aging and Long Term Care Public Hearing on September 13:

Age-Friendly Business Designation Award Winners: Namasté Event, Spa and Wellness Center; Southern Tier Health Care Credit, Turtle Leaf Café.

Age-Friendly Organization Designation Award Winner: Economic Opportunity Program
For more information and a complete list of Chemung County Age-Friendly Businesses and Organizations, please see the Age-Friendly Chemung County website and Facebook page:


HELP FOR VICTIMS OF SCAMS, IDENTITY THEFT AND FRAUD
Lifespan’s Scam Prevention Coordinator will provide support and guidance to secure your assets. For more information contact Norma at 607-973-2730 or email nwhatmant@lifespanrochester.org

The Chemung County Department of Aging is funded by Chemung County, NYS Office for the Aging, Administration for Community Living and participant contributions

SUPPORTING OUR VETS by Candis Reed

This will be the second season our chapter is collecting donations of personal items and gift cards for veterans at the VA facility in Bath, NY. Please consider contributing to our veterans who have helped to keep us and our country free. Your donations will be wrapped by VA personnel and presented to the vets during the Christmas holiday. Items will be collected at the November 15th chapter meeting. Remember items are for female and male patients.

ACCEPTABLE ITEMS: deodorant, chap stick, shampoo, soap, lotion, body wash, McDonalds, Burger King, and Dunkin’ Donuts gift cards, car models or acrylic model paints, steel toe boots, K-cups, TOPS or Walmart gift cards, new t-shirts (M-3XL), creamer and sugar, new sneakers, belts, socks. Baseball caps, shaving cream, disposable razors, toothbrushes, toothpaste, dental floss.

UNACCEPTABLE ITEMS: cologne, aftershave or mouthwash that contain alcohol, crocheted slipper socks without non-slip tread. Used items

The center is currently not accepting: puzzles, books, magazines and lap robes

Please Honor Our Greatest Generation and Heroes from All Wars!
Free Income Tax Preparation and Counseling
For Persons of any age: Federal, NY or PA
Location: Bethany Lutheran Church
256 S. Walnut Street, Elmira, NY 14904

Appointments Required
Call, e-mail, or use our website.
Phone: 607-542-9303
Website: http://www.twintierfreetaxprep.org

Leave your name and phone number. We will return your call Monday through Friday between noon and 5 PM. All appointments are made during the callbacks. No phones are answered live.

Appointments will be Monday through Friday from noon to 5 PM starting February 5, 2018.

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.

Help Needed!

We are always looking for more volunteers to help as counselors, greeters, or calling to make appointments. No previous experience is needed. Full training is provided and you will always work with others who have done this in the past. Volunteers with physical disabilities are always welcome. You do not have to be a senior or a member of AARP. We can use volunteers of any age. If interested or for more information, please contact us as listed above, and we will get back to you ASAP.

HHS Secretary Price Announces New Members of Advisory Council on Alzheimer's Research, Care, and Services

“Today, Sept 28, 2017, HHS Secretary Tom Price, M.D. announced seven new members to serve on the Advisory Council on Alzheimer’s Research, Care, and Services. The council, established in 2011, convenes quarterly to advise the Secretary on federal programs that affect people with Alzheimer’s disease and related dementias, and continue development and progress on the National Plan to Address Alzheimer’s Disease.

Cynthia Huling Hummel (Patient Advocate – Person Living with Dementia) from Elmira is one of the new members. Reverend Dr. Hummel was diagnosed with Alzheimer’s disease in early 2016. She has participated in numerous presentations and speeches about her disease and is actively helping plan the upcoming National Research Summit on Care, Services and Supports for Persons with Dementia and Their Caregivers.” (US Govt. Health and Human Services)
November Is Lung Cancer Awareness Month
by Dawn Bush, Public Health Program Coordinator
Chemung County Health Department

Lung cancer continues to affect thousands of New Yorkers and their families every year, and represents a significant risk to public health. Thousands of lives can be saved each year through awareness, healthful lifestyles, and medical care.

- Lung cancer deaths among women have risen 600% over the past 50 years.
- Lung cancer—not breast cancer—is the leading cause of cancer death in women.
- Women who smoke during pregnancy have a greater risk of neonatal death, including stillbirths.
- Smoking is a major cause of cancers of the oropharynx and bladder among women and also increases women’s risks for liver, colorectal, and cervical cancer, and cancers of the pancreas and kidney.
- Smoking is a major cause of coronary heart disease among women. Women who smoke have a higher risk for hip fracture than women who have never smoked.

In 2013 tobacco use in Chemung County was higher than any other county in New York State at 30.8%. Our rate has gone down with the current percentage of adults who are smokers at 26.4% (age adjusted), but there is still work to be done. The age-adjusted death rate due to Chronic Lower Respiratory Disease is 52 per 100,000, about double that of NYS as a whole at 30 per 100,000. The tobacco use rate for those with household incomes under $25,000 is 52.4%. If you’d like help quitting smoking call the New York State Quitline at 1-866-697-8487. Or ask your doctor about medications to help you quit like Chantix.

Food Bank of the Southern Tier Named Food Bank of the Year!

The Food Bank of the Southern Tier is celebrating after being named the 'Feeding America 2017 Food Bank of the Year.' The organization, which serves 6 counties in the Southern Tier beat out more than 200 other food banks across the country for the title. Thursday, community members and state officials joined in celebrating the Food Bank's hard work. President and CEO Natasha Thompson says the award recognizes the Food Bank's employees and programs.

Last year the Food Bank of the Southern Tier provided 9.8 million meals to people in need throughout our area. Thompson says the actual need is about 13 million throughout the Southern Tier and that the $20,000 associated with the '2017 Food Bank of the Year' award will go toward closing that gap.

Source: Samantha Lantz, WETM News

Congratulations to CEO Natasha Thompson, the hard working staff of the Food Bank of the Southern Tier, the many, many volunteers at the Food Bank, and the AARP volunteers at the warehouse and the mobile food pantry distribution.

You are the People Who Make It Happen!
FALL PREVENTION AND A MATTER OF BALANCE
By Ken Larsen

Chapter 276 had the pleasure of two speakers at the October 18th general meeting. They were Pamela Dickinson, Aging Services Assistant, Chemung County Department of Aging and Long Term Care, and Mary-Lynn Rourke, Program Educator, at Chemung Volunteer Actions Corps (CVAC) which is part of Cornell Cooperative Extension.

Fall prevention may not seem like a lively topic, but its importance and the resulting aftermath of a fall are, indeed, very important. When you visit a doctor these days, one of the first questions asked is "Have you fallen since I saw you last?" As we age, physical changes and health conditions, and sometimes the medications used to treat those conditions, make falls more likely. Falls are a leading cause of injury among older adults. Fear of falling need not rule your life. Talk with your doctor about your medications to determine if they might be a factor in making you a risk for falling. To help with fall prevention, your doctor may consider weaning you off medications that make you tired, affect your thinking, making you not alert, such as sedatives and some types of antidepressants. Discuss any prior falls, where you were, how you felt. This could pertain to "almost falls" as well. Physical activity can go a long way toward fall prevention. Consider walking, water workouts, tai chi. Such activities reduce the risk of falls by improving strength, balance, coordination and flexibility. If you avoid physical activity because of the fear of falling, tell your doctor. The doctor may recommend carefully monitored exercise programs or refer you to a physical therapist. Wear sensible shoes. Stylish stiletto heels in later years are not a good idea. Floppy slippers can make you slip, stumble and fall. So can walking around in your stocking feet. Wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain. Take inventory of your living conditions. Remove home hazards such as electrical cords, throw rugs, clutter, especially on stairways. Give yourself ample moving around area. Have proper lighting in your living areas. Be sure to turn on lights before going up or down stairways even though you feel perfectly familiar with the lay of the land, so to speak. Have hand rails on your stairways. Make your bathroom handicapped mode, such as raised toilet seat or one with armrests, grab bars in strategic locations. If necessary, a sturdy plastic seat for the shower or tub plus a handheld shower nozzle for bathing while sitting down. Be aware of uneven surfaces. Keep frequently used items close by but do not clutter your movement area. Be very conscious of your surroundings and stability. A fall may cause serious damage from which you may not return to status quo.

The Matter of Balance program is free and absolutely worthwhile. This program will reduce that fear of falling and increase your level of activity and stability. It consists of eight 2 hour sessions for small groups led by trained CVAC facilitators. The program was designed to benefit older adults who are concerned about falls, have sustained falls in the past, restrict activities due to concerns about falling, are interested in improving flexibility, balance and strength, are age 60 or older, ambulatory and able to problem solve. During the class, participants learn to view falls as controllable. You will set goals for increasing activity and make changes to reduce fall risk at home. You will also learn exercises to increase strength and balance. Wear comfortable clothing. Contact CVAC at 734-4453 for information and to register for upcoming class locations - you will be glad you did!
AARP Health and Safety Report

We are all familiar with the tall lanky twenty-three gold medal Olympic swimmer Michael Phelps, but many are not aware of his battle with depression. Below please find the interview the National Institutes of Health did with Michael:

NIH - Michael Phelps is a sports icon. The most decorated Olympian of all time, he won 28 career medals, including an amazing 23 gold. He shattered many world records over the course of his career. However, despite his incredible success in competitive swimming, away from the pool he was among the many people who deal with depression. He's using his platform to help others with the condition. He recently spoke with NIH MedlinePlus magazine.

NIH - You have recently spoken out about challenges you faced with depression. Can you tell us about that?
Michael Phelps - Very few people knew who I really was and I took some wrong turns and found myself in the darkest place you could ever imagine that I hope nobody ever goes. I still remember the days locked up in my room, not wanting to talk to anybody, not wanting to see anybody, really not wanting to live. I was in a downward spiral on the express elevator to the bottom floor, wherever that might be. I literally had no self-esteem, no self-love. I thought of myself as just a swimmer and nobody else. I was lost and pushing important people out of my life.

For me I think I had to reach my absolute rock bottom in order to get a wakeup call. I just decided something had to change. But I got help and the life that I live now is a dream come true.

NIH - You've helped your long-time friend and fellow Olympic swimmer Allison Schmitt battle depression. How did your personal experiences aid with that?
Michael Phelps - I've joked that Allison is my "sister from another mother." I knew she was struggling. When I first raised it with her I said, 'Hey, I know you're not yourself, I know maybe you're going through things. I've been through a lot, and I'm here for you if you need help.' I said to her about going to see a therapist—people do it and instead of holding it inside of you, get it out and when it is out of you, you're not carrying it around. That was from my own experience. When you're in a place like that, you just kind of continue going into a dark hole. I didn't want to see her go through some of the things I went through. I'm glad I was there to put my hand out, and I'm glad she accepted it. Accepting the emotions she had in her body, and talking about them and expressing them, really made a big impact on her.

NIH - What is your message to others who face similar challenges?
Michael Phelps - I'd like to see us normalize the conversation about mental health, especially among children, and encourage kids, young adults, and adults alike to talk with people about their problems. I think Allison summed it up the best when she said, "It's OK to not feel OK." I think that is an important message for all of us. It's OK to be vulnerable, and it's OK to ask for help. I know opening up is easier said than done, but I also know what it's like to be in a dark place and feel like you have nobody else around. Yet all along, the people that could help me the most were the people that were right in front of me all along, the very same people I had pushed away. If not for them, their love and support, I couldn't have worked through my challenges. We are all human, we all have our struggles. Some are greater than others, but that doesn't lessen the impact or burden we feel. We are not alone, we just need to ask for help.

Fast Facts:

- An estimated 19 million teens and adults in the United States have depression—feelings that do not go away and interfere with everyday life.
- Depression can affect people of all ages and is different for every person.
- Nearly 90 percent of those with severe depressive symptoms reported difficulty with work, home, or social activities.
- There are effective treatments for depression, including antidepressants, talk therapy, and other treatments. Talk with your health care professional if you feel you may have depression. Medications that treat depression usually take two to four weeks to work. Patients often have to try several antidepressants to find one that helps.
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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<td>Gerald Wheeler, 739-0265</td>
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<td>Historian</td>
<td>Pauline LeShure, 739-0981</td>
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<td>Membership</td>
<td>Betty Empson, 732-0902</td>
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<td>Nominating Committee</td>
<td>Sue Kambeitz, 846-3252</td>
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<td>Candis Reed, 562-8172</td>
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<td>Public Relations</td>
<td>Pauline LeShure, 739-0981</td>
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<td>Spotlight</td>
<td>Hazel Thompson, 734-0964</td>
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<td>Sunshine &amp; Food Bank Coordinator</td>
<td>Faith Moffe, 734-5601</td>
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<tr>
<td>Telephone</td>
<td>Rose Burhyte, 739-7390</td>
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<td>Raffle: 50/50</td>
<td>Jane Peterson, 732-6706</td>
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**Officers 2017-2018**

President/Director Rehana Stanley 732-6990
Vice President/Director Marian Rutty 734-0074
Recording Secretary/Director Joan Van Galder 732-8775
Corresponding Secretary/Director Jane Nogaret 846-2011
Treasurer/Director John Polcyn 734-9249
Asst. Treasurer/ Director Betty Empson 732-0902

**Directors 2016 - 2018:** Virginia Bastian, Jim Brown 737-1371, Jackie Droleski, Judy Frandsen 733-9590, Janet Fundurulic

**Directors 2017 – 2019:** Rose Burhyte 739-7390, Pat Campanelli 732-2438, Dick and Nancy Evans 734-6023, Ken Larsen 733-0173, Polly Neiley 733-5164, Carole Wereski 333-4273