

*A circle is a group of people in which everyone has a front seat.*

## SENIOR FOCUS: "Learning, Giving, and Sharing with Lifelong."

By Diane Dawson, CEO Lifelong

Last December I had the opportunity to talk with one of our members for over an hour. It was one of those treasured moments when we told stories of what Lifelong means to us. I was chatting with Anna Raphaelidis, a six-year member of Lifelong. I have known Anna through her service to our tax counseling program and our CheckIt! (monthly bill paying assistance program) and knew that she attended classes here, but, as a still fairly new CEO, I was anxious to know more about how she first came to Lifelong and why.



Anna Raphaelidis

volunteered as a tax preparer. That enabled her to give to her new community and keep herself sharp.

She joined RSVP (the Retired and Senior Volunteer Program) at Lifelong and became trained by the IRS as a tax counselor, offering free tax counseling and income tax filing to older adults each spring. Later she joined the CheckIt! program. This program is supported in part by Tompkins Trust Company, and helps older adults at home to balance their check book with their bank statement, pay monthly bills, assist with

financial details and refer them to other services offered to the older adults in our community.

Anna continues to take as many classes at Lifelong as her busy schedule allows. She is on the board of Shared Journeys, is a member of St. Catherine Greek Orthodox church (think Baklava), works at Loaves and Fishes, and is a resident of the downtown community.

Anna believes strongly in the programs provided by Lifelong, not only through her own experiences of meeting with an amazing group of volunteers, but by what we do each day for our variety of clients. She feels her life has been enriched by Lifelong Learning. Through her activities here she broadened her connections to the community at large and feels she makes a difference for those needing assistance.

In addition, Anna has been a loyal supporter of Lifelong as a donor. It was a privilege for me to spend time with her to share new initiatives the Board had taken to improve our programs and services and to gain her feedback and suggestions about how we can continue to tell the Lifelong story. With members like Anna, Lifelong's history and proven track record is secure and moving forward in the years ahead. We hope that others reading this article, especially those newly retired, will be inspired by Anna's story, and come to Lifelong to see what discoveries they can make. You never know what treasures await you!

Anna explained that she knew she would be living in Ithaca when she retired. She relocated to Ithaca from Oregon to be near her daughter, Leia, and grandchildren. Coming to a new city, she wondered what activities would fill her days (besides childcare) and shape the next productive years of her life.

When Anna first came to Lifelong it was with the help of family friends who gave her a complete list of voluntary activities in Ithaca. She was first drawn to the wide array of cultural and educational classes that were offered through Lifelong Learning. Coming here was a great way to be entertained and to meet seniors with similar interests.

Anna retired from the brokerage business, so her first class was with Eric Clay's class on "Talking Finance in the Family." Personal conversations around that table fit her belief in promoting financial literacy, so she

### INSIDE THIS EDITION

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### Do you know of an older adult who has done something special for the community?

#### Nominate him or her to be recognized by the Office for the Aging at its Annual Luncheon in May 2014!

The Tompkins County Office for the Aging is now accepting nominations for the 2014 Senior Citizen of the Year Award and Outstanding Contribution by a Senior Citizen Award. The Senior Citizen of the Year Award is granted to a senior citizen (age 60+) who had tirelessly advocated on behalf of seniors within their communities. He or she has assisted in providing needed support services and activities which have enriched the lives of senior citizens. The Outstanding Contribution by a Senior Citizen Award is presented to a senior citizen (age 60+) who has made a particularly exceptional contribution to his or her community. Awards will be presented at the Annual Meeting of the Office for the Aging in May, 2014.

Nominations should be in the form of a letter and should include activities, achievements and the reasons that the individual should receive the award. Please include contact information for both the nominator and the nominee in the letter.

Send your nominations to the Tompkins County Office for the Aging, 214 W. Martin Luther King Jr./ State Street, Ithaca, NY 14850 (email: [imonroe@tompkins-co.org](mailto:imonroe@tompkins-co.org) or fax 274-5495) by Friday, March 28, 2014. Contact the Tompkins County Office for the Aging at 274-5482 for more information.

\* Past awardees include: Joel Abrams, Phyllis Allen, John Anderson, Fred Antil, Irene Asay, Joan Barber, Ardie Bennett, Nancy Bereano, Beverly Blanchard, Mary Cambreco, Joseph Cimmino, Joe Anna Deas, Elizabeth Doppel, Ann Doren, Frances Eastman, William Eisenhardt, Rebecca Elgie, Charles Elliot, Carina Emerson, Martha Ferger, Bernie Fetterly, Fred Fladd, Richard Flaville, Sue Ford, Helen Garvey, Gertrude Gray, Gladys Hamilton, Jean Hyde, Debra Levine, Ilma Levine, Harriet London, Paul McGraw, Mary Mente, Ray Oglesby, Joan Ormondroyd, Jean Robinson, Ken Robinson, Theresa Robinson, Marie Romano, Frank Schaefer, Bill Sherwood, Phyllis Stout and Jack Warren.

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Lifelong, Enhancing the Second Half  
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CHANGE SERVICE REQUESTED

## Senior Services

### Information and Referral

The **Office for the Aging** provides information and referral services for individuals and agencies concerning an array of issues effecting seniors. If you have questions, our staff is ready, willing and able to serve your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at [www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa), or visit us in person in our new location at 214 W. Martin Luther King Jr./State St., Ithaca.

### Let it Snow...

The City of Ithaca code requires property owners, homeowners and landlords to keep sidewalks clear of ice and snow, and fines can be stiff. For many seniors who need some assistance with snow removal, this creates a problem. Seniors who cannot do their own snow shoveling may be able to find folks willing to do this work for pay or as volunteers through the Tompkins County Office for the Aging (274-5482) or Lifelong (273-1511). Both agencies keep current listings of volunteer and paid help who are willing to assist seniors in downtown Ithaca as well as in rural areas of Tompkins County. If you're having difficulty clearing your walk, please call us.

### Need a Break?

#### Project CARE Might Help!

The **Office for the Aging's** Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches seniors and their caregivers with volunteers who provide friendly visiting, respite, or might even be able to assist with some light housekeeping, yard work or errands. If you or someone you know would benefit from some help with the difficult work of caregiving, please contact Trina Schickel at the **Office for the Aging**, 274-5491. Additionally, if you are interested in volunteering, please call the **Office for the Aging**, 274-5491, for more information about Project CARE.

### An Option for In-Home Help

The Registry is a free service that links individuals in need of in-home help with independent job seekers. If you or you loved one are in need of an experienced housekeeper, personal care aide, certified nurse's aide, LPN or RN, the Registry can provide you with referrals. The Registry prescreens and checks references for all caregivers. You interview and negotiate the specific terms of employment with the caregiver. For more information, please contact Cheryl Baker, Registry Coordinator at the Finger Lakes Independence Center at 272-2433 or [RegistryatFLIC@yahoo.com](mailto:RegistryatFLIC@yahoo.com)

### NY Connects:

#### Long Term Care Services

NY Connects is a state-wide program offering information and referral for long term care services. The program is a partnership between Tompkins County Office for the Aging and Long Term Care Services through the Department of Social Services (DSS). The purpose of NY Connects is to provide accurate and unbiased information regarding long term care needs. Information and assistance is available to Tompkins County residents of all ages at no cost. NY Connects also takes referrals for such programs as Expanded In-Home Services for the Elderly Program (EISEP), Medicaid Home Care Services, in-home assessments and case management. Additionally, NY Connects can take referrals for the Patient Review Instrument (PRI) which is the assessment required by NY State for placement in a nursing home. Contact NY Connects, Monday through Friday, 8:30-4:30 pm at 274-5222.

## Are You Being Harmed or Hurt in Any Way?

*Understanding and Preventing Mistreatment of Older Adults.*

No one deserves to be hurt or harmed in any way. But mistreatment of older adults, often called "elder abuse and neglect" or "financial exploitation," is all too common. Learn about mistreatment of older adults and how to keep yourself or a loved one safe.

### Who is likely to cause harm to an older adult?

- A spouse or dating partner
- A relative
- A friend
- A caregiver

### In what ways can older adults be mistreated?

- Physical – may include slapping, hitting, pushing, withholding or giving the wrong medications, or denying aids necessary for daily life (e.g., dentures, eyeglasses, hearing aids).
- Emotional – may include threatening, insulting, ignoring or isolation.
- Financial – may include theft, fraud, secretly spending someone's money, pressuring them to give over control of money or property, or scams (e.g., people who offer to work for cash in advance but don't do the job).
- Neglect – may include leaving a senior without food, shelter, medical assistance or personal care.
- Sexual - any forced or non-consensual sexual contact.

### As an older adult, what can you do to protect yourself or be safer?

- Stay active within your community.
- Keep in regular contact with friends and family.
- Tell someone, such as a trusted family member, friend or member of the clergy if you are being harmed or neglected.
- Be aware if the people around you have a history of abuse or violent behavior and tell someone if you are fearful.
- Seek medical attention and tell your doctor if someone is hurting you.
- Don't sign important documents until someone you trust reads them.
- Don't share your social security number, credit card number or financial information with people you don't know or trust.

### What can family and friends do to help protect older adults?

Treat them with respect and support.  
Visit an older adult often. Being alone can make things worse. If something looks or sounds wrong to you, talk to him or her about your concerns.  
Be observant and listen carefully.  
Report any suspected abuse, neglect, or if someone is not taking care of him or herself.

### Who should you call for help?

**Police** – Abuse or mistreatment may be a crime. If it is an emergency or could be dangerous, call 911.

**Adult Protective Services** – If you need protection or know someone who does, call your local Adult Protective Services (274-5323) office within the Department of Social Services.

The **Senior Circle** is partially funded by the  
**Tompkins County Office of the Aging.**

The **Senior Circle** is published four times a year by Lifelong, 119 West Court Street, Ithaca, NY 14850, and contains information on activities and services which add to the quality of life for older adults and assists them to maintain an independent lifestyle.

The Sunday Morning  
**RUDY PAOLANGELI Program**  
  
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Feeling Stretched?

Let's Face It...

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's Disease or stroke can be stressful physically, emotionally and financially.



Balance Your Life

Powerful Tools for Caregivers

Spring 2014  
Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of yourself.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

The program consists of six - 90 minutes class sessions held weekly and is offered free of charge to caregivers.

Not intended for professional caregivers

April 2 — May 7th (Wednesdays)  
5:00PM—6:30 PM  
at the Office for the Aging

At Our New Location: 214 W. Martin Luther King Jr./State St.

Pre-registration is Required

To register or inquire about the program, Call: Tompkins County Office for the Aging, 274-5482

Powerful Tools for Caregivers is offered by the Caregivers Resource Center of the Tompkins County Office for the Aging, with support from Cornell University, and NY Connects /Long Term Care Services Unit of the Tompkins County Department of Social Services

Save The Date

Lifelong Annual Meeting and Luncheon

Thursday  
May 15, 2014  
at noon at the Ramada Inn

“Advice on Living and Loving from the Oldest (and Wisest) Americans.”

Dr. Karl Pillemer

College of Human Ecology, Cornell University and Professor of Gerontology in Medicine at Weill Cornell Medical College.

More information to follow, or call Lifelong at 273-1511

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Recruiting Retirees in Service to the Environment (RISE)

The Ithaca College Gerontology Institute is recruiting participants to take part in an innovative program that trains retirees about environmental issues and connects them with volunteer environmental stewardship experiences at Ithaca College and in Tompkins County.

Retiree in Service to the Environment (RISE), developed by a team of gerontologists from Cornell University and Ithaca College, was based on research evidence about older adult learners and environmental education. The RISE program model drew upon research on later-life volunteerism, as well as surveys and focus groups with older environmental volunteers and environmental organizations regarding their experience with older volunteers. The hallmark of the program is merging knowledge about environmental stewardship with the latest aging research.

Training to participate in RISE will begin on Friday, March 28, at Longview retirement community in Ithaca, with an orientation session (9 a.m.- 2 p.m.) that includes training in leadership, communication, and environmental stewardship skills. Workshops will continue over seven additional Friday mornings, from 9 a.m. to noon, from April 4 to May 23 (no meeting on April 18). Topics will include health and the environment, climate change, water quality, permaculture, invasive species, citizen science, and planning the volunteer experience.

The RISE program is free to participants, thanks to generous financial support from Ithaca College and Longview. Please contact IC-RISE intern Mary McKean, at mmckean1@ithaca.edu or 978-333-1892 with questions about the program.

Registration for the program is required. You can register on the website at <http://www.ithaca.edu/gerontology/wrkshpsconfspkrstoppage/rise/>



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## Plan for Your Future at the Senior Housing Expo



Are you an older adult who is wondering whether to move out of your current home—but aren't sure what the next step might be? Do you want to downsize and not have your "stuff" control you and your time? Or are you an adult child who wants to help your parents transition out of their home and into a more supportive living environment?

If you've been asking yourself these questions, then you may find the answers at the **Senior Housing Expo on Saturday, May 3, 2014, from 1 p.m. to 4 p.m. at The Hotel Ithaca** (formerly the Holiday Inn) at 222 S. Cayuga St., Ithaca. The Expo will feature over 20 housing providers and facilities, as well as speakers about levels of care and downsizing. This free event is co-sponsored by the Ithaca College Gerontology Institute and the Tompkins County Office for the Aging.

"Individuals and families have a lot of questions about housing options available for older adults in our community," said Lisa Holmes, director of the Tompkins County Office for the Aging. "The Senior Housing Expo will provide a unique opportunity to have the range of Tompkins County's senior housing providers on hand displaying their information and answering questions, all under one roof."

Rhoda Meador, director of the Ithaca College Gerontology Institute, agreed with Holmes.

"We've grown increasingly aware of the critical need for people to better understand their housing options so that they can plan ahead," Meador said. "We're delighted to partner with the Office for the Aging on this important event."

In addition to representatives from independent living, assisted living, skilled nursing, and continuing care retirement community facilities, visitors to the expo can also enjoy two short presentations by experts in their fields.

**David Stoyell, aging services specialist at the Office for the Aging, will lead off at 1:30 p.m. discussing the differences among levels of care facilities. Then, at 2:30 p.m., learn about the benefits of downsizing, and how to go about it with minimal stress, from Linda Story, a local organizing consultant and CEO of Clear the Way (www.cleartheway.com).**

For more information, contact either partner:

Ithaca College Gerontology Institute: Teri Reinemann, outreach and engagement coordinator, at 607-274-1607 or [treinemann@ithaca.edu](mailto:treinemann@ithaca.edu)

Tompkins County Office for the Aging: David Stoyell, aging services specialist, at 607-274-5492 or [dstoyell@tompkins-co.org](mailto:dstoyell@tompkins-co.org)

## Frauds and Scams



Seniors are the number one group in society affected by frauds and scams. In general, the scam artist plays on what is going on in the world at the time (i.e. hurricanes and /or other tragedies and events that affect us). Here are some suggestions to consider if you think you maybe involved in a scam:

- Give yourself time to think about it, do not act immediately.
- Ask for literature or other information to be sent to you and hang up the phone if they have called you. Do not feel pressured to stay on the line.
- Do not send money.
- Report to the New York Attorney General's office if you think you have been the subject of a scam (607-721-8771).
- Screen your telephone calls if necessary.

*Remember, if it seems too good to be true, it probably is!*

Recently, we have seen an increase in what is known as "The Grandparent Scam". The Grandparent scam is so simple and so devious because it uses one of the older adults' most reliable assets, their hearts.

Scammer will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research.

Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect.

At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me."

While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

Here are some other helpful links:

### Questions about charities?

Phone 212-416- 8401 or email : [charities.bureau@ag.ny.gov](mailto:charities.bureau@ag.ny.gov)

### Questions about fundraising?

Phone 518-486-9797 or email: [charities.fundraising@ag.ny.gov](mailto:charities.fundraising@ag.ny.gov)

## Bring your unwanted medications to one of Tompkins County's year-round drop boxes!

	Tompkins County Sheriff <b>Ithaca</b>	Cornell Univ. Police Dept. <b>Ithaca</b>	T.C.3 Police Dept. <b>Dryden</b>
	Tompkins County Probation <b>Ithaca</b>	Cayuga Heights Police Dept. <b>Cayuga Heights</b>	Groton Police Dept. <b>Groton</b>
	Ithaca Police Dept. <b>Ithaca</b>	Dryden Police Dept. <b>Dryden</b>	Trumansburg Police Dept. <b>Trumansburg</b>

For schedules and details visit [www.healthyyouth.org](http://www.healthyyouth.org) or call 2-1-1.

Supported by the Tompkins County Coalition for Safe Medication Disposal

## The PATH to Better Health Welcome to the Newest Health Program for Tompkins County's Seniors!

By Josh Swiller, LMSW Hospicare Provider Relations Specialist

With great excitement, Hospicare has launched a new health care program for Tompkins County's seniors. PATH -- Personal Attention to Health -- is designed to provide individuals and their families with relief from the symptoms, pain, and stress of a serious illness -- whatever the diagnosis.

Illness comes with many challenges: medical challenges, but also emotional, spiritual and logistic ones. PATH helps individuals to navigate these challenges, to find spiritual and emotional balance, and to take advantage of all the resources Tompkins County has available. And our loved ones and family also need support. A serious illness is a matter for the whole family and caretaking is hard work. The approach with PATH is to empower individuals and their families to take charge of their health and care.

PATH also provides the support and expertise individuals need you be a team with your doctors and health care providers. As Hospicare Director Dale Johnson notes: "PATH emerged out of many months of conversation with health care providers in Tompkins County. There is a real need for more support and home based care for those with serious illness and we're excited for the opportunity to offer our expertise and experience."

As soon as someone is referred to the program, a PATH Advisor -- that is, a registered nurse or licensed social worker -- will do an in-depth initial meeting right at the person's home or residence.

During this interview, the patient and advisor will work together to address four key areas:

- First, a thorough review of the

patient's goals of care and emotional and overall state of mind and well-being.

- Second, the patient's caregiving will be assessed. Is it adequate? Will more be needed in the future and if so, what is the plan to obtain it?
- Third, safety -- is the patient safe where he or she is? And again, what is the plan for the future if the situation evolves?
- Fourth and last, the PATH consultation includes a review of all medications the patient is taking to ensure that medications are properly used and understood.

This meeting will provide individuals knowledge, tools and strategy to take charge of their own health. Regular follow-up phone calls will ensure that the identified health care needs are being successfully addressed.

Another key aspect of the PATH program is its focus on connecting individuals to community resources. From the Office of the Aging to Lifelong to volunteer programs at Cornell and Ithaca College to shopping, socializing, driving, home repair and many other services, Tompkins County seniors really do have an abundance of riches when it comes to community support. But those services don't always get where they are most needed.

As Mr. Johnson, the PATH Director notes: "We're excited about the opportunity to work closer with our community partners -- agencies such as Lifelong and the Office for the Aging. Our hope is that PATH will be a way to share resources so that Tompkins County's seniors get the best care possible."

And more good news: PATH is absolutely free. Because of the

generous support provided to Hospicare by the community with such events as Women Swimmin', PATH is free of charge to all residents of Tompkins County. And you don't need to drop or change your current health care to join -- PATH is meant to support that care.

As Mr. Johnson sums up: "Our loved ones get the best possible care if we all work together."

So if you know any seniors dealing with a serious illness who could use that extra level of support, give PATH a call at 272-0212. And get on the PATH to better care!

### The FAQs about PATH

#### Who does PATH serve?

Patients dealing with chronic and advanced illness who need extra levels of coaching and care.

#### What services does PATH provide?

- An in-depth in home consultation with a health care professional, focusing on goals, care, safety and medications.
- Regular follow up phone calls.
- Referrals to community agencies for further support.

#### How much does PATH cost?

Nothing. It's completely free to Tompkins County residents.

#### Can patients in PATH be receiving other treatments?

Absolutely. Unlike with hospice regulations, PATH patients can continue and seek out active curative treatments.

#### How do I sign up?

Just call 272-0212, Hospicare's main line, and ask for the PATH program. Get on the PATH to better health today!

*Interested in aging issues?*

*Want to hear about  
upcoming trainings?*

**SIGN UP NOW**

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- ~ Tinnitus Therapy
- ~ Digital Technology



## Reduce Your Expenses For Medicare Health Insurance today!

By Diane Dawson, CEO,  
Lifelong and HIICAP Coordinator  
for Tompkins County

One way of reducing Medicare costs are the Medicare Savings Programs (MSP). These programs look at just an individual's monthly income and not resources or assets.

Enrollment opportunities for these programs will be available at the following dates and locations:

- March 25 – 1 p.m. – Newfield Garden Apartments**
- April 9 – 2 p.m. – Juniper Manor One - Trumansburg**
- May 7 – 1:30 p.m. – Groton Center Village**
- May 20 – 10 a.m. to noon – “Medicare Basics” at Lifelong,  
119 W. Court St. Ithaca**

The income eligibility levels and benefits are listed below for each program (based on published 2013 limits and income limits below include \$20 exemption):

**Qualified Medicare Beneficiary Program (QMB):** Single monthly income below \$978 or couple below \$1,313 per month. Pays for Medicare Part A and/or B premiums. Pays for Medicare Part A and/or B coinsurance and deductibles. Individual can be eligible for QMB only or for QMB and Medicaid.

**Specified Low Income Medicare Beneficiary Program (SLIMB):** Single monthly income below \$1,169 or couple below \$1,571 per month. Pays for Medicare Part B premium only. Applicant must have Medicare Part A to be eligible. Individual can be eligible for SLIMB only or for SLIMB and Medicaid (with a spend-down).

**Qualified Individual (QI):** Single monthly income below \$1,313 or couple below \$1,765 per month. Pays for Medicare Part B premium only. Applicant must have Medicare Part A to be eligible. Individuals cannot be eligible for QI and Medicaid.

There is one other Medicare Savings Program that does include review of the individual's resources/assets when determining eligibility. The **Qualified Disabled and Working Individual Program (QDWI):** Single monthly income below \$1,935 and resources below \$4,000 or couple income below \$2,605 per month and resources below \$6,000. This program pays for Medicare Part A premium only. The applicant must be a disabled worker under age 65 who lost Part A benefits because of return to work.

For more information regarding qualification and for application assistance, call Lifelong HIICAP (Health Insurance Information, Counseling and Assistance Program) at 273-1511 or the Tompkins County Office for the Aging at 274-5482.



## Ithaca College Project Generations Presents:

### The Second Annual Tompkins County Intergenerational Prom

Monday, April 7th, 2014  
5:00-8:00PM

Ithaca College - Emerson Suites



Fun from the 2013 Prom!

*"This event aims to bring together the senior citizens and diverse age groups of Tompkins County for a great night full of music, raffles, food and fun!"*

RSVP to Jillian Pendleton  
at Lifelong in Ithaca at  
607-273-1511 with:  
-Name  
-Number attending  
-Contact Information

Individuals requiring accommodations should contact Jillian Pendleton at [jpendleton@tclifelong.org](mailto:jpendleton@tclifelong.org) as much in advance of the event as possible.

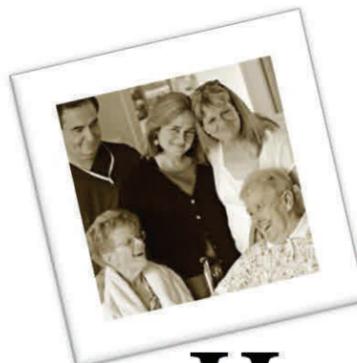
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**Be Prepared:  
Basic Emergency Supplies for Your Home**

*Federal Emergency Management Agency*

One never expects to be part of an emergency situation and yet the likelihood of something unexpected happening is very great. Families and individuals should consider what they might do in an emergency and how they can best prepare for the unknown happening.

A basic emergency supply kit for your home could include the following recommended items:

- **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable foods
- **Battery-powered or hand crank radio** and a NOAA Weather Radio (National Oceanic and Atmospheric Administration) with tone alert and extra batteries for both
- **Flashlight and extra batteries**
- **First aid kit**
- **Whistle** to signal for help
- **Dust mask** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- **Moist towelettes, garbage bags** and plastic ties for personal sanitation
- **Wrench or pliers** to turn off utilities
- **Manual can opener** for food
- **Local maps**
- **Cell phone with chargers**, inverter or solar charger

Once you have gathered your supplies, you may want to consider adding the following:

- **Prescription medications and glasses**
- **Pet food and extra water** for your pet
- **Important family documents** such as copies of insurance policies, identification and bank account records in a waterproof, portable container.



FOODNET  
MEALS ON WHEELS

*Mac 'n Cheese Bowl*

Ithaca High School Cafeteria  
1401 N Cayuga St, Ithaca, NY 14850  
Saturday, March 22<sup>nd</sup>, 2014  
Noon to 4:00 p.m.

**Come one, come all, for the area's best mac 'n cheese! And to vote on – and award – the very best mac 'n cheese in town!**

Foodnet is proud to have the participating restaurants and caterers: The Heights Café, The Lansing Market, Ithaca Ale House, Bookers Backyard, Cornell Dining, The Crossroads, IC Dining, Kilpatrick's, Mahogany Bar and Grill, Northstar, Scale House Brew Pub, Cayuga Medical Center, Longview, Bandwagon, Premier Catering, Rogue's Harbor, and Foodnet's very own chefs!

Tickets available at: Wegmans' customer service desk, the Lansing Market (3125 North Triphammer Rd, Lansing) and Foodnet's main office (2422 North Triphammer Rd, Ithaca). Call 607-266-9553 to order tickets by mail.

- Advance: \$10 a piece, \$8 for children (12 and under).
- At the door: \$12 a piece, \$10 for children (12 and under).
- A ticket entitles ticket holders to: six (6) coupons, each redeemable for six samples of macaroni and cheese. Ticket holders may use two tickets per vendor.

**It's not too late...**

Call the Health Department at 274-6616 to make an appointment for a flu vaccination. The New York State Health Department (NYSDOH) reports that influenza (flu) is widespread in New York State For more information: [www.tompkins-co.org/health](http://www.tompkins-co.org/health)

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**Ithaca Neighborhood  
HOUSING SERVICES**

## Lifelong News

All events listed are held at Lifelong unless noted.

For more information and full listings of programs please check our website at [www.tclifelong.org](http://www.tclifelong.org) Please call Lifelong at 273-1511 or email Jillian Pendleton at [jpendleton@tclifelong.org](mailto:jpendleton@tclifelong.org) to register for any of these events!

### Lifelong Launches MySeniorCenter!



Thanks to a two-year capacity building grant from the Community Foundation, we are very excited to introduce you to our new and improved custom-made membership and management software...**MySeniorCenter!**

**MySeniorCenter** is a computer-based senior center management and reporting system that includes a bar code scanner, touchscreen, and computer server. It is a system designed specifically for senior centers. It will allow us to manage our center, save countless manual hours that used to be spent tabulating numbers, preparing reports, completing and tracking registrations and memberships, and help organize the facility use.

Each member will be issued a key tag to put on your key chain. When you arrive at Lifelong, you will scan your tag at the check-in station, and the computer will walk you through your check-in. Simply select the reason for your visit, touch the screen, and... presto! You're checked-in! We'll be rolling out this new process over the next several weeks. We appreciate your patience while we all become more familiar with this innovative and much needed upgrade for YOUR Lifelong enjoyment!

Reminder Lifelong will be closed:

April 18th—Good Friday



### "A Huge Step Forward"

As I write this, Lifelong staff are putting the finishing touches on the first phase of a huge step into our future – a computer-based management and reporting system designed specifically for senior centers and customized to meet our needs. Purchase and installation of this wonderful touchscreen technology was made possible by a two-year grant from the Community Foundation.

When the system is fully operational, each Lifelong member will have a key tag to swipe when he or she signs in to participate in any Lifelong offering. Each tag is as easy to use and as unique to the individual as his or her library card. The system is being phased in, beginning with members enrolled in Lifelong Learning classes. All other on-site groups and activities will be added soon. Eventually, after a website upgrade, participants will have the option of registering on-line for classes and other activities.

I had the opportunity to try the system a few days ago. It is very user-friendly. I put my newly issued key tag under the barcode scanner and the touchscreen said "Hello Harriet." Directly below that, the activity that I was there to attend was listed (there was only one for me that day). I touched the screen and I was signed in. Very quick – and no one had to try to read my handwriting to figure out who had signed in.

When it is time for staff to crunch numbers and prepare the many reports our funders require, they will be able to quickly retrieve the names and demographics for everyone who attended that particular event or any other. Reports will be generated much more quickly and registrations tracked more easily. The bottom line for all of us is more time for creating and maintaining quality programs.

We're very excited about this new system. Please come and check out what doors your Lifelong key tag can open for YOU!

*President, Harriet London*

### LIFELONG LEARNING SPRING SEMESTER

We are so excited about the catalog for the spring semester of Lifelong Learning. Every semester, we strive to offer a wide array of topics and this semester proves no exception. From watching and discussing Steven Spielberg's "Lincoln" to Motor Racing (Grand Prix, LeMans etc.); from Complementary Medicine to "Being Human: Life Lessons from the Frontiers of Science" Lifelong's scope is enormous. From Culture, Politics, Architecture and Food of Contemporary Thailand to learning more about Arthritis, Nutrition and the importance of Ergonomics we offer seniors enrichment like no other in the county!

With the help of our community partners, we've been able to extend some of our courses to the surrounding area. We hope you'll join us for what we believe is a great selection of classes, workshops and presentations both here at Lifelong and in communities throughout Tompkins County. We are proud to offer Lifelong Learning opportunities in Newfield, Lansing, Trumansburg, Groton and Dryden.

For more information please call Lifelong at 273-1511.

### Lifelong Ladies Senior Social Golf Program

The organizational meeting for the Lifelong Ladies Senior Social Golf Program is scheduled for Wednesday, April 23, 2014, from 11 a.m. to 12 noon at Lifelong, 119 West Court St., Ithaca. The season begins on **Wednesday, April 30, and ends on Wednesday, September 10.** The schedule of weekly Wednesday golf dates and locations will be available at this meeting. Call Lifelong 273-1511 for more details.



### PACK UP ALL YOUR CARES AND WOES

#### Lifelong Travel Offerings for 2014

For those of you who haven't made it to Letchworth State Park, here's your chance! Join your friends at Lifelong for a one-day bus trip to this jewel of New York State in June 2014. This trip will include a stop at Hidden Valley Animal Adventure Park and lunch at The Lodge, then on to the beautiful gorges and waterfalls of Letchworth. We'll stop at the main falls area near the charming Glen Iris Inn before returning to Ithaca.

If a week-long trip is more to your liking, come with us to Northern Michigan and Mackinac Island. Leaving September 21<sup>st</sup>, 2014, this trip may include Sault Sainte Marie, the Soo Locks, a Casino and a ferryboat ride to the beautiful and peaceful Mackinac Island where the only mode of transportation is by horse and carriage! Other points of interest include a tour of quaint Mackinaw City, Old Mackinac Point Lighthouse and a visit to a Colonial 1700's era village. On your way home we'll stop at Frankenmuth, MI... "Michigan's Little Bavaria".

Maybe you have been waiting for your opportunity to take an Alaskan Cruise? Well then this summer of 2014 is your chance!

These are just a few of the travel opportunities that Lifelong is promoting this year.

For more information on these exciting excursions, please contact Lifelong at 273-1511, stop in at 119 West Court St., or check out our website at [www.tclifelong.org](http://www.tclifelong.org).

# Northside-Southside News

Northside-Southside is a multicultural program of Lifelong that is open to all seniors providing them the opportunity to participate in daily activities with peers such as shopping, meals, games and special events that promote cultural education and awareness.

(all programs are free unless otherwise noted)

To register for any of these events please call Lifelong at 273-1511 or email Jillian Pendleton at [jpendleton@tclifelong.org](mailto:jpendleton@tclifelong.org)

## Snapshots from Lifelong's Southside-Northside Program

29th Annual Martin Luther King, Jr. Luncheon  
January 16, 2014



Jillian Pendleton, Program Director at Lifelong opened the program that featured a talk by the Rev. Sonya Hicks and the musical styling's of Ajoli Airewele.



Pamela Jenkins-Smiley & Janie Bibbie



Esther Johnson, Marcia Fort & Luvenia Collins



Irene Stein, Vilasini Mills & Lisa Holmes



Kahlil Bey displays his art exhibit



Stephen Gray & Carl Graham

## March 2014-May 2014 Schedule

### March

**Presentation/Special Event:** Thursday, March 6th from 2pm-3pm, Eldred Harris, owner of Diaspora, will present on *Days of Fire and Birth of a Hip Hop Nation*. A discussion of the Political-Economy of NYC and the South Bronx in particular during the late 60's and 70's and trace the very beginnings of the Hip-Hop culture.

**Lunch:** Thursday, March 13th from 11:30am-1:30pm at **Ithaca Ale House (meet at Lifelong at 11am)**

**Shopping:** Tuesday, March 18th from 10AM-1:45PM at the Shops at Ithaca Mall.

**Gathering:** Wednesday, March 19 at 10am-12pm at Lifelong.

**Game time:** Friday, March 21<sup>st</sup> from 1pm-3pm at Lifelong.

### April

**Lunch:** Thursday, April 10th from 11:30am-1:30pm at **Little Venice (meet at Lifelong at 11am)**

**Shopping:** Tuesday, April 15<sup>th</sup> from 10AM-1:45PM at the Shops at Ithaca Mall.

**Game time:** Friday, April 18<sup>th</sup> from 1pm-3pm at Lifelong

**Presentations:** Monday, April 28<sup>th</sup> from 10-12pm: *Culture, Politics, Architecture, and Food of Contemporary Thailand*: This is a presentation is of Dolina Millar's adventures in Thailand. She will look at the sharply divided politics of the country and at problems in the South, which has a restive Muslim minority. Dolina will also show some of Thailand's unique architecture and touch upon foods and their importance in the daily life of the people of Thailand. This presentation will be accompanied by a slide show.

### May

**Special Event:** Monday, May 12<sup>th</sup> from 1-2pm at Lifelong and Monday, May 19<sup>th</sup> at 1-3pm at Decorum –too located in the Dewitt Mall. Alan Nemcek will present *Art Under Foot: Oriental Rugs*: this presentation will provide you with the basic knowledge of Oriental Rugs. Students will learn: How an Oriental Rug is made, where they are made, how old is the tradition of Oriental Rugs, decorating possibilities using Oriental Rugs, cleaning and repair, how to identify Oriental Rugs as far as country of origin and quality of weave.

**Game time:** Friday, May 16th from 1pm-3pm at Lifelong

**Shopping:** Tuesday, May 20th from 10AM-1:45PM at the Shops at Ithaca Mall.

**Lunch:** Thursday, May 22nd from 11:30am-1:30pm at **Falls Restaurant (meet at Lifelong at 11am)**

**Handicraft Gift Shop** 119 West Court Street, Ithaca  
Open Monday through Friday 11a.m.– 3 p.m.

Raggedy Ann & Andy Dolls & American Girl & Barbie Outfits & Children's Toys  
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Seniors Real Estate Specialist  
[edie@edie.com](mailto:edie@edie.com)

As your SRES® I am familiar with active adult and community service organizations in our area. I can provide referrals to a variety of resources at the local, state and national level. If your plans include moving outside of the immediate area, I can refer you to an SRES® in the new area who can assist you in relocation.

2333 N. Triphammer Road  
Ithaca, NY 14850  
220-5350 Office  
227-3343 Cell



# RSVP

Retired and Senior Volunteer Program

K. Minnix, RSVP Director  
 Joyce Billing, RSVP Program Assistant  
 273-1511 or [rsvp@tclifelong.org](mailto:rsvp@tclifelong.org)

The 2014 Tax Season is here!



## FREE TAX Return Preparation

All Seniors 60+

and

**Individuals**

with income below \$31,000

**Families**

with income below \$52,000

By Appointment Only:

**273-1511**

RSVP Volunteers mark your calendars!  
 Celebrate National Volunteer Week!

Wednesday, April 9, 2013



**Ice Cream Social**

Made your own FREE sundae!

Serving from 1:00 - 3:00 PM at Lifelong

**Drawings for Door Prizes!**

From The Antlers Restaurant, AGAVA, Corks & Moore, Fibers Boutique, Goodyear Auto Service Center, Hanger Theatre, Ithaca Agway, Laser and Brewer, boutique, Mastercraft Framing, Maxie's Supper Club, Moosewood, Royal Court Restaurant, Stella's Barn, Ten Thousand Villages, & More

Thank You, Volunteers - From RSVP and Lifelong

### Congratulations to our RSVP Prize Winners

**Roseanne Beach**—An RSVP Volunteer for 2 yrs. for the American Red Cross.

**David Waterman**— Volunteers for the Dryden Historical Society.

**Candy Filos**—an RSVP Volunteer for 5 years, Candy is a Board Member for the Ulysses Philomathic Public Library and a food preparer for Loaves and Fishes.

**Nanette Lisk**—an RSVP Volunteer for over 13 years. Nanette along with her husband Donald volunteer at Loaves and Fishes.

Thank you Sponsors

The Scale House—Viva—Ithaca Bakery—Moe's Southwest Grill

### RSVP Office Hours

Tuesday-Wednesday-Thursday 1-4 pm

We Love To See Volunteers!

Drop-ins welcome but it is best to make an appointment.  
 Please check in at the front desk at Lifelong.

### Thank You to these Wonderful Sponsors.

Their generosity is essential to the continued work of RSVP in Tompkins County. Their monetary support allows us to recognize our dedicated volunteers and ensures the continued collaboration between volunteers and community not-for-profits.

### RSVP Sustaining Sponsors

**Cayuga Medical Center**  
 274-4431  
[www.cayugamed.org](http://www.cayugamed.org)

**Security Mutual Insurance**  
 257-5000  
[www.securitymutual.com](http://www.securitymutual.com)

**Kendal at Ithaca**  
 266-5300  
[www.kai.kendal.org](http://www.kai.kendal.org)

**Dryden Mutual Insurance**  
 257-0312 or 844-8106  
[www.drydenmutual.com](http://www.drydenmutual.com)

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**Art Berkey**  
 RSVP Advisory Council Member

**Longview, Ithaca Community**  
 266-5300  
[www.ithacarelongview.com](http://www.ithacarelongview.com)

**Edith Spaulding,**  
 Seniors Real Estate Specialist  
 RSVP Advisory Council Member  
 220-5350 email: [edie@edie.com](mailto:edie@edie.com)

Tompkins County  
**RSVP**  
 Retired & Senior Volunteer Program

*I took up volunteering in retirement. Giving back to the community, having a sense of purpose and the feeling of satisfaction in getting something good done are three reasons I continue to volunteer. —Shirley Jabo*

### Become a Community Builder with RSVP

You can join the 450+ Tompkins County Volunteers, age 55 and over, who are stepping up to do crucial jobs in our community that might otherwise go undone.  
 Volunteer as little or as much as you want. It's up to you!



Call  
**273-1511**  
 Today

- RSVP Volunteers**
- Connect with the community and make new friends
  - Share their skills and gain new ones
  - Develop self-esteem and confidence
  - Feel needed and valued
  - Support do-good nonprofit agencies

## Volunteer Opportunities

We have been contacted by the following organizations that they are in need of volunteers. Do you have extra time or know of another senior who would be perfect for the job?

**Loaves and Fishes** - meal preparation and service

**Gadabout** - drivers needed

**Tompkins County Public Library** – receptionist

**Family Reading Partnership** – read to young children and stock children's books throughout Tompkins County

**Mentor to Student Program, 4-H** (male to male) – mentor at-risk boys

**Lifelong Handcraft Gift Shop** – shop clerk

**Rescue Mission Thrifty Shopper Store** – clerks and sorters

**Catholic Charities** – sorters for free Clothes Closet

**American Red Cross** – blood drive volunteers for reception and the canteen

**Friends of the Tompkins County Public Library** – handyman or woman for building maintenance jobs

**FISH** (Friends in Service Helping) – provide individuals with transportation to medical appointments

**CheckIt** - financial counseling and organizational assistance to older or disabled adults.

**HIICAP** - provide health insurance information & counseling to seniors.

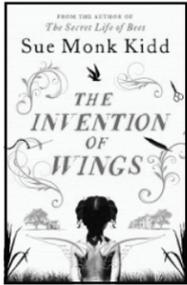
**SPCA** - feline friends, Annex attendant or dog walkers

To learn more about how you can be a Tompkins County "Community Builder," call 273-1511 and talk with K Minnix

**BOOK NOOK**

**The Invention of Wings**

by Sue Monk Kidd



*The Invention of Wings*, an historical novel set during the early 19<sup>th</sup> century, weaves together the life strands of two women and their parallel quests for emancipation and personal meaning in an era when both abolition and women's rights could mean ostracism from society and death.

Sarah Grimké, a privileged daughter of a large, Southern family - one of Charleston's "aristocracy" - is appalled to receive the "gift" of a slave girl as her personal maid on her 11th birthday. Handful or "Hetty", as renamed by her white owners, is similarly distressed to realize that she must leave her mother's side and move to the big house to sleep on a thin blanket outside Sarah's door. "It gon be hard from here on, Handful", her mother Charlotte had warned her, presaging the future.

As seeds of slave rebellion grow in the American pre-Civil War era, fear, cruelty and repression flourish, and both young women struggle against the limits of their world and challenge the "peculiar institutions" that deny their self-worth.

Sue Monk Kidd draws on the history of the Grimké sisters, Sarah and Angelina, early Southern abolitionists and advocates of women's rights. The author imagines and fleshes out the characters of Sarah Grimké and Handful "Hetty" Grimké, her personal slave, through alternating chapters narrated in the first person. If you are a fan of audiobooks like I am, be sure to check this one out. The readers' performances are outstanding!

The Tompkins County Public Library is launching its new "4 Seasons Book Club" with this Winter selection, which is also the first Oprah Winfrey pick of 2014. Copies of the book are available at the Library and may also be reserved for book group participants by contacting:

Joyce Wheatley, [jwheatley@tcpl.org](mailto:jwheatley@tcpl.org) or calling 607-272-4557 ext. 257.

An online book discussion is ongoing through the Library's "4 Seasons Book Club" on Goodreads.

*Submitted by Joyce Ann Wheatley, Adult Services Librarian, Tompkins County Public Library*

**2-1-1 Tompkins-Cortland Helpline**

**The 2-1-1 Helpline**, a program of the Human Services Coalition of Tompkins County, provides information and referrals to a wide range of community services to people of all ages.

**2-1-1 Specialists** regularly refer seniors to programs at the Tompkins County Office for the Aging and NY Connects.

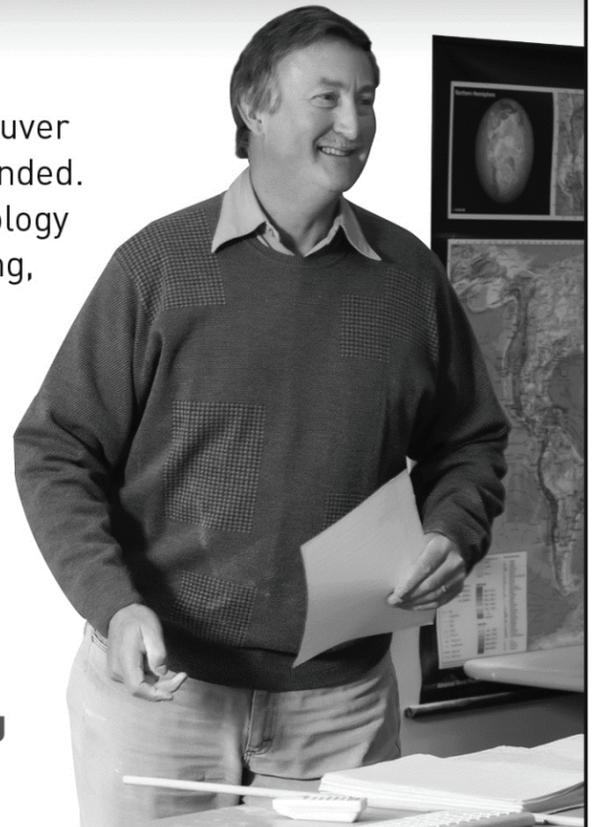
In addition, **2-1-1** can provide referrals to employment, health, mental health, transportation, and disability-related resources, legal assistance, addiction treatment, food resources, consumer information, housing resources, day care, volunteer opportunities, recreation, and other community services. **2-1-1** also takes ride requests for FISH, the volunteer medical transportation program for seniors.

**The 2-1-1 Helpline serves people of all ages, is FREE, CONFIDENTIAL**, consumer-focused, and is available 24 hours a day, seven days a week. Interpreter services are available for callers who do not speak English. **2-1-1** can be reached by dialing **2-1-1** or **877-211-8667**. The online services directory and internet chat can be found at [www.211tompkins.org](http://www.211tompkins.org). Seniors who prefer to speak to a community services specialist in person can visit the **2-1-1** office in Center Ithaca on the second floor above the mezzanine, Room 275.



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