

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

Senior Focus: A Lifetime of Giving

By: Dawn Sprague

“You can do anything”, a phrase Joan Barber uses frequently to empower people, especially Seniors, who feel they may have nothing to contribute. “There is always something you can do no matter your age.” Joan should know, she’s been volunteering in her community for most of her lifetime.

Joan Van Deman grew up in Tompkins County where she graduated from Ithaca High School as her parents before her. She met her future husband, Kenneth Barber, at the Danby Methodist Church, where their love story began. Together they built their home in Danby in 1958, where they raised their 4 children, and Joan still resides today. They remained very active in their community. Joan has also been blessed with 5 grandchildren and 4 great-grandchildren. Joan and Ken had celebrated 52 years as husband and wife at the time of Ken’s passing in 2010.

Joan volunteers the majority of her week as the Volunteer Coordinator for the Ithaca Kitchen Cupboard, a food distribution center that she has been involved with since its inception 51 years ago. From Monday through Friday you can find Joan at the Ithaca Kitchen Cupboard site located inside the Salvation Army Building at 150 North Albany Street in Ithaca. The program depends on the kindness and dedication of volunteers. A typical day for Joan and the volunteers would start in the morning with accepting donations, stocking shelves, cleaning, and getting ready for the afternoon distribution. The day ends for them around 4:00 pm. I asked Joan what has changed since the COVID-19 pandemic. Joan says they all practice social distancing, hand washing, and everyone wears a mask. There is now a table set up outside that displays miscellaneous

items such as fresh produce, breads and other items. People request and sign up by contacting the pantry and setting up a pick-up time or you may be able to sign up at the site. People order their food and other available items off a menu either over the phone or from the parking lot. The volunteers fill the orders. You can call (607) 273-2400 for more information and eligibility.

The Ithaca Kitchen Cupboard is made possible by Area Congregations Together, a group of Congregations in the area whose members volunteer and sign up for specific shifts at the distribution site. The program is supported by Federal, NY State and local programs. The program also depends on the generosity of community donors. If you would like to know about volunteer opportunities or how to donate, you can contact Joan at (607)280-4776 for further information.

Joan and her husband also helped form the Danby Food Pantry 31 years ago. The Danby Food Pantry distributes food once a month and is also dependent on volunteers. The Tompkins County Food Distribution Center was organized out of all the local area food pantries.

I asked Joan why she volunteers. Joan was quick to tell me that it is extremely rewarding for her. She loves working with and helping other community members. She has formed friendships over the years. She has a great sense of purpose everyday she is able to be a part of the program and that shines through when you hear her passion as she speaks about what she and the other volunteers are able to accomplish.

I wondered with all she does during the week for others, what does she enjoy in any free time she has. Joan loves to do yardwork, help her neighbors, and especially enjoys regular visits with her sister. One thing Joan does not care for is being idle, not a big surprise given what she finds relaxing in her free time. She is not one to sit around and prefers her days to be busy and productive. She also likes things to be neat and orderly, like her life. I don’t see Joan slowing down anytime soon.

Joan Barber is a small but powerful woman. She has purpose in her life and tries to pass this on to others in hopes that they will volunteer in their communities. As Joan says, “You can do anything!” I feel blessed to have met such an amazing woman. If giving is caring, then Joan Barber is one of the most generous, kind and compassionate women I have had the pleasure to meet.



Joan Barber standing in front of one of the well stocked shelves in the Kitchen Cupboard food pantry located at the Salvation Army, 150 North Albany Street in Ithaca.

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Permit No. 375
Ithaca, NY 14850

Senior Services



NY Connects

NY Connects Tompkins County Office for the Aging provides information, assistance, and referrals for Long Term Services and Supports for people of any age and any income. Long Term Services and Supports are for medical and non-medical needs.

NY connects can provide information about

- Personal Care Services
- Caregiver Supports
- Respite Care
- Financial Benefits
- Education and Counseling
- Care Coordination
- Transportation
- Health and Wellness
- Plus, other services to help you remain as independent as possible

NY Connects staff can assist you either on the phone or in person between 8:30 AM and 4:30 PM, Monday through Friday.

In person: Tompkins County Office for the Aging, 214 W Martin Luther King Jr. Street. Ithaca, NY

By phone: (607) 274-5482 or 1-800-342-9871

Or visit us on the web at www.tompkinscountyny.gov/cofa

Free language assistance (interpretation and translation) services available

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 older adults 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 Dawn Sprague at the **Office for the Aging**, 274-5499. Additionally, if you are interested in volunteering, please call the **Office for the Aging**, 274-5499, for more information about Project CARE.

The Registry

The Finger Lakes Independence Center administers the Registry Referral Program. The Registry Referral is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include: elder companion, housekeeper, run errands, do yardwork, cook, personal care aide, home care aide, LPN, RN. People looking for help can call and receive names of people who are willing to provide those services. Payment and other arrangements are made by the person seeking help with the person willing to provide the services. If you either need assistance or if you would be interested in listing your name as a caregiver, please call FLIC at 272-2433 or email: registryatFLIC@yahoo.com. This program is made possible through funding from the Tompkins County Office for the Aging.

Help with yard work

The Office for the Aging/ NY Connects maintains a listing of people who are willing to do yard work for older adults on either a paid or volunteer basis. If you are in need of some help with your yard work, please give us a call 274-5482



2020 Senior Farmers Market Nutrition Program

Tompkins County Office for the Aging
214 W. State/Martin Luther King Jr. Street, Ithaca, NY 14850

Coupons for the Senior Farmer's Market Nutrition Program are still available!

Our office will continue to distribute these coupons until September 30th.
Up until the deadline, Outreach Workers from our office will be tabling outside of our front doors on Tuesday's, Wednesday's, and Thursday's from 9am 12:30pm.
Please remember to wear a mask and maintain social distancing when approaching the table.
If you are not able to come down to our office, a coupon booklet can be mailed out to you as well.
Please give us a call at 607-274-5484 for more information.
Recipients can only get one booklet per season.
If there are multiple older adults in one household and the household is eligible, they can each get a booklet.

Basic Information:

There are five \$4 coupons in each booklet (\$20).

Recipients must be Over 60

Recipients must meet income requirements:

- 1-Person Household: \$1968/Month
- 2-Person Household: \$2658/Month
- 3-Person Household: \$3349/Month



How Do You Keep Missing Warriors in Memory?

The annual POW/MIA Recognition Day is September 18. In a regular year, our County's Veterans community would recognize this significant date by participating in the Prisoner of War/Missing In Action Watchfire at Myers Point, sponsored annually for almost 30 years by the Vietnam Veterans of America – Chapter 377. Due to concerns regarding the COVID-19 pandemic, this year's event had to be cancelled. However, the Cornell Veterans Colleague Network Group, Team Red, White & Blue (RWB), the Tompkins County Department of Veterans Services, and Cornell ROTC programs want to carry on this tradition.

This year those organizations plan to create a digital log of how local community members commemorate the day. How do you demonstrate that our POW/ MIA warriors are not forgotten? Send your images, videos and thoughts to: vcng-events@cornell.edu.
Those images will be compiled into a file to share on our social media channels and elsewhere. **Videos should be taken horizontally.**

Please send in your materials no later than September 23, 2020.

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

Caregiver’s Corner: Tips for Caring for those with a Brain Impairment

Submitted Rodney Maine

I have received several inquiries about how to develop skills as a caregiver when caring for someone who has dementia or cognitive impairment. I came across this tip sheet on the Family Caregiver Alliance website (www.caregiver.org) and felt it would be helpful to share it with you. Enjoy!

When you’re a caregiver, finding time to take care of your own physical needs is difficult enough, but taking care of the physical needs of someone else is even more challenging. Assisting someone else to dress, bathe, sit, or stand when they are upset, agitated, or combative—often the case when caring for someone with a brain disorder such as Alzheimer’s disease—requires special strategies. The following five techniques can make taking care of a loved one’s physical needs easier.

Approach from the front and retain eye contact.

When assisting someone physically, do not approach him/her from behind or from the side. This can startle and confuse the person in your care, leading to increased levels of agitation and/or paranoia. Instead, approach from the front. Touch the care recipient on the shoulder, upper arm or hand, and tell them what’s going on. Use a calm voice to walk him/her through the whole process. For example, “Okay, let’s stand up. Good. Next, we are going to...” Retain eye contact throughout the duration of the activity.

Elicit your loved one’s help. Even when frail, your loved one might be able to shift his/her weight or move his/her arms or legs to make physically assisting them easier. Some examples

are: “We’re getting ready to stand now, Mom, so lean forward as far as you can,” or, “Can you move your leg, honey, so I can change the sheet?” A little help from them means a lot less work for you.

Allow the person to finish what they’re doing.

If, as a caregiver, you are running late, the tendency is to hurry your loved one, too. However, this rushed atmosphere is very difficult for care recipients, especially those who suffer from memory loss or brain impairment. Though you may try to sound calm and encouraging, it’s easy for loved ones to pick up our “anxious vibes.” So, even if running late, allow some time to finish the current activity before moving onto the next. For example, “Mom, after you finish that last bite of cereal, we’re going to get you dressed and ready to see your friends.”

Utilize the major muscle groups. When physically assisting a loved one, pulling or supporting them by their hands or arms is not only difficult, but may lead to injury for you and them. Instead, utilize the major muscle groups.

For example, when taking someone for a walk, stand directly behind and to the left of him or her. Place your left hand on their left shoulder, and your right hand on their right shoulder. In this way you are walking with your loved one in a comforting hug rather than pulling or pushing them. And when turning someone in a bed, contract your abdominals to maintain your back straight, while using your shoulder and leg muscles. Pull them toward you with your right hand over their hip or at the knee, and your left

hand at their shoulder. Finally, when pulling someone to a standing position, it’s best to use a transfer belt (one can be purchased at any medical supply store for around twenty dollars).

Once they are sitting at the edge of the bed or chair, pull up on the transfer belt, “hugging” your loved one close, again, utilizing their large muscle groups in the shoulders and the back. Remember to keep your back straight and to always change position by moving your feet, rather than twisting at the waist. And before going home from your next doctor’s appointment, ask for a referral to an occupational therapist who can help you develop your transferring skills.

Allow for their reality. Remember to accept your loved one’s reality, even when assisting with a physical task. If, for example, your spouse becomes shy because he/she thinks that you are a sibling and doesn’t want to get undressed in front of you, don’t force the situation. Try leaving the room and coming back in a couple of minutes. Perhaps on a second or third attempt your spouse will recognize you and be amenable to your care. If all else fails, consider the situation. Is it an emergency? Changing a loved one’s soiled garments cannot be delayed. However, if a care recipient is being difficult and doesn’t want to take a bath or wash his/her hair on a particular day, that’s okay. Plan on doing it at a later time that day or the next day, when your loved one may accept your help.

Finally, don’t try to physically assist with caregiving unless you can. Injuring yourself will not help the situation and will often make your caregiving responsibilities that much more difficult.

Feeling Stretched?

Let’s Face It...

Caring for someone with illnesses such as dementia, heart disease, Parkinson’s disease, stroke, or chronic cancer can be stressful physically, emotionally, and financially.



Balance Your Life

Powerful Tools
for **Caregivers**

Fall 2020

Powerful Tools for Caregivers Class

Powerful Tools for Caregivers is a six-week educational program designed to provide you with 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 90-minute class sessions offered weekly for six consecutive weeks.

This class is offered free of charge to those caring for spouses, parents or other adult relatives/friends. (It is not intended for professional caregivers.)

**Thursdays, September 10th - October 15th, 2020
2:00PM - 3:30PM
Online Via ZOOM**

**Register as early as possible as class size is limited.
To register or inquire about the program, call the
Tompkins County Office for the Aging:
607-274-5482**

Two Virtual Workshops offered

1. Understanding and Responding to Dementia Related Behaviors

Virtual Workshop on Wednesday, October 28th from 11:00am - 12:30pm

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication and are essential to understanding the needs of the person with dementia. Understanding and Responding to Dementia-Related Behaviors assists caregivers to decipher behaviors and determine how best to respond, including how to identify common triggers for behaviors associated with dementia, explain the process for assessing and identifying challenging behaviors, and list strategies to address some common dementia-related behaviors.

2. Effective Communication Strategies

Virtual Workshop on Wednesday, November 18th from 11:00am - 12:30pm

Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Effective Communication Strategies explores how communication takes place when someone has Alzheimer’s disease. This interactive presentation explains the communication changes that take place throughout the course of the disease, offers tips on decoding the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person, and how to identify strategies to connect and communicate at each stage of the disease.

If you would like to attend one or both of these virtual workshops, please call 274-5491 or email Rodney Maine at: rmaine@tompkins-co.org

Medicare Resources

Liza Burger, Coordinator, Lifelong’s Health Insurance Information, Counseling & Assistance Program (HIICAP)

There are a number of resources for individuals who want to learn more about Medicare! Whether one has individual coverage and enrollment questions, or just wants a comprehensive overview of Medicare in general, the following resources cover both levels of interest and concern.

Lifelong’s HIICAP (Health Insurance Information, Counseling and Assistance Program): This program helps Medicare recipients, soon-to-be-recipients, and caregivers get a better understanding of how Medicare works, and gives them tools to become educated consumers. If you have Medicare questions of any kind, please give us a call. Some questions may be answered in a phone call, and in many cases an appointment can be made for a one-to-one counseling session with one of our trained and certified volunteer counselors, where your individual situation will be addressed and information will be provided to help you with decision making. HIICAP counselors can assist you in wading through details on Medicare supplements, Medicare Advantage Plans, and Part D Prescription Drug Plans available to you, and can help determine eligibility for programs which provide savings on medications, deductibles, and premiums. Counselors provide free, confidential, unbiased information. **Call for an appointment at 607-279-6617 or email Lisa Burger at burger@tclifelong.org**

Tompkins County Office for the Aging: This office provides information about the array of services and programs for senior citizens in Tompkins County. This includes information and assistance with Medicare and related programs. Call 607-274-5482 or visit them at www.tompkinscountyny.gov/cofa.

Annual “Medicare and You” Handbook: The “Medicare and You 2020” publication will be arriving in mailboxes soon. You can also find it online at the medicare.gov website. If you are new to Medicare, this publication can help you understand how Medicare is organized, and can

2020 Medicare Open Enrollment at Lifelong
119 West Court Street, Ithaca



Open Enrollment is an excellent time to review whether you are getting the best coverage at the best cost and to explore any new Part D (RX Drug) or Medicare Advantage plan offerings. Any changes you make in your coverage during the fall open enrollment (October 15- December 7) will be effective January 1, 2021. Explore ways to save money on premiums and medications. Compare options and select the best match for YOU!

Certified experienced HIICAP counselors will offer free, non-biased 1:1 health insurance counseling via zoom, telephone, and (limited) in-person appointments.

Be your own advocate and call 607-279-6617 or email lburger@tclifelong.org to set up your HIICAP appointment today!

Lifelong’s HIICAP Program is partially funded by the Tompkins County Office for the Aging

be a handy reference throughout the year.

Medicare has a website. If you are comfortable on a computer, the medicare.gov website is a wonderful resource, and they even have an app for your smartphone! Go to the website’s search box and type in the subject of your question. You will generally find a great deal of information on the topic of your choice, including whether an item or service is covered by Medicare.

Medicare Rights Center: This national, nonprofit consumer service organization works to ensure access to affordable health care for older adults and people with disabilities. The Medicare Rights Center is an independent source of Medicare information and assistance throughout the country. In addition, they produce free electronic newsletters. *Dear Marci* is an e-newsletter designed to give consumers and professionals the latest Medicare information, resulting in a better understanding of Medicare benefits and options. *Medicare Watch* is an e-newsletter that helps readers remain up-to-date on Medicare policy and advocacy developments, and learn about changes in Medicare benefits and rules.

To sign up for electronic newsletters, go to medicarerights.org, choose “Resources” then “Newsletters” and enter your email address. You can take a look around that website for further information, or you can contact their National Helpline at 800-333-4114.

New York Statewide Senior Action Council was organized in 1972 to achieve dignity, well-being and security for all senior citizens in New York State. This membership organization provides free monthly Telephone Teach-Ins on a wide range of topics, information on Medicare and other programs, information on legislation affecting seniors at the federal and state level, and a “Patient Rights Toolkit” which includes a number of educational pamphlets. They have a Patients’ Rights Helpline (1-800-333-4374) for those accessing care in a hospital, nursing home or through home care. A local Tompkins County Chapter has been formed. For further information on the local chapter or about Statewide in general, call 607-319-4888 and speak with Sarah Jane Blake. You can also find a wealth of information on their website, nysenior.org.

McGraw House Apartments
For Active Senior Living



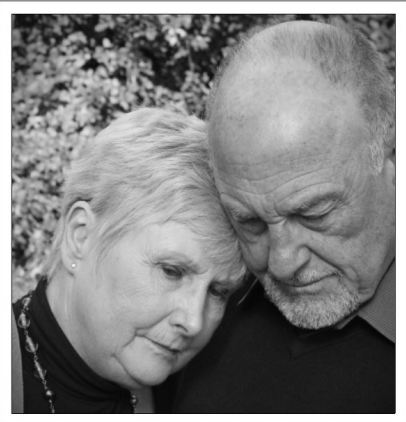
- Studio and one bedroom apartments for Senior Citizens
- Downtown location close to shopping, places of worship, library, Senior Citizens’ Center and on the City bus line
- Dining facility with evening meals • Laundry facilities
- Preference for eligible Veterans/surviving spouses living in NYS
- Service Coordinator on staff • Off-street parking
- Welcomes diversity • Guest apartment for overnight visitors
- Roof deck, gardening and many activities

(607) 272-7054 • 221 S. Geneva St., Ithaca
www.mcgrawhouse.org



Did you know?

Hospice provides help and support for the whole family, not just the patient.



To learn more, call
607-272-0212
or visit
www.hospicare.org

Compassionate Care When You Need it Most



Join Lifelong for a
Medicare Basics Presentation via zoom on
Thursday, September 24 from 4:30-5:45pm
OR
Thursday, October 8 from 4:30-5:45pm

Medicare Basics is an introduction to the federally administered health insurance program that provides coverage to persons 65 and older, and persons under 65 who are disabled. Our presentation will cover the different ways you can receive your Medicare benefits, how Medicare works with other health insurance, and financial-assistance options that may be available to you. Be your own advocate! This presentation will provide you with some clarity on how to be an informed consumer.

Presented by Trish Coogan, certified volunteer with Lifelong’s Health Insurance Information, Counseling and Assistance Program (HIICAP). In addition to offering presentations, certified HIICAP counselors offer free, non-biased 1:1 health insurance counseling at Lifelong. Telephone or zoom HIICAP counseling is being provided at this time.

Please contact Lifelong to provide us with your email prior to the presentation if you’d like handouts emailed to you: lburger@tclifelong.org, or phone: 273-1511 x224.

Topic: **Medicare Basics**

Time: **Sep 24, 2020 04:30 PM Eastern Time (US and Canada)**

Join Zoom Meeting

<https://zoom.us/j/98930904903>

Meeting ID: 989 3090 4903

Dial by your location: +1 646 876 9923 US (New York)

Topic: **Medicare Basics (co-hosted by Tompkins County Public Library)**

Time: **Oct 8, 2020 04:30 PM Eastern Time (US and Canada)**

Join Zoom Meeting

<https://zoom.us/j/99551659922>

Meeting ID: 995 5165 9922

Dial by your location: +1 646 876 9923 US (New York)

Got Medicare Questions?

Lifelong’s Health Insurance Information Counseling & Assistance Program (HIICAP) offers assistance to persons of all ages who are trying to understand their Medicare coverage. If you have questions about Medicare and related insurance, or if you are having trouble paying for Medicare, or any related problems or issues, please turn to HIICAP.

Frequently HIICAP is helping people understand the framework of Medicare:

Part A is hospital insurance;

Part B is medical insurance;

Part C is the option of a Medicare Advantage Plan (through a private insurance company); and

Part D is Medicare prescription drug coverage (also through a private insurance company).

In addition certified counselors provide information on Medicare supplement policies. *The most common concern brought to HIICAP is the issue of cost* – keeping insurance and health care costs within each person’s budget. Those concerns are addressed in a number of ways, including:

*Informing persons with low incomes about options which can assist them: the Medicare Savings Program, the Part D Extra Help Program, and Medicaid;

*Comparing the costs and the coverage offered through Medicare supplement policies and Medicare Advantage Plans;

*Taking a look at New York State’s EPIC program, which can help with drug costs.

In each appointment, the starting point is your individual situation, your questions and concerns. **Call for an appointment at 607-279-6617 or email [Lisa Burger at burger@tclifelong.org](mailto:Lisa.Burger@tclifelong.org)**



Medicare

Medicare Open Enrollment at the Office for the Aging

The Medicare Open Enrollment Period is between October 15th and December 7th each year, during this time you can change how you receive Medicare benefits. NY Connects Tompkins County Office for the Aging has experienced Medicare Counselors on staff to provide you information when making Medicare decisions. Whether you want to change how you receive Medicare, review how your current plan will serve you in 2021, or if you’re simply curious to see what is available to you, we can help. Call NYConnects Tompkins County Office for the Aging at 274-5482 and ask to speak to someone about Medicare.

A warm welcome...

YOUR CHOICE IS EASY WITH SO MANY GREAT LOCATIONS, JUST FILLED WITH COMFORTS AND AMENITIES!



CV@ INTERLAKEN

3687 Conifer Drive,
Interlaken, NY 14847

(607) 532-9929

conifervillageinterlaken@coniferllc.com

1 Bedroom Apts. in a brand new community for seniors 62 years or older, or anyone who is disabled that is 18 years or older.

- Elevator • Intercom Access Entry
- Computer/Fitness Centers
- Wireless Emergency Call System

ELLIS HOLLOW

1028 Ellis Hollow Road
Ithaca, NY 14850

(607) 273-3020

ellishollow@coniferllc.com

1 Bedroom Apts. in a peaceful community on the east side of Ithaca for seniors 55 or older.

- Elevator
- Intercom Access Entry
- Computer/Fitness Centers
- Resident Services Coordinator

SCHOOLHOUSE GARDENS

177 Main Street
Groton, NY 13073

(607) 898-4770

schoolhousegardens@coniferllc.com

1 & 2 Bedroom Apts. for seniors 62 years or older, or anyone with a disability that is 18 years or older.

- Elevator • Intercom Access Entry
- Emergency Call Buttons in Bath and Bedrooms

CV@ITHACA SENIOR APTS.

200 Conifer Drive
Ithaca, NY 14850

(607) 277-6320

conifervillageithaca@coniferllc.com

1 & 2 Bedroom Apts. in a peaceful location with incredible views, for seniors 55 or older.

- Balcony/Patio
- Laundry Hook-ups
- Computer/Fitness Centers

CV@CAYUGA MEADOWS

108 Aster Lane
Ithaca, NY 14850

(607) 216-9808

cayugameadows@coniferllc.com

1 & 2 Bedroom Apts. for seniors 55 or older, or anyone with a disability that is 18 years or older.

- Balcony/Patio
- Laundry Hook-ups
- Computer/Fitness Centers

VISIT WWW.ACONIFERCOMMUNITY.COM TODAY! TDD NY: (800) 662-1220

a conifer community®



Aging is just a number!

Download the Office for the Aging mobile app!

1. Visit your App Store
2. Search “NYS Aging”
3. Download it for free

www.aging.ny.gov
or 800-242-9871



Part One of a Series:

Examining Patients Rights in Long-Term Care Facilities - *Rights to self-determination*

Transitioning to a nursing home or assisted living environment can be challenging for residents and their families. Old concerns are traded for new fears, the most prominent being loss of independence. In 1987, the Nursing Home Reform Act was enacted to officially establish and protect resident’s rights. These regulations encourage the independence and autonomy of long-term care residents and protect them from retaliation when exercising said rights.

In this series, we will list and break down the rights of resident’s in long-term care facilities. Questions or comments are encouraged and can be sent to the Long-Term Care Ombudsman Program at the Tompkins County Office for the Aging.

Nursing Home Resident Rights

Each person living in a nursing home has specific rights under the law.

Federal law mandates that each nursing facility must protect and promote the rights of each resident including:

- *Rights to self-determination*
- Personal and privacy rights
- Rights regarding abuse and restraints
- Rights to information
- Rights to visits
- Transfer and discharge rights
- Protection of personal funds
- Protection against Medicaid discrimination

Federal law requires that nursing homes also provide all residents with the following:

- Quality of life
- Provision of services and activities
- Participation in facility administration
- Assuring access to the Long-Term Care Ombudsman Program

(From: <https://aging.ny.gov/ltcop/helpful-information-residents-and-families>)

Rights to self-determination

From the medical perspective, self-determination means patients have the right to make their own choices about their health care. It also protects individuals from coercion and persuasion by ensuring that the autonomy of each patient is safeguarded.

Residents of long-term care settings have the right to pursue, continue, or terminate treatment based on their individual preferences and without interference or pressure from staff, family, or others. If a resident is deemed unable to make their own decisions due to lack of capacity, their designated representative will make choices for the resident based on that resident’s prior expressed preferences.

Residents are *individuals* who have the right to make their own decisions. They do not give up these rights when moving into a congregate or long-term care setting. If you or a loved one currently reside in a nursing home and have questions or concerns about your rights, please contact your local ombudsman at **(607) 274-5498**.

See you next issue when we break down Personal and Privacy Rights.

Address Questions/Comments to:

Long Term Care Ombudsman Program (LTCOP)

Tompkins County Office for the Aging
214 W. State St. Ithaca, NY 14817

Email: klyon@tom-pkins-co.org or pchevallard@tom-pkins-co.org



Lifelong is proud to be a
United Way Agency

Keep Tompkins County Healthy & Safe During COVID-19



Distance

Please do not form lines or groups. Keep 6 feet of distance at all times.



Density

Avoid entering crowded rooms or areas. Reduce occupancy to allow for proper distancing.



Face Covering

You *must* wear a face covering when in public buildings and outdoor spaces around others.



Hand Hygiene

Wash hands well and often. Clean & disinfect frequently touched surfaces often.



Symptoms

If you have a fever, cough, shortness of breath, or body aches, stay home & get tested.



Mental Health

COVID-19 has affected everyone's well-being. If you are struggling, it's OK to ask for support.

Please take steps to protect your own health and the health of others.

Get tested for COVID-19 at the Cayuga Health Sampling Site,
607-319-5708 or CayugaHealth.org



tom-pkinscountyny.gov/health/movingforward



During this time of stress and isolation

we're here to help...

Through Telehealth Technology

Alcohol & Drug Council’s staff is still available 7 days/week to serve our community with:

- Assessments
- Medication Assisted
- Treatment
- Individual Counseling
- Group Counseling
- Referrals

Please call 607-274-6288 for more information, or to schedule an appointment with our clinical or medical staff

Project CARE

Would you or someone you know benefit by being matched with a community volunteer who can visit you weekly in your home, virtually, or by phone?



Seniors aged 60 or over & living in Tompkins County, can request to have a friendly visitor through our Project CARE program at no cost.

Weekly visiting option:

Project CARE’s *friendly visitor program* provides companionship by matching you with a volunteer who will make weekly contact in a way you are comfortable with. Home visits are available with safety precautions in place, or if you have internet access visits can be done virtually, or a volunteer could provide a weekly phone call.

Many Seniors in our community greatly benefit and find comfort from a weekly visit. Volunteers can provide conversation and so much more. This service can provide in-home support to Seniors who are socially isolated, experiencing loneliness or those that are homebound, especially during the pandemic.

If you are interested in any of the Project CARE options listed, would like more information, or would like to volunteer contact:

Dawn Sprague, Project CARE Coordinator
Tompkins County Office for the Aging
Phone (607)274-5499



HOME ENERGY ASSISTANCE
PROGRAM (HEAP)
ANNOUNCEMENT

As the summer starts to end and winter draws near, so does the 2020-2021 HEAP season, which opens **November 2, 2020**. Clients who received a HEAP benefit during the 2019-2020 HEAP season will receive an “EARLY OUTREACH HEAP APPLICATION” in the mail starting in September. These “EARLY OUTREACH HEAP APPLICATIONS” will be mailed out on September 1st. The purpose of these early mail out applications is to allow clients to apply for HEAP early, instead of waiting until the HEAP opening date in November. This also allows for the case workers not to be overwhelmed with applications when HEAP opens. Clients who can apply this early are encouraged to fill out and submit their HEAP application as soon as possible, even though they will not get their HEAP benefit until after the opening date of HEAP. If you have any questions, need assistance, or would like to request a HEAP application, please feel free to contact our office at 607-274-5482.

The 2020-2021 HEAP Income Guidelines:

Household Size:	Monthly Income Maximum:
1	\$2,610
2	\$3,413
3	\$4,216

ITHACA HOUSING AUTHORITY
1-BEDROOM APARTMENTS FOR ACTIVE SENIORS



Over 200 seniors enjoy living independently at **TITUS TOWERS**, S. Plain Street, Ithaca

- Bus lines/shopping
- Community Room activities
- Bingo / Dish-to-Pass
- Scheduled offsite events with transportation
- Daily lunches by Foodnet
- Laundry/dining facilities
- Exercise classes
- Fitness Room
- Rent based on income
- Off-street parking
- Church services
- Secure building
- On-call maintenance staff

798-800 S. Plain Street - (607)-273-8629

www.ithacaha.com

Clean / Safe / Affordable Housing

Tompkins County consistently ranks in the top annual voter turnout in New York State. The Board of Elections (BOE) encourage **EVERY eligible citizen** to exercise their right to vote in the **General Election on November 3**

NY State requires an application for absentee ballots.

Applications can be obtained in the following ways:

- Call the Board of Elections at (607) 274-5522 to request application be mailed to you
- Go to votetompkins.com, select “forms” in the top left block, choose Absentee Application Forms, and download and print the form
- Pick one up at the Board of Elections , 128 East Buffalo St., Ithaca, NY
- Go to the State Board of Elections Absentee Portal, complete and submit per instructions.

Applications must be filed by October 27 if mailed, faxed or emailed.

Applications can be received over the counter at the Board of Elections up until close of business, November 2. The Board of Elections **strongly recommend getting your absentee application to us as soon as possible.**

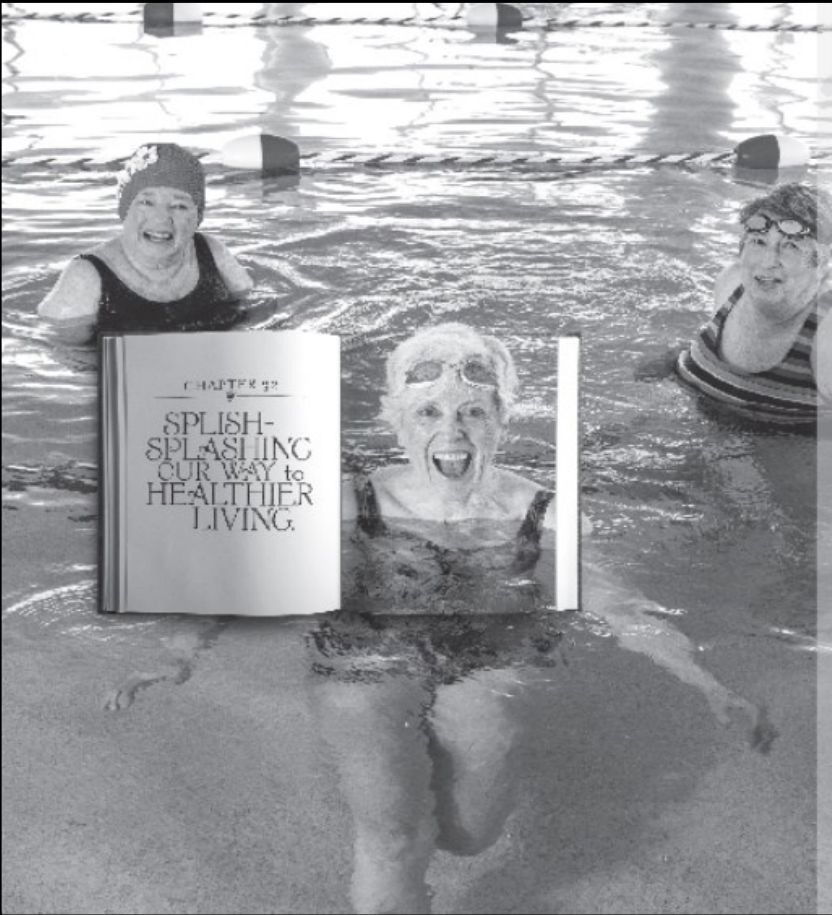
Ballots will be available on October 2, 2020

- Your completed application can be mailed to the Board off Elections
- Your completed application can be scanned and attached in an email to Board of Elections at elections@tompkins-co.org
- Your completed application can be faxed to us at (607) 274-5533
- Your completed application can be delivered to us in person at the Board of Elections, 128 E Buffalo St, Ithaca, between the hours of 8:30 AM and 5:00 PM weekdays.

For more information go to: tompkinscountyny.gov/boe or call: 274-5522

EARLIER IS BETTER. HELP THE BOE HELP YOU MAKE YOUR VOTE COUNT!!
CONSIDER IN-PERSON, EARLY VOTING AT TWO LOCATIONS:

Town of Ithaca Town Hall 215 N Tioga Street, Ithaca, NY	Crash Fire Rescue (C.F.R.) 72 Brown Road, Ithaca NY
Sat, October 24	9:00 AM to 2:00 PM
Sun, October 25	9:00 AM to 2:00 PM
Mon, October 26	7:00 AM to 3:00 PM
Tues, October 27	12:00 PM to 8:00 PM
Wed, October 28	7:00 AM to 3:00 PM
Thurs, October 29	12:00 PM to 8:00 PM
Fri, October 30	9:00 AM to 5:00 PM
Sat, October 31	9:00 AM to 2:00 PM
Sun, November 1	9:00 AM to 2:00 PM




The gentle, comforting ripple of warm saltwater has an invigorating effect — especially during aqua-aerobics class. And, for Kendal residents Sara, Carol and Joann, the exercise is a fun, refreshing way to get fit — and get together.

Living on the 105-acre campus at Kendal not only keeps them involved in the lifestyle they love, but connected to any future care they may need. And, from here, the story just keeps getting better.

Come for a visit and tell us your story. Call 1-800-253-6325 or go to kai.kendal.org to learn more.

KENDAL at Ithaca
Together, transforming the expectations of aging®
2230 N. Tripphammer Rd., Ithaca, NY 14850

 A not-for-profit continuing care retirement community serving older adults in the Quaker tradition. ©2014 KENDAL.



Lifelong thanks
**Dryden Mutual for
their generous
sponsorship!**

15 Thornwood Drive, Ithaca
call: 257-0312
And
12 Ellis Drive, Dryden
call: 844-8106

Insurance available exclusively through
Local Independent Agents

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

Please call Lifelong at 273-1511 or email Tammy Dunn, Program Director, at tdunn@tclifelong.org to register for any of these events!

From the Executive Director's Desk of Lucia Sacco

It has definitely been a challenging time for everyone and we sincerely hope you've stayed safe and healthy. It is an understatement to say we've missed you. We love the work we do here at Lifelong and take pride in being able to offer great programming, activities and events to our participants. Equally important are the social connections made here...for you and for us. Through phone calls, emails, Facebook, our weekly newsletter, Zoom chats and the Senior Circle, we've tried to keep in touch and keep you posted as best we can about what's happening at Lifelong.



On March 20th, when Governor Cuomo issued the PAUSE order, we cancelled all Lifelong classes and events and I temporarily furloughed Lifelong staff. I honestly, naively thought it would be for a few weeks and I'd be able to bring them all back. Well, to misquote Robert Burns "the best-laid plans of mice and men oft go awry". Weeks turned into months as we all tried to figure out the best way to cope with mask wearing, social distancing, lots of family togetherness, cooking meals, cleaning closets, long days, never knowing the date or day of the week and missing our devoted members, participants, instructors and community partners.

Very soon after the shut-down, I was approached by several of our exercise instructors offering to teach their classes virtually via Zoom or Facebook. Because of these wonderful and willing instructors, we're now able to offer exercise classes 6 days a week! Some of our Lifelong Learning instructors were also willing to offer classes and presentations virtually. Though not everyone's cup of tea, the silver lining has been, hearing from folks who weren't able to take classes before for various reasons, but are now able to participate. As one of our objectives is to help combat social isolation in older adults, this is wonderful news. To say it's been a learning experience is an understatement but I so appreciate those of you who've given it a go.

As Phase II of the re-opening plan approached, I was able to bring staff back 1-2 days per week as needed. We carefully staggered schedules so no one shares office space while they're here. Robin Tuttle, Business Manager, quickly cleaned up any mistakes I made while taking care of the business end of things in her absence and put the business end of things back in good order. Tammy Dunn, Program Director, worked to schedule some Summer offerings (virtually) while also working on the Fall catalog of classes. With young children at home, she did this while juggling online learning at home as well. Karen Koyanagi, Program Assistant, continued to offer her Monday, Wednesday and Friday Strength Training classes and made sure our weekly email blast was up-to-date. Joyce Billing, Office Assistant, managed to publish this paper (in partnership with Tompkins County Office for the Aging) and our 2019 Annual Report along with keeping track of the hours submitted by the amazing volunteers who are part of Volunteers Connected. Ken Kleist, Custodian, came in the wee hours of the morning and waxed and shampooed the floors and Liza Burger, Associate Director and HIICAP and TCE Coordinator, rallied her HIICAP (Health Insurance Information Counseling and Assistance Program) volunteers and began offering virtual counseling sessions to those needing help with Medicare and related issues. Me? I simply tried to keep things running behind the scenes, support them in any way I could and keep our Board of Directors updated as things changed – often on a daily basis. Every Executive Director should be so lucky as to work with such a staff as mine.

Do we have your email address? We send a weekly email blast to over 1000 recipients with news, updates and information and if you'd like to be included on that list please send an email to lsacco@tclifelong.org and we'll get you added.

Huge thanks to those of you who've sent your payments for exercise classes, membership renewals and registrations. And, we are so grateful for the donations we've received with kind notes of encouragement. It means more than I can say to know that our efforts are appreciated.

The Fall catalog is available online at www.tclifelong.org. Due to the current state of affairs, we've printed very few hard copies but will certainly make one available to you if you stop by. You'll see in the catalog, most of our Fall classes are being offered virtually. As soon as we feel comfortable offering on site classes, we'll be excited to let you know.

In the meantime, take a look at the catalog and, if you haven't already done so...give Zoom a try! Stay well and I **REALLY** hope to see you soon!

Gratefully.....Lucia

Lifelong encourages all Seniors to

Be Creative!

Be Active!

Be Social!

BE SAFE!

Virtual Health & Wellness Activities

One of the things that helps to bolster the immune system, raise spirits and prevent all kinds of physical conditions associated with aging is exercise. Although we've had to cancel the in-person classes, we are offering group activities virtually to help keep you healthy.

- **LIFELONG CHAIR YOGA**
- **LIFELONG STRENGTH TRAINING**
- **ENHANCE YOUR FITNESS**

Visit our website to learn more about the virtual health and wellness classes:

<http://www.tclifelong.org/virtual-health-wellness-classes-on-the-way/>

The Senior Theatre Troupe

Thursdays (2:00 - 3:00pm)

Online session – October 8 – October 29

Join the Senior Troupe of Lifelong for four weeks of improv and storytelling. Our virtual meeting is open to all ages. Starting Thursday, Oct.8 to Oct. 29, from 2-3 PM we will meet for fun improv and read the stories from our lives that we created during the week before the class meets on Thursdays.

Fall is a time for a few events that Lifelong enjoys holding. Flu clinic, hearing screenings, holiday craft & collectible sale, volunteer fair, holiday open house To name a few!!

At this time we are unable to schedule given the uncertainty with group gatherings. As soon as we are able to safely open the building to staff and the community we will provide details.



Be sure to check our website for updates and if you haven't joined our weekly eNews, you should join.

Visit us at: <http://www.tclifelong.org/>

AARP Smart Driving Program

AARP's driver-safety course is the nation's first and largest refresher course designed for older drivers but is open to all age groups. Lifelong will resume offering these programs when safe to do so.

Lifelong Learning Fall Semester

World Cinema Part VI

By: Ron Krieg

TUESDAYS, SEPT 8–NOV 24 (1:30-5:00) Virtual

- Sept. 8: Monsieur Verdoux (Charles Chaplin-1947)
- Sept. 15: A Fish Called Wanda (Charles Crichton-1988)
- Sept. 22: The Baker’s Wife (Marcel Pagnol-1938)
- Sept. 29: Bob le Flambeur (Jean-Pierre Melville-1956)
- Oct. 6: The Magdalene Sisters (Peter Mullan-2002)
- Oct. 13: A Story from Chikamatsu (Kenji Mizoguchi-1954)
- Oct. 20: Kes (Ken Loach-1969)
- Oct. 27: The Marriage of Maria Braun (Rainer Werner Fassbinder-1979)
- Nov. 3: Matewan (John Sayles-1987)
- Nov. 10: The Flavor of Green Tea Over Rice (Yasujirō Ozu-1952)
- Nov. 17: Nowhere in Africa (Caroline Link-2001)
- Nov. 24: Mikey and Nicky (Elaine May-1976)

Legal and Financial Planning

By: Alzheimer’s Association, Janay Paccone

TUESDAY, SEPT 15 (4:00-6:00) Virtual

The diagnosis of Alzheimer’s disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer’s Disease is an interactive two-part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer’s disease or a related dementia. Topics covered will include: Making legal plans that fit your needs; Legal documents you’ll need and what they mean for all of you; How to find legal and financial assistance; Practical strategies for making a long-term plan of care; Tax deductions and credits; and Government programs that can help pay for care.

What is a Trust, and do I need one?

By: Emilee Lawson Hatch

THURSDAY. OCTOBER 9 (10:00-11:00) Virtual

You may have heard of trusts, but do you know what they are and what they do? Join this discussion about trust planning and whether it makes sense for you or someone you know. We'll learn about how trust planning can help you streamline your estate plan, clarify your wishes, save money in the future, protect your assets, and avoid family disagreements.

History & Future of Railroads in Tompkins County

By: Joe Sammons

TUESDAYS, OCT. 6-20 (12:00-1:00) 3 SESSIONS Virtual

From their beginnings in 1828 to the ‘golden age’ in the 20th century, railroading in our region has a rich history. Travel back to a time when electric streetcars connected downtown Ithaca to Cornell and the suburbs, passengers traveled on luxury trains like the Lehigh Valley, and freight trains carried coal across the region. Learn about the key economic, social, and geographic conditions that shaped the railroad’s development, what rail services remain today, and some possibilities for the future, like electric ‘podcars’, an eco-friendly mass transit concept.

London’s Iconic Parks and Gardens

By: Deborah Schmidle

MONDAYS, NOV. 30 – DEC. 21 (1:00-2:30), 4 Sessions, Virtual

Greater London has more than 3,000 parks and gardens, including 8 royal parks, the latter which are home to a large number of wildlife. The course covers everything from the iconic Hyde Park and Kew Gardens, to the lesser known, oft-hidden “pocket parks” of London. In addition to exploring these green sanctuaries, many of which are housed amongst the bustling metropolis, we will also take a look behind the scenes at the world-renowned and prestigious Chelsea Flower Show.

You Can Take it With Out: Art and the Afterlife

By: Carol Hackett

TUESDAYS, DEC 1-DEC 15 (11:00-12:00) 3 SESSIONS Virtual

Join Carol Hockett, Coordinator of School and Family Programs at The Johnson Museum of Art, for this three-part series exploring the role of art in the afterlife. Our first lecture will focus on ancient Egypt from mummification and worker figurines to tomb reliefs and paintings. Part two will take participants to China with particular emphasis on the terra cotta warriors of Xian. Our concluding lecture will examine meso American and South American burial sites.

Perseverance, Ingenuity, and the Search for Life on Mars

By: Zoe Learner Ponterio

WEDNESDAY, NOV 4 (10:00-11:00) Virtual

NASA’s latest Mars rover, Perseverance, and first-of-its-kind extraterrestrial aircraft, the helicopter Ingenuity, are both on their way to Mars! Launched on July 30, 2020, and landing on February 18, 2021, these robotic explorers will be traversing an ancient river delta in Jezero Crater, which was once a vast lake. With previous rovers having firmly established that Mars was once a warmer, wetter, more habitable world, “Percy” will hunt for signs of ancient life in the ground, while “Genny” will scout the area from the air.



Lifelong’s Northside/Southside

Program (NSSS) began in 1980 with Mrs. Ruth Mann as its first Coordinator. The activities and services of the program were developed especially for Ithaca's Northside and Southside retired seniors. During those early years, the Northside Southside staff started the wonderful tradition of making regular visits and phone calls to homebound residents. Later, NSSS expanded to include coordinated programs, events, activities and services and has eventually become Lifelong’s multicultural program.

As communities change, the name Northside Southside doesn’t really seem to apply anymore so we’re looking to freshen up the name and the program. We'll be looking for people to serve on the advisory committee for this multicultural program. In an effort to combat social isolation and with support from the County Office for the Aging, attendance is free and, though open to all older adults, the focus of programming will be aimed at underserved populations including but not limited to BIPOC, LGBT and Asian Americans. Typical programming includes Africana Film Series, game nights, MLK luncheon, pot-luck dinners, music, food and travel from other lands, an annual picnic and more.

Stay tuned for more information, AND please let us hear from you with ideas, suggestions and your willingness to participate and serve on the advisory committee. Email Tammy Dunn, Program Director, at tdunn@tclifelong.org. Thank you!



Common Threads: Intergenerational Dialogue Series - 6 Virtual Sessions

Common Threads is a program of the Ithaca College Gerontology Institute designed to bring individuals together from diverse backgrounds dialogue about our common threads.

Ithaca College Gerontology Department faculty and guest speakers host this six week series. This series will cover important topics to engage Ithaca College students and older community members.

Monday, Sept. 21	7-8 PM	Mindfulness
Tues, Sept. 29	7-8 PM	Media Literacy
Mon, Oct. 5	7-8 PM	Social Isolation
Tues, Oct. 20	7-8 PM	Ageism
Mon, Oct. 26	7-8 PM	Racism
Tues, Nov. 10	7-8 PM	Mentoring

“Disasters Don’t Wait. Make your Plan Today.”

From **Geoff Dunn**, *Community Preparedness Coordinator*
Tompkins County Department of Emergency Response
92 Brown Road, Ithaca, NY 14850

National Preparedness Month (NPM) is recognized each September to promote family and community disaster planning now and throughout the year. The theme for 2020 is: “Disasters Don’t Wait. Make your Plan Today.”

“With the ongoing threat posed by the COVID-19 pandemic, there is no better time to be involved,” said Geoff Dunn, the Community Preparedness Coordinator for Tompkins County’s Department of Emergency Response. “Everyone can help to prepare yourself, your family and your community for emergencies.”

Each week of September is devoted to a different theme:

Week 1 September 1st - 5th: **Make a Plan**

Talk to your friends and family about how you will communicate before, during, and after a disaster. Update your plan based on the Centers for Disease Control (CDC) recommendations due to coronavirus.

Week 2 September 6th – 12th: **Build a Kit**

Be sure to have supplies that will last for several days after a disaster for everyone in your home. Consider the unique needs each person or pet may have in case you need to evacuate quickly.

Week 3 September 13th – 19th: **Prepare for Disasters**

Know the risks of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and act fast in case of a local warning or alert.

Week 4 September 20th – 26th: **Teach Youth About Preparedness**

Talk to your kids about preparing for emergencies and what to do in case you are separated. Provide information about how they can get involved.

For more information on National Preparedness Month, visit www.TompkinsReady.org.

This is also a perfect time to sign up for the Swift911 mass notification system. “Tompkins County uses Swift911 to alert residents to emergency situations, such as flooding, road closures, evacuations and shelter-in-place orders,” said Dunn. “We also utilized Swift911 for robocalls from local public officials conveying important information about COVID-19.”

To subscribe, text SWIFT911 to 99538 on your mobile device. You may also register by contacting the Department of Emergency Response at (607) 266-2633, or Swift911@tompkins-co.org.

Using the Tax Withholding Estimator will help
taxpayers avoid surprises next year

Adjusting withholding on their paychecks or the amount of their estimated tax payments can help prevent penalties. Learn more on IRS.gov.

Before the summer is gone, take a moment to check that your tax withholding is right for your current financial situation.



 **IRS** www.irs.gov/withholding

Now is a great time for a 2020 Paycheck Checkup with the IRS Tax Withholding Estimator: www.irs.gov/withholding

You’ve filed your IRS return. Plan now for next year with the #IRS Tax Withholding Estimator: www.irs.gov/withholding

If you had a large tax refund or bill, see the IRS Withholding Estimator today: www.irs.gov/withholding

This year has brought about changes for many people. Visit the #IRS Withholding Estimator to make sure your taxes are still covered in your current financial situation. Visit www.irs.gov/withholding

Working full time? Working gigs? Receiving unemployment? Tax planning is for everyone and the IRS Tax Withholding Estimator can help you get it right for your situation: www.irs.gov/withholding

SPEC Buffalo Territory

Internal Revenue Service



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200 Pleasant Grove Road, Community Corners Plaza, Ithaca NY 14850

The Personal Emergency Response System (PERS)



Did you know we have Personal Emergency Response Systems (PERS) at the Tompkins County Office for the Aging?

Although in-person contact is being limited, staff members have found a way to enable PERS to still be installed. The PERS unit can either be picked up at our office or dropped off at the home. Included are step-by-step written instructions on how to hook it up, and Outreach Workers are available to assist by phone if needed. **The process is simple, and well worth the security that having a PERS provides!**

Tompkins County Office for the Aging contracts with Doyle Medical Monitoring, who answers each alarm with a live person, to see what the customer needs, and reacts accordingly. Standard PERS pricing starts at \$25 a month and there is no time obligation or cancellation fee. The options include a standard emergency response button and a fall-detection button.

With the Personal Emergency Response Systems, you will receive personalized service, peace of mind, and 24/7 monitoring service. You can also be connected to many other local services as needed.

Call the Office for the Aging today at 607-274-5482 to speak with an Outreach Worker about PERS devices!



Tompkins County Health Department Healthy Neighborhoods Program (HNP)

Beginning in June 2020, HNP offered remote, virtual home visits. Following the visit, we will make a “no contact” drop-off of home safety products to your

home. Call today to schedule a virtual home visit! **607-274-6702**

Learn more about this program: <https://tompkinscountyny.gov/health/eh/neighborhood>

AGING TOGETHER INDEPENDENTLY



When you need peace of mind, support is one phone call away



Personal Well-Being



Transportation

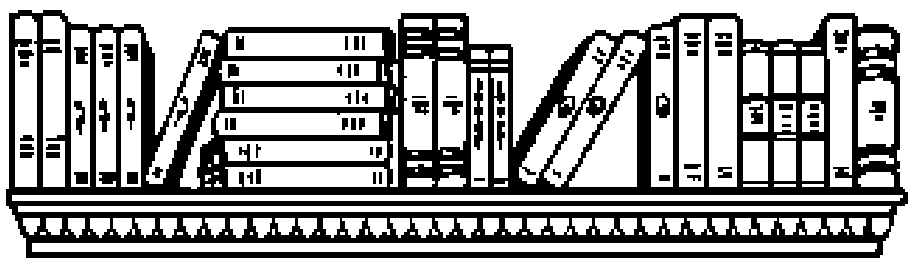


Programs



Home Maintenance

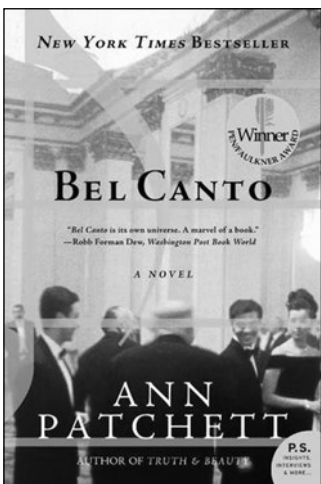
Contact us for more information
www.lovelivingathome.org
607-319-0162



The Book Nook *A feature from the Tompkins Public Library*

Joyce Ann Wheatley, *Information & Learning Services*

As Tompkins County Public Library reopens, please check hours and services available at <http://www.tcpl.org> or call 607-272-4556 for help and information. You can also browse and borrow eBooks and eaudiobooks in Overdrive, our digital collection. We're glad to be back! We missed you.



***Bel Canto* by Ann Patchett**

First published in 2001, finally, at long last, while new book orders were on pause, I listened to a digital copy of this marvelous award-winner, an audio edition narrated by Anna Fields. I'd read *State of Wonder* and this confirms for me that Patchett weaves the best tales! Her story of hostages at a birthday party in a poor, unnamed country, featuring a multi-linguist, a soprano superstar and a band of guerilla terrorists, is no exception. Her witty

and compassionate exploration of the romances and relationships among them captivated me from start to finish.

***When Death Takes Something From You Give It Back, Carl's Book* by Naja Marie Aidt, translated by Denise Newman**

It took me a long time to read this poetic memoir, nominated for the 2019 National Book Award for Translation, of the author's loss of her son in a tragic accident. The pandemic had just hit N.Y. so it was difficult to concentrate and focus. Also, at first, the expression of sorrow overwhelmed me. But so, too, the beauty. Within the past year, I'd lost my husband and my sister, and Aidt's grief resonated with my own. As the publisher notes, the book *explores what it is to be a family, what it is to love and lose, and what it is to treasure life in spite of death's indomitable resolve*. Thank you to the author and translator for the courage and sensitivity to create this jewel, a necessary work of art.



TCPL's 4 Seasons Fiction Book Club meets quarterly from 6:30 to 7:30 PM. We are currently gathering on Zoom. To reserve a copy of the season's selection prior to discussion, contact Joyce, jwheatley@tcpl.org. Due to COVID-19, dates may need to be rescheduled. The Truth Be Told Nonfiction Book Club is currently on hiatus.

All Library programs are free and open to the public.



It's Your Funeral *Will It Be What You Want?*

Get unbiased funeral planning information and price comparisons

Funeral Consumers Alliance of the Finger Lakes

www.fingerlakesfunerals.org
607-273-8316

IRS debunks tax refund myths

IR-2020-161, July 16, 2020

WASHINGTON — With the July 15 tax deadline now past, the Internal Revenue Service reminds all taxpayers that there is no secret way to find out when a refund will be issued.

Most taxpayers have already filed their federal tax return, and many have already received their refund. Those that have not are understandably eager for details about when their refund will arrive. When it comes to tax refunds, a few common myths keep circulating and misinforming taxpayers.

Some key facts can help people understand the refund process better:

- Taxpayers who file electronically and use direct deposit can expect their refund faster than those who mail a paper return, especially since the COVID-19 outbreak has reduced IRS staffing available to process paper returns.
- Taxpayers who file a paper tax return are likely to face processing and refund delays.
- The best and easiest way to check on a refund is Where's My Refund?
- The Where's My Refund? tool available on IRS.gov and the IRS2Go mobile app.
- A tax refund's status can be checked within 24 hours after the taxpayer receives the e-file acceptance notification.
- "Where's My Refund?" is updated once a day, usually overnight.

Processing delays for paper tax returns

The IRS continues to process electronic and paper tax returns, issue refunds, and accept payments.

The IRS is experiencing delays in processing paper tax returns due to limited staffing. This is causing refund delays. Taxpayers who have already filed a paper return should know that the IRS is processing paper returns in the order in which they are received. In addition, interest on individual 2019 refunds reflected on returns filed by July 15, 2020, will generally be paid from April 15, 2020, until the date of the refund. Interest payments may be received separately from the refund and are considered taxable income in the year received.

Taxpayers who filed a paper return should not file the same tax return again or call the IRS.

Common myths about tax refunds include:

Getting a refund this year means there's no need to adjust withholding for 2020

To help avoid a possible surprise next year, taxpayers should look to make changes now. Adjusting tax withholding with an employer can help ensure that neither too much nor too little tax is withheld from an employee's paycheck. The Tax Withholding Estimator helps taxpayers figure out the right amount.

Calling the IRS or a tax professional will provide a better refund date

Contacting the IRS or a tax professional will not expedite a refund. IRS assistors and tax

TAKE A MONTHLY MUSICAL TRIP DOWN MEMORY LANE WITH RUDY PAOLANGELI



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Date	Event	WNYY	WHCU
Saturday, October 3	Salute to October	10 AM - 12 Noon	
Saturday, , November 7	Salute to November	10 AM - 12 Noon	
Thursday, November 26	Thanksgiving	10 AM - 12 Noon	7 AM - 9AM
Wednesday, December 25	Christmas	10 AM - 12 Noon	7 AM - 9AM

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professionals cannot move up a refund date nor do they have access to any "special" information that will provide a more accurate refund date.

Ordering a tax transcript is a secret way to get a refund date

Ordering a tax transcript will not help taxpayers find out when they will get their refund and it does not accelerate the issue date of a refund.

The Where's My Refund? tool is wrong because there's no deposit date yet

When Where's My Refund? shows the tax return status is received it means that we have received the tax return and are processing it. Some returns may take longer to process than others and needs further review. This includes when a return:

- Includes errors
- Is incomplete
- Is affected by identity theft or fraud
- Includes a Form 8379, Injured Spouse Allocation, which could take up to 14 weeks to process

Taxpayers will be contacted by mail if the IRS needs more information to process a tax return. People waiting for a refund in the mail should plan for the additional time a check takes to arrive.

Something is wrong when the refund amount is less than expected

There are a lot of reasons that cause a tax refund to be different than expected. Situations that could decrease a refund include:

- Taxpayer math errors or mistakes
- Owing federal or state taxes, child support, student loans or other federal non-tax obligations
- A portion of the refund is held while IRS reviews an item claimed on the return

The IRS will mail a letter of explanation if these adjustments are made. Some taxpayers may also receive a letter from the Department of Treasury's Bureau of the Fiscal Service if their refund was reduced to offset certain financial obligations.

Taxpayers can call the IRS's automated refund hotline at 800-829-1954, which uses the same information as "Where's My Refund?". There is no need to call the IRS unless Where's My Refund? says to do so.

Page Last Reviewed or Updated: 17-Jul-2020

Remember that volunteering is the ultimate exercise in democracy. When you volunteer, you vote every single day about the kind of community you want to live in. - Anonymous



Lifelong's Volunteer, Connect Program is still collecting volunteer hours during this time but the office is closed. Contact Joyce Billing at jbilling@tclifelong.org

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