

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

## Senior Focus: The Office for the Aging Recognizes Two Outstanding Volunteers

By: Caryn Bullis, Tompkins County Office for the Aging



Lisa Gould (Left) and Margaret Snow (right) were honored by the Office for the Aging during Older New Yorker's Day that was held on November 5th.

The Office for the Aging was pleased to recognize 2 outstanding volunteers in our community. Lisa Gould and Margaret Snow were honored during an online event in October and again by the New York State Office for the Aging during Older New Yorker's Day that was held on November 5<sup>th</sup>.

COFA Director, Lisa Monroe stated, "Throughout the pandemic, older adult volunteers have extended themselves to provide critical services such as delivering meals, groceries, supplies, medication, transportation to medical appointments and phone calls to older adults to combat social isolation. This volunteerism is a crucial extension of the services that our office provides and is a core part of our mission to keep people in their homes and communities. This past year, we've seen time and again how friends, neighbors, and businesses have found new ways to support each other. Lisa Gould and Margaret Snow are exceptional examples of older adults stepping into these important roles. Their commitment to

our programs and community organizations has helped us respond to the needs of our clients during these uncertain and difficult times. They have dedicated their skills, talents, and experiences for the benefit of others and have made connections and engagements that build strong, resilient communities. The value of their volunteerism is immeasurable, and we thank them."

### Lisa Gould

Lisa is a native from Ithaca and has lived her entire life in New York. For a little over 30 years, Lisa was employed as secretary/administrative assistant at Cornell University. Following her time at Cornell she served as administrative assistant at the First Presbyterian Church in Ithaca, a volunteer and administrative assistant at the Village at Ithaca, and school crossing guard in the city of Ithaca. Lisa has worshipped at Calvary Baptist Church most of her life and serves at the Church in various capacities. Lisa has a brother, sister-in-law, aunts, uncles, and numerous cousins. Her parents and both set of grandparents are deceased and Lisa knows they would be proud of this achievement.

Lisa has been volunteering with Foodnet's congregate and home delivered meal programs for 5 years. Her efforts have amounted to hundreds of hours of service and has included serving meals in the congregate program, providing home meal delivery for residents in senior apartments, supporting Cornell University's video-dining project as a companion diner and volunteering in Foodnet's diabetic cooking series project. Specifically, through the diabetic education series, Lisa went above and beyond by helping to connect participants with additional resources for diabetics in the community long after the course had ended. To quote her nomination letter, "Lisa approaches her volunteer work with integrity, creativity and enthusiasm". This description is evident when Foodnet reports that their participants say that they feel "safe and secure" with Lisa. Lisa is also described as being an exceptional mentor. In addition to the previously mentioned duties at Foodnet, she has also trained students, interns, and new volunteers on Foodnet's programming. During the COVID-19 pandemic Lisa truly exemplified an outstanding volunteer as she faithfully served home delivered meals to residents in Titus Towers Apartments despite the risk. In addition to her volunteering with Foodnet, Lisa also volunteers and supports other programs in our community such as the mobile food pantry, Tompkins County Public Library and Gadabout.

Lisa shares, "I was on a goal-setting conference call several years ago and asked a question

about what my goal should be. After responding to a few questions, the coach conducting the call showed me that my goals were "me-centered". He recommended that I come from a place of service. I adopted that mindset from that moment forward. I highly recommend when someone has made the decision to become a volunteer that they come from a place of service."

### Margaret Snow

Margaret is a lifelong Ithaca resident and holds a business degree from SUNY. Her many careers include

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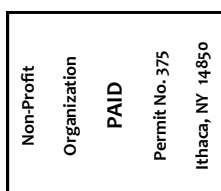
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## Senior Services

### 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.



Tompkins County  
Office for the Aging

#### 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 between 8:30 AM and 4:30 PM, Monday through Friday.

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

Or visit us on the web at [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

**Free language assistance (interpretation and translation) services available.**

### Joy for All Companion Pets

The Office for the Aging has several life-like robotic cats and dogs available for “adoption”. These interactive pets offer support, comfort, and companionship to older adults. If you or someone you know would be interested in a companion pet, please contact the Office for the Aging at 607-274-5482.

### Need a Break? Project CARE Might Help!

For updated information on the **Office for the Aging's** Project CARE program please see page 10.

### 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](mailto:registryatFLIC@yahoo.com). This program is made possible through funding from the T.C. Office for the Aging.

### Let it Snow

With winter weather upon us, the Tompkins County Office for the Aging is updating its listing of snow shovelers. Deep snow and icy sidewalks are dangerous for everyone but can be especially problematic for older adults and people with mobility problems. Many are not able to remove the snow from their sidewalks or driveways without assistance. If you need assistance with this task, please contact the Tompkins County Office for the Aging at 607-274-5482. Likewise, if you are interested in assisting older adults by shoveling or plowing, on either a paid or volunteer basis, please call our office at 607-274-5482.



The Tompkins County Department of Assessment is located at 128 E. Buffalo St. Annex Building C. You can contact them at 607-274-5517.

## Real Property Tax Exemptions

Do you like saving money on your real property taxes?

Are you signed up for all the exemptions that you are eligible for?

#### Are you...

- A Homeowner (STAR Exemption or STAR Check Credit)
- A Senior Citizen (low income Senior exemption)
- An individual with a disability (low income disability exemption)
- A Veteran (multiple veterans exemptions)
- A farmer or rent land to a farmer (agricultural land/building exemptions)
- A Not-for-Profit (wholly exemption)
- A member of the Clergy (clergy exemption)

#### Have you...

- Recently constructed an agricultural building? (ag building exemption)
- Recently made a capital improvement to your 1-2 family house? (capital improvements to residential properties exemption)
- Recently added a solar/wind energy system? (solar/wind exemption)
- Constructed/remodeled a Business? (business improvement exemption)
- Constructed an improvement for your parent/grandparent? (parent/grandparent exemption)
- Constructed an addition for an individual with a disability? (improvements made to disability act exemption)

If any of these situations fit your scenario, please either check our website at <https://www2.tompkinscountyny.gov/assessment> or call us at 607-274-5517 for more information. We would much rather talk to you now and find out that you are not eligible for an exemption than to find out later that you would have been eligible for an exemption if you only contacted us sooner. Please call us if you have any questions!

**All new applications need to be received in the office by March 1, 2022, in order to be applied to the 2022 Assessment Roll.**

### Did you know living with isolation in long-term care can have serious consequences?

*Check in regularly with your family and friends residing in Nursing Homes and know who to call if you are concerned for their mental, emotional, and/or physical well-being.*

**Chemung, Schuyler, and Tompkins County Long-Term Care Ombudsman:  
607-274-5498**

WE ARE DEEPLY CONCERNED THAT RESIDENTS ARE CUT OFF FROM LOVED ONES AND VICE VERSA...FAMILIES PROVIDE VITAL MONITORING AND OFTEN ESSENTIAL CARE” --Long-Term Care Coalition



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.**

If you prefer to receive an e-mailed version of Senior Circle newsletter, Please send an e-mail to [jbilling@tclifelong.org](mailto:jbilling@tclifelong.org) We will remove you from the mailing list.



**Lifelong is proud to be a United Way Agency**

## Caregiver's Corner

### Adapting Caregiver Services to Needs of Caregivers

By: Amy Jackson

Since March of 2020, every individual and business has had to adapt their services to meet needs given the ever-changing pandemic. Caregiver services have become even more important, as there has been less respite options and more isolation due to the pandemic. At the Tompkins County Office for the Aging, caregiver services are flexible, and are adjusted as needs arise.

One example of this is while the office was closed to the public from March 2020 through May 2021, the Office for the Aging was still working to support caregivers the best way possible, including the caregiver support group. The bi-monthly caregiver support group was immediately changed to Zoom since meeting in-person was no longer possible. As 2020 wore on, it was requested by current caregiver group members that the bi-monthly caregiver meeting be changed to every week. It was evident that due to isolation and increased caregiver stress caused by the pandemic, it was a change that needed to be made, to ensure as much support as possible. As the office doors were unlocked in the Summer of 2021, the weekly caregiver support group became (and has remained)

hybrid, so that those that choose to come in person and are able to may do so, while those that cannot, or prefer not to, come in person can still join via Zoom.

Respite has become more difficult as well, in the past year and a half. Due to the shortage of aides, and the resulting decrease in respite available, family caregivers are becoming "burned out" at a faster rate. Some caregivers have turned to using a facility such as a local assisted living or nursing home, to provide short-term respite. This of course is dependent on a short-term bed being available at the chosen facility, which is not always the case. In Tompkins County, the Long-Term Care department (part of the Office for the Aging) coordinates respite. If you are a caregiver in need of respite, please feel free to reach out to the Long-Term Care information line at 607-274-5278. The LTC staff are skilled at navigating respite care and will assist you as much as possible.

Caregiver burnout has led to caregivers looking for more support, in the form of groups. There are a few options for caregiver support groups in Tompkins County. But there has also been an

increase in the need for individual caregiver support. Sometimes caregivers just need a listening ear. The Tompkins County Office for the Aging continues to give as much support as possible to caregivers and can make referrals to other resources if the needs are outside the scope of what the Office for the Aging can offer.

The Tompkins County Office for the Aging provides support to caregivers in various ways. One example is the Caregiver Lending Library which contains over 50 books and resources for caregivers. This library is available on a walk-in basis, or by calling ahead to reserve a specific book, at 607-274-5486. The library remains a valuable source of information and support. Another example of a caregiver support offered is the Powerful Tools for Caregivers class, which is offered two to three times a year. In addition, the quarterly Caregiver Newsletter provides information that caregivers will find useful. If you'd like to sign up for that newsletter, you may call the number above, or e-mail Amy at [ajackson@tompkins-co.org](mailto:ajackson@tompkins-co.org), and you will be added to the distribution list.

If you are a caregiver in need of information or support, please feel free to contact Amy at 607-274-5486, or by e-mail at [ajackson@tompkins-co.org](mailto:ajackson@tompkins-co.org) to find out what the Office for the Aging can do for you.



### Lifelong's Tax Counseling for the Elderly (TCE) Returns!

A committed group of certified volunteers prepare taxes, *FREE of charge*, for those either:

- ◆ 60 years and over
- ◆ for persons with disabilities
- ◆ for individuals with incomes under \$37,000 and families with incomes under \$57,000.

Beginning January 10<sup>th</sup> telephone lines will be open to schedule brief appointments at Lifelong or the Ulysses Philomathic Library to collect information and tax documents.

Returns will again this year be completed virtually, without taxpayers present.

**Call beginning on January 10<sup>th</sup>  
607-216-7622 Monday through Friday 10-4**

Check Lifelong's website at [TCLifelong.org](http://TCLifelong.org) for more information, forms, self-prep and completely virtual options.

**Taxpayers must show proof of Covid full-vaccination status for in-person appointments.**

The Tax Counseling for the Elderly (TCE) program is sponsored by a grant from the Internal Revenue Service, support from the United Way and financial underwriting by Lifelong



### Alzheimer's Community Forum

Alzheimer's disease, dementia and memory loss

**Wednesday, February 2 | 10:00 a.m. - 11:30 a.m.**

This program will be held via Zoom. | Registration is required.

Hear a brief overview on Alzheimer's, dementia and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community.

This Community Forum is presented in partnership with the Ithaca College Gerontology Institute.

To register, please call 315.472.4201 x227 or go to <http://bit.ly/2ZmtUac>

alzheimer's  association®



Lifelong

**Help is available for navigating the world of Medicare!**

Lifelong’s Health Insurance Information Counseling & Assistance Program (HIICAP) offers assistance to persons of all ages who are trying to understand their Medicare coverage.

Year round, HIICAP’s certified volunteer insurance counselors have weekly appointments available for one-to-one counseling at Lifelong with individuals who have questions about Medicare and their specific coverage needs. Appointments are free, confidential, and can empower Medicare recipients to make decisions about how to receive their health care benefits and keep costs at a minimum whenever possible.

A HIICAP counseling appointment might be useful if any of the following apply to you:

- You’re approaching eligibility for Medicare due to age or disability
- You’re planning retirement
- You’d like to review your current coverage to see if your plan best meets your health care needs
- You’re finding your medication or premium costs to be too expensive and want to determine if you qualify for assistance in paying these bills or looking for ways to lower these costs
- You’d like a cost-and-coverage comparison of Medicare Advantage, Part D, and Medigap plans in Tompkins County
- You have lost health care coverage and need to explore Medicare coverage options
- You want an overall understanding of cost and coverage options with Medicare products

HIICAP appointments start by looking at your individual situation, focusing on answering your questions and concerns. If you wish to meet with a certified counselor, please call Lifelong at 607-273-1511 and make an appointment.



**Medicare’s General Enrollment Period**

If you have not signed up for Medicare Part B during your initial enrollment period, and do not qualify for a special enrollment period, you may sign-up during the General Enrollment Period from January 1<sup>st</sup>- March 31<sup>st</sup>, and your Part B coverage would begin on July 1<sup>st</sup>.

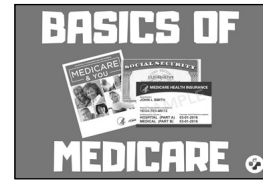
If you are unsure whether you qualify for a special enrollment period, please contact HIICAP at 273-1511 and we can help you determine whether you do qualify for a special enrollment period or would need to enroll during the General Enrollment Period. In order to enroll in Part A or Part B, you must contact the social security office (either in person, on the phone or online). HIICAP counselors are available to help you navigate your Medicare coverage, and we welcome your calls.

**Medicare Advantage Open Enrollment Period  
January through March**

If you have a Medicare Advantage Plan and decide after January 1<sup>st</sup> that you’d rather have original Medicare (Part A and B), including the possibility to sign up for a stand-alone Medicare Part D Prescription Drug Plan and a medigap / supplement plan, or if you’d prefer to switch to a different Medicare Advantage Plan, you have a one-time opportunity to do so with the Medicare Advantage Open Enrollment Period.

This enrollment period will run from January 1-March 31 every year, with changes taking effect the 1<sup>st</sup> of the following month.

Please contact HIICAP at 273-1511 if you have any questions about this.



Join Lifelong for a  
**Medicare Basics presentation** via zoom on  
**Wednesday, January 26 from 4:30-5:45pm**  
**OR**  
**Tuesday, April 12 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 Liza Burger, Executive Director of Lifelong, and certified Health Insurance Information, Counseling and Assistance Program (HIICAP) counselor. In addition to offering presentations, certified HIICAP counselors offer free, non-biased 1:1 health insurance counseling at Lifelong. Telephone, zoom, and in-person HIICAP appointments are available.

**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 ph: 273-1511.**

**Topic: Medicare Basics—Winter**

**Date: January 26, 2022 4:30-5:45pm**

Join Zoom Meeting

<https://bit.ly/3F6g4YX>

Meeting ID: 912 5193 9407

Dial by your location: +1 929 205 6099 US (New York)

**Topic: Medicare Basics—Spring**

**Date: April 12, 2022 4:30-5:45pm**

Join Zoom Meeting

<https://bit.ly/3Fn89XB>

Meeting ID: 961 2420 6078

Dial by your location: +1 929 205 6099 US (New York)



**Home Energy Assistance Program (HEAP)**

**Tis the season for some snow! Fa La La La La, La La La La**  
**Why does my furnace have a strange glow? Fa La La La La, La La La La**  
**Now my boiler isn’t working. Fa La La, Fa La La, La La La**  
**All these high costs keep occurring, what will I do? I have no clue.**

Does your heating equipment have you singing a sad tune? Whether it is a boiler, furnace, or a coal/wood stove, the Home Energy Assistance Program (HEAP) may be able to help! HEAP can help homeowners with the costs of repairing/replacing their heating equipment if it is either inoperable, unsafe, or hazardous to use.

Please call the Office for the Aging for more information at 607-274-5482. The Office is also still accepting applications for HEAP, which is a one-time benefit that would go directly to your heating vendor.

The maximum income guidelines are listed below:

**Household Size / Max. Gross Monthly Income**

1	/	\$2,729
2	/	\$3,569
3	/	\$4,409

**Please contact the Office for the Aging to apply. Stay warm!**



## Honoring Veterans in Tompkins County

by J.R. Clairborne,

Director of Tompkins County Department of Veterans Services

Tompkins County residents celebrated the County's first observance of "Veterans Week" during November.

By proclamations from Tompkins County Legislature Chairwoman Leslyn McBean-Clairborne and City of Ithaca's Mayor Svante Myrick, the week of Nov. 6-13, 2021, was declared a time to celebrate and honor the County's 4,000+ Veterans of the U.S. military. Helping usher in this observance were the "greenlighted" buildings belonging to Tompkins County, Ithaca's City Hall, Cayuga Medical Center, and numerous businesses, institutions, and homes across the county.

"The County's full embrace of Operation Greenlight, as well as the participation of other people and places in the county, helped make this first Veterans Week a special time for Tompkins' Veteran community," said J.R. Clairborne, director of the County's Department of Veterans Services. "I hope this is a tradition that will continue each year."

Operation Greenlight publicly acknowledges the service and experience of Veterans and offers support to Veterans in need, with a particular emphasis on the Veterans of Iraq and Afghanistan wars. The color green symbolizes hope, renewal, and wellbeing. The leadership of both governments encouraged residents to display a green light during November in a public-facing window or place of businesses to "green light Veterans forward as valuable members of our community."

A list of events held across the county for Veterans Week can be found on the website of the Tompkins County Department of Veterans Services (<https://www2.tompkinscountyny.gov/veteran>). The site also includes links to the actual proclamations by the County and City and a charging statement from New York State Assemblywoman Anna Kelles, who represents the 125<sup>th</sup> District, which includes Tompkins County.

"Thank you to our Veterans and family members for your service, your sacrifices, and for the patriotic example you set for all of your fellow citizens," Kelles said. In addition to acknowledging the "critical work of our Veterans-service providers for everything they do to support Veterans and their families," Kelles also gave an appreciative nod to Operation Greenlight in Tompkins County.

"I join my community by shining a green light in observance of [Operation] Greenlight to make sure our Veterans know that we see them, we appreciate them, and we honor them during Veterans Week, but also during every week of the year."

Team members helping coordinate November's celebration represented Cayuga Health System, the Downtown Ithaca Alliance, Cornell University's Student Veterans Program, and Tompkins County Department of Veterans Services. To learn more about services offered to Veterans on the federal, state, and local levels, find information at the department's website or ask questions via e-mail at [Veterans@tompkins-co.org](mailto:Veterans@tompkins-co.org).



## The Book Nook

A feature from the Tompkins Public Library  
Alice G. Ball, Librarian, Youth Services

Find Tompkins County Public Library's information at [www.tcpl.org](http://www.tcpl.org) or call 607-272-4556. Browse and borrow our digital collections anytime! Thanks so much to Alice and Kelly for their reviews this quarter!

For a compelling read or a perfect gift, check out our latest recommendations.

### *Band of Sisters* by Lauren Willig (2021)

"A group of young women from Smith College risk their lives in France at the height of World War I in this sweeping novel based on a true story." (Publisher)

*Band of Sisters* delves into the real-life struggles of the "Smith Girls" as they try to adapt to crude working conditions, and, later, experience first-hand the trauma of French civilians shattered by Nazi troops. Their lives change in ways they could never have imagined.

The "Girls" start out as a ragtag group and a director who seems insanely idealistic, but, as they come to terms with the devastation left in the Nazi's wake, each character realizes her own personal strengths.

I listened to *Band of Sisters* on CD, read by the wonderful vocal talent, Julia Whelan who can summon the characters and emotions of any story. Her comedic timing is fantastic (hard to go through the kind of trauma these women witnessed without some dark humor to alleviate the pain.) I laughed and cried with the Smith women as they grew into the remarkable *Band of Sisters*.

I loved this book. If you like realistic historical fiction about the World Wars, you will too!

### Kelly Doolittle, Library Assistant, Youth Services, Tompkins County Public Library

### *Clanlands: Whiskey, Warfare, and a Scottish Adventure Like No Other* by Sam Heughan and Graham McTavish (2020)

Stars of *Outlander*, Sam and Graham eat, sleep and breathe the Highlands on this epic road trip around their Scottish homeland.

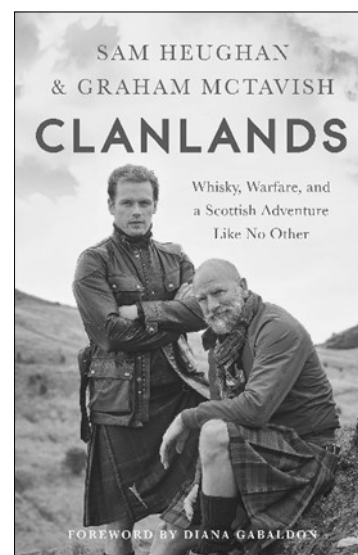
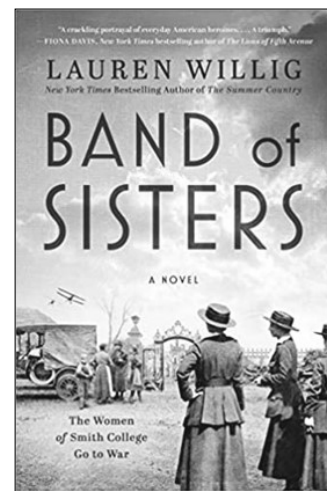
*Clanlands* is the story of their journey. Armed with their trusty campervan and a sturdy friendship, these two Scotsmen are on the adventure of a lifetime to explore the majesty of Scotland. A wild ride by boat, kayak, bicycle and motorbike, they travel from coast to loch and peak to valley. (Goodreads)

No need to be a fan of the *Outlander* series to enjoy this engaging travel memoir. Through their bickering back and forth narration Sam and Graham delve deep into their country's history, a delicious mixture of Scottish poets, musicians, and writers interspersed

through their tale. Plenty of whiskey tastings and awe-inspiring descriptions of Scottish landscapes to transport you. Great fun! After reading the book, you might try the companion travel show *Men in Kilts: A Roadtrip with Sam and Graham*.

TCPL offers a variety of book club programs for all ages. Check them out at <https://www.tcpl.org/book-clubs>.

All Library programs are free and open to the public.



## Common Scams And How to Avoid Them

- by Liza Burger, Lifelong Executive Director

In a few weeks' time, I've personally experienced not one, not two, but three scam attempts, resulting in me being on high alert! One was emails that were being sent to staff and some friends of Lifelong, posing as none other than me, and asking for gift cards to be purchased. Secondly, we received a "see attached link to remittance payment", sent from a fake email address posing as a contact from a company with whom we do business. Finally, in trying to sell my snow tires online this past week, I was contacted by someone asking for my cell phone number, and wanting to send me a code, both of which I later learned could be used to access personal information. Yikes!

Recently at Lifelong we were pleased to have a virtual class featuring representatives from Statewide Senior Action, alerting participants to common scams and providing tips on how to stay safe from this activity. Here are some of the common scams that were covered in this presentation:

**1. Playing on emotions and instilling fear.** It's easy to feel a sense of rising panic when you're contacted about a suspected false charge on your credit card, or you hear that you're in trouble with the IRS, or an account has been compromised. Scammers will look for ways to quickly put you on edge and tap into your personal information, and you're often told to act quickly to avoid a problem. If you ever receive a letter, email, or phone call alerting you that your account has been hacked or threatened in some way, hang up and contact your financial institution *independently and immediately* and inquire about your account.

**2. Establishing a personal connection with a grandchild or other family member in trouble.** Scammers typically pose as grandchildren, nieces, nephews, or perhaps even church missionaries. The claims usually center on needing money for urgent medical care. They might even claim that they'll be thrown in jail if you don't help them ASAP. Do not take these scams seriously—never send money without talking to friends and/or family first.

**3. Romance scams.** Over a short period of time, the scammer builds a fake relationship with you, exchanging photos and romantic messages, even talking on the phone or through a webcam. Just when the relationship seems to be getting serious, your new sweetheart has a health issue or family emergency, or wants to plan a visit. No matter the story, the request is

the same: they need money. Don't send it!

**4. Warning screens on your computer.** A call comes through on the Caller ID or a popup on the computer screen from someone claiming to be with tech support from a well-known software company. The computer is sending error messages, they've detected a virus, or your computer is about to crash, causing a massive loss of data! Rest assured. The tech support employee can fix the problem but only if they're allowed to remote access the troubled machine. Never give control of your computer to a third party unless you are absolutely certain it is the representative of a computer support team that you contacted.

**5. Unfamiliar emails that suggest you "click here".** Scammers also use email to reach victims. These messages point consumers to scam websites that launch pop-ups with fake warnings and phone numbers. Resist that urge to "click here"!

**6. Health care benefits.** Scammers call or email with offers for health care products for "free" and are looking to get your Medicare number. Never share personally identifiable information with someone who has contacted you unsolicited, whether it's over the phone, by email, or on social media. Treat your health insurance number as you would a credit card, and don't share this number unless you initiated the call. Call 1-800-Medicare if you have questions about your coverage.

**7. Sweepstakes, lottery and prize scams.** A notification that you have won a prize in a contest you do not remember entering should be a red flag. Don't pay upfront fees to claim a prize. No legitimate sweepstakes company will ever ask to pay a fee or buy something to enter or improve the chances of winning — that includes paying "taxes," "shipping and handling charges," or "processing fees" to get a prize.

Scammers are getting more and more creative, they take advantage of major world events such as the COVID-19 pandemic, and it leaves all of us skeptical and on our guard. The people that do these scams are also very good at what they do, and sometimes *very smart people* are fooled. If you yourself have been scammed, don't lose sight of the fact that although the consequences may be harsh, it is still a mistake and not a statement about who you are as a person. We all make mistakes at times!

## Two Outstanding Volunteers (Continued from page 1)

manager of NYSEG's Shareholder Services department, Alumni Outreach Coordinator for the Johnson Graduate School of Management, Manager of Network and Computer Operations for computer security firms, which included teaching intrusion detection skills to federal, state, and local law enforcement agencies. Margaret has also had successful careers as a Real Estate Broker and Reiki Practitioner. Margaret has served on various nonprofit boards and has volunteered for Hospicare, Habitat for Humanity, Suicide Prevention & Crisis Service, and the Girl Scouts. When Margaret has spare time, she enjoys dragon boat racing, bicycling, standup paddle boarding, oil painting and astrology. With her husband Mark, she has two incredible daughters and three fabulous grandsons.

Margaret has volunteered for almost 30 years and in that time, she has given much to her community. As part of the Development Committee at Habitat for Humanity, Margaret has devoted her time to raising funds for the organization. To adapt to the pandemic, she spearheaded a new program for fund raising that was a gingerbread house competition via zoom. As a volunteer for Hospicare, Margaret provided home visits to individuals who were on Hospice and was part of a group of volunteers who would sit with people who were actively dying and had no one else. In Margaret's words, "it was an honor to walk with someone at the end". In addition to home visits, Margaret provided bereavement calls to families for one year after the loss of a loved one. During the height of the pandemic, Margaret took on the responsibilities of a nonprofit with Suicide Prevention & Crisis Service and did so as a volunteer. As stated in her nomination letter, "The hours she has put into this endeavor are countless... I cannot over emphasize her volunteer value to this agency and its sustainability, and, thus, to our community".

Margaret shared, "You don't have to belong to an organization to volunteer. Decide what you care about and find a way to better your community".

The Office for the Aging is honored to have met and recognized these two amazing volunteers and contributors to our community.

## Personal Emergency Response System (PERS)

At home or on the go, Doyle can keep safety right by your side with their new Personal Emergency Response GPS units.

These units can be worn around the neck or on a belt clip and have a built-in microphone and speaker to allow you to speak directly with their call center 24/7.

Feel at ease whether you are on a walk in the neighborhood, or at home in the garden.

- Two-way, completely hands-free voice communication
- Instructive voice prompts
- Extended battery life up to five days
- Waterproof for worry-free shower use
- Shock proof and shatter resistant

For more information about these GPS units, as well as our other Personal Emergency Response Systems (PERS), please call the Office for the Aging to speak with an Outreach Worker at 607-274-5482.

### How it works:

**1** PUSH HERE



Push button for help.

**2**



"Hello Mrs. Jones, are you all right?"

Speak to a LifeSafety Operator.

**3**



Help is on the way!



## Vaccines Protect Us

### VACCINES PROTECT US; IT'S NOT TOO LATE TO GET YOUR COVID-19 VACCINE.

Whether you are getting your first dose or seeking a booster, Tompkins County Health Department is your partner for a healthy community. Please visit our website:  
[tompkinscountyny.gov/health/covid19popup](http://tompkinscountyny.gov/health/covid19popup)

or contact:

2-1-1- to learn more how and where to get vaccinated

## COVID-19 Vaccine Scams



While many New Yorkers await a COVID-19 vaccine, scammers are acting quickly to get your personal information.

- You should only get a vaccine from a trusted source such as your doctor.
- Don't click on social media posts, texts or email links selling cures.
- Nobody will call you about the vaccine and ask for your Social Security number, Medicare number, bank account or credit card number.

**Who will be first in line to receive the vaccine is yet to be decided, but remember:**

- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- If you get a call, text, email or even someone knocking on your door claiming they can get you early access to the vaccine, STOP. That's a scam.

#### Report It

- **Your NYS Senior Medicare Patrol can help** if you have questions concerns or complaints about COVID-19 fraud and vaccine scams. Call 800-333-4374 for more information.

**STATE WIDE**  
New York State  
New York State Senior Action Council, Inc.  
217 State Street, Albany, NY 12210 • 518-333-4374 • Fax 518-485-1942  
[www.nysenior.org](http://www.nysenior.org)

**New York State**  
**SMP**  
Empowering Seniors To  
Prevent Healthcare Fraud

This project was supported, in part by grant number 90MPPG0010-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

**The Aging Mastery Program® (AMP)** will help you create your own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

#### What you will gain from the program:

- Information to help you make small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Real incentives and rewards for taking small steps that can improve your well-being.
- A chance to meet new friends, provide support and encouragement to your peers, and become more involved in your community.

#### What the program requires of you:

- Commitment to attend at least 7 (but hopefully more!) of the 10 ninety-minute classes.
- Following up after each class with Action Steps specific to that class topic.

#### Course Details

**When:** Mondays 11:00 am - 2:00 pm, January 17– April 4, (no class February 14 or March 14)

**Where:** Lifelong, 119 West Court Street, Ithaca

**Who:** Any adult age 50 and above and is a resident of Tompkins County

**Cost:** The value of this program for each individual is over \$100, but Lifelong is able to offer this series FREE due to the generous support of NYS Office for the Aging.

**How:** Contact Lifelong at 273-1511 to register for this series. You need to be committed to attending no fewer than 7 of the 10 sessions.

#### What is the AMP Curriculum?

- **Navigating Longer Lives: The Basics of Aging Mastery®**

Introduction to the program with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve overall quality of life.

- **Exercise and You**

Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

- **Sleep**

Overview of how sleep patterns change as we age, the importance of the sleep cycle, and simple strategies to improve sleep.

- **Healthy Eating and Hydration**

Review of nutrition with strategies for incorporating healthy eating and hydration into daily routines.

- **Financial Fitness**

Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

- **Medication Management**

Best practices on how to take medications as directed, store medications safely, and keep track of them.

- **Advance Planning**

Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

- **Healthy Relationships**

Exploration of the benefits of being socially active and the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections.

- **Falls Prevention**

Overview of the importance of falls prevention among older adults along with strategies to prevent falling.

- **Community Engagement**

Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.



## 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 Karen Brown, Program Director, at [kbrown@tclifelong.org](mailto:kbrown@tclifelong.org) to register for any of these events!

### A Line from our Executive Director, Liza Burger



As I write this, I'm reminded of a quote by Helen Keller, "A bend in the road is not the end of the road....unless you fail to make the turn."

This month we say goodbye to Tammy Dunn, Lifelong's Program Director, as she changes her focus to working with older adults in the assisted living setting. Tammy has many gifts and while we are sad to see her moving on to a position outside of Lifelong, I'm also glad to know that she is following the nudge that she's had for a while to find work that involves more direct engagement with seniors.

Lucky for Lifelong, Karen Brown has recently accepted the Program Director position and will begin working fulltime with us starting in January. Karen brings a wealth of experience to Lifelong, most recently as the Gerontology Programs Manager at Ithaca College's Gerontology Institute and as a Health Literacy Consultant. Equally as important is that Karen will bring her warm personality and enthusiasm for both Lifelong as a whole, and for the Program Director position specifically. Karen is no stranger to Lifelong, and through her work at ICGI, she has facilitated a few intergenerational programs at Lifelong with IC students and she will kick off the first session of the Aging Mastery Program next semester.

Karen is looking forward to meeting Lifelong members and volunteers to learn about what they love and what they may be excited to see grow as program opportunities. Please stop by and welcome Karen to her new role!

With the start of the new semester in January, Lifelong again has many offerings coming up! Whether you're interested in intellectually stimulating classes, health and wellness options, creative arts, free tax preparation, Medicare counseling, or volunteer opportunities, both in-person and virtual options abound. Keep an eye out for our catalog for next semester, and stay up to date on any new offerings by subscribing to our email newsletter. If you'd like to be included on that list please send an email to: [kkoyanagi@tclifelong.org](mailto:kkoyanagi@tclifelong.org) and we'll get you added.

Warmly, Liza

Call for visual art submissions in any medium  
(including video) for a curated exhibition at Lifelong

Theme:

### Music and Movement in Art

In this divided world, we are different, yet we are the same: wanting to be seen, heard, and respected for who we are. Music and movement can traverse the lines of culture, ability, gender, age, socio-economic status, education and all the other boundaries that define and separate us. It seems appropriate that they be the theme around which we build our first Lifelong Mosaic gallery exhibition. We are calling for art that has been inspired by, has as its theme, or expresses the significance of music and movement in the artist's life, culture, and/or identity.

We are excited to invite artists of diverse backgrounds and life experiences to participate in this curated exhibition. Please send a photo or video to [kkoyanagi@tclifelong.org](mailto:kkoyanagi@tclifelong.org) by April 30, 2022. The exhibition will open on August 1 and will run until mid-December.

Lifelong participates in Gallery Night Ithaca. Our gallery is a space that is used for classes and activities and so a variety of members and guests will view the art through the entire exhibition. Work can be offered for sale, but the transactions must be handled by the artist

### Lifelong Learning - Register early to ensure your first choices!

Our Spring Catalog is packed full of learning opportunities, special events, presentations, and opportunities to help us all stay healthy, active, and engaged!

We have some exciting offerings this semester including Shakespeare on Film: The Modern Era, Paris: A City of Art, Musical Phrases: A Listening Adventure, Exercising Your Soul for Health and Wholeness, The Holy Grail, Poetry Readings, World Cinema, Yes, You Can Draw Portraits, and MUCH more!

We offer classes about arts and film, finance, humanities, political issues, science & technology and the list goes on. There is something for everyone!

To learn more about other programs and classes check out a Lifelong Learning Spring Catalog on-line on our website or stop in at Lifelong 119 West Court Street during business hours to pick one up.

**Hope to see you at Lifelong Soon!**

### Four Afternoon Classes in March by realtor Carol Bushberg *all Hybrid*

- **Is This the Time to Sell? Is This the Time to Buy?**

Start at the beginning and work the problem with the help of a panel of experienced and talented Realtors from Carol Bushberg Real Estate. Consider local housing options, if you are thinking of downsizing or shedding the responsibilities and expenses of home ownership. How much equity do you have in your home? Should you get a formal appraisal or a comparative market analysis by a realtor? Learn the difference and make a sound decision.

- **Is my Stuff Worth Anything?**

This panel will include an active local Ebay vendor, owner of a well-respected auction house, and representatives from familiar vendors like Found, Mimi's Attic, and Ithaca Reuse. We will discuss some strategies for dividing some things among friends and relatives and disposing of what's left behind.

- **Preparing Your Home for Sale**

Our thoughts on assembling a team of support staff including a realtor, a real estate or estate planning attorney, a structural inspector, stagers, deep cleaners, as needed. Aerial photographers, too. We will discuss what to expect from the listing and sales process.

- **What Can I Expect When Selling my Investment Property?**

Selling a long-held investment property is quite different from selling your home. We will discuss recent and significant updates on tenant relations and required notifications, thoughts on 1031 Exchanges, and working with the building and zoning departments in the City of Ithaca and surrounding communities and invite commercial lenders to join our conversation.

**Lifelong's Mosaic Program** is an expansion and reinvigoration of the program formerly known as Northside/Southside. We are in the initial stages of planning how this will play out.

Our main goals are to:

- expand and reframe our programming with regards to themes, subject matter, presenters, and marketing to be more welcoming and interesting to a wider demographic
- gather feedback and input from the various sub-groups that make up our community, particularly those that are marginalized, underserved, and/or underrepresented in the Lifelong membership, staff, and board
- ultimately have the demographic composition of our organization better represent the community we serve.

We are specifically trying to increase our outreach to and inclusion of differently abled people, black and brown people, people with different sexual orientations, and ethnicities.

Attendance at any **Lifelong Mosaic Program** is offered free of charge, thanks to support from the County Office for the Aging!



### So Many Opportunities to Socialize with Lifelong's Social Groups!

Here are just a few: Scrabble, Second Monday Book Club, Bridge, Living Conversation, Mahjong, Chess Club and More!

**Plus Two new ones this Spring!**

- **Getting it Done! With Jean Senegas**

**Wednesday's from 1:00pm-2:00pm starting January 12th, In-person**

If you have trouble getting things done -- no matter how minor or major -- this support group is here to help you. Two of the techniques we'll use are 1) plain old encouragement, and 2) accountability -- we will tell the group what we plan to work on during the upcoming week, and then report back to the group the next week on what we were able to "get done". And, of course, there'll be plenty of time to just talk. Enrollment will be limited to about 8.

- **"Stories of Our Lives" virtually facilitated by Jan Nigro.**

This group is sure to evoke joy, connection, inspiration, and laughter in its participants. This group will meet **online Fridays at 2:45pm-3:45pm starting February 4<sup>th</sup>**. Contact Lifelong to register and to get additional details.

Here's how Jan describes what will happen in each meeting:

*"All of us have a rich treasury of memories, reflections, and experiences.*

*Stories Of Our Lives gives each person a chance to talk about specific stories from their lives based on topics that are sent out before the class each week. You don't have to attend every week to participate."*

### LIFELONG: Virtual Health & Fitness Activities

#### ENHANCE YOUR FITNESS

Brooktondale Volunteer Fire Company  
Mon/Wed/Fri 9:30am – 10:30am

Trumansburg Fire Hall  
Mondays & Fridays- 10:00am – 11:00am

Lifelong  
Mondays 8:30am-9:30 am  
(Starting Jan 3rd)

Wednesdays 10:30am-11:30am  
Fridays 8:30am – 9:30am

#### STRENGTH TRAINING

Lifelong  
Thursdays 12:30 – 1:30pm

#### CHAIR YOGA

Jacksonville Church  
Tuesdays 11:30am – 12:30pm

Lifelong  
Thursdays 10:00am- 11:00am

#### TAI CHI

Lifelong  
Fridays 12:00-1:00 (form)

#### SQUARE DANCE

Lifelong  
Fridays, 2:00pm – 4:00pm  
Come & enjoy music, caller-led square dancing, & friends! No experience necessary! Newcomers Welcome!



### Lifelong Travel Opportunities

- **Rome & the Amalfi Coast**

September 21- September 30, 2022

10 Days 13 Meals

Contact Lifelong to register for a free presentation via Zoom Meeting: January 5 at 10:00 am

Meeting URL: <https://collette.zoom.us/j/93550807640>

Meeting ID: 935 5080 7640

- **Explore Scotland & Ireland**

May 15 – May 27, 2022

13 Days 17 Meals

Contact Lifelong to register for a free presentation via Zoom Meeting: January 5 at 11:00 am

Zoom Meeting: <https://collette.zoom.us/j/96198067086>

Meeting ID: 961 9806 7086



### Lifelong Membership...

#### Why do it?

Lifelong is a community center for people 50 years of age & up.

Our mission: to **"enhance the second half"**.

Join Lifelong online at: [www.tclifelong.org](http://www.tclifelong.org)

#### Membership Benefits

Lifelong members are eligible to register and participate in all classes and events that are held in person at Lifelong and/or offered virtually. Additional benefits to members during normal business operation have included:

- open computer lab hours
- Sciencenter passes
- discounted TCAT bus tickets
- Cornell Concert Series tickets
- BorgWarner pool pass
- Kitchen Theatre matinee performances.



#### But ... There is MORE!

Have a question about your smartphone? Need Assistance with buying a new tablet or computer?

Look no further than the **Tompkins County Senior Planet Hotline**, where a technology trainer will answer all your questions.

Lifelong is excited about the collaboration with Tompkins County Office for the Aging and Senior Planet.

Become a member of Lifelong and get connected with Senior Planet!

Access to the hotline number is available to by calling 607-273-1511 for the number for Hotline

Lifelong members tech support.

Hotline hours: Monday - Friday, 9:00 am - 5:00 pm

#### Stay Informed – Lifelong's eNewsletter

The weekly eNewsletter is a source of information about Lifelong programs, events, and other items of interest.

Sign up by visiting us at: <http://www.tclifelong.org>

### McGraw House Senior Apartment Complex



- Studio & One Bedroom
- Apartments for Income Eligible Seniors (age 62 and older)
- Located in Downtown Ithaca - close to shopping, library, restaurants, places of worship, medical offices, etc.
  - Access to Public transportation
  - Dining Facility with Evening Meals
- Preference provided to eligible Veterans/Surviving Spouses Residing in New York State
  - Welcomes Diversity & Encourages Individuality
- Roof Deck, Gardening, Laundry Facilities, Off-Street Parking

(607)-272-7052  
221 South Geneva Street, Ithaca  
[www.mcgrawhouse.org](http://www.mcgrawhouse.org)



December 24-January 3 - Winter Break  
January 17 - Martin Luther King Day  
February 21 - President's Day  
April 15 - Spring Holiday

### Notary Public Service available at Lifelong

Free of charge

To arrange an appointment email Liza Burger at [lburger@tclifelong.org](mailto:lburger@tclifelong.org)



## Volunteers, Connected!

Lifelong's Volunteer Program connects seniors with volunteer opportunities with non-profits throughout Tompkins County.



Are you looking for a meaningful way to spend some time?

Do you want to make a difference in someone's life?

CRC seek warm, compassionate people to provide support to those facing cancer in our community



A cancer diagnosis can be one of the most devastating things to happen to someone. Cancer does not care where you live, how much money you make, who you love, or the color of your skin.

When clients walk into or call our office, they are greeted with a smile, empathy and hope by our wonderful volunteers. These volunteers also assist the CRC staff with various projects critical to the smooth running of our agency. Some of our volunteers are a daily comforting presence at Cayuga Medical Center, in both Radiation Oncology and Chemotherapy Infusion, offering a warm blanket, a snack, or just an ear to listen. They provide support and information to cancer patients and their caregivers.

**We would love to have you join our amazingly dedicated team!**

Our needs require commitment to a 3-4 hour shift on a weekday during office hours. Bus service is available to both the CRC office as well as Cayuga Medical Center.

If you'd like to help make a difference, please visit [www.crcfl.net](http://www.crcfl.net) or contact Rocio Zepp at [rocio@crcfl.net](mailto:rocio@crcfl.net) or call our office 607-277-0960.

**"Volunteers are not paid because they are worthless, but because they are PRICELESS" ~unknown**

### FISH is seeking new volunteer drivers.



FISH volunteers provide rides to Tompkins County residents in need of medical and health related services that are within Tompkins County.

FISH primarily serves elderly citizens who may be frail or who no longer drive, as well as Tompkins County residents who have limited transportation options and resources. A rider requests service by a call to 211.

If 211 deems that FISH is the appropriate service, 211 contacts the FISH driver on call for the period involved.

Drivers may require that a rider be vaccinated. Drivers are asked to commit to as few as 2 rides a month. Several of our drivers are elderly. Several are accompanied with a spouse.

Call FISH Director Max Maxwell for further information, 607 280 0776.



**Pick your time, day and location to help with Blood Drives throughout Tompkins County.**

Volunteers are needed for a 2-3 hour shift to greet, pass out refreshments and other duties helpful to blood donors.

Call Sis Johnson at 272-6806.



**Not finding what you want?  
Give Joyce a call at Lifelong 273-1511  
Or email: [jbilling@tclifelong.org](mailto:jbilling@tclifelong.org)**



### Project CARE / Project Generations

Project CARE is a free friendly visitor program in Tompkins County for Seniors age 60 and over. Project CARE provides companionship to Seniors by having a community volunteer make a weekly visit. Project Generations matches the Senior with a local college student. Project CARE & Project Generations can both be a great comfort to Seniors by providing in-home support and companionship, especially those that are socially isolated or lonely.

**Due to COVID-19, you and your volunteer have the choice of conducting your visitation via a weekly telephone call, through a virtual platform or in-person with a fully vaccinated volunteer and following all COVID safety precautions.**

*Human connections can help alleviate loneliness and social isolation.*

If you are interested in having a Project CARE friendly visitor or becoming a Project Care volunteer, please contact Dawn Sprague at NY Connects Tompkins County Office for the Aging by phone @ (607)274-5499 or email @ [dsprague@tompkins-co.org](mailto:dsprague@tompkins-co.org) to discuss this opportunity further.



### Volunteers are an integral part of the Sciencenter team!

If you have an upbeat and positive attitude, strong oral communication skills, and a passion for teaching and learning, we want you to become a Sciencenter volunteer! You will receive ongoing opportunities to grow and gain skills within the organization. Science content expertise is not required. Fill out an application. Applications are reviewed on a rolling basis.

#### VOLUNTEER OPPORTUNITIES

- Education Programming Assistant: Enhance the guest experience by facilitating hands-on activities, supporting memorable interactions with exhibits and helping to maintain a safe, clean museum environment for all.
- Animal Room/Tidepool Touch Tank Facilitator: Introduce our guests to teaching reptiles and Tidepool Touch Tank inhabitants. Training in these areas is available to experienced volunteers.
- Special Events: Individual and group volunteers are needed for 2-4 hour shifts at special events, which generally take place on weekends and weekday evenings. Events include Spooky Science in October, featured Saturday Showtimes!, and various outreach appearances throughout the year.

Contact: Kimberly A. Griffiths, Sciencenter Volunteer Program Manager  
At 607.272.0600, x149 or e-mail: [kgriffiths@sciencenter.org](mailto:kgriffiths@sciencenter.org)



### Loaves & Fishes

**Volunteer help is needed to prepare free meals to-go.**

**When:** Monday, Wednesday & Friday mornings or  
Tuesday & Thursday late afternoons

**Where:** Loaves & Fishes, St. John's Church, 210 N. Cayuga St., Ithaca

To sign up or for more information, email: [info@loaves.org](mailto:info@loaves.org)

Our staff and volunteers work safely together to provide free meals to all Tompkins County residents during the COVID-19 pandemic.

## Older drivers: 7 tips for driver safety

*Driving can sometimes be challenging for older adults. Follow these safety tips for older drivers, from taking good care of yourself to planning ahead and updating your skills.* By Mayo Clinic Staff, September 2021

Driver safety requires more than understanding road signs and traffic laws. As you get older, you'll likely notice physical changes that can make certain actions — such as moving your foot from the gas pedal to the brake pedal — more challenging. Still, older drivers can remain safe on the road. Consider seven tips for older drivers.

### 1. Stay physically active

Staying physically active improves your strength and flexibility. In turn, physical activity can improve driver safety by making it easier to turn the steering wheel, look over your shoulder to change lanes, and make other movements while driving and parking.

Look for ways to include physical activity in your daily routine. Walking is a great choice for many people. Sit to stand exercises can help with the ability to get in and out of the car. Stretching and strength training exercises are helpful for older drivers, too. If you've been sedentary, get your doctor's OK before increasing your activity level.

### 2. Schedule regular vision and hearing tests

Some senses, such as hearing and vision, tend to decline with age. Impaired hearing can be a concern for older drivers by limiting the ability to hear an approaching emergency vehicle or train. Common age-related vision problems — such as cataracts, glaucoma and macular degeneration — also can make it difficult to see clearly or drive at night.

Ask your doctor how often to schedule vision and hearing tests. Even if you think your hearing and vision are fine, stick to your doctor's recommended exam schedule. Problems might be easier to correct if caught early, and specialists can recommend timely adjustments to reduce your risk of an accident.

For example, an eye doctor (optometrist or ophthalmologist) might recommend driving only during daylight hours.

### 3. Manage medications

Many drugs — including tranquilizers, sleep and pain medications, and cold remedies — can affect driver safety, even when you're feeling fine. Read your medication labels so that you know what to expect from each one.

Don't drive if you've taken medication that causes drowsiness or dizziness. If you're concerned about side effects or the impact on driver safety, consult your doctor or pharmacist.

### 4. Understand your limitations

Consider your physical limitations and make any necessary adjustments. For example, if your hands hurt when gripping the steering wheel, use a steering wheel cover that makes holding and turning the wheel more comfortable.

You might ask your doctor for a referral to an occupational therapist, who

can offer assistive devices to help you drive or suggest exercises to help you overcome your limitations.

You might also adjust your vehicle or choose a different vehicle to better meet your needs. For example, vehicles that feature larger, easier-to-read dials on the dashboard are often popular with older drivers. In addition, some newer models offer safety features that can help you avoid collisions, change lanes safely, manage your blind spot and more.

### 5. Drive when the roads — and you — are in good condition

You can improve driver safety by driving during the daytime, in good weather, on quiet roads and in familiar areas. If visibility is poor, consider delaying your trip or using public transportation.

Beyond road conditions, make sure you're in optimal condition to drive. Don't drive if you're tired or angry.

Never drive after drinking alcohol or using other mind-altering substances. This includes marijuana — even if it's been prescribed to you for medical use.

### 6. Stash your cellphone and focus on the road

Driving while distracted is a frequent cause of accidents. Take steps before you go to ensure your ability to focus.

When you get in your vehicle, be prepared. Plan your route ahead of time so that you don't need to read a map or directions while driving. If you use a GPS device, enter your destination before you start driving. If necessary, call ahead for directions.

While you're driving, don't do anything that takes your focus from the road.

### 7. Update your driving skills

Consider taking a refresher course for older drivers. Updating your driving skills might even earn you a discount on your car insurance, depending on your policy. Look for courses through a community education program or local organizations that serve older adults.

If you become confused while you're driving or you're concerned about your ability to drive safely — or others have expressed concern — it might be best to stop driving. Consider taking the bus, carpooling with others, using a ride-sharing service or taking advantage of other local transportation options.

Giving up your car keys doesn't need to end your independence. Instead, consider it a way to keep yourself and others safe on the road.



## Snow Shovelers Needed to Assist Older Adults



The Tompkins County Office for the Aging maintains a list of individuals who would be willing to do snow shoveling for older adults. Deep snow and icy sidewalks are dangerous for everyone but especially for people with mobility difficulties.

The office is currently updating its list and is in need of more workers. We are especially in need of people who are willing to work in places outside of the City of Ithaca and in rural areas.

If you are interested in assisting older adults by shoveling or plowing, on either a paid or volunteer basis, please call the Tompkins County Office for the Aging at 274-5482.

If your name was listed last year, and you would like to be listed again, please notify us.

Please visit the Tompkins County Office for the Aging website.

Find us on Facebook @TCofficefortheaging



Alison M. Weaver



Pre-arrangement eases the burden of those you leave behind. We invite you to learn more and to begin your planning at [www.ness-sibley.com](http://www.ness-sibley.com)

*There is no cost for this valuable service.*

23 South Street, Trumansburg  
(607) 387-8151  
[www.ness-sibley.com](http://www.ness-sibley.com)

## TCPL to Offer One-on-One Tech Help Appointments

Tompkins County Public Library is pleased to offer One-on-One Tech Help appointments through February 2022, in the Digital Lab. Times and dates vary.

Patrons can book an in-person appointment with a librarian or volunteer technology tutor for help with downloading ebooks and audiobooks, as well as basic computer questions.

To register for an appointment, visit the TCPL online calendar to see available dates and times: <https://www.tcpl.org/events/upcoming?keywords=one-on-one%20tech>.

Questions? Please contact Tom Fredette at [tfredette@tcpl.org](mailto:tfredette@tcpl.org) or 607-272-4557 ext. 271.



## Make Your Home Safer!

Start with a **FREE home safety visit** from the **Healthy Neighborhoods Program**



### YOU'LL GET

- advice about environmental health and safety concerns
- products you need to make your home safer

### ALL FREE!

Remote visits with no contact delivery available.

Call Today: **(607) 274-6702**



\*HOME VISITS AND PRODUCTS ARE AVAILABLE TO ELIGIBLE AREAS THROUGHOUT TOMPKINS COUNTY AS DETERMINED BY NYSDOH GRANT REQUIREMENTS.



# FEMA

### The Federal Emergency

**Management Agency (FEMA)** is a foundational member of the Emergency Food and Shelter Program (EFSP) National Board and would like to share with our family of partner agencies information regarding its COVID-19 Funeral Assistance program.

The COVID-19 pandemic has brought grief to every corner of our nation, taking the lives of over 700,000 people. FEMA is committed to reducing the financial burden of these deaths and is providing individuals who incurred COVID-19-related funeral expenses with funding for eligible costs. Since FEMA began the program, over one billion dollars in assistance has already been distributed.

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred on or after January 20, 2020. Like other federal assistance, these funds cannot be used in duplication of other programs. We are seeking your assistance to help get the word out to individuals who may be eligible to apply. Click here on FEMA COVID-19 Funeral Assistance (<https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>) for guidance and eligibility requirements and types of services funded. Instructions on how to apply for this assistance through FEMA's dedicated helpline at 1-844-684-6333 can also be found on the website.

Helpline representatives are trained to provide personal application support and answer any questions regarding program eligibility. All questions should be referred to the FEMA Helpline or its website, <https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance>, for more information.



### 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](http://www.fingerlakesfunerals.org)

607-273-8316



AARP has put a hold on all in-person driver safety classes currently due to the pandemic. Lifelong will offer the course when AARP feels it is safe to do so. The course is available online at: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)

### Clip and Save

#### TAKE A MONTHLY MUSICAL TRIP DOWN MEMORY LANE WITH RUDY PAOLANGELI



Thanks to  
CAYUGA MEDICAL CENTER  
ELMIRA SAVINGS BANK  
KENDAL AT ITHACA  
BANGS FUNERAL HOME



Monthly Salute	Event	WHCU	WNY
Saturday, December 25, 2021	Christmas	7am—9am	10:00 AM - 12 Noon
Saturday, January 1, 2022	Salute to January	7am—9am	10:00 AM - 12 Noon
Saturday, February 5	Salute to February		10:00 AM - 12 Noon
Saturday, March 5	Salute to March		10:00 AM - 12 Noon
Saturday, April 2	Salute to April		10:00 AM - 12 Noon
Sunday, May 1	Salute to May		10:00 AM - 12 Noon
Monday, May 30	Memorial Day	7am—9am	10:00 AM - 12 Noon
Saturday, June 4	Salute to June		10:00 AM - 12 Noon
Monday, July 4	Independence Day	7am—9am	10:00 AM - 12 Noon
Saturday, August 6	Salute to August		10:00 AM - 12 Noon
Monday, September 5	Labor Day	7am—9am	10:00 AM - 12 Noon
Saturday, October 1	Salute to October		10:00 AM - 12 Noon
Saturday, November 5	Salute to November		10:00 AM - 12 Noon
Thursday, November 24	Thanksgiving	7am—9am	10:00 AM - 12 Noon
Sunday, December 25	Christmas	7am—9am	10:00 AM - 12 Noon

Also available 24/7 coast to coast & around the world by logging on [rudyonduy.com](http://rudyonduy.com)

### Clip and Save



The Ithaca Office of **Legal Assistance of Western New York, Inc.® (LawNY®)** is a



Legal Assistance of Western New York, Inc.®

not-for-profit law firm that offers **free legal assistance** to individuals facing issues regarding **Housing, Domestic Violence, Public Benefits, Employee Rights, Uncontested Divorces, Wills, and Elder Care Directives, Social Security and Supplemental Security Income, Consumer Defense, and Re-Entry.**

We serve **Tompkins County and Tioga County** residents. When in doubt, please contact our office to see if we can assist you. Our office can be reached by telephone at **607-273-3667** during weekdays from 9:00am - 12:30pm and 1:30pm - 5:00pm (we are closed for lunch).

**Interpreters are available upon request.** Our offices are currently closed to walk-in's due to the ongoing COVID-19 pandemic. To learn more about LawNY and the services we offer, visit [LawNY.org](http://LawNY.org) or follow us on social media.