

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

Senior Focus: Gay Huddle, A True Local

by Janis Graham, Lifelong Board Member

“Bloom where you’re planted”: It’s no wonder this expression is often cited by Gay Huddle. Not only do her local roots run deep personally, they are extensive professionally as well. The author of 618 (and still counting) columns for the Ithaca Journal, Gay is thoroughly embedded in the events, personalities and opportunities that abound in the communities of Danby/West Danby/Newfield/Brooktondale and upper South Hill. “I love chronicling what’s happening in the small towns around Ithaca and being connected to it all,” says Gay “It means so much to me that people let me tell their stories.”

Speaking of stories, hers begins in the Fall Creek neighborhood (“we called ourselves “Fall Creekers”), where she was born and raised. She graduated from Ithaca High School in 1966, the same year she married her high school sweetheart Garry Huddle (the two just celebrated their 52nd anniversary). When her two children were young, Gay ran a daycare in her Danby home “because I just didn’t want to miss a thing when it came to seeing my kids grow up.”

During those years, Gay also developed a lifelong commitment to volunteering. “It was a way for me to have some adult company when the kids were young and then I found I loved the involvement.” Besides stints serving on the Danby PTA and Danby Community Council, being an usher at the Hangar Theater and helping out at the hospital gift shop, Gay coordinated the Danby Fun Day for 30 years.

Volunteering and writing aren’t Gay’s only passions. Another is reading. “I always have 5 or 6 books going at the same time, usually mysteries,” she says. “This has been true since I was a little girl.” In fact, at age

8, Gay established her own neighborhood lending library, in which she would carefully log out her Nancy Drew volumes to pint-sized “patrons.” Not surprisingly, the job she held that “was dearest to my heart” was when she was volunteer coordinator during the Tompkins County Public Library’s move in 2000 to its current site on the corner of Green and Cayuga Streets. “It was a dream come true to work in a library!”

Gay, now age 70, joined Lifelong years ago and has taken lessons in chair yoga and country western dancing, among other things. She is also a proud member of the Gorges Gals, a chapter of the Ladies Red Hat Society—an organization for women over 50 who gather for no other reason than to have fun and make new friends. “We’ve marched in purple clothes and red hats in the Ithaca Festival Parade, we go to plays, we have breakfasts, lunches and dinners together,” notes Gay. “I am a true believer that just because you get older doesn’t mean you can’t be playful!”

Gay’s appreciation of her hometown environs as well as her inclination to “give back” to the



Gay Huddle

community are shared by her husband Garry. After a career at Cayuga Press, then Cornell, he is now one of Danby’s Town Justices, an elected position he has held for 11 years. “He loves it,” according to Gay, who notes that his favorite part of the job is officiating at weddings. He even officiated at their daughter’s wedding, putting on his black robe after walking her down the aisle!

When it comes to the Huddle’s children, the apple doesn’t fall from the tree: Son Jeff, daughter Kasey and their families live nearby, in

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PLANNING FOR CARE: IT’S OK TO ASK FOR HELP

About two-thirds of people who live past age 65 are going to need long-term care, according to AARP, but relatively few of them have made plans for help with their daily activities.

“Planning for Care: It’s OK to ask for help” is an interactive workshop open to the public, on **September 12, from 1-3 p.m. at McGraw House** – 221 South Geneva Street in downtown Ithaca (parking is on Geneva Street only). **Jane Segelken** of McGraw House and **Teri Reinemann** of Finger Lakes Independence Center (FLIC) will share their expertise in navigating the process of care.

Topics to be covered will include:

- how to know you need care
- types of caregivers
- costs and paying for care
- hiring help and building your team.

All seniors and their families are invited. Even if you don’t need care at this time, knowledge for your future, should the need arise, will be very beneficial.

Come see how to make a smooth transition and ensure your ability to age in your community, with a healthy and meaningful quality of life.

Contact Teri 272-2433 or Jane 272-7054

There will also be informational displays of various care related products and services in our area, **because it’s OK to ask for help.**

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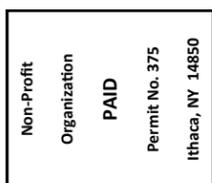
- Experience Fall at Lifelong
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Senior Services

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.

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 interpretation and translation assistance services available

Longview's Adult Day Program

Longview's Adult Day Program has become the home away from home for many Tompkins County seniors, offering companionship, recreation, safety and security. The daily fee of \$55 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Longview's Adult Day Program is open from 9am to 3pm Monday-Friday.

For more information call 375-6320.

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 Caryn Bullis at the **Office for the Aging**, 274-5450. Additionally, if you are interested in volunteering, please call the **Office for the Aging**, 274-5450, for more information about Project CARE.

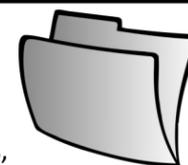
The Registry

The Finger Lakes Independence Center has administers the Registry Referral Program. The Registry Referral is a free referral service linking individuals seeking independent employment with people who need care in their home. Opportunities include: elder companion, housekeeper, running errands, yardwork, cooking, 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 at 274-5482.

The Red Folder Project



A collaboration of several organizations—Lifelong, Tompkins County Office for the Aging, Foodnet Meals on Wheels, and the Tompkins County Health Department have teamed up with the Human Service Coalition's Health Planning Council to distribute red folders to older adults in our community. The Red Folder Project is paid for with funding from an Excellus Community Grant. The purpose of the project is to place these folders in the hands of older adults to collect their health information to bring to physician and specialist appointments. The folders contain 3 heavy duty magnets so that they can be prominently displayed on refrigerators. The folders empower individuals to take charge of their health information and store important information such as medications, questions for doctors, and key contact information in one easily accessible place. The Red Folders come with an information checklist to guide individuals in what types of information to collect and update regularly.

If you are an older adult and would like a Red Folder, stop in and ask program staff at any one of the agencies listed above.

Celebrate the Caring Work of Home Health Aides

If you know a home health aide that serves someone you know—a neighbor, friend, relative, or maybe yourself, prepare to celebrate their service during the month of November. The Long Term Care Committee of Tompkins County and the Health Planning Council is collaborating with a wide network of home care agencies, the Office for the Aging, community-based organizations, and health care providers to host an education and celebration event for Home Health Aides.

The event will take place at the Space at Greenstar on Thursday, November 8th 4:30 – 6:30 PM.

Good Food is at the Heart of Home Care event! The celebration will feature a presentation by Kelly Quinn, Senior Nutritionist for Foodnet, and a cooking demonstration by Lorraine Johnson, volunteer cook extraordinaire. It will also offer an opportunity to express our gratitude for these frontline workers who are in high demand, and too often in short supply. Aides will enjoy yummy hors d'oeuvres and the opportunity to network and earn training credits to inform their work.

So, please help spread the word to home health aides. We would like to hear from you about the importance and impact of home health aides on seniors living independently in our community. Email your story to co-chairs of the event: Beth Harrington at bharrington@tompkins-co.org or Carolyn Beyers at cbeyers@hsctc.org.

Tompkins County Office for the Aging and Doyle Medical Monitoring Present:

The Personal Emergency Response System (PERS)

Are you concerned about the safety of a family member or friend? Is someone you know at risk of falling in their home? The Tompkins County Office for the Aging can help. Outreach staff is available to answer your questions about personal emergency response devices. We will guide you in choosing the most suitable device to meet your needs.

The standard system includes a console unit and a wireless transmitter. The console is powered through an electrical outlet and also has an internal back-up battery in case of power failure.

- The console requires use of a telephone.
- The transmitter is both lightweight and waterproof and is worn as a necklace, or as a wristband.
- Standard rental pricing is \$25/month (prices may vary based on equipment and qualifying factors).
- No installation fee - No fee for Service calls
- A Fall Detection Unit is available for \$5 more than the standard rate, a total of \$30/month.
- GPS Units are also available for \$45/month and a one-time \$40 activation fee.



Call the Tompkins County Office for the Aging today at (607) 274-5482.

We look forward to helping you!

Caregiver's Corner

Caregiving can be one of the most stressful jobs you'll ever have. Caregiving can take so much out of you-physically and emotionally-that it is important that you take the steps necessary to make sure YOU the caregiver are okay.

To many this may seem easier said than done. There are so many factors to juggle while caregiving-schedules, finances, TIME-that the idea of caring for yourself gets understandably left behind. However, there are certain things one can do to ensure they are taking care of themselves.

The following information is derived from "You, the Caregiver" and can be found on the Family Caregiver Council website at www.familycaregivercouncil.com/you-the-caregiver/.

Taking the steps necessary to care for yourself while caring for a loved one can depend on many factors. Each factor is specific to an individual's caregiving situation.

Your Feelings. It's okay to have all sorts of different and overwhelming feelings about your caregiving situation. It's okay if some of these feelings are negative. Let me repeat that: it's okay if some of these feelings are negative. The

Taking Care of You

important thing is that you acknowledge these feelings and give yourself permission to feel them. Talking about your feelings is equally important. Find someone you feel comfortable talking to-a friend, spouse, partner or professional-and share what you are feeling.

Long Distance Caregiving. Caregiving from a distance comes with its own set of stresses. Not being able to physically check on your loved one and having to rely on others can be very difficult. In this situation, it is important to have a strong support system in place. Stay connected to your loved one and their supports. Prepare a backup plan if some of these supports fall through. Having these supports in place can help alleviate the stress of long distance caregiving.

Family/Sibling Friction. Everyone has ideas on the best way to care for Dad and unfortunately in some cases, those ideas don't always align. This may cause problems among family members when everyone believes what they are doing is what's best. Problems can also arise when one family member is the primary caregiver and does not feel supported by others. It's important to acknowledge and address these issues. Listening to family members, having family meetings and

even mediation can help families come together in caregiving situations and can help spread out the responsibilities to ensure that they are not all falling on one person.

Dementia/Cognitive Impairment. It seems that caregiving is twice as stressful when the person we are caring for has Dementia. This situation presents a whole different set of concerns and needs that caregivers must navigate. It is important to get all the facts regarding your loved one's illness. Talk to their medical providers and reach out to organizations like the Alzheimer's Association. Consider their safety and explore all your options for providing care. Make sure that throughout this process you are taking consideration of your own mental health.

Working and Caregiving. Having a full-time job to report to while caregiving for a loved one can be incredibly hard on the caregiver. It can seem impossible to balance the responsibilities to your loved one while adhering to the responsibilities to your employer. Caregivers need to understand their rights as an employee and consider benefits such as FMLA (Family Medical Leave Act) or others offered by your employer. Be honest and open about your needs and work with your employer so that both are satisfied.

After Caregiving Stops. It may be hard to think about the future beyond being a caregiver. Your loved one may be gone and it's difficult to think about your options once your responsibilities as a caregiver are over. Consider taking the skills you have developed as a caregiver and putting them to use in other ways. Try to stay current with different opportunities and take the time to focus on your needs and wants.

Caregiving isn't easy and it's often hard to think of much else while in that role. Focusing on yourself as well as your loved one is vital. By taking the steps necessary in different caregiving situations you can find ways to lessen the stress that so commonly comes with being a caregiver.

Remember, taking care of yourself can only make you a better caregiver to your loved one.

Legal and Financial Planning for Family Caregivers

Wednesday, November 14th
Noon-1:30pm

Office for the Aging
214 W. Martin Luther King Jr./State St.

Marcie Finlay, Esq., a local elder law attorney, will discuss legal issues affecting elderly individuals and their families, especially issues related to planning for the expense of long term care and planning for incapacity (advance directives, guardianship).

Pre-registration is required. Call: 274-5450 or email: cbullis@tompkins-co.org

Responding to Dementia-Related Behavior

Thursday, December 6th

Noon-1:30pm

Office for the Aging
214 W. Martin Luther King Jr./State St.

Staff from the Central New York Alzheimer's Association will provide practical information and resources to help dementia caregivers learn how to decipher and best respond to challenging behaviors.

Pre-registration is required. Call: 274-5450 or email: cbullis@tompkins-co.org



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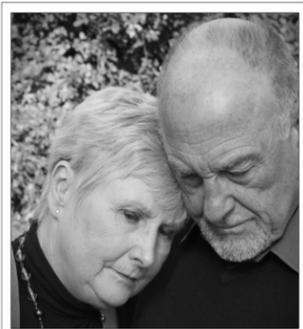
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or visit
www.hospicare.org

Compassionate Care When You Need it Most

Exciting news from Bike Walk Tompkins

For a few days in July, Bike Walk Tompkins had their new Terra Trike recumbent trike on display in the Office for the Aging's entryway. It's a wonderful option for people who want to be out riding but for whom a regular bike is not the best choice.

Bike Walk Tompkins hopes to inspire more riding among people of all ages and abilities. The recumbent trike has been used as a demo at bike events this summer, like here at Stewart Park with GIAC Seniors on July 14th (photo by Edna Brown).

The trike will be part of a future library of bikes available for loan through Bike Walk Tompkins. For more information contact:
director@bikewalktompkins.org



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.



Welcome New Ombudsman Program Staff

Dawn Sprague and Trish Chevallard

Please join the **Office for the Aging** in welcoming two new staff members who will be working on the Long-Term Care Ombudsman Program. Trish Chevallard and Dawn Sprague both come to The Office for the Aging from the Department of Social Services. Between the two of them they have over 30 years of experience in human services.

We asked Trish and Dawn to share a little bit about themselves. Here's what Trish had to say: "I moved here in 2001 and am originally from Billings, Montana. I have a Bachelor's degree in Counseling and Human Services. I worked at the American Red Cross of Tompkins County for 10 years in their Homeless Services Program. I worked at the Department of Social Services for 6 ½ years as a Social Welfare Examiner in the Employment Unit working with employable single individuals and clients with substance abuse issues. I also managed the compliance portion of the work requirements for SNAP recipients." When asked what she was most looking forward to in her new role she replied, "I'm excited to work in a role where I can return to advocating for people in need of assistance." **Welcome Trish!**

Dawn told us this about herself: "I am very excited to be joining the dedicated team of professionals at The Office for the Aging. I have been a Tompkins County employee for 24 years, a resident most of my life, and raised my family here. I have worked various roles in Eligibility at The Department of Social Services, my longest in the title of Home Energy Assistance Program Coordinator. I have dedicated my career to working in the Human Services field and have been involved with Leadership Tompkins, Hospice and Palliative Care, and the Behavioral Services Unit at Cayuga Medical Center. I am grateful to be given this opportunity and look forward to this next chapter of my career." **Welcome Dawn!**

We are very excited to have Trish and Dawn on board and wish them luck in their new roles!

The Long-Term Care Ombudsman Program advocates for residents living in long term care facilities. The Ombudsman Program covers Chemung, Schuyler and Tompkins Counties. For more information call 607-274-5498.



The 2018 Medicare Open Enrollment Clinics

Annual Election Period at Lifelong
119 West Court Street, Ithaca

This is your opportunity to ask questions about Medicare (Parts A, B & D), Extra Help, Medicare Advantage, Medigap, Medicare Savings Program, EPIC, and other health insurance topics.

Certified HIICAP counselors offer free one-to-one health insurance counseling on a first-come, first-served basis, on the following clinic dates:

Tuesday, October 16, 2:00 to 4:00 p.m.

Wednesday, October 24, 10:00 a.m. to 12:00 p.m.

Thursday, November 1, 1:00 to 3:00 p.m.

Wednesday, November 7, 10:00 a.m. to 12:00 p.m.

Tuesday, November 13, 2:00 to 4:00 p.m.

Thursday, November 29, 1:00 p.m. to 3:00 p.m.

Wednesday, December 5, 10:00 a.m. to 12:00 p.m.

NEW WALK-INS NOT ACCEPTED 30 MINUTES BEFORE A CLINIC ENDS

LIMITED scheduled appointments available on the following dates:

10/17, 10/31, 11/14, 11/21, 11/28, 12/6

Call Lifelong at 273-1511 for more information.

Please bring the following with you:

- * * List of your prescriptions, dosages/frequency
- * Your Medicare card
- * Any other health insurance cards or information
- * * Documentation of monthly or annual income



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

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 your prescription drugs, or if you have any related problems or issues, please turn to HIICAP. You can meet one-on-one with a trained, certified Health Insurance Counselor who can answer your questions. Give us a call at 607-273-1511 and ask for an appointment. 273-1511.

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“Medicare Basics”

On Thursday morning, October 4th

10:00am to 12:00pm

and

Tuesday evening, November 6th

Sarah Jane Blake will be speaking

at Lifelong on "Medicare

This talk has become quite popular! It is designed for those approaching age 65 and/or new to Medicare. But if you are on Medicare and still find it confusing, this presentation may help you understand your health insurance coverage.

Topics included will be: Medicare Parts A, B, & D and New York State EPIC (Elderly Pharmaceutical Insurance Coverage). Other topics will include Medigap plans, Medicare Savings Plans, Extra Help. Also addressed will be how Medicare works with other health insurance.

Sarah Jane Blake is the Tompkins County Outreach Coordinator for New York Statewide Senior Action Council. She has been a counselor and advocate for seniors, senior programs, and policies affecting seniors for over 10 years including being Lifelong's HIICAP Coordinator for Tompkins County. She is well-versed in all aspects of Medicare!

Please call Lifelong at 607-273-1511 and let us know if you plan to come to one or both of these talks, so we will have sufficient materials available. But if you decide to come at the last minute, walk-ins will be welcome.

This is a free talk and everyone is welcome!

Medicare Resources

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

There are a number of sources for persons who want to learn more about Medicare. The concerns may be personal – wanting to understand the coverage, how to enroll, etc. The concerns may be broader -- wanting to understand rules and legislation affecting Medicare. Here are resources to 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 understand this important benefit and to become educated consumers. HIICAP is an important local resource. If you have questions of any kind, you can give us a call. Some questions are simple and can be answered in a phone call, but in most 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. Information can include details on Medicare supplements, Medicare Advantage Plans, and the Part D Prescription Drug Plans available to you. Counselors provide free, unbiased information. Call for an appointment at 607-273-1511.

Tompkins County Office for the Aging: This office is the center for finding out 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 2018” handbook arrived in mailboxes last fall. You can also find it on-line at the medicare.gov website. If you are new to

Medicare, it is great to find the time to read it and begin to understand just how Medicare is organized. Keep it available as a reference throughout the year. It contains clear explanations about the coverage, including Parts A, B, C and D, and much more. There is an excellent index, right behind the Table of Contents near the front of the book. If you have a specific question, you may be able to zero right in on that topic.

***Medicare has a website.** If you are comfortable on a computer, the medicare.gov website is a wonderful resource. First make sure that you have gotten to that exact website and not one that is a private firm with Medicare in its name. 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 your topic.

***The Medicare Rights Center:** This national, nonprofit consumer service organization works to ensure access to affordable health care for older adults and people with disabilities. They are an independent source of Medicare information and assistance throughout the country. They produce free electronic newsletters designed to give consumers and professionals the latest Medicare information. *Dear Marci* is a biweekly e-newsletter that helps consumers understand Medicare benefits and options. It features Medicare coverage advice, basic health tips and links to vital health care resources. *Medicare Watch* is a weekly e-newsletter that helps readers stay up-to-date on Medicare policy and advocacy developments, and learn about changes in Medicare benefits and rules. To sign up for either newsletter, 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 a wealth of information. There are 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, 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 at their website, nysenior.org.

All of these resources exist to help Medicare recipients have a better understanding of this important benefit.

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

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• Computer/Fitness Centers

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a conifer community



*GYST's Guide to Accounts, Passwords and Digital Details

Whether you are finally corralling all your accounts, usernames and passwords—or trying to help track someone else's stuff down—it helps to have a list of the 'types' of things you should be looking for and what could be out there, somewhere.

GYST Tip: It's easier to do this in advance. The 1-2 hours you spend now could very easily become at least 20+ hours, if not 100+ if someone else had to try to dig through all your stuff to find it.

The GYST.com site has a downloadable checklist available to help you get your digital details together. It is an editable, Excel spreadsheet that is free, simple to use, and easy to share.

Top 4 Things You Need to Round Up

1. Contact Information

Spouse, family, close friends, and important people listed in your will and living will should be found here. List out their full name, relationship, phone numbers, email addresses, home addresses, and any relevant information.

2. Important Documents

- Marriage Certificate
- Birth Certificate
- Death Certificate
- Social Security
- Passports
- Ownership proof (deeds, titles)
- Auto Insurance
- Home Insurance
- Life Insurance
- Disability Insurance
- Long Term care Insurance

3. Banking and Financial Accounts

Note that a lot of these accounts may use online banking or emailed statements: note the company, URL, username, password & account numbers if you have one.

- Checking account(s)
- Savings accounts(s)
- Other bank account(s)

- 401k(s)
- Mutual funds
- Retirement funds
- Stocks
- Account(s) on auto-pay
- College savings
- Debt

4. Medical and Health Records

- Medical Insurance
- Existing Conditions
- Medications
- Allergies to medications
- Allergies
- Primary Care Physician
- Specialists(s)
- Therapist

Online Accounts & Digital Assets

Laws about 'Digital property' are young or non-existent. Companies are starting to get better policies and (as of this writing) eight states have formally addressed the issue—but getting access to digital accounts for many families range from being a hassle to a downright long and expensive legal battle. Let's go for better safe than sorry.

1. Access

Jot down or safely share the critical usernames and passwords to be able to get into computers, tablets and cell phones. Start with basic account names and passwords.

- Home Computer
- Tablet
- Cell Phone
- Laptop

2. Accounts

If any passwords are stored on the computer, if they checked the "remember me" checkbox, you might have an easier time accessing some of the basic accounts:

- Email accounts
- Online Storage
- Social (Facebook, Twitter, LinkedIn, Pinterest, Instagram)
- Movies & TV (iTunes/Netflix/Hulu)
- Books & Audiobooks (Amazon/Kindle)
- Music (Pandora/Spotify)

- Gaming
- Coupons or Discounts
- Airline Miles
- Travel (Orbitz, Priceline)

3. Other Assets or Property

Anything else floating around out there?

- Digital Dollars (PayPal, Bitcoin)
- Art or Creative Products (eBooks/Podcasts/Etsy/)
- Craigslist/eBay)
- Domain names or websites
- Intellectual Property (videos/trademarks or patents)

Storing & Sharing

Once you've gotten the basics recorded, you'll want to let a few trusted others know where or how to access it. Safely and securely, of course.

1. The Manilla Folder

In many cases, old-school record keeping on paper can work just fine. An 'In Case of Emergency' folder in the metal file cabinet, spiral-bound notebook on top of the fridge, even a 3-ring binder with copies of important documents (like your will) and a phone list you can give to one or two people you trust.

2. Online Storage and Password Managers

For many people, storing information online is easier, more convenient and feels more secure. There are many options that range from free, password protected locations in the cloud—to more secure or super-encrypted security for a monthly fee.

*For more information, download the Get Your Sh** Together (GYST) Digital Details Checklist.

[From Digital Details article on www.gyst.com]

GYST is an online service to help get your sh** together one step at a time, starting with your will, living will/advance directive and life insurance. Find reviews of online will making services, hassle free life insurance quotes and free and affordable answers to legal questions. GYST makes it easy with checklists, guides and weekly nudges to keep you on track.

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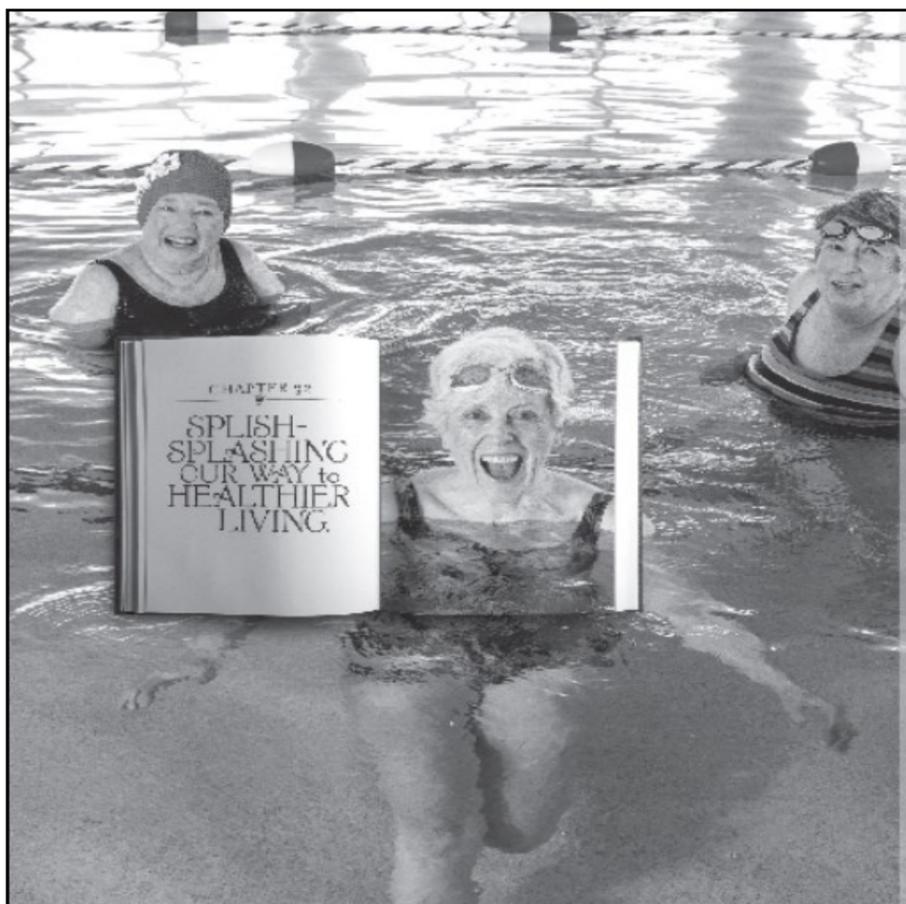


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WHCU - 7:00 am till 9:00 am
Monday, September 3
Labor Day
Thursday, November 22
Thanksgiving
Tuesday, December 25
Christmas Day



WNYY - 10 am - Noon
Sunday, October 7
October Salute



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.

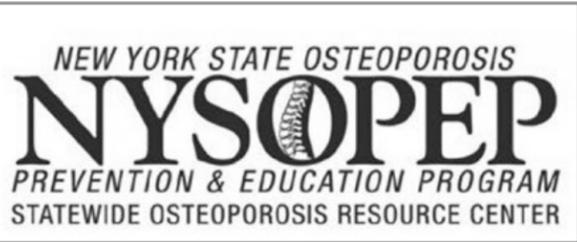
Living on the 105-acre campus at Kendal not only keeps them involved in the lifestyle they love, but connected to any future care they may need. And, from here, the story just keeps getting better.

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

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



Physical Activity: Important for Your Bone Health

Osteoporosis is a disease that causes bones to become thin, weak, and easier to break. It is often called a “silent disease.” You cannot feel or see your bones getting thinner. You may not even know that you have thin bones until a bone breaks. A broken bone can interfere with your daily activities and can have serious consequences. It is never too early or too late to take steps to promote strong bones for life.

Regular physical activity or exercise at any time in your life is good for your heart, muscle tone, flexibility, and coordination. Physical activity can build strength, improve both posture and body mechanics and also promote balance. As you get older, physical activity can help increase muscle mass to prevent falls and cushion your bones in the event of a fall.

One important action you can take for your bone health is to be physically active. You may want to speak with your health care provider before starting a physical activity program. This is especially important if you have or had a medical condition or if you have been diagnosed with osteoporosis and/or have a history of broken bones. Older adults, people with medical conditions, and those with physical disabilities may benefit from joining a supervised exercise program.

When you choose an exercise program, consider one that includes all 5 of the below exercises:

- **WEIGHT BEARING EXERCISE** simply means that your legs and feet are supporting or carrying your weight. This type of exercise builds bone mass in youth and maintains it in adulthood. Some examples of weight-bearing exercises include walking, racquet sports, dancing, climbing stairs, and many team sports.
- **MUSCLE STRENGTHENING EXERCISE** builds muscle that helps support your bones and may

also improve or maintain your bone strength. Some examples are lifting weights, using resistance bands, and exercising on resistance machines. You can also swim or ride a bike to strengthen your muscles.

- **BALANCE EXERCISES** are especially important for older adults to help prevent falls. Tai Chi is an example of a fun balance exercise.
- **POSTURAL TRAINING EXERCISE** can promote correct posture and proper body alignment. These exercises can also help older adults minimize stooped posture resulting from osteoporosis. One example of a postural training exercise is to pull your shoulders back and tuck your chin in.
- **STRETCHING EXERCISE** keeps your body flexible by lengthening muscles, tendons, and ligaments. Sit up tall while stretching your arms overhead with fingers interlocked is an example of a stretching exercise.

To get the best benefit from physical activity and avoid any injury, follow safety guidelines. Some specific movements to AVOID during physical activity or daily activities include:

- **AVOID SPINAL FLEXION:** Avoid forward bending/flexing of the spine during all exercises and any movements. When you bend your spine it puts undue stress on each of your back bones and could cause fractures. This would include movements where the back is curved too much like toe touches, curl sit-ups, and reaching for the floor with straight legs.
- **AVOID EXCESSIVE TWISTING:** This is especially important when you are stand or sit because there is weight throughout the spine.
- **AVOID HEAVY LIFTING:** Ask your physical therapist about the right body mechanics for lifting to prevent injury.

In addition, always follow safe activity guidelines, which include:

- Exercise in a pain-free range of motion.
- Exercise in your best posture.
- Exercise with smooth, steady movements.

- Always keep a slight bend in arms and legs.
- Breathe through the exercise; do not hold your breath.

If you have had a broken bone or total hip replacement, follow the precautions your physician or physical therapist has given to you.

After muscle-building exercises, muscle soreness lasting a few days is common, but be aware of exercises that might be producing more long-term pain and consult your doctor about whether this exercise is right for you.

It is important to speak with your doctor, physical therapist, or health care provider about the best, safe exercises for you. Even if you are limited in the type or amount of exercise you can do, any safe exercise is better than no exercise!

Most fractures occur as a result of a fall, so avoid any exercise that increases the risk of a fall. Fall prevention should also include strengthening exercises, education about risk factors, home and outdoor modifications, and assessment of medications to minimize side effects.

The advice or information contained in this article should NOT be construed as medical advice. Consult with your health care provider about your individual exercise program.

For more information about Osteoporosis call the NYSOPEP office at (845) 786-4772 or visit the NYSOPEP website at www.nysopep.org.

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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!



Experience Lifelong this Fall

Our fall catalog is packed full of learning opportunities, special events, presentations and opportunities to help us all stay healthy, active and engaged! Some of our favorite instructors are back and again we welcome several new faces to Lifelong this semester! We offer classes about arts & film, finance, humanities, political issues, science & technology and the list goes on. There is something for everyone! This semester we have several art classes including a series on stamping, one on collage and even a course on making paper bead jewelry. We have a course titled Partners in Art, one called Stories from the Middle Ages, another titled Finding the Uplift in all our Truths – Sacred & Secular – Living Skillfully after the Mid-Term Elections, Opera, Exploring the Oxford English Dictionary and even an Introduction to the Ukulele offering! In addition to all the learning opportunities there are numerous social and support groups and many options to stay fit and independent. We offer yoga, modern dance, tai chi, SAIL, square dance and even Zumba Gold! This semester there are several new social groups including a drawing group, round singing and brain games!

The catalog is available online at www.tclifelong.org or at 119 West Court Street.

Hope to see you at Lifelong this Fall!

From the Executive Director's Desk of Lucia Sacco

Summertime, and the living is easy.....

The summer months at Lifelong used to be a little quieter, a little calmer, a little slower. Not anymore!

Our neighborhood has been hopping! We've FINALLY repaired our leaking roof after years of dealing with occasional and unsightly dripping from the ceiling. The City of Ithaca replaced the sidewalks in front of the building – a much needed and welcomed, though messy – event. Our wonderful neighbor has been busy beautifying the landscape in his yard and the flower boxes look terrific. We're waiting to hear about when construction (demolition) will begin on Dewitt House, aka the old library. See? Hopping!

Inside Lifelong has been buzzing as well. Tammy Dunn, our Program Director, beefs up the summer offerings each year and this summer was no exception. Of course, she's already created a great Fall Semester catalog and I can't wait for you to look through it and see what strikes your fancy. Our summer intern (thank you United Way), Jackson Oates, has been a wonderful addition to our team. His friendly manner and can-do attitude is exactly what we hoped for and it was hard to say goodbye to him. He's off to IHS as a senior and we wish him the best.

This summer, we said goodbye to Nicole Zulu, our HIICAP (Health Insurance Information Counseling and Assistance Program) Coordinator and on August 27th, we welcomed Liza Burger to that position. In addition to the HIICAP Coordinator position, Liza will be the TCE (Tax Counseling for the Elderly) Coordinator so please stop in and introduce yourself next time you're in.

Looking toward the fall months, we have many exciting events lined up. You'll find more information in this edition but please be on the look-out for another craft and collectibles sale, a flu clinic, an ice cream social, our annual holiday open house, our fall preview and much, much more. These are in addition to our Lifelong Learning classes, social and support groups, exercise opportunities, Northside Southside programs, creative arts options....I keep saying we really do have something for everyone!

On behalf of Team Lifelong, I wish you an Autumn full of beautiful colors, cool nights and warm days and I sincerely hope to see you often during the next few months.

Warmly.....Lucia



UPCOMING EVENTS @ Lifelong

Ice Cream Social

Sunday, September 23, 2018
from 4:00pm-5:00pm

Join us to celebrate our wonderful community!

Lifelong and Love Living at Home are jointly celebrating Porchfest and invite you to stop for ice cream. at Lifelong - 119 West Court Street.

RSVP to either organization for this **free** event.



FLU CLINIC AT LIFELONG

For your convenience, Lifelong is holding an adult flu clinic.

Tuesday, October 2, 2018 from: 9:00 AM – 12:00 PM

Call 274-6616 to schedule your appointment today!



Most unique
Best Taste
Most heat

Burr.... It's gettin' chili!

Lifelong is holding a chili cook off on October 9th from 4pm-5pm

Have a favorite recipe?

Bring your best chili for tasting and judging!

Come hungry!

Beverages & toppings for chili will be provided.

Holiday Craft & Collectible Sale

Friday, October 26th
10:00am-3:00pm

and
Saturday, October 27th
9:00am-1:00pm

Looking for that special gift?

Unique, hand-made items, crafts, collectibles, jewelry, soaps and lotions, photo cards, and prints, and much more!

Baked items and lunch will be available for purchase. All proceeds to benefit Lifelong.

Contact Tammy Dunn at Lifelong at 273-1511 if interested in being a vendor for this event.

Lifelong's Holiday Open House



Save the date!

December 5th

1:00pm-3:00pm

Light Refreshments

Entertainment

All are welcome!

Bring a friend!

FREE - No Reservations Necessary
Further details to be announced

New to Lifelong this Fall!

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.

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.

Further Details

When: Thursdays, October 4 – December 13, (5:30pm-7:00pm)
(No class on November 22)

Where: Lifelong, 119 West Court Street

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 of 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.

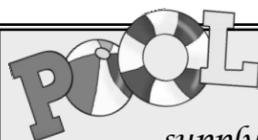
Sometimes the staff at Lifelong talks in acronyms, CSG is one such example. So we were asked:

WHAT IS A CSG?

A CSG is a Community Senior Group and many of the surrounding towns have such an organization. These are opportunities for seniors to get together....usually once a month, for a dish-to-pass and to socialize, to learn about what's going on in their community and to share ideas that may interest other seniors. There's often a short business meeting and sometimes there's entertainment. The most current information we have is as follows:

- Trumansburg meets at the American Legion
2nd and 4th Wednesday of the month.
- Newfield meets at the Newfield Fire Hall
1st Thursday of the month.
- Lansing meets at the All Saints Church Annex
2nd Wednesday of the month.
- Caroline meets at the Brooktondale Fire Hall
2nd Monday of the month.
- Danby meets at the Danby Church
1st Thursday of the month.
- Dryden meets at the VFW
2nd and 4th Monday of the month.
- Groton meets at the American Legion
4th Wednesday of the month

If you'd like more information on any of these CSG's, please call Lifelong at 273-1511 and we'll connect you with the right person.



A big thank you to Borg Warner for supplying Lifelong with swim passes again this summer. So many seniors enjoyed a wonderful refreshing dip in the pool during the hot days of summer.

Lifelong's Walk Fall Program

Our Walk Program is a great way to explore the surrounding areas while increasing your strength, improving your balance, and enjoying the company of your fellow walkers. Note: All walkers must be current Lifelong members.

The group meets at 1:15pm in the lounge at Lifelong and the walks start promptly at 1:30pm.

Sept. 19 Black Diamond Trail

Oct. 3 Beebe Lake

Oct. 17 Sciencenter & new buildings on Hancock Street



LIFELONG WILL BE CLOSED ON:

Monday October 8 -Indigenous People's Day

Thursday and Friday, November 22 &23 - Thanksgiving



Lifelong's Inclement Weather Policy

- If Ithaca City Schools close due to inclement weather, ALL activities, classes & clinics at Lifelong will be canceled.
- If Ithaca City Schools have a delayed opening, Lifelong will delay opening, and classes before noon will be canceled.
- **Tune in to News Talk Radio WHCU for announcements**



Lifelong thanks

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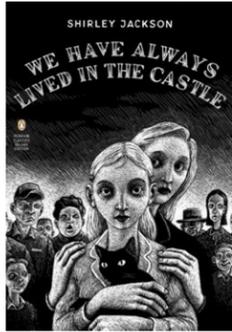


The Book Nook

A feature from the Tompkins Public Library

Get ready for the Community Read!

Autumn's magic brings us together again to experience the bond of literature through reading and discussing the same title. This year, Tompkins County Public Library presents We Have Always Lived in the Castle by Shirley Jackson, a celebrated and enigmatic writer of horror. You may remember her for her acclaimed short story "The Lottery."



Perfect for October, this beloved gothic tale introduces us to a peculiar girl named Merricat after all but three members of the Blackwood family have been poisoned by arsenic in the sugar bowl. We hope you enjoy this deliciously unsettling tale about a mysterious, isolated, and possibly murderous family, their alienation from their neighbors and community, and the struggle that ensues when Cousin Charles arrives at the Blackwood estate.

We Have Always Lived in the Castle is one of my favorite stories and a hauntingly good time! Please join us in reading this year's title and watch for programs at the library inspired by Jackson's final published work.

The Fall edition of the 4 Seasons Fiction Book Club will meet on Thursday, October 18th to discuss We Have Always Lived in the Castle from 6:30-7:30 PM.

TCPL's Truth Be Told Nonfiction Book Club on November 6th will discuss Life Among the Savages, a collection of essays by Shirley Jackson. To reserve a copy of the current selection prior to discussion, contact Joyce, jwheatley@tcpl.org, 272-4557 ext. 257 or Tom, at tburns@tcpl.org.

You can also participate anywhere, anytime through the Library's online book clubs on Goodreads!

Register at <https://www.goodreads.com/group/show/254290-tompkins-county-public-library-community-read>.



All Community Read programs are free and open to the public. The 2018 Community Read is made possible by the Friends of the Tompkins County Library and is brought to you by Tompkins County Public Library!

Joyce Ann Wheatley, Librarian
Information & Learning Services, Tompkins County Public Library

(Continued from page 1)

Gay Huddle, A True Local

Ithaca and Candor, respectively. "I know how lucky I am that my kids settled here. Unlike so many of my friends whose grown children relocated, I've been able to enjoy watching my grandchildren grow up." As for the future, Gay has every intention of continuing to "bloom where she is planted." She hopes to keep writing her Ithaca Journal column; she recently signed up for a local beginner's Tai Chi class as a way to work in more exercise; and she will remain a frequent visitor to the Tompkins County Public library. "As long as I have my library card, I'll be happy."



Lifelong is proud to be a United Way Agency

Northside-Southside News



Lifelong's Northside-Southside program is a multicultural program of Lifelong open to all seniors providing the opportunity to participate in daily activities with peers such as meals, games and special events that promote cultural education and awareness. All programs are free unless otherwise noted. This program is funded in part by the New York State Office for the Aging and through Tompkins County Office for the Aging.

To register for events please call Lifelong at 273-1511 or email Tammy Dunn, Program Director at tdunn@tclifelong.org

NSSS Gatherings: 2:00pm-3:00pm

Time spent together to socialize! We will enjoy a light snack, share ideas for future programming and special events. Each gathering there will be a topic of discussion or an activity.

McGraw House (September 26 th)	Titus Towers (October 24 th)	Lifelong (November 28 th)
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NSSS Holiday Gathering: Wednesday, December 12, (12:30pm-1:30pm) at Lifelong

Bring your favorite holiday snack or desert and enjoy casual conversation, great company and good food!



Northside Southside Program

We Want You involved ...

Programs offered under Northside Southside are open to ALL seniors. We are looking to expand our efforts and reach more seniors and we need your help! Are you, or someone you know, interested in becoming part of an Advisory Committee to help plan events.


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Volunteers, Connected!

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

Do you like to organize? Work with a dedicated team? Want to support literacy in Tompkins County? The Chair of the **Finger Lakes Crossword Competition**, an annual fundraiser for Tompkins Learning Partners, is looking for volunteers for the event in March. With planning beginning in October, especially needed is help with public relations and recruitment for the silent auction associate with event. Interested contact? Contact Gary Weissbrot at 272-4700.

HELP ALL CHILDREN BE SUCCESSFUL IN SCHOOL!

Make the Ithaca City School District an even more helpful and welcoming place.

You get an e-mail describing a ride to school needed for parent/caregiver to get to an event or meeting. You consider giving it. Maybe you do! It is that simple, and it can make such a difference in a student's life. It could be the first time a parent is able to get to their child's school!

Maybe you are working and think that means you can't help. Not so fast! Meetings happen as early as 8 am so maybe you can give that ride before work. Some events happen in the evening or on the weekend so that might work for you as well. Some employers allow time off, occasionally even paid, for such volunteer efforts. There are many ways to help.

Sound like something you would be willing to do? Then email Carrie at RedSchoolRides@gmail.com or call her at 659-5003. Join the **School Success Transportation Coalition** team helping everyone get to ICSD schools when they need or want to. All it requires is a copy of a relatively clean license and your insurance card.

LIFELONG'S FREE TAX PROGRAM - TAX COUNSELING FOR THE ELDERLY - IS LOOKING FOR VOLUNTEERS!

Tax Preparers - Lifelong's Tax Preparers are a diverse, skilled and fun group of volunteers who enjoy the challenge and the camaraderie of being part of the program and of giving back to the community. Preparers use materials provided by the IRS plus a week-long training session delivered by experienced volunteers to prepare for the on-line exam required by the IRS. Tax clinics are held at Lifelong Thursday/Friday/Saturday from late January until the tax deadline in April. Tax Preparers generally work one to two 4 ½ hour sessions per week depending on their preferences and availability.

Tax Greeters - TCE Greeters are the first point of contact with the several hundred taxpayers who come to Lifelong for this free and valued service. They welcome taxpayers at the Thursday/Friday/Saturday clinics, generally working one 4 ½ hours shift per week. Tax Greeters are also key to the clinics running smoothly as they respond to on-tax questions from taxpayers, monitor wait times and insuring taxpayers are matched with the right volunteer preparer for their particular return. A minor amount of reading preparation from IRS supplied materials and passing a short (easy, no actual tax questions) certification exam is required for the greeters

Interested?? Please contact

Mary Pat Dolan @ mpdolan@tclifelong.org or 607-227-0755 and leave a message.



A few good reasons to become a tax volunteer at Lifelong....

You will REALLY be helping seniors: 90% - yes, that's right 90% of all households having their taxes prepared for free at Lifelong had one or more senior members.

The TCE tax program brings a great deal of money back to the community and to people who need it: Our volunteers insure that returns are done correctly and that the taxpayers receive all the credits and refunds they are due. Last tax season that meant over \$600,000 in refunds and over \$80,000 in refundable credits was returned to households in our community.

TCE not only brings money back to the community; it saves our taxpayers a lot of money. Last year, our volunteers prepared and submitted nearly 800 tax returns. If these taxpayers had gone to a paid preparer who charged each \$150 – and many returns would have cost much more than that – the group would have spent a minimum of \$120,000. Our volunteers kept this much and probably much more in our citizen's wallets.

You are part of a great group who enjoy each other and the challenge; help each other and the taxpayers ... and enjoy being a part of this high caliber program. The TCE volunteers are an amazing group. Each one of the tax preparers and tax greeters is different but all of them are great individuals who care about giving back. We have one volunteer who has been doing taxes for Lifelong for 27 years! There are many others who have been with us for at or almost at 20 years. That tells you both about these individuals and the satisfaction that comes with being a part of TCE.



ITHACA FREE CLINIC

From Norbert G. McCloskey, Executive Director

- ⇒ Linda had worked in the same job position for five years and then was laid off.
- ⇒ Linda's health insurance was provided by her employer. When Linda lost her job, she also lost her health insurance coverage.
- ⇒ Linda had the flu, needed an employment physical to secure a new job position, and was about to be evicted from her home.
- ⇒ With the help of the Ithaca Free Clinic, Linda saw a doctor, received the medication she needed, signed up to receive an employment physical, and was referred to an IFC partner agency to obtain help in keeping her home. All services provided were free.
- ⇒ Today, Linda is healthy, employed, with a roof over her head.
- ⇒ IFC provides healthcare services to thousands of patients with stories like Linda's. All of these services are provided by volunteers. Our volunteers are the heart and soul of the Free Clinic.
- ⇒ **We are currently looking for day-time volunteers to help with phone coverage and administrative tasks.** If you would like to assist in providing health care to our community members in need, please call 607-882-9060 and leave your name, number and the best time to contact you to discuss volunteer opportunities at the Free Clinic.



**Not finding what you want?
Give Joyce a call at
Lifelong 273-1511
Or email: jbill-
ing@tclifelong.org**

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Harvest Recognition Event - November 5,

5:30 -7 pm at Lifelong

Watch for more information!



Did you know that 1 in 4 Americans aged 65 and over falls every year?

Falls are the leading cause of injuries for older Americans. Falls are costly—in dollars and in quality of life. However, falling is not an inevitable part of aging. Through practical lifestyle adjustments, use of effective programs and community resources, the number of falls among seniors can be reduced substantially.

Calling all Lifelong Members and their friends and neighbors to **CELEBRATE THE START OF FALL** by taking proactive steps to stay healthy and active to maintain or even improve your mobility. Please join us for the **Stay Steady Tompkins County: Fall Risk Information Event**.

Lifelong is teaming up with **Cayuga Area Preferred Network, Cayuga Medical Center, Finger Lakes Independence Center, Foodnet/Meals on Wheels, Health Planning Council of Human Services Coalition, Ithaca College, Office for the Aging, Tompkins County Health Department and Visiting Nurses Services**, to offer a special multi-disciplinary pro-health screening and information session as a start to Falls Prevention Awareness Week.

The **Stay Steady Tompkins County Event** will take place on **Monday, September 24th** at Lifelong to kick-off National Fall Prevention Awareness Day and the “Fall Season”. This event is the first event of the Stay Steady Tompkins County Fall Risk Event Series (see other dates below). The event will be held from **9:30 AM to 12:30 PM** and you can plan to:

- ◆ Come speak with experts in Geriatric Physical Therapy (under the direction of Geriatric-Certified Physical Therapist, Anne Reilley and team).
- ◆ Pick-up resources about Physical Therapy and exercise programs that improve strength, balance, mobility and reduce fall risk.
- ◆ Take part in a brief Fall Risk screening that includes a balance and mobility screen.
- ◆ Find out if you are at low, moderate or high risk for falling and what you can do to lower your risk for falling.
- ◆ Review your medication list with a pharmacist or nurse and ask questions about medications.
- ◆ Pick-up resources and information about vision health and fall risk
- ◆ Speak with an occupational therapist about home safety and adaptive devices and equipment.
- ◆ Learn about many additional resources (available through the Tompkins County Office for the Aging and Tompkins County Health Department) to make your home safer. Get information about a free home assessment and home modification options.

**Remember you have the power to prevent falls.
Educate yourself and take action now.**

Up Coming Stay Steady Tompkins County: Fall Risk Screening Events :

- ◆ October 24 at McGraw House, 1:00 – 4:00 PM (221 S. Geneva St.)
- ◆ November 8 at Groton Center Village Court, 10:30 AM – 12:30 PM, (200 W. South St., Groton)
- ◆ December 13th at YMCA, 9:30 AM – 12:30 PM (50 Graham Road,)

For more information you can email: Carolyn Beyers at cbeyers@hsctc.org or call her at (607) 273-8686.

Let's Do Lunch!

Foodnet Celebrates Partnerships with Ithaca YMCA and Lifelong

Foodnet Meals on Wheels is celebrating our collaboration with the YMCA of Ithaca and Lifelong. These wonderful partnerships have helped us make available Foodnet's social dining program to older adults in our community by providing a place for seniors to gather to share a nutritious meal with others while enjoying meaningful conversations.

Explore Tuesdays at Lifelong where seniors can learn about all of the wonderful activities, learning, travel, social & support groups that are available to older adults in our community.

Join us Thursdays at the YMCA for Senior Dollar Day where anyone over the age of 60 is invited to use the entire facility for \$1.00, including classes and use of the pool.

Nutritious meals are served at both locations from 11:30am-1:00pm.

Foodnet's congregate meal program offers social dining, nutrition education as well as volunteer opportunities. In addition to the YMCA and Lifelong, our congregate meal program is available at **Titus Towers (Ithaca), and Center Village Court (Groton)**.

Anyone 60 years of age or over is eligible; spouses can receive the meal regardless of age. Individuals under the age of 60 are encouraged to call Foodnet about options. Foodnet encourages individuals age 60 and over to make a contribution towards their meals, but no one will ever be turned away because of inability to pay.

Interested in signing up for lunch? Call Foodnet to make your reservation at 607-266-9553 or visit us at www.foodnet.org.

Do you want to become a volunteer? Call Linda Tallman at 279-9146 or email her at ltallman@foodnet.org

CHANGING AGING – LIVING INDEPENDENTLY



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