

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

Senior Focus: MarieAnne & Ron, An Ithaca Couple

By Lucia Sacco, Executive Director of Lifelong

MarieAnne and Ron Krieg are volunteers at Lifelong, teaching and participating in several social groups for over a decade.

They met in September, 1973 when both were caseworkers at an adoption/foster care agency in Manhattan. By December they had begun what is now their 45 years of marriage. They both loved the challenging process of working with families and children but were bored with the schooling required to pursue masters degrees in social work. And so they quit their jobs and Ron became a taxi driver until 1980 when he got hired by the post office.

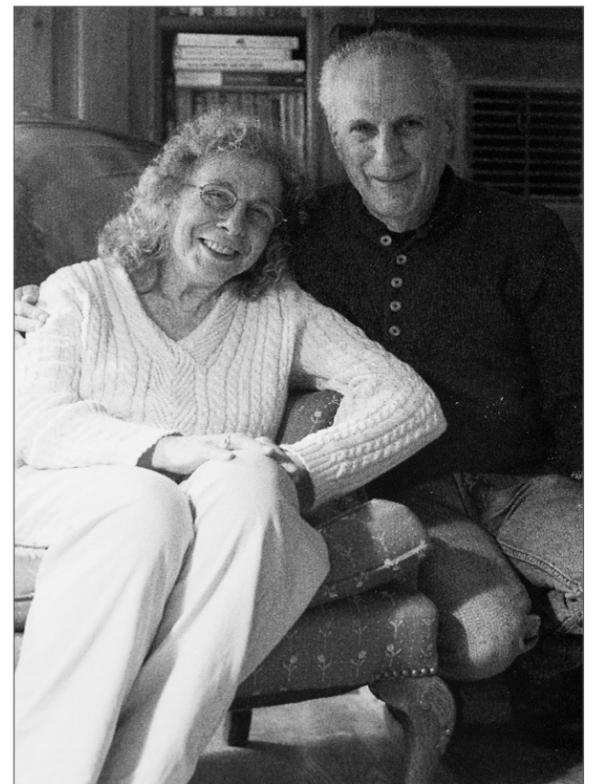
Ron worked on machines that sorted foreign destination mail and enjoyed it immensely. They didn't plan it that way, but going against the increasing trend of working couples, MarieAnne mostly stayed home (although working occasionally as a bookkeeper and secretary) and continued to perfect her already formidable cooking skills (Ron has never learned to cook and, with a chef like her, has never had the incentive). Ron had a passion for history and politics and MarieAnne had a wide knowledge of foreign films. An increasing symbiotic relationship arose as their interests merged. They weren't earning a lot of money but they were getting a world class education and eating gourmet food.

The couple worked with a political radio broadcaster from California and when she came to visit them in their Queens apartment she brought a gift for MarieAnne...the first Moosewood cookbook.

With that in hand, MarieAnne began to dramatically increase her vegetarian repertoire and then she soon discovered that there was a Moosewood restaurant upstate that they could visit. In the fall of 1983 they spent their first weekend in Ithaca and loved everything about it. The little city nestled in the hills, the waterfalls and gorge trails, the plethora of fine restaurants and the highest per capita amount of bookstores in the U.S. That October weekend happened to be part of an especially colorful fall foliage season and Ron began a renewed interest in photography.

Many more weekend visits followed over the years and, thanks to MarieAnne's persistence, Ron applied for a transfer within the post office system. It was 1989 and the Ithaca branch was in danger of a virtual close down and the only viable choice was a position in Elmira. A wary Ron, reluctant to give up his beloved foreign mail and day shift, succumbed to MarieAnne's pressure and began 20 years of a 30 mile commute at nights to Elmira. He was soon thankful for his wife's timely nudge out of the city and into our Ithaca paradise. They rented for a year and then bought a house downtown where they have lived for 29 years.

The Krieges got their first computer in 1998 and, through a lot of trial and error, taught themselves how to use it effectively. A couple of years later, MariaAnne went to the Women's Opportunity Center for help in writing a resume, and they in turn referred her to Lifelong to explore assisting the computer instructors there. Eventually, through the suggestion of former program director Carolyn Peterson, she began to create her own computer classes. In time, she also began to take over the computer



MarieAnne and Ron Krieg happy at home in Ithaca

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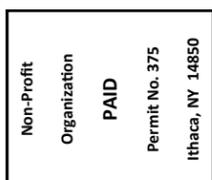
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Senior Services

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.

NY connects can provide information about

- Personal Care Services
- Caregiver Supports
- Respite Care
- Financial Benefits
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- 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 - Friday.

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

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

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

Free language assistance (interpretation and translation) services available

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

The Registry

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

Help with yard work

The Office for the Aging/ NY Connects

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



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Don't forget to "like" us on Facebook. We will be posting up-to-date information about programs, services and events here at the Office for the Aging.....so stay informed and "like" us!

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.**

Lifelong is proud to be a United Way Agency

Caregiver's Corner

Are You Considering Moving A Loved One Into Your Home?

Having a loved one living with you can create an everlasting bond and gives you an opportunity to get to know each other in a different way. Having a loved one move in with you is a way to keep them from feeling isolated and other mental health risks that come along with it. When a loved one lives with you it changes your relationship and the dynamics of the whole family. Before you make the decision to live together you should consider asking yourself and your loved one some questions first.

A couple of questions you should ask yourself are:

How will this affect my spouse, children, or siblings? Having a loved one living with you impacts everyone in your family. It is important to know how other family members feel about it before making the decision to live together.

How do I feel about accepting this role? You should analyze how being a more hands-on caregiver makes you feel. It is important to understand how this role will affect other roles you currently have as well; your job if you're still working, your daily routine, and

your family's routine.

How does your loved one feel about moving?

This could be the most important question to ask yourself. It may seem ideal for you to have your loved one move in with you, especially if your responsibilities as their caregiver are increasing. However, it is important to know if moving will affect how they feel about themselves; their dignity and independence.

A couple of questions your loved ones should consider are:

Will moving affect any activities that I love?

There may not be access to the same social circle, or fun activities, if you move. It is beneficial to maintain the activities that are important to you.

Do I like being in the company of the family for long periods of time? Currently, you have your own home and can visit family for as long as you like. When you're living with your family you will have less control over how much time you spend with them and how much time you have to yourself.

How do I feel about being dependent? This could be the most important question to a loved one. When we are adults we are independent and providing for our children. We maintain our independence as we age, and our children grow up to become

independent. Moving in with a loved one can feel like you're giving up some or all of your independence. It is important to know how living with your family will affect how you feel about yourself and your independence.

These are not easy conversations to have, but it is best to discuss these things before making the decision to live together. It is important to talk openly about any expectations, finances, or issues you or your loved one has. A family meeting may be the best option, so that everyone's voice is heard. You could also make a list of pro's and con's on how living together will impact you, your family and your loved one. While these are good strategies, if you find that you need further support please contact the Caregivers Resource Center at the Tompkins County Office for the Aging at 274-5491.

This topic and the questions used were adapted from the article "Considering Moving Your Loved One Into Your Home?" on the AARP website, dated January 22nd, 2018.

Please join us for our Spring Caregiver Workshops:

Dementia Conversations, Wednesday, April 17th from Noon-1:30pm

Legal and Financial Planning, Wednesday, May 15th from Noon-1:30pm

(Continued from page 1)

lab duties and continues to this day. She also took some cooking classes and then initiated some of her own.

After attending a class on the films of Ingmar Bergman, MarieAnne suggested that Ron teach a film course himself. He had seen a lot of films on television in New York as a child in lieu of doing homework and, coupled with MarieAnne's influence, had started to collect a growing library of mostly foreign films. In 2012-2013 he presented his first film series and continues to do so every year. In the early years he curated various themes including first the films of Polish director Krzysztof Kieślowski, the films of Luis Bunuel, and then Japanese, Italian and Irish films. Later themes were a semester of movies about the clash of cultures and a continuing series of "offbeat" cinema. His current ongoing series is called "World Cinema", which allows him to mix films from diverse corners of the globe and to finally include more of the wonderful movies from this country.

In more recent years MarieAnne has expanded her relationship with Lifelong

beyond computer instruction. Having secretly had a long desire to act, she joined a play reading group called the "Play's the Thing" and soon became one of their producers. At the same time in her continuous pursuit of new cooking styles, she developed a passion for vegan cuisine and soon gave several classes on that topic. That, in turn, led her to initiate a vegan dish to pass social group which has been meeting for the past five years.

As a youngster, MarieAnne grew up in a home that appreciated classical music and at an early age began to study piano. Later during her high school years, that interest waned but was then rekindled after she came to Ithaca. She bought a piano and once again began taking lessons. At Lifelong she encountered other music enthusiasts and together they formed a music group that plays together monthly.

Ron's interest in photography only increased after that first Fall weekend in 1983 and he began to specialize in macro photography. He had a show here at Lifelong with his close-up pictures of flowers, fruits and vegetables and for the first time in his life sold a few

photos. In more recent years he has developed an affinity for portrait photography.

Since both are now long retired, Lifelong has become an important part of their lives where they can pursue so many varied class offerings...the ones they take and the ones they give.

Here at Lifelong, we are grateful for the gift of that Moosewood cookbook and how it brought this interesting couple into our midst.

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**Tompkins County Office for the Aging
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Thursday, May 16, 2019
12-2pm**

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AARP New York Associate State Director
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Meal Choices

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Cavatappi pasta tossed with grilled julienne vegetables and sundried tomato pesto

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Lightly floured boneless chicken breast served with light lemon-butter and capers

Parmesan Encrusted Haddock

Tender filet baked with panko bread crumbs and Parmesan cheese

\$25.00 including tax and tip

All entrées served with tossed salad, vegetable, potato and rolls.
Lunches served with coffee, hot tea and iced tea.

Reservations Required

Please RSVP by Monday, May 6, 2019

Questions: Call 274-5450 or email cbullis@tompkins-co.org

Name _____ Phone _____
Entrée Choice _____



Please make checks payable to: **Office for the Aging**
214 W. Martin Luther King Jr./State Street, Ithaca, NY 14850

Got Medicare Questions?

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



Every week HIICAP's certified volunteer insurance counselors meet one-to-one at Lifelong with individuals who have questions about Medicare. Frequently HIICAP is helping people understand the framework of Medicare:

Part A is hospital insurance;

Part B is medical insurance;

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

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

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

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

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

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

In each appointment, the starting point is your individual situation, your questions and concerns.

If you wish to meet with a certified counselor, just call Lifelong at 607-273-1511 and make an appointment.

MEDICARE BASICS

April 22 from 6-8pm, Sarah Jane Blake will be speaking at Lifelong on "Medicare Basics." This talk has become quite popular! It is designed for those approaching age 65 and/or new to Medicare. But if you have been on Medicare for a while 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.

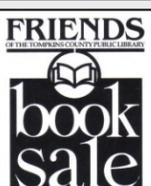
Sarah Jane Blake is the Tompkins County Outreach Coordinator for New York Statewide Senior Action Council. She has been a counselor and advocate for seniors, senior programs, and policies affecting seniors for over 10 years. Previously she was Lifelong's HIICAP Coordinator for Tompkins County. She is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

Please call Lifelong at 607-273-1511 and let us know if you plan to come, 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 Fraud – It's Out There!

**By Sara Jane Blake, Tompkins County Outreach Coordinator for New York Statewide Senior Action Council
Wednesday, April 17, (1:30pm-2:30pm) at Lifelong**

A presentation about how we can work together to prevent, detect and report Medicare fraud in New York State – starting right here in Tompkins County. Vigilance is the key! We'll talk about what to do and what not to do to protect you and others from Medicare fraud: DO review your Medicare Summary Notice when it comes in the mail. DO be aware that Medicare does not call or visit to sell you anything. DON'T give out your Medicare number except to your doctor or other Medicare provider. We'll also talk about New York StateWide Senior Action Council's newest program, the Senior. Please call Lifelong at 607-273-1511 and let us know if you plan to come, but walk-ins will be welcome. This is a free talk and everyone is welcome!



Mark your calendars!

2019 Spring Sale

Saturday - Monday, May 4 - 6, 8am-8pm
 Saturday - Monday, May 11 - 13, 10am-8pm
 Saturday and Sunday, May 18 - 19 10am-8pm

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Office of the State Long Term Care Ombudsman

Ombudsman Volunteers Needed

The **New York State Long-Term Care Ombudsman Program in Chemung, Schuyler and Tompkins County** is looking for volunteers to serve as an advocate and resource for residents in long term care communities.

An Ombudsman advocates for and resolves problems for all individuals living in long term care communities by protecting rights, honoring dignity, and ensuring respect.

A trained and certified Long-Term Care Ombudsman volunteer will visit a facility regularly, talk with residents, help identify and resolve concerns, discuss issues, suggestions and complaints.

If you have excellent communication skills, the ability to assess and problem solve, and an interest in elders with a commitment to improving life and care in long term care facilities; please contact the Long Term Care Ombudsman Program Coordinator, Patricia Chevallard, by calling **(607)274-5498** or emailing pchevallard@tompkins-co.org for more information on becoming a volunteer in Chemung, Schuyler or Tompkins County.

Information on the Long-Term Care Ombudsman Program can be found at;
<http://www.tompkinscountyny.gov/cofa/services/ombudsman-program>
<https://ltombudsman.ny.gov/index.cfm>

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FAQ for Coalition for Safe Medication Disposal Pharmaceutical Waste Collection Events



1. How can I properly dispose of my household medications?

The best method for disposal is to take your unwanted household medication to one of our 9 drop boxes, located throughout Tompkins County:

Tompkins County Sheriff Ithaca 779 Warren Rd, 24 / 7 / 365	Cornell Univ. Police Dept. Ithaca G2 Barton Hall, between Statler Dr. & Garden Ave., 24 / 7 / 365	T.C.3 Police Dept. Dryden When the campus is open: M-Sa 7a-10p, Su 10a-6p
Tompkins County Probation (Human Services Bldg.) Ithaca By appointment. Call or stop by the security window.	Cayuga Heights Police Dept. Cayuga Heights M-F, 9-4:30, except holidays	Groton Police Dept. Groton M, W, F, 8-4, or by appointment
Ithaca Police Dept. Ithaca M-F, 8:00 AM to 4:00 PM	Dryden Police Dept. Dryden M-F, 9-3, or by appointment	Trumansburg Police Dept. Trumansburg M-F, 10am-2pm, or by appointment

Some local pharmacies also take back unwanted medicines.

The CSMD also offers occasional collection events. They will be advertised through local media sources, at www.healthyyouth.org. 2-1-1 will also have event details.

Tompkins County Pharmacies & Their Medication Take Back/Disposal Policies

Pharmacy/location	Will take back medicines	Sells postage-paid mailers
CVS Pharmacy 625 W. Clinton St., Ithaca	No	Yes (no controlled substances)
Green Street Pharmacy 131 E. Green St., Ithaca	Yes, any day during business hours (no controlled substances)*	No
Kinney Drugs 513 N. Cayuga St., Ithaca	Yes, last Sat. of each month, 9 am – 6 pm (no controlled substances)*	No
Kinney Drugs 44 North St., Dryden	Yes, last Sat. of each month, 9 am – 7 pm (no controlled substances)*	Yes (no controlled substances)
Kinney Drugs 2100 N. Trumansburg Rd., Trumansburg	Yes, last Sat. of each month, 9 am – 7 pm (no controlled substances)*	No
Rite Aid Pharmacy 330 Pine Tree Rd., Ithaca	No	No
Rite Aid Pharmacy 615 S. Meadow St., Ithaca	No	Yes (no controlled substances)
Rite Aid Pharmacy 2309 N. Triphammer Rd., Ithaca	No	No
Rite Aid Pharmacy 11 E. Main St., Dryden	No	No
Target Pharmacy 40 Catherwood Rd., Ithaca	No	Yes (no controlled substances)
Tops Pharmacy 2300 N. Triphammer Rd., Ithaca	No	No
Tops Pharmacy 710 S. Meadow St., Ithaca	No	No
Wal-Mart Pharmacy 135 Fairgrounds Memorial Parkway, Ithaca	No	No
Wegmans Pharmacy 500 S. Meadow St., Ithaca	No	No

2. Will my privacy be maintained?

Yes. HIPAA law requires it. No personal information will be collected from prescription bottles from either the drop boxes or any one-day collection event. If you come to a CSMD one-day collection event, you will be asked to participate in a brief survey (how did you hear about the event, etc.) You will not be asked your name and survey responses are not linked to the medications that you bring.

3. Who is behind the drop boxes and collection events?

The Coalition for Safe Medication Disposal (CSMD) which includes representatives from the Tompkins County Sheriff, Tompkins County Health Department, Tompkins County Administration, Tompkins County Dept. of Emergency Response, Lifelong, the Community Coalition for Healthy Youth, TCAT, the Ithaca Area Wastewater Treatment Facility and private individuals. Others supporting the effort include: Tompkins County Solid Waste Management Division, the State Police Department, local police departments, Slaterville Volunteer Fire Company, Cayuga Radio Group, Purity Ice Cream, Collegetown Bagels and the Drug Enforcement Agency.

4. Who may participate?

ONLY participants with household medications. Health care facilities, doctor offices, veterinary offices and pharmacies are NOT (by law) covered by this program.

Do I have to be a county resident?

No, you don't. Tompkins County residency is NOT required. If you can make it, we will take it!

5. What CAN I Bring?

Household medications. This includes prescriptions (including controlled substances), over the counter medications, dietary supplements and veterinary medications. These can be in the form of: pills, powders, liquids, capped epi-pens, vials, sprays, inhalers, gels, ointments, etc.

If possible, please keep your medications in their original containers. Please black out your name and address on the label. Please DO NOT black out the medication name, dosage, or amount dispensed information. Blacked out or not, no personal information will be collected from bottles.

A. What if medication has already been removed from original container?

Simply put the medication in a zip-lock type bag for transport to the collection event.

B. Do I need to remove pills from blister packs?

No. Please leave medications in their original packaging. Remove personal identifiers from the container. Black magic markers work well.

C. Can I bring a prescription that is not mine?

Yes, as long as it is not a controlled substance. Under current law, controlled substances should never be given to anyone else except law enforcement.

6. You CANNOT Bring:

Household hazardous waste (paint, pesticides, oil, gas, etc.), mercury thermometers, Mercurochrome, or medical waste, or medical sharps (needles, syringes, lances, etc.)

A. What should I do with mercury thermometers and Mercurochrome?

Bring them to the next household hazardous waste collection event in the Tompkins County

B. What should I do with sharps (needles, lances, etc.)?

Information on local drop-off locations; information on sharps disposal in other locations.

7. Why is flushing medications bad for the environment?

Medications flushed down the drain contaminate our water bodies and have adverse effects on our environment. Wastewater treatment facilities are not currently designed to remove some of these contaminants. Pharmaceuticals - including antibiotics -- can be found in the drinking water supplies of at least 41 million Americans. The concentrations of the pharmaceuticals are small - far below typical medical doses - but studies have found problematic impacts on wildlife and the U.S. Environmental Protection Agency (EPA) has acknowledged that the issue is a serious concern.

8. Why is throwing medications in the trash bad for the environment?

Throwing medications in the trash is also discouraged. It can lead to accidental swallowing by children or pets or could lead to misuse and/or abuse. When disposed of in the trash, these chemicals can contaminate the leachate (water that comes in contact with trash) from the landfill. Pharmaceutical contaminated leachate can end up in drinking water supplies.

9. Why not just hold on to these medications?

Keeping unwanted medications in your home could lead to a number of serious problems.

A. There is a risk that someone may take your medications without your knowledge. In fact, teen abuse of pharmaceutical drugs is a growing trend in Tompkins County and across the nation. Teens say they have easy access to prescription and over-the-counter drugs in their own homes, a grandparent's or other relative's home. The best solution is to safeguard drugs you keep in your home and to promptly and properly dispose of old or unneeded medicines.

B. Many children are accidentally poisoned by consuming medications found in their or a relatives home. The rate of such of poisonings in this country has been increasing at an alarming rate.

C. Keeping unneeded medications also increasing the chance that adults will get confused and take the incorrect type or dose of medication.

10. Are expired medications safe?

"In order for a company to manufacture a drug, the Food and Drug Administration (FDA) requires that they follow good manufacturing practices. Part of this requirement includes specific testing to determine an expiration date for the drug. This date is based on ideal storage conditions away from

excessive heat, cold, and humidity. After that date, there is no longer any guarantee that the drug remaining is the amount printed on the label or prescription bottle. The expiration date simply guarantees that the drug will work just as well as when it was initially made. The expiration date for over the counter drugs is printed on the bottle. The expiration date on a prescription filled at a pharmacy is assumed to be 1 year from the date that the prescription was filled, when stored under proper conditions, unless otherwise stated.

A common question regarding expiration dating is whether or not it is "safe" to take drugs after they have expired. Unfortunately, the response to this question is not an easy yes or no answer. An antibiotic known as tetracycline breaks down over time into known toxic substances that can result in kidney disease and should not be used beyond its expiration date. However, most medications simply decrease in strength over time and may not work as well for their intended purpose because the chemicals that the drug is broken down into are not active. This breakdown is faster in the presence of excessive heat and humidity (such as in a bathroom) or excessive cold (an automobile in winter). This breakdown can occur even before the expiration date, if the medication is left in improper storage conditions like outside in winter or in a car in the summer. Therefore, it is generally not advised to consume expired medications based on two principles. First, the medication may have lost potency and might not work as expected for its intended purpose. As a result, the disease that the medication is intended to treat may not be adequately controlled. Second, the medication may have started to decompose into toxic substances (i.e. tetracycline) and may be harmful if consumed." i

11. Why should "returned" medicines not be used for overseas aid?

The World Health Organization (WHO) has strongly recommended that the recycling of returned medicines be ceased, for the following reasons:

- A. The "integrity" of previously distributed medicines cannot be assured. Strict controls are in place to regulate the manufacture and storage of medicines in the manufacturer, wholesaler and pharmacy environments. Frequent reports of adulterated medicines have reached the media. We should not apply double standards – if we are not to use the medicines, neither should another country.
- B. The recipient country often has no knowledge of medicines available in the "sending" country. Brand names differ, and most often the medicines sent are of no use in the circumstances existing in the receiving country.
- C. Black Market operations in third world countries are often very active. The interception of drug deliveries is common.

The preferred WHO protocol for medicinal aid is:

1. A medical person (doctor, pharmacist or nurse) with authority in the need country prepares a list of specific medicinal requirements.
2. The list includes delivery address requirements, and names of responsible recipients for the medicines.
3. The list is provided to an official Aid organization who contacts manufacturers and wholesalers direct. The contact seeks donations of required medicines from manufacturers, or at least a heavily discount priced contribution.
4. The required medicines are collected, collated, and delivered to the country in need, and to the specific authority requesting the medicines.

12. Where can I get more information?

- **General information about pharmaceutical waste:**
- **Environmental Protection Agency (EPA)** <http://www.epa.gov/ppcp/>
- **New York State Department of Environmental Conservation (NYSDEC)** <http://www.dec.ny.gov/chemical/45189.html>
- **Finger Lakes Poison and Information Center** <http://www.fingerlakespoison.org/>
- **For Event Specific Information:** Go to: www.healthyyouth.org Email: egottlieb@cityofithaca.org or Phone: **Ed Gottlieb, Chair CSMD 607-273-8381**

Thank you to the Monroe County Dept. of Environmental Services, the USEPA, and Return Unwanted Medicines Project for permission to use some of their material.

i Sean Amy, PharmD Candidate 2010, St. John Fisher College under supervision of: Sharon Ternullo, PharmD Drug Information Coordinator, U. of Rochester Medical Center

Article taken from the website of the Community Coalition of Healthy Youth: www.healthyyouth.org

Collection Totals as of April 2018	
	16 collection events
	8,355 lbs.
	Drop boxes:
	7,521 lbs.

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.

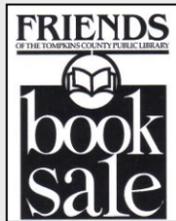
The standard system includes a console unit and wireless transmitter. The console is powered through an electrical outlet and also has an internal back-up battery in case of power failure.



- 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!



Senior Day

(Age 60 & over)

Wednesday, May 15, 2019

10 am - 3 pm



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Compassionate Care When You Need it Most

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 Nigel Mears, Program Director, at nmears@tclifelong.org to register for any of these events!

LIFELONG SPRING SEMESTER

History of Photography in Space

Monday, April 22, 2:30pm-4:00pm

Description: The search for extraterrestrial life is heating up, as astrobiologists set their sights on several promising habitats within our own Solar System. Though we have not ruled out past or even present life on Mars, the focus of this search has shifted to the icy moons of the outer giant planets, well outside the Sun's "habitable zone". Why are these tiny, frigid worlds taking center stage, and what implications does that have for the prospects for life in other star systems?

The Supreme Court 2019

Wednesday, May 15, 6:00pm-8:00pm

As of this printing we have no sense of what the Court's final list of cases will be, but we can be assured that there will be intense arguments engaged, fascinating decisions rendered, and a few tough decisions still remaining in late May. Hon. John C. Rowley, Family Court Judge, and Tom Butler, who has been teaching about the constitution and the Supreme Court for over 40 years, will spend the evening examining the major issues from this term and speculating about the outcome of the decisions still to come in June.

Lifelong will be closed for the following days:

Friday, April 19th, Good Friday

Monday, May 27th, Memorial Day

Lifelong thanks Dryden Mutual for their generous sponsorship!

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

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Parking Changes at Lifelong

As we have long anticipated, the construction of *Library Place* next door to Lifelong will have significant repercussions for Lifelong. On the plus side, and it is a gigantic plus, we will be acquiring approximately 1800 square feet of programming space in the new building. Part of the price to be paid for this space is the temporary surrender of some of our parking places for the duration of construction, approximately 18 months.

The site plan on the right shows that the ten spaces adjacent to the construction site will be fenced off in early April. In return, the developer has found us nearby, offsite parking for our staff. With these changes, our rear lot will provide almost the same number of parking slots as have always been available to you, our members.

This lot can be accessed from the driveway on Buffalo Street closest to Cayuga Street. It runs alongside the freshly repainted light green building housing various offices on Buffalo Street. Please bear in mind that the two rows of spaces behind that building are reserved for their clients and only the two rows closest to Lifelong are available for our members.

On our busiest days, it may be a struggle to find enough parking, but that is no different from the current situation. The long-run payoff of the new program space in *Library Place* makes this a small, but necessary price to pay. We do hope for your understanding.

From the Executive Director's Desk of Lucia Sacco

So happy it's April!

In my last note, I mentioned our Program Director, Tammy Dunn was leaving Lifelong to use her National Certification for Activity Professionals in a Skilled Nursing Facility. We're still in touch with her and she's doing great! Luckily, before she left, she was able to spend time with our new Program Director, Nigel Mears. I'm not sure how we got so lucky twice in a row but Nigel's doing such a great job! It's been fun to watch her get to know our members and participants and she's already got a good grasp of our policies and programming. She's working on putting together our summer catalog while simultaneously scheduling for the fall semester. She's a hard worker and her can-do attitude is wonderful. Be sure to introduce yourself the next time you find yourself at 119 West Court Street.

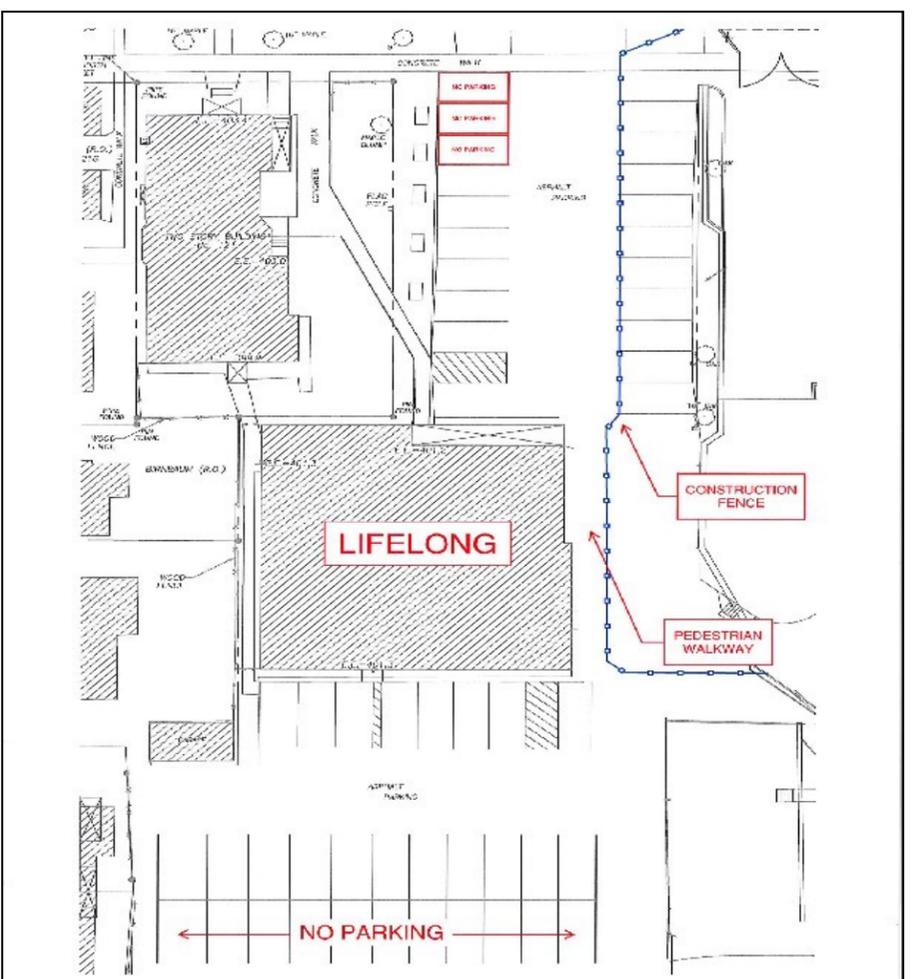
If you've been to Lifelong recently, you'll notice the neighborhood looks a little different. The old Tompkins County Library is gone! So far, it hasn't been too disruptive but I'm sure we'll see some challenges as the new building is constructed. There is a light at the end of the tunnel for Lifelong. We'll have a beautiful, 1800 square foot community space in the new building for our use! When we're not using it for Lifelong programming and events, we can rent it out to others for their events. So, we'll bear with the construction, knowing it will benefit Lifelong in the end.

As you read this, we'll be nearing the end of tax season and our wonderful TCE (Tax Counseling for the Elderly) volunteers have again stepped up and helped seniors, folks on a limited income and individuals with disabilities by preparing their tax returns. This free service generates hundreds of thousands of dollars in refunds to Tompkins County residents. Sincere thanks to these incredibly dedicated volunteers and to the fantastic coordinator of the program, Liza Burger.



I'll end by making sure you know about Lifelong's 2nd Annual Spring Fling! Please consider joining us on Friday, April 26th from 6-8PM for some dancing and door prizes. Live music will be provided by local favorites "Radio London". We're also looking forward to our 67th Annual Luncheon and Meeting scheduled for Thursday, May 23rd at the Country Club of Ithaca. Hope to see you at both these events!

Warmly.....Lucia



Ice Cream Social

Wednesday, April 24th

2:00pm-3:00pm at Lifelong

Stop in and let us treat you to

ice cream sundae with all the fixings: butterscotch, nuts, hot fudge, caramel, sprinkles... even a cherry on top!



Hope you can join us!

Thank you to Brookdale for supporting this event

SPRING FLING

Join us for a night of live music and dancing!



Friday April 26th, 6-8 pm - \$10 Admission
Open to the Community - All are Welcome!
Lifelong 119 W Court St. Ithaca NY

Mother's Day Social

Come celebrate Mother's Day with light refreshments and fun activities!

Thursday, May 9th 1:30-3:30pm
Lifelong 119 W Court St. Ithaca NY



Save the Date

You Are Invited!

LIFELONG'S 67TH ANNUAL LUNCHEON AND MEETING

Thursday, May 23rd at noon
Country Club of Ithaca

IT'S TIME TO PLAN FOR LIFELONG'S 2019 WALK PROGRAM!



A note from Elke Schofield & Jane Zimmerman
Lifelong Walk Program Coordinators:

- Walks are on the 2nd & 4th Wednesday of the month, begin April 24th, & meet at Lifelong at 1:15 pm, promptly departing at 1:30.
- If the temperature is 80 F by 11:00 am, and/or if it's raining at 12:00 noon on the day of the walk, we will not walk.
- Participants must be comfortable walking independently 1-2 miles, or if assistance is needed, you must bring your own assistant.

LIFELONG WALKS! 2019 SCHEDULE

- April 24:** Corinne Stern, Artist, FLOOF Collage pARTy!
- May 8:** Smith Woods, Trumansburg, NY (Matt Sacco, Director of Cayuga Nature Center Programs, will guide us)
- May 22:** Ithaca Falls
- June 5:** A.M.E. Zion, oldest church in Ithaca, and Immaculate Church
- June 19:** I.C. President's House - Fountain Place
- July 3:** Carla Bijouterie Gallery of Fine Jewelry and Purity Ice Cream
- July 17:** Fall Creek Walk off Rt. 13 near NYSEG
- July 31:** Walk through Stewart Park's History incl. Wharton Studio Museum (Diana Riesman/Rick Manning)
- August 14:** Black Diamond Trail (Ithaca Children's Garden - Rt.13)
- August 28:** Tour of New History Center (guide Rod Howe)
- September 11:** Walk to Sciencenter, Mosaic walls, new Hancock Buildings
- September 25:** Sapsucker Woods
- October 9:** Beebe Lake
- October 23:** South Hill Business Campus, Danby Rd - Artists' Alley including Metal Smithery, Elaan Greenfield & Linda Luciano



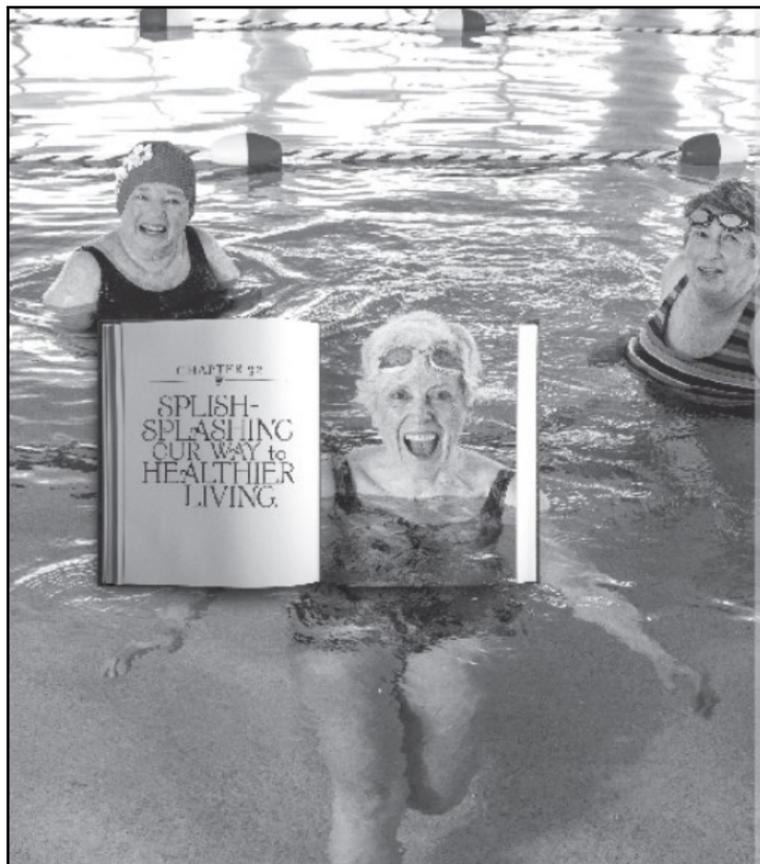
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A not-for-profit continuing care retirement community serving older adults in the Quaker tradition. ©2014 KENDAL

Northside/Southside Program

Lifelong membership is not required.

Northside/Southside is a multicultural program open to ALL seniors, providing opportunities to participate with their peers in activities and special events that promote cultural education and awareness. Activities and events take place at various locations, including Cayuga Meadows, Conifer Village, Ellis Hollow, Lifelong, McGraw House, Southside Community Center, Titus Towers, and public community spaces. Activities are free unless otherwise noted. We are grateful to the Tompkins County Office for the Aging for their continued support and funding of some of our programs.



To register for events please call Lifelong at 273-1511 or email Nigel Mears, Program Director at nmears@tclifelong.org

Monthly Gatherings *(Drop in - no registration needed)*

Monthly gatherings Wednesdays, from 2 - 3:00pm at the locations listed below. Drop in for a light snack, pleasant conversation, various activities and an exchange of ideas for the future!

- April 17th – Lifelong
- May 8th – Conifer Village
- May 16th – Ellis Hollow
- June 12th – Titus Towers
- July 17th – McGraw House
- August 7th – Cayuga Meadows

NS/SS Shopping

Shopping!!! Every 3rd Tuesday of the month, Lifelong will provide round-trip Gadabout service for you from Lifelong to the Shoppes at Ithaca Mall. Pick-up 10:00am, return pick-up 1:45pm.

(Please call Lifelong at least a week before to let us know you're coming)

- April 16th
- May 21st
- June 18th

NS/SS Dining

(If you can, give us a call to let us know you're coming. If not, just drop in!)

First Day of Summer Picnic – Dish to Pass – Friday June 21st 11:30-1:30pm at Stewart Park

Bring a dish to pass and a friend!

Summer Cookout Series at Lifelong: July 12th, August 9th, September 13th from 11:30-1pm

Each cookout is followed by our Film Friday Series. Stick around for snacks and a movie in the air conditioning!

NS/SS Annual Picnic: Wednesday, July 24th 11:30-1:30pm at Titus Towers

Bring a dish to pass and a friend! Hot dogs, hamburgers, & beverages are provided. This event is sponsored by the Northside Southside Program, GIAC & Lifelong.

All events are free!

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.

5 Ways to Spring into Volunteering

By Amanda Knowles, Points of Light Mission is the world's largest organization dedicated to volunteer service.

Spring has sprung, which means sunnier days, weekend barbecues and National Volunteer Week are just around the corner. As the weather warms up, don't miss out on these fun opportunities to get outside, get involved and make a difference!

1. Participate in a charity walk, fun run or race

Many organizations take advantage of warmer weather by hosting fundraising walks and fun runs. From 5Ks benefitting causes like cancer research and mental health awareness, to events like the Boston Marathon, which raises millions of dollars every year for a variety of charities, there are plenty of ways to get active and do good. And if you don't consider yourself a runner, there are plenty of fun, low-key walks and runs to participate. Find a race in your area or search for events by cause.

2. Volunteer as a coach for youth sports league

With the return of the spring comes the return of outdoor youth sports leagues. We know that kids benefit immensely from sports programs, so whether you volunteer as a coach, an assistant or as a team parent, you can be certain you're making a significant difference in a child's life. Check your local government's parks and recreation website to learn more about getting involved with youth sports leagues.

3. Sign up as a dog walker or volunteer at a local animal shelter

Volunteering at an animal shelter is an awesome experience — all the fun of having a furry friend, with a lot less responsibility! Shelters need help with all sorts of tasks, from walking dogs to socializing rescued animals to helping at adoption events, and more. Contact your local animal welfare group or humane society to learn more about volunteer opportunities. Not sure where to start? Find a shelter near you.

4. Take travel to the next level with a volunteer vacation

A volunteer vacation is a great way to travel the world, explore new cultures and make a meaningful difference. There are many ways to engage in purposeful travel, through organizations such as Discover Corps that seek to foster cultural understanding and promote global citizenship. Founded on a deep commitment to volunteer service, Discover Corps coordinates trips in response to requests from communities in need, where travelers can make a lasting impact in a short amount of time.

5. Get your hands dirty with AmeriCorps NCCC

Interested in a longer-term commitment? You can build nature trails, construct homes, fight wildfires or help clean up after natural disasters with AmeriCorps National Civilian Community Corps. The team-based service program recruits young adults ages 18-24 to work and travel the country participating in a wide range of hands-on, direct service projects alongside community partners and local non-profits. Members receive a living stipend and education award, as well as lodging and travel expenses. Learn more and apply today!

Looking for more ways to get involved this spring?

Search <http://getconnected.uwtc.org>



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Volunteers, Connected!

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



Ice Cream Social

Wednesday, April 24th

2:00pm-3:00pm at Lifelong

Stop in and let us treat you to

Ice cream sundae with all the fixings: butterscotch, nuts, hot fudge, caramel, sprinkles... even a cherry on top!

Hope you can join us!

Thank you for Volunteering in our community!

WONDERFUL WHEELCHAIRS NEEDS YOU!



Are you looking for a meaningful way to volunteer your time?

Wonderful Wheelchairs is a terrific, all-volunteer organization that cleans, repairs and sells used wheelchairs at a very reasonable price to those in need. They are looking for volunteers to pick up or deliver wheelchairs, or to donate time to repair and clean wheelchairs. So, if you know your way around a wrench or screwdriver and would like to do some meaningful work to enhance the quality of life for someone else, please call Artie Bennett 375-6657.

Volunteers are needed for the **Project Care** friendly visiting program of the Office for the Aging. **Project Care** volunteers are paired with an older adult in the community and provide weekly visits to that older adult. This is a wonderful program that can greatly enhance the life of both the volunteer and the older adult. For more information about this program or **how you can become a volunteer** please contact Caryn Bullis at 607-274-5450 or cbullis@tompkins-co.org.



Volunteers are needed to help in the Clothing Closet.

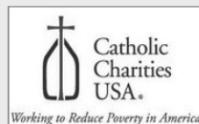
Catholic Charities is looking for reliable and friendly after-noon volunteers for our Clothing Closet 1:00pm-3:30pm.

This free program offers basic essentials to community members in crisis. The Clothing Closet relies 100% on volunteers and operates solely on donations in order to remain open.

Volunteers must be willing to commit to one 3-hour shift per week. Tasks include sorting and organizing donations, hanging and restocking clothing, and basic data entry.

Please send all inquiries to Michaela at Catholic Charities

607-272-5062 ext 17 or Michaela.Cortright@dor.org



Loaves & Fishes of Tompkins County has openings for new volunteers on



Mondays, Wednesdays and Fridays. Shifts are 9am-noon and 11:30-2:30pm, although some flexibility is OK.

Please visit <https://loaves.org/volunteer/how-to-volunteer/> for more information or email info@loaves.org

Loaves & Fishes has been serving free, delicious, nutritious meals five days a week since 1983.

Visit us for a meal at noon-1 on Monday, Wednesday and Friday and dinner at 5:30-6:30 on Tuesday and Thursday.

All are welcome!



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



FRIENDS OF THE LIBRARY

Kathy Weinberg, Coordinator of the Book Sale writes about volunteering

for Friends of the Library "The tasks we have vary, depending on what time of year it is:

During the year we accept donations and sort books all year around. We need both "rough sorters" and "fine sorters." Rough sorters handle the donated books first, look it over, decide which of 70 categories are the best fit for that book, and put the book in the right box. After the boxes get transported to the geographic area of the store where that category is shelved, a fine sorter, or category sorter, decides which books to keep, which are mis-sorted, which should go on the shelves in which subcategories, and which should be boxed to store and bring out later in the Sale. Our volunteers can pick areas to work in that need sorters, whether they have worked in some area all their lives (like lawyers sorting law books), or have always had an interest in some area but never had the chance to learn about it (like me sorting Business).

During the Sale - each of our two Sales each year goes on for three long weekends. We have 4 shifts during each day (Saturday - Monday), and in each shift we need cashiers, people to count the books that patrons have selected and write down the tally, greeters to greet customers and make sure they have boxes/bags and maps to shop with, one person for the information booth to answer customers' questions (we have resources that help), and floaters to walk around on the floor, help people as needed, tidy up shelved books that have been left leaning and in disarray by shoppers, take books that have been rejected by shoppers at checkout back to the correct category, etc. We provide training videos and in-person training for these jobs. A lot of local organizations send us teams during the Sale, but we would be glad to have individuals volunteer for the Sale as well.

For book lovers, the Book Sale is the place to be. We have no minimum commitment and not much formality about signing up. So we welcome people who come for an hour or so as well as those who start out thinking they will be there for an hour or two and end up coming back over and over again. Rough sorting can be absolutely addictive - you get to look at a huge range of books, not just the fare you normally read, and you have to look at the front, back, and sometimes the table of contents or the intro to figure out what the book is about so you can put it in the right category. Our incentives for volunteers include snacks and drinks in our lounge area, talking about books, and seeing a lot of interesting books. Volunteers who work more than 30 hours also have borrowing privileges and can get in to our volunteer-only presale, to get to shop at their leisure.

Signing up is simple, training is fairly quick, and you get to start looking over books right away! Just come in at 509 Esty Street, Ithaca, any Tuesday, Thursday, or Saturday, from 9 am – 2pm. The best time is often around 1, when we are still working but there aren't as many people dropping off donations."



Love Living at Home is not a place on a map - it is a gateway to relationships and resources for older adults who desire to live in the homes and neighborhoods they love.

We are a welcoming network of people helping people. Our programs enrich life and forge connections for new friendships. When you need peace of mind, support is one phone call away.

How can LLH help you? Come learn more at our next public information session:

When: Saturday, April 27, 2019
10:00 - 11:30 AM

Where: Lifelong
119 West Court Street
Ithaca, NY
Light refreshments will be served.

If you have questions, please contact our office at 319-0162 or by email: www.lovelivingathome.org

Listen to the Monthly RUDY PAOLANGELI programs on these Radio Stations!



Date	Event	WNYY	WHCU
Saturday, My 4	Salute to May	10 AM - 12 Noon	
Monday, May 27	Memorial Day	10 AM - 12 Noon	7 AM - 9AM
Saturday, June 8	Salute to June	10 AM - 12 Noon	
Thursday, July 4	Independence Day	10 AM - 12 Noon	7 AM - 9AM
Saturday, August 3	Salute to August	10 AM - 12 Noon	
Monday, September 2	Labor Day	10 AM - 12 Noon	7 AM - 9AM
Saturday, October 5	Salute to October	10 AM - 12 Noon	
Saturday, , November 2	Salute to November	10 AM - 12 Noon	
Thursday, November 28	Thanksgiving	10 AM - 12 Noon	7 AM - 9AM
Wednesday, December 25	Christmas	10 AM - 12 Noon	7 AM - 9AM

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AGING TOGETHER INDEPENDENTLY



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Programs



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