

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

INSIDE THIS EDITION

Page 2 & 3:

- Senior Services Spring Listings
- Covid-19 Vaccine Booster Shot Information
- Home Energy Assistance Program (HEAP)
- Caregiver's Corner: Roles & Tasks
- Caregiver's Workshops

Pages 4 & 5:

- Medicare Resources
- Medicare Open Enrollment at Lifelong
- Medicare Basics Presentations on Zoom
- Medicare Fraud
- The Book Nook - Tompkins County Public Library- *Remember* by Lisa Genova
- Work Force of NY

Pages 6 & 7:

- Improving Bone & Muscle Health
- National Preparedness Month
- 4-Steps to Emergency Preparedness
- Powerful Tools for Caregivers Classes
- Caregiver's Respite
- Examining Patients Rights in Long Term Care Facilities (Part Four of Series)

Pages 8 & 9: (from Lifelong)

- A Line from Executive Director
- Fall Learning Opportunities
- Travel for 2022
- Virtual Travelogue Presentations
- Senior Theatre Troupe Looking for Members
- Mosaic Program
- Fall Walk Program
- New Outdoor Activities Offerings
- Health and Wellness Virtual Classes
- Lifelong Membership - Why Do It?
- Thank you to Silent Auction Sponsors
- Notary Public Service Available at Lifelong

Pages 10 & 11

- Volunteers, Connected—Opportunities
- A Closer Look at Volunteering at the Finger Lakes Toy library
- Volunteer Fair
- Project Care
- Volunteer - Long Term Ombudsman

Page 12:

- Senior Focus: Rudy on Duty
- Farmers Market Coupons
- Flu Clinic at Lifelong - October 14

Senior Focus: September is National Suicide Month

By Beth Harrington, Acting Executive Director,
Suicide Prevention & Crisis Service of Tompkins County

Nationally, September has been designated as Suicide Awareness month, with a further designation of September 5th through September 11th as National Suicide Prevention week 2021. Death by suicide has become a significant public health concern in the United States; every year over 47,000 Americans die by suicide with another 1.38 million attempts. It is the 10th leading cause of death with over 130 suicides daily. Suicide affects people of all ages, genders, races, and ethnicities.

While these statistics alone should make one sit up and take notice, it is the often-unspoken tragedy of the ripple effects of loss and emotional pain, at the individual level, at family and friends' levels, as well as at a community level that is most alarming. And what compounds this tragedy is that a death by suicide is preventable. Although people 65-years and older comprise about 16.5% of our population, they account for 19% of annual deaths by suicide. Men who are 65 and older face the highest risk of suicide, while adults 85 and older, regardless of gender, are the second most likely age group to die from suicide. The other most likely group to die by suicide are middle-aged white men. Deaths involving firearms account for almost 50% of methods resulting in deaths by suicide, a statistic that also is applicable to the older adult population.

Tompkins County is not untouched by such losses. Many agencies in our community have collaboratively joined together to address the issue of death by suicide locally. The group collectively is known as the Tompkins County Suicide Prevention Coalition. Its goal is to promote awareness of these preventable deaths, to engage in activities that highlight mental health and well-being, and to reduce the stigmatism still often associated with suicide. Another initiative supported by both the City of Ithaca and Tompkins County is that of ZERO SUICIDE, a transformational framework that has been shown to significantly reduce deaths by suicides [<https://zerosuicide.edc.org/>].

Public education on suicide prevention awareness can be undertaken on a multi-prong approach, with primary focus on self-care as well as attention to the mental health of others around you. Awareness of warning signs or red flags of behaviors often associated with suicidal thoughts include:

- Loneliness or loss of connectivity with others (often associated with loss and grieving)
- Feeling like a burden on others
- Difficult sleeping (or struggling to get out of

bed in the morning)

- Increased use of drugs and/or alcohol (or stockpiling medications)
- Sharing statements of hopelessness and social isolation
- Having thoughts of self-harm
- Loss of interest in things you usually find enjoyable
- Having a plan with access to means (versus passive thoughts of suicide)
- Unable to perform usual daily functions

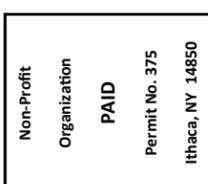
There is research that shows that older adults experience "disproportional" bereavement over the loss of a longtime spouse or friends; that often can lead to decreasing mental health experienced as depression and/or complicated grief. Chronic diseases and other medical problems that affect the older adult's independence, mobility, or engagement in social activities may also lead to depression. Often these transitions in life can lead to a sense of purposelessness and a loss of identity.

There are many shorter-term, as well as longer-term interventions. Some self-care activities include exercising within one's physical capabilities, engaging in social activities, eating healthy, and/or practicing meditation, relaxation, and mindfulness. For an emotional crisis or even just the need to talk with someone, calling the local agency (Suicide Prevention & Crisis Service of Tompkins County) of the National Suicide Prevention Lifeline (NSPL) at 1-800-273-TALK (8255) immediately puts you in touch with a crisis line counselor who actively listens in an anonymous and non-judgmental way. The crisis line counselors can also direct you to other local resources, such as the Tompkins County Mental Health Clinic, Family & Children's Service of Ithaca, the Advocacy Center, REACH Medical, the Mental Health Association, and the many other great agencies that provide all types of support services.

There may be a need for longer-term professional help. Psychotherapy ("talk therapy") may involve individual, group and/or family sessions (virtually or in person). Talking with a physician about medications might be helpful. Volunteerism can be uplifting for some. Public education and community activities to improve resilience are often available at a local level. The Tompkins County Office of the Aging is also a great resource for support in remaining active and independent.

Certainly Covid-19 had added unprecedented stressors to lives that are already complicated by

(Continued on page 5)



Senior Services

NY Connects

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



Tompkins County Office
for the Aging

NY connects can provide information about:

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

NY Connects staff can assist you between 8:30 AM and 4:30 PM, Monday through Friday.

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

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

Free language assistance (interpretation and translation) services available.

Need a Break? Project CARE Might Help!

For updated information on the **Office for the Aging's** Project CARE program please see page 11.

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 T.C. 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



COVID-19 Update: as of 8/24/2021

Vaccine Booster Shot Information



The Tompkins County Health Department is sharing information on the recent New York State, federal CDC, and FDA recommendation that immunocompromised individuals receive an additional (third, or commonly referred to as a "booster") dose of the Moderna or Pfizer COVID-19 vaccine. At this time TCHD is echoing the recommendation that any immunocompromised individual seeking a booster vaccine dose contact their doctor or primary care provider regarding their condition and access to a third dose.

Additionally, TCHD is aware of the announcement made today by federal public health officials regarding additional (booster) doses for the wider vaccinated public, and TCHD is working with community partners to make additional doses available if they are authorized and recommended.

Currently, the CDC is recommending that moderately to severely immunocompromised people receive an additional mRNA vaccine dose. This includes people who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

People who are included in the above list should talk to their doctor or primary care provider about their medical condition, and whether getting an additional dose is appropriate for them. This recommendation is only for those who received the Moderna or Pfizer mRNA vaccine.

TCHD is encouraging all local primary care and specialty care physicians to communicate with immunocompromised patients and facilitate vaccination doses as appropriate.

People who do not meet the immunocompromised criteria above are not currently eligible for an additional dose. TCHD will continue to communicate updates on COVID-19 vaccines with residents as more information becomes available.

Tompkins County Public Health Director Frank Kruppa stated, "The current recommendation for a third COVID-19 vaccine shot is only for a small number of people in our community, those who are severely immunocompromised due to a medical condition or specialized medication. If you are in the categories listed above, please consult with your primary care physician or specialist." Kruppa continued, "As more information about eligibility for a third dose becomes available, we will communicate it widely to the public."

If you would like assistance in finding a primary care provider in the area, you may call the Cayuga Health Physician Referral Service at (607) 274-4615.

Home Energy Assistance Program (HEAP)

By: Andrea Davis, Outreach Worker

As summertime comes to an end, the time to resume using our heating equipment is quickly approaching. Did you know that through the Home Energy Assistance Program (HEAP), you can get your heating equipment cleaned and tuned up so that it is ready for the upcoming heating season? The Clean and Tune program is a once-a-year benefit to applicants who receive HEAP and are the homeowner. Making sure that your heating equipment is cleaned and tuned regularly is a great way to ensure its' longevity.

The Home Energy Assistance Program (HEAP) also assists with heating bills during the winter months. Applicants can receive a one-time benefit to supplement their heating costs during the colder months.

The 2021-2022 HEAP season will start October 1st, 2021. New and returning applicants can pick up HEAP applications from our office during regular business hours once HEAP is open.



The *Senior Circle*

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

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

Caregiver's Corner

Author: OncoLink Team, [OncoLink.org](https://www.oncolink.org)

The job description for a caregiver can be overwhelming. The caregiver can be expected to manage the physical, practical, and emotional/spiritual needs of a loved one while continuing to manage his or her own life. In this article, we will explore a bit more about the roles and tasks of the caregivers, as well as how to strategize managing these tasks and roles and to set limits. The caregiver role is "fluid"; as your loved one's disease changes, so may your role. It is important to be flexible and to communicate clearly with your loved one about their care needs as they evolve.

Physical caregiving needs

While coping with an illness, acute or chronic, the individual requiring care may require physical, medically-based care, and management. As medical care has evolved, less care is being given in the hospital. Many patients are now sent home with high tech medical needs that, not long ago, would have been managed in a hospital. These needs can include tube feedings, chemotherapy, pain management, and wound care. There are also less medically intensive needs, including assistance with mobility and ambulation, repositioning, range of motion exercises, medication management, bathing, dressing, feeding, and supervision for safety.

Limit setting is extremely important in physical caregiving. There may be tasks that the caregiver feels uncomfortable with providing - it is important to voice your concerns about tasks that you feel you will not be able to perform, for whatever reason. For example, you have a bad back, but your family member requires lifting and repositioning. This is not a safe nor realistic role for the caregiver to play. The health care team can help you strategize for alternative plans and sources of assistance. It is of utmost importance to voice your own limitations to both the health care team and your loved one as care is being put into place. Communicate your needs, fears, and concerns so that safe, appropriate care can be arranged.

In many cases, you are being asked to become a nurse for your loved one. This can be a scary reality for the caregiver, but you are not alone. These services are always done in conjunction with and under the supervision of both the physician and a skilled home care agency. Caregivers can be taught (and re-taught) how to provide services to their loved one, how to troubleshoot, as well as when to call for help. Homecare agencies are on call 24 hours a day to provide you with guidance and support. You do not have to do it all on your own. Skilled nursing care, physical therapy, infusion, and wound care services are typically covered by insurance. See our article on "mobilizing help" for more information on home care services.

Practical caregiving needs

Practical care needs involve assisting your loved one in the management of their daily life and can include paying bills, applying for disability, managing insurance claims, going to appointments, and assisting with medical decision making.

Overseeing financial tasks may require the appointing of a financial power of attorney. This is not something to be handled lightly. Consult with an attorney to draw up the necessary legal paperwork that affords protections to both you and your loved one. It is important to talk with your loved one about their financial situation, where supplies are located when bills are due, and how you both can work together to manage his or her personal finances.

As a caregiver, you may attend medical appointments with your loved one. In this role, you need to be present, take notes, ask questions, and assist your loved one in making decisions with the care team. Your loved one may want to appoint you as medical power of attorney or health care proxy so that in the event that he or she is unable to make decisions, you could make them on his or her behalf. Your social worker can help you with creating these documents.

It is important for the caregiver to stay organized. Start a binder or accordion file to keep all the related paperwork. The American Cancer Society offers a free, "Personal Health Manager" with tabs and folders to help organize everything from appointment calendars to medication lists to survivorship care plans. Keeping all paperwork necessary for caregiving in one place can be extremely helpful and alleviate the stress of looking for prescriptions, schedules, and legal documents.

You may also want to keep a separate folder for managing financial documents, such as disability applications and communication, insurance paperwork, and medical bills. This can help you and your loved one stay on top of needed paperwork and facilitate claims being paid on time. Discuss with your loved one where s/he keeps important documents including their will, living will, life insurance policies, property deeds, and car titles. If your loved one pays bills online, you may want to inventory user names and passwords as well as discuss with him/her if you can access these accounts on his or her behalf. It is important to spell this out in any financial power of attorney document to protect yourself and your loved one.

Emotional caregiving needs

When faced diagnosis of cancer [or any other diagnosis], your loved one is riding a roller coaster of emotions. Whether you like it or not, you are along for that ride. Your loved one's feelings may change at the drop of the hat. Given your role as caregiver, you may be the one who hears the anger, dries the tears, laughs at a good joke, or hopes with him or her. What can be especially challenging for caregivers is that all of these

emotions can happen in a very short period of time, making it hard to anticipate and prepare for how to best support your loved one. At the same time, you need to support your own emotional needs.

Communication is key in supporting each other. It is important that you are able to share with your loved one your own feelings and emotions about the experience while continuing to be empathic with the situation. The rewards of providing this emotional support to your loved one should not be ignored. Your loved one is vulnerable, scared, and uncertain about the future. You have been asked to accompany them on this journey. You are committed to them. You are improving their quality of life. You are vital to their physical and emotional well-being. Relationships grow while providing care, but only if you can talk with each other about the experience, the stresses, the highs, and the lows and maintain a plan of action and support together. It is important to explore other avenues for social, emotional, and spiritual support for both you and your loved one. It bears repeating; you do not have to do this alone.

The Caregiver Resource Center at the Tompkins County Office for the Aging has several caregiver services to help.

If you are a family caregiver, call the Caregivers' Resource at the Office for the Aging for specifics about local supports (274-5486) and to be added to our mailing list for our quarterly newsletter, *In Support of Caregivers*. Also, see the information on our *Powerful Tools for Caregivers* classes in the box below.

CAREGIVERS: STAY TUNED!!!

The Office for the Aging will be holding upcoming caregiver workshops this fall/winter on:

**Long-Term Care In-home Assistance
Respite Options
Legal and Financial Planning for
Caregivers**

The dates and times are still TBD so please be on the lookout for information! Contact Amy at the Tompkins County Office for the Aging Caregiver Resource Center at 607-274-5486 or e-mail: ajackson@tompkins-co.org for more information and/or to be added to our e-mail or mailing list

For a free copy of the 64-page booklet, *Resources for Caregivers in Tompkins County*, call the **Office for the Aging** or view it online at <https://www2.tompkinscountyny.gov/cofa>.

(Click on the orange *Resources for Caregivers* booklet cover about 2/3 down on the home page.)

Medicare Resources

Tammy Dunn, Coordinator, Lifelong's Health Insurance Information, Counseling & Assistance Program (HIICAP)

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

Lifelong's HIICAP (Health Insurance Information, Counseling and Assistance Program): This program helps Medicare recipients, soon-to-be-recipients, and caregivers get a better understanding of how Medicare works, and gives them tools to become educated consumers. If you have Medicare questions of any kind, please give us a call. Some questions may be answered in a phone call, and in many cases an appointment can be made for a one-to-one counseling session with one of our trained and certified volunteer counselors, where your individual situation will be addressed and information will be provided to help you with decision making. HIICAP counselors can assist you in wading through details on Medicare supplements, Medicare Advantage Plans, and Part D Prescription Drug Plans available to you, and can help determine eligibility for programs which provide savings on medications, deductibles, and premiums. Counselors provide free, confidential, unbiased information. Call for an appointment at 607-273-1511.

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

Annual "Medicare and You" Handbook: The "Medicare and You 2022" publication will be arriving in mailboxes in late September, or you may elect to instead receive an electronic version of this handbook by visiting www.medicare.gov, then clicking "mail you get about Medicare," which will guide you in signing up to receive correspondence via email. If you are new to Medicare, this publication can help you understand how Medicare is organized, and can be a handy reference throughout the year.

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

Medicare Rights Center: This national, nonprofit consumer service organization works to ensure access to affordable health care for older adults and people with disabilities. The Medicare Rights Center is an independent source of Medicare information and assistance throughout the country. In addition, they produce *free* electronic newsletters. *Dear Marci* is an e-newsletter designed to give consumers and professionals the latest Medicare information, resulting in a better understanding of Medicare benefits and options. *Medicare Watch* is an e-newsletter that helps readers remain up-to-date on Medicare policy and advocacy developments, and learn about changes in Medicare benefits and rules. To sign up for electronic newsletters, go to medicarerights.org, choose "Resources" then "Newsletters" and enter your email address. You can take a look around that website for further information, or you can contact their National Helpline at 800-333-4114.

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



2021 Medicare Open Enrollment at Lifelong



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

Open Enrollment is an excellent time to review whether you are getting the best coverage at the best cost, and to explore any new Part D (Rx Drug) or Medicare Advantage plan offerings. Any changes you make in your coverage during fall open enrollment (Oct. 15 – Dec. 7) will be effective January 1, 2022. Explore ways to save money on premiums and medications.

Certified HIICAP counselors will offer in-person and zoom counseling by appointment only. Be your own advocate and call: **607-273-1511** or email **tdunn@tclifelong.org** to set up your HIICAP appointment today! HIICAP services are rendered free of charge. Appointments are also available with counselors at the Tompkins County Office for the Aging by calling: 607-274-5482.

Compare options and select the best match for YOU!

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



Lifelong

Join Lifelong for a
Medicare Basics Presentation
via zoom on
Thursday, October 14 from 4:30-5:45pm

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

Presented by Liza Burger, Executive Director of Lifelong and a certified HIICAP counselor with Tompkins County HIICAP (Health Insurance Information, Counseling and Assistance Program). In addition to offering presentations, certified HIICAP counselors offer free, non-biased 1:1 health insurance counseling at Lifelong. Telephone, zoom, and limited in-person HIICAP appointments are being provided at this time.

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

Lifelong is inviting you to a scheduled Zoom meeting.

Topic: Medicare Basics with Lifelong

Time: Oct 14, 2021 04:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://bit.ly/3y4TDk0> Meeting ID: 937 8702 7382 Passcode: 649347

Call Tammy Dunn at 273-1511 if you want the information to dial into the meeting.

What is Medicare Open Enrollment?

Also known as Fall Open Enrollment or Annual Election Period. It may seem like it is a busy time for your mailbox and phone, with salespeople pushing you to make a change or at least review your current Medicare coverage.

But read on to learn what it is really all about!

Medicare Open Enrollment Starts Soon!

By: Rodney Maine, Aging Services Specialist

Every year the Medicare Open Enrollment period is from October 15th to December 7th. Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. This Open Enrollment period is when anyone with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

If you are in a Medicare health or prescription drug plan, you should always review the materials your plans send you, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If your plans are changing, you should make sure your plans will still meet your needs for the following year. If you’re satisfied that your current plans will meet your needs for next year and it’s still being offered, you don’t need to do anything.

The Tompkins County Office for the Aging offers Medicare counseling, and we can help you navigate through all of your options. Give us a call at 607-274-5482 to make an appointment during Open Enrollment for unbiased information regarding Medicare health or prescription drug plans.

In-person or zoom counseling by appointment only by certified HIICAP counselors are also at Lifelong. Call: 607-273-1511 or email tdunn@tclifelong.org to set up your HIICAP appointment today!

National Suicide Month (Continued from page 1)

multiple worries, as it has increased social isolation, bringing about the loss of connectivity to others, and has decreased our usual protective health measures. People who normally have good coping skills have had those skills overwhelmed by pandemic pressures.

Every person, organization and community can play a role in suicide prevention by knowing the warning signs of suicide, finding the words to support a friend or family member, and by reaching out to and promoting local and national resources. Positive coping skills, resilience, and connectedness to family, friends, and our community can act as protective factors to help us navigate life’s many transitions. Remember, all of us can and should play a role in suicide prevention.



For more information on the Coalition or other resources, call the office of Suicide Prevention & Crisis Service at 607-272-1505

STATE WIDE

New York StateWide Senior Action Council, Inc
Improving The Lives of Senior Citizens & Families in NY State
www.nysenior.org • 800-333-4374 • www.nysenior.org

NYS taxpayers lose over \$5 billion dollars to Medicare Fraud each year!

The NYS Senior Medicare Patrol educates beneficiaries to **PREVENT, DETECT and REPORT** Medicare Fraud.

Although there are many health care fraud scams, 3 common scams are:

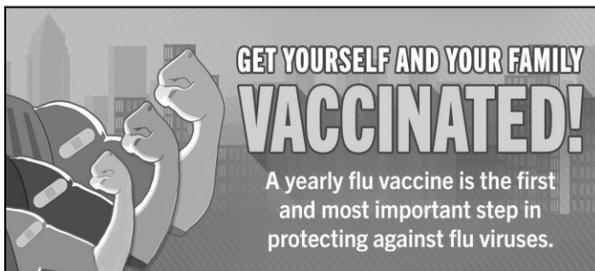
Vaccine Card Scams – fake vaccine cards on being sold on social media for those who do not want to be vaccinated, putting people at risk. Do not post photos of your vaccine card on social media.

New Medicare Card Scams – Scammers are calling and stating that you will receive a new black and white COVID Medicare Card. This is a scam! Call our office if you have received this call and confirmed your Medicare number.

Durable Medical Equipment – is now arriving at your doorstep with forms that the provider wants you to sign. They already have your Medicare number and want you to provide your secondary insurance company information. Do not sign the forms or call the DME provider – call our office for assistance.

NY StateWide Senior Action Council provides free and confidential services with Patients’ Rights, Medicare Health and Prescription Drug Coverage, Service and Benefits for Seniors and Medicare Fraud Prevention.

All staff are trained and certified, and available to give presentations to your community groups. If you believe you have been a victim of Medicare Fraud, or are interested in a presentation, give our office a call at 1-800-333-4374 or visit us on line at www.nysenior.org.



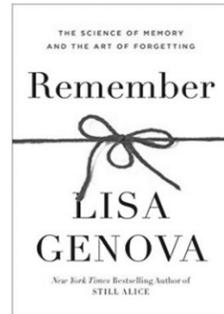
Get a flu shot at most pharmacies for everyone in your family, including kids age 2 and up! Or call your health care provider.



The Book Nook

A feature from the Tompkins Public Library
 By Meghan Molloy, Librarian, Adult Services

Remember: The Science of Memory and the Art of Forgetting
 by Lisa Genova



Lisa Genova, the author of New York Times Bestseller *Remember: The Science of Memory and the Art of Forgetting* is both a novelist and a neuroscientist. These dual areas of expertise make for a book that is as engaging and enjoyable to read as it is informative. Genova discusses the different types of memory, the parts of the brain involved with the function of memory, and the difference between normal forgetfulness and memory loss caused by cognitive decline. Through data and storytelling, Genova debunks some of the traditional myths about memory enhancement while offering scientifically sound advice on how to improve your memory. With honesty and humor, Genova navigates subjects that can be difficult to talk about and makes them accessible for the lay person looking to understand how memory works and how to preserve it.

During the COVID-19 pandemic, find Tompkins County Public Library’s hours and services at www.tcpl.org or call 607-272-4556. Browse and borrow our digital collections anytime!

All Library programs are free and open to the public.



Tompkins Workforce New York provides a convenient, one-stop shopping approach for accessing employment-related services for businesses, workers, and jobseekers in Tompkins County.

The full-service center is located at 171 E. State Street, Ithaca NY, inside of Center Ithaca on The Commons. The offices are currently not open to the public for face-to-face meetings, but they are still assisting customers by phone, email, or Zoom.

Tompkins Workforce New York is a hub of support for older workers, assisting with resume writing, technology, job seeking, virtual workshops, and other employment-related services. They are also able to connect customers to other community service providers through referrals.

The Career Center's Staff provides friendly, professional services and they are ready to assist jobseekers and businesses. For more information, please call 607-272-7570 and leave a voicemail. Calls are returned weekdays during normal business hours.

Improving Bone and Muscle Health this Fall

By: *Luiza Lima Vieira and Nicole Iori*

Aging is accompanied by declining physiological changes that can be treated with appropriate dietary and lifestyle adjustments. Many adults over the age of sixty suffer from a loss of strength and endurance, low resistance to diseases, and functional decline; all of which are related to nutrient intake. Trouble tasting and smelling food as well as loss of appetite may lead to reduced food intake which causes nutrient deficiencies. Loss of bone density and loss of muscle mass, known as osteoporosis and sarcopenia respectively, are among the most common physical challenges that naturally occur over time. As the seasons change, why not modify your nutrition and health-related practices to adopt for healthy aging? Here are some things you can do:

- **Eat Your Veggies!** Increasing bone and muscle density helps to reduce fracture risks and improve quality of life for those over the age of sixty years. Bone health is mainly regulated by calcium, vitamin D and protein quality. Calcium is found in cruciferous vegetables (dark-green and leafy vegetables), legumes, seeds, nuts, and fortified cereals. More specifically, good sources of calcium include collard greens, broccoli, kale, soybeans, spinach, and rhubarb amongst many others.
- **Here comes the Sun!** Vitamin D is essential in maintaining calcium homeostasis and preventing the onset of osteoporosis. Although vitamin D is contained in some foods, such as cod liver oil, salmon, trout and mushrooms, exposure to sunlight is the best source. Time spent outdoors with sun exposure (don't forget the sunscreen!) allows the skin to synthesize the essential vitamin D needed to promote bone health. A short walk around a park or your home or a rest on an outside bench for ten minutes a few times a week will work. **Did you know?** During the fall season, Tompkins County has many local events to look forward to—all of which are great ways to spend time outdoors and obtain vitamin D. The Farmers Markets are weekly, and their locations include Dewitt Park, Trumansburg, and the Steamboat Landing in Ithaca are great spots to visit. During late fall when sun exposure is limited, dietary intakes of vitamin D through food or supplementation should be considered.
- **Plan on Protein!** Muscles work to support the structure and movement of our bones, and their health should be considered alongside bone health. Protein intake is especially important for maintaining muscle mass. Adequate protein intake is necessary to prevent sarcopenia, or the natural degradation of muscle mass that results from aging. High quality protein, or protein that contains all the essential amino acids (building blocks of protein), can come from both plant and animal sources. Animal-sourced proteins are complete in these amino acids; however, they are linked to negative health effects that include high blood pressure and cholesterol levels. Therefore, these must be consumed in moderation. Plant proteins on the other hand, while recommended, do not always contain all the essential amino acids. Therefore, it is important to remember that a variety of plant protein is needed. A perfect plant protein containing all the amino acids includes a combination of legumes and cereals. Examples of good sources include whole wheat bread with peanut butter or a bowl of rice and beans.
- **Let's Get Physical!** Exercising has been shown to have the largest positive impact on bone health. Luckily, Tompkins County has a plethora of nature paths and parks where you can engage in outdoor activities. Amongst popular trails are the Cayuga Lake Blueway Trail, the Black Diamond Trail, Buttermilk Falls, and the Cornell Botanic Gardens. Active movement and performing resistance-type exercise training at least twice a week with adequate protein intake is highly effective in increasing skeletal muscle mass, regardless of age. Why not take a daily walk in the sunshine followed by a meal rich in legumes and cereals as a simple and effective way to prevent aging?

Luiza Lima Vieira and Nicole Iori are Cornell University students working dietetic internships at Foodnet Meals on Wheels.



September Is National Preparedness Month

National Preparedness Month is observed each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The theme for 2021 is:

“Prepare to Protect. Preparing for disasters is protecting everyone you love.”

“Everyone can help to prepare yourself, your family, and your community for emergencies,” said Geoff Dunn, the Community Preparedness Coordinator for Tompkins County’s Department of Emergency Response. “Throughout the month of September, our office will feature weekly themes that highlight basic preparedness activities that everyone can do.”

Each week is focused on a different aspect of preparedness for individuals, families and communities:

Week 1 September 1st - 4th: **Make a Plan**

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

Week 2 September 5th – 11th: **Build a Kit**

Be sure to have supplies that will last for several days after a disaster for everyone living in your home. Consider the unique needs each person or pet may have in case you need to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.

Week 3 September 12th – 18th: **Low-Cost, No-Cost Preparedness**

Know the risks of disasters in your area and check your insurance coverage to make sure it is up to date. Learn how to make your home stronger in the face of storms and other common hazards.

Week 4 September 19th – 25th: **Teach Youth About Preparedness**

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

For more information visit www.TompkinsReady.org.

This is also a perfect time to sign up for the Swift911 mass notification system. “Tompkins County uses Swift911 to alert residents to emergency situations, such as flooding, road closures, evacuations and shelter-in-place orders,” said Dunn.

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

The Core Advisory Group of Tompkins County reminds you:

“Emergencies Don’t Wait. Make Your Plan Today.”

The Core Advisory Group (CAG) was formed, with support from FEMA’S (Federal Emergency Management Agency) Disability Integration Unit, by persons with access and functional needs, agencies that provide services to them, emergency responders and other community needs.

The mission of the group is to advocate for and facilitate the inclusion of persons with access and functional needs in local emergencies planning activities.

4 Steps to Emergency Preparedness

Be Informed- It is important to know which types of disasters could affect your area. <https://www.ready.gov/be-informed>

Make A Plan- Make a plan today. Your family may not be together if a disaster strikes. Know how you’ll contact one another and reconnect if separated. Establish a family meeting place that’s familiar and easy to find. <https://www.ready.gov/plan>

Build A Kit- Being prepared means having your own food, water and other supplies to last for several days.. <https://www.ready.gov/kit>

Get Involved- There are many ways to Get Involved especially before an emergency or a disaster occurs, the content found on this page will give you some ideas of how you can take action in your community. <https://www.ready.gov/get-involved>

The Core Advisory Group of Tomkins County (CAG) welcomes all people with and without disabilities in Tompkins County with an interest in disability emergency planning issues.

For more information or to join CAG, contact Jan Lynch 607-272-2433 or e-mail Jan@fliconline.org

POWERFUL TOOLS FOR CAREGIVERS

Managing Stress and Improving Self-Care



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better. Together



FEELING OVERWHELMED?

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

JOIN OUR NEXT COURSE!

• Thursdays
September 9th thru October 14th
2:00 - 3:30pm
• The class will be virtual and in-person, COVID permitting

Tompkins County Office for the Aging 214 W. MLK Jr. / State St. Ithaca, NY 14850
Call us to Register! 607 - 274 - 5482

Caregiver Respite

Title III-e is a funding source that can be used to pay for home health aides in order to provide respite for caregivers of a loved one.

NYS Office of the Aging is acutely aware of the toll that caregiving for a loved one can take on the family members. Declines in physical and mental health of the caregiver can mirror those of the person receiving the care.

One of COFA's most important missions is to help provide care for the caregivers of our elderly community. To that end, Title III-e is a dedicated funding source that aims to alleviate some of the burden on the caregiver by paying for a home health aide to provide respite for said caregiver. Unlike some other funding streams used to help families hire aides, Title III-e is available for all caregivers regardless of income.

When someone reaches out to the Long-Term Care Department located at the Department of Social Services here in Ithaca, the case manager will help determine if there is a situation in which Title III-e might be an option for someone looking for aide service. Not all folks looking for someone to provide help in the form of light housekeeping or personal care have someone who can be designated as a caregiver, but for those who do, Title III-e may be able to offer a bit of relief. For information, please contact the Long-Term Care Department at 607-274-5278.



Alison M. Weaver

Ness - Sibley Funeral Home

Pre-arrangement eases the burden of those you leave behind.

We invite you to learn more and to begin your planning at www.ness-sibley.com

There is no cost for this valuable service.

23 South Street, Trumansburg
(607) 387-8151
www.ness-sibley.com

Part four of a Series:

Examining Patients Rights in Long-Term Facilities Nursing Home Resident Rights

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

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

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

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

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

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

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

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

Rights to Information

As a resident of a long-term care facility, you have the right to access information that pertains to you. This is most obviously manifested through access by yourself, or your designated representative, to your medical records. If requested, the facility must let you read your records with 24 hours and/or provide you with copies of the records, at your expense, within two business days.

But what about details regarding your life in the facility? Is it reasonable for you to expect information concerning functional issues such as room changes or facility audits conducted by the New York State Department of Health? You might be surprised to learn that not only is it reasonable, there are some strict rules about how and when such information should be made available.

There may be times when you might experience a room change or a roommate change while living in a long-term facility. While there are some extenuating circumstances, it is generally unacceptable for facility staff to switch residents around without notice or permission. For example, you must be given prior notice to a room change unless you requested the change, agreed in advance, an emergency occurs, or your treatment plan/health changes significantly.

There are also rules concerning general facility information. Each facility must also conspicuously post materials regarding: resident's rights and responsibilities, Medicare and Medicaid, advance directives, health care proxies, monthly activities schedule, date and time of upcoming Department of Health audits/visits, ombudsman contacts, and more. If these items are not displayed for your review, you can ask to see them and should also consider contacting your local Long-term Care Ombudsman. It is always completely **confidential**, and the ombudsman's only goal is to work towards ensuring the resident's needs, wants, and rights are met and protected.

If you or a loved one currently reside in a nursing home and have questions or concerns about your rights, please contact your local ombudsman at **(607) 274-5498**.

See you next issue when we break down Rights to Visits.

Address Questions/Comments to:

Long-Term Care Ombudsman Program
Tompkins County Office for the Aging
214 W. MLK Jr/State Street, Ithaca, NY 14850

Email: klyon@tompkins-co.org or pchevallard@tompkins-co.org



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!

A Line from our Executive Director, Liza Burger



Welcome Fall!

An excerpt that I read lately from the book Dusk, Night, Dawn by Anne Lamott summarizes nicely what many of us have been feeling during these ongoing trying times. We take a step forward, yet it's like tucking an octopus into bed at night: new arms keep popping out! Having to revisit the possibility of mask mandates and the guidelines for our community which are designed to keep us all safe during the COVID-19 pandemic got me thinking a lot about resilience lately. While being resilient doesn't mean we don't experience stress and emotional upheaval, building on our ability to withstand adversity and bounce back from situations that can really test us can only help, no matter one's age.

The idea of cultivating resilience might be useful to us all, and one of the great things about resilience is that it can be taught. An acronym I read about recently to help remember some of the key components of resilience is resilience "SAVES".

S: Social Connection- keep in contact with those you care about and who care about you, whether virtually or in-person. We need each other!

A: Attitude- no matter what the circumstance, things **will** change. Something that feels awful today may be rewarding tomorrow.

V: Values- pursue what matters and find something to hold on to during difficult times.

E: Emotions and Emotional Acceptance- be aware of your emotions even when they are uncomfortable, and accept them for what they are right now.

S: Silliness- Don't take yourself too seriously; laughter is great medicine!

We're striving to be resilient at Lifelong and we're here to lend support. I hope that you'll find ways to connect here as we move into the fall. Lifelong's fall catalog, which is available in hard copy and online (www.tclifelong.org), features both in-person and virtual offerings.

Do we have your email address? With our gradual reopening we've found that updates in our weekly email newsletter are a good way to stay connected and alert members and potential members to upcoming programs, including additions to the catalog. If you'd like to be included on that list please send an email to kkoyanagi@tclifelong.org and we'll get you added.

Warmly, Liza



Monday, September 6th - Labor Day
Monday, October 10th - Indigenous Peoples Day
Thursday & Friday, November 25th & 26th

AARP has put on hold all in-person classes currently due to the pandemic. Lifelong will offer the driver safety course when AARP feels it is safe to so.



The September and October Classes Lifelong had scheduled have been cancelled at this time.

Notary Public Service available at Lifelong
Free of charge

To arrange an appointment email Liza Burger at lburger@tclifelong.org



Lifelong Learning - Register early to ensure your first choices!

So many offerings both in-person or virtually. Here are a few new ones:

Eat Smart Live Strong with Sarah Curless, Mondays September 20-October 18 (no class October 11) 1pm-2pm

What is Medicaid Asset Protection?; Keep Talking: An Introduction to Professional Voice Over; You've been meaning to write a will...learn how to get the ball rolling;

Janay Paccone from the Alzheimer's Association of Central NY Chapter is offering 2 free virtual presentations: October 5 at 5 pm on Understanding Alzheimer's & Dementia, and November 4 at 5pm on Effective Communication Strategies.

Her are some more titles of Fall Classes:

You Have Been Meaning to Write a Will...Learn How to Get the Ball Rolling

Keep Talking: An Introduction to Professional Voice Over

Frauds and Scams Targeting Older Seniors

Online Payments and Transactions: Just a Button or a Tap Away

Some from favorites Classes with favorite Instructors:

Eric Clay, Wayne O'Brien, Neil Golder, Ron Krieg, Natasha Tall, Tom Butler

Lifelong Travel Opportunities

Rome & the Amalfi Coast

March 18 – March 27, 2022

10 Days 13 Meals

To learn more look online at Exploring Rome & the Amalfi at gateway.gocollette.com



Explore Scotland & Ireland

May 15 – 27, 2022

13 Days 17 Meals

To learn more look online at Exploring Scotland & Ireland with Lifelong at gateway.gocollette.com



Hawaiian Adventure

(March 10 – March 19, 2022)

10 Days 13 Meals

To learn more on look online at Exploring the Hawaiian Adventure with Lifelong at gateway.gocollette.com



Not ready to actually travel ?

Experience the world by registering for one or all of the following travelogues:

- *New Zealand* with Carol Eichler, Monday, September 20 at 2:00pm. Scheduled to be virtual.
- *London Museums, and Monuments* with Deb Schmidle, Mondays, November 22-December 13, 1:00pm. - Virtual

Or maybe the our Solar System has your imagination!

Two offerings from Zoe Learner Ponterio, Manager of the Spacecraft Planetary Imaging Facility (SPIF), she worked from 2002-06 on the science and mission critical operations teams for the Mars Rovers Mission.

Scheduled to be in-person....

- *Hunting for Aliens*, Wednesday October 13 at 2:00pm
- *Navigating the Solar System*, Wednesday December 8, 2:00pm

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

Senior Theatre Troupe

The Senior Troupe of Lifelong is looking for new members to join the troupe. No previous theatre experience needed. No memorization! We have fun. We will be meeting once a week on Thursday afternoon starting September 23. Stay tuned regarding whether this group will meet in person or virtually this fall.

The Senior Troupe of Lifelong has been performing for more than 22 years. We perform stories from our lives, with themes picked by the troupe. The troupe is directed and coordinated by Sue Perlgut who has more than 40 years of teaching theatre to all ages.

Our Living History theatre, which we are calling "choral theatre," accommodates the various ages and physical stamina of the actors. Past themes have been about clothing, travel, animals, winter, women in our lives and prejudice. The director and members of the troupe range in age from the 60's to the 90's. All ages are welcome.

For more information about the troupe go to: <https://closetohomeproductions.com/senior-theater-troupe/>

This is a project of Lifelong and is partially supported by funds from the New York State Council on the Arts, administered by the Community Arts Partnership

Lifelong's Mosaic Program Fall Offerings

NEW

Emergency Readiness 101
Friday, October 1st at 10am

NEW

Self Awareness with Jim Entwood
Wednesday, November 19 at 4:30 pm

Africana Film Series with Eric Kofi Acree
September 15th, October 20th,
November 10th and December 15th

Two New Offerings at Lifelong to get out an experience the outdoors!



• Kayaking/Canoeing Ithaca's Waterways with Tom Stern.

Saturdays, Sept. 11-Oct. 30, (10 sessions),
8:30am-10:00am, Offsite, In-person

Canoeing and Kayaking is an ideal way to maintain upper body fitness while enjoying the beauty of Ithaca's West End waterways. Lifelong members can use Paddledocker canoes and kayaks (or bring your own). Group will meet at the Paddledocker launch site, 701 West Seneca St. (located at the old train/bus station). The cost per person for a 90-minute rental is \$25.00 (payable to Paddledocker). While instruction is offered, the program is offered to both experienced and non-experienced paddlers. Once on the water you are free to go at your own pace. Tom will be paddling along with the group to assist anybody in need.



• Bicycling the Ithaca Waterfront Trail with Tom Stern.

Tuesdays & Friday's, Starting September 10
(as long as weather permits) 11:00am-
1:00PM, In-person offsite at Ithaca Youth
Bureau

Starting September 10, the group will get together for a ride along the Waterfront. Trailbike rentals are available. Bikes range from the typical two-wheeler to incumbent and 3-wheel adult tricycles. The rental charge is \$10.00 for the standard bikes/tricycles and \$15.00 for a recumbent (fees payable to Ithaca Youth Bureau). Although we will meet as a group, people can bike along at their own pace. As a group coordinator, Tom will ride towards the back to help with anybody in need.



Lifelong Membership...

Why do it?

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

Our mission: to "enhance the second half".

Join Lifelong online at: www.tclifelong.org

Membership Benefits

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

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

But ... There is MORE!

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



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

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

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

Access to the hotline number is available to Lifelong members by calling 607-273-1511 for the number for Hotline tech support.

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

Stay Informed – Lifelong's eNewsletter

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

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

Lifelong Walk Program

Every other Wednesday - through October 20

Fall Walks to include:

- **Sep 8:** Gourlandia, Eco Village
207 Rachel Carson Way (Graham Ottoson)
- **Sep 22:** Stewart Park
History, New Playground (Diane Riesman/Rick Manning)
- **Oct 6:** Dryden Lake/
Jim Schug Trail (Joyce Walsh)
- **Oct 20:** Beebe Lake



The group meets at 9:15 AM at Lifelong to depart promptly at 9:30 AM.

You must be able to walk independently 1-2 miles. We ask you to bring an assistant if you need one.

Should the temperature be over 80 degrees F, the group will not walk. You will receive an email with details 2-3 days ahead of the upcoming walk.

To Participate you need

- *Current Lifelong membership
- * Participation Waiver Form

Forms are available at the front desk at Lifelong during normal business hours.

Virtual Health & Fitness Activities

NEW

MEDITATION

With Mary Ann Erickson
1st & 3rd Wednesdays, 9/15-12/15, 1:00pm-
1:30pm

CHAIR YOGA

Lifelong - Tuesday & Thurs days -10:15am –
11:15am
To join a class, you will need a Facebook_account

In-Person Health & Fitness Activities

ENHANCE YOUR FITNESS

Brooktondale Volunteer Fire Company
Mon/Wed/Fri 10:00am-11:00am

Juniper Manor in Trumansburg
Monday & Fri days - 10:00am-11:00am

Lifelong
Fridays 8:30am – 9:30am

STRENGTH TRAINING

Lifelong-Thurs 12:30 – 1:30pm

TAI-CHI

Lifelong-Fridays
11:00am – 12:00pm (short form)
12:15pm-1:15pm (long form & stick)



LIFELONG'S SILENT AUCTION

WAS A SUCCESS -

THANKS TO ALL WHO PARTICIPATED!

Presenting Sponsor:

TOMPKINS
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Cayuga Medical Center



Cornell Community Relations

Beechtree Ctr. for Rehab. & Nursing



GUTHRIE

Guthrie Ithaca

Patrons:

Tom Butler
HOLT Architects
True Insurance

Individual:

Mary Ann Erickson
Brookdale Senior Living

Volunteers, Connected!

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



The **Finger Lakes Toy Library (FLTL)** is a lending library that loans toys, puzzles and games to all families, caregivers and organizations that work with children in the Finger Lakes region surrounding Ithaca, NY. Its mission is to improve quality of life by increasing access to toys, supporting play, and encouraging a culture of reuse and sharing. Memberships are on a pay-what-you-can-honestly-afford basis with no minimum, so no one is denied membership if they cannot pay. We also take our toys on the road for "playtimes" in libraries and community centers throughout the region. The FLTL seeks volunteers for one 3-hour shift a week, either to host open-hours or as toy-cleaners. These are great volunteer opportunities for seniors!

Yvonne has been a preschool teacher, a speech therapist and a toy buyer at Hearthsong, and currently volunteers by running an open-hours shift for the toy library. This volunteer job involves welcoming members to in-person browsing, providing age-appropriate toy suggestions from our nearly 1000 item library, and managing the check-out and check-in process via our iPad point-of-service software to keep a handle on our inventory!

Maddy is a toy-cleaner and board member. She served as a preschool teacher for 45 years, and created the Toddler Program at Chemung Valley Montessori School in Elmira, NY. As a toy cleaner, she assesses each toy as it is returned, making sure it is clean, complete, and determines if it needs repair. This is an integral part of the working of the toy library as we lend out many toys each week!

We are also always seeking board members- we have a working board that participates in fundraising, event planning, advertising our services and developing relationships with other area organizations. We are looking to expand the reach of our services and open hours of FLTL this fall, and need more volunteers to make this happen! If you are interested in volunteering for FLTL, please contact our board president Debra Lewis at debra.lewis@fingerlakestoylibrary.org, or the interim director of operations Kelly Sauve at kelly.sauve@fingerlakestoylibrary.org.

Do you like working with a team of fun and interesting people?



Where would you find a local group of volunteers that includes former professors, teachers, administrators, financial planners, an experimental physicist, a pilot, a doctor, an aide to governors, and even a nuclear submarine captain? They're at Lifelong having fun together serving their community in the **Tax Counseling for the Elderly (TCE) program**. And they would love to have you join them!

Are you comfortable with numbers? Do you like to understand basic tax issues and your own tax situation? Are you looking for an opportunity with a finite timeline? Do you have basic computer skills? Volunteering in the TCE program provides an opportunity to continue learning while also providing a much needed service to highly appreciative individuals in our community during the tax season from January to April. Training and support are provided and the group of volunteers works collaboratively to support both each other and the taxpayers. It is truly a group effort.

Not sure you're ready to actually prepare taxes? Volunteers are also needed in the program to welcome people to the tax clinics and help them get ready to meet with a preparer.

When you ask current volunteers to identify the best thing about being a TCE volunteer, they all talk about the camaraderie of the group, the personal interaction and appreciation from clients, and the fun they have giving back to the community in this way. And how they have gained a better understanding of the challenges facing their fellow seniors - "I've even had people hug me because their refund was going to make something important happen for their family."

Think you might be interested in joining us? Let's talk about it.

Email TCELifelong@gmail.com or call 273-1511 and leave your name and phone number. Khaki Wunderlich, TCE Coordinator, will get back to you.



Loaves & Fishes

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

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

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

To sign up or for more information, email: info@loaves.org

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

Stay Tuned...

We are working on making available a Directory of Volunteer Listing that could be accessed on Lifelong's Website or a hard copy available at Lifelong....it is a work in process at the moment.

We are planning on the Volunteer Fair happening at the end of the month but again stay tuned...- Joyce



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

VOLUNTEER FAIR

Lifelong - 119 West Court Street- Downtown Ithaca

Thursday, September 23rd
9:30 am-11:30 am

- Visit booths from Tompkins County non-profits who are looking for volunteers.
- Talk directly with Volunteer Coordinators, and Active Volunteers
- Pick up a copy of our Volunteer Listings in Tompkins County
- Refreshments and Door Prizes



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

Get unbiased funeral planning information and price comparisons

Funeral Consumers Alliance of the Finger Lakes

www.fingerlakesfunerals.org
607-273-8316

Project CARE / Project Generations

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

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

Human connections can help alleviate loneliness and social isolation.

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



LTCOP is looking for volunteers to serve as *advocates, conduct facility visits, and resolve concerns* for residents in long-term care facilities.

DO YOU LIVE IN CHEMUNG, SCHUYLER, OR TOMPKINS COUNTIES? &

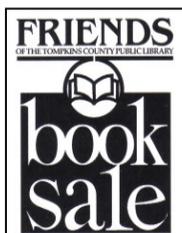
DO YOU HAVE:

- Excellent communication skills
- The ability to problem solve
- A commitment to dignity and respect
- A desire to make a REAL difference
- Two hours a week?

Contact us today!

Call us at 607-274-5498
Email pchevallard@tompkins-co.org

WWW.TOMPKINSCOUNTYNY.GOV/COFA/VOLUNTEERS



Friends of the Library is accepting donations until September 18.

509 Esty Street, Ithaca

Masks required.

2021 Fall Sale is tentatively planned for October 9-11, 16-18, & 23-26.

"Senior Day" October 20, 10:00am - 4:00pm.

Book enthusiasts 60 & over and those with disabilities that make shopping difficult can shop on Senior Day. Your helper must stay with you and cannot shop separately.

Interested in volunteering at the Booksale or year round?

Please call 272-2223 or email: info@booksale.org



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.



We are recruiting new Hotline volunteers for 2022

Our next training will begin in early 2022. Hotline Volunteers help staff our 24 -Hour Hotline and provide crisis counseling, advocacy, support and referrals to youth and adult victims of domestic violence, rape, sexual assault. And sexual abuse.

Volunteer are required to make a minimum one-year (two semesters) commitment that includes four hotline shifts per month. Comprehensive training is provided 40 hours of training commitment includes evening and weekends winter 2011.

Application is now live at: actompkins.org/volunteer or email Becky at bbaines@actompkins.org.

McGraw House Senior Apartment Complex



- Studio & One Bedroom
 - Apartments for Income Eligible Seniors (age 62 and older)
 - Located in Downtown Ithaca - close to shopping, library, restaurants, places of worship, medical offices, etc.
 - Access to Public transportation
 - Dining Facility with Evening Meals
 - Preference provided to eligible Veterans/Surviving Spouses Residing in New York State
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AFTER 70 YEARS IN BROADCASTING, "RUDY IS STILL ON DUTY !"

by Tim Paolangeli

Before eight tracks, tape cassettes, CD's, i-pods and stamp size audio chips, RUDY PAOLANGELI was on his way to becoming an Ithaca, New York Radio institution.

His love affair with radio began in 1948 in a large 2nd floor closet in his family home on Ithaca's

Northside, where he constructed Ithaca's first "Pirate" radio station WVLR FM, (the Voice Of The Little Red) at 95.5 on the dial. Each evening from 7 -9pm he would play hits of the day, until the FCC shut down the station in 1949.

After graduating from Ithaca College in 1954, he was hired as a disc jockey by WHCU in Ithaca .

In 1956, he help construct WTKO in Ithaca and hosted the early morning show, and was promoted to Assistant General Manager.

In 1958, WKBW in Buffalo, New York, the mighty 50,000 watt station hired Paolangeli to deliver "PULSE BEAT NEWS" at 15 & 45 minutes past each hour during the 6:00-12-midnight DICK BIONDI SHOW. Biondi was voted one of the most listened to disc jockeys in America and WKBW was rated the #2 greatest Top 40 Station of all time!

In 1959, he was hired to build and manage WAUB, a new station in Auburn, New York. He also hosted the 6:00-9:00am "RUDY ON DUTY" wake-up show.

Paolangeli returned to Ithaca and WHCU/WYXL in 1961, and retired as General Manager and early morning host as" RUDY ON DUTY" in 1988.

While working full time at WHCU, he worked part time at the Ithaca College School of Communications teaching several courses a week and was Faculty Manager for the College stations, WICB and WVIC and Faculty Advisor for ALPHA EPSILON RHO, the National Honorary Broadcasting Society.

He enjoyed teaching and loved his students, and they loved him When he retired in 1988, his many fans urged him to return to the airwaves. So he put together THE RUDY PAOLANGELI PROGRAM, a 2 hour showcase for Nostalgic music, that is STILL heard once a month on WHCU am/fm and WNYW am/fm. It can also be heard 24/7 coast to coast

and around the world by logging on rudyonduty.com Listeners range from Manhattan , Washington, DC, San Francisco, Las Vegas to Italy, Australia, Cambodia and London.

The programs are produced and recorded at RP MEDIA, his in-home professional audio studio.

Paolangeli was very active in church, school and civic organizations, School Boards, City of Ithaca Police Commissioner, Chamber of Commerce, Community Fireworks Board (48 years) and others. He also volunteered his time and studio to record Public Service Radio Announcements for nearly 100 non-profit local and area agencies.

Paolangeli was the recipient of many awards including:

VOLUNTEER OF MONTH/YEAR:

- Lifelong
- Neighborhood Housing Authority
- Ithaca Journal
- Dewitt Historical Society
- Tompkins County Library
- RSVP of Tompkins County
- THE ROBERT J. UPLINGER DISTINGUISHED SERVICE AWARD from the New York State
- Lions Club for outstanding contributions to Ithaca Radio and the Community

DEDICATION:

- The Ithaca College James J. Whalen Center For Music Jazz Studio
- The Ithaca College Athletics And Events Center Wolfgruber VIP Room "Wall Of Honor"
- The Cayuga Radio Group RUDY PAOLANGELI CONFERENCE ROOM for his lifetime commitment and love for radio

ORGANIZATIONS

- Marquis Who's Who In
- Media & Communications
- Broadcast Pioneers Of America
- New York State Broadcasters

When asked what keeps him going after 70 years in broadcasting, Paolangeli replied "I looked forward to going to work EVERY day. How many people can say that?

AND I took Mark Twain's advice!"

"Find a job you enjoy doing, and you will never have to work a day in your life."

Flu Clinic at Lifelong



Thursday, October 14
9:00am-11:30am

Everyone Every Year!

- Everyone every year should get a flu vaccination
- Please call Tompkins County Health Department at 274-6616 to make an appointment
- Bring all insurance cards. Medicare, Medicaid, and Blue Cross Blue Shield accepted
- Without insurance pay at the clinic either by cash or check. No debit or credit cards accepted



Senior Farmers' Market Nutrition Program (SFMNP)

Farmer's Market Coupons are still available!

Senior Farmer's Market Coupons are still available from the Office for the Aging throughout September.

The coupon booklets include five \$4 coupons, for a total of \$20. Coupon booklets are given out on a first come, first-serve basis. Recipients must be age 60 or over, have not received coupons from anywhere else, and sign for and affirm that they are low-income based on the following criteria:

Gross monthly income at or below 185% of Federal Poverty Guidelines:

- \$1986/month for a one-person household; or
- \$2686/month for a two-person household; or
- \$3386/month for a three-person household.

A POA or Proxy can pick up coupons, sign, and attest on a recipient's behalf, if they provide a written note from the recipient stating they are allowed to do so.

The coupons can be used at any participating market, with any participating vendor. Participating vendors will have signs indicating that they accept the coupons. The coupons can only be used to purchase *fresh, local, unprocessed fruits, vegetables, and culinary herbs*. Recipients can have someone else redeem the coupons for them if they cannot travel to a farmer's market themselves.

Additional distribution tables will be held at local food pantries and the Senior Housing complexes. For more information on when and where the coupons will be distributed, or if you are having difficulty accessing our office, call the **Tompkins County Office for the Aging at 607-274-5482.**

TAKE A MONTHLY MUSICAL TRIP DOWN MEMORY LANE WITH RUDY PAOLANGELI



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



WHCU
97.7 FM - 870 AM



WNYW
94.1 FM - 1470 AM

Monday, September 6	Labor Day	7am—9am	10:00am-12noon
Saturday, October 2	Salute to October		10:00am-12noon
Saturday, November 6	Salute to November		10:00am-12noon
Thursday, November 25	Thanksgiving	7am—9am	10:00am-12noon
Saturday, December 25	Christmas	7am—9am	10:00am-12noon

Also available 24/7 Around-the-World by logging on rudyonduty.com