

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

Senior Focus: Community Cal

By: Rodney Maine

Cal Walker, known by some as “Community Cal” was born in Montgomery, Alabama in 1954 and moved to Syracuse in 1963. As an activist, Cal has been monumental in working with others to help increase equity and access in local public schools. A particularly defining moment for him occurred during his sophomore year in high school. The first day of Algebra II class, moments after class started, the teacher handed him a note saying he needed to see his guidance counselor. He would find out later that the reason the teacher sent him there was her assumption he might be in the wrong class. She’d never had an African American male student in that class and had assumed it was a mistake with his class schedule. Her ignorance was a catalyst for him becoming an advocate for challenging stereotypes and confronting systemic injustices in public schools.

After graduating high school in 1972, he attended LeMoyne College in Syracuse for a year, then transferred to Livingstone College, a historically black college, in Salisbury, North Carolina. He graduated from Livingstone in 1976 with a degree in Business Administration and returned to Syracuse where he was soon hired by Procter & Gamble as a sales representative covering much of the Southern Tier. He chose to live in Ithaca because he had hoped to utilize his company’s continuing education program benefit to earn an MBA at Cornell University. He later learned that the MBA program did not offer a part-time option for study, however, Cal decided that Ithaca was still going to be his home. A quote from an advisor at Livingstone would stick with him for the rest of his life: “Blossom wherever you’re planted!”

He was offered new opportunities for advancement by Procter & Gamble, only to turn them down because he would have to move from Ithaca. He would later become involved in Procter & Gamble’s diversity initiatives and college recruiting, in addition to continuing his sales rep responsibilities.

In 1979, he married his wife Glenda. They have 4 biological children and one “unofficially adopted”, all now adults; and 4 grand-children, with a 5th on the way.

Cal and Glenda have fostered 49 children since 2000, mostly teenagers, and at one point had 6 children at once. He explained “though the children placed in our home were often with us for a short amount of time (the average being 14 months), we did our best to create a loving and supportive environment, so that when they left they would be more resilient and have a stronger foundation upon which to pursue their interests and goals in life.”

Cal’s local community involvement started in the early 80’s when he served as co-chair of the Ithaca Black Caucus, an activist organization which, among other things played a pivotal role in prompting the City of Ithaca to develop a viable Affirmative Action Plan. That involved several mediation sessions between the two parties, facilitated by the Civil Rights Division of the U.S. Justice Department.

In the 80’s and 90’s Cal was also involved with the PALS (Parents of African and Latino Students) group that concentrated on the issue of disparities in educational opportunities in Ithaca’s public schools. PALS, along with the Schools Issues Group and other efforts, were forerunners to The Village at Ithaca, which he co-founded in 2002, and served as its first Executive Director. The Village at Ithaca’s mission is to advocate for excellence and equity in Ithaca’s public schools, by developing strategic community relationships, programs, and services to ensure that all students, particularly Black, Latino/a, low income, and other underserved students, consistently meet or exceed local and New York State standards of achievement.

In helping to frame the mission, Cal noted that “Ithaca’s brand is education, and with such prominent colleges and university as we have here, it is completely inexcusable to have a public-school system that doesn’t adequately educate all its children regardless of so-called risk factors!” He promoted a common vision for the community to transcend its real and perceived divides and make equitable education for all a non-negotiable value. He warned that



Cal Walker, Making a Difference as a Community Volunteer

systemic under-achievement and inequity in public schools is an urgent community problem, and “if we’re not collectively committed to ensuring a quality education for all, then the community as a whole is at risk.”

Cal has been an Alternate Instructor in the local school district since 1993, and he is still offering those services today. He estimates he has worked with well over 100 different students, each in multiple one-to-one sessions, over

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Senior Services - Information and Referral

NY Connects

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

NY connects can provide information about

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

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

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

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

Visit us on the web: 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 **274-5499**.

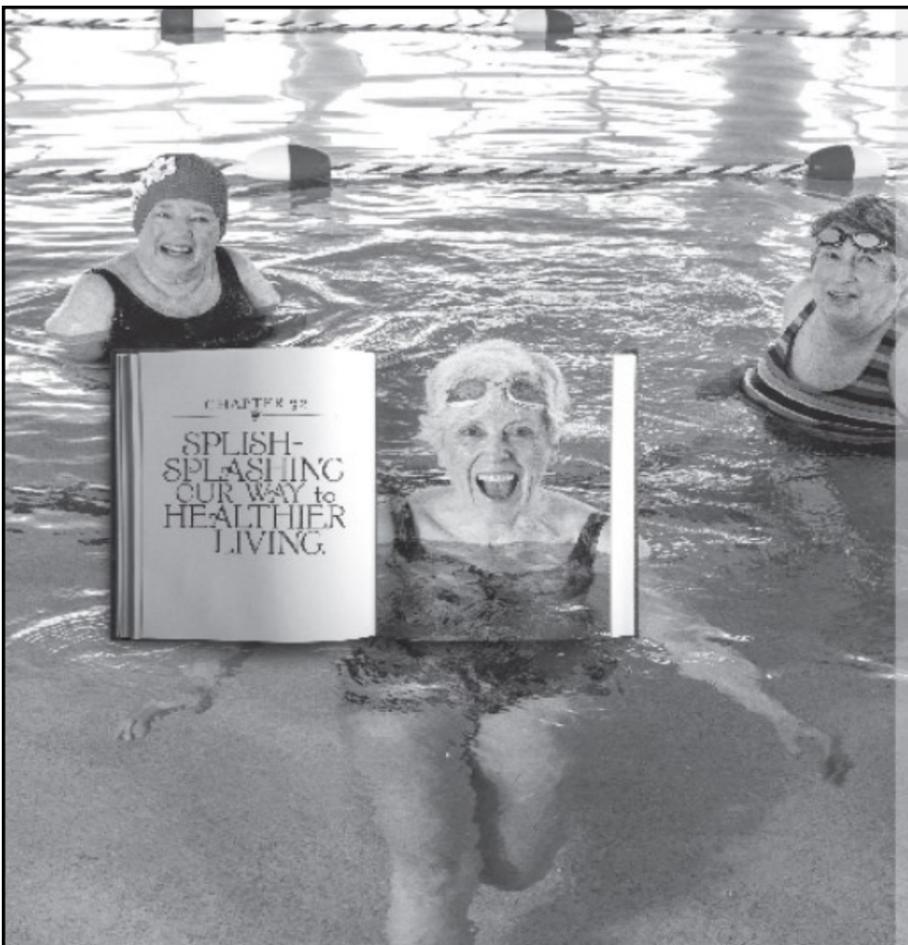
Additionally, if you are interested in volunteering, please call the **Office for the Aging, 274-5499**, for more information about Project CARE.

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.



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

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

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

KENDAL at Ithaca
The Best Retirement Designation of Aging

2230 N. Triphammer Rd., Ithaca, NY 14850

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

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

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.

Caregiver's Corner

Protecting Older Adults from Financial Abuse

In the spring, many of us receive unsolicited phone calls from scammers claiming to be from the IRS and threatening us with jail time if we ignored them. This summer, we may have contractors coming up to our door saying that they are working at a neighbor's house and can offer us a deal. In the fall, we may start getting unsolicited calls about health insurance.

All of these are illegal solicitations unless we have a previous business relationship with the firm. But they happen anyway, and some older adults may be vulnerable to such schemes. Other schemes include sweepstakes and prize offers, con artists steering seniors into high risk investments or pyramid schemes, and questionable fundraising tactics of some charities.

Red Flags

1. Relatives, friends and other caregivers should be on the lookout for warning signs of fraud.
2. Piles of unsolicited mail from marketing and lottery operations.
3. High volume of packages containing inexpensive jewelry, watches, or other products.
4. Large number of magazine subscriptions.
5. High volume of unsolicited phone calls from marketers and others offering "valuable opportunities."
6. Large bank withdrawals for unexplainable expenses related to marketing companies and other businesses.
7. Does your relative (friend) seem to be unduly influenced by the advice of a person with whom you are not familiar?
8. Have your relatives' spending habits changed dramatically, or have they complained about being short of money lately? Are utility and other bills not being paid?
9. Has your relative or friend switched health insurance in response to a marketer without getting information needed to make an informed decision about all their options?

Victimized by Relatives/Friends

Unfortunately, many vulnerable older adults are being exploited financially by a relative or "friends."

Your relative may not ask for help. They may be in denial or ashamed of what has happened to them. They may fear retaliation or that they will lose needed help for their basic care. They may have a sense of misplaced loyalty to someone who has treated them well in other ways. They may be unable to report exploitation because of physical or mental incapacity.

Any of the following changes can be signs of financial exploitation and should be treated seriously:

1. Changes in a Person's Demeanor

- New worry about their finances, especially missing funds
- Inability to remember making certain financial transactions
- Implausible explanations about what they are doing with their money
- Fears they will be institutionalized unless money is given to a particular person
- Afraid to answer questions in the presence of another

2. Questionable Transactions

- More frequent ATM transactions
- Large withdrawals from bank account
- Signatures on withdrawal forms that are suspicious
- Amounts and signatures that seem to be written with different pens
- New bank loans or debts

3. Suspicious Relationships with Caregivers

- New friends or relatives who are suddenly spending a lot of time with the person and appear too interested in their finances.
- The person is becoming increasingly isolated and overly dependent on a single relative, friend or professional caregiver.
- A caregiver who speaks for the person in a silencing way.
- The person seems nervous around, or afraid of a relative, friend or caregiver.
- Someone inexplicably gains control over the person's finances.

If You Suspect Abuse

Get information to clarify the events and circumstances that prompted the suspicions. Review existing documents and collect missing information, especially in the areas of housing expenses, food purchase/preparation, management of financial assets, wages and other compensation paid to caregivers and method of payment. Clarify whether other people who live in the household contribute to household expenses. Address any emergency situations without delay (e.g., to avoid eviction or disconnection of basic utilities for non-payment) or find an agency or person who can help. If you suspect criminal activity, alert local law enforcement. Take definitive steps to prevent subsequent financial exploitation.

A warm welcome...

YOUR CHOICE IS EASY WITH SO MANY GREAT LOCATIONS,
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conifervillageinterlaken@coniferlc.com

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- Wireless Emergency Call System

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ellishollow@coniferlc.com

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

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Groton, NY 13073

(607) 898-4770

schoolhousegardens@coniferlc.com

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- Emergency Call Buttons in Bath and Bedrooms

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

CV@CAYUGA MEADOWS

108 Aster Lane
Ithaca, NY 14850

(607) 216-9808

cayugameadows@coniferlc.com

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

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

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Two volunteers honored at Annual Luncheon

The Tompkins County Office for the Aging held its Advisory Committee's Annual Luncheon 2019 on May 16th from 12-2pm at the Hotel Ithaca. Two adult volunteers were honored for their service to the community.



Beth Harrington was honored for her volunteer service in Tompkins County.

Beth Harrington, pictured on the left, has lived in New York State since 1971, moving to Tompkins County in 1974. She worked for Cayuga Medical Center for 31 years, leaving there ("retiring") in 2003. Beth has been working for the Tompkins County Department of Emergency Response since then, as an Assistant Director/EMS Coordinator. Her husband is also a volunteer paramedic and firefighter, as well as volunteering for other

community groups ... he is her partner in every way! Beth and her husband have many rescue pets, including horses, dogs and cats.

Beth's volunteer engagements have been numerous. For some time, Beth has been an active member of the Long-Term Care Committee. Through this and various sub committees Beth has helped implement several initiatives including the "Step Up to Stop Falls" coalition. Beth's work at the Ithaca Free Clinic includes providing guidance as the Chair of the Clinic Operations Committee offering her invaluable experience in nursing and crisis management. Beth has also provided many years of volunteering for Slaterville Volunteer Ambulance and Fire Company. She gives much of her time working celebrations and fundraisers such as chicken barbecues, as well as being a passionate advocate for the critical role that Emergency Medical Services play in the delivery of health care.

When asked about volunteering, Beth had this to say,

"As Americans, I believe we are losing our sense of community ... a sense of caring about friends, family and neighbors that is built upon volunteerism. Organizations of every type are struggling with loss of volunteers, a national epidemic. So, I would say to everyone ... JUST DO IT and reap the rewards of great satisfaction that goes with volunteering."

Louise Matosich was born and raised in Ithaca, NY. She met her husband and they were married and started their family. Louise stayed home and raised her children and she discovered the joy of volunteering. She assisted with activities at the school her young children attended and has enjoyed volunteering since. After that she worked part time at various places including the History Center. While employed at the History Center she was responsible for running the front desk, managing the Book Store and keeping track of the books. After she retired, she continued to foster her love of history by volunteering there, which she still does today.

In retirement, Louise has committed her time to volunteering for a number of organizations. Louise never seeks acknowledgement or praise for all that she has done and the impact that she has had on her community. Louise has volunteered at the Salvation Army every Saturday and Sunday preparing and serving food and often cleans the kitchen as well. Louise also visits Cayuga Ridge, a local nursing facility and brightens the resident's day by singing for them. She will even offer the residents the microphone allowing them to sing their favorite song. There is no doubt that Louise's presence serves to bring energy and joy to the residents of Cayuga Ridge. Additionally, she continues to volunteer at the history center which she has done for almost 30 years.

"Volunteering is very enriching." Louise says. "It keeps you busy, especially when you retire. There is so much you can do for other people. It's important to always do what you are interested in, not what



HELP US LEARN!

We are looking for study participants

- We are looking for male and female participants aged 18-30 or 60 and over for a study on healthcare choices and information preferences.
- We are interested how people make choices about their health.
- All of your answers will be kept completely confidential.
- Contact us through (607) 255-2457 or Healthy.Aging.Lab.study@gmail.com
- **Disclaimer**
Although all information gathered in the study will be confidential, online communications are not secure and emails sent to the experimenter could be read by a third party.

Study details:

60 - 90 minutes

\$20 payment

The study involves questionnaires, cognitive tasks, and an interview.

Participate in our lab space on Cornell's Ithaca campus!

JULIA NOLTE, M.S.C.

Ph.D. Student
Project Coordinator

Healthy Aging
Laboratory

Cornell University

Call (607) 277-4500 or visit ithacanh.org/seniorliving



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OPPORTUNITY #1:

- 1 & 2 bedroom apartments
- 24 hour emergency maintenance
- Off-street parking
- Community rooms
- Interactive activities
- Close to grocery stores, library, and other shops

Locations:

- Newfield Garden Apartments (Newfield)
- Juniper Manor I & II (Trumansburg)

OPPORTUNITY #2:

- 1 bedroom, 1 bath cottage-style home with living area and kitchen



Modular home can be installed next to a family member's home. Perfect for someone looking for the support of family as they age, but would like to maintain their independence.





Educating Empowering Advocating

Certified Long Term Care Ombudsmen provide free-of-charge advocacy to and serve as a resource for persons who reside in long term care facilities (nursing homes, assisted living and adult-care facilities). Relatives and friends who act on behalf of a resident may also contact the Long Term Care Ombudsman.

Ombudsmen respond to a variety of concerns about long term care including:

- Quality of care
- Abuse and neglect
- Rights violations
- Lost and stolen belongings
- Dietary concerns
- Discharge, eviction or termination of services
- Public benefits programs
- Cost of care

For more information or if you want to volunteer please visit www.ltcombudsman.ny.gov or contact Trish Chevallard at 607-274-5492 or pchevallard@tompkins-co.org.

Please also visit the Tompkins County Office for the Aging website at <http://www.tompkinscountyny.gov/cofa/services/ombudsman-program>

Project CARE

Project CARE is a **friendly visitor program**. Project CARE provides companionship by having a volunteer make a weekly visit. Volunteers can provide conversation, play games, go for a walk, work on a puzzle together, and so much more. Project CARE can be a great comfort to Seniors and can provide in-home support to family caregivers as well as direct help to frail, homebound older adults, especially those that are socially isolated.

Project CARE is currently working on establishing an on-call option to the program for one time or short-term needs such as grocery shopping, light yard work, running an errand, one-time respite and more.

Project CARE looking for Volunteers

We need you! Do you have one-two hours per week to spare? Ever thought of being a volunteer? Project CARE is a volunteer friendly visitor program for Seniors. Volunteers provide companionship, respite for caregivers, or help with household chores and errands.

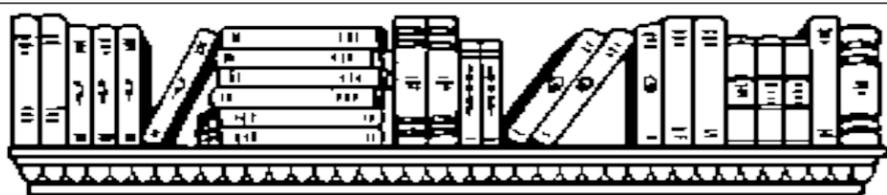
Weekly visiting:

Many Seniors in our community greatly benefit from a weekly visit. Visits provide a caring bond, especially to those who are socially isolated. Volunteers can have conversations, play games, go for a walk, read to their Senior, watch a movie, polish nails, cook/bake, do a puzzle together, and so much more.

On call option:

Looking for a shorter commitment? Project CARE is also looking for volunteers to assist in shopping, walking a pet, organizing calendars and paperwork, providing a short-term respite period for the caretaker and more. Volunteers can choose to be on call for these types of services. In some instances, Seniors may pay a fee for specific services.

If you are interested in having a Project CARE friendly visitor volunteer 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.



The Book Nook

A feature from the Tompkins Public Library

Joyce Ann Wheatley, Librarian

Information & Learning Services, Tompkins County Public Library

Both books reviewed, **Washington Black** and **Becoming**, were inspirational, memorable, gorgeously written and, if you prefer audiobooks, wonderfully narrated.

Washington Black was a TCPL Fiction Book Club's pick and is available as a "Book Club Kit" for you to share with your own reading group!

Washington Black by Esi Edugyan

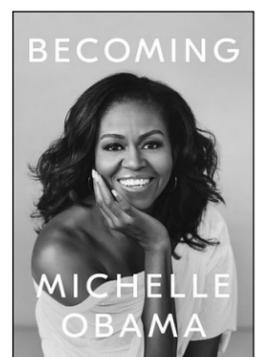
I loved this magical, heartbreaking, inspirational story of "Wash," a Barbados sugar plantation field slave, who attracts the attention of "Titch," an inventor, scientist, abolitionist, and brother of the cruel plantation master. Chased relentlessly by a bounty hunter, Washington Black travels the globe as he matures from childhood. As he grows, he develops his skills illustrating the natural world and discovers for himself the true meaning of freedom. Nominee for the 2018 Man Booker Prize and winner of the Scotiabank Giller Prize. If you listen to audiobooks, the narrator, Dion Graham, delivers a masterful performance!



Becoming by Michelle Obama

"There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice."

Usually I'm a fiction fan, but I took a nonfiction break for this one. The audiobook read by the author, Michelle Obama shares an introspective and enlightening examination of her life in the context of family, community and politics. Revealing and riveting!



TCPL's 4 Seasons Fiction Book Club and Truth Be Told Nonfiction Book Club meet quarterly from 6:30 to 7:30 PM. (Noon to 1PM on demand.)

To reserve a copy of the current selection prior to discussion, contact Joyce for fiction, jwheatley@tcpl.org, or

Tom for nonfiction, tturns@tcpl.org.

We are also on Goodreads:

www.goodreads.com/group/show/123072-4-seasons-book-club.

All Library programs are free and open to the public.

Cal Walker (Continued from page 1)

extended periods of time. Often, students are underachieving or chronically suspended, and his goal has always been to affirm them as capable learners and inspire them toward higher achievement through his mentorship and focus on their personal development. In so doing, he has found a structural way to make an impact on an interpersonal level, which directly relates to the mission of The Village at Ithaca. Cal commented on his work with students: "There is genius in all of us, we just have to find out where it is and encourage its fullest creative expression."

In December of 2014, Cal experienced one of the toughest battles of his life, waking up one day inexplicably drained of physical energy. After many inconclusive tests and rapid weight loss, he was diagnosed with a rare Lymphoma which, without immediate treatment, usually leads to death within weeks - he had been undiagnosed and untreated for almost a month at that point. Cal was put on a heavy regimen of chemotherapy and eventually had a bone-marrow/stem cell transplant in the summer of 2015. For the last 4 years there has been no evidence of the lymphoma that almost took his life.

Cal explains that his was a journey of hope, anchored in faith that brought a greater peace and provided needed clarity. He had been in perpetual motion most of his life - yearning to do anything and everything he had an opportunity or felt a responsibility to do. He is now more selective in his endeavors, avoids overloading his schedule, and is sure to set aside time for himself. "There were countless days where I didn't bother to eat lunch" he said, "and I didn't really notice because I was just *that* busy." Now he's changing that.

Cal continues working with students, he and Glenda are still foster parents, he walks 4 miles a day and is taking swimming lessons. He has also embarked on a business venture with fellow entrepreneurs across the country making quality legal services simpler to access and more affordable for all.

Be Prepared for Extreme Heat



Summer is here. While we enjoy the warm weather, it's important to take precautions in case extreme heat strikes.

By evaluating your needs, you can plan for any heat related situation.

The following steps will prepare you to handle periods of extreme heat and the associated risks:

- Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out. It's possible that you will not have access to a medical facility or a pharmacy.
- Identify the resources you use on a daily basis and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.
- Think about what you need to maintain your health, safety, and independence. *Build A Kit* that includes any specialized items such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals and pets, a cooler, and anything else you might need.
- Check on family, friends, and neighbors who do not have air conditioning, especially those who spend much of their time alone, or are more likely to be affected by extreme heat.
- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches



Farmer's Market Coupons are Coming!

The Tompkins County Office for the Aging will be distributing Farmer's Market Coupons at various locations during the summer! Coupons will also be available for pickup from the Office for the Aging. There are five \$4 coupons in each booklet, a total of \$20. Coupon booklets are given out on a first-come, first-serve basis. Recipients must be 60 or over, meet income requirements, and must be present to sign the statement of eligibility. The coupons can be used at any participating market, with any participating vendor. Participating vendors at the markets will have signs indicating that they accept the coupons. The coupon can only be used to purchase fresh fruits and vegetables - no meats, dairy, vegetable plants or flowers. Recipients can have someone else redeem the coupons for them if they cannot travel to a farmer's market. Home Delivered Meal Recipients can arrange to have their coupons delivered with their meal by calling Foodnet at 607-266-9553. For more information on when and where the coupons will be distributed, call the Tompkins County Office for the Aging at 607-274-5482.

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 own home? The Tompkins County Office for the Aging can help. Outreach staff is available to answer your questions about personal emergency response devices. We will guide you in choosing the most suitable device to meet your needs.

The standard system includes a console unit and a wireless transmitter. The console is powered through an electrical outlet and also has an internal back-up battery in case of power failure. The console requires use of a telephone. The transmitter is both lightweight and waterproof and is worn as a necklace, or as a wristband. Standard rental pricing is \$25/month (prices may vary based on equipment and qualifying factors).
 - No installation fee - No fee for Service calls
 A Fall Detection Unit is available for \$5 more than the standard rate, a total of \$30/month. - GPS Units are also available for \$45/month and a one-time \$40 activation fee.

Call the Office for the Aging today at (607) 274-5482. We look forward to helping you!

It takes a whole village to raise, affirm, and educate a child.

The **Village at Ithaca** is looking for engaged community members and college students to help Ithaca area students reach their academic goals during summer.



This volunteer opportunity is a once or twice weekly commitment, totaling 2-4 hours per week for the 5 weeks during Summer 2019 (July 8-August 8).

How can you help? Become an Achievement Coach (tutor) who engages students in their academic development by (1) encouraging them to see themselves as capable learners, (2) working with them to increase their understanding of key concepts in their courses, (3) supporting them to always give their best effort, (4) connecting with them to build trust and comfort, (5) helping them to identify their strengths so they can use them more productively, and (6) increasing positive peer support for academic success.

Orientation dates are Sat June 15th, 10:30-12pm, or Thursday, June 20th, 6-7:30pm, or Tuesday, July 2nd, 1-2:30pm. Please confirm the date that you would like to come. You need to attend only one of them.

All of the orientation sessions will be held at Village at Ithaca's office.

To volunteer contact programeducator@villageatithaca.org or phone at 256-0780.



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

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”

On the afternoon of Tuesday, June 4, 1:45-4pm and the evening of Tuesday, June 18, 5:45-8pm, 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 to one or both of these talks, so we will have sufficient materials available. But if you decide to come at the last minute, walk-ins will be welcome. This is a free talk and everyone is welcome!

MEDICARE



Interested in helping others navigate the ins and outs of Medicare?

Please consider becoming a HIICAP Volunteer Counselor! (Health Insurance Information Counseling and Assistance Program)

We are looking for more volunteers to join our supportive and dedicated group of HIICAP counselors. Our counselors provide direct client counseling year round (offering much flexibility in scheduling), with extra support needed during the annual open enrollment period, Oct. 15-Dec. 7 each year. HIICAP Volunteer Counselors are a dedicated group who has taken the time to learn the intricacies of Medicare and stay abreast of changes. Preparation to become a HIICAP counselor includes completing online training modules, asking lots of questions, and shadowing more experienced and very supportive counselors before seeing clients on your own. If you have a thirst for learning and a willingness to help those who are looking for assistance wading through their Medicare coverage, including ways to reduce their health care and prescription drug costs, please reach out to our HIICAP Coordinator, Liza Burger, to talk further about this opportunity!

Phone: 273-1511; Email: lburger@tclifelong.org.



Medicare Fraud- It’s Out There!



Join us on Tuesday, July 7th from 2:30-4pm for 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.

- 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 you doctor or other Medicare provider.
- We’ll also talk about New York Statewide Senior Action Council’s newest program, The Senior.

Presented by Sarah Jane Blake, the Tompkins County Outreach Coordinator for New York Statewide Senior Action Council, and well versed in all things Medicare.

Also included will be a skit from Lifelong’s Senior Theatre Troupe on the topic at hand!

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Like us on Facebook

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!

United Way



Lifelong is proud to be a United Way Agency

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 SUMMER SEMESTER

Music & Memory

Wednesday, June 19th 2-3:30pm

Description: In this class, we will explore cognitive relationships between memory and music. Using interactive exercises, we will discover fascinating differences in how we perceive and memorize visual versus auditory events. After familiarizing ourselves with these differences in perception, we will discuss how they might affect how music is composed and understood.

Beyond Exercise: Aging with Agility & Awareness

Tuesday, June 25th 2-3:30pm

This introductory Alexander Technique presentation and hands-on workshop offers an approach to movement that leads to greater well-being, progress, and satisfaction. A unique method of awareness, a skill for "embodied consciousness," Alexander Technique shows you how to prevent what gets in the way of your best efforts and intentions: injury, frustration, self-doubt, lack of motivation, and other obstacles. By learning how to notice and intercept unconscious neuromuscular habits that interfere with your best coordination and functioning, in both every day and more challenging activities, you can achieve greater stamina, flexibility, strength, balance, ease, and confidence. Whatever your level of mobility and physical condition, you can apply Alexander Technique to whatever you do and increase your capacity to age with agility—physically, mentally, and emotionally.

Ithaca Kitty-Thon!

Friday, June 28th 9-12:30pm

Description: Join us to sew and stuff kitties for fundraising as Phyllis Smith-Hansen shares the historical backstory, answers questions and super vises production! Volunteers of all abilities are invited to a 'Kitty-thon'! Tompkins County Center for History and Culture (formerly 'History Center') has been working for the past 2 years to reissue a stuffed toy that was once sold in the gift shop as a sewing kit 50 years ago. The 'Ithaca Kitty' was a local invention in the 1870's, with an amazing story of entrepreneurship. Now, reprinted digitally by a local artist, volunteers working in groups (think: sewing/quilting bees) have been producing the kitties for sale to raise funds for the new center. All materials will be provided. This is a wonderful opportunity to share in the reproduction of a much loved local historical toy that has become the mascot of our county's Center for History and Culture. If you have a portable sewing machine to use, please bring it! Participants can help with various tasks, so if you can cut fabric or stuff a fabric kitty – come!

Seneca White Deer Presentation

Thursday, July 18th 2-4pm

A presentation on Seneca White Deer, Inc. After more than 70 years of isolation, the former Seneca Army Depot is now open for visitors to see the world's largest herd of white, white-tailed deer, learn their fascinating story, and see the intriguing remains of the U.S. Army's former weapons storage facility. Session one is a presentation and Q&A here at Lifelong, session two is a guided tour at the facility on July 19th and is a \$25 additional fee.

Henry Hinckley Foundation -

Historical Society of Early American Decoration

Wednesday, July 24th, 2:00-4:00pm

Description: A discussion/ presentation regarding the history of the Historical Society of Early American Decoration and the various techniques that are part of their interests. There will be visuals through a PowerPoint with photographs of pieces representing their work, as well as actual pieces to show. This will provide an overview of techniques that Anne teaches, and we will discuss what classes we might set up for the future!

From the Executive Director's Desk of Lucia Sacco

Welcome Summer!

Were you able to attend our Annual Luncheon and Meeting at the Country Club of Ithaca? I thought our speaker, Environmental Gerontologist, Esther S. Greenhouse gave a great presentation on helping people live their potential by improving the design of the world around them. I find myself thinking often about the concept of Universal Design – it benefits everyone. If you missed her presentation or want to learn more go to her website: www.esthergreenhouse.com



Backtracking just a bit, thank you very much to all who came out to enjoy Lifelong's Spring Fling in April. We had such a good time and the band, *Radio London*, was as good as ever. We're considering making this a semi-annual event...that's how much fun we had!

Have you received your Summer Catalog from Lifelong? We don't mail the Summer edition so be sure to stop by when you're in the neighborhood and pick one up. You can also view it online at www.tclifelong.org and contact us to register for the classes you're interested in. Nigel Mears, our Program Director, has put together a nice mix of classes, events, movies – many things to help you enjoy the lazy, hazy, crazy days of summer. *Don't forget to register early!*

Speaking of the neighborhood this summer; a reminder. With the construction of Library Place next door, we will **TEMPORARILY** lose some parking in the front of our building. However, the developer is providing nearby, offsite parking for staff which will free up spaces in Lifelong's back lot. This lot is accessed from Buffalo Street by alley between a pale green and cream house and the brick apartment house on the corner of Cayuga and Buffalo. Only the two rows of parking nearest our building are Lifelong's parking spaces. The upshot is that we will only be down a couple of parking spaces during this time. **HOWEVER, IT IS IMPERATIVE THAT YOU ONLY PARK HERE WHEN ATTENDING A LIFELONG FUNCTION.** While this has always been our policy, unfortunately, many people misuse it and park here while running errands. Please know this will not be tolerated. These spaces must be available for those attending classes. We are considering putting gentle reminders on all cars, so if you are here for a Lifelong function you can ignore it. According to the police, we are within our rights to ticket and tow cars parked illegally. **I most definitely don't want to do this** but feel strongly that people must respect our policy and I thank you for doing so.

Beginning July 8th, Lifelong will be closed Mondays for the summer. We're also closed the week of August 19-23 for our annual summer maintenance and general sprucing up before our Fall semester begins.

I hope the summer months bring you beautiful evenings, an occasional cookout, opportunities to visit with friends and family and I sincerely hope we see you at Lifelong!

Warmly.....Lucia

We have received unfortunate news that Borg Warner will not be opening their pool for the summer 2019 season. They do plan to reopen in 2020. Lifelong is in the midst of discussions with other community pools in hopes we can collaborate for the current year as an alternative.



We will send out updates as soon as we receive them.

Lifelong thanks Dryden Mutual for their generous sponsorship!

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SUMMER SPECIAL EVENTS:

FIRST DAY OF SUMMER DISH-TO-PASS

FRIDAY JUNE 21ST 11:30-1:30PM AT STEWART PARK

BRING YOUR FAVORITE SUMMER DISH AND ENJOY SOME TIME WITH YOUR LIFELONG FAMILY & FRIENDS! LIFELONG WILL PROVIDE THE MEAT, DRINKS & PAPER PRODUCTS.

PLEASE REGISTER WITH THE NUMBER OF PEOPLE ATTENDING WITH YOU SO THAT WE CAN PLAN FOOD ACCORDINGLY.

GET THE SCOOP! ICE CREAM MIXER

COME & CELEBRATE NATIONAL ICE CREAM MONTH!
WEDNESDAY, JULY 17TH 2:00-4:00PM

ICE CREAM – SUNDAE TOPPINGS – FRIENDS – LAUGHS – FUN ACTIVITIES

NS-SS ANNUAL PICNIC

WEDNESDAY JULY 24TH 11:30-1:30PM AT TITUS TOWERS
SPONSORED BY COFA, GIAC & LIFELONG

WHERE: TITUS TOWERS PICNIC PAVILION

WHAT: BRING A DISH-TO-PASS AND FRIEND(S)!

NOTE: MEATS, TABLEWARE & BEVERAGES WILL BE PROVIDED

FALL SEMESTER PREVIEW

THURSDAY AUGUST 29TH 5:30-7:00PM

GET A SNEAK PREVIEW OF THE UPCOMING SEMESTER!

NEW TO LIFELONG? THINKING ABOUT JOINING? THERE WILL BE SPECIAL OPPORTUNITIES AND DISCOUNTS FOR NEW MEMBERS OR REFERRALS OF NEW MEMBERS THAT ATTEND THIS EVENT!

LIGHT REFRESHMENTS WILL BE AVAILABLE

Lifelong's Tax Counseling for the Elderly Program (TCE)

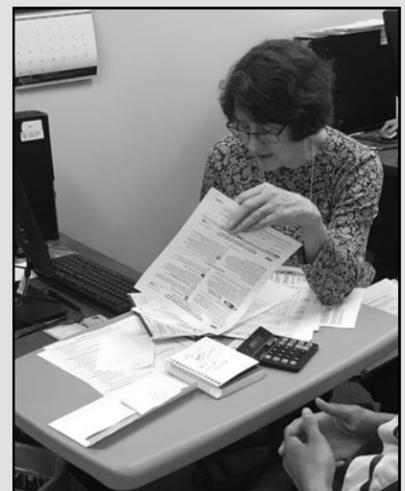
By Liza Burger and Mary Pat Dolan from the Lifelong Annual Report

The hard work and dedication of Lifelong's fabulous volunteers in the tax counseling program has been such a gift to our community's seniors, low-income clients, and disabled individuals who have benefitted from having their tax returns completed at Lifelong, some for years! Below are a few facts about TCE which highlight what a significant contribution the TCE program is to many members of our community.

- 28 volunteer preparers, assisted by 8 volunteer greeters, provided the community with over 1800 appointments during the tax season, with appointments being held both at Lifelong as well as at Ulysses Philomathic Library in Trumansburg. Volunteer tax preparers spend hours certifying to prepare returns, with many of them going beyond "basic" certification, allowing them to complete more complex returns as needed.
- Volunteer tax preparers prepared 740 e-filed returns, and 32 paper returns, in addition to 25 "assistance only" returns completed solely for documentation for other need-based programs.
- In addition to dollars in earned income, child and education credits, taxpayers in our program received \$445,121 in refunds.
- The average AGI (Adjusted Gross Income) of taxpayers in the TCE program is under \$30,000 annually, and the base fee of \$200+ to go to a paid preparer can be a burden, so the free tax counseling provided through TCE provides an additional savings to our clients.
- Of the tax payers who completed our satisfaction survey at TCE, 97% stated that the availability of Lifelong's Tax Program is very important to them; 99% were pleased with their tax appointment; 79% either don't want to, or don't feel able to do their own taxes; 48% indicate that worry about getting taxes done causes stress; and 67% state that having taxes done at Lifelong saves them from paying a preparer.



Anna Raphaelidis and Dorothy Buerk check over a tax return. Chris Klyne and Barbara Melvin can be seen in the background.



Linda Clougherty goes over tax

Come Walk with Us!

Walk when you can!

LIFELONG'S WALK PROGRAM!

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

- Walks are on the 2nd & 4th Wednesday of the month
- 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

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

Northside-Southside News

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!

June 12th – Titus Towers
 July 17th – McGraw House
 August 7th – Ellis Hollow

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!

NSSS 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!



Thursday, July 4th - Independence Day
 Monday September 2nd - Labor Day

Lifelong is closed Mondays in July & August and the week of August 19th-23th.

McGraw House Apartments

For Active Senior Living



- Studio and one bedroom apartments for Senior Citizens
- Downtown location close to shopping, places of worship, library, Senior Citizens' Center and on the City bus line
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www.mcgrawhouse.org



Volunteers, Connected!

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



Volunteers Needed at Cayuga Nature Center

The Cayuga Nature Center seeks volunteers with a passion for diverse animals! Our unique collection of birds, fish, mammals, and amphibians help to tell vital stories in ecology and evolution. We strive to provide the best possible care, and are looking for volunteers to contribute to feeding, cleaning, enrichment, and programming across the collection.

Shifts may vary, but currently include Monday, Tuesday, Thursday, and Sunday between 10:00 am and 2:00 pm.

Orientation and training will be provided for given roles, and volunteers on average commit weekly for a minimum of 3 months.

Please contact Patrick Branigan, Volunteer Coordinator, at branigan@priweb.org to learn more!

The Cornell Lab of Ornithology

Visitor Center needs volunteers!



We are looking for volunteers of all ability levels to help with programs and operations in our Visitor Center. If you love birds, care about biodiversity, and want to be around others who share your interests, you're invited to join our Visitor Center volunteer corps!

The Cornell Lab offers opportunities for you to connect with us and learn about our mission to interpret and conserve the earth's biological diversity. Birders, school classes, families, and nature lovers come to the Lab to walk the trails, watch birds, view the art, use the library, and learn from exhibits, tours, guided walks, seminars, and other programs.



If you are interested in volunteering at the Cornell Lab of Ornithology please contact Anne Rosenberg at baj3@cornell.edu or call 607-254-2109



American Red Cross

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.

NOW LEASING!

Located in the heart of Ithaca, Conifer Village at Cayuga Meadows is a brand new senior apartment community offering energy efficient one and two bedroom apartment homes for individuals 55 and older. Cayuga Meadows has set aside nine units for those with disabilities and an additional three units for hearing and visually impaired. The community will offer many amenities along with breathtaking views of Cornell University and the hills of Ithaca. Qualified Hurricane Irene or Tropical Storm Lee impacted residents will be given priority for the first 90 days of rent up.

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www.cayugameadows.com

a conifer community *income restrictions apply





VOLUNTEERS NEEDED LOAVES & FISHES FREE MEAL PROGRAM

Regular volunteer help is needed for two or more hours every Monday, Wednesday, or Friday
Shifts are 9am-noon and 11:30-2:30pm, although some flexibility is OK.

This is a great opportunity for seniors or recently retired people to engage in our community in a meaningful and very helpful way or for people wishing to gain experience in the hospitality industry.

If interested, Call 272-5457 or email info@loaves.org

Catholic Charities is looking for reliable and friendly afternoon 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

Michaela.Cortright@dor.org



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 272-8224

Do You Have an Hour a Week to Brighten the Day of a Beechtree Center Resident?

If you would enjoy 1:1 visitation by reading or socializing with a resident
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Notes From
Natalye



What Will You Do This Summer?

May 28, 2019

Summer is here. It is graduation season. All around us, young people are setting off on exciting paths – heading to college, to graduate school or starting their careers. At graduations, we recognize and celebrate accomplishments, and the promise of what's to come.

Increasingly, young people are also being celebrated for their service – and seeing role models and peers around them celebrating service, too. I read an article recently about a high school in Minnesota where students can letter in service, just like they can letter in sports or academics. How incredible is that?

And next month, we'll be in St. Paul for our annual Points of Light Conference, where we'll spend part of our time doing a service project with the Mississippi Park Connection. Volunteers will plant trees, remove invasive species and clean up the river area. I'm really looking forward to that being just one of the ways I'll give back this season.

Now is the perfect time to find ways to give back, so my question to you is: **What will you do this summer?**

In service,

Natalye Paquin

President & CEO Points of Light

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Date	Event	WNYY	WHCU
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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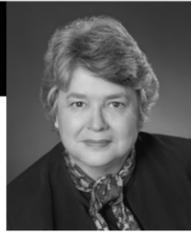
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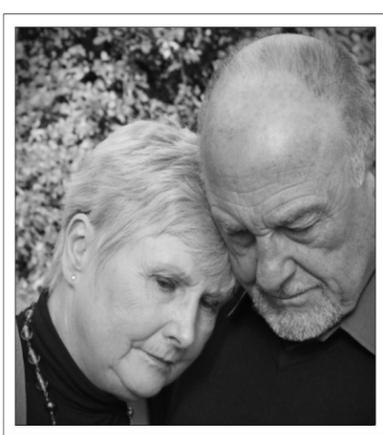
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