

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

Senior Focus

Bonnie Maine: Portrait of a Caregiver

By Rodney Maine

A caregiver can be a daughter, a son, a niece, a nephew, a friend, or really anybody. To me, the epitome of a caregiver is my grandmother, Bonnie Maine, who was born, raised, and has been a life-long resident of Trumansburg. She has been a caregiver for many loved ones for over 15 years.

Bonnie graduated from Trumansburg High School and immediately acquired certification in cosmetology. She ran a salon out of her own home for 19 years. Realizing the need to have something for her retirement, she took computer classes at BOCES so that she was eligible for office positions and eventually attained a job as Office Manager in the Computer Science Department at Cornell for 16 years before retiring.

Bonnie's caregiving journey began a few years before she retired when her Aunt Marian was no longer able to care for herself as well as she needed to. She stated, "My Aunt built a doublewide across the driveway, so we'd be close and be able to take care of her." Her caregiving responsibilities doubled in 2007, when her husband Richard was diagnosed with esophageal cancer shortly after he had retired. "The ongoing care he required became too much for me to be able to continue working, so I had to retire to take care of him."

Shortly after her husband passed away in 2008, her mother, Genevieve was also in need of ongoing care and couldn't live at home alone anymore. "I moved my mom in with me so that I could care for my Aunt and Mother. Having them

close by made it easier on me."

During this time Bonnie also cared for her brother-in-law, Floyd, who was diagnosed with cancer and would stay with her on the weekends when he couldn't get aide service to help him. She assisted him for a few months before he passed away. At this point in time, her Aunt started needing more hands-on care, and even living next door was too far away to manage. "I had to rely on help from family to hold things together for a while. I was blessed that my grand-daughter, Jenn, was willing to move in with my Aunt and care for her every day, so I could focus on my mother's increasing needs."

In 2013, Bonnie made the decision to move everyone together into her mother's farmhouse – the home was big enough for everyone to live in – which made caregiving easier. "I was living with my Aunt and Mother and even though caring for them was easier because we all lived together, I couldn't have persevered without the help of my grand-daughter every day. I was also able to rely on family, friends, and aides to give me a break when I needed it. The most important thing that kept me going through it all was maintaining one day a week that was just for me."

In September 2017, her Aunt Marian passed away at the age of 96. A couple of months later, she began caring for her Uncle Danny for a short while until he was able to get into a skilled nursing facility. "The amount of care he needed was beyond what I could manage, I did all I could for him." From that point forward, Bonnie cared solely for her mother. "It was easier to focus my caregiving energy on one person, after caring for multiple loved ones simultaneously in the past."

Bonnie's mother, Genevieve, passed away in April 2021 at the age of 94. "There was definitely a period of adaptation. I was still used to the caregiving routine, and for weeks I would wake up in the morning long before I really needed to, or only give myself only a couple of hours to run errands thinking I needed to be back home to serve lunch."

Bonnie stated she was concerned for her own health while caregiving and that it was very taxing at times. "I'm lucky to be healthy and able to do things I didn't feel I could do while caregiving. I go to gatherings and on trips with



Bonnie Maine, Caregiver Extraordinaire!

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INSIDE THIS EDITION

Page 2 & 3:

- Senior Services Listings
- SCA Cooling Assistance
- Tompkins County Caregivers Group
- Caregivers Corner - 4 Signs Your Loved One Might Need a Companion

Pages 4 & 5:

- Hidden Hazards - Clearing Out Toxins in the Home
- Heat-related Health Dangers for Older Adults
- Splash into Summer by Staying Hydrated
- Mental Health Association is offering a new open group for those who are aging

Pages 6 & 7:

- Farmer's Market Coupons
- Project Care
- Personal Emergency Response System (PERS)
- Got Pills? - Disposal Sites in Tompkins County
- Medicare Basics with Liza Burger
- Got Medicare Questions?
- Volunteer with HIICAP

Pages 8 & 9:

- From the Desk of the Executive Director
- Lifelong Learning Summer Semester
- Lifelong's Online Silent Auction
- Travel with Lifelong
- Lifelong's Walk Program
- Adjusting Tax Withholding – from the IRS

Pages 10 & 11

- The Book Nook
- Office for the Aging honors Two Volunteers
- Ombudsman Program
- Volunteers Connected - Opportunity Listings

Page 12:

- Mask Advisory and Other COVID updates from the Tompkins County Health Department
- Drivers Who Merge at the Last Minute May Be Annoying.....But They're Right
- Rudy Paolangeli Radio Schedule

Two volunteers honored at COFA's Open House event.

The Tompkins County Office for the Aging (COFA) held an Open House on Friday, May 13th. Jim Quest and Amanda Ufford were awarded the Outstanding Volunteer Award and honored for their service to the community. Read more about these volunteers on inside of the newsletter.



Jim Quest



Amanda Ufford

Continue reading to learn more about these two honored volunteers.

(Continued on page 4)

(Continued on page 10)

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 at www.tompkinscountyny.gov/cofa

Free language assistance (interpretation and translation) services available

Gadabout Tickets/COFA

This program serves older adults age 60 and over with transportation needs by providing them with one way Gadabout tickets at no cost. Its intended purpose is to provide older adults who have no other form of transportation with rides to medical appointments, grocery shopping, etc. Both

Zone 1 (within the City of Ithaca) and Zone 2 (within Tompkins County) tickets are available. Please contact the Office for the Aging at 607-274-5482 to request tickets. Contact Gadabout at 607-273-1878 to schedule your ride.

Joy for All Companion Pets

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

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 need some help with your yard work, please give us a call 274-5482



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Cooling Assistance Program

Summertime is on its way, and with warmer temperatures brings the need for air conditioning. If you do not have a working air conditioner (or the air conditioner is 5 years old or more), then you might be eligible for the Cooling Assistance Program. The Cooling Assistance Program is a component of the Home Energy Assistance Program and opened on May 2nd.

To be eligible-

- You are a US citizen or a qualified alien.
- You cannot have received an air conditioner through HEAP in the last 5 years.
- Your income is within the HEAP guidelines (see below)

Household Size: Maximum Gross Monthly Income:

1	\$2,729
2	\$3,569
3	\$4,409
4	\$5,249

Eligible clients can receive a free air conditioner and have it installed as well.

There is no longer a requirement to have a medical condition to qualify for this program.

For more information, or to apply, please call the DSS HEAP Unit at 607-274-5264.

Caregiver's Corner

4 Signs Your Loved One Might Need a Companion

This article is a republishing of the original May 6, 2022 article found on NCOA's website, ncoa.org

The impact of the pandemic's forced isolation has been profound for older adults, affecting their mental and physical health, and, in many cases, their living environment and routines. More than 12 million older Americans currently live alone.¹

And with families relying on technology to virtually celebrate birthdays, holidays and other events, the pandemic created a gap in face-to-face "check-ins" with aging family members—the opportunity to see how things are going, assist with errands or tackle a home repair.

Millions of older Americans are in the category of not needing the round-the-clock services of a skilled nursing facility or even the clinical services of a visiting nurse but would benefit from assistance with aspects of their home lives that do contribute to their physical and mental health. This may include:

- Technology assistance
- Meal preparation
- Light housework
- Transportation to and from doctor's appointments
- Perhaps most crucially, social interaction

It may be hard to decide when and where a second set of hands is needed. How can adult children ensure our parents and grandparents receive a helping hand when we're not around?

Below are four signs that additional help, in the form of a companion, could be useful to improve the health and overall well-being of a loved one.

Caregiver checklist - Signs your loved one could need additional help:

Repeated comments about loneliness—Some older adults may not outright express feelings of despair, but according to the University of Michigan's National Poll on Healthy Aging, one in five older adults reported experiencing worse depression or sadness since the start of the pandemic.² Whether due to a decline in social interactions, the passing away of peers, or less frequent trips outside the house, loneliness can significantly impact a person's health, increasing their risk of heart disease, stroke, diabetes, depression and dementia, among other impacts.

Lack of nutritious food in the home—Having consistent access to healthy food is critical as food insecurities contribute to an additional 11% in annual health care costs and increase the likelihood of emergency department visits and hospital admissions by 50%.³ Check the refrigerator and cupboard of your loved one for healthy food options. A lack of fresh options, like vegetables, or a pantry with lots of expired items, could be a sign they're having difficulty getting to the grocery store on a consistent basis, something a companion could help arrange.

Neglected housekeeping and home maintenance—As we age, general housekeeping and home repairs can become more difficult. Even simply changing a lightbulb can be a burdensome, and potentially dangerous, task for those living alone. If your loved one expresses difficulty in keeping up with chores, a companion may be able to assist with light cleaning around the house, helping with things like grabbing the mail or hanging a picture on the wall. Companions can also provide an extra set of eyes, checking for fall hazards, like uneven floorboards.

Increased isolation due to lack of consistent transportation—Coordinating rides to medical appointments, the grocery store or simply to see a friend can

be challenging for older family members. The logistics can also be stressful for a primary caregiver, who can often end up as the main or only source of transportation. If a loved one is spending more time at home, a companion could help ensure he or she is able to get out, sharing the burden of providing a ride or coordinating logistics.

What kinds of services can help fill the caregiver gap?

Caregiving is a challenging role—even when it's done for those we love most. If one or more of these signs exist for an older adult in your life, there are services that can help fill this gap in companionship and in-home support.

Many health plans have recognized the need to address loneliness and use companionship to identify and solve for social determinants of health, like loneliness or lack of transportation access, and are working with companies, such as Papa, to support their members. Papa matches seniors with a Papa Pal, a companion to provide assistance with errands, transportation, and technology assistance as well as to provide needed human connection. For more information on Papa's services, or to learn more about how companion care can be beneficial, visit <https://www.papa.com/>.

NCOA hosts the annual **Older Adult Mental Health Awareness Day** to highlight critical issues in addressing mental health needs as we age.

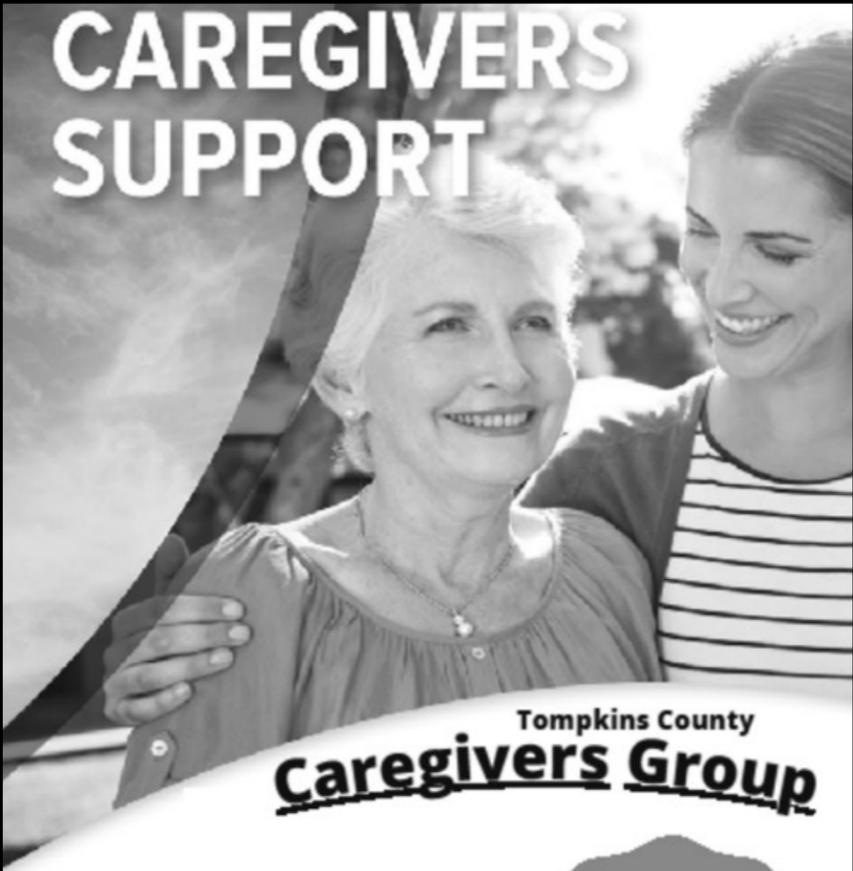
Sources

1. By the numbers: Older adults living alone. May 2016. American Psychological Association. Found on the internet at <https://www.apa.org/monitor/2016/05/numbers>

2. National Poll on Healthy Aging. University of Michigan. Found on the internet at <https://www.healthyagingpoll.org/>

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

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



CAREGIVERS SUPPORT

Tompkins County Caregivers Group

Tuesdays 11am -12pm

- Emotional support
- Education and resources
- Shared experiences

For More Info or to Register:
(607) 274-5486
ajackson@tompkins-co.org

Did you know...
Unpaid caregivers are at a higher risk for physical, emotional, and financial strain?

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Hidden Hazards Clearing Out Toxins in the Home

From: *NIH News in Health Newsletter, May 2022*



Some hazards in the home are easy to see. Like a loose electrical socket. Or a torn carpet on the stairs. But others are harder to spot. And some are invisible, in the very air you breathe. These include lead, mold, and radon.

But there are ways you can find and fix these unseen hazards. Learning about possible toxins in your home may be concerning. But knowledge can help you take action.

Getting the Lead Out

Lead is a naturally occurring metal. It's used to make many products, like car batteries. But it doesn't belong in your body. It causes damage to the brain and nervous system. Lead exposure is especially dangerous for children. There is no "safe" level of lead in the bloodstream.

Lead exposure causes problems with thinking, learning, and memory, says Dr. Aimin Chen, an environmental health researcher at the University of Pennsylvania. This can affect how well children do in school. "It's also linked with attention problems and hyperactivity," he explains.

These effects aren't just found with high levels of lead. "Even at lower levels, which are more common in children, you see some of these associations," Chen says.

Lead used to be added to gasoline and paint. These uses are no longer permitted. But paint lasts in homes for a very long time. If you live in a house built before 1978, it likely has lead paint somewhere.

If older paint isn't chipping or peeling, it's not likely to create lead dust, says Chen. But paint can sometimes get damaged where you might not see it. Such areas include door frames and window sashes, Chen explains. Paint on the outside of a house can also chip and fall into the dirt where kids play.

Lead can get into drinking water through old lead pipes, faucets, and fixtures, too. Find out how to test for lead in paint, dust, and drinking water at epa.gov/lead.

Testing for lead is especially important for younger children, up to the age of six, Chen explains. Your health care provider can check with a simple blood test. If your child has very high blood levels of lead, your health care provider can advise on whether they need to be treated and how.

You will also need to have the lead source cleaned up by a certified professional. Your local health department can provide information on what to do with lead and paint. It's not safe to try and fix it on your own.

Water and Mold

If you've ever left a loaf of bread or piece of fruit out too long, you've likely seen mold grow. Most types of mold are harmless. But some can be dangerous. They can produce compounds that trigger allergies or asthma attacks.

Mold can grow in buildings when water gets in, explains Dr. Matthew Perzanowski, an allergy and asthma researcher at Columbia University. And any type of dwelling can potentially get water damage, he says.

"In urban communities, it's often poor ventilation in the bathroom, or a leak in another apartment," says Perzanowski. "But water can also come from storms, or floods, or other kinds of leaks. And if you live somewhere with high outdoor humidity, that makes it harder to dry things out inside the home."

Sometimes, you can see mold on walls or other surfaces. Other times, such as with a leak behind the walls, you may just smell it, Perzanowski says. Some people describe this smell as musty, stale, or damp.

If you find mold in your home, "you have to make sure that the water source goes away," he says. "Cleaning and painting won't do any good if you don't get rid of the water."

You can clean small areas of mold growth—less than three feet by three feet—yourself, Perzanowski explains. But take precautions not to breathe in the mold.

"Wear an N95 mask and goggles. Use warm soapy water and towels you can throw away," he says.

You may need to remove and replace sections of caulking or walls that are moldy. Or throw out fabrics or rugs that can't be cleaned. Large areas of mold damage may require professional help.

Perzanowski's team is currently tracking whether a large-scale mold removal program in New York City helps reduce asthma symptoms in both children and adults. Learn more about mold cleanup at epa.gov/mold and cdc.gov/mold/cleanup.htm.

Radon on the Radar

You likely know that smoking cigarettes is one cause of lung cancer. But cigarettes aren't the only toxin that increases that risk. An odorless, colorless, radioactive gas called radon can cause lung cancer, too.

Radon gas is found naturally in nearly all types of rock, in all parts of the country. It's a risk if it gets inside. It can seep through cracks in floors, walls, and the foundations of homes and other buildings.

Even buildings without basements can have dangerous levels of radon, says Dr. Ellen Hahn, a nursing researcher who studies cancer risk reduction at the University of Kentucky.

Exposure to radon gas is most harmful to people who also smoke tobacco, says Hahn. "But breathing radon is really dangerous for everyone," she explains. "There is no risk-free level of radon."

Low-cost and free tests can measure radon levels in the home. If levels are high, a certified radon professional can vent it outside to make the home safe again. This process is called radon mitigation.

But few households test for radon. Even fewer mitigate. Hahn and her team have been looking for ways to increase radon testing in rural

Kentucky. They have been recruiting and training local residents, including high school students, as "citizen scientists." These volunteers perform home radon testing using digital radon detectors, which can be used over and over again. Standard kits for radon testing can only be used once. Her project also makes digital detectors available at local libraries.

"Libraries are trusted sources of information and resources," Hahn says, "so why not make them places to check out a radon test kit as well?"

Her team is also looking at ways to get landlords to test for and mitigate radon. Renters can test, but the landlord decides whether to mitigate, she explains.

Certain regions can be hotspots for radon gas. Learn more about radon in your state at epa.gov/radon.

Wise Choices: Reducing Home Health Hazards

You can test for and prevent many home health hazards.

If your home was built before 1978, test exposed paint for lead. You can buy test kits yourself or hire a professional. Some city health departments provide free test kits.

Have children tested for lead exposure regularly, from at least birth through age six.

Use vent fans in rooms that have lots of moisture, like the bathroom, to prevent mold growth.

If you have a leak or flood in your home, dispose of damaged items as soon as possible.

Clean small areas of mold on the walls or fabric with hot, soapy water. Be sure to wear a mask, gloves, and goggles while cleaning.

Test your home for radon. Some local, county, or state programs offer free test kits. You can contact the National Radon Program Services at 1-800-SOS-RADON (1-800-767-7236).

Learn more about other potential toxins in the home at go.usa.gov/xucEz.

(Continued from page 1)

the Enfield and Trumansburg senior citizen groups. I have coffee and lunch with friends, and I am very active in my church family."

When reflecting on her caregiving journey, she said: "I am grateful to have done all that I could for those I love. I have no regrets and wouldn't have done anything differently if given the chance. By caring for them myself, I was able to give them more time with quality of life and that makes me feel happy."

To say my grandmother is amazing is an understatement. Not only is she a dedicated caregiver, but she is also a great friend to have in your corner. She will help anyone, in any way she can. I hope she knows that she is appreciated and loved for all the kind and caring things she does for people, me included. Gram, if you're reading this, I love and appreciate you. Thank you for being such an important part of my life and the lives of everyone you've touched.

Heat-related Health Dangers for Older Adults Soar During the Summer

Article reprinted from the National Institutes of Health, June 27, 2018

National Institute of Health tips help reduce risk of hyperthermia.

As we age, our ability to adequately respond to summer heat can become a serious problem. Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion.

Experts at the National Institute on Aging, part of the National Institutes of Health, say knowing which health-related factors may increase risk could save a life. Those factors include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other conditions that require changes in diet, such as salt-restricted diets
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs
- Taking several drugs for various conditions (It is important, however, to continue to take prescribed medication and discuss possible outcomes with a physician)
- Being substantially overweight or underweight
- Drinking alcoholic beverages
- Being dehydrated

Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions.

Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially when there is an air pollution alert in effect. To stay cool, drink plenty of fluids and wear light-colored, loose-fitting clothes in natural fabrics. People without fans or air conditioners should keep their homes as cool as possible or go someplace cool. Senior centers, religious groups, and social service organizations in many communities provide cooling centers when the temperatures rise. Or visit public air-conditioned places such as shopping malls, movie theaters, or

libraries.

Heat stroke is a severe form of hyperthermia that occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body temperature above 104 degrees Fahrenheit is likely suffering from heat stroke. Symptoms include fainting; a change in behavior (confusion, combativeness, staggering, possible delirium or coma); dry, flushed skin and a strong, rapid pulse; and lack of sweating. **Seek immediate medical attention for a person with any of these symptoms, especially an older adult.**

If you suspect that someone is suffering from a heat-related illness:

- Call 911 if you suspect heat stroke.
- Get the person out of the heat and into a shady, air-conditioned, or other cool place. Urge them to lie down.
- If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.
- Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
- Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

If you are having a hard time paying for home cooling and heating costs, there are some resources that might help. Contact the National Energy Assistance Referral service, your local Area Agency on Aging, senior center, or social service agency.

To learn more, go to Hot Weather Safety for Older Adults. Free publications on hot weather safety and other healthy aging topics in English and Spanish are available from the NIA website or by calling NIA's toll-free number: 1-800-222-2225.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.



Splash into Summer by Staying Hydrated

By Jill Seeley MS, RD,
Registered Dietitian at Foodnet Meals on Wheels

Warmer months are on the way, which means that staying properly hydrated is increasingly important. There are physiological changes in our bodies as we age and environmental factors that can work against us in maintaining adequate hydration. Fortunately, there are some tips and tricks to help you through the upcoming summer season as both the temperatures and your risk for dehydration may rise.

It is no secret that water is important. It is required for nearly every process inside the human body. It helps us maintain our body temperature, builds our cells, lubricates joints, and aids in digestion. It also helps us to flush our system by eliminating waste, among many other necessary bodily processes not mentioned. Without adequate fluid consumption- our bodies cannot work to the best of their ability.

Why are older adults at risk for dehydration? Three major factors need to be considered. The first being that as we age, the sensation of hunger or thirst can decrease. Your body may need water, but your brain may not recognize that signal. Studies have shown that adults can lose 2-3% of the fluid in their bodies before feeling thirsty! Secondly, we naturally have less water in our bodies due to the changes in our physical composition that occurs during the lifecycle. As infants, approximately 75% of our bodies are made up of water. That number drops to 50% as we enter our older adulthood. This is partially due to changes in muscle mass. The third reason seniors may be at risk of dehydration is due to medication side effects. A study shows that nearly 36% of older adults take five or more medications per day. Talk to your medical provider about this to assess your risk.

There are a handful of ways to better your hydration status. Always keep a glass of water or a refillable water bottle near you to sip on between meals. Don't care for water? Jazz it up by infusing your water with fruits (lemon, strawberries, melon), vegetables (cucumber), or herbs (mint, basil). Feel free to add other beverages such as a small glass of 100% juice or unsweetened iced tea into your day, as well. If drinking by itself isn't enough, you can also eat foods to help your hydration! Adding foods such as watermelon, cucumber, berries, or celery can provide fluids through your diet. Lastly, by avoiding certain things, such as excess alcohol and caffeine, you can further set yourself up for hydration success.

If you feel that you may be dehydrated, contact your medical provider immediately to set up a plan. Common symptoms include cracked lips, dry mouth, dark/foul smelling urine or less frequent urination, headaches, or sudden confusion.

The **Mental Health Association in Tompkins County** is offering an open group opportunity to folks who are aging and who are experiencing or who have experienced mental health challenges. This group is open, no-cost and there is no commitment necessary. Wednesday mornings from 11:00 am – 12:00 pm on Zoom.

Please contact either Larry Albro at lalbro@mhaedu.org or Micaela Corazón at mcorazon@mhaedu.org. You can also call us at 607-273-9250 with questions or to sign-up to join this dynamic group.

You can always receive individual phone support from the Peer Support Warm Line at 607-277-PEER (7337), Monday through Friday from 9 am to 3 pm.



Lifelong is proud to be a
United Way Agency

Senior Farmer's Market Coupons

One of the wonderful things about summer is the availability of a variety of fresh fruits and vegetables at your local farmers markets.

The Senior Farmers Market Nutrition Program (SFMNP) is a federally funded program starts in June and runs until September. The SFMNP gives eligible recipients a \$20 coupon booklet that they can use at participating farmers markets to purchase fresh fruits and vegetables. To be eligible for the SFMNP, clients must be 60 or over, and meet the income guidelines that are set by the government in June.

The coupon booklets can be picked up at the Office for the Aging during normal business hours and are first come first served. The Office for the Aging also has a notify-list for clients who would like to be called when the coupon booklets are available.

For more information, please give the Office for the Aging a call at 607-274-5482.



Project CARE

Would you or someone you know benefit by being matched with a community volunteer who can visit you weekly in your home, virtually, or by phone?

Would you like to volunteer to be a weekly friendly visitor to one of our community members?

Project CARE serves seniors aged 60 or over & living in Tompkins County, with a friendly visitor through our Project CARE program at no cost.

Weekly visiting options:

Project CARE's friendly visitor program provides companionship by matching a Senior with a volunteer who will make weekly contact in a way you are comfortable with. Home visits are available with safety precautions in place, or if you have internet access – visits can be done virtually, or a volunteer could provide a weekly phone call.

Many Seniors in our community greatly benefit and find comfort from a weekly visit. Volunteers can provide conversation and so much more. This service can provide in-home support to Seniors who are socially isolated, experiencing loneliness or those that are homebound, especially during the pandemic. Volunteers experience a sense of connection, helping, and enriching the lives of one of our community members and themselves.

If you are interested in any of the Project CARE options listed, would like more information, or would like to volunteer contact:

Dawn Sprague, Project CARE Coordinator
Tompkins County Office for the Aging
Phone (607)274-5499
Email dsprague@tompkins-co.org

FALLS and GPS

Whether you are at home or on the go, you can keep one of our Personal Emergency Response System GPS units with you. These are wearable units that allow you to call for help whenever you need it. With a push of a button, you are connected directly to a response center that is monitored 24/7. You can speak directly into your unit, as well as hear them clearly when they respond. Depending on your situation, they can immediately call someone to your assistance. For more information, or to request one of these devices, please give the Office for the Aging at call at 607-274-5482.

And if you would like to find ways to make your home safer and allow yourself to be less at risk for falls, our office does FALLS home safety assessments. Our Outreach Workers can walk with you through your home to identify any potential hazards and give you recommendations on how to remediate them. For more information, or to schedule one, please give the Office for the Aging a call.



Got Pills?



Dispose of Your Excess Household Medications
 Now you can safely dispose of unused prescription & over-the-counter medications
 A receptacle is available 24 hours a day at:
Tompkins County Public Safety Building Lobby
779 Warren Road
Ithaca, NY 14850

TURN IN EXCESS MEDICATION WITH NO QUESTIONS ASKED

Accepted Medications Include:
 Over-the-counter medications
 Prescription Medications, Prescription Patches, Prescription Ointments
 Vitamins, Samples, and Pet Medications

WE DO NOT ACCEPT AEROSOLS OR SHARPS.

Tompkins County Sheriff Tompkins County Public Safety Building Lobby 779 Warren Road Ithaca, NY 14850	Cornell University Police Department G2 Barton Hall 24/7: 365 days 607-255-1113	Tompkins Cortland Community Col- lege Campus Police 170 North St., Dryden M-Sat (7:00 AM - 10:00 PM) Sun (10:00 AM - 6:00 PM) 607-844-6511
Tompkins County Probation De- partment Human Services Building 320 W. MLK/State St., Ithaca By Appointment 607-274-5367	Cayuga Heights Police Department 876 Hanshaw Rd., Ithaca M-F (9:00 AM - 4:30 PM) 607-257-1011	Groton Police Department 108 E. Cortland St., Groton M,W,F (8:00 AM - 4:00 PM) 607-898-3131
Ithaca Police Dept. 120 E. Clinton St. Ithaca M-F (8:00 AM - 4:00 PM) 607-272-9973	Dryden Police Department 16 South St., Dryden M-F (9:00 AM - 3:00 PM) 607-844-8119	Trumansburg Police Dept. 5 Elm St., Trumansburg M-F (10:00 AM - 2:00 PM) 607-387-6505

Got Sharps?



LOCATIONS OF ESTABLISHMENTS THAT ACCEPT AEROSOLS OR SHARPS.

Cayuga Medical Center
 101 Dates Drive., Ithaca, NY
 M-F (8:00 AM-3:00 PM)
 607-274-4017

Groton Community Health Care Center
 120 Sykes St., Groton, NY
 7 days/week (8:00 AM-4:30 PM)
 607-898-5876

Kendal at Ithaca
 2230 Triphammer Rd., Ithaca, NY
 Wednesday (10:30 AM-2:30 PM)
 607-266-5300

Caygua Ridge
 1229 Trumansburg Rd., Ithaca, NY
 M-F (10:00 AM-4:00 PM)
 607-277-8072

Beechtree Care Center
 318 S. Albany St., Ithaca, NY
 M-F (9:00 AM-3:00 PM)
 607-273-4166

Southern Tier AIDS Program
 501 S. Meadow St., Ithaca, NY
 24/7 Disposal
 607-272-4098

Join Lifelong for a virtual Medicare Basics presentation



Thursday, July 7 from 4:30-5:45pm

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

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

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

Medicare Basics Time: Jul 7, 2022 04:30 PM Eastern Time (US and Canada) Join Zoom Meeting <https://zoom.us/j/99745391712>



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 for the Office for the Aging.

*-so stay informed and "like" us!
Don't forget Lifelong, Too!*

HIICAP Volunteer Recruitment Summer 2022

Are you looking for a rewarding volunteer opportunity?

The Medicare Counseling Program at Lifelong is looking for volunteer Medicare counselors!

Are your health care needs covered by Medicare? Or do you anticipate that you will be covered by Medicare in the near future? Do you think that Medicare is complicated and confusing? The Health Insurance Information Counseling and Assistance Program (HIICAP) provides unbiased and comprehensive health insurance counseling to residents of Tompkins County eligible for Medicare. You may have benefited from this service in the past. Think you might want to return the favor?

Lifelong HIICAP functions with dedicated volunteers. Our volunteers donate their time and expertise to serve our Medicare-eligible clients, many of whom struggle to make informed decisions about their health care options. We need volunteers to provide this service!

Lifelong partners with NY State Health Insurance Program (SHIP) who provides access to online training regarding Medicare choices and specific benefits for NYS residents. SHIP provides online open book competency exams before our volunteers advance to counseling. Counselors-in-training shadow experienced counselors before working on their own with clients. Lifelong staff provide volunteers with in-person support and resources from the Medicare Rights Center. Every counselor receives a Resource Notebook to support their knowledge, with updates as new information becomes available.

HIICAP counseling is offered year-round, with our busiest time being during Medicare's Open Enrollment Period in the late fall.

Interested in learning more about this volunteer opportunity?

Please reach out to HIICAP Coordinator Mary-Ann Reeter via email: mreeter@tclifelong.org, or by calling 607-273-1511.

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.

HIICAP's certified volunteer insurance counselors are currently providing personalized counseling over the phone or via zoom, to 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 talk with a certified counselor, please call Lifelong at 607-273-1511 and we will get back to you to set up an appointment.

McGraw House Senior Apartment Complex



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



(607)-272-7052
221 South Geneva Street, Ithaca
www.mcgrawhouse.org



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



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 lifelong@tclifelong.org to register for any of these events!

From the Desk of the Executive Director, Liza Burger



Summer is making an appearance with longer days, lightning bugs, and delicious smells coming from neighborhood cookouts. It's a treat when we are able to move any of our programs outdoors and take advantage of the sunshine!

Lifelong's schedule looks a little different in the summer months. We will be closed to the public on Mondays beginning July 4 through Aug. 8; in addition, the building will be closed the week of August 15th for needed maintenance work and sprucing up to ready ourselves for the fall semester. Nonetheless we have a summer catalog which begins in June, with plenty of offerings to keep you engaged and active during the lazy, hazy, crazy days of summer. Please stop by to pick up a catalog in June (this issue doesn't get mailed out) or check it out online at www.tclifelong.org. The best way to stay up-to-date on any new program offerings is to subscribe to our email newsletter, so please send a message to: kkoyanagi@tclifelong.org if you'd like to be added to our email list.

During our summer maintenance week in August, Lifelong staff will be headed off-site for a retreat to begin the exciting process of outlining a new strategic plan that will help guide us through the next few years. Part of this process includes surveying our membership to get your input, so keep an eye out for ways in which to share your ideas and experiences with us- we need your voice!

With many of you beginning to enjoy more travel over the summer, there's a chance that you might attend fewer programs at Lifelong this season, but we sure hope that you'll keep us in mind when considering your giving this summer. If you've benefitted from any of our classes, activities, free tax preparation or Medicare counseling services, or been touched by Lifelong in any way, might you consider giving on a recurring basis? We are so grateful for your ongoing commitment as we continue to be impacted by pandemic circumstances.

Warmly.....Liza

CLOSED

**Mark your Calendars
Today!**

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

Lifelong is closed Mondays in July & August and the week of August 15th-19th.

Our regular schedule resumes on August 22nd

LIFELONG SUMMER OFFERINGS

Enjoy your summer by enjoying a film series hosted by Ron Krieg on Tuesday afternoons (beat the heat in the AC), joining a social group, learn more about our community, and technology!

Need one-on-one help with technology? Make an appointment to meet with a volunteer at Lifelong – available most Tuesday's with an appointment.

Don't miss Tom Fredett's Google Tools class in August.

Check out our new series "Going to Market: Cultivating Earth & Community". This series will explore the rich history of the Ithaca Farmer's Market by inviting vendors (farmers, chefs and artisans) to share their story - *the history of their business and their approach to growing or making their product*. For example, Black Diamond Farm & Cider will include in their session learning about the different varieties of apples – which includes a taste test! This series meets on Thursdays – but will include a Saturday Tour on August 27th at Steamboat Landing lead by Kelly Suave, Market Manager.

Due to the high volume of requests for the **AARP Safe Driver course**, we will be announcing classes to be held on a few Saturdays over the summer and Fall. We will announce the dates on our webpage and in our weekly newsletter. For more information contact call 607-273-1511.

New! Tai Chi Classes Offered Offsite

Did you know that Tai Chi promotes balance, flexibility, coordination and reduces pain? Or that it is known to lower the risk of falls, increase energy levels, enhance sleep, and reduce stress and anxiety?

Lifelong instructor John Burger returned to offering **offsite Tai Chi classes** at Lansing Community Center (Next to the Lansing Library) on Friday's from 10:30 am – 11:30 AM since March 2022. We are excited to announce that he will lead a class at Titus Towers on Tuesday's at 10:00 -11:00 AM starting in June.

You do not need to be a member of Lifelong to attend offsite classes. Join Lifelong Instructor John Burger to work on your health & wellness. Contact Lifelong for more information at Lifelong@tclifelong.org or 607-273-1511.

Lifelong Learning Catalog for Fall 2022

will be mailed to members the last week in August
Or stop in at Lifelong to pick up a copy.

Need a Notary Public ?

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

Where in the world are Lifelong members, family & friends traveling next with Collette?

Are you looking for a Tropical getaway? It's not too early to start planning today. Join Kevin Ferguson from Collette on September 12th at 11am to learn more about this 9-day tropical adventure departing March 2023.

For a sneak peak, visit

<https://gateway.gocollette.com/link/1051325>

Tropical Costa Rica

March 25 — April 02, 2023 • 9 Days • 14 Meals



Are the mountains calling you? Check off that bucket list to see the Canadian Rockies & Glacier National Park with this 7 day tour in August of 2023.

Attend the session at Lifelong on September 12th at noon to see a presentation of what to expect.

For a sneak peak, visit

<https://gateway.gocollette.com/link/1051285>

Canadian Rockies & Glacier National Park

August 05 - 11, 2023 • 7 Days • 10 Meals



And, if you don't want to wait that long, there is still time to join the **Rome & Amalfi Coast** trip in September 2022! Join 10 other travelers from Lifelong on a fabulous trip to Italy. Don't miss out – Book today.

<https://gateway.gocollette.com/link/1084394>

Rome & the Amalfi Coast

September 21- 30, 2022 • 10 Days • 13 Meals



We have received unfortunate news that Borg Warner will not be opening their pool for the summer 2022 season.



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 on our newsletter or on our website or FaceBook page as soon as we receive them.

Online Silent Auction!

A BENEFIT FOR



Lifelong
Enhancing the second half

JUNE 22-JULY 1, 2022

This event presented in part through the generosity of
Presenting Sponsors:




Benefactors:



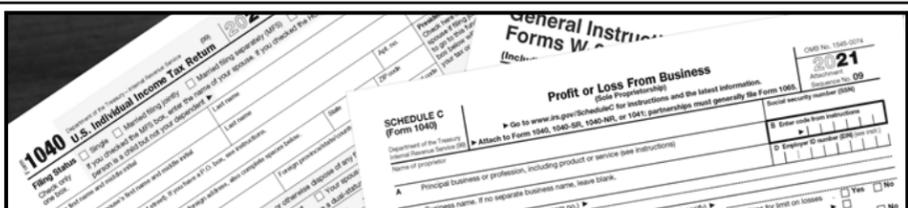



Patrons






For information or to get the link to make a bid call 607-273-1511 or go to www.tclifelong.org



Tax Counseling for the Elderly (TCE)

The TCE program provides an opportunity to increase your learning while providing a much-needed service to highly appreciative in our local community during the tax season from January to April. Training and support are provided and volunteers work collaboratively to support both each other and the taxpayers

What are the best things about working with the TCE program?

- Interaction with and appreciation from clients
- Problem solving satisfaction
- Support and camaraderie of the group
- Increased understanding of the some of the challenges faced by seniors in our community

Are you comfortable with numbers? Do you like to understand basic tax issues and your own situation? Are you looking for an opportunity with a finite timeline? Do you have basic computer skills? Think about joining us

Not sure you're comfortable preparing tax returns? Volunteers also welcome people to our tax clinics, help them get ready to meet with a preparer, and provide other supports to the program.

"I've even had people hug me because their refund was going to make something important happen for their family"

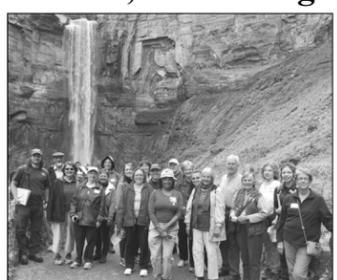
Think you might be interested in joining us? Let's talk about it. Email TCELifelong@gmail.com or call 607-273-1511, leave your name and phone number, and we will get back to you.



Certified and grant funded by the Internal Revenue Service with additional support from the United Way And financial underwriting by Lifelong

Come walk with your friends, old and new, at Lifelong!

Lifelong's walk program is a great way to explore the beauty and culture of Tompkins County while increasing your strength, improving your balance and enjoying the company and knowledge of your peers. The walk coordinators are Elke Schofield and Carol Beeman and they are looking forward to sharing the walks they have planned for you.



Individuals participating in the walking program must:

- be current Lifelong members (Contact Lifelong for information on our sliding scale fees)
- complete a Waiver Form
- able to walk independently for 1-2 miles.

The group will:

- meet outside of Lifelong at 9:15 AM and begin walk at 9:30 AM
- give the driver \$2 for gasoline & parking when carpooling is necessary
- NOT walk if it is raining or temperatures are over 80F.

Registering for the walking group can be done by contacting Elke Schofield at elke.schofield@icloud.com or call her in the afternoon at 607-272-9476.

Please include the following information:

- Name and e-mail address and home address
- home telephone number and cell phone number
- and confirm Lifelong membership is up to date.

2022 Walk Schedule

June 22	Lime Hollow Art Trail (Carol Beeman)
July 6	Daisy Hollow Farm, 830 Daisy Hollow Rd., Dryden
July 20	Ithaca College Campus (Lynda Walters)
August 3	Arboretum
August 17	Black Diamond Trail
August 31	South Hill Recreation Trail
September 14	Linn Street to Cornell Campus (strenuous)
September 28	Sciencenter with visit to Mosaic Wall
October 12	Hospicare and Palliative Care Service 172 E. King Rd.
October 26	Beebe Lake

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

Thank -you to the 21 VOLUNTEER Preparers (4 new this year) and the 8 Greeters/Telephone Workers for another successful year!

And a huge round of applause to Khaki Wunderlich, our coordinator, for leading us through yet another Covid year.

Some quick figures for our 10 week program, we completed 580 tax returns, and assisted 24 more who did not need to file.

We hope to return next year with in-person appointments along with the hybrid appointments like this year.

**REMEMBER TO SCHEDULE YOUR APPOINTMENT EARLY!
WE SCHEDULE FOR THE ENTIRE TAX SEASON (January-April)
BEGINNING IN JANUARY. APPOINTMENTS FILL UP FAST!**

T'ai Chi Classes

with instructor John Burger



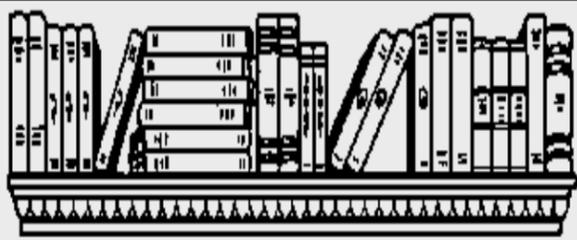
FRIDAYS 10:30AM - 11:30AM

Class will be held at the Lansing Community Center located next door to the library.

T'ai Chi promotes balance, flexibility, coordination, and reduces pain. T'ai Chi is also known to lower the risk of falls, increase energy levels, enhance sleep, and reduce stress and anxiety. Using precise, fluid movements, T'ai Chi will dissolve tension, increase your strength, cardiovascular fitness, and leave you with a greater awareness, calmness, and overall sense of wholeness.



Please wear loose, comfortable clothing. FREE & OPEN TO THE PUBLIC
SUGGESTED DONATION \$5



The Book Nook

A feature from the *Tompkins Public Library*
Joyce Ann Wheatley, Librarian Information & Learning Services, Tompkins County Public Library

Find out what's happening at Tompkins County Public Library! Visit www.tcpl.org or call 607-272-4556 for information. Browse and borrow our digital books anytime!

Thanks to Cady Fontana, TCPL's Makerspace Librarian for these summer reviews!

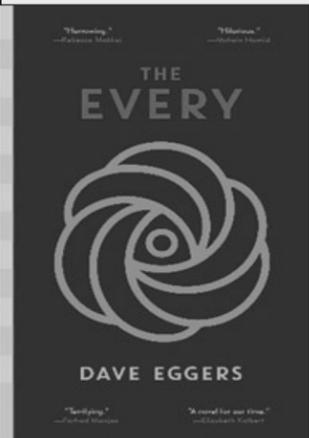
Big Summer by Jennifer Weiner (2020)

A likeable main character kicks off this fun book which spans genres from romance to mystery! Daphne is a well-developed character, a woman who has battled weight insecurities and lost insensitive "friends" in the process.



When Drue, a "frenemy" from her past, reenters Daphne's life and requests her service as a bridesmaid at her lavish wedding, Daphne is rightfully skeptical. Then, when someone turns up dead at the wedding, this novel kicks into high gear and keeps the reader guessing until the exciting conclusion! A fun, relatable, unexpected read. **Reviewed by Cady Fontana, Makerspace Librarian**

The Every by Dave Eggers (2021)



"The Every" picks up at the conglomerate tech company previously detailed in Eggers' prior work, "The Circle." Think Amazon + Google + Facebook. Seeking to dismantle the company from the inside with the tactic of introducing bad ideas, Delaney successfully

lands the job and begins her campaign of influence. How far is too far? And what can one person do from within? This book is comical in the outlandish ideas and circumstances that often hit close to home. An enjoyable sequel, if you liked the first. **Reviewed by Cady Fontana, Makerspace Librarian**

TCPL offers a variety of book clubs for all ages. Check them out at:

<https://www.tcpl.org/book-clubs>.

All Library programs are free and open to the public.

(Continued from page 1)

Two volunteers honored at COFA's Open House event.



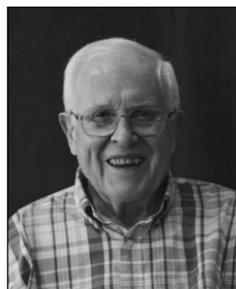
Amanda Ufford was born in Edinburgh, Scotland, and came to New York over fifty years ago when she married an Ithacan, Curt Ufford. Except for two years in Rochester, she has lived on East Hill in Ithaca all that

time. She worked at Ithaca College until their children were born, then earned her Masters in speech pathology at IC. Once the children were in school, she worked in several school districts in Tompkins County, including Candor and Ithaca, but mostly for Racker, serving the Head Start population around the county.

Amanda has 35 to 40 years of volunteer service with such organizations as the Friends of the Library Book Sale, Kitchen Cupboard, First Baptist Church of Ithaca, and Church World Service.

Amanda has worked with immigrants and refugees to the US from a number of countries (Kosovo, Burma, Haiti, Zimbabwe, Belarus, Ukraine, Rumania), helping them learn about our community and culture. She has been involved with supporting fund-raising and literacy efforts in our area through both book-sorting and acting as an officer in the Friends of the Library organization. Amanda has longtime involvement as a volunteer coordinator from her church at Ithaca Kitchen Cupboard, working in the food pantry regularly and serving on the Board. In addition, Amanda is involved in promoting activities where First Baptist Church interacts with the community on efforts towards social and ecological justice.

Her advice on volunteering? "It's much more fun to get involved with other people in the community and find ways to help the world go round than to sit at home on your own. You never know what you might learn or whom you might meet."



Jim Quest was born, raised, and educated in a suburb of Johnstown, PA. He moved to Ithaca with his wife Leslie in 2006 from Stamford, CT. They have three married children. Their elder son, Dan and wife Ellen live in Lansing;

the others live in southern Vermont. Leslie and Jim have four grandchildren and two great-grandchildren.

After moving back to Ithaca, he taught entrepreneurship at the Cornell Hotel School from 2006 -2012, and later at the University of International Business & Economics in Beijing. Jim is a 1956 graduate of Cornell, a lifetime member of the Cornell Society of Hotelmen, and a past member of the Cornell University Council. He was named the first Entrepreneur-in-Residence at the Hotel School, and also served on the School's Admissions Committee.

Jim has 15 years of volunteer service with such organizations as Love Living at Home, Cornell University, Ithaca College Wells College, Cayuga Chamber Orchestra, and the Whitman School at Syracuse University

Jim is one of the original three co-founders of *Love Living at Home (LLH)*, a virtual retirement village of seniors who want to support one another as they age at home. He created the original business plan for the nonprofit, served

on the Board, and chaired the Development Committee until his retirement in 2021. In spring 2014 the Tompkins County Office for the Aging and Ithaca College Gerontology Institute met to discuss the increasing community interest in the new "Aging in Place" model known as the Village-to-Village Network. That summer the group surveyed the community and verified the desire. At that point the startup group took on the challenge of creating a virtual retirement village of seniors who want to support one another as they age at home. This became *Love Living at Home*.

Leo Tolstoy remarked that "Old age comes as one of life's great surprises.". With *Love Living at Home*, we have found a way to help one another as neighbors to age with grace and dignity in our own homes for as long as we can.

When asked what advice he would give to follow volunteers he answered, "Two words:

Passion: Volunteer for a subject that is meaningful to you. One that will enrich your own life as you make your contribution to others. Winston Churchill said it well: "The best way to find yourself is to lose yourself in the service of others."

Practicality: Be mindful that all nonprofits should be run as much like a business as possible, without getting in the way of the mission. If not, you will devote too much time worrying about existing instead of completing your goals.

Congratulations to these two outstanding volunteers!



Providing rides for Tompkins County residents since 1966!

FISH is looking for Drivers!

FISH (Friends In Service Helping) primarily serves elderly citizens who may be frail or who no longer drive, as well as Tompkins County residents who have limited transportation options and resources.

A rider requests service by a call to 211.

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

Drivers are asked to commit to as few as 2 rides a month.

Drivers may require that a rider be vaccinated.

Drivers can be accompanied with their spouse.

All new drivers will receive a personal orientation to the program.

Volunteering for FISH is a very rewarding experience.

FISH is 100% dependent upon the good hearts of our volunteers.

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

Volunteers, Connected!

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



LONG-TERM CARE OMBUDSMAN

VOLUNTEERS NEEDED!

NEW YORK
Office of the State
Long Term Care
Ombudsman

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

Contact us today!

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

WWW.TOMPKINSCOUNTYNY.GOV/COFA/VOLUNTEERS

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?

Catholic Charities

We seek volunteers who are interested in providing friendly and dignified service to those who come for our help. We are very interested in people with strong communication skills and the ability to maintain confidentiality. As a volunteer you can serve as a receptionist, office assistant, computer aide or clothing closet worker.

Many programs need volunteers. We welcome the opportunity to discuss possibilities with you. If you would like to help, please call Michaela Cortright at 607-272-5062 ext. 17 or email: Michaela.Cortright@dor.org



Paleontological Research Institution, its Museum of the Earth, and the Cayuga Nature Center need your help!

Our volunteers are integral to our overall organization. Become part of our diverse and dynamic group and expand your knowledge about paleontology, geology, evolution, sustainability, environment, climate change, and nature issues. Your volunteer efforts will help others discover the exciting world which they inhabit.

Where else can you:

- Help a Museum visitor identify a found fossil or a Nature Center visitor discover a leaf or butterfly
- Teach a school group about the Northern right whale, mastodons, or New York's native animals
- Curate specimens from PRI's world-renowned fossil collection
- Help care for the Nature Center's live animal collection
- Assist with special events and other marketing needs
- Prepare a fossil specimen in the Museum's Prep Lab
- Assist in PRI's library and possibly contribute to one of our publication
- Participate in building an exhibit
- Be a trail or butterfly guide
- Help with youth camps throughout the year
- Or just be part of the many and varied happenings here.

Would you like to make a difference in your community?



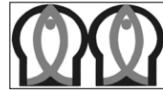
Be a Volunteer Literacy Tutor for Adults in Our Community

Tomkins Learning Partners (TLP) is looking for volunteer tutors to assist adults who want to improve their literacy, language and math skills.

TLP Volunteer Tutors are:

- Willing to meet with students, one-to-one, for a minimum of 2 hours per week (in-person or online)
- Able to reserve a regular day and time each week to meet with their literacy partners
- Open to participating in tutor training learning together with their students
- Respectful of their diverse backgrounds and life experiences

Interested? Please email literacy@tlpartners.org OR call TLP at (607)277-6442 for more information about our next orientation session. You may visit our website www.tlpartners.org



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

Pick a day and Shift that works for you.

This is a great opportunity to engage in our community in a meaningful and very helpful way.

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

Volunteer as a Citizen Historian

HistoryForge is an online interactive database that maps information from the censuses of Ithaca, NY onto historical map layers. Residents and historians can use a powerful search engine to explore the buildings, neighborhoods, individuals and families of early 20th century Ithaca. Visit www.historyforge.net to begin your exploration.



You can help! HistoryForge is an ongoing project that depends on volunteers to transcribe census records, input metadata, scan images, and geo-rectify maps of the city. It's fun, informative and contributes to our understanding today's Ithaca by understanding its past.

Please contact historyforge@thehistorycenter.net with any questions.

Enhancing Community, Economy and Environment through ReUse

Just a few ways to volunteer:

- **Denailing Project:** assist in denailing and processing salvaged lumber for reuse
- **Materials Processor:** up front in retail or in our warehouse processing donations
- **Donations Support:** assist in accepting material donations
- **Administrative Support:** lend a helping hand

Email us at volunteer-coor@fingerlakesreuse.org or Leave a message at 607-257-9699 x9930.



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**.

Volunteers are an integral part of the Sciencenter team!

If you have an upbeat and positive attitude, strong oral communication skills, and a passion for teaching and learning, we want you to become a Sciencenter volunteer! You will receive ongoing opportunities to grow and gain skills within the organization. **Science content expertise is not required.** Volunteers attend a New Volunteer Orientation/Training, held monthly.

Some of the volunteer opportunities are:



- Education Programming Assistant
- Animal Room/Tidepool Touch Tank Facilitator
- Special Events: 2-4 hour shifts at special events

If you are interested in learning more about volunteer opportunities, please email volunteer@sciencenter.org.

Mask Advisory

FOR ALL PERSONS REGARDLESS OF VACCINATION STATUS

Issued by the Tompkins County Health Department on April 27, 2022 due to a significant increase in COVID-19 cases and hospitalizations.

Actions You Should Take

Wear a high-quality mask in the following situations:

- Indoors in any public place
- With others who are at increased risk for infection or severe disease
- Any situation where close contact with others who are not part of your immediate household is possible.

THIS ADVISORY IS AN URGENT CALL FOR COOPERATION BY ALL MEMBERS OF THE COMMUNITY TO PREVENT THE SPREAD OF COVID-19 DISEASE.

THIS ADVISORY IS NOT A MANDATE. COMPLIANCE IS NOT BEING ENFORCED BY TOMPKINS COUNTY.



tomkinscountyny.gov/health

Get vaccinated, get boosted! COVID-19 vaccine is safe, effective, and available at most local pharmacies.



Your Partner for a Healthy Community

MASK ADVISORY IN EFFECT: The Tompkins County Health Dept. advises everyone to wear a high-quality mask, such as a KN95 or N95, for better protection against COVID-19. FREE KN95 MASKS are available for pick up at local libraries or contact the Office for the Aging to learn more.

STAY UP TO DATE ON VACCINATION: Everyone age 50+ is eligible for a 2nd Booster Dose of an mRNA vaccine (Pfizer-BioNTech or Moderna) at least four months after their first booster dose. Contact your healthcare provider or local pharmacy to learn more.

FEELING SICK? SEEK TESTING: PCR testing remains free to all Tompkins County residents at the Cayuga Health Sampling Site, at the Shops at Ithaca Mall (40 Catherwood Rd, Ithaca). Register for an appointment by calling 607-319-5708. COVID-19 Self-Test Kits are also available for pick up at your local library or contact the Office for the Aging to learn more.

THERAPUETIC TREATMENT OPTIONS are now available; if you test positive for COVID-19, contact your healthcare provider right away to get started on a treatment regime.

Drivers Who Merge at the Last Minute May Be Annoying.....But They're Right

By: Jesslyn Shields

If you're old enough to drive, you're old enough to have some thoughts about the best way to merge into highway traffic when your lane is ending or closing due to a wreck or road work. When you see the big, orange "LANE CLOSED IN 1000 FT" sign, you've got a couple of options:

1. Immediately turn on your blinker and wait until somebody in the next lane lets you in.
2. Just stay in your lane and wait for all the polite people to get out of your way before zooming to the front of the line and merging when the lane closes. Watch as people who merged early rage in your general direction.

To most people, the first option seems more courteous and patient — less selfish. But study upon study proves the upstanding early-mergers among us are just creating a single long, slow line of traffic that's not only frustrating for drivers, it's inefficient because it minimizes the amount of usable road — and it even causes accidents.

What we all should be doing is called the "zipper merge," or *Reißverschlussystem*, as the Germans call it. In this system, every car in the lane that's ending drives all the way up to the front of the line and takes turns merging with the other lane of traffic. (From above, it looks a bit like teeth on a zipper coming together.) Because the system uses all the available road space for as long as possible, it cuts congestion by 40 percent. It also reduces crashes because all the traffic is moving at the same rate of speed rather than some cars going very fast while others poke along.



If you're going to wait until the last moment to merge traffic lanes, at least use the zipper method.

JEFFREY GREENBERG/UIG/GETTY IMAGES

The problem is, of course, our driving habits are baked in pretty deep. It seems pushy and unfair to rush to the front of the line, so we all agree to spend hours in a single, congested line of traffic when there's a perfectly good lane right next to us we're afraid to use because somebody might give us the finger. But some states are shelling out big bucks to actually retrain their drivers to use the zipper merge: Colorado and Minnesota have been working on it for more than a decade, while Washington, Missouri and Kansas have all endorsed the system, and Missouri started its own education campaign in 2016.

Like all well-intentioned systems, though, the effective zipper merge requires that all drivers are on the same page, and when's the last time that happened?

We'll see if this efficient, safe merging technique can find a place in our traffic habits, or, as Minnesota Radio's Bob Collins suggests, "The zipper merge is going to be this century's conversion to the metric system in the '70s. Great idea, made perfect sense, and was dead on arrival."

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Monthly Salute	Event	WHCU	WNYW
Monday, July 4	Independence Day	7am—9am	10:00 AM - 12 Noon
Saturday, August 6	Salute to August		10:00 AM - 12 Noon
Monday, September 5	Labor Day	7am—9am	10:00 AM - 12 Noon
Saturday, October 1	Salute to October		10:00 AM - 12 Noon
Saturday, November 5	Salute to November		10:00 AM - 12 Noon
Thursday, November 24	Thanksgiving	7am—9am	10:00 AM - 12 Noon
Sunday, December 25	Christmas	7am—9am	10:00 AM - 12 Noon

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