

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

Senior Focus: A Good Night's Sleep

By: Dawn Sprague, Aging Services Specialist, Tompkins County Office for the Aging

As I check the time again, it is now 3:00 a.m. I get up unable to fall asleep. This has been a common occurrence for me for the last several years. I fall asleep for short intervals of time, usually averaging 4-5 hours of total sleep per night, rarely all at one time. There are many reasons I don't seem able to get a full night's sleep, and I am aware of all of them. Still, I am unable to break this cycle of continuous interrupted sleep throughout the night. I have felt the many effects of an ongoing battle with poor sleeping habits daily, and how it interferes with my life. I long for those days of sleeping 7-8 hours a night that provided me the energy and alertness I now long for daily. Is this my destiny? How do I break this cycle and find the rest and rejuvenation that I long for? Are you able to relate? Do you struggle with sleep deprivation?

On September 30, 2022, Nathan Walz came into my life. He was a guest speaker for my Aging Mastery Program class at Lifelong. His topic of presentation: Sleep!

I was eager to hear what he had to offer and prayed there would be some information that may help me find some relief from my insomnia. He did not disappoint.

Who is Nathan Walz, and how could he share anything new with me that I didn't



Nathan Walz is the Director of Recruiting and Talent Brand at Leap Point.

already know? After all, I do work in the aging field and I know that as we age many people suffer from poor sleep habits. Then again, as Nathan has pointed out, sleep deprivation affects people of any age. I have already researched information on sleep and spoken with my health professional. Would he really be able to offer me any information that I didn't already know? I decided to keep an open mind and listen to what he had to offer, I mean, I had to be in class anyhow.

Nathan Walz lives with his significant other, Lindsay, and his six-year-old son. He spends much of his personal life home schooling his son and attending his son's hockey practices and games. He also enjoys hiking, cooking, and spending time with friends. Professionally, Nathan is the Director of Recruiting and Talent Brand at Leap Point. He specializes in the hiring process and designing environments where employees feel energized and engaged, which leads to employee retention. He is currently working on designing a wellness program for employees. He also has his own coaching business called Journey to Optimal Health. Nathan's love and energy for life, his family, and his work, does not go unnoticed. I learned so much from Nathan during his presentation in our class. Yes, some of it I knew, but Nathan's passion when he spoke seemed to recharge me and fill me with motivation. I decided to interview him and share his knowledge on a subject that affects millions of people in the United States: sleep. Keep reading and I will share information that I learned from Nathan to help you get control of your sleep habits and become a healthier you.

Why is sleep so important to us? Getting 7-9 restful hours of sleep per night can make a significant difference in our health. Sleep is one of the major benefits of aging well. Sleep benefits our bodies in repair, regeneration, brain maintenance, memory, concentration, immunity, and detoxification. If you suffer from sleep deprivation you already know that lack of restful sleep can mean that we are more likely to suffer from mood changes such as irritability, being more emotional, or feeling sad. We may choose to not participate in activities we once enjoyed as we feel too exhausted. We are also more likely to spend more of our daytime hours falling asleep.

There are many reasons people suffer from sleep

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Non-Profit
Organization
PAID
Permit No. 375
Ithaca, NY 14850

Lifelong
Holiday Open House
Tuesday, December 13
2:00 – 4:00 PM

Live Entertainment
featuring
Senior Theatre Troupe at 2:30
and
Reader's Theater at 3:30

Light Refreshments
Bring a friend, all are welcome!

Senior Services

NY Connects

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



Tompkins County Office for the Aging

NY connects can provide information about:

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

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

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

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

Free language assistance (interpretation and translation) services available.

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 Program. The Registry 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 607-272-2433 or email: info@fliconline.org. This program is made possible through funding from the Tompkins County Office for the Aging.

Let it Snow

With winter weather upon us, the Tompkins County Office for the Aging is updating its listing of snow shovelers. Deep snow and icy sidewalks are dangerous for everyone but can be especially problematic for older adults and people with mobility problems. Many are not able to remove the snow from their sidewalks or driveways without assistance. If you need assistance with this task, please contact the Tompkins County Office for the Aging at 607-274-5482. Likewise, if you are interested in assisting older adults by shoveling or plowing, on either a paid or volunteer basis, please call our office at 607-274-5482.



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.

CAREGIVERS SUPPORT



Zoom & In-Person Options Legal and Financial Planning for Incapacity and Long-Term Care

A presentation about the different types of long-term care and payment options, including Medicaid eligibility. It will also briefly cover Power of Attorney and guardianship.

with Attorney Marcie Finlay

**Monday, 12/12/2022
2-3:30 pm**

To Register:
(607) 274-5486
ajackson@tompkins-co.org



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together

214 W. Martin Luther King/State St
Ithaca, NY 14850
www.tompkinscountyny.gov/cofa

Office for the Aging Advisory Committee



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together

Tompkins County is looking for enthusiastic and culturally diverse older citizen volunteers to fill immediate vacancies on the Office for the Aging Advisory Committee.

Members would represent the interests of older adults in their respective communities and review and comment on community policies, programs, and actions, which affect older adults with the intent of assuring maximum coordination and responsiveness to older adults.

The Advisory Committee is a key link between the community and Office for the Aging in communicating the needs and concerns of older residents of Tompkins County. Responsibilities include attending monthly meetings which are offered as a hybrid of in person and zoom, participating in one or more subcommittees, and assisting the County in promoting greater public awareness of aging issues, programs, and services.

Vacancies for 3-year terms:

Municipal: Opportunities for residents of Danby, Enfield, Town of Ithaca, Ulysses, and Brooktondale. If you live in and are interested in representing any of these municipalities, we would love to speak with you. We also always welcome at-large members which are open to Tompkins County residents with an interest in aging topics.

Visit the Tompkins County Office for the Aging Website to learn more about this committee.



Caregiver's Corner

November was Family Caregiver Month!

*By: Amy Jackson, Caregiver Resources Coordinator
Tompkins County Office for the Aging*

Each November, Family Caregiver Month is celebrated. This is a very important time to recognize family caregivers! So many times, caregivers brush off what they do as not that important, or just their duty as spouse, child, etc. However, the responsibilities they bear are so very important to their care receivers. Family caregivers often play many roles, including being an advocate and care manager, helping with activities of daily living (ADLs), and ensuring overall well-being, to name just a few.

Why is being a family caregiver so hard? One of the biggest reasons is because things can change every day, and sometimes every minute. There is often a sense of loss and/or grief as loved ones begin to decline. The person is still with you, but he or she is not the same person they once were. Plans get interrupted due to mental and/or physical health. For example, if you plan for retirement with your spouse, and then your spouse declines mentally or physically, that can drastically change what retirement looks like. There are so many reasons being a caregiver is hard, and there is not a one-size-fits-all solution to making it easier.

Caregiving circumstances may change day-to-day. Being flexible is not always easy when caregivers are often overwhelmed. Family caregivers may be a mom, daughter, son, or spouse and have many other additional responsibilities. The burdens that caregivers take on can be enormous. Given the ups and downs of being a family caregiver, the focus on learning how best to cope becomes essential. As caregivers often hear, if you don't take care of yourself, you can't take care of anyone else. Self-care is vital!

There are many self-care tools for family caregivers that may help ease the stress. One such tool is the caregiver library at the Tompkins County Office for the Aging, which has many books to borrow at no charge on various caregiving topics such as caring for someone with Alzheimer's, how to create a care plan, and books about dealing with difficult emotions. In addition, in the library there are two types of packets that are useful to caregivers. One is more for caregivers of Alzheimer's patients, which has activities in it. The

other is a general caregiver planning packet that has many tools to assist a caregiver with planning and other important processes.

Family caregivers may also be interested in joining the caregiver support group at the Office for the Aging. The group is held every other Tuesday from 11 am to 12 pm, and there are both in-person and Zoom options. The group is a great way to connect with other caregivers who have likely been through similar circumstances. If you are interested in joining that group, please call Amy at 607-274-5486 to register.

Another useful tool are the monthly presentations on topics of interest to caregivers, which are hosted by the Caregiver Resource Center at the Office for the Aging. These are most often held on Zoom, with a few that have an in-person option. Previous topics included estate planning, advanced care planning, how to make a death binder, Hospicare 101, and many others. These presentations are announced using the caregiver e-mail subscriber list through Tompkins County. If you need assistance signing up for that list, please call Amy at 607-274-5486 or e-mail ajackson@tompkins-co.org. That list is also used to send out a quarterly caregiver newsletter that contains resources as well as upcoming programs.

There is also a class called Powerful Tools for Caregivers, which is held at least twice a year through the Office for the Aging. This class gives participants tools to manage stress and improve self-care. Family caregivers will find this six-class, one-time-a-week course to be helpful in learning new techniques for how to speak to family members, care receivers, and others. They will also learn various strategies for self-care that can assist with reducing stress. Announcements of when these classes are held are sent out to caregivers via the e-mail subscriber list previously mentioned.

Can a family caregiver juggle everything without support from others? They may try, but ultimately, assistance and/or respite will likely be needed at some point. Maintaining a positive attitude, patience, and not getting burned out is much easier if there is a support system for the caregiver. Supporting a family caregiver can look many ways. For example, support could just mean a person is available if the caregiver needs to talk, or it could mean a person comes once a week to provide respite time.

Do you know a family caregiver? Let's remember to celebrate them not only this month, but always. Reach out today, acknowledge the work they are doing, and ask what you can do to help! It could mean a great deal to a caregiver to know you care.

For a free copy of the 64-page booklet, Resources for Caregivers in Tompkins County, call the Office for the Aging or view it online at <https://www.tompkinscountyny.gov/cofa>. (Click on the orange Resources for Caregivers booklet cover about 2/3 down on the home page.)

Do You Have a Loved One Living with Alzheimer's or Dementia?

Lifelong has partnered with the Alzheimer's Association of Central NY to provide support for people living with Alzheimer's, or other dementias, and their family and friends. A monthly support group meets at Lifelong on the first Wednesday of the month from 5:30-7:00 pm. The meetings are free and everyone is welcome.

In addition to the monthly support group, the Alzheimer's Association will be offering three, free classes at Lifelong. These are:

10 Warning Signs of Alzheimer's
Wednesday, February 1
1:00-2:00 PM

Healthy Living for Your Brain & Body: Tips from the Latest Research
Wednesday, March 8
1:00-2:00 PM

Dementia Conversations
Monday, April 17
1:30-2:30 PM

"I define connection as the energy that exists between two people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." Dr. Brene Brown

Project CARE Friendly Visiting Program

Project CARE is a friendly visitor program free to Tompkins County residents age 60 and over, where a volunteer and Senior are matched together and enjoy weekly visits with each other. Volunteers provide companionship, especially to Seniors who are experiencing social isolation or loneliness and can support older adults and caregivers in a variety of ways according to their needs. Weekly visits are a wonderful opportunity for volunteers and seniors alike to form a caring bond.

What would a weekly friendly visit mean to you...?

- Comfort to ease the loneliness or social isolation
- Conversation to break the silence
- Laughter to lighten your mood
- Friendship to fill your heart

Please **contact Dawn Sprague, Project CARE Coordinator** at **607-274-5499** or by email at dsprague@tompkins-co.org, if you would like to discuss this opportunity further, would like to sign up for a weekly friendly visitor, or if you are interested in becoming a Project CARE volunteer.



Are You Ready for your Tax Prep Appointment?

Organized tax records make preparing a complete and accurate tax return easier – help us help you!. It also helps avoid errors that can lead to delays that may slow your refund and can help find all the deductions or credits you are entitled to.

CALL LIFELONG 607-216-7862 to schedule an appointment (**beginning on January 9**) if you are 60+ or had your return completed by Lifelong last year.

We expect we'll run out of appointments again this year, so **call early. You can call before you have received all documents.** Schedule your appointment any time between February 4 and April 14 for the time when you **expect** to have all of your documents.

Appointments are available this year at Lifelong in Ithaca, Ulysses Philomathic Library in Trumansburg, and (NEW) Southworth Library in Dryden.

Eligible younger taxpayers, whose returns we did not do last year, can call beginning March 1.

Packets with information and forms to complete before your appointment will be available by January 20 at Lifelong, Ulysses Philomathic Library in Trumansburg, Southworth Library in Dryden, at the Groton Library, and on the Lifelong website www.tclifelong.org.

Taxpayers must be vaccinated for Covid and wear a mask to meet with tax preparers. For joint returns, both taxpayers must be present at the appointment. If you need a medical or other disability-related accommodation, call 607-273-1511 x258 or email TCE@tclifelong.org.

If you have any concerns about meeting, reading, writing, or communicating with us or completing your forms, please let us know so we can help you successfully complete this year's process and make sure you understand your tax return. Call 607-273-1511 x258 or email TCE@tclifelong.org.

In January, information will be available on the Lifelong website for contact-free and self-prep tax return options and options for unvaccinated taxpayers. www.tclifelong.org

Tax Prep Location Sites:

Lifelong

119 West Court Street, Ithaca

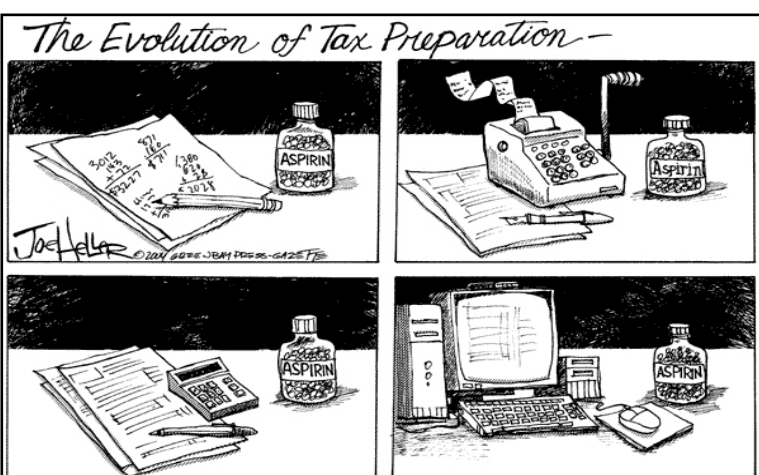
Parking: Front lot off of West Court Street; additional parking off of West Buffalo by turning into the alley way; use the lot behind Lifelong Building.

Ulysses Philomathic Library

74 East Main Street Trumansburg

Southworth Library

24 West Main Street, Dryden



FREE TAX PREP

Federal and New York State returns

LIFELONG 119 West Court Street, Ithaca
(additional parking off Buffalo St.)

TRUMANSBURG Ulysses Philomathic Library

DRYDEN Southworth Library

All Seniors age 60+ (with spouses of any age)

All Individuals with disabilities

Families with incomes below \$60,000

Some complex returns may not qualify

Returns prepared by IRS trained and certified volunteers

Appointments available February 4 through April 14

To schedule an appointment:

Taxpayers aged 60+ or whose return we completed last year

Call 607-216-7862

Mon – Fri, between 10 am and 4 pm (starting January 9)

Other taxpayers may call for an appointment beginning March 1

See our website for more information, for contact-free and no cost self-prep options, and information for unvaccinated taxpayers

www.tclifelong.org

The Tax Counseling for the Elderly (TCE) program is sponsored by a grant from the Internal Revenue Service and receives additional financial support from Lifelong and the Tompkins County Office for the Aging



*O heating season, O heating season
How cold will you get this year?
O heating season, O heating season
How cold will you get this year?
Will I be able to afford my bill?
Looking at the prices gives me chills?
O heating season, O heating season
How cold will you get this year?*

This year we have seen prices of nearly everything rise tremendously, and the same can be said for heating costs. The Home Energy Assistance Program (HEAP) is a one-time benefit aimed at supplementing your heating costs during the cold winter months. The 2022-2023 HEAP season opened on 11/1/22 and will close 3/15/23, or when funds are exhausted, whichever happens first. Clients must meet income guidelines and complete a HEAP application that can be picked up at the Office for the Aging at 214 W. State St. Ithaca, NY 14850, or the application can be done online at www.mybenefits.ny.gov. HEAP applications can also be mailed upon request. For more information, or to get a HEAP application, please call the Office for the Aging at 607-274-5482.

The current income eligibility levels for HEAP in 2022-2023 are as follows:

| <u>Household Size</u> | <u>Maximum Gross Monthly Income</u> |
|-----------------------|-------------------------------------|
| 1 | 2852 |
| 2 | 3730 |
| 3 | 4608 |

Join Lifelong for a free **Medicare Basics** presentation via zoom on

Wednesday, February 22, 2023 from 4:30-5:45pm

Or

Monday, May 8, 2023 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 HIICAP 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—Winter

Date: Weds., February 22, 2023 4:30-5:45pm

Join Zoom Meeting:
<https://zoom.us/j/95070318670>

Medicare Basics—Spring

Date: Monday, May 8, 2023, 4:30-5:45pm

Join Zoom Meeting:
<https://zoom.us/j/99311400704>

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, or in person 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.

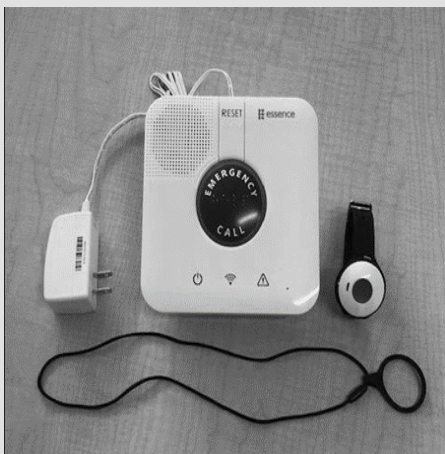
Each appointment is designed to focus on your individual situation, your questions and concerns. If you wish to meet with a certified counselor, please call Lifelong at 607-273-1511, or email Mary-Ann Reeter: mreeter@tclifelong.org to make an appointment.

Personal Emergency Response System (PERS)

Whether you are at home or on the go, the Office for the Aging has Personal Emergency Response System (PERS) units that can assist you in calling for help in case of a fall or a medical emergency.

The Office for the Aging has units that work exclusively in your home, where you can call for help wherever you are in-and around- your home

A small pendant is worn around the neck, or wrist, that is wirelessly connected to a base machine.



Whenever the button on the pendant is pushed, a call goes out on the base machine that connects you to Doyle Medical Monitoring. Doyle’s team of 24/7 response personnel can call on your behalf to get you the help that is needed, whether it is 911 or a family member.

The Office for the Aging also has wearable GPS units that allow you to connect to Doyle while you are on the go, no matter where you are. With a GPS unit, Doyle can ping your location and send help directly to you.

For more information, or to purchase one of these devices, please give the Office for the Aging a call at 607-274-5482.

And if you would like to find ways to make your home safer and help reduce your risk of falling, the Office for the Aging also does FALLS home safety assessments.

Their 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.



Scam Alert



FOR IMMEDIATE RELEASE
October 20, 2022

IG Warning: Offers to Increase Your Social Security Benefit Are from Criminals

Criminals Continue to Impersonate Government Agencies

DO NOT CLICK
<https://1gov-ssapp.com/system-ssa-logon>

That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond. Report suspected scams to oig.ssa.gov/report.

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones.

Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake Social Security website. Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment (COLA), or to set up an online account. The message may also provide fake contact information for SSA.

"Scammers are relentless in their attempts to lure you to their fake websites or to get you to respond in any manner to their fictitious offers. I urge members of the public to ignore unexpected messages and unsolicited offers. This simple step will help protect you from a scam," said Inspector General Gail S. Ennis. "Also, be alert for unusual business practices and contact Social Security directly with questions or concerns regarding SSA matters. Never click on the link."

"We are deeply concerned that fraudsters continue to find new ways to impersonate government agencies to deceive people into providing personal information or money," said Kilolo Kijakazi, Acting Commissioner of Social Security. "I strongly urge people to be vigilant,



Members of the press may make inquiries to Social Security OIG at oig.dcom@ssa.gov.

Connect with us on social media: [LinkedIn](#) | [Facebook](#) | [Twitter](#) | [YouTube](#)



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 Teri Reinemann, Program Director, at treinemann@tclifelong.org to register for any of these events!

A Line from our Executive Director, Liza Burger



I can hardly remember another fall when we've had so many lovely days as we've had this year. Living in Ithaca means that we know to fully appreciate glorious weather when it's here. We're preparing for the upcoming winter months at Lifelong with a new catalog of offerings coming out later this month, and fresh coffee, tea, and hot chocolate are at the ready for all who enter our doors!

This fall we were thrilled to add Ann Bohman, one of our amazing front desk volunteers, to Lifelong's staff as a part time Front Desk Manager. In addition to juggling all that the front desk work entails and being a welcoming presence for all at Lifelong, Ann will be our editor for the Senior Circle publication moving forward. We are so grateful that Joyce Billing has been working with Ann on this issue of the Senior Circle to ease this transition!

As the Senior Circle goes to print, Medicare's open enrollment period (OEP) is winding down and will end on December 7th. Congratulations and many thanks to Lifelong's amazing HIICAP (Health Insurance Information Counseling and Assistance Program) volunteer counselors, HIICAP Coordinator Mary-Ann Reeter, and the staff at Tompkins County Office for the Aging who offer HIICAP counseling, all of whom helped in providing support during the many walk-in clinics or scheduled appointments this fall. While this program is offered year-round, the OEP is by far the busiest time for All-things-Medicare!

With tax season just around the corner, Lifelong is excited to return to in-person free tax preparation services, as well as some virtual and self-preparation options. At this time we are planning for a new site at the Southworth Library in Dryden, resuming our site in Trumansburg at the Ulysses Philomathic Library, as well as at Lifelong in downtown Ithaca. Lucky for us, Khaki Wunderlich will again be returning to oversee this important seasonal program and our tax appointment phone line will open January 9

If you're looking for more information on Lifelong offerings, including Medicare counseling, tax preparation services, classes, social groups, travel, events and more, check out our website: www.tclifelong.org. Our site also allows you to subscribe to our weekly email newsletter which comes out each Friday with updates, changes, and additions to our offerings!

Warmly, Liza

Lifelong
Holiday Open House
Tuesday, December 13
2:00 – 4:00 PM

Live Entertainment
featuring
Senior Theatre Troupe at 2:30
and
Reader's Theater at 3:30

Light Refreshments
Bring a friend, all are welcome!

The Lifelong Spring catalog is on its way and there is something for everyone!

Health and Wellness: Lifelong offers chair yoga, strength training, tai chi and Enhance your Fitness classes year-long at Lifelong and in Lansing, Trumansburg, Jacksonville and Brooktondale. Plus, we will offer several health and wellness classes this spring, including the ins and outs of hearing aids, Breaking the Age Code, your brain on art, and fundamentals of anatomy, to name a few.

Finance: If you are interested in selling your home, Carol from Carol Bushberg Real Estate will lead three classes to help you get started. We will also offer classes on preparing your finances for retirement, trusts, and gifting money and assets.

Films: Kofi Acree, from the Africana Library, will host the Africana Library Film Festival on the second Wednesday of the month. Ron Krieg will host another series of World Cinema on Tuesday afternoons starting in April.

Humanities and Social Sciences: This is a fun and intellectually challenging list of classes, offered as a series over several weeks. Topics include Shakespeare, economics, drawing, memoirs and musings, royal coronations, the US Constitution, and the Supreme Court. The number of classes in a series varies and classes typically meet once a week.

Social Groups: Lifelong members create social groups around common interests and these groups meet year-round. Currently, there are fifteen social groups and people are welcome to drop in for any group that sounds interesting to them. If you like to play games, there are Scrabble, pinochle, bridge, and mah-jong groups. Members facilitate two book groups, a writing group, and a theater group. New this spring is an Open Studio on Tuesday mornings for all artists and mediums, both experienced and aspiring. And, there's more.

Once the weather warms up, Lifelong's Walk Program and Ladies Golf Group will start up again. This summer, Lifelong members will be headed to Alaska and the Canadian Rockies with Collette Tours.

There is so much going on at Lifelong! It's worth taking a look at the Spring catalog to see the complete list of things to do. You can always view the catalog online at www.tclifelong.org or pick up a copy at Lifelong, located at 119 W. Court Street in Ithaca. Don't forget to sign up for our eNewsletter as new classes and events are added continuously.

Interested in a Discount in Lifelong Learning Class Fees?

Our new catalog will be in the mail to members and available onsite and online to everyone very shortly.

If you are interested in signing up for a class or two, **we have a deal for you!** Registrations received or postmarked during the first week of January 2023 (January 1 – January 7) are eligible for a 10% tuition discount.

This applies to Lifelong Learning classes only.

Remember – it's better to register ahead of time to ensure that you get into classes with limited space and to ensure that the classes you want won't be cancelled due to low participation.

Call Lifelong for more information.

Lifelong is having a membership drive!

It's our first since the pandemic hit – we're celebrating getting back to more classes, more social groups, more events, and just more!

From January 8 to February 10, 2023, new members (we're including those who haven't joined Lifelong for five years or more) and current members who refer new members will **receive a \$10 credit** that can be used towards any Lifelong offering, including membership.

Come on down and bring a friend. Hope to see you in 2023!!



Writing as a Way to Cope With Global Pandemic



It has been said that writing can bring to each of us a powerful way for connecting with ourselves, coping with crisis, and understanding the world around us.

Writing can be liberating by easing stress and anxiety, and it can allow us to heal from loss and trauma by uniting our thoughts and our feelings. The global pandemic has been a stress-inducing experience that wrought isolation and fear. After nearly three years of uncertainty — and unwelcomed intrusions on our daily lives — we're now being asked to go back to living our lives as they were before, almost as if nothing ever happened. Are you ready?

Through guided writing exercises, we'll explore using writing as a way to cope by exploring our thoughts, feelings, and experiences in a safe and supportive environment. See how writing can help you change your outlook. The 4 sessions will be held over zoom February 2, 9, 16, and 23 from 1-3 p.m. Please bring a favorite pen.

This series is offered by Jane Segelken, MS, MSW. Jane is a social worker/health advocate who spent more than 30 years as a writer/editor before changing careers. Recently retired, Jane is grateful to be able to return to volunteering by offering therapeutic writing programs where she can focus some of her efforts on the psychological and environmental aspects of illness, stress, and trauma.

The cost is \$40 and Lifelong membership is required. If you are not a member, call Lifelong today at 607-273-1511 to inquire about the membership fee and sliding scale. No one will be turned away for inability to pay.

Four Social Game Groups

Bridge meets every Tuesday 1-3 pm



Mahjong meets every Monday 11am –1pm

Pinochle meets Friday 1:30 –3:30 pm

Scrabble meets the first Monday of the month 1:30-3 pm
(To do Holiday, meeting will be January 9)

Lifelong membership required and a \$2 drop-in fee



Square, Line and Round Dancing

Square, Line and Round Dancing at Lifelong is a truly great social gathering with good music and great people.



Dancers share a love for music and enjoy spending time together and participating in line and round dancing, and square dancing with a live caller.

No partner is required and the dances are taught each time, so people 'learn as they go' and have FUN doing it!

Come in and check out this activity: Every Friday at 2 pm at Lifelong.

Virtual Senior Center

Lifelong and the Tompkins County Office for the Aging are pleased to offer Virtual Senior Center membership to **ALL** Lifelong members, and especially those who may feel socially isolated for whatever reason.

The VSC is an easy-to-use website that brings a vibrant community and a wide range of interactive, facilitator-led programs straight to you in your home. There are programs 365 days a year on a variety of topics, giving you the opportunity to meet new people, make friends, have fun, and learn something new.

What do you need to join?

- Any up-to-date desktop/laptop computer, Android tablet, or an iPad
- A web camera and microphone (if not built into your device) and an internet connection
- Current Lifelong membership (sliding scale)

If you or someone you know is interested, contact Teri Reinemann at Lifelong to get information on setting up your account: treinemann@tclifelong.org.

Once your Lifelong membership is verified, you will get an approval to access the site (within 48 hours), as well as information on how to familiarize yourself with the program. Tech support is available from VSC to get you started and support you.

Lifelong Members are Going Places!

Are the mountains calling you? Check off that bucket list trip and visit the Canadian Rockies & Glacier National Park on this 7-day tour in August, 2023. Attend an information session at Lifelong on Wednesday, January 4 at 10:00 AM..



For more information, visit: <https://gateway.gocollette.com/link/1051285>



How about an Alaska Discovery Land and Cruise? Includes 12 days and 26 meals. Departs July 26, 2023. Information session at Lifelong on Wednesday, January 4 at 11:00 AM. For more information, visit: <https://gateway.gocollette.com/link/1051283>

Lifelong Membership...

Why do it?

Lifelong is a community center for people 50 years of age & up designed **to enhance the second half!**

Join Lifelong online at: www.tclifelong.org



Membership Benefits

Lifelong members are eligible to register and participate in all classes and events that are held in person at Lifelong and/or offered virtually. Additional benefits to members include:

- Sciencenter passes
- discounted TCAT bus tickets
- coupons for the Mary Durham Boutique
- Cornell Concert Series tickets
- 25% discount YMCA membership for those 60+
- Discounted Love Living at Home membership
- Discount on Lifelong travel with Collette Tours

And ... There is MORE!

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

We have 1:1 support for your computer & cell phone questions. Just give us a call to schedule an appointment!

How much does it cost?

Lifelong uses a sliding scale for annual membership. To ensure that no one who wants to join is prevented from doing so because of cost, we have three different levels of membership fees. More information about this will be on the website and in the eNewsletter.

Stay Informed – Lifelong's eNewsletter

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

Sign up by visiting us at:

<http://www.tclifelong.org>



Sign up for the Lifelong's weekly e-Newsletter for up-to-date information.

Visit us at www.tclifelong.org.

On the main page, scroll down and click the "Subscribe to Our Weekly Newsletter" box in the lower left-hand corner.

Mark your calendars today for Lifelong closures:



December 23 - January 2
Monday, January 16
Monday, February 20

Notary Public Service available at Lifelong

Free of charge

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



Holiday Safety

By Geoff Dunn, Community Preparedness Coordinator
Tompkins County Department of Emergency Response

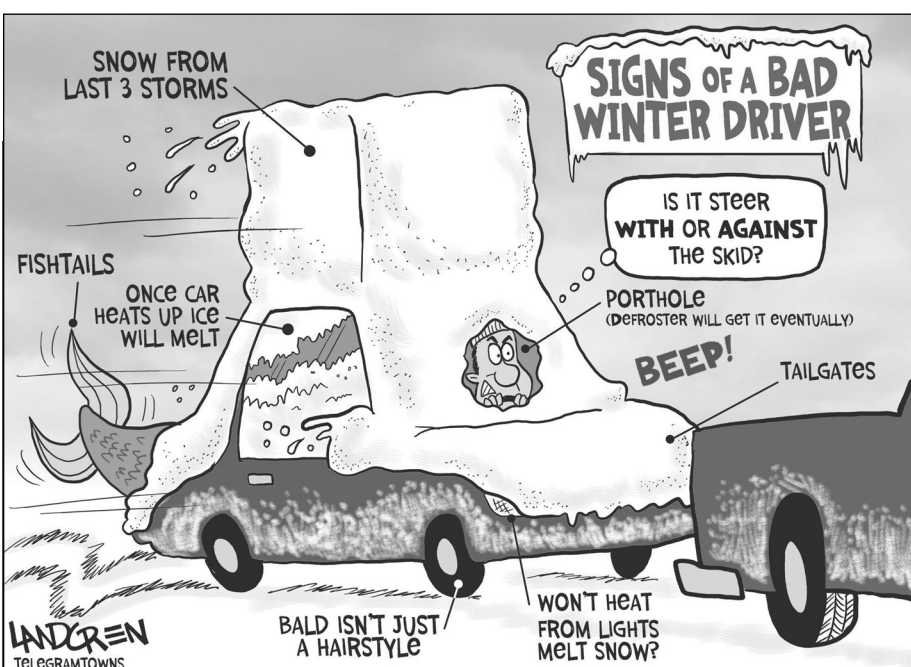
Holiday safety is an issue that burns brightest at this time of the year when families and friends get together. The U.S. Fire Administration (USFA) and the National Fire Protection Association (NFPA) are once again teaming up to promote winter fire safety through their campaign, "Put a Freeze on Winter Fires." The goal of the campaign is to educate the public on increased fire risks during the months of December, January, and February.

"Half of all home heating fires take place in December, January, and February," said Geoff Dunn, Community Preparedness Coordinator with Tompkins County Emergency Response. "Many of these fires are the result of cooking, heating and holiday decorations such as lights, Christmas trees and candles."

As you stay warm and deck the halls this holiday season, be fire smart and follow these simple tips:

- Only use holiday decorations that are flame-retardant or not flammable.
- Check holiday lights each year for frayed wires, excessive wear, or loose bulb connections.
- Only use indoor lights indoors and outdoor lights outdoors.
- Never leave a burning candle unattended. Consider using battery-operated flameless candles.
- Water your live Christmas tree every day. A dry tree is a fire hazard.
- Develop and practice a fire escape plan. Know where to meet outside your home.
- Make sure you have working smoke alarms on every level of your home, and outside all bedrooms.
- Cooking is the main cause of home fires and home fire injuries. Stay in the kitchen when cooking at high temperatures, like frying, broiling, or boiling.

For additional information, contact your local fire department or visit www.TompkinsReady.org.



- Drive with your cell phone on. Fully charged before you leave, and bring your charger with you.
- Plan your travel. Try not to travel alone and drive in a convoy when possible.
- Let family and friends know your travel plans.
- Drive carefully and defensively. Pump your brakes when trying to stop on snow or ice covered roads.
- Winter travel by car is serious business. If the storm exceeds or tests your driving ability, seek available shelter immediately.



Making SMART Healthy New Year's Resolutions

By Jianxin Huo, MPH,
Cornell Dietetic Intern at Foodnet Meals on Wheels

Winter is coming...which means the New Year is not far away! Have you ever made any New Year's resolution and achieved it? If yes, congratulations! You are among the mere 10% of people who successfully stuck to their goals. According to Forbes, nearly 80% of New Year's resolutions will be abandoned by February.

Many people, maybe including you, may have had New Year's resolutions about improving health. However, it could be frustrating not knowing how, or where to start. Sometimes you are not sure about whether you can commit to behavior change. Luckily, there is a very powerful strategy that can help you with effective goal setting --- this is called setting "SMART" goals. The SMART strategy helps by breaking down big goals into manageable pieces. Here is how to do it:

- **S = Specific.** Set a very detailed goal so you know exactly what to do. For example, instead of saying you will eat more vegetables, say you will eat 1 cup of non-starchy vegetables at each meal.
- **M = Measurable.** Pin down a specific number to measure. For example, say you will drink at least 6 cups of water, or walk for 10 minutes every day for 5 days in a week. These are all things that you can physically measure via a measuring cup, time on the clock, or a calendar.
- **A = Attainable.** Make sure the goal is doable within your own capacity or with other support. You can ask your family, friends, caregivers, neighbors, and other community resources to help you.
- **R = Realistic.** Making unrealistic goals can hurt your confidence. Start easy and adjust your goal later if it is too easy. Focus on things you would enjoy instead of forcing yourself to do things you don't feel comfortable with or dread.
- **T = Time-Bound.** Choose a start date and frequency for your specific task. This will allow you to see your progress over time. For example, you can set goals on a daily, weekly, and monthly basis. Use a checklist to keep track of your progress. Don't forget to celebrate as you cross things off the list!

Take time to think about what you want for your health. Start writing down some SMART healthy goals for the upcoming year!

Tips for Winter Driving *from the National Weather Service*

- Your automobile can be your best friend or worst enemy during winter storms. Get your car winterized before winter arrives. The following items should be checked; ignition system, cooling system, fuel system, battery, lights, tires, heater, brakes, wipers, defroster, oil, exhaust. Keep water out of your fuel tank by keeping it full.
- If you travel often during winter, carry a winter storm kit in your car. It should include; flashlight, windshield scraper, paper towels, extra clothes, matches/candles, booster cables, compass, maps, sand, chains, blankets, high calorie non-perishable food.

Vaccinations and Older Adults

For more information about shots and vaccines
Centers for Disease Control and Prevention (CDC)

800-232-4636

888-232-6348 Learn more about vaccine safety and side effects⁴⁸ (TTY)

cdcinfo@cdc.gov

www.cdc.gov Reprinted from National Institute on Aging Website www.nia.nih.gov

Which vaccines do older adults need?

As you get older, a health care provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses.

Talk with a doctor or pharmacist about which of the following vaccines you need. Make sure to protect yourself as much as possible by keeping your vaccinations up to date.

COVID-19 vaccines

COVID-19 is a respiratory disease that causes symptoms such as fever, cough, and shortness of breath. Older adults are more likely than younger people to get very sick from COVID-19. The disease can lead to serious illness and death.

Studies show that COVID-19 vaccines reduce the risk of getting this disease. The vaccine will also help keep you from getting seriously ill or having to go to the hospital if you do get COVID-19. We are still learning how effective COVID-19 vaccines are against new variants of the virus. *Read more about COVID-19 vaccine effectiveness.*

The Centers for Disease Control and Prevention (CDC) recommends that older adults stay up to date with COVID-19 vaccines, including booster shots. Read more about COVID-19 vaccines from the CDC.

Contact your local health department or visit [Vaccines.gov](https://www.vaccines.gov) to find out where you can get vaccinated.

Flu vaccine for older adults

Flu — short for influenza — is a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches. Flu is very serious when it gets in your lungs. Older adults are at a higher risk for developing serious complications from the flu, such as pneumonia.

The flu is easy to pass from person to person. The virus also changes over time, which means you can get it again. To ensure flu vaccines remain effective, the vaccine is updated every year.

Everyone age 6 months and older should get an annual flu vaccine, but the protection from a flu vaccine can lessen with time, especially in older adults. Still, you are less likely to become seriously ill or hospitalized with the flu if you get the vaccine. A flu vaccine is especially important if you have a chronic health condition such as heart disease or diabetes.

Ideally, you should get your vaccine by the end of October each year so you are protected when the flu season starts. It takes at least two weeks for the vaccine to be effective. However, if you have not received your flu vaccine by the end of October, *it's not too late* — flu season typically peaks in

December or January. As long as the flu virus is spreading, getting vaccinated will help protect you.

There are flu vaccines designed specifically for older adults. *The CDC recommends that people age 65 and older receive a higher-dose flu vaccine or an adjuvanted flu vaccine* (one with an additional ingredient called an adjuvant that helps create a stronger immune response). These vaccines are potentially more effective than the standard flu vaccine for people in this age group. Talk with a health care provider or pharmacist about which vaccine is best for you.

Medicare will pay for the flu vaccine, and so will private health insurance plans. You can get a flu vaccine at a doctor's office or local health department, as well as at some grocery stores, drug stores, and pharmacies. The ingredients of a specific vaccine are the same wherever you receive it.

Vaccines to help prevent pneumonia

Pneumococcal disease is a serious infection that spreads from person to person by air. It often causes pneumonia in the lungs and it can affect other parts of the body. Older adults are at higher risk than younger people of getting very sick or dying from pneumococcal disease.

The CDC recommends that all adults aged 65 and older get pneumococcal vaccination. This vaccine will help protect you from getting a serious infection, including pneumonia. There are multiple forms of the pneumococcal vaccine: Talk to a health care provider to find out which is best for you. *You can also visit the CDC's Pneumococcal Vaccination webpage to learn more about the types of vaccines that are available.*

Tetanus, diphtheria, and pertussis (whooping cough) vaccines

Tetanus, diphtheria, and pertussis are diseases caused by bacteria that can lead to serious illness and death.

Tetanus (sometimes called lockjaw) is caused by bacteria found in soil, dust, and manure. It can enter the body through a deep cut or burn.

Diphtheria is a serious illness that can affect the tonsils, throat, nose, or skin. It can spread from person to person.

Pertussis, also known as whooping cough, causes uncontrollable, violent coughing fits that make it hard to breathe. It can spread from person to person.

Getting vaccinated is the best way to prevent tetanus, diphtheria, and pertussis. Most people get vaccinated as children, but you also need booster shots as you get older to stay protected against these diseases. *The CDC recommends that adults get a Tdap (tetanus, diphtheria, and pertussis) or Td (tetanus, diphtheria) booster shot every 10 years.* Ask a health care provider when you need your booster shot.

Shingles vaccine for older adults

Shingles is caused by the same virus as chickenpox. If you had chickenpox, the virus is still in your body. As you get older, the virus could become active again and cause shingles.

Shingles affects the nerves. Common symptoms include burning, shooting pain, tingling, and/or itching, as well as a rash with fluid-filled blisters. Even when the rash disappears, the pain can remain. This is called post-herpetic neuralgia, or PHN.

The shingles vaccine is safe, and it may keep you from getting shingles and PHN. Healthy adults aged 50 and older should get vaccinated with the shingles vaccine, Shingrix, which is given in two doses. (Zostavax, an earlier shingles vaccine, is no longer available in the United States.)

You should get a shingles vaccine even if you've already had chickenpox or the chickenpox vaccine, or if you don't remember whether you had chickenpox. You should also get the shingles vaccine if you've already had shingles or received Zostavax. However, you should not get a vaccine if you currently have shingles, are sick or have a fever, have a weakened immune system, or have had an allergic reaction to Shingrix. Check with a health care provider if you are not sure what to do.

You can get the shingles vaccine at a doctor's office and at some pharmacies. *Medicare Part D and private health insurance plans may pay some or all of the cost.* Check with Medicare or your health plan to find out if it is covered.

(Continued on page 10)

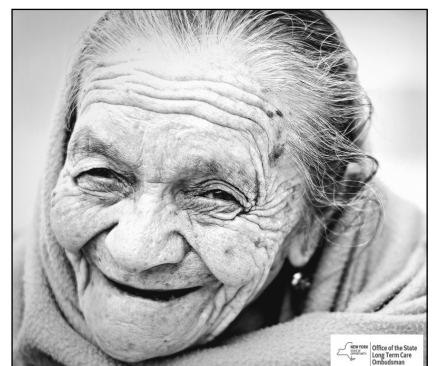
Did you know living with isolation in long-term care can have serious consequences?

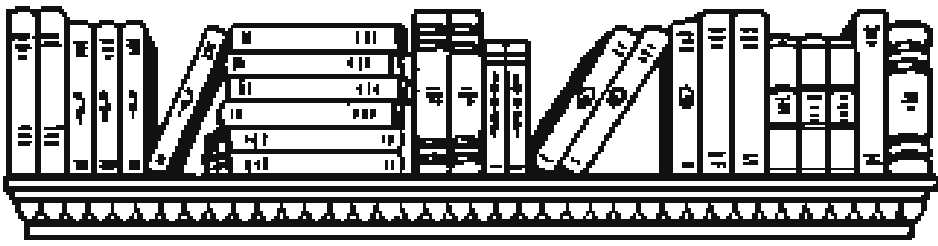
Check in regularly with your family and friends residing in Nursing Homes and know who to call if you are concerned for their mental, emotional, and/or physical well-being.

Chemung, Schuyler, and Tompkins County Long-Term Care Ombudsman:

607-274-5498

WE ARE DEEPLY CONCERNED THAT RESIDENTS ARE CUT OFF FROM LOVED ONES AND VICE VERSA...FAMILIES PROVIDE VITAL MONITORING AND OFTEN ESSENTIAL CARE" ---Long-Term Care Coalition





The Book Nook

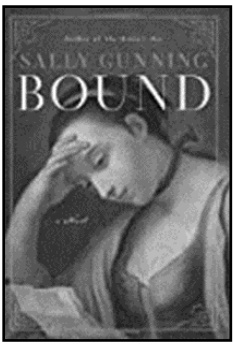
A feature from the Tompkins Public Library

Find out what's happening at Tompkins County Public Library!

Visit www.tcpl.org or call 607-272-4557.

Browse and borrow our digital books anytime!

We're focusing on Fiction Series Old & New!

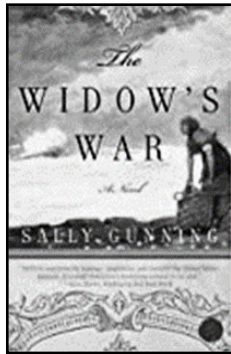


Satucket Series

(2006-2010) by Sally Cabot Gunning

This is an older series, starting with **The Widow's War**, first published in 2006, but don't let that give you pause. Sally

Gunning weaves history with fiction you can almost feel and smell it's so finely crafted. The Satucket series



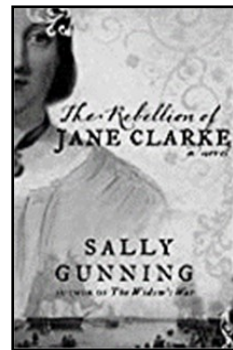
starts out with the main protagonist, the Widow Berry.

The widow's self-realization collides with the marginality of women in 1760s Massachusetts. The

next 2 books, **Bound** and **The Rebellion of Jane Clarke**, in the series each take a different female character whose life has been, or will become, interwoven with the widow's. While the series begins and ends with the start and continuation of the

American Revolution, the paths these three women

take feel like the beginnings of a revolution of our own for women in our country! – *Kelly Doolittle, Library Assistant*



Spoiler Alert Series (2020-2022) by Olivia Dade

These fun newer romantic comedies, **Spoiler Alert**, **All the Feels**, and **Ship Wrecked**,

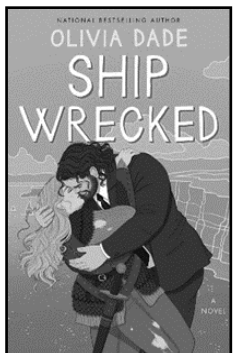
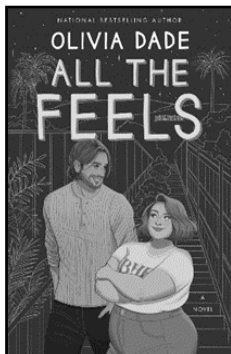
follow traditionally hot actors who meet and fall in love with cool, successful fat women. Both actors are in the same popular

TV show, so they show up as minor characters in each other's stories. Dade develops well-rounded characters and believable love stories. Caution! These novels have "spicy" parts – but what good

contemporary romance doesn't? As a newcomer to the genre, I was pleasantly surprised by these easy reads.

– *Cady Fontana, 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.



Vaccinations (Continued from page 9)

Travel vaccines

Check with a doctor, a pharmacist, or your local health department about vaccines you need if you're planning to travel to other countries. The vaccines that are required and recommended are based on your destination, planned activities, and medical history. Sometimes multiple vaccines or doses are needed. It's best to get them at least four to six weeks before you travel to allow time to build up immunity and get the best protection, particularly from those that may require multiple doses. For more information, visit the CDC website or call its information line at 800-232-4636.

Vaccine safety and side effects

Vaccines are very safe, and they can help keep you from getting serious or life-threatening diseases. The most common side effects for all these vaccines are mild and may include pain, swelling, or redness where the vaccine was given.

Before getting any vaccine, talk with a doctor or pharmacist about your health history, including past illnesses and treatments, as well as any allergies. A health care provider can address any concerns you have.

It's a good idea to keep your own vaccination record, listing the types and dates of your shots, along with any side effects or problems.

National Heart, Lung, and Blood Institute

301-592-8573
nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov

National Institute of Allergy and Infectious Diseases

866-284-4107
800-877-8339 (TTY)
ocpostoffice@niaid.nih.gov
www.niaid.nih.gov

For more information about shots and vaccines Centers for Disease Control and Prevention (CDC)

800-232-4636
888-232-6348 Learn more about vaccine safety and side effects48 (TTY)
cdcinfo@cdc.gov
www.cdc.gov Reprinted from National Institute on Aging Website
www.nia.nih.gov



Quality Eye Care at Guthrie Ithaca City Harbor

Guthrie Ithaca City Harbor is now open for patient care, offering several new and expanded services, including specialty eye care.

Some reasons to consider our new location for your eye care:

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Lifelong is proud to be a United Way Agency



A Good Night's Sleep (Continued from page 1)

deprivation such as medical illnesses, pain, restless leg syndrome, effects of medications, psychiatric disorders, social changes, anxiety, and circadian rhythm shifts. Circadian rhythm is your natural, internal process which helps regulate your sleep-wake cycle. It repeats every 24 hours.

What are some of the health issues associated with insufficient sleep? Some of the ways poor sleeping habits can affect your overall health are: depression, fatigue, impaired judgement, making bad decisions, mental illness, decreased cognitive performance, night falls, increased sensitivity to pain, chronic health concerns, diabetes, accidents, and increased chance of heart attack or stroke. Do you recognize any of these health issues in yourself or a loved one?

I asked Nathan what types of behaviors may be damaging our ability to obtain a restful sleep and what we should change. He mentioned too much blue light prior to sleep. What is blue light? The main source of blue light comes from the sun and during the day blue light helps wake and stimulate us. However, blue light does affect the body's circadian rhythm, and too much blue light exposure late at night from your energy efficient light bulbs, your phone, tablet or computer can make it harder to fall asleep. We have become a society that spends more time on our devices.

Other behaviors that can affect our sleep negatively

are lack of physical activity, lack of sunlight, eating too late in the evening, consuming caffeine, alcohol, nicotine, and our minds not shutting off, usually associated with stress or anxiety.

What should we do to break these habits? According to Nathan, this can vary by individual and number of habits that may need to be changed. He suggested people make small goals and then add in more as they succeed. You should start by identifying what habits you want to break and choose your first steps. You need to be committed to change. As you begin to meet your goals, make sure to appreciate the benefits of better sleep you are experiencing.

Other suggestions to help you on your road to better sleep are limiting your screen time 2-3 hours prior to bedtime, using blue blockers in the evening (glasses that can help block out blue light), not doing strenuous exercise or eating 3 hours before bedtime, avoiding caffeine, alcohol, nicotine, artificial sweeteners, gluten and pork later in the evening, changing from LED or fluorescent lights back to incandescent, moving bedroom clocks out of view, sleeping in a comfortable bed in a quiet, cool, dark, uncluttered bedroom, and avoiding stressors in the evening. Taking supplements such as magnesium glycinate and potassium, both of which may aid in restless leg syndrome, apigenin which helps quiet the brain, and L-theonine which helps people to relax

(this can also be found in green tea), and drinking tea such as chamomile or Yogi Bedtime Blend in the evening may also aid you in attaining better sleep. These are suggestions only. Nathan is not a medical provider and would like to remind you on the importance of consulting with your doctor before starting any supplements.

I asked Nathan for any final comments or quotes that he aspired to. He stressed how important reconnecting with nature can be to our sleep patterns and overall health. He stresses how important it is to get out and feel the sunshine on your face. Another factor Nathan stressed is to be involved in our social communities, including time spent with family and/or friends and engaging in social activities.

Do you need to meet new friends? Try a new hobby, joining a church group, volunteering, or join a Senior Center such as Lifelong. If you are unable to leave your home, contact Lifelong at (607)273-1511 or at www.tclifelong.org regarding the new Virtual Senior Center.

I hope this article has given you information and suggestions to consider on your road to a good night's sleep. Thank you, Nathan, for providing us with valuable information on how we can find better ways to attain a good night's sleep. I'll end with one of Nathan's favorite sayings he shared with me:

Discipline = Freedom



Alison M. Weaver



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

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(607)-272-7054
221 S. Geneva Street, Ithaca
www.mcgrawhouse.org



Space Heater Safety Tips

Space heaters are a great way to warm specific rooms in your home without having to crank up the thermostat, but using space heaters doesn't come without risk! Use the tips below to keep your home safe.

DO: Plug your space heater directly into the wall outlet.

DO: Buy a unit with an automatic shutoff in case the unit tips over, or you forget to shut it off.

DO: Keep your space heater in low-moisture rooms.

DO: Keep your space heater at a safe distance (at least 3 feet) from kids, pets and flammable items.

DO: Always follow the directions and take a broken space heater to a qualified appliance service center.

DON'T: Leave your space heater unattended. Always unplug it before you leave the house or go to bed.

DON'T: Place your space heater near curtains, clothing, furniture or bedding.

DON'T: Use an extension cord to plug in your space heater. It can cause the heater to over-heat, and can be a tripping hazard.

DON'T: Try to repair a broken space heater yourself.

DON'T: Put your space heater in your bathroom. The moisture can damage the unit, which could cause it to malfunction.

Wondering about Wonderful Wheelchairs?



What do a local farmer, retired engineer, retired occupational therapist, a retired electrician and retired math teacher have in common? We all volunteer at a small local organization which provides an invaluable service for people with mobility problems in Tompkins County. Wonderful Wheelchairs, an all-volunteer organization, which is part of Lifelong, has been helping mobility impaired individuals from the greater Ithaca area gain access to wheelchairs and other mobility devices since 2010.

Housed in the basement of the Cayuga Ridge Nursing and Rehabilitation Center, Wonderful Wheelchairs provides standard wheelchairs, power wheelchairs, rollator walkers, mobility scooters, and pediatric mobility devices at greatly discounted prices. The organization also offers repair services on all the above equipment.

Lynn Gitlow, an occupational therapist for over 30 years, has a long history with the non-profit.

"I got involved with Wonderful Wheelchairs through the person who started it, Carol John. Carol is also an occupational therapist and started this program twelve years ago to help staff at Cayuga Ridge fix the wheelchairs their residents were using. Wheelchair maintenance is often not done by those who use these devices, because they don't know that it's necessary, or how to do it. That's how Wonderful Wheelchairs started."

Greg Harrington, a long-time volunteer, goes on to describe the organization's process and payoff:

"Wonderful Wheelchairs volunteers started fixing up mobility devices and getting them to people who need them. These are folks who don't have insurance or need another mobility device that insurance won't pay for. We have a small, but dedicated group of volunteers who go the extra mile to get this mobility equipment to those who need it. We are also keeping these devices out of the waste stream, and with simple repairs, helping those with mobility difficulties to be able to participate in everyday life again."

Each of our volunteers offers something to our small group. Tom is the electronics specialist, Ron focuses on fixing the walkers, and Stan never gives up when it comes to challenging problems. The organization's current volunteer staff is aging, and we are in desperate need of "new blood." You don't have to be a specialist in mobility devices to join our team.

"There is plenty to do," says Gitlow, who heads up the cleaning and detailing committee of one. "We have needs for those who want to fix things, but we also need volunteers who can help us market, increase our online and social media presence, help fund raise and more. Two things to know about Wonderful Wheelchairs: 1) We provide a great community service and 2) We have a great time doing it! Also, chocolate is always available at the worksite to keep the crew going."

If you are interested in volunteering, we work Wednesday and Friday from 9-11:30 in the basement of Cayuga Nursing & Rehabilitation Center at 1229 Trumansburg Rd in Ithaca.

Call or email for more information:

607-444-2817

wwcith2@gmail.com



Lifelong and YMCA Team Up to Offer Blood Pressure Self-Monitoring Program



The YMCA Blood Pressure Self-Monitoring Program is an evidence-based health education program that is designed to help adults with hypertension lower and manage their blood pressure.

The four-month program focuses on regular home self-monitoring of one's blood pressure using proper measuring techniques, individualized support from a certified Healthy Heart Ambassador, and nutrition education. The YMCA will provide a blood pressure monitor for participants to use if they do not already have one.

There will be an enrollment meeting on Monday, February 6 from 9:30-10:30 AM. Participants will be required to attend the 16-week program meetings on Mondays from 9:30-10:30 AM. Session dates are 2/13, 2/27, 3/13, 3/27, 4/3, 4/17, 5/1, 5/15. The cost for the four-month program is \$135. Lifelong membership is required.

Program results include:

- Reduced blood pressure by identifying patterns and trends
- Better management of blood pressure over time
- Increased awareness of triggers that elevate blood pressure
- Improved knowledge of heart-healthy eating habits
- Enriched communication with care provider by sharing self-monitoring results

If you are interested in participating in the Blood Pressure Self-Monitoring Program, call Lifelong at 607-273-1511 or email Teri Reinemann at treinemann@tlifelong.org.

AARP Safe Driver Program



Saturday, April 22 from 9:00 AM-4:30 PM

- Bring your driver's license
- Bring your AARP card, if you are a member.
- Cost is \$25 for AARP members,
- \$30 for non-members

To register:
call Lifelong at 607-273-1511
Or email Teri at treinemann@tlifelong.org

Lifelong membership not required.



Looking for space to hold a community group meeting or a gathering of friends and family?

Lifelong rooms are available for rent outside of business hours.

The spaces available include a large activity room, smaller conference rooms, and a kitchen.



Interested parties should contact us directly at 607-273-1511



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