

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

Senior Focus: Carl Taylor, A Fixer of Practical Things

By Robin Tuttle

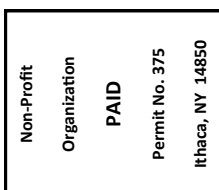


Carl's latest work in Lifelong's Clay Class.

If you have spent any time at Lifelong, you may have had the pleasure of meeting one of our most loyal and long-standing members, Carl Taylor. Carl started coming to Lifelong soon after he retired back in 1994 – almost 30 years ago! You can find him here on Saturday mornings, making coffee for the Men's Group, or at our Clay Studio, working on one of his many creative clay designs.

I was interested in talking to Carl about his life and learning about the things that have kept him so sharp and socially engaged for his 94 years on this Earth. Carl jokingly tells me that it is aspirin and the preservatives in Freihofer's bread that have kept him so healthy, but I have a feeling that there is more to it than that.

Carl was the 2nd of seven siblings born to his parents in East Aurora, NY, but the family soon moved to downtown Ithaca, and Carl grew up on West State Street. Carl's dad eventually bought a farm in West Dryden, and Carl relays the story of how his mom decided to raise domestic rabbits, and the rabbits naturally did what they do so well and soon the entire farm was covered in fluffy, white rabbits! In order to stem the rabbit tide, his mom made a deal with the owner of the Freeville Market, and the good citizens of Freeville and Dryden were able to enjoy the Taylor rabbits at their dinner tables for years.



The young Carl left school to go to work at the Smith Corona Typewriter factories in Groton and Cortland and did a variety of jobs there including soldering type, making casings and screws, and working at both his own bench and on the new, experimental assembly line. Many of the new workers on the line were women, which was a big change from when he started working. Carl says he learned to respect and appreciate his female colleagues, not in least part because a co-worker named Dottie hooked him up by his belt to a mechanical lift and hoisted him halfway to the ceiling after he made a not too smart comment about the women!

One day towards the end of his time at the company, a bunch of trucks came and took all the machinery in the plant away; a casualty of the change from mechanical to electronic typewriters and Smith Corona's decision to make their typewriters in Mexico. Carl, in typical, pragmatic Carl fashion, did whatever needed to be done around the much diminished plant until his retirement a few years later.

While working at Smith Corona, Carl was also busy raising his family of a son and daughter with his wife, Mary Lou. The couple married in 1960 at the George Jr. Republic Chapel and had their reception at the Dryden Inn. In Carl's telling, the village of Dryden came together to host the wedding in hopes it would calm the young man down, and apparently it worked because he managed to stay out of trouble from then on! He says all he needed to pay for was the chapel, the cake and a keg of beer, and their friends took care of the rest. Although Carl says he drives Mary Lou a bit crazy, it must be one heck of a match as they have been together for 63 years!

In that vein, after Carl had been retired for about a year, Mary Lou saw an ad about the Men's Club at Lifelong and strongly advocated that Carl join, and so a 30-year Saturday morning tradition began. Carl enjoyed the company of his fellow retirees, although he said the older men would often fall asleep while playing cards, so one hand might take 2 hours to play! He learned the art of caning chairs from Bill Drew, a master of rush and cane work, and he is still using Saturday mornings to repair cane chairs to this day. Carl and the Men's Club are looking for more members, so please come and join Carl at Lifelong from 10:00 to noon on Saturday mornings. He has been known to treat members to jelly doughnuts, so anyone interested in good conversation, learning a new skill like caning chairs, teaching a new skill to others, and/or sugar should come check it out!

Carl also has a long association with Lifelong's Clay Studio. This began when his daughter's music box suffered a non-fatal crash that got Carl wondering how to fix the base that the clown in the box twirled around on. He came into the clay class, fixed the base, and started making mugs, bowls

and other practical/creative objects, like the log home in the accompanying picture. Although very modest about his creative skills, Carl often serves as a mentor to new folks in the class.

At the end of our conversation, I tried to steer Carl in a more serious vein about the lessons he has learned in life, but I was mostly unsuccessful. He did say though that he is lucky enough to be calm in emergencies, which served him well during his Army service in Korea, and a practical fixer of all things, which has served him well in the rest of his life. He advocates for schooling, staying true to oneself and working hard for what you want in life. **Most of all he says, life is like flying in an airplane, just hang on and enjoy the ride!**

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Senior Services

NY Connects

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

NY connects can provide information about:

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

NY Connects staff can assist you between 8:30 AM - 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 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

Gadabout Tickets Through COFA

If you are 60 and over with transportation needs, contact the Office for the Aging for free Gadabout tickets. The Office for the Aging has purchased Zone 1 and Zone 2 tickets from Gadabout, and they are available at our office. There are no income guidelines. There is a 20-ticket cap for each individual within a 12-month period. Call our office today at 607-274-5482 for more information or to receive tickets.

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.

Monthly Newsletter

The Office for the Aging distributes a monthly newsletter with information on upcoming events, issues affecting older adults, community events/programming and much more. This newsletter is available electronically only. To sign up please visit: www.tompkinscountyny.gov/cofa

Help with yard work

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 607-274-5482. Likewise, if you are interested in assisting older adults with yard work, on either a paid or volunteer basis, please call our office at 607-274-5482.

Older New Yorkers' Day

The New York State Office for the Aging's (NYSOFA) 2023 Older New Yorkers' Day celebration is November 3, streaming on Facebook and YouTube at 1 p.m.

This virtual program celebrates older adults nominated by local offices for the aging and regional Long Term Care Program organizations for their volunteerism, featuring remarks from NYSOFA Director Greg Olsen and invited guests. Arthur Berkey and Bill and Sherry Alberta will be recognized from Tompkins County for the volunteerism.

Certified Aging in Place Specialists

The Tompkins County Office for the Aging has two Certified Aging in Place Specialists (CAPS). This means that our CAPS trained employees can assist you by suggesting home modifications to allow you to live in and enjoy your home longer. This can include a home safety assessment at no charge, where our Certified Aging in Place Specialists will walk through your home with you. Changes discussed may be minor, such as handrails, to more involved solutions such as an elevator or stair lift. It's important to empower people with the tools necessary to Age in Place, and we can help! Call the Office for the Aging at 607-274-5482.

HEAP Clean and Tune

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

The Home Energy Assistance Program (HEAP) also assists with heating bills during the winter months. Our office works with the Tompkins County Department of Social Services (DSS) to ensure that HEAP is widely available to residents in Tompkins County that need help with their heating bills during the winter. Our office assists clients that are over 60 and do not receive food stamps; or are under 60 and receive Social Security Disability. All other clients would call DSS at 607-274-5264 to apply. Clients that meet the income requirements listed below can apply for HEAP if the heating bill is in their name, regardless of whether they are a renter/homeowner. The 2023-2024 HEAP season is expected to open in early November. New and returning applicants can pick up HEAP applications from our office during regular business hours or apply online at www.mybenefits.ny.gov once HEAP is open. For more information about these programs, or to apply, please call our office at 607-274-5482. Stay warm!

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Project CARE

***Project CARE needs friendly visiting volunteers
in Tompkins County willing to visit outside of the City of Ithaca.

Project CARE's **friendly visitor program** provides companionship by matching an older adult with a volunteer for weekly home visits. Many Seniors in our community greatly benefit and find comfort from a weekly visit. Volunteers can provide conversation, play games, go for a walk, work on a puzzle together, read, watch a movie, and so much more. This service can provide in-home support and companionship to older adults, especially those that are socially isolated, as well as family caregivers.

If you are interested in becoming a Project CARE volunteer, or a Tompkins County resident aged 60 or over who would like to be matched with a volunteer, please contact:

**Dawn Sprague, Project CARE Coordinator, Tompkins County Office for the Aging
Phone (607)274-5499**

Email dsprague@tompkins-co.org

Caregiver's Corner

Why Is It so Hard To Ask for Help!

Many caregivers are reluctant to ask for needed help. However, that often puts the caregiver at risk as well as the care receiver, due to stress.

The following article was reprinted with permission from a pamphlet produced by the Caregiver Action Network:

Reaching Out for the Help You Need

Why is it so hard to ask for help? What's a good response to the statement, "Call me if you need me?" Despite the fact that family caregivers are drowning in responsibility or are really confused about what the next step ought to be, they often respond "no thanks" when help is offered. Asking for, and accepting help, is a complex issue. Obviously, you first need to admit that having some help will make a real difference in your loved one's quality of life, and therefore yours as well.

Then you need to define what help you need. Which tasks would be the easiest to ask others to do? Which do you really want to do yourself? And which, if any, can you afford to pay others to do? If this sounds just like more work, know that it doesn't have to be an overwhelming task, but rather just a way to organize the thoughts and information you already have. Ready to give it a try?

SIX STEPS to getting help.....

- 1. Recognize that caregiving, like any job, is made up of lots of individual tasks**, not all of which are of the same importance. Some tasks take a few minutes; some may take many hours. Some are easy; others require skill and fortitude. The challenge is to know the difference.
- 2. Recognize that asking for help is a sign of strength** and not of weakness. It means you truly have a grasp on your situation and have come up with a proactive problem-solving approach to making things easier and better.
- 3. Create a list of the tasks that need to be done in any given week**, or at least those you are most concerned about. Tasks such as balancing your responsibilities at work with taking mom to the doctor and Susie to soccer practice, bathing and dressing your husband, cooking, cleaning, etc. When you see how long the list is, you'll quickly understand why you are so tired and don't have time for yourself.
- 4. Group your tasks into categories** such as personal care tasks for your loved one, transportation, and household chores. You can group your tasks into only a few broad categories, or many specific ones. There's no right or wrong way.
- 5. Write down your caregiving worries.** Where will we get the money to pay for John's medications? Who will care for mom if I get sick? Where can I find an adult day facility that provides transportation? Seeing them in black and white helps diffuse some of their emotion. It also allows you to think more rationally about your concerns and understand how getting help with some of your tasks might lessen the stress. It can provide the basis for deciding which tasks you might ask a neighbor, family member, or the church to help out with, which you are willing and able to pay someone else to do, and for which there might be a public program.
- 6. Share your lists with someone you trust** before you actually reach out for help—a friend, therapist, or clergyman, perhaps. The intent is to first get comfortable with the idea of talking about your need for assistance and hopefully getting some encouragement and good ideas in the process. Then take a deep breath and actually ask someone to help with one of the tasks on your list or ask for guidance in resolving your most persistent worry. Start with something small, especially if you are looking for hands-on assistance or something that requires someone doing you a favor. Don't get discouraged if you get rejected at first. It sometimes takes perseverance. Just remember—the effort is worth it because the goal is to better care for your loved one and yourself.

Reprinted with permission of the Caregiver Action Network. Visit their website at www.CaregiverAction.org for additional ideas and support.

Don't forget, the Tompkins County Office for the Aging has great resources available including pamphlets, a lending library, a quarterly newsletter, a caregiver group, Powerful Tools for Caregivers, caregiver packets, and monthly presentations of interest to caregivers. Reach out to the Caregiver Resource Coordinator today at 607-274-5486.

Senior Farmers Market Nutrition Program

The Office for the Aging still has Farmer's Market Coupons! Just in time for the delicious fruits and vegetables that you can find at Farmer's Markets this time of year. Clients who are 60+, within the income guidelines listed below, and have not received Farmers Market coupons this year, can receive a \$25 coupon booklet that they can use on fresh, unprocessed, local fruits and vegetables at participating Farmer's Markets. Some of the foods that are available in September include, apples, blueberries, peaches, beans, beets, sweet corn, and potatoes and so much more! The Office will have these coupons available until September 30th, and the coupons can be used until November 30th. Please call the office at 607-274-5482 for more information.

- 1-Person Household: \$2248
- 2-Person Household: \$3041
- 3-Person Household: \$3833

Personal Emergency Response System

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. Doyles' 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.

NYS Long-Term Care Ombudsman Program (LTCOP)

Serving Tompkins, Chemung, and Schuyler Counties

Educate Empower Advocate

Certified Long-Term Care Ombudsmen provide *free-of-charge* services to individuals who reside in long term care facilities (nursing homes, assisted living and adult-care facilities) and the relatives and friends who act on their behalf.

A trained and certified Long-Term Care Ombudsman conducts regular facility visits, helps identify and resolve concerns, and acts as an advocate for residents on issues regarding:

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

For more information or to volunteer:

www.ltcombudsman.ny.gov or 607-274-5498



Office of the State
Long Term Care
Ombudsman



Volunteer Spotlight Q&A with Pat

What was most surprising to you about the LTCOP Program?

How few full-time staff there are working for an entire county and beyond, but on the other hand, how many great volunteers there are! Also, all the training that goes into becoming an Ombudsman. It is extensive and thorough, producing well trained volunteers armed with knowledge to advocate for the residents.

Why do you continue to support LTCOP?

Because these residents need us! There are so many residents and families who do not know what we do, and part of my job is to make the Ombudsman program known to everyone.

What would you say to someone considering volunteering with LTCOP?

You won't regret the decision. The residents are so thankful for the knowledge and assistance we can provide, the advocacy for what they thought wasn't possible, and your own satisfaction of knowing you've helped someone who couldn't or didn't know how to help themselves.

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.

Be the Early Bird for Medicare Open Enrollment!

Do you have concerns about the Medicare Plan that you currently have?

Do you want to review alternative options?

Do you know that you want to make a change in your Medicare coverage?

In the fall (October 15 to December 7), all Medicare beneficiaries have the option to change their Medicare plans. **These changes will be effective January 1, 2024.**

Health Insurance Information, Counseling, and Advise ment Program (HIICAP) at Lifelong provides unbiased information about Medicare options. The fall season for HIICAP counseling will be very busy. If you know now that you want to review your options, be the early bird!

Open Enrollment Walk in Clinics at Lifelong will start Tuesday, October 17th, and Thursday, October 26th, at 119 W Court Street in downtown Ithaca.

The 2023 Medicare Open Enrollment Clinics Annual Election Period at Lifelong 119 West Court Street, Ithaca

Tuesday, October 17, 9 to noon

Thursday, October 26, 9 to noon

Tuesday, November 14, 9 to noon

Tuesday, November 28, 9 to noon

Tuesday, December 5, 9 to noon

Thursday, December 7, 9 to noon

NEW WALK-INS NOT ACCEPTED 30 MINUTES BEFORE A CLINIC ENDS



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

Ask questions about Medicare and Medicare Advantage plans, Medigap, and coordination of benefits. Explore ways to save money on premiums and medications. Compare options and select the best match for YOU!

Certified HIICAP counselors offer **free**, non-biased 1:1 health insurance counseling on a first-come, first-serve basis, on the following clinic dates:

Limited scheduled appointments also available on the following dates:

10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6

Call Lifelong at 273-1511 for more information.

Please bring the following with you:

- * List of your prescriptions, dosages/frequency
- * Your Medicare card
- * Any other health insurance cards or information
- * Documentation of monthly or annual income

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

Got Medicare Questions?

Health Insurance Information Counseling & Assistance Program (HIICAP) is funded by NYS Office for the Aging and helps people 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 provide personalized counseling face to face, over the phone, or via zoom, to individuals who have questions about Medicare.

Frequently HIICAP is helping people understand what Medicare covers:

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

In addition, counselors provide information on Medicare supplement policies. A *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 several ways, including

Informing people with low incomes about options that can assist them: Medicare Savings Program, Part D Extra Help Program, and Medicaid.

Comparing the costs and the coverage offered through Medicare supplemental policies (Medigap) and Medicare Advantage Plans. Both are available from private insurance companies.

Looking at New York State's Pharmaceutical Assistance Program (EPIC) which can help with drug costs.

At each appointment, the starting point is your individual situation, your questions, and concerns. If you wish to talk with a certified counselor, call Mary-Ann Reeter, HIICAP coordinator at Lifelong at 607-273-1511 to make an appointment. Tompkins County Office for the Aging (COFA) also has HIICAP certified counselors. COFA can be reached at 607-274-5482.

Join Lifelong for a

FREE

Medicare Basics Presentation

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 phone: 273-1511.

Medicare Basics—Early Fall

Date: Thursday, September 28, 2023 4:30-5:45pm

Join Zoom Meeting: <https://zoom.us/j/97618888036>

Medicare Basics—Late Fall

Date: Wednesday, November 29, 2023 4:30-5:45pm

Join Zoom Meeting: <https://zoom.us/j/93932011076>

Medicare: Tips on dealing with excess calls and mail

While nuisance calls and possible scam phishing happen to everyone, it appears that older adults are targeted more often. This is especially true during Fall Open Enrollment Period (October 15 to December 7) when people who have health insurance through Medicare can choose to change their coverage and the Medicare Advantage Open Enrollment Period (January 1 through March 31) when people who have a Medicare Advantage plan can change their plan. Private companies who contract with Medicare to provide Medicare Advantage Plans and stand-alone Part D plans (Rx prescription coverage) might call and/or send mail promoting their products, with the intention of selling insurance to new customers. Some Medicare recipients find this invasive, especially the phone calls at mealtime. Here are some suggestions to reduce unwanted calls and mail.

Do Not Call Registry

The Federal Trade Commission manages the National Do Not Call Registry. Users can register home and mobile phones for free. This will limit sales calls. Charities, political groups, debt collectors and surveys can still call. It can take a month for the registration to be effective.

Be aware that this service will not limit scammers!

Go to DoNotCall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you want to register. It's free.

If you register your number at DoNotCall.gov, you'll get an email with a link you need to click on within 72 hours to complete your registration.

Opt Out Registry

The Opt Out Registry will limit mailed credit and insurance offers. This registry is operated by the major credit bureaus and endorsed by the Federal Trade Commission Consumer Affairs Department. Go to optoutprescreen.com or call 1-888-5-OPT-OUT (1-888-567-8688).

For more information: <https://consumer.ftc.gov/articles/prescreened-credit-insurance-offers>

Some things to keep in mind:

- Medicare and Social Security do not solicit or call and ask for information. Do not give your personal information to a caller claiming to be from Medicare. This could be a scam and could lead to your identity being stolen.

When googling Medicare, Social Security or other government sites, make sure that you are accessing the official site that ends in .gov such as <https://www.medicare.gov/> or <https://www.ssa.gov/>

- Look for the "s" in the website address, the URL: https. This indicates that this is a secure site. General website addresses using http without an "s" are not secure and will not protect your personal information.
- Be SMART with your phone. If you need assistance setting up your phone, Lifelong and the Tompkins County Public Library offer individual assistance.
- Use your contacts to list family, friends, and businesses that you want to talk to. Do not answer the phone if caller ID does not recognize the caller from your contacts list. If it is important, the caller will leave a message.
- Activate and check your voice mail. Keep your mailbox and voice mail cleaned out. There is a limited amount of space and will give the message: "the mailbox is full".

Do not be afraid to HANG UP on an unwanted call!



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Where to get creditable information about Medicare, Medicare Advantage and Part D plans:

The Medicare Counseling Program (HIICAP) is funded by NYS Office for the Aging. Every year HIICAP at Lifelong prepares a spreadsheet with up-to-date information regarding Medicare Advantage plans available in Tompkins County. The 2024 spreadsheet for Medicare Advantage plans and a list of stand-alone Part D drug plans will be available after October 15 either at:

- Lifelong, 119 W Court St. or 607 273-1511
- Office for Aging, 214 W State St. or 607 274-5482

Staff at both locations also provide Medicare counseling face-to-face, by zoom, or over the telephone.

FINANCIAL ASSISTANCE THROUGH HIICAP 2023

(Health Insurance Information Counseling and Assistance Program)

Call for personalized, free HIICAP counseling at
LIFELONG: 607-273-1511

Medicare Savings Program 2023 - monthly income (based on 2023 FPL)

- 2023: Qualifying Individual \$2280.00 individual,
- \$3077.00 couple – does NOT look at assets

Benefits:

- Pays for your Part B premium (2023 standard premium = \$164.90/month)
- **Automatically** enrolled in "Extra Help" program, which reduces co-pays for medications.

Extra Help Program 2023 Eligibility - Partial Extra Help

- Gross monthly income <\$1843 and assets up to \$16,660 (individual)
- Gross monthly income <\$2485 and assets up to \$33240 (married couple)

Benefits:

- Assistance with Medicare Part D (drug) costs (premiums, deductibles, and co-pays)

EPIC (Elderly Pharmaceutical Insurance Coverage Program) Eligibility:

- at least 65 years old
- resident of NY state
- Enrolled in Part D or Medicare Adv. Plan with Part D
- **Annual income under \$75K (individual) or \$100K (married couple)**
- Cannot be receiving full Medicaid but can use with a spend down.

Benefits:

- Entitled to a special enrollment period once/year can use to enroll in or change Part D or Med. Advantage with D.
- Lowers Part D co-pays (cost of medications)
- Can cover Part D-excluded meds (Rx vitamins, Rx cough & cold)



Become a
CANCER RESOURCE CENTER
VOLUNTEER

CRCFL.NET




McGraw House Senior Apartments

- 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 NYS
- Roof Deck, Gardening, Laundry Facilities, Off Street Parking
- WELCOMES DIVERSITY & ENCOURAGES INDIVIDUALITY

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






Lifelong News

All events listed are held at Lifelong unless noted. For more information and full listings of programs please check our website at www.tclifelong.org
Please call Lifelong at 273-1511 or email Amy Campbell, Program Director, at acampbell@tclifelong.org to register for any of these events!

A Line from our Executive Director, Liza Burger



These last couple of weeks at Lifelong have been particularly busy as we do some sprucing up of the building in anticipation for what will be a Fall semester chock full of classes, social groups, activities, Medicare's Open Enrollment Period, and special events! Fall catalogs should be in mailboxes of current Lifelong members, and available in our building and in other community locations, for those who don't receive this by mail.

Looking ahead to Fall, I'm especially excited to gather socially on **Wednesday, September 13th from 4:30-6pm for a happy hour (and a half!), where we'll be entertained by The Accords**, singing a Capella favorites in street-corner style! Five voices from soprano to baritone bring to life popular songs from the 50's and on! Tickets are available in advance (\$8) or at the door (\$10). Please join us!

We are so grateful that, thanks to additional funding from the Triad Foundation, Lifelong will be increasing accessibility to all our programs as we expand and better outline our scholarships moving forward. Keep an eye out for more information about eligibility in our email newsletter or give me a call at 607-273-1511 if you are looking for details.

Whether you've been away this summer, are new to the area, are longtime residents but haven't yet checked out Lifelong's array of offerings and services, or have been a regular presence here, we're looking forward to seeing you all this Fall!

Warmly, Liza

It's a Lifelong Wine & Cheese Happy Hour!

Join us for this social event featuring The Accords.

This group sings a cappella favorites in street-corner style. Five voices from soprano to baritone bring to life popular songs from the 50's and on. The Accords have been performing in the Ithaca area for over a decade at festivals, markets, homes, and bars.

And yes, there *will* be wine and cheese, as well as other nibbles and beverages. Hope to see you there!

Wednesday, September 13, 4:30 - 6:00PM

\$8 if you register by September 11 by

phone, mail, or in-person.

\$10 at the door

Lifelong membership not required

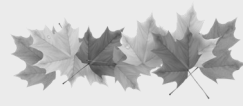


Lifelong's Annual Rummage Sale will be held on **Saturday, September 16, 2023** from **10am-2pm**. Free to attend, Out with the old and in with the new.

Vendors can reserve an 8' table for \$20 by contacting Amy Campbell at acampbell@tclifelong.org or (607)273-1511 ext:231

Lifelong Closures

- **Monday, September 4th:**
Lifelong closed for Labor Day
- **Monday, October 9th**
Lifelong closed for Indigenous Peoples Day
- **Friday, November 23rd and 24th:**
Lifelong closed for Thanksgiving
- **Monday, December 25th – Tuesday, January 1st**
Winter Break



Fall Offerings at Lifelong

From Amy Campbell, Program Director

As the seasons change, so does our Lifelong Catalog of offerings! This Fall we have many interesting options across the board.

Are you in the mood for some local activities? How about a **behind-the-scenes look at the Historic State Theater**? Executive Director, Doug Levine, will give us the insiders tour and answer all your questions. Come down and learn about the history of this local gem!

Monthly Gallery Exhibit Tours at The State of the Art Gallery: Each month as the exhibits change, we will take a tour led by a gallery volunteer/artist. These will be on the second Thursday of the month from 1:00-2:00pm, September-December.

Want to learn more about 2024 travel with Collette? **Join us for a 2024 travel preview on Wednesday, September 13 from 10-11:30am at Lifelong!**

Viva la Vegan! On the third Thursday of the month, gather with others for a delicious **potluck vegan dinner**. Share a favorite dish or recipe and pick up a few new ideas. The kitchen opens at 4:00 with dinner from 5:00-7:00pm. Good food and conversation are guaranteed!

Lifelong Learning classes this Fall include options such as **Self Defense, a Shakespeare Film Series, a Poetry Workshop and a lively political presentation and discussion on Wild Elections of the Past**. Our Lifelong Learning Catalog of offerings has something for everyone!

If you don't see what you are looking for, start a social group of your own. Meet new people and expand your horizon. Share your ideas and thoughts with our Program Director and get on the schedule!

Louise Furber's Squirrel watercolor graces the cover of the Fall catalog. She attends the Open Studio Painters group here at Lifelong on Tuesdays morning.



We are looking forward to an exciting Fall here at Lifelong packed with learning, creativity, and a lot of just plain fun!

Recently Added Social Groups!

Conversational French Social Group

Fridays, 11 - 12:00PM

An opportunity to speak French with other people who are learning the language!

Falling for Haiku

Wednesday, October 4, 10:30 - 12:00PM Cost: \$10

If you love Haiku, this class is for you! If you don't know what to do, and you want to learn something new, try Haiku! It's as easy as 5-7-5!

Clay Studio

Mondays, 10-noon, Experienced Ceramists only

Tuesdays, 10:15-12:15, Beginners only

Jennifer Brown, Instructor



Carl Taylor with his finished project from page 1.

Explore creating with clay. The guidance of a skilled clay artist is available if you want, as you work independently.

Materials provided including clay, glazes and tools.

This is not a wheel studio.



Senior Theatre Troupe of Lifelong gears up for a reboot this Fall

A changing group of auteurs and thespians has been performing for **23 years** under the guidance of Sue Perlcut! Her concept has been both simple and brilliant: individuals share stories of their lives with members serving as props, sound effects, and a Greek (Ithaca) chorus. Sue calls the technique choral reading.

Troupe members come and go over time, though some have remained steady for many years. Last season, after Sue retired as director, seven stalwarts went leaderless and put together a stellar performance around the theme of jobs. Their production was included not only at Lifelong but was also part of the Spring Writes Literary Festival, and audiences were engaged and delighted by tales of employment from a time quite different from today.

Each season, a theme is chosen to bind the memoirs together. Some examples of past themes: Friendship, Movies, Cars, and 50 Years Ago. Members will select a new theme this Fall. We will see what bubbles up!

The reboot? Susan Kaplan has stepped forward to continue what Sue Perlcut began at Lifelong more than two decades ago. Susan's background includes directing both young people and adults. She spent over 30 years putting on plays, musicals, and variety shows in the Ithaca City School District, primarily at DeWitt Junior High. For most productions she served as both director and choreographer. Some of our longtime residents may also remember her direction of Pamela Monk's, "Jennie's Will", and her work on, "Ride On, Zulu Woman", by Busi Radebe-Mbata.

Of course, a new director may use different techniques, but the vision will remain intact. We want to ensure that Seniors have a venue in which to share their collective wisdom. Their passions and losses, missteps and humor should be refined and then sent out into the world in a format that will make those memories come alive for audiences in Ithaca and, perhaps, beyond.

The Senior Theatre Troupe will be starting up on September 7th! We meet regularly on **Thursdays from 2:00-3:15pm**. We will write, critique, laugh, and rehearse (no memorizing necessary!) with an eye toward a performance at Lifelong's Holiday Open House on December 13th, as well as the possibility of some public performances around town. If you enjoy writing, acting, storytelling, and being part of a cohesive group, particularly one that's reaching for a fresh start, please consider joining us. We would love to welcome you!

For more information or to sign up to join the Senior Theatre Troupe, please reach out to Amy Campbell, at: acampbell@tclifelong.org. or 607-273-1511

Fall Walks at LIFELONG



Wednesday, Sept. 20 Namgyal Monastery, New Learning Center

Wednesday, Oct. 4 Edible Acres, Trumansburg

Wednesday, Oct. 18 Beebe Lake-Fall Foliage

REGISTRATION: Lifelong requires that all walkers must be members of Lifelong. You can register in person at Lifelong, online, or by mail. Membership fees are on a sliding scale. Contact Lifelong at 607-273-1511 for information on how to register.

Julia Bentley Macdonald Awarded 2023 Volunteer Award



The Barbara J. Hulbert Volunteer Award

The Barbara J. Hulbert Volunteer Award is given annually by the Lifelong Board of Directors to a member of Lifelong who demonstrates exceptional leadership and service to Lifelong.

Julia Bentley Macdonald was recognized at Lifelong's annual meeting and luncheon, held on May 25th at The Hotel Ithaca, as the 2023 Barbara Hulbert Volunteer award recipient.

Gail Mazourek, a regular attendee of Julia's classes at Lifelong, submitted the nomination to honor Julia, and presented the award at this celebratory event with 80 Lifelong guests in attendance.

Julia has been writing for most of her retired life and enjoys opening the world of writing to newcomers and providing a venue for more experienced writers to hone their craft. Julia has led a writing group, *Memoirs and Musings*, as a volunteer at Lifelong for many years, providing topics to spark creativity for class participants, as they work on writing their memoirs at various life stages, or contribute other forms of writing.

Repeat and new attendees are found in any writing group facilitated by Julia, as she makes everyone comfortable with writing, which could otherwise be an intimidating process for some. Julia's method allows spontaneity for writers, and her gentle nature includes supportive feedback in a non-threatening atmosphere, which is especially encouraging for those who might be sharing their written work for the first time.

Julia also volunteers to facilitate the 2nd Monday-of-the-Month book group at Lifelong, where participants choose a book and share in discussion each month. In addition to leading classes and the book group, Julia has been a regular attendee at Lifelong classes such as the Africana Library Film Series and she has served on Lifelong's Board of Directors in the past, all of which demonstrates her commitment to this organization and its mission *to enhance the lives of older adults in Tompkins County*.

Julia asserts that life's challenges make us stronger and more compassionate. Perhaps her work over the years as a caseworker, and the various difficulties that life has thrown her way have led Julia to be the compassionate person that she is today. We are grateful that Julia has contributed her compassion, her time and her efforts to give something of great value to us at Lifelong. Congratulations to Julia Bentley Macdonald.

Save The Date!

Lifelong Holiday Bazaar
Dec 2, 2023
10am—2pm
Free to attend



Vendors can reserve an 8' table for \$20 by contacting Amy Campbell at Lifelong.

Get your Holiday shopping done here! Collectibles and treasures of all kinds to be found.

Lifelong Holiday Open House

With performances by The Senior Theater Troupe as well as the Readers' Theatre.

Join us on **December 13th, 2023, from 2:00-4:00pm.**
Light refreshments served.

Free!



Lifelong's Upcoming Trips with Collette Tours!

Lifelong, in collaboration with Collette, just sent two travel groups on their way, one to the Canadian Rockies, and another to enjoy 12 days in Alaska! Feedback on **Collette trips** has been favorable and we're excited to add more to these offerings moving forward. If you're kicking yourself for not signing up for trips that took place this summer, you're in luck, as we're offering another Canadian Rockies trip (this time by rail!) and Alaskan adventure again next summer. Don't miss it!

NEW: Starting with all trips taking place in 2024 or later, trip pricing will include a **\$100 discount for current Lifelong members, above and beyond any savings offered by Collette.**

Want to learn more about 2024 travel with Lifelong and Collette? Join us for a 2024 travel preview on Wednesday, September 13 from 10-11:30am at Lifelong! We will be highlighting trips to Spain and Portugal, Alaska, Canadian Rockies by Rail, and Painted Canyons of the West. Brochures on other offerings will be available as well. On-demand webinars available for other trips! Contact lbarger@tclifelong.org to have a link emailed to you!

Take the hassle out of travel. Collette picks you up right at Lifelong and handles all the details on these amazing adventures. All you need to do is pack!

America's Music Cities

featuring New Orleans, Memphis & Nashville

October 08 — October 15, 2023 • 8 Days • 10 Meals

French Quarter, Choices on Tour, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson

To learn more, visit:

<https://gateway.gocollette.com/link/1151889>

South Pacific Wonders

including New Zealand's North Island and

Australia

January 17 — February 03, 2024 • 18 Days • 28 Meals

Auckland, Rotorua, Christchurch, Queenstown, Lake Wakatipu Cruise & Sheepdog Demonstration, Milford Sound, Choice on Tour, Cairns, Great Barrier Reef, Sydney Opera House

To learn more, visit:

<https://gateway.gocollette.com/link/1151855>

Essence of Thailand

Discovering ancient wonders and natural beauty from Bangkok to Phuket

February 01 — February 16, 2024 • 16 Days • 24 Meals

Bangkok, Reclining Buddha, Emerald Buddha, Bangkok Street Food, Choices on Tour, Sukhothai, Chiang Rai, The Golden Triangle, Chiang Mai, Elephant Experience in Chiang Mai, Lanna Home Visit, Home-Hosted Meal, Phuket, Tuk Tuk Rides

Zip around the buzzing city streets of Bangkok on a Tuk Tuk. Trek by 4x4 vehicle to an elephant sanctuary where you will prepare tasty treats for these endangered residents. Explore the canals of Bangkok's old town on a boat trip.... And more!

To learn more, visit:

<https://gateway.gocollette.com/link/1151954>

Treasures of Europe:

From London to Rome—LIMITED AVAILABILITY

April 4-16, 2024 • 14 Days • 18 Meals

Highlights: London, Paris, Seine River Cruise & Dinner, Lucerne, Venice, Florence, Rome!

To learn more, visit:

<https://gateway.gocollette.com/link/1204741>

Memorials of WWII

April 08 — April 17, 2024 •

8 Days • 10 Meals

London & Paris WWII-Focused City Tours, Portsmouth, The D-Day Story Museum, English Channel Crossing, Juno Beach, Caen Peace Memorial Museum, Arrondissement-les-Baines, Longues-sur-Mer, Apple Cider Farm Visit, Normandy American Cemetery, Omaha Beach, Pointe du Hoc, Airborne Museum, Utah Beach, Giverny Gardens, Seine River Dinner Cruise

Retrace the D-Day preparation efforts at The D-Day Story Museum, dedication to Operation Overload. Navigate the path of the D-Day Landings as you cross the English Channel by ferry. Set foot on the hallowed grounds of the Normandy landing beaches.

To learn more, visit:

<https://gateway.gocollette.com/link/1151884>

Spain and Portugal:

Costa del Sol to the Portuguese Riviera

April 20- May 1, 2024 • 12 Days • 16 Meals

Small group travel (12-24 passengers!) includes such highlights as Malaga, Cordoba, Seville, Lisbon, and Cascais

Optional 3 night Madrid pre-tour extension

To learn more, visit:

<https://gateway.gocollette.com/link/1205003>

Canadian Rockies, by rail!

featuring Rocky Mountaineer

July 21 — July 28, 2024 • 8 Days • 13 Meals

Vancouver, Stanley Park, Rocky Mountaineer, Kamloops, Lake Louise, Banff, Icefields Parkway, Icefields Adventure Choice on Tour, Calgary

To learn more, visit:

<https://gateway.gocollette.com/link/1194078>

Alaska Discovery Land & Cruise

back by popular demand!

featuring a 7-night Holland America Cruise

August 14 — August 25, 2024 • 12 Days • 26 Meals

Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage

To learn more, visit:

<https://gateway.gocollette.com/link/1195647>

Painted Canyons of the West

Featuring Utah's Five National Parks!

Sept 24- Oct 2, 2024 • 9 days • 11 meals

The mighty 5: The Arches, Bryce Canyon, Canyonlands, Capitol Reef, Zion.

To learn more, visit:

<https://gateway.gocollette.com/link/1205268>

Peru: Machu Picchu and Lake Titicaca

Small group travel (12-24 ppl)

February 15-24, 2025 • 10 Days • 15 Meals

Lima, Sacred Valley of the Incas, Local Andean Cultures, Ruins, Machu Picchu, Cuzco and more!
Optional 3-night Peruvian Amazon Post Tour Extension

To learn more, visit:

<https://gateway.gocollette.com/link/1205270>



Time to revisit that bucket list and Join us!

Lifelong Welcomes Incoming Board Members and New Leadership

At Lifelong’s annual meeting in late May, our membership voted in Sheila Squier as Lifelong’s incoming Board President and Debbie Bosanko as Vice President. In addition, we thanked our departing board members, Kate Supron, who completed 6 years with Lifelong’s board, with the last 3 year term serving as Board President. Bill Ghiorse also finished 2 consecutive three year terms, and we are so grateful for their support and dedication to Lifelong!

In addition to new leadership, Lifelong is pleased to welcome Marilyn Webb and Howard Reid to Lifelong’s board of directors.

Marilyn Webb devoted many years to Tompkins Cortland Community College as the Coordinator of Tutoring and Accommodation Services and taught math there as well. Since retiring from TC3 in 2019, she has gotten more and more involved with gardening on her family’s ¼ acre vegetable garden in West Danby, as well as flower and shrub gardening around her Fall Creek home. In 2021, Marilyn began volunteering for Lifelong’s TCE program and realized that Lifelong was a community resource with which she had never previously been familiar. Marilyn began to wonder how many folks are out there in our community who would greatly benefit from Lifelong’s offerings but who are also unaware of this resource. She is hoping that through her service on Lifelong’s Board, she will be able to spread the word of its invaluable services to our aging community.



Howard Reid is a retired mental health center director who moved to Ithaca in 2019 with his wife who was born and raised here. He founded River Valley Services, a comprehensive community mental health center in Middletown, Connecticut, and served for 24 years as its Executive Director. Since retiring, he has volunteered for a variety of nonprofit organizations which address important community needs, including those of families of individuals with mental illnesses, the homeless, and people who are elderly and have low incomes. In Ithaca he has been gratified to be able to assist members of the local community through Lifelong’s TCE and HIICAP programs, and he has been tremendously impressed by the spirit of service in evidence among Lifelong’s staff and volunteers. He looks forward to being part of the Board’s efforts to expand and strengthen Lifelong’s work on behalf of older adults in Tompkins County.



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Lifelong keeps a running list of individuals who may want to be considered for board membership now or in the future! If your interest is piqued, please reach out to our new Board President, Sheila Squier at Sheila.squier@gmail.com

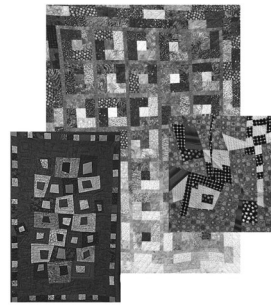
Looking for space to hold a community group meeting or a gathering of friends and family?

- 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 at 607-273-1511



Lifelong Gallery

Lifelong is pleased to present the work of artists in our community. Each exhibition is shown for two months and usually opens as a part of Gallery Night Ithaca. If you are interested in having your work shown at Lifelong, please contact Karen Koyanagi at 607-273-1511 ext. 223 or kkoyanagi@tclifelong.org



A collage of quilts by Joyce Morgenroth on display at Lifelong.

Upcoming exhibitions

September/October opening September 1, 5 - 8:00PM *The Quilts of Joyce Morgenroth*. Joyce is a quilter who explores a wide range of styles and techniques, seen very clearly in the variety of quilts she produces. Her quilting skills are an embodiment of her respect for structure and tradition as well as her playfulness.

November/December opening November 3, 5 - 8:00PM Stand up Women! Social Activism in Tompkins County is the latest project by Sue Perlcut of CloseToHome Productions. Perlcut along with Maryland community artist Caryl Henry Alexander led five local older women activists to create art that reflects their activism. This exhibition will display this art, along with posters, flyers and photos that represent their activism, and video clips of interviews, with each woman, reflecting on their art and activism.

This program is made possible in part with funds from the Statewide Community Re-grants program from the NYS Council on the Arts, with the support of the office of the Governor & NYS Legislature, and from Tompkins County; administered by the Community Arts Partnership of Tompkins County.

Turning 65 Soon?

Or are you already 65 and planning on retirement in the fall? Lifelong offers Medicare counseling to help you understand your options for transition to Medicare as your health care insurance.

The fall is our busiest season for Medicare counseling as Open Enrollment is the opportunity for folks who have Medicare to make a change.

If you want a review of your options before your transition to Medicare, we suggest making an appointment for counseling early, in September or October. **New beneficiaries can enroll in Medicare during the three months before their birth month or before they lose employment health insurance.** The new benefit will start on the first day of their birth month or the first day of the month when they are losing employment insurance.

For more information or to make an appointment call Mary-Ann Reeter, HIICAP coordinator at 607 273-1511. Look forward to hearing from you!!!



"I must be in the autumn of my life. I feel like a pile of wet leaves."

Lifelong’s Aging Mastery Program New Location, New Day, and New Time!

The Aging Mastery Program® (AMP) will help you create your own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

What is the AMP Curriculum?

Navigating Longer Lives: The Basics of Aging Mastery®

- Exercise and You*
- Sleep*
- Healthy Eating and Hydration*
- Financial Fitness*
- Medication Management*
- Advance Planning*
- Healthy Relationships*
- Falls Prevention*
- Community Engagement*

Details

When:

Mondays, September 8 – November 10, 1:00pm-2:30pm

Where:

McGraw House, 221 S. Geneva Street, Ithaca, NY

Who:

Any adult age 50 and above and is a resident of Tompkins County

Cost:

The value of this program for each individual is over \$100, but Lifelong is able to offer this series FREE due to the generous support of NYS Office of the Aging.

How:

Contact Lifelong at 607-273-1511 to register for this series. You need to be committed to attending no fewer than 7 of the 10 sessions.

Alzheimer’s Support Group

Don’t forget Lifelong has a monthly caregiver’s support group and this Fall will offer educational programs focused on care issues related to Alzheimer’s disease. The educational programs will be held on the first Wednesday of each month at 4:00 pm, beginning September 6th, and are followed by the support group after at 5:00 pm. Scheduled programs include: “Understanding Dementia and Alzheimers”, “A Caregivers Guide to Finance” and “Effective Communication Strategies.”

These events are hosted by the Alzheimer’s Association of Central New York. They are free and open to all.

The Pew Knitters

work with yarn year-round to knit or crochet items with donated materials and supplies. They gift gloves, mittens, scarfs, stump covers, baby cocoons, lap blankets or walker bags to various charity organizations in the area to warm the body and soul of local residents in need.



Do you have yarn and/or knitting/crochet supplies that have been sitting in your closet or craft room unused? Lifelong can accept these supplies on behalf of knitters. Pew Knitters are looking for new volunteers who might be interested in meeting in person at the Varna United Methodist Church on the second Sunday of the month from 1 to 3 pm. There is also the opportunity for people to work at home to provide finished donations.

Pew Knitters can accept monetary donations. For more information, call Sis Johnson at 607-272-6806. Feel free to leave a message.

Friends of the Library Book Sale Returns in October!

The Friends of Tompkins County Public Library will hold their annual Fall Book Sale over three long weekends in October, beginning Saturday, October 7th, at 509 Esty St, Ithaca. **The sale is open 10:00am-8:00pm on Saturday–Monday, October 7-9th, and 14–16th, and Saturday–Tuesday, October 21–24th. Senior Day, for patrons age 60+ and anyone with a disability, is Wednesday, October 18th, from 10:00am to 4:00pm.** For more information, call 607-272-2223, or visit the website: www.booksale.org.

In order to serve as many book lovers as possible, each shopper may purchase a maximum of 50 items at a time on Saturday, October 7th. After checking out, customers may rejoin the line to come in and shop again for as many times as they wish! Prices drop each weekend, and on Monday, October 23rd, all items are just 10 cents each. The sale ends Tuesday, October 24th, with “Bag Day”. Bring your own reusable shopping bag and fill it up for just \$1.00!

Each Book Sale offers up to 250,000 gently used books, DVDs, CDs, puzzles, games, and other items, organized into over 70 subject categories for easy shopping. The Collector’s Corner features rare books, first editions, collectibles, art and vintage toys and games.

A special section at this sale will feature a wide selection of books and other items that will make great gifts for friends and family members of all ages, suitable for the holidays, birthdays, anniversaries, and any other special occasion! Thanks to generous donations from the community, you’ll find more than 8,500 DVDs, 10,000 CDs, and 8,000 vinyl records at the fall sale.

Proceeds of the Book Sales are used to fund the Friends of the Library’s annual grants that support T.C. Public Library (TCPL) and other libraries in the Finger Lakes region, as well as local non-profit organizations for literacy and reading projects, and scholarships for library science students.

History of the Book Sale

The Friends of the Library Book Sale is one of the largest and longest running nonprofit sales in the nation. The Friends organization was founded in 1946 and held its first book sale the next year, raising \$461 (roughly equivalent to \$6,024 in today’s dollars). For many years the sale was held at the library itself. After outgrowing that space, it moved from one empty building in downtown Ithaca to another, and volunteers stored books, tables, and shelves in their basements and garages. At one point, shelving consisted of wood planks supported by volumes of *Reader’s Digest Condensed Books!*

From 1974 to 1991, the Friends leased space in the Ithaca Calendar Clock Building, on the corner of Dey and Adams Streets. In those years the sale took place in October, with a smaller event to sell magazines in May.

During the 1980s the Friends began to look into purchasing a building to permanently house the book sale, but it was autumn 1991 before they found a facility. The move was less than a mile away, an 11,000-square foot warehouse at 509 Esty St., with two bathrooms, an office, heat and hot water, and a parking lot across the street. Volunteers contributed hundreds of hours of labor to move books and shelving, and built new shelves, a room to house the Collector’s Corner, and a loft for meetings and storage. In May 1992, the Friends held a sale of paperback books in the new building and the full Book Sale that October.

Over the last 30 years, donations of books and other items have increased so that the Friends now hold two sales every year of ten days each, over three long weekends in May and October. Today, books, DVDs, CDs, puzzles, games, maps, and other items fill over two linear miles of shelving, and an average of 10,000 book lovers shop at each sale. In 75 years, the Friends have given over \$7 million to TCPL and other libraries in the Finger Lakes region.

The Power of Protein

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



With functions such as growing muscle, maintaining bone, building hormones, and promoting wound healing, it is no wonder why there is so much emphasis on protein in your diet. Protein (found in things such as meat, fish, poultry, dairy, eggs, nuts/nut butter, and legumes) consists of “building blocks”, called amino acids, that are essential in nearly every cell in the human body. Therefore, consuming an adequate amount of protein is crucial, especially for an older adult. Unfortunately, sometimes it can be hard to eat the protein you need, which is evidenced by an average of 46% of older adults not consuming as much protein as they need.

A hurdle that is commonly seen is a decrease in appetite, which occurs naturally as we age. This shines a light on the importance of adding *nutrient dense* foods into your day. These are foods that provide you with a ‘bigger nutritional bang for your buck’ in a smaller portion. It also highlights how crucial it is to include protein sources in each meal and snack. For example, instead of filling up on a

few crackers as a snack, try adding a layer of peanut butter to them for a nutrient dense source of protein. Other ideas include adding an extra egg white to your scrambled egg, or even swapping sour cream for plain Greek yogurt on a baked potato. These changes will make your food more filling (thanks to the higher protein density) without adding an additional food item, which may decrease the sense of overwhelm if you’re experiencing a lower than usual appetite.

How much protein do you need? This answer is different for everyone. Research shows that an older adult may need 0.8-1.2 grams of protein per kilogram of body weight. You can figure out your goal by taking your weight in pounds divided by 2.2, which converts your weight to kilograms. Then multiply that number by 0.8 to 1.2. For example, for a 150 pound person, they would need approximately 55-82 grams of protein per day. Unfortunately, one size does not fit all here. If you have chronic kidney disease or are recovering from an injury/surgery, you may need a different amount. Always consult your doctor before making dietary changes to discuss what is right for you. See below for some high protein breakfast and snack ideas to help you reach your protein goals!

Breakfast Ideas	Snack Ideas
<p>Taco Scramble: 1 scrambled egg, ¼ cup black beans, 2 tablespoons salsa, topped with ¼ cup nonfat plain Greek yogurt. Served with 1 cup skim milk (23 grams of protein).</p> <p>Overnight Oats: ½ cup quick oats, ½ cup nonfat milk, 1/3 cup nonfat plain Greek yogurt, 1 tablespoon nut butter, 1 tablespoon chopped walnuts, dash of cinnamon. Place in jar, stir to combine. Let sit overnight in fridge (19 grams of protein)</p>	<p>Whole wheat toast topped with 1/3 cup cottage cheese, sliced cherry tomatoes, black pepper (8 grams of protein)</p> <p>2oz deli turkey and 1 slice cheddar cheese wrapped around apple slices (20 grams of protein)</p> <p>Roasted chickpeas: Rinse chickpeas, place in bowl, and toss with drizzle of olive oil and spices of your choosing. Spread on a parchment lined baking sheet. Bake at 425 degrees for 20 minutes until crispy (7 grams of protein per ½ cup)</p>

Tompkins County Office for the Aging Monthly Newsletter

The Office for the Aging distributes a monthly newsletter with information on upcoming events, issues affecting older adults, community events/programming and much more. This newsletter is available electronically only. To sign up please visit: www.tompkinscountyny.gov/cofa





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- Continuity of caregiver - Dementia & Alzheimer care and safety
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- Emphasis on monthly activities such as: newsletters, recipe cards etc. to help stimulate as Covid taught us isolation is detrimental to seniors.

All Caregivers are carefully Screened, Insured and Bonded.

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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?

TOMPKINS COUNTY OFFICE FOR THE AGING
Ageing Better Together

734 W. Martin Luther King/State St.
 (607) 274-5482
www.tompkinscountyny.gov/foia

Autumn Activities for Seniors

What a glorious time of the year! Beautiful colored leaves, pumpkin spice, caramel-covered apples! There are so many activities associated with the fall season, even for seniors. Try one or more of the following:

Bake a Pie: Pies are a big part of the autumn season, especially ones that are made with apples or pumpkins. Making a pie together can be such a joy, so invite family members to join you. Then you can enjoy that finished pie out on the patio as you enjoy the colored leaves.

Go for a Hike: Going for a leisurely nature hike can be one way you and your loved ones bond together as you observe the changing landscape and wildlife. Take along a camera!

Apple Picking: The Ithaca area is surrounded by local farms where folks can pick fresh apples right off the trees. After picking, you and your family can bake a pie, cook an apple fritter, make applesauce, or squeeze apple juice.

Pumpkin Carving or Painting: Carved pumpkins are a popular way for people to decorate their porches. Sharing creative ideas for faces can be fun.

However, if you struggle with arthritis or don't feel comfortable carving a pumpkin, consider painting the pumpkins instead. This is a way to enjoy the fun of decorating pumpkins without worrying about injuries.

Have a Backyard Campout: Backyard campouts are a great way to enjoy the cooler weather while spending time together. You can set up a complete campsite with a tent, bonfire, and of course s'more supplies! You can also gather everyone around the campfire and play a game or share stories.

Visit a Haunted House: If you are willing, visit a haunted house. There are different levels of haunted houses depending on your family's scare tolerance. Search for the perfect haunted house experience in your town to celebrate the chillier weather and Halloween!

Go on a Hayride: One way for folks of all ages to enjoy the fall scenery is to take in a hayride. There are many hayrides available at different farms and festivals that can take you through the breathtaking autumn landscape.

Have a Friendsgiving: A Friendsgiving is similar to Thanksgiving where you can enjoy a meal together, except it will only include your family's closest friends. Older adults enjoy a Friendsgiving because it gives them a chance to reconnect with friends, especially those that they have not seen for some time.

Have a Fall Picnic: Eating outside during the fall is always a treat! You can eat in your own backyard or at a park.

Have a Tailgate Party: Tailgate parties are a popular way folks celebrate both football and autumn! You don't have to go to the big game. Create one in your own home and invite friends to come watch the game. Even people who don't like sports will go to tailgate parties to see their families and friends.

Enjoy a Board Game Night: Board games are a great way for family members of all ages to bond and enjoy a bit of competitiveness.

Visit the Farmer's Market: Support your local farms and crafters by attending the Farmer's Markets held in and around Ithaca. You can take in the abundance of fresh produce, marvel at the creativity of local crafters and enjoy a variety of good eats.

Create New Items Fitting the Season: Knitting, crocheting, and needlepoint are perfect cool weather activities for seniors. Also, making fall wreaths with autumn-colored decorations such as leaves, pumpkins, flowers, leaves and pinecones is one way to get creative this time of year.

Rent a Cabin: A great family excursion in the fall could be to rent a cabin for a night or two, where family members of all ages can enjoy the outdoors, take hikes, fish and relax.

Plant Bulbs for the Spring: Fall is the time to prepare for some spring flowers. Planting bulbs for flowers such as tulips, daffodils and others can provide a sense of anticipation for the changing of the seasons. Autumn gardening is a great way to spend time with other family members.



Stay Connected while Stuck at Home

Join the **Virtual Senior Center (VSC)** where each day is different, interesting, and stimulating while never leaving your home. Use your computer/tablet to...

CONNECT with new friends online, learn and discuss new things, and explore what the internet has to offer

PARTICIPATE in unlimited live, interactive discussions on art, history, current news, exercise, music, museum tours, wellbeing, and more!

ENJOY a flexible class schedule, curated games, offered 7 days/week, 365 days/year including holidays

- Easy-to-use
- All from your home
- Diverse programs weekly
- Relieves boredom & isolation
- Training & technical support available



"Because of VSC, my quality of life has improved."

97% agreed

Open to all Lifelong members!



Enhancing the second half
<http://vsclifelong.net>



Notary Public Service available at Lifelong
Free of charge

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



And all at once, summer collapsed into Fall.
...Oscar Wilde

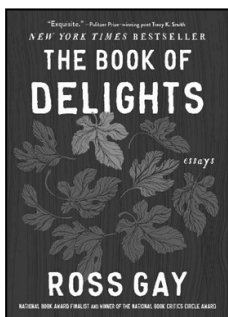


The Book Nook

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!

TCPL offers a variety of book clubs for all ages. Find information at www.tcpl.org/book-clubs. All Library programs are free and open to the public.



The Book of Delights by Ross Gay

Ross Gay, poet, essayist, and professor at Indiana University, embarked on a project in 2016 to write about a specific delight every day for one calendar year, beginning and ending on his August 1 birthday. It was to be both a writing exercise and an exercise in recognizing and sharing delight in the world around us.

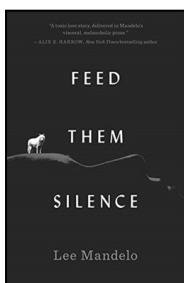
The Book of Delights is a collection of short essays (Ross calls them "essayettes") that marvels at the mundane and the profound. There are the minutiae of everyday life: the morning coffees, the grocery runs, the routine walks through the neighborhood, writing by hand, gardening. Then there are larger, deeper delights that happen despite a heaviness of being alive in the world, especially as a Black man: connections with other Black strangers, deep friendships, mother love, a return to ancestral lands and practices through the foraging of backyard pecans.

Seeing delight, and "delighting" in it, is like working a muscle. If we look for it, if we practice noticing it and naming it, we will see it. Gay writes, "It didn't take long to learn that the discipline or practice of writing these essays occasioned a kind of delight radar... Which is to say I felt my life to be more full of delight. Not without sorrow or fear or pain or loss. But more full of delight."

A sequel, *The Book of (More) Delights*, comes out in September. **Reviewed by Asia Bonacci, Communications & Engagement Librarian**

Feed Them Silence by Lee Mandelo

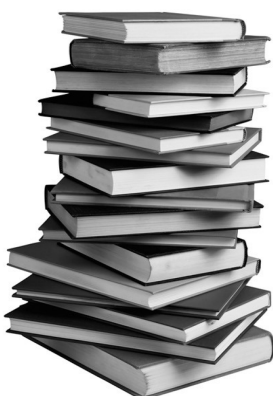
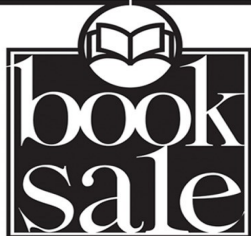
Have you ever wondered about the way animals think? In *Feed Them Silence* by Lee Mandelo, Dr. Sean Kell-Luddon strives to answer this question through connections with the mind of a wolf, Kate, a member of one of the last surviving packs in Mandelo's imagined future where the implications of climate change have become incompatible with human life.



As Sean becomes obsessed with the emotions felt through her canine subject, she begins to lose human connections: work relationships crumble and Sean's happy marriage to Riya starts to fray at the seams as ultimatums and infidelity push their marriage to the brink.

Readers will journey through questions of how to maintain meaningful connections in a collapsing world and what constitutes selfishness versus survival. *Feed Them Silence* juxtaposes one researcher's self-centered drive for public interest in conservation with the selfless thoughts of a wolf whose biggest concern is the survival of her pack members, all in an environment that can no longer sustain human or animal alike. **Reviewed by Sasha Raffloer (he/him), Library Page**

FRIENDS OF THE TOMPKINS COUNTY PUBLIC LIBRARY



Fall Book Sale Begins Saturday, Oct 7th!

Sat-Mon, Oct 7-9
Sat-Mon, Oct 14-16
Sat-Tues, Oct 21-24
10am-8pm each day

Senior Day: Wed, Oct 18, 10am-4pm

Up to 250,000 Books, DVDs, CDs, puzzles, games & more.
Prices drop each weekend!

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607-272-2223 www.booksale.org



MORE AFFORDABLE INSULIN

The American Diabetes Association (ADA) said in a statement that the first national copay cap was "a potentially life-saving policy change for seniors"



Source: diabetes.org

DIABETIC MONITORING DEVICES

Senior Medicare Patrols across the country report diabetic supply charges found on Medicare statements when the beneficiary doesn't have diabetes.



Source: smpresource.org

Inflation Reduction Act

The Inflation Reduction Act (IRA) capped out-of-pocket costs for insulin medications (limited to \$35/month) under Medicare Part D plans. (as of January 1, 2023)

Beneficiaries whose insulin is covered under Medicare Part B are now also enjoying these protections. (as of July 1, 2023)

If you have any questions about your diabetic coverage, call StateWide's certified counselors at 800-333-4374.

Scam Watch

Watch out for unsolicited diabetic supplies such as glucose monitors received by mail

- Check your insurance statements for diabetic supply charges you don't need or did not order.
- Be sure your doctor has assessed your condition and orders the equipment or supplies for you.
- Do not accept money, gifts, or unnecessary equipment and supplies from a supplier in exchange for your Medicare number.
- Your NYS SMP can help you with complaints about potential fraud, call 800-333-4374.

This project was supported, in part by grant number 90MPPG01701, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

info@nysenior.org
www.nysenior.org

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Tompkins County Department of Veterans Services (TCDVS)

From the desk of J.R. Clairborne, Director

The Tompkins County Department of Veterans Services (TCDVS) honors daily the commitment and sacrifice of those who served in the U.S. military and those who continue to serve. Preparations are underway for Veterans Week, Nov. 5-11, 2023. However, there are some exciting things planned for our Veterans Community in and around Tompkins County between now and November:

- Through Nov. 30: FreshConnect Checks (FCCs). Similar to Farmer's Market Coupons, FreshConnect Checks are offered to Active Duty service members, Veterans and their immediate family members, as well as un-remarried surviving spouses of Veterans. The FCCs are available on a first-come, first-served basis, available in groups of 25 FCCs, or \$50 in value. They will be available until Nov. 30 but can be used until their expiration on Dec. 31, 2023, through the Tompkins County Department of Veterans Services, 607.274.5920.
- Sept. 14-17: The Wall That Heals, the Vietnam Veterans Memorial Replica and mobile education Center, will be in Falcon Park, 130 N. Division Street, in Auburn featuring the ¾-scale replica of the Vietnam Veterans Memorial. This traveling exhibit offers those attending a way to honor those who served and sacrificed while learning about this chapter in U.S. history. Volunteers needed for set up on Sept. 13, to help visitors Sept. 14-17, and to help with closing and tear down on Sept. 17. Find more information online at <https://www.cayugacountyvvachapter704.com/event-details-registration>
- Sept. 16: 32nd National POW/MIA Watch Fire. Held at 7p at Myers Park in Lansing, this event is sponsored by Chapter 377 of the Vietnam Veterans of America. It provides a way to honor our nation's lost and missing from war while offering a ceremonial opportunity to dispose of soiled, tattered, or worn U.S. flags.

For questions about resources available to our Veterans community, as well as other related information, please feel free to visit the website of the TCDVS: <https://tompkinscountyny.gov/veteran>.



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 individuals 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 program?

- Interaction with and appreciation from clients
- Problem solving satisfaction
- Support and camaraderie of the group
- Increased understanding of 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 tax situation? Are you looking for an opportunity with a finite timeline? Do you have basic computer skills? Think about joining us as a preparer.

Not sure you're comfortable preparing tax returns? Volunteers also welcome people to the 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, T.C. Office of the Aging, and financial underwriting by Lifelong



Lifelong is proud to be a United Way Agency

Flu Clinic at Lifelong Everyone Every Year!



Thursday, September 26th
9:00am-1:00pm

- Please call Tompkins County Health Department at 607-274-6604 to make an appointment.
- Bring all insurance cards. Medicare, Medicaid, and Blue Cross Blue Shield accepted.
- Without insurance pay at the clinic either by cash or check. No debit or credit cards.
- Active Lifelong membership not required

32nd Annual National Prisoner of War and Missing in Action Recognition Day

WATCH FIRE*

Friday, Sept 15, 2023
7:00 PM



Sponsored By: Vietnam Veterans of America Chapter 377



ALL ARE INVITED
TO HONOR OUR POW'S and MIA'S, PAST AND PRESENT
BRING YOUR FAMILY, FRIENDS, CHAIRS AND COOLERS

* The Watch Fire comes from the "ancient tradition that following a battle or long march; a large fire was started so that those who are missing or lost could rejoin their comrades."

The Watch Fire also allows the VVA Chapters 377, 704 and Team Red, White & Blue to provide the community with an opportunity to respectfully and properly dispose of unserviceable American Flags. People are invited to bring worn, tattered American flags to be placed on the fire as an appropriate way to "retire the colors." If you have any wood to burn, bring it to the fire.

For Information: call Gary @ (315 730-7726)



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