

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

Senior Focus: Laurie Davis and Charlie Young, Lifelong Volunteers

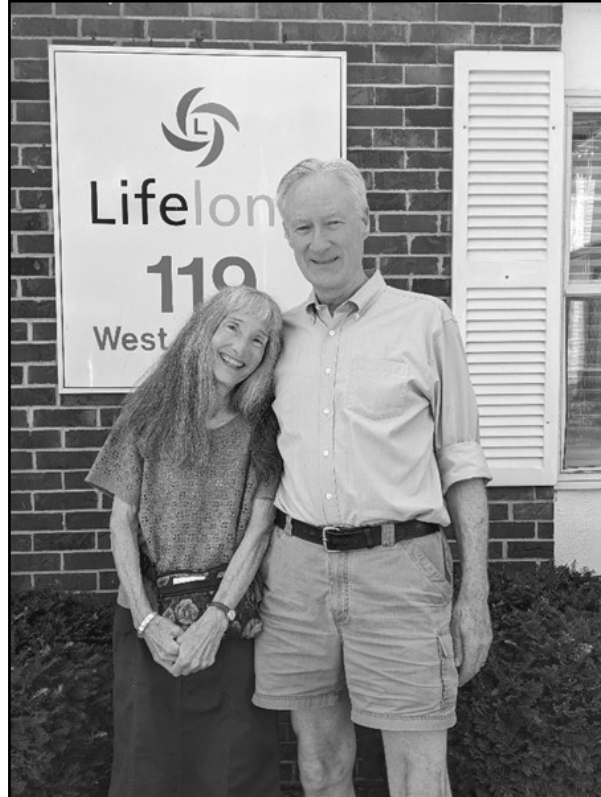
By Liza Burger, Executive Director of Lifelong

One of the bright spots over the past couple of years of pandemic craziness was the addition of several new volunteers joining us at Lifelong. I had a chance to sit down and interview two of them, Charlie Young and Laurie Davis, a couple who, lucky for us, landed on our doorstep only a week or so after they retired.

Laurie and Charlie were both divorced and met each other at the old Rongovian Embassy, or “The Rongo” back in 2001. Laurie’s kids were visiting and after they shared a meal together and the kids went home, Laurie stuck around to listen to the music, and that’s how she met Charlie. Their first date was to go see the first movie of the Lord of the Rings Trilogy, and Charlie brought “supplies”. Turns out it was that bag of chocolates in Charlie’s pocket that clinched the deal for Laurie! They married in 2002 and celebrated their 20th wedding anniversary in August.

Charlie grew up in Pensacola, Florida, and spent his high school years in Milwaukee, Wisconsin. As a young adult in the 70’s Charlie did what he called “a very 70’s thing to do”, which included dropping out of college and building a geodesic dome with his siblings, after reading a book that he ordered from *The Whole Earth* catalog on how to make this happen. He became involved with a commune which was a social connection for him. When the commune eventually reached the end of its natural life, Charlie decided with his friends who were looking to live elsewhere other than extremely rural upstate NY, to move to a college town, coming to Ithaca in 1975.

As time went on, Charlie began tinkering with computers and when the IBM PC came out, he



Laurie Davis and Charlie Young

was in the right place at the right time and began working at Computer Land, a national chain. He learned on the job, got more training, and helped to install the first computer lab at Ithaca College, where he worked for 10 years. Most recently he retired from The Computing Center which had combined with Sherpa Technologies. All in all he was with them for 20 years and spent most of that time providing computer support at the Tompkins County Public Library.

Laurie was born at the old Ithaca City Hospital on Quarry Road and raised in Ithaca. She too dropped out of college in the 70’s, married and had 2 children and decided while raising her family and working as a teacher’s aide, that she would go back to school. She started part time at Tompkins Cortland Community College, then

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

Flu Clinic at Lifelong

Thursday, October 13
9:00am-11:30am



Everyone Every Year!

- Everyone every year should get a flu vaccination
- 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 accepted
- Active Lifelong membership not required

Prevention Awareness



Day at Lifelong
Fall Risk Screening

Wednesday, October 21

Noon-4:00 PM

- Hosted by Reilley Physical Therapy and Lifelong
- A brief (15 minutes) screening with a PT. **Sign up for an appointment** by calling Teri at 607-273-1511 or email treineman@tclifelong.org
- A nurse from Cayuga Health Partners will be available to discuss eye exams, medication side effects, and answer nursing related questions
- Resource table provide by the Office of the Aging

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 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.

Longview's Adult Day Program

Longview's Adult Day Program has become the home away from home for many Tompkins County seniors, offering companionship, recreation, safety, and security. During its temporary closure because of COVID-19 Longview has renovated a new space that provides participants a more spacious environment which adheres to the NYS DOH COVID-19 infection control guidelines. Longview's Adult Day Program is once again open and actively seeking participants. The daily fee of \$75 includes lunch, snacks, and social engagement. All participants must be fully vaccinated for COVID-19. For more information or to apply contact Pamela Nardi at 607-375-6300 or by email at pnardi@longviewwithaca.org.

The Registry

The Finger Lakes Independence Center administers the Registry Referral Program. The Registry Referral is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include: elder companion, housekeeper, run errands, do yardwork, cook, personal care aide, home care aide, LPN, RN. People looking for help can call and receive names of people who are willing to provide those services. Payment and other arrangements are made by the person seeking help with the person willing to provide the services. If you either need assistance or if you would be interested in listing your name as a caregiver, please call FLIC at 607-272-2433 or email: registryatFLIC@yahoo.com. This program is made possible through funding from the T.C. Office for the Aging.

Help with yard work



The Office for the Aging/ NY Connects

Maintains a listing of people who are willing to do yard work for older adults on either a paid or volunteer basis. If you are in need of 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 274-5482.

Tompkins County Department of Veterans Services

From J.R. Clairborne, TCDVS 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 the week of Veterans Day, Nov. 7-12, 2022. However, there some exciting things planned for our Veterans Community around Tompkins County between now and November.

- Sept. 16: The 31st National POW/MIA Watch fire at 7pm 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.

- Ongoing: FreschConnect Checks. Similar to Farmer's Market Coupons, FreschConnect Checks are offered to Active Duty service members, Veterans and their immediate family members, as well as un-remarried surviving spouses of veterans. The checks are available through the Tompkins County Department of Veterans Services, 607.274.5920.

Find information on events like these on the calendar and the website of the TCDVS: <https://www.tompkinscountyny.gov/veteran>.

31st Annual National Prisoner of War and Missing in Action Recognition Day

WATCH FIRE*

Friday, Sept 16, 2022
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 and 704 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

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



Caregiver's Corner

What Tools are in Your Toolbox?

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

For a caregiver, things change daily, and sometimes even by the minute. Therefore, caregivers need to have as many tools available to them as possible. Building these tools, or in other words, resources, is important so that in times of stress a caregiver can apply different strategies depending on what is needed for the specific circumstance. In addition, having a variety of tools at the ready can assist caregivers in caring for themselves as well as for the care receiver.

There are two new resources that caregivers should be aware of that have been funded by the New York State Office for the Aging (NYSOFA) for caregivers. The first one is called Trualta, which is an online digital database for caregivers. To access this program, a caregiver can either go to www.newyork-caregivers.com or access it through the Tompkins County Office for the Aging's (COFA) website at <https://www.tompkinscountyny.gov/cofa> under Family Caregiving Resources (the left side of the webpage). The Trualta platform is a comprehensive, user-friendly way for caregivers to have support at their fingertips. When caregivers log in, they are asked to complete some information about their caregiving situation so suggested information can be tailored to them. The large variety of topics presented on the platform is comprehensive and very useful! It varies from topics specific to health conditions to self-care for the caregiver.

The second tool that is new and being funded by NYSOFA is found online at <https://www.archangels.me/> or on the COFA website (the same place as Trualta link). The link will take you to the ARCHANGELS website, which is useful for people who may not even identify as a caregiver, to discover that they are, in fact, caregiving. It asks several survey questions and then gives the caregiver an intensity level score that lends a better understanding of where they are as far as stress. After a caregiver has their score, they are offered tips and resources from NYSOFA. Both Trualta and ARCHANGELS tools are wonderful for caregivers!

The Tompkins County Office for the Aging also has many caregiver tools available, in the Caregiver Resource Center. The first one is a caregiver support group that is currently held in a hybrid format every-other-week on Tuesdays (this may be weekly in the fall). Caregivers may join when they are able and may attend via Zoom or in-person. The second tool is the caregiver library that contains books that can be borrowed about all types of caregiver issues. In addition, there are two types of packets in the caregiver library that are useful to caregivers. One is more for caregivers of Alzheimer's patients, and the other is a general caregiver packet that has many tools to assist a caregiver with planning and other important processes. The third caregiver tool is the quarterly caregiver newsletter that contains many local resources, as well as articles of interest to caregivers. In addition, there are monthly caregiver presentations by guest speakers on a broad range of topics. The announcement for these presentations is sent to those who are on the e-mail newsletter list. One more resource that COFA offers is Powerful Tools for Caregivers classes that are held at least twice a year. These classes teach skills regarding taking care of oneself while caring for someone else. If a caregiver is interested in

any of the above, they can stop into the Tompkins County Office for the Aging at 214 West State Street in Ithaca or call Amy Jackson, the Caregiver Resources Coordinator at 607-274-5486 to discuss the options.

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.)

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

POWERFUL TOOLS FOR CAREGIVERS

Managing Stress and Improving Self-Care



FEELING OVERWHELMED?

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

JOIN OUR NEXT COURSE!

Wednesdays
September 21st - October 26th
2:00 - 4:00
Via Zoom

Tompkins County Office for the Aging 214 W. MLK Jr. / State St. Ithaca, NY 14850
Call us to Register! 607 - 274 - 5486

"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.

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.



Join Lifelong for a free **Medicare Basics Presentation** via zoom on
Wednesday, September 28 from 4:30-5:45pm
 Or
Tuesday, November 29 from 4:30-5:45pm

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

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

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

Medicare Basics - Early Fall

Date: September 28, 2022, 4:30 PM EST

Join Zoom Meeting : <https://tinyurl.com/2rukhrv>

Medicare Basics - Late Fall

Date: Tuesday, November 28, 2022, 4:30pm EST

Join Zoom Meeting: <https://tinyurl.com/3zyc544c>

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 meet one-to-one via zoom or in person at Lifelong with individuals who have questions about Medicare.

Frequently HIICAP is helping people understand the framework of Medicare:

Part A is hospital insurance;

Part B is medical insurance;

Part C is the option of a Medicare Advantage Plan (through a private insurance company); and

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

In addition counselors provide information on supplemental policies, also known as medigaps, and on how Medicare coordinates benefits with other coverage options, such as Medicaid or retiree benefits.

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:

*Screening individuals and helping with applications for cost-savings programs such as the Medicare Savings Program (which helps pay the Part B premium), the Extra Help Program (which helps pay for Rx meds), and Medicaid;

*Comparing the costs and the coverage offered through Medicare supplement policies and Medicare Advantage Plans;

*Providing an overview of 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.

HIICAP Volunteer Recruitment Fall 2022

Are you looking for a rewarding volunteer opportunity?

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

Are your health care needs covered by Medicare?

Or do you anticipate that you will be covered by Medicare in the near future?
 Do you think that Medicare is complicated and confusing?

The Health Insurance Information Counseling and Assistance Program (HIICAP) provides unbiased and comprehensive health insurance counseling to residents of Tompkins County eligible for Medicare. You may have benefited from this service in the past. Think you might want to return the favor?

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

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

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

Interested in learning more about this volunteer opportunity?

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

Personal Emergency Response System (PERS)

Are you concerned about the safety of a family member or a friend?

Are you, or someone you know, at risk for falling in their home?

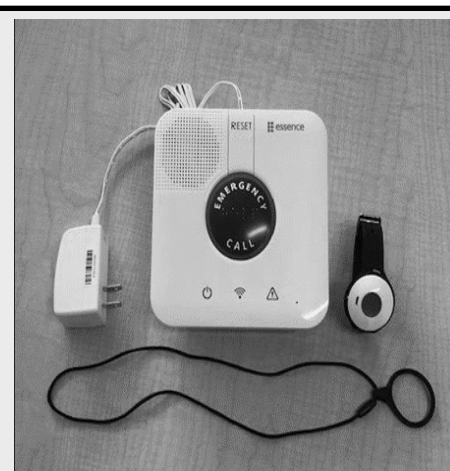
Tompkins County Office for the Aging can help!

We contract with Doyle Medical Monitoring to provide Personal Emergency Response Systems (PERS) to residents of Tompkins County. Standard pricing starts at \$25/month and there is no installation, cancellation, or service call fee.

When you get a PERS through our office, an Outreach Worker will visit your home, install, and test the device, and explain how it works. With our Personal Emergency Response Systems, you will receive personalized in-home service, peace of mind, services, and connections from a local agency, and 24/7 monitoring service.

Our office now offers PERS units with GPS capability through Doyle. These units can pinpoint your location anywhere in the country if you have a fall or medical emergency. With a price starting at \$45/month, you can have peace of mind at home, or on the go!

Call the Office for the Aging today at 607-274-5482 to speak with an Outreach Worker about our devices.



Medicare Open Enrollment Starts Soon!

By: Rodney Maine, Aging Services Specialist

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

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

Medicare Open Enrollment at the Office for the Aging

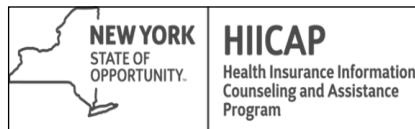
Medicare Open Enrollment is almost upon us! Open Enrollment begins October 15th and ends December 7th. During this time Medicare Beneficiaries can decide among the various health insurance options when it comes to Medicare. Beneficiaries can review their current coverage and change to a more suitable coverage that meets their needs.

At the Tompkins County Office for the Aging, we have certified Medicare Counselors on staff to assist in giving unbiased information to help you make the best choice for you.

If you need help understanding Medicare or comparing coverage during Open Enrollment, please contact our office to schedule an appointment at 607-274-5482.



2022 Medicare Open Enrollment at Lifelong



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-served basis, on the following clinic dates:

Tuesday, October 18, 9 to noon
Thursday, October 27, 9 to noon
Tuesday, November 1, 9 to noon
Thursday, December 1, 9 to noon
Tuesday, December 6, 9 to noon

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

Limited scheduled appointments also
available on the following dates:

10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7

Call Lifelong at 607-273-1511 for 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 partially funded by the T. C. Office for the Aging

Tips on dealing with excess calls and mail during Medicare’s Open Enrollment Period

We are approaching Medicare Open Enrollment Period (October 15 to December 7) when people who have health insurance through Medicare can choose to change their coverage for the upcoming year. Private companies who contract with Medicare to provide Medicare Advantage Plans and Part D plans (Rx 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.

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.

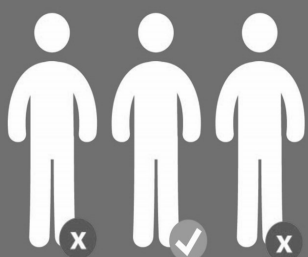
When googling Medicare, Social Security or other government sites, make sure that you are accessing the official site that ends in **.gov** such as <https://www.medicare.gov/> or <https://www.ssa.gov/>

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.

How to compare Medicare Advantage and Part D plans in our area:

Every year at Lifelong, the Health Insurance Information Counseling and Assistance Program (HIICAP) prepares a spreadsheet with up-to-date information regarding all Medicare Advantage plans available in Tompkins County. This year’s update will be available October 15, 2022, highlighting plans offered in 2023. A list of Part D plans is also available. Stop in for a copy at Lifelong: 119 West Court Street in Ithaca, or call 607 273-1511 to request a copy by email or snail mail. In-person counseling regarding these choices as well as options for medigap supplemental plans is also available at Lifelong and Tompkins County Office for the Aging.

September is National Preparedness Month...Do you have a will?



Despite a rise in estate planning since the COVID-19 pandemic, **2/3** of American adults still do not have a will in 2021.





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



The days are getting shorter, the temperatures are cooling down, and ready or not, fall is heading our way! Several Lifelong staff members had an opportunity to regroup at a team retreat held at the end of the summer. We took some time not only to connect with newer staff members, but also to give thought to where we want to put our energies moving forward as we dipped our toes into a "new normal" and see more folks coming into our building as well as attending off-site programs and connecting virtually.

Welcome Teri Reinemann, Lifelong's new Program Director who joined us in July, and did a fantastic job pulling together a variety of offerings for this fall! If you are a current Lifelong member, you should have received your copy of our fall catalog in the mail by now. Hard copies can also be found at Lifelong, or link to the online version which is accessible through our website: www.tclifelong.org. Our online version reflects updated class information as changes or additions occur.

I hope you've had a chance to take a look and find something that appeals, be it kayaking, painting, the Aging Mastery Program, Medicare's open enrollment clinics, or a combination of these and more! For those familiar with Lifelong's catalog, you might have noticed that we have used a new format for the summer and fall catalogs, and we'd love any feedback you might have on layout as well as class offerings. Just as the newest catalog goes to print, Teri has already begun to give thought to the next one, and we welcome your ideas for YOUR community center!

Whether you are a member of Lifelong at the present time or not, I hope you'll take the time to respond to our survey (in this issue of the Sr. Circle and available online)! We would love to get your input to help steer our future programs and offerings.

Warmly, Liza

Save the Dates!

Lifelong's Holiday Craft and Collectible Sale

Saturday, December 3
10:00 AM - 2:00 PM

Lifelong's Holiday Open House

Saturday, December 13
2:00-4:00 PM



Mark your calendars today!

Monday, September 5th - Labor Day
Monday, October 10th - Indigenous Peoples Day
Thursday & Friday, November 24th & 25th - Thanksgiving

Notary Public Service available at Lifelong
Free of charge

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



Lifelong Learning

Lifelong's Fall 2022 catalog is now available and we are pleased to offer a variety of programs that are in-person! Hopefully covid is behind us and we can gather, learn and have fun together again. Lifelong is always open to new members so feel free to sign up any time.

Lifelong offers year-round Health & Wellness classes including chair yoga, strength training, tai chi, and square, round & line dancing. Under Creative Arts we offer a clay studio, a painting studio and the Senior Theatre Troupe, now in its 23rd year.

Social groups are member led and a great way to stay connected and meet new people. There are thirteen current social groups including two book clubs, a women's group, a men's group, Scrabble night, a vegetarian dish to pass, and drawing with YouTube videos, just to name a few.

Lifelong Learning classes range from single classes to weekly series on a whole host of topics. Many of these classes are led by Lifelong members. If you like crafts, films, apple tasting, history, opera, and writing - there is all that and more! We also offer the Aging Mastery Program, which is a 10-week series taught by 10 content experts from the community.

Like to walk, kayak and/or bicycle? We have groups that meet up for these activities. And, Lifelong has partnered with Collette Tours to offer trips to Costa Rica and the Canadian Rockies & Glacier National Park, and an Alaska Land & Cruise adventure.

Please check out our website www.tclifelong.org for more information or stop by our office at 119 West Court Street in Ithaca, Monday - Friday, 9:00 AM - 4:00 PM. If you are a long-term resident, new to the community, or something in between, we'd love to meet you!

Lifelong Members are Going Places!

Are you looking for a Tropical getaway? It's not too early to start planning today. Attend an information session at Lifelong on September 12 at 11:00 AM to learn more about a 9-day tropical adventure to Costa Rica departing March, 2023.

For more information, visit

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



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 September 12 at noon.

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 September 12 at 1:00 PM.

For more information, visit:

<https://gateway.gocollette.com/link/1051283>



AARP Safe Driver Program

Saturday, November 5 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@tclifelong.org

Lifelong membership not required.



Readers' Theater@Lifelong

Last Friday of the month: 9/30, 10/28 & 12/2
1:30pm-3:30pm

Do you like reading short plays in a small, friendly group setting?
Comedies, Monologues, Tragedies, Melodramas?

Instead of acting on a stage, our goal is to read the scripts aloud effectively, bringing the text alive by using our voices, facial expressions and some gestures.

Bicycling on the Waterfront Trail with Tom Stern

Saturdays, 1:00-2:30 PM

September 10-October 29

Cost: \$10 unlimited biking trips (plus rental)

Rides start at 1pm-meeting location to be announced. Bicycles are available at Bike Walk Tompkins at no cost or feel free to bring your own road worthy bike. Please register at Lifelong.

Contact tstern952@gmail.com if you have additional questions.



Kayaking at Stewart Park with Tom Stern

Saturdays, 8:00-9:30 AM

September 10-October Cost: \$10 unlimited kayaking trips(plus rental)

This is still a tentative program but likely to happen through Paddle-N-More.

Starting Saturday, September 10 and continuing on consecutive Saturdays until weather becomes unfavorable.

Meeting 8 am at the Kayak launch near the Cascadilla Boathouse in Stewart Park. Kayaks and life vests are available. Rental cost is \$12 per person per trip.

Please register at Lifelong.

Contact tstern952@gmail.com if you have additional questions.



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

Important Information:

- You must be able to walk independently 1-2 miles. (Please bring an assistant for the walks, if you need one).
- Meet outside Lifelong at 9:15 AM and start walking promptly at 9:30 AM
- Walks canceled if raining or temperature above 80F
- Must be an active Lifelong member & complete waiver form
- When carpooling is required, \$2 fee for gasoline and parking is to be given to the driver.

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.

Email / phone: Elke Schofield at elke.schofield@icloud.com / (607) 272-9476.

Please include:

- name, home address telephone (home & cell)
- Put "Lifelong Walks 2022" in the subject line.

Scheduled FallWalks:

- 9/14 Linn Street to Cornell Campus Strenuous
- 9/28 Sciencenter with visit to Mosaic Wall
- 10/12 Hospicare & Palliative Care Service

Lifelong's Online Silent Auction!

The auction was a huge success! Almost all the items donated were sold (some even after the auction closed!!), which, along with the sponsorships, brought in nearly \$12,000 support to help Lifelong fulfill its mission of enhancing the second half for the residents of Tompkins County.

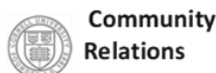
Thank You Sponsors, Contributors of items and Those who purchased them.

This event was presented in part through the generosity of:

Presenting Sponsors:



Benefactors:



Patrons:

HOLT Architects

Insero

Longview

True Insurance

Individual Sponsor:

Classen Home Health Care

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?

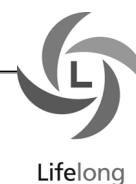
- Interaction with and appreciation from clients
- Problem solving satisfaction
- Support and camaraderie of the group
- Increased understanding of some of the challenges faced by seniors in our community

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.

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's Mosaic Program Fall Offerings



MOSAIC Programs are available **free of charge** thanks to support from the Tompkins County Office for the Aging. Active Lifelong membership is not required to participate.

West Africa on a Plate

Instructor: Chef Kuukua Dzigbordi Yomekpe



Join Chef Kuukua of Asempe Kitchen as she takes you on a journey through Ghana, West Africa. She will lead a demo of three traditional West African dishes and will engage volunteers from the audience. All attendees will be able to sample the food demonstrated.

Please mention any food allergies when registering.

West Africa on a Plate Friday, September 16, 5:00-7:00 PM

Or

West Africa on a Plate Thursday, October 27, 5:00-7:00 PM

Africana Library Film Festival

Instructor: Kofi Acree

James Baldwin: The Price of the Ticket
Wednesday, September 14, 7:00-8:45 PM

Toni Morrison: The Pieces of I Am
Wednesday, October 12, 7:00-9:15 PM

Lorraine Hansberry: Sighted Eyes, Feeling Heart
Wednesday, November 9, 7:00-9:15 PM

Through a Lens Darkly: Black Photographers & the Emergence of a People
Wednesday, December 14, 7:00-8:45 PM

Please call Lifelong at 273-1511 or email Teri Reinemann, Program Director, at treinemann@tclifelong.org to register for any of these events!

Wonderful Wheelchairs is part of Lifelong—a nonprofit organization that specializes in enhancing the lives of older adults in Tompkins County. The Wonderful Wheelchairs (WW) mission is a simple one: to provide quality and affordable mobility devices and maintenance of those devices to those who need them. By doing this



Volunteers clean a chair in the basement of Cayuga Ridge Nursing & Rehabilitation Center on a Wonderful Wheelchair work day.

WW also keeps these devices, which can be reused, out of the waste stream and gets them into the hands of those who might not otherwise be able to acquire them. WW was founded by professor and occupational therapist Carol John in 2008 when she noticed that the wheelchairs at Cayuga Ridge Nursing & Rehabilitation Center needed repair. Setting up shop in the basement of Cayuga Ridge, WW soon branched out to provide its services to the broader community.

WW's day-to-day management is headed by long-time volunteers. The organization gains its stock of durable medical equipment entirely through donations—most of this equipment consists of mobility devices such as walkers, scooters, and manual and power wheelchairs. Volunteers come into the Cayuga Ridge basement space to work on repairing the mobility devices on Wednesdays and Fridays from 9:00am - 11:30am. The repaired equipment is then sold at a discounted price, the cost of which is based on the added parts needed to fix the equipment rather than the labor spent fixing it. There are many ways that people acquire the equipment that they need. The person who needs the equipment may come themselves and pick a piece of equipment that works for them. Caregivers or case managers may come and pick up a piece of equipment to trial with a potential user as well. Equipment selected may be used on a short term or long term basis. While the user or caregiver picks the equipment they want, volunteers can help people understand the different devices and what they do. For example, if someone wants a scooter, volunteers can tell potential buyers which scooter works better indoors vs. outdoors. Which scooter should you consider if you need to go up an incline vs. travel on a flat surface. While volunteers do not “fit” people to a device, we can help you understand the capability of the equipment you may want to consider. Due to the COVID-19 protocols enacted by Cayuga Ridge, anyone who is not currently a volunteer cannot enter the building. This means transactions must occur outside in the parking lot for now. Learning from the pandemic, Wonderful Wheelchairs hopes to have an increased social media/online presence so that even during times of isolation we can still meet community needs.

We are staffed by a core group of volunteers who are all over the age of sixty-five. While this is not a problem in-and-of-itself, the question of where the organization will be in a decade must be raised. It is obvious that the organization needs new volunteers, and we are trying to get creative in our recruitment strategies. There are many ways to volunteer on site or virtually for WW. We need boots on the ground repair people but we also need those who can help with social media, advertising fundraising and helping us connect with other community organizations to expand the work that we do. A volunteer or two who know how to advocate for alternative funding sources for mobility devices would be helpful too. There is so much opportunity for growth.

For anyone wishing to help Wonderful Wheelchairs, there are certainly ways of doing so. All donations to the organization, in the forms of both cash and mobility equipment, are tax deductible. It is also possible to assist Wonderful Wheelchairs in person without stepping foot in their shop. (all interested persons should contact wwheelchairs@gmail.com)

The easiest way to support the group, however, is simply to spread the word. Like many smaller nonprofits, the good that Wonderful Wheelchairs does often flies under the radar. It is up to community members to ensure that the word about the good work WW does gets spread.

All people deserve a life of mobility and dignity, and—through Wonderful Wheelchairs—all in our community can have exactly that. Please feel free to contact us by email wwheelchairs@gmail.com or phone 607-444-2817.



Monte May in 2012 making adjustments on one of hundreds of wheelchairs he has worked on as a Wonderful Wheelchair volunteer.



Volunteer Larry adjusting the wheel on a chair.

How Nutrition Can Help Prevent Falls

By Jill Seeley MS, RD

Registered Dietitian at Foodnet Meals on Wheels



Each year, about 36 million falls occur among older adults nationwide. Although common (every second another adult 65 years+ falls), they oftentimes are preventable and avoidable. During the aging process, adults over age 70 lose muscle mass. This is called sarcopenia, and occurs often times after a hospitalization, bed rest, illness, or even simply by having a sedentary lifestyle. A decreased muscle mass can lead to trouble with mobility, weakness, and loss of independence which all increase the risk of falling. How can you maintain your muscle mass? By putting a focus on nutrition, you can help maintain your muscle mass and therefore decrease your risk of falling.

Protein plays a large role in maintaining muscle mass, especially when paired with physical activity. The majority of older adults get less than 75% of the protein they need per day. Your goal should be to consume 20 to 30 grams of protein three times a day. This could look like 3-4 ounces of meat/fish/poultry (the size of your palm or a deck of cards). Non-meat sources of protein include dairy products such as milk, yogurt, or cheese, tofu, or legumes like black beans or chickpeas. Use the nutrition facts label to help you determine portions for these other sources of protein.

Another nutrient that is very important for muscle health is vitamin D. You may request a blood test to check levels of vitamin D. Your doctor then will assess if you need a vitamin D supplement to help reach or maintain a normal vitamin D value in your body. You can also get vitamin D from sunlight, fortified dairy products, fatty fish, and eggs.

Falls do not have to be a normal part of aging. Make it a priority to eat a well-balanced diet to reach your protein goals and follow your doctor's recommendations for vitamin D to help decrease your risk of falling. Staying active will also help you maintain your muscle mass. For more tips on fall prevention, follow up with your primary care provider.

Senior Farmers' Market Nutrition Program (SFMNP)



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 at this time of year.

Eligible clients 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 food that is available in August and September includes: 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 stop in or call 607-274-5482 for more information.

Vendors Wanted!

Holiday Craft and Collectible Sale

Saturday, December 3
10:00 AM -2:00 PM @ Lifelong
119 W. Court Street in Ithaca

Do you sell unique home-made gifts or collectibles?
Are you interested in being a vendor?

If so, please contact Teri at treinemann@tlifelong.org or call 607-273-1511. Cost: \$20 per table.

Come to Lifelong to see - A Display of Small Quilts !

Tompkins County Quilters Guild will be presenting a display of small quilts at Lifelong during the months of September and October, 2022. These quilts reflect the work of a number of quilters, demonstrating a variety of styles and techniques. The show is open during normal Lifelong hours, excluding times when a group or class is using the room. TCQG meets twice a month at Lifelong and is pleased to be welcomed back to showcase the beauty and creativity of some of our local quilters.

Additionally, after skipping a year due to COVID and having many months to work on projects, the Tompkins County Quilters Guild is excited to announce the return of their **bi-annual quilt show this October 1 and 2 from 10-5pm**, both days. The event will be held in Dryden, NY at the TC3 Field House on the community college campus. Admission is \$6, children 12 and under are free. Not only will there be hundreds of beautiful quilts on display, but there will also be vendors selling all sorts of sewing related goodies, a small quilt auction and book sale. Proceeds from the Quilt Show support guild expenses that take place throughout the year. A few of our community services include the following: sewing & donating baby quilts for premature infants, foster children quilts, bags for cancer patients and many other community services.

June Silberman is their featured artist this year, a long-time resident and member of Tompkins County Quilters Guild and lifelong fiber artist. Though June makes beautiful quilts, amazing soft sculptures, and even fabric jewelry, her display at the show will consist of her true passion, quilted garments. One of her jackets is pictured below.



As June explained, the die was cast when in 8th grade she won first prize for creating her graduation dress. *"Fashion fascinates me. By changing texture, color, fabric and design I am able to express myself."* June's garments

have been on display at the Schweinfurth Memorial Art Gallery, the American Sewing Expo Fashion Show and in a Mancuso Show, curated by Priscilla Kibbe entitled "Mola-Then and Now."

June developed her sewing skills as a young mother making jackets for her son, and then more varied clothing for her daughter including smocked dresses that were very popular at the time. In 1976 she went to the first Tompkins County Quilters Guild Show and became excited about making beautiful quilts. She had a stressful job at the time and found that making quilts, especially hand-quilting them, was relaxing after a challenging day. It gave her something to focus on, a kind of meditation.

As the years passed, June developed her skills, took classes, and broadened her art. She recalls one teacher taught her to treat fabric in a month-long process to give it beautiful and unique texture. It takes patience, but it is how June prepares her fabric now for most of the jackets she makes. She finds inspiration from fabrics, from fashion photographs, even from Oscar Wilde who said, *"One should either be a work of art or wear one."* Each of the pieces that June designs and produces is unique and beautiful art, as is she!

We hope you will join us **Saturday or Sunday, October 1st & 2nd at TC3 from 10-5pm**. All are welcome: wheelchair accessible. We have been working on this event all year and want to share the joy of quilting with others!

Come be inspired!


TOMPKINS COUNTY QUILTERS GUILD

Traditions & Beyond 2022 Quilt Show

October 1-2, 10 am–5 pm
TC3 Field House, Dryden, NY

Admission: \$6 Under 12 free

- Hundreds of quilts
- Vendors mall
- Book sale
- Silent auction
- Quilt raffle



For more information, visit
www.tcqg.org

Laurie and Charlie (Continued from page 1)

transferred to a full-time program at Cornell where she earned a bachelor's degree in Human Development and Family Studies. Laurie recalls typing papers on her trusty Smith Corona typewriter, having to attend classes in person (no virtual options!) and enrolling in classes that finished by 3pm so she could meet the kids at home as they got off the school bus. She then went on to earn a master's degree in Education at SUNY Cortland. While Laurie was certified to teach high school Health, she found herself more interested in working at the newly opened Willard Drug Treatment Center (previously a state psychiatric center), as the dept of corrections was hiring teachers to work with people in recovery, helping students earn their GED. This ended up being a wonderful fit for her for 17 years. It was just before her retirement from Willard that she and Charlie met, and while Laurie retired, Charlie kept working. Laurie found that she missed connecting with people and decided to return to work for another 6 years, this time as an Activity Leader at Beechtree nursing home. As an Ithaca native, Laurie found that she knew several of the families of the Beechtree residents, which was a gift to residents and families alike.

Just this past year, Laurie and Charlie made the decision to both fully retire, but within a week they came to Lifelong looking for volunteer opportunities, as it was important for them to stay engaged and connected outside of their home and hobbies. Laurie now volunteers two afternoons each week helping cover the front desk, welcoming folks into Lifelong, answering phones and always eager to take on any tasks we might send her way. With Charlie's background, he provides much-needed expertise in a program we developed called "Tech Tuesdays", helping Lifelong members to navigate their smart phones and computers and use these tools to their benefit. While Charlie claims he doesn't have a lot of "computer nerd genes," he knows the technology and likes to be able to share that with others. It was a natural fit for Charlie to participate in Tech Tuesdays, as he was already volunteering to provide a similar service at the Tompkins County Public Library. With Laurie's love for animals, she also volunteers at Cayuga Nature Center caring for their amphibians, land tortoises, and small

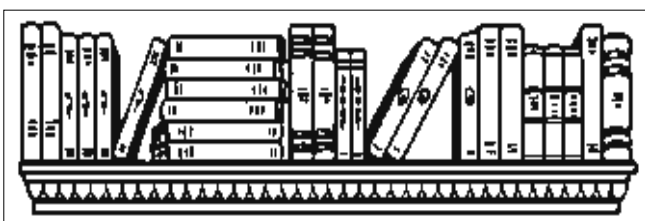
mammals. When I asked what they found to be most rewarding about volunteering at Lifelong, they both mentioned how important it is for them to remain engaged with people and be part of something that's meaningful.

Outside of volunteering, retirement has allowed both Charlie and Laurie to continue to pursue their own interests. Charlie has been playing guitar since his young teens and while he never had much formal musical training, he's played in bands over the years (including at the very first Ithaca Festival!) and today plays solo gigs with his acoustic guitar at venues such as the farmer's market. Not only was his father a talented musician, but once at around age 15 when he was driving with his mother, she turned the radio on and the song *Light My Fire* was playing. His mom exclaimed "ooh, that's your cousin Jimmy!", which was when Charlie learned that, although he never knew him, Jim Morrison was his cousin! Laurie commented that she loves to hear Charlie sing with his 4 siblings when they have a chance to get together, as they all have a knack for harmony.

Laurie used to run at least 5 miles a day (and would write her term papers as she ran!) as a younger woman, but now gets in a good walk every day that she can. She also enjoys reading and painting.

When traveling, Laurie and Charlie share an interest in walking and photography. Their first trip together was a "roots trip" when they learned that both of their family origins were in the Outer Hebrides- the western isles off the Scottish Highlands. On this first trip they travelled on a shoestring budget, staying at youth hostels and they were hooked! They recently returned from their first post-COVID trip, starting in Manchester England, then to York, then up into the Scottish border, and back to Manchester. Altogether they've been to England 3 times, Scotland 3 times and Wales twice, in addition to travels to Germany and France. Laurie said that their travel strategy in the past has been to work for 2 years and save money, take a trip, then save up for another 2 years. Neither of them drink and they prefer pub food over fancy dining, so that made these trips more affordable. While they admit that some of the hostels they've stayed in were "a little sketchy" they now draw the line at only staying in places where they have their own bathroom! In addition to more adventures planned in the UK, still on their bucket list is travel to the Western U.S., and they'd also love to spend time with Charlie's brother who is currently living in Malaysia. Important to mention is that they also enjoy travel to visit their children (3 total) and grandchildren (6 total)!

When I asked if there's anything about retirement that was surprising to them, Charlie jokingly responded, "it doesn't pay very well"! Laurie indicated that they've discovered in retirement that one can be as busy as they want to be and yet it's important to think about saving time for yourself so you can pursue things that you want to do. She loves the freedom of not having to punch a time clock or ask permission for vacation time, while still having a certain degree of structure- they get to choose! Lucky for Lifelong, they have chosen to gift us with some of their time as volunteers in our building!

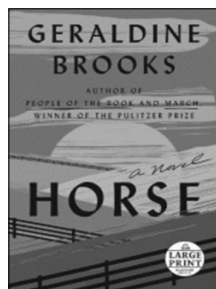


The Book Nook

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!

Horse by Geraldine Brooks (2022)

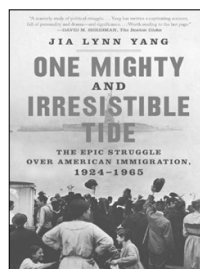


Lover of horses and historical fiction, I couldn’t wait to read Geraldine Brooks’ *Horse*. Brooks’ narrative digs into the business and power structures of slavery, horse-racing and art history while crossing three centuries: the 1850’s Civil War era, the 1950s and 2019. Brooks illuminates the arc of Lexington, a true champion horse and his trainer/groom, the slave Jarrett, who, like Lexington, could also be bought and sold on a whim. Central characters include the artist, Thomas J. Scott, who painted Lexington being led by Jarrett, Theo, an aspiring art-

historian, the art dealer, Martha Jackson, and Jess, a Smithsonian osteologist who studied Lexington’s bones for clues to his prowess. With all the excitement, sacrifice and ruthlessness of a Kentucky Derby, Brooks masterfully illuminates history and the abuses of power. **Reviewed by Joyce Wheatley, Librarian**

One Might and Irresistible Tide: The Epic Struggle Over American Immigration, 1924-1965

by Jia Lynn Yang



Yang, a national editor at *The New York Times*, shows us how immigration has always been a hot-button issue in the United States.

The author’s examination of U.S. immigration history is bookended by two major legislative endeavors: the Immigration Act of 1924 and the Immigration and Nationality Act of 1965. In her quest to help us understand the political and social climate surrounding the exclusionary 1924 Act, she paints a vivid picture of a country embroiled in the type of paranoia, fear, and racism that resulted in a surge in eugenics and a rise in KKK activity

(noting that in 1923, there were 200,000 KKK members in New York alone). The 1924 Act sought to “preserve” the (white, European) homogeneity of the United States, most notably by barring Asian immigrants.

During the ensuing decades—through which the country saw the Great Depression, World War II, and the rise and assassination of President Kennedy—Yang shows how a cast of characters and varying special interest groups fought to remove the restrictive quotas and return the United States to a more welcoming and balanced stance on immigration. At the passing of the 1965 Act, which he signed into law on Liberty Island on October 3, 1965, President Lyndon Johnson noted, “Our beautiful America was built by a nation of strangers. From a hundred different places or more they have poured forth... joining and blending in one mighty and irresistible tide.” Of course, the U.S. immigration story didn’t end there, but Yang’s book shows us how far we’ve come and where, if we’re not careful, we are at risk of returning.

Reviewed by Asia Bonacci, 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.



Home Energy Assistance Program (HEAP)

By: Andrea Davis, Outreach Worker

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

The Home Energy Assistance Program (HEAP) also assists with heating bills during the winter months. Applicants can receive a one-time benefit to supplement their heating costs during the colder months. The 2022-2023 HEAP season is expected to start November 1st. New and returning applicants can pick up HEAP applications from our office during regular business hours once HEAP is open. The 2021-2022 HEAP season will start October 1st, 2021. New and returning applicants can pick up HEAP applications from our office during regular business hours once HEAP is open.

For more information about these programs, or to apply, please call our office at 607-274-5482.

Stay warm!

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



Volunteer Spotlight: Q&A with Gregg

With so many great organizations to support, why should others choose to support LTCOP?

The LTCOP program advocates on behalf of those whose voices are most often compromised, by age, by health, by circumstances that can be confusing and overwhelming. They deserve, they need, our voices, our advocacy.

What was most surprising to you about the LTCOP Program?

I was pleasantly surprised to experience the comprehensive training, continuing support, and comradery within the program.

What would you say to someone considering volunteering with LTCOP?

LTCOP provides volunteers an opportunity to learn how to advocate for residents effectively and directly, which will challenge your mind and enrich your heart. Once trained, you’re able to grow into this opportunity with the support of experienced staff, the connections of other volunteers, and setting your own schedule each week. Our voices, our actions, allow those in need to know that they matter.



Way2Go

Way2Go operates as Tompkins County's transportation information and learning hub. Way2Go expands access to transportation by connecting people to existing options, and helping develop new community solutions.

Way2Go on YouTube

Accessing new modes of transportation and technologies can be intimidating, riders face challenges ranging from how to get around in a wheelchair, to how to share rides, or use a bike rack. Way2Go videos allow you to become familiar with transportation options at your own pace. [Simply go to the Tompkins County Web Site Home page »Community >Way2Go >Tips & Tools > Way2Go Videos or go to YouTube and search for Cornell Cooperative Extension Way2Go.](#)

Watch the Way2Go Videos by Topic:

- 5 Fabulous Ways
- Aging & Driving Part 1
- Aging & Driving Part 2
- Aging & Driving Part 3
- Become a Volunteer Driver
- Ithaca Carshare Basics
- Ithaca Carshare Community Aid/COVID
- Taxi Basics
- TCAT Bus Basics
- TCAT Bus Basics for Wheel Chair Users
- Transit App Tools
- Using the Bus Bicycle Rack
- Wheelchair Users You've Got Options
- Why and How to Share More Rides

Transportation Questions?

Call, Text or Chat with 2-1-1
Dial 2-1-1 or 1-877-211-8667

Reach the Way2Go Team
Dial 607-272-2292
Email info@way2go.org
Follow us on Facebook
Follow us on Instagram

McGraw House Senior Apartment Complex



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



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



Lifelong is proud to be
a United Way Agency



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



BE PREPARED

MAKE A KIT, MAKE A PLAN, AND BE INFORMED!

Are you 55 years of age or older?

Do you ever feel:
Depressed?
Isolated?
Lonely?
Ignored?
Stigmatized?



Share your "Pearls of Wisdom" with your peers. The Mental Health Association in Tompkins County is offering an open group opportunity to folks who are aging and who are experiencing or who have experienced mental health challenges. This group is open and there is no commitment necessary.

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

This no-cost group meets on Zoom.
Note: there are two meetings every Wednesday.
Wednesdays from 11 am to noon
Wednesdays from 6 pm to 7 pm



Guthrie Specialty Eye Care



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:
- An excellent team of eye care specialists, including Comprehensive Ophthalmologist Dr. Jonathan Manhard and Optometrist Dr. Matthew Casey
 - Our team specializes in managing a vast array of eye conditions, including cataracts, dry eye, iritis, glaucoma, diabetic eye disease, and macular degeneration
 - Advanced ophthalmic diagnostic testing
 - An optical shop featuring a large selection of stylish frames and sunglasses
 - Contact lens fittings in a modern, comfortable space

To make an appointment, visit www.Guthrie.org/eyes or call 800-4-SIGHT-2 (800-474-4482)

Visit Our Website
www.Guthrie.org

Online Video Visits
www.GuthrieNow.org

Electronic Medical Record
www.eGuthrie.org

Dear Tompkins County resident:

We would love your input!

Lifelong, a community center for adults 50 and older, is gathering information from both members and nonmembers to help steer our future programs and offerings. Please take a few minutes to complete this questionnaire by September 30th.

Your name or any other personal information will not be used in our analysis. However, if you write in your contact information in any of the survey items, we will contact you to follow up, if appropriate.

Please only complete this survey if you are 50 years or older.

Hard copies of the survey may be mailed to Lifelong: 119 West Court Street, Ithaca, NY 14850, or completed online using the following link: <https://tinyurl.com/2p8n4xss>

Questions:

**Are you a current member of Lifelong?
(please choose one)**

- YES
- NO

Please explain why you are or are not a member of Lifelong.

In which programs, activities, and/or services at Lifelong have you participated during the past 12 months? (Please check ALL that apply.)

- Tax counseling
- Medicare counseling
- Lifelong Learning (semester-based classes)
- Volunteering
- Lifelong Walks!
- Senior Ladies Golf
- Travel
- Health & wellness activities (strength training, fitness, Tai Chi, chair yoga, square/round/line dance)
- Social groups
- Creative & language arts activities (Sr. Theater Troupe, clay or painting studio)
- Other:

In which programs, activities, and/or services at Lifelong do you think you might participate in during the next 12 months? (Please check ALL that apply.)

- Tax counseling
- Medicare counseling
- Lifelong Learning (semester-based classes)
- Volunteering
- Lifelong Walks!
- Senior Ladies Golf
- Travel

Health & wellness activities (strength training, fitness, Tai Chi, chair yoga, square/round/line dance)

Social groups

Creative & language arts activities (Sr. Theater Troupe, clay or painting studio)

Other:

In which of the following programs, activities, and services NOT currently offered at Lifelong are you interested? (Please check ALL that apply.)

- Bill paying services
- Mental health support groups
- Intergenerational programs
- Other:

Would you be interested in any of the following Lifelong offerings at a site other than the Lifelong building? (Please check ALL choices that apply.)

- Health & wellness activities
- Creative arts & languages activities
- Lifelong Learning classes
- Social groups
- Tax counseling
- Medicare counseling
- Where would you like it/them to be?

When are you most likely to participate in a Lifelong offering? (Please check ALL that apply.)

- Morning In person
- Morning Virtual
- Afternoon In person
- Afternoon Virtual
- Evening In person
- Evening Virtual

From which of the following do you get information about Lifelong? (Please check ALL that apply.)

- Weekly email newsletter
- Senior Circle
- Lifelong catalog
- Lifelong website
- In-person visits to Lifelong
- Social media (such as Facebook)
- Word of mouth
- Other:

Which of the following sources of information about Lifelong news and activities is the MOST helpful to you? (Please circle ONE choice.)

- Weekly email newsletter
- Senior Circle
- Lifelong catalog
- Lifelong website
- In-person visits to Lifelong

Social media (such as Facebook)

Word of mouth

Other:

Are you interested in day trips offered by Lifelong? (Please circle one)

- YES
- NO

If yes, what kind of trips would you be interested in taking? (Museums, performances, flower shows, fairs, casinos, sports, etc.) If you have a specific place or places, you can also put that here:

In which of the following ways would you be willing to support Lifelong? (Please check ALL that apply.)

- Bring a friend to Lifelong
- Volunteer to teach a class or classes as part of Lifelong Learning
- Provide a scholarship for memberships or classes
- Become a sustaining donor

I'm interested in supporting Lifelong in the way(s) that I have noted above. Please contact me at:

Please tell us how else Lifelong might enrich or better your life as an older resident of Tompkins County.

Thank you so much for your valuable input!

RUDY PAOLANGELI PRESENTS

YOUR HIT PARADE

A COUNTDOWN OF THE TOP TEN ORIGINAL SONGS FROM THE 1940'S-1060'S

SATURDAYS 12 NOON & SUNDAYS'S 8 PM

ON PURE OLDIES

WNYY

FM 94.1 - AM 1470

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ELMIRA SAVINGS BANK
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