

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

You Are Invited!



Tompkins County Office for the Aging Annual Public Hearing

WEDNESDAY, OCTOBER 2, 2013
GROTON CENTER VILLAGE COURT
200 W. SOUTH ST., GROTON

WEDNESDAY, OCTOBER 9, 2013
MCGRAW HOUSE
221 S. GENEVA ST. ITHACA

10 A.M.— Talk on Groton History with
Lee Shurtleff, Town Historian

10 A.M. TO 2 P.M.—McGraw House
Health Services Fair

11 A.M.— Office for the Aging Public
Hearing

12:30 P.M.—1:30 P.M. Office for the
Aging Public Hearing

Noon— Lunch provided by Foodnet
(Make your reservation before 9/30/13 by
calling Foodnet: 266-9553)

Choose the location & date that best fits your schedule.
The public hearing will provide a venue for community members to learn about
programs and services provided by the Office for the Aging. It is also an important
opportunity for the public to offer feedback about issues
affecting older adults in our community.

Public Hearing reservations
are encouraged—
Call: (607) 274-5490 or
Email: cofa@tompkins-co.org

Tompkins County Office for the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850
www.tompkins-co.org

SENIOR FOCUS:

Jim Holman & Dorothy Buerk — A RSVP Community Building Couple

A Couple That Volunteers Together & Plays Together
By Carol Halseth, RSVP Volunteer



Jim Holman & Dorothy Buerk

Jim Holman first began assisting with meal preparation at Loaves and Fishes when he retired. He became a RSVP Volunteer in 1997. He also volunteered at the Assessment Department, where he helped begin the STAR program.

Dorothy Buerk, Jim's wife, currently is involved with RSVP through the CheckIt! Program and is an income tax counselor with the Tax Counseling for the Elderly, serving as an instructor in the local program. She is also on the RSVP Advisory Board.

She also volunteers in the Herb Garden at the Cornell Plantations and likes to weed and "deadhead". Jim has helped with the planting at the Plantations, but as he says "Weeding is not my thing." He doesn't do taxes either, but when taxes were done at VFW he would set up the printers and computers. They both served as election inspectors as well, and when the county got new machines, Jim became a poll site manager.

As a duo, Dorothy and Jim were helping with Babies First, a group that provides cribs, car seats, etc. for low-income families in Tompkins County. Their job was checking out donated cribs for safety. When in 2010 drop-side cribs were banned in the US, most of that work ended. They took part in the Community Build at the Sciencenter in 2008. Currently, Jim volunteers in the basement workshop of the Sciencenter, there is always something to do. He enjoys figuring how things work and fixing them.

In 1997 they began banding tree swallows and bluebirds in nest boxes for a study at Cornell. When the study ended, Jim got a master bander permit from the National Bird Banding Laboratory. Jim and Dorothy's interest in banding birds expands now to include even their grandchildren.

They have been reporting winter birds for the national Feederwatch program since its inception in the 1980s. Hummingbirds are their passion! Currently, they have ten feeders and have used 55 pounds of sugar so far this summer!

It is a second marriage for Dorothy and Jim; they each have a son and a daughter; the union doubles the chance at grandchildren. As retired mathematics teachers they like the order and balance of their symmetric family.

Raised near Pittsburgh, Jim began teaching near his home. After Sputnik he had the opportunity to attend special workshops for mathematics teachers, where he learned of an opening to teach in Ithaca. In 1963 he came to Ithaca High School and served as the Mathematics Department Chair for many years. He retired in 1995 and immediately began volunteering.

...Continued on page 7

Ralph and Jane Jones Honored

The Jones' were presented with the Barbara J. Hulbert Volunteer Award at the 61st Luncheon and Annual Meeting. Ralph is the Past Board President and Jane served on the RSVP Advisory Council. Both are tireless volunteers for Lifelong.

Picture below are Diane Dawson, CEO of Lifelong, Ralph Jones, Jane DeWalt Jones and Harriet London, Lifelong Board President.

Ralph Jones, Jane DeWalt Jones and Harriet London, Lifelong Board President.

INSIDE THIS EDITION

- Medicare Open Enrollment Dates
- Clinics at Lifelong
- Avoiding Scams
- Who Needs a Flu Shot?
- Caregiver's Corner: Starting a Conversation About Long-Term Care
- Northside Southside
- Fall Schedule
- FLIC "Try It Room" and Loan Closet
- COFA - Personal Emergency Response System
- News from Lifelong



New York Health Benefit Exchange: Starting October 1

By Betty Falcao, Tompkins County Health Planning Council

The **NY State of Health; the Official Health Plan Marketplace** is where New Yorkers can shop for, compare and enroll in health insurance coverage. You will have a choice of health plans; help finding the plan that best meets your needs; and, for eligible persons, federal tax credits to help pay for coverage. Health insurance offered on the NY State of Health will include a comprehensive set of benefits. You will not be denied health insurance on the basis of a pre-existing condition.

The NY State of Health will not affect Medicare coverage. It is intended to help New Yorkers who are not eligible for Medicare get health insurance coverage. For information on Medicare go to www.Medicare.gov or talk with the HIICAP counselors at Lifelong (273-1511) or the Tompkins County Office for the Aging (274-5482).

The NY State of Health will open for enrollment on October 1, 2013, for health insurance coverage that starts on January 1, 2014. The on-line portal is being developed; for more information go to www.NYStateofHealth.NY.gov You can get help enrolling in coverage either in-person or by phone. Locally, starting on October 1, the Tompkins County Chamber of Commerce and the Human Services Coalition of Tompkins County will be available to help guide individuals, families and businesses in the Ithaca and Tompkins County area. The Tompkins Chamber will offer one-on-one sessions with businesses and individuals during the work week as well as some evening and Saturday hours at the Chamber offices, 904 East Shore Drive, Ithaca. Specific hours will be posted on <http://tompkinschamber.org/> in late September.

The Human Services Coalition of Tompkins County will have scheduled hours to meet with individuals in its offices in Center Ithaca on The Commons and at additional sites in the community. Tompkins residents may call 2-1-1 (or 877-211-8667) from Monday to Friday to schedule appointments with the health navigator.

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

Senior Services

Information and Referral

The **Office for the Aging** provides information and referral services for individuals and agencies concerning an array of issues affecting seniors. If you have questions, our staff is ready, willing and able to serve your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at www.tompkins-co.org/cofa

Help With Yard Work

The **Office for the Aging** maintains a listing of people who are willing to do yard work for seniors on either a paid or volunteer basis. If you are in need of some help with your yard work, please give us a call at 274-5482.

Longview's Adult Day Program

Longview's Adult Day Program has become the home away from home for many Tompkins County seniors, offering companionship, recreation, safety and security. The daily fee of \$38 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Longview's Adult Day Program is open from 9am to 3pm on Tuesdays, Wednesdays and Thursdays. For more information call (607) 375-6320.

Need a Break? Project CARE Might Help!

The **Office for the Aging's** Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches seniors and their caregivers with volunteers who provide friendly visiting, respite, or might even be able to assist with some light housekeeping, yard work or errands. If you or someone you know would benefit from some help with the difficult work of caregiving, please contact Trina Schickel at the Office for the Aging, 274-5491. Additionally, if you are interested in volunteering, please call the Office for the Aging, 274-5491, for more information about Project CARE.

Options for In-Home Help

The Registry is a free service that links individuals in need of in-home help with independent job seekers. If you or your loved one are in need of an experienced housekeeper, personal aide, certified nurse's aide, LPN or RN, the Registry can provide you with referrals. The Registry prescreens and checks reference for all caregivers. You interview and negotiate the specific terms of employment with the caregiver. For more information, please contact the Registry Coordinator, Cheryl Baker, at the Finger Lakes Independence Center, 272-2433.

Maintain Your Independence

Wondering what you can do to make your home safer? The Office for the Aging is offering free home safety assessments. Call 274-5482 to have an Outreach Worker visit your home. Working with you, they will go through your house, room by room, to identify falls hazards. Afterwards, they will discuss options for addressing any falls hazards found. This service is being offered by the Office for the Aging as part of the local Step Up to Stop Falls collaborative. Call 274-5482 for more information.

NY Connects: Long Term Care Assistance

NY Connects is a state-wide program offering information and referral for long term care services. The program is a partnership between Tompkins County Office for the Aging and Long Term Care Services through the Department of Social Services (DSS). The purpose of NY Connects is to provide accurate and unbiased information regarding long term care needs. Information and assistance is available to Tompkins County residents of all ages at no cost. NY Connects also takes referrals for such programs as Expanded In-Home Services for the Elderly Program (EISEP), Medicaid Home Care Services, in-home assessments and case management. Additionally, NY Connects can take referrals for the Patient Review Instrument (PRI) which is the assessment required by NY State for placement in a nursing home. Contact NY Connects, Monday through Friday, 8:30-4:30 pm at 274-5222.

The Sunday Morning
RUDY PAOLANGELI Program
870^{am} 95.5^{fm}
8:07-10:00 am
Every Sunday Morning
WHCU
Two hours of music & memories

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

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

Avoiding Scams

NY Dept. of State Division of Consumer Protection
(WWW.DOS.NY.GOV) and
Home Instead Senior Care (800-640-3914)

Seniors are under attack in the United States from criminals – domestic and foreign – who devise something new every day in an attempt to steal their treasure, whether it's money, their ID's or property, crime prevention officials say. The top six scams involving seniors are:

- **Telemarketing that includes internet, phones and mail.** Scammers might send out an email on bank letterhead and say there is a problem with the account and the senior needs to update information, password and account number.
- **Fake charities.** You get a call from a charity saying they are supporting a reputable organization and ask you to make a donation. What they don't tell you is that they are not authorized to be fundraising for that organization. While as little as 3 percent will go to that organization, 97 percent may stay in the scammer's pocket.
- **Sweepstakes.** Many times people will get an official-looking check. The account number is fraudulent, but the routing number is correct. The bank reads it as a valid check. What the sweepstakes will tell the senior is "Cash the check, you get the bulk of the money and send \$5,000 to us for processing." Fifteen days later, that check bounces and the senior is liable for that \$5,000. Some even come looking like official IRS refunds with the message: "Here's your check, but you need to pay late fees."
- **Health-care fraud.** It's a growing "industry" and frequently ignored. With health care, there can be misuse of the medical card. Scammers then fabricate the need for treatment and get paid for it. For instance, scammers can find out a senior is diabetic, call him up and say, "Give us your Medicare card number and we can send you supplies through the mail." Or they can obtain free treatment by assuming that older adult's identity.
- **Identity theft.** A senior gets the call: "We need to verify your account number; give us the last four digits of your Social Security number." They can match that with the phone number, last place of employment, home address, and once they have put that package together, take a loan out on the home, open credit cards, go to big box stores and open an account, or get a \$5,000 line of credit. A senior gets the bill and they get the goods.

Financial exploitation, including online investment and securities fraud. Scammers will sell seniors long-term securities or stock. They have no problems selling a woman in her 80's a certificate that doesn't mature for 20-25 years. They're relying on her ability to understand the fine print. Then if she needs the money, she must break the bond and pay the penalties. Scammers make a commission.

Tips to Protect Yourself

Protect your privacy – Never give out personal information over the telephone, especially your Social Security number. Do not disclose financial information to anyone outside of a trusted circle of family members and advisors.

Ask for identification – Never let strangers into your home, and always check identification of any service person you have contacted before allowing them to enter your home. Report suspicious solicitations to the police.

Limit the amount of cash you keep on hand – Do not allow anyone to take you to withdraw money from your bank to pay for their services.

Carefully review all contracts before you sign – Also, review all bank and credit card statements, stock reports and investment prospectuses. Double check sales receipts to make sure you were not over charged.

Ask questions – Never be afraid to consult a trusted friend, a financial advisor/lawyer or family member for assistance, especially when making purchases of more than \$100 or signing contracts. Contact the Better Business Bureau and/or the NY Department of State's Division of Consumer Protection with any questions or concerns.

If you are the victim of a scam –

- Call your local police or sheriff's department.
 - Alert neighbors and community organizations to the presence of scam artists in your area.
- Contact the Division of Consumer Protection at www.dos.ny.gov, or the Attorney General's office in Binghamton at 607-721-8771. Keep a record of your financial losses in case there is a prosecution and restitution is ordered.

A Local Scam for Free Medical Alert System

Tompkins County Office for the Aging wants older adults to be aware of a scam offering free Personal Emergency Response Systems. "Households are receiving robo-calls offering free Personal Emergency Response Systems," says Lisa Holmes, Office for the Aging Director. "However they are being asked for bank account numbers, Social Security numbers and other personal information. This is nothing more than a scam to get personal information from unsuspecting individuals."

Tompkins County residents who want accurate information on Personal Emergency Response Systems are advised to contact the Tompkins County Office for the Aging at 274-5482.

"We have a well trained, highly professional staff that can assist older adults by providing them with the correct information," Holmes said. "Individuals should never provide personal information to anyone who may be offering a free service."

Should you receive a suspicious phone call, you should contact the Regional Office of the NY State Attorney General in Binghamton at 607-721-8771 to report the suspected scam attempt.

Medicare Open Enrollment

The Medicare Open Enrollment period this year is October 15 to December 7. This is a time when those eligible for Medicare (disabled with Medicare or age 65 or older) can change anything related to your health insurance coverage. Changes during this time will take effect January 1, 2014.

Please take time now to review your current health care and prescription drug needs. Lifelong will be hosting free clinics each week, beginning October 16 through December 2. You can meet with certified HIICAP counselors who will help you with your Medicare health coverage options. The Lifelong clinic dates and times are listed below. No appointment is necessary for this free counseling during the dates and times listed.

Medicare Open Enrollment Clinics 2013 Annual Election Period at Lifelong, 119 West Court Street, Ithaca

- Wednesday, October 16, 1 to 3 p.m.**
- Monday, October 21, 9:30 to 11:30 a.m.**
- Friday, November 1, 1 to 3 p.m.**
- Friday, November 8, 1 to 3 p.m.**
- Thursday, November 14, 9:30 to 11:30 a.m.**
- Monday, November 18, 9:30 to 11:30 a.m.**
- Monday, November 25, 9:30 to 11:30 a.m.**
- Monday, December 2, 9:30 to 11:30 a.m.**

Certified HIICAP (Health Insurance Information, Counseling and Assistance Program) counselors offer free one-to-one health insurance counseling on a first-come, first-served basis.

This is your opportunity to ask questions about Medicare Part D, Extra Help, Medicare Advantage, Medigap, Medicare Savings Program, EPIC, and other health insurance topics. Call 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 including how you currently pay for your prescription drugs
 - *Documentation of monthly or annual income

Feeling Stretched?

Let's Face It...

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



Balance Your Life

Powerful Tools for Caregivers

Fall 2013

Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of yourself.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

The program consists of six - 90 minutes class sessions held weekly and is offered free of charge to caregivers.

Not intended for professional caregivers

September 25— October 30 (Wednesdays)
5:00 PM—6:30 PM

at
20 Thornwood Dr. Ste 101
Cornell University (Off Brown Rd.)
Easy Parking

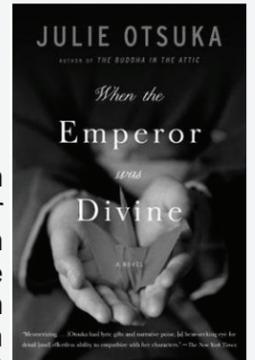
Pre-registration is Required

To register or inquire about the program, Call:
Tompkins County Office for the Aging, 274-5482

Powerful Tools for Caregivers is offered by the Caregivers Resource Center of the Tompkins County Office for the Aging, with support from Cornell University, and NY Connects /Long Term Care Services Unit of the Tompkins County Department of Social Services

The Book Nook :

When the Emperor Was Divine
By Julie Otsuka



One spring afternoon in 1942, a woman in Berkeley, California reads a sign that will forever change her family. With her husband missing from the family since the night of Pearl Harbor when he was whisked away from his family, the woman and her two children are soon on the way to an internment camp, where they will spend the next three years moving to different camps. Viewed from the various characters' experiences, memories, and even dreams, this powerful and elegant novel reveals a dark side of American history that is not explored frequently in fiction.

This summer, the Tompkins County Public Library is sponsoring our 12th annual Community Read. We urge all Tompkins County residents to read our selection and meet with friends, neighbors, community organizations, and area libraries to discuss *When the Emperor Was Divine* by Julie Otsuka. TCPL has 400 copies of *When the Emperor Was Divine* for people to check out, and copies are available at all other local libraries. We also have copies in many different foreign languages, as well as foreign language copies of other Julie Otsuka novels. We also have the novel and audiobook available to download to your favorite digital device.

Sarah Glogowski
Youth Services Department Head
Tompkins County Public Library

THANK YOU for joining us in the belief that everyone deserves the best end-of-life care available.



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Caregivers' Corner



By David Stoyell

As some readers know from earlier columns, my Dad was diagnosed with Alzheimer's in his 50's. Mom had to provide home care and then facility care for him for the ten years before he died.

Despite this experience in our family, when I proposed to my younger siblings that we ought to now talk with our mom about her preferences should she need long-term care in the future, I initially was pooh-poohed: "Mom's going to outlive us all" and "We don't need to talk about that now."

However, most people will need considerable assistance with activities of daily living (long-term care) for many months and some for many years. Can such care be reasonably expected to be received where they are living now? What paid care might be needed and will it be affordable? Is everyone assuming that Suzy will take care of mom? Has anyone talked to Suzy or Mom about these assumptions?

Although these conversations may not be comfortable, we may want to get issues out in the open. Although in broad terms we know that most everyone's

Starting a Conversation about Long-Term Care

wish is to live as independently as possible for as long as possible and "not to be a burden," we can't really know someone's preferences and plans unless we've had good conversations with them.

Sometimes it is the older adult who encounters resistance from younger family members when broaching the topic; other times, a parent or other older adult may be reluctant to discuss possibly future dependence on others for help.

In either situation, the following tips may help in getting the conversation started and keep it going. (They are reprinted from the May/June 2013 issue of the *Cortland Senior News*.)

Tips on Ways to Get the Conversation Started

Use an example. Start by discussing the situation of another family member or perhaps a neighbor who is already receiving long-term care. Discussing the topic as it relates to others make it easier to steer the conversation to yourself.

Ask "What if" questions, such as "What if I can no longer drive?" or "What if I can't get my own meals?" The answers to these questions will encourage all to think through the consequences of decreased independence.

Use the news media as a starting point. Mention that news

report you just heard on the cost of nursing home care (or assisted living or home care), and ask your family for help looking at your finances to evaluate your options for paying for it.

Tips on Ways to Keep the Conversation Going

Do a lot of listening.

Don't expect every little issue to be settled all at once. Financing, choice of long-term care, loss of independence, health concerns, and aging are all very complex issues for any family.

Be clear about why you want to talk about long-term care and its costs. Voice your concerns, and what you would like to see happen, and why.

Be prepared for a lack of agreement and perhaps even resistance.

Stay focused, and try to avoid being sidetracked onto other issues.

Become informed on your options for long-term care, and encourage your family to do the same.

In all of this conversation, one goal of family members is to hear what is most important to their elders. If there is a trade-off that has to be made in the future, what losses are more significant than others? For example, is being in the family home (even if

homebound and somewhat socially isolated) what is important?

Of Interest to Family Caregivers

If you are a spouse, relative or friend of an older adult who needs help with daily activities, call the Office for the Aging (274-5492) and ask to receive *In Support of Caregivers*, a free quarterly newsletter that will help you stay up-to-date about issues, resources and educational programs of interest to family caregivers. You can choose whether to receive it electronically or through regular mail.

Paula Span and Judith Graham are regular contributors of columns in the New York Times on "Caring and Coping." They are part of "The New Old Age" series. Many of the columns may interest those of you who are caring for older relatives. To review recent columns online, visit www.newoldage.blogs.nytimes.com.

Visit or Call the Caregivers Resource Center at the Office for the Aging to advance planning for long-term care or other caregiving concerns (214 W. Martin Luther King Jr./State Street, Ithaca. 607-274-5492)

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Pre-arrangement will ease the burden of those you leave behind.



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The Gateway Center
401 East State Street, Suite 300, Ithaca
277-7286



Lifelong is a United Way Agency

Lifelong News

All events listed are held at Lifelong unless noted.

For more information and full listings of programs please check out our website at www.tclifelong.org Please call Lifelong at 273-1511 or email Jillian Pendleton at jpendleton@tclifelong.org to register for any of these events!

Changes at Lifelong

From Harriet London, President, Lifelong Board of Directors

Beginning September 1, 2013, membership will be a requirement for participation in any fee-based Lifelong Learning or Activity program or any Social Group held at the Lifelong site on West Court Street, Ithaca.

Why does membership matter? What do you get for it?

The short answer is access to an amazing variety of programs designed specifically for older adults - programs which stimulate continued mental, physical and creative growth. In that sense membership is a tangible gift to yourself. Now think about the organizations you support, and take a moment to consider how much deeper your sense of belonging is when you go there as a member and not just as an occasional guest. As the only center in Tompkins County founded, developed, and governed by older adults since 1952, we can take pride in knowing that our membership has made this special place possible.

However as they say on TV, you get even more. Your membership is an investment in the community and in the future. It is at the core of support for Lifelong. It supports what Lifelong does every day and provides a foundation for generations to come. Dues and fees paid by members can't support Lifelong alone, now or in the future, but Lifelong cannot survive without the care and support of its members. Community matters!



EVER WONDER ABOUT THE SUNDAY MONTHLY LUNCHEON AT LIFELONG?

The Ithaca Sunrise Rotary Luncheon Dish-to-Pass Luncheon takes place at Lifelong in the Activity Room on the Second Sunday of every month (Except August)

The Lunch is from Noon – 2:00pm, and features local entertainment 1:15 – 1:45pm. Rotary provides the main dish and volunteers bring side dishes.

Seniors usually put a \$1.00 donation in the hat placed in the front of the room each month which is *always* offered to the entertainment for payment.

The following Entertainment is scheduled:

Sept. 8: Jomo & Johnnycake (Guitar & Washboard, 20s & 30s Music)
Oct. 13: Bob Swarm (Country Singer)

WILLING TO SHARE A TALENT or if you want more information speak to Susan at the Front Desk at Lifelong.

LIFELONG LEARNING FALL 2013

The lazy, hazy, crazy days of summer are waning and at Lifelong, we're thinking "back to school". The upcoming semester boasts exciting new offerings such as: Heads, Faces and You - An Irreverent Studio Class, Complementary Medicine, Exploring what the iPad Can Do!, Shakespeare Uncovered – and Then Some, Practical Philosophy, The Fundamentals of cheese making and much, much more.

We're thrilled to have some of our favorite instructors returning as well as some new faces to Lifelong. **It's time to register for the fall classes today!**

LETCHWORTH STATE PARK

Join us Wednesday, October 9th for an Autumn bus trip to beautiful Letchworth State Park.

\$79.00 PER PERSON (MEMBER)
\$84.00 PER PERSON (NON-MEMBER)
\$25.00 DEPOSIT PER PERSON – BALANCE
DUE BY September 7th.



The trip package includes motor coach transportation, guided tour of Letchworth State Park, time for lunch on your own near the Main Falls, a visit to the Mt. Morris Dam and dinner on the way home.

Don't miss this opportunity to see one of the jewels of New York State, enjoy traveling with friends but not having to drive and marvel at the fall foliage. If you've never been, now's your chance! If you have been, you know it's worth another trip!

SAVE THE DATE

Lifelong's Annual Open House
Come and Celebrate Lifelong!
Wednesday, December 11th, 2013

Lifelong's annual open house is a celebration of Lifelong and all of those who make lifelong possible: volunteers, participants, instructors, board members and the community. This day includes performances, snacks and lots of laughs.

So, bring your family and friends to this joyous day of celebration!

Lifelong Now Offering Courses at Kendal

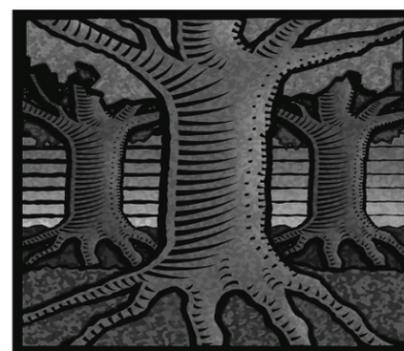
Effective this September, Lifelong will be adding Kendal @ Ithaca as an off-site venue. The two courses offered in September and October will not be offered downtown but are open to the public as well as Kendal residents.

Popular Lifelong teachers Luke Colavito and Barry Adams will be the instructors. Colavito will be teaching a course entitled John James Audubon: Illustrator of the Natural World, five Tuesday mornings, 9:30-12:00 beginning September 17. The course will include slides of Audubon's illustrations as well as two films.

Adams will teach six Monday afternoons, 2:30-4:30, starting October 21. His course is called: Shakespeare Uncovered - and Then Some.

Adams will show a BBC film of a play at each session and a discussion will follow. Each film is an hour and has been seen on Public Television. They feature well-known actors like Derek Jacobi, Jeremy Irons, and Ethan Hawke.

There is plenty of free parking at Kendal. Registration for these courses can be made at Lifelong now.



Our roots in this community run strong.

We're more than your local bank.

Our roots are here, too.

We're your neighbors, friends and family.

Together, we build a better community.

That's the power of partnership.

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273-3210

www.tompkinstrust.com

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Northside-Southside News

September-December 2013

September

Game time/Scrabble Tournament: Thursday, September 5th from 1pm-3pm at Lifelong. Let's play scrabble together, whether you are competitive or just love to play, all are welcome to have lots of laughs and tons of fun!

Lunch: Wednesday, September 11th from 11:30AM-1PM (meet at Lifelong at 11AM) at Little Venice in Trumansburg.

Shopping: Tuesday, September 17th from 10AM-1:45PM, visit the Shops at Ithaca Mall.

Special Event: September 18th from 10am-11:30am, Presenter Eric Acree from the Africana Library will speak on *African American Women & U.S. Wars*. This session will look into the roles that African American women played in selected United States wars.

October

Traveling: Wednesday, October 9th we are traveling to the beautiful Letchworth State Park! Please join us in experiencing the "Grand Canyon of the East" during peak foliage season. Sign up by calling Lifelong at 273-1511, all are welcome!

Special Event: Thursday, October 10th from 1pm-2:30pm, Presenter Eric Acree from the Africana Library will speak on *Ancient Egyptian Civilization*. This session will look into Ancient Egyptian Civilization.

Shopping: Tuesday, October 15th from 10AM-1:45PM visit the Shops at Ithaca Mall.

Lunch and Gathering: Wednesday, October 16th from 11:30AM-1PM (meet at Lifelong at 11AM) at Kilpatrick's restaurant in Ithaca. At this month's luncheon we will also have our gathering to discuss ideas for the Annual Martin Luther King Jr. Luncheon.

November

Holiday Dish to Pass: Wednesday, November 6th at 11:30am, Join us at Lifelong for a special holiday lunch, bring your favorite dish to pass and enjoy the company and conversation of your friends (or potentially new friends!).

Special Event: Thursday, November 14th from 1pm-2:30pm, Eric Acree, from the Africana Library will present on *Ancient West African Civilization*: This session will look into ancient West African Civilizations with special focus on Ghana.

Another Special Event: Wednesday, November 13th from 10AM-12PM the talent Chef Ralph of Ralph's Ribs will be giving a cooking class on *Holiday Southern Cooking Made Healthy*. Space is limited so sign up early by contacting Lifelong at 273-1511.

Shopping: Tuesday, November 19th from 10AM-1:45PM visit the Shops at Ithaca Mall.

December

Gathering: Wednesday, December 4th from 9:30AM-10:30AM. We will discuss and finalize plans for the Annual Martin Luther King Jr. Luncheon in January and program plans for the Seven Weeks of Celebration.

Game time/WII Bowling Tournament: Tuesday, December 10th at 1pm. Not strong enough to pick up a bowling ball? YOU DON'T HAVE TO BE! Join us for "team fun" and just a touch of competitiveness! No prior experience is necessary!

Special Event: Wednesday, December 18th from 10AM-11:30AM, Africana Librarian, Eric Acree will come and present on the origins of Kwanzaa, a celebration of African American culture.

Shopping: Tuesday, December 17th from 10AM-1:45PM visit the Shops at Ithaca Mall.

Membership is FREE, so join us and start having fun today!

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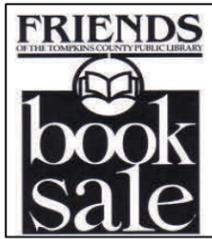
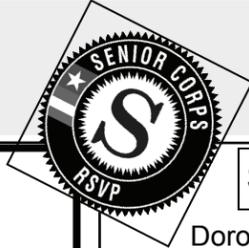
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Retired and Senior Volunteer Program

K. Minnix, RSVP Director
 Joyce Billing, RSVP Program Assistant
 273-1511 or rsvp@tclifelong.org



2013 Fall Sale

October 12-14
 October 19-21
 October 26-29

Senior Day (Age 60 & over)

Wednesday
 October 23

10 am - 3 pm

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www.booksale.org

Carolyn Boronkay, a RSVP volunteer was caught on camera at the Friends of the Library Spring Book Sale on Senior Day. Currently RSVP has had 30 volunteers serving at the Friends of the Library, some volunteer weekly or monthly and some, like Carolyn, just help at the Book Sale. RSVP will again be staffing a 3-hour shift at the Fall Booksale on Senior Day on Wednesday, October 23. Want to get involved? Just give us a call.

SENIOR FOCUS *Continued from page 1...*

Dorothy came to the Mathematics Department at Ithaca College in 1971. There she taught students who were required to take a mathematics course. However she enjoyed reaching these "reluctant learners" by developing her own dynamic way of teaching.



RSVP Volunteer Jim Holman at "work" the Sciencenter.

The couple lives on a hilltop in the Town of Dryden. They get more snow than Ithaca and cross-country ski out their door all winter. Jim usually cuts the firewood for their wood stove, although last year he actually bought a load of logs. They worked hard cutting the load into rounds and splitting them - although they got help, it took a month to split.

Jim's new volunteer effort is working on *Tommy*, a World War I trainer aircraft, that was manufactured in Ithaca. A group is restoring it to flying readiness and hope to get it off the ground on its 100th birthday in 2018. These planes were used to train pilots in the US before they went overseas to fly other planes in battle. An interesting article concerning this pursuit was in the *Ithaca Journal* of July 13, 2013.

Jim and Dorothy are a very active couple. One summer they biked the 500-mile, 7-day BAMMI Ride

across Illinois raising money for the Illinois Lung Association. They have spent ten years whitewater canoeing on rivers in the Northeast. This summer they have taken up the game of pickleball, a tennis-like game played with solid paddles and a modified whiffle ball. The court and the net are close to those in tennis. They play in a program through the Office of the Aging of Cortland County - new players are welcome.

Dorothy is small, under 5 foot 2. Whenever one of the grandchildren reaches that height they are taken out to lunch to recognize their now being "taller than Grammy". In her volunteer activities, it actually comes in handy as her supervisor Pam Shade at the Plantations always sends her into the 'hard-to-get-to-places' in the Herb Garden because of her "small feet."



Dorothy Buerk preparing taxes for TCE clients.

Jim and Dorothy are an active and engaging couple who are very invested in helping the community through volunteering. They are dedicated to RSVP, and together they are a wonderful asset to the community.

Thank you Jim and Dorothy!

Are your RSVP hours up to date?

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Saturday, November 9th
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Check your mailbox this fall for more details.

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RSVP Office Hours

Monday-Wednesday-Thursday
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Please check in at the front desk at Lifelong.

Learn About Alzheimer's Research Updates, How to Handle Stress, and Behavioral Interventions for Depressed Elders this Fall

Registration is now open for the Ithaca College Gerontology Institute Fall 2013 Workshop Series. These learning opportunities will take place on Thursday, September 19, Wednesday, October 16, and Tuesday, November 19, 2013 at the Country Inn & Suites, just up the road from Ithaca College.

The fall workshop series will cover cutting-edge information that will help participants stay up to date on Alzheimer's disease, provide strategies to handle stress that occurs with change, and address mental health for cognitively impaired elders.

The first workshop in the fall 2013 series, **Research and Treatment Updates for Alzheimer's Disease**, will take place on September 19, 2013. The Alzheimer's epidemic will directly impact health and aging services professionals and make it increasingly important for them to stay current on cutting-edge information about the disease. Dr. Frederick Marshall will discuss recent updates on research and treatment for Alzheimer's disease and other dementias and provide information that can be used to improve care in residential and community-based settings.

Behavioral Interventions for Depression in Cognitively Impaired Elders is scheduled for Wednesday, October 16, 2013. Change is everywhere and it's increasingly becoming a typical part of life that we all must deal with. Rapidly emerging changes in Medicare, Medicaid, and the Affordable Care Act can cause stress for older people, their caregivers, and the professionals who support them. In this workshop, noted speaker, Francis Battisti, Ph.D., LCSW, BCD, will provide health and aging services practitioners with practical and helpful strategies and tips on how to understand and handle the stress that often comes with change.

The last workshop, **Behavioral Interventions for Depression in Cognitively Impaired Elders**, is scheduled for Tuesday, November 19, 2013. Mental health is a big concern for people who work with older adults. Cassandra Bransford, Ph.D., M.S.W., will share insights from her research on depression in older adults with cognitive impairments. The workshop will examine specific theories of mental health and teach participants how to turn them into practical applications for behavioral interventions in health and human services settings.

Sponsored by the Gerontology Institute, the workshops offer affordable, local opportunities for high-quality continuing professional education. The sessions run from 2:00 to 4:30 p.m. at the Country Inn & Suites, 1100 Danby Rd., Route 96B.

Advance registration is requested and is on a first-come, first-served basis. The fee is \$25 per workshop or \$60 to register for the series of three; for retired persons, the cost is \$15 per workshop. To register, visit <http://www.ithaca.edu/agingworkshops>.

Additional information on registration is also available on the website, or by calling or e-mailing the Gerontology Institute at 607-274-1965, or aging@ithaca.edu. Individuals with disabilities requiring accommodations should call 274-1965. Requests for accommodations should be made as soon as possible.

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www.ithaca.edu/gerontology/newsletter/



ITHACA COLLEGE

Gerontology Institute



Pat walking

ITHACA COLLEGE SEEKS STROKE SURVIVORS FOR REHABILITATION PROGRAM

Ithaca College's Center for Life Skills is inviting individuals who have experienced a stroke to participate in its spring, 2013 session.

The program is intended for individuals who have been discharged from a formal rehabilitation program but deem it necessary to continue post rehabilitation services to improve the quality of their everyday life. The session will run from January, 30th to May 6th and consists of approximately 10 hours of programming per week.

The Center for Life Skills features a highly individualized goal-setting program provided by Ithaca College faculty and students from a variety of allied health disciplines, including occupational therapy, physical therapy, therapeutic recreation, and speech-language pathology and audiology. These shared efforts focus on the integration of therapies to provide the best combination of services for each participant. Participant outcomes may include: increased strategies to facilitate communication, increased awareness of adaptive equipment, increased mobility and independence in self care, and identification of recreation interests.

For more information or to register, call program manager Catherine Gooch at (607) 375-6312 or cgooch@ithaca.edu. See our website at www.ithaca.edu/lifeskills.



Joyce with Ithaca College
Students

Finger Lakes Independence Center's 'Try It Room' and 'Loan Closet'

By Teri Reinemann, Systems Advocate

On May 16, 2013, the Finger Lakes Independence Center celebrated its 25th Anniversary. Known more commonly as FLIC, the Center provides services, support and advocacy for people with disabilities and their families. Two of the most popular services are the Loan Closet and Try It Room. If you have not had a chance to visit the Loan Closet and Try It Room, it is definitely worth a trip.

The Loan Closet is filled with durable medical equipment, including wheelchairs, shower chairs, tub transfer benches, commodes, raised toilet seats, crutches, and walkers of several varieties. Items are given out on loan for three months. A \$25 deposit, cash or check, is required for

each item, and is returned when the item is brought back. People will borrow equipment when they are having surgery, when something unexpected happens, or for special events. One man borrowed equipment for his mother who was coming to visit from out of town. She used assistive equipment at home, but did not want to travel with it. Another woman borrowed a wheelchair for her mother so she could attend a wedding. It was an outdoor wedding and the daughter was concerned that her mother might have difficulty walking across the lawn. And, a fair amount of equipment is loaned out during graduation season. Most of the equipment is donated, so it is a great way to recycle and reuse.

The Try It Room contains smaller items, so many to list! There are leg lifts, sock aids, reachers, and long handled shoe horns. There are pill boxes and specialized kitchen utensils. There are transfer boards, swivel seats, and bed rails. There are magnifiers and phone amplifiers. And, this is only the beginning. Items from the Try It Room are available to people who need assistance with a daily task and are looking for some device to make their life easier. Items are meant to be borrowed and tried at home to see if they work. If the item works for you, FLIC staff can tell you where you can purchase the item locally, or give you a catalog from which to order the item. Loans are for two weeks and

there is no deposit for most items.

FLIC is located at 215 Fifth Street in Ithaca and is open from 9 am to 5 pm Monday through Friday. In addition to the Loan Closet and Try it Room, FLIC offers workshops and support groups, as well as peer counseling. The All About Vision group meets on the second Monday of each month from 1:00-2:30 pm, for people with vision loss. The Depression Support Group meets every Thursday from 5:30-7:00 pm. To find out about upcoming workshops and events, check out FLIC on Facebook, go to www.facebook.com/finger.independence.

Or, go to FLIC's website at www.fliconline.org. FLIC also has a newsletter that is available by direct mail or email. For more information, call (607)272-2433.

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Kitchen Garden Grows Fresh Veggies for Meals on Wheels

One of the best things about summer is the taste of fresh local vegetables. Now people who get meals on wheels are enjoying veggies grown by volunteers in Foodnet's very own kitchen garden. The garden was started in 2012 with a harvest of potatoes and winter squash. This year the garden has been expanded to include cucumbers, cabbage, summer squash, onions and tomatoes.



Joe Fort (staff) and Jim Pratt (volunteer) lead the garden effort together.



Cabbages, squash and cukes from the garden.



Pollination at the gardens!

Volunteer Jim Pratt says, "Tompkins County has abundant agricultural resources and many local residents with agricultural expertise to share. I hope this project will inspire others to establish similar gardens to support food and hunger organizations."

The garden plot is part of a certified organic dairy farm. Master Gardeners from Cornell Cooperative Extension of Tompkins County helped plan this year's plantings. Community volunteers do all the work: picking stones, planting, weeding, harvesting and delivering the veggies to the kitchen at Foodnet Meals on Wheels. Seeds, plants and supplies were purchased with a mini-grant from the United Way of Tompkins County. Major support for congregate and home delivered meals comes from the Tompkins County Office for the Aging.

The kitchen garden is part of a broad sustainability strategy to increase community involvement, diversify revenue sources, reduce costs, and make sure that satisfying meals are provided right away when someone turns to Foodnet for help.



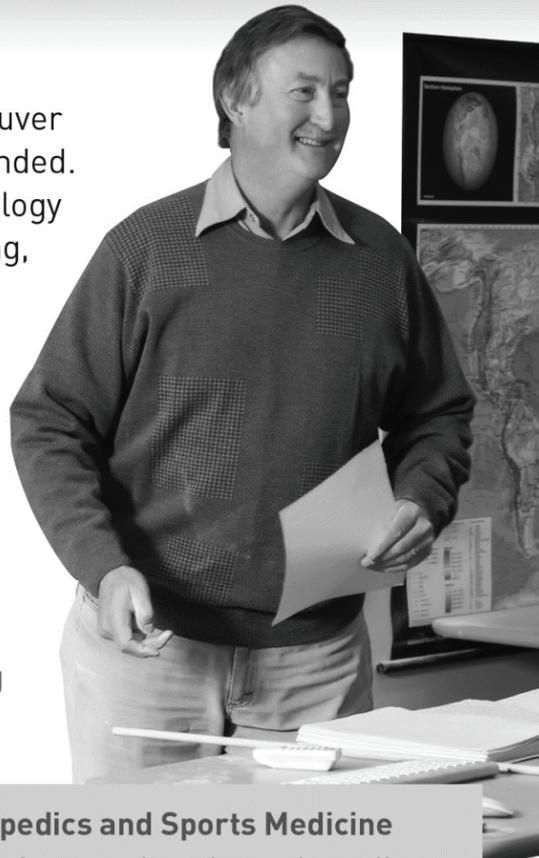
As fresh as you can get! Volunteer Brad Griffin delivers potatoes dug from Foodnet's kitchen garden that morning.

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GOT PILLS???? Safe Drug Disposal Event



**Saturday October 26
10am–2pm**

**Slaterville Fire Station
Tompkins Cortland
Community College**

DROP BOX Sponsor	Location	Open Date/Time
Tompkins County Sheriff	Public Safety Building, 779 Warren Rd., Ithaca	24/7/365
Ithaca Police Dept.	120 E. Clinton St., Ithaca	M-F 8am-4pm
Cayuga Heights Police Dept.	836 Hanshaw Rd., Ithaca	M-F 9am-4:30pm
Cornell University Police Dept.	G2 Barton Hall, between Statler Dr. & Garden Ave., Ithaca	24/7/365
Tompkins County Dept. of Probation / Tompkins County Sheriff	Human Services Bldg., 320 W. State/MLK Jr. St., Ithaca	By appointment only; call 274-5367
Groton Police Dept.	108 E. Cortland St., Groton	M, W, F 8am-4pm or by appointment
Trumansburg Police Dept.	5 Elm St., Trumansburg	M-F 10am- 2pm or by appointment
Dryden Police Dept.	16 South St., Dryden	M-F 9am-3pm or by appointment
TC3 (Tompkins Cortland Community College) Police	170 North St. (main bldg., room 118), Dryden	M-Sa 7am- 10pm; Su 10am-6pm

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Are you concerned about falling or about a loved one falling or needing assistance at home? PERS systems are helpful for persons who are alone, ill, frail or medically at risk.

PERS is a communication system which links an individual with the Tompkins County Department of Emergency Response, even if that person is unable to reach or use the phone.

The system includes a console unit and a wireless transmitter. An Outreach Worker from the Tompkins County Office for the Aging will come to your home and install the device at no charge. All you need is land-line telephone service and an electrical outlet. The console is connected to a telephone line through a phone jack. The transmitter or pendant is both light-weight and waterproof and can be worn either as a necklace or around the wrist. Once the button on the pendant is pressed the console automatically sends the appropriate alarm report, through the phone line, to the Tompkins County Department of Emergency Response. Dispatchers are on call 24 hours a day, seven days a week to receive and respond to these alarms.

The Tompkins County Office for the Aging charges a monthly fee, on a sliding scale, based on a client's income.

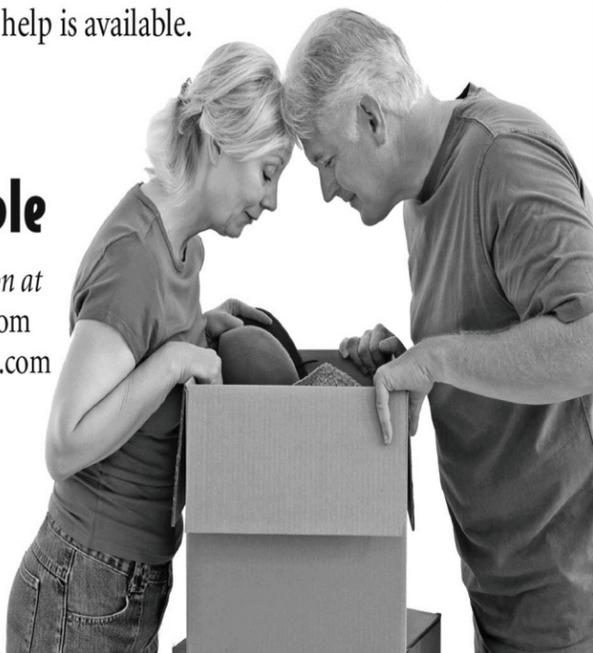
For more information, please call the Office for the Aging at 274-5482 and someone will be happy to make a home visit to demonstrate how the PERS machine works.

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Health and Services Fair at McGraw House October 9

The McGraw House Senior Citizens Health and Services Fair will show case many of Tompkins County's services and programs designed to support a healthful and fulfilling life for area elders. Older adults, individuals with an older relative or friend, and those who are interested in learning about aging services are welcome to attend between 10 a.m. and 2 p.m. on Wednesday, October 9 at McGraw House, 221 South Geneva Street.

More than 20 organizations and services will be on site, with representatives able to talk individually to attendees about educational/social programs, fitness and recreation, transportation, assistive devices, nursing services, long-term care, home health care, health care, and more.

From 12:30 to 1:30, The Tompkins County Office for The Aging (COFA) will host a public hearing where seniors can offer feedback and ask questions of COFA staff. Through the day, blood pressure screening will be provided courtesy of the Visiting Nurse Service of Ithaca and Tompkins County. Tours of McGraw House will be given to those who wish to learn more about this senior citizen apartment building in the heart of downtown Ithaca.

The Fair is free and open to individuals of all ages. Parking is on the street only. For more information contact Jane Baker Segelken at 607-272-2054, or visit www.mcgrawhouse.org

Who Needs the Flu Vaccine? *By Karen Bishop, RN, BS Community Nurse Supervisor Tompkins County Health Department*

Who needs the flu vaccine? Everyone, every year should get a flu vaccination!

What is the flu? It is a viral infection that spreads easily from person to person through coughing, sneezing and close contact. Anyone can get the flu and symptoms come on suddenly and may last several days. Flu symptoms include fever, chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose. Flu can make some people much sicker than others. These people include young children, people 65 and older, pregnant women, and people with certain health conditions such as heart, lung or kidney disease, or a weakened immune system. Flu vaccine is especially important for these people, and anyone in close contact with them.

Each year thousands of people in the United States die from flu, and many more are hospitalized.

Flu vaccine is the best protection we have from flu and its complications. Flu vaccine also helps prevent spreading flu via person to person.

There are two types of flu vaccine, the "flu shot" and the "nasal-spray flu vaccine". The "flu shot" contains killed flu viruses and is given as a shot. The flu shot is approved for use in people 6 months of age and older including healthy people, people with chronic medical conditions and pregnant women. The "nasal-spray flu vaccine" contains live, weakened flu viruses that do not cause the flu and is approved for use in healthy people 2-49 years of age who are not pregnant and do not have chronic medical conditions. Your nurse or doctor will determine which flu vaccine to give you.

Flu viruses are always changing. Each year's flu vaccine is made to protect from viruses that are most likely to cause disease that year. While flu vaccine cannot prevent all cases of flu, it is our best defense against the disease.

Flu vaccinations typically begin as early as August and continue into the winter months. While flu outbreaks can occur locally as early as October, ordinarily flu disease peaks in January or later. Once vaccinated, it takes approximately two weeks to develop enough immunity to protect you against the flu and protection lasts several months to a year.

Contrary to popular belief, the flu vaccine does not give you the flu. You may experience side effects from the vaccine including mild soreness at the injection site, fever, aches, or fatigue that may last 1-2 days after the flu vaccination. If you experience any of these side effects, it does not mean you have the flu!

Other helpful tips to stay healthy this winter:

- Cover your sneeze! Cover your coughs and sneezes with a tissue, throw the tissue in the trash and then wash your hands. You can also cough and sneeze into your sleeve inside your elbow.
- Wash your hands! Wash your hands frequently with soap and water for 20 seconds (about the time it takes to sing "Happy Birthday" twice).
- Teach your children and grandchildren to do this and set a good example by doing it yourself.
- Get plenty of rest.
- Eat nutritious foods.
- Stay physically active.
- Stay home when you are sick.

Remember, the FLU ends with "U"!

For more information on flu and flu clinics, go to www.tompkins-co.org/health/flu.

Flu Clinics at Lifelong

Lifelong will host a public flu clinic administered by staff of the Tompkins County Health Department on **October 15 from 9:00 AM to Noon by appointment**. Please call the **Tompkins County Health Department at 274-6616** to schedule a flu clinic appointment. The cost is \$30 and is covered by Medicare Part B and other select insurances. Plan to bring all of your insurance cards to your clinic appointment.

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Branch Manager
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