

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

A New Home for the Office for the Aging

The Tompkins County Office for the Aging finally opened the doors to its sparkling, new facility at 214 W. Martin Luther King Jr./State St., Ithaca. The new Human Services Annex building is a welcomed relocation for the Office for the Aging which had been

previously located in the basement of the Tompkins County Courthouse.

In 2011, the Tompkins County Legislature authorized purchase of the Carpet Bazaar building and Holt Architects were hired to design the new space. The new space will serve as a

comfortable and easily accessible location for seniors and their caregivers to access services. Caregiver support groups and workshops will be available



as well as the evidenced-based program, Powerful Tools for Caregivers, which we are offering to family caregivers this spring. It is our hope to make optimal use of our new and larger conference room by holding some of these meetings on-site. The public now has ready access to our lending library in the Caregivers' Resource Center as well as a wide variety of brochures, information and use of computers to research topics. The larger space not only affords more privacy for clients (for example, when they are discussing Medicare concerns or applying for the Home Energy Assistance Program), but it also makes it possible for people to feel comfortable in perusing all of the materials and information available to them. We have noticed that since our move, just a few weeks ago, many caregivers

have visited our office to inquire about our programs. These face-to-face encounters offer a more robust conversation and we are able to provide materials and resources from the Caregivers Resource Center with ease.

The Office for the Aging's Director, Lisa Holmes noted that over 4,000 local seniors utilized services last year. "We are glad to be part of a community that places a high value on human services, and on aging services in particular. Between 2000 and 2010 there has been an 88.7% increase in persons age 60-64 in Tompkins County. This relocation has been timely for our community. We hope that the public stops in and takes advantage of what we have to offer older adults and family caregivers."

SENIOR FOCUS: Gertrude Vrabel carries on her husband's legacy.

When Ernst Vrabel retired from teaching German at DeWitt Middle School in 1979, he offered to teach a German class at the Tompkins County Senior Citizens' Council then located on South Geneva Street in Ithaca. He was familiar with the Center because his wife, Gertrude, attended dancing and chorus activities under Mrs. Helen Gar-

vey's leadership. He, and his students, enjoyed the class very much and made the move to 119 West Court Street in 1998. In fact, one of his students enjoyed it so much that he continued coming to class through 2012. His name is Francis Facer and, at 94 years of age, he jokingly says "I'm just a slow learner". The truth is... there is something special about this class.

So special in fact that, before Ernst died in 1994, Gertrude promised him she would continue teaching German to his seniors and all the new ones through the years. She's kept that promise. "I love this class, too and am happy to be able to teach these wonderful people who come every week with enthusiasm. We become Lifelong Friends."

Gertrude was born in Zell am See, Austria, close to Salzburg. Ernst had spent time in Salzburg visiting with a cousin who would have a role in his meeting of his future wife. In 1920 when he was 10 years old, Ernst and his family moved from Vienna to the United States. In 1930 and after serving in the Army, he started college and earned two degrees; one in English and other in Social Studies. He immediately began teaching and, on his first summer vacation, decided to return to Austria to visit family who still lived there. His cousin

(the very one Ernst visited as a child) had been telling him about a friend he thought Ernst should meet while there. Ernst said he'd like to see this girl. The girl, Gertrude, was a Kindergarten teacher and a member of a singing and folk dancing group. Their friendship developed through the summer and when it was time for Ernst to return to America for the start of the school year, he asked Gertrude to marry him. She said....no! She didn't want to leave her home, her mother or her country. She had only known him for 4 weeks!

Ernst returned to America and they began writing letters to each other (Gertrude still has the letters) and to this day, she says she doesn't remember what could have her led to say yes, especially in a letter. Ernst had his cousin, still in Austria, buy a ring and take it to Gertrude. They were married in 1951 in Salzburg and spent the next 43 years together. Their first home in the United



Student Frances Facer with his German Teacher, Gertrude Vrabel .

States was in Cliffside Park, N.J., near Ernst's parents before moving with their two children to Ithaca in 1956. As there was no nursery school to be found at that time, Gertrude

...continued on page 10

CHANGE SERVICE REQUESTED

Senior Circle
Lifelong, Enhancing the Second Half
119 W. Court St. • Ithaca, NY 14850

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14850

INSIDE THIS EDITION

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Senior Services

Information and Referral

The **Office for the Aging** provides information and referral services for individuals and agencies concerning an array of issues effecting 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, or visit us in person in our new location at 214 W. Martin Luther King Jr./State St., Ithaca.

Let it Snow...

The City of Ithaca code requires property owners, homeowners and landlords to keep sidewalks clear of ice and snow, and fines can be stiff. For many seniors who need some assistance with snow removal, this creates a problem. Seniors who cannot do their own snow shoveling may be able to find folks willing to do this work for pay or as volunteers through the Tompkins County Office for the Aging (274-5482) or Lifelong (273-1511). Both agencies keep current listings of volunteer and paid help who are willing to assist seniors in downtown Ithaca as well as in rural areas of Tompkins County. If you're having difficulty clearing your walk, please call us.

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.

An Option 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 you loved one are in need of an experienced housekeeper, personal care aide, certified nurse's aide, LPN or RN, the Registry can provide you with referrals. The Registry prescreens and checks references for all caregivers. You interview and negotiate the specific terms of employment with the caregiver. For more information, please contact Cheryl Baker, Registry Coordinator at the Finger Lakes Independence Center at 272-2433 or RegistryatFLIC@yahoo.com

SAVE THE DATE:

Project Generations' Intergenerational Prom on March 25th



Ithaca College and Cornell University's Project Generations will be holding its first Tompkins County Senior Citizen Prom on March 25, 6-8 p.m., in Emerson Suites, Phillips Hall, at Ithaca College. This free event will provide an opportunity for students and elders to get together for a night of dancing, light refreshments, relaxation, and fun. Dates are optional--singles are welcomed! Featured are a performance by the Ithaca College Jazz Band, an appearance by Ithaca mayor Svante Myrick, a raffle, and a presentation of Prom King and Queen best dancers. To RSVP, call Lifelong at [\(607\) 273-1511](tel:6072731511). If you know of an elder in the Ithaca area that might be interested in attending, please share this information.

Partnered with the Tompkins County Office for the Aging, Project Generations pairs Ithaca College and Cornell University students with older adults in the Ithaca area with whom they visit for about an hour each week. Volunteers help to fulfill seniors' personal and functional needs by providing mental stimulation, companionship, social support, and/or light housework. Direct referrals can be made to Aging Services Specialist Katrina Schickel at the Office for the Aging [\(607\)274-5491](tel:6072745491). For more information, contact icprojectgenerations@gmail.com.

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.

Powerful Tools for Caregivers Classes Begin this Spring!

Powerful Tools for Caregivers, a six-week educational program designed to provide caregivers the tools needed for taking care of themselves will be offered Monday evenings this spring, beginning March 25th. During six, 90 minute sessions held weekly, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and access local resources. Attendees also learn how to balance the demands in their lives and to increase their ability to make tough decisions.

Powerful Tools for Caregivers will be available this spring at no cost to family caregivers. Classes are not intended for professional caregivers. Classes will be held at 6:30 PM at the new location of the Tompkins County Office for the Aging at 214 W. Martin Luther King Jr./State Street, Ithaca.

Pre-registration is required - call either 274-5482 to register or email Katrina Schickel at kschickel@tompkins-co.org

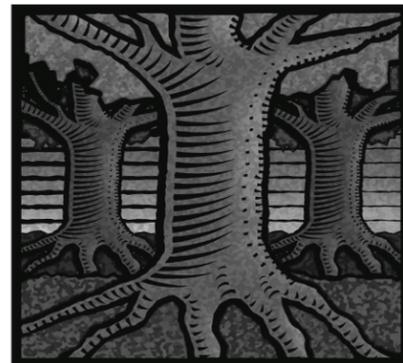
FRAUD ALERT:

The HIICAP (Health Insurance Information, Counseling and Assistance Program) network in New York State was just notified on February 26 that someone is calling seniors at their homes in the Northeast asking for their Social Security Numbers and their bank account numbers so that Medicare can send them a new Medicare card.

Please be advised that Medicare never does this.

You should never give your Social Security number or other personal financial information out over the phone. If you receive a call such as this, note the date, time, name of the person calling and phone number they called from, if you can, and **report it immediately to the Senior Medicare Patrol (SMP) Fraud Hot Line at 1-877-678-4697.**

If you have lost or misplaced your Medicare card contact Social Security at 1-866-706-8289 (Ithaca office). Medicare will never call you about issuing you a new Medicare card!



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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NY Connects: When You or A Loved One Need Long Term Care Assistance

Navigating the field of long term care services can be confusing, frustrating, and overwhelming. Oftentimes, family members are under a great deal of stress and concern when they begin this process. There are so many services available to the residents of Tompkins County that it is often hard for one to figure out where to start. That's where NY Connects can help.

NY Connects is a state-wide program offering information and referral for long term care services. The program is in its 7th year and locally is a partnership between the Tompkins County Office for the Aging (COFA) 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 the 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 New York State for placement in a nursing home.

NY Connects can make remaining at home with Long Term Care needs less complicated by connecting you with other agencies in the county. Here are just a few more of the services that NY Connects can assist you and your loved ones with: housekeeping and residential help, home care services, personal emergency response system (PERS), home repair and weatherization, family caregiver's resources and respite, home delivered meals, shopping and nutrition counseling, Ombudsman advocacy for nursing homes, consumer directed personal care services, free in home assessments, referrals and counseling.

We hope that you take advantage of this valuable resource. Locating services doesn't have to be a scary process. Let us help.

You can contact NY Connects at 607-274-5222, Monday through Friday from 8:30am to 4:30pm.

Book Nook



Valentines By Ted Kooser

For Valentine's Day 1986, poet Ted Kooser wrote a poem, "Pocket Poem", and sent it to 50 women friends. This started an annual tradition of sending a postcard with a poem on it to women that ended up continuing for the next 21 years. By the time he finished his project, his mailing list contained over 2,600 women from around the United States, many of them women who signed up for his mailing list during his poetry readings. *Valentines* contains all of the poems Kooser wrote for his project, including a last one he wrote in 2008 to his ultimate Valentine - his wife, Kathleen.

From the memory of making a traditional construction paper heart for a young love, to the traditional candy and not-so traditional method of flower shopping in "In the Alley", these poems encompass not only the commercial holiday, but also the tenderness of love. Kooser, a former U. S. Poet Laureate and winner of the Pulitzer Prize in Poetry, is noted for his quiet, accessible poetry that focuses on love, family, and the landscape of the Midwest, and this is evident in this small collection of poetry. Whether it is the bittersweet longing of an unrequited love to the simple beauty of a platonic friendship, each poem paints a beautiful snapshot of love.

Sarah Glogowski
Readers' Services Librarian
Tompkins County
Public Library

Looking for a Few Good Ombudsmen

The Office for the Aging coordinates the Long Term Care Ombudsman Program in Tompkins County. The Long Term Care Ombudsmen Program provides community-based advocacy for residents in skilled nursing homes and adult care facilities, thereby giving residents a stronger voice in their own day-to-day lives.

The heart of the LTC Ombudsman Program is the trained certified volunteer ombudsman. The role of the long term care ombudsman is to regularly visit a long term care facility and listen closely to the concerns and problems of residents. The ombudsman receives, investigates, and resolves complaints made by residents, or residents' family or friends. During regular visits, the ombudsman monitors the quality of care, helps to protect residents' rights, assures treatment with dignity and respect, and encourages residents to express their opinions individually and through Resident Council.

Trained certified ombudsmen must be at least 21 years of age, participate in an initial 36-hour certification training, be a capable communicator who will fulfill the specialized advocate role, and have discretionary time and the ability to regularly visit residents in long term care facilities and follow up on their wide-ranging concerns. Ombudsmen can fuel change to the long term care system while experiencing the rewards and satisfaction of attending to residents' needs and concerns.

Please contact Suzanne Motheral at the Office for the Aging 274-5498 for more information if you would like to become a long term care ombudsman.

"Delaying Medicare Part B Can Be Costly"

For each 12-month period you delay enrollment in Medicare Part B, you will have to pay a 10 percent Part B premium penalty, unless you have insurance from your or your spouse's current job.

In most cases you will have to pay that penalty every month for as long as you have Medicare. If you are enrolled in Medicare because of a disability and pay premium penalties, once you turn 65, you no longer have to pay the premium penalty.

Although your Part B premium amount is based on your income, your penalty is calculated based on the standard Part B premium. The penalty is then added to your actual premium amount.

How do you calculate your premium penalty? Let's say you turned 65 in 2007, and you delayed signing up for Part B until 2013 (and you did not have employer insurance that allows you to delay enrollment). Because you delayed enrollment for 6 years, your monthly premium would be 60 percent higher for as long as you have Medicare (6 years x 10 percent). Since the Medicare Part B premium in 2013 for most people is \$104.90, your monthly premium including the added penalty would be \$167.84 (\$104.90 + 60% of \$104.90).

Learn more about Medicare Part B late enrollment penalty on the web at www.medicareinteractive.org or talk with your HHCAP counselor at the County Office for the Aging (274-5482) or at Lifelong (273-1511).

Please enroll in Part B when you are first eligible (three months before you turn 65, the month of your 65th birthday, or within three months after your 65th birthday) by contacting Social Security at 1-800-772-1213 or for TTY users, 1-800-325-0778).

Source: Medicare Rights Center, "Medicare Watch", Volume 4, Issue 2

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Lifelong is a United Way agency

Caregivers' Corner



By David Stoyell

Many caregivers, especially those caring for spouses and partners, are reluctant to ask for needed help. Both care partners then are at risk if the caregiver's health suffers.

I've reprinted the following article with permission from a pamphlet produced by the Caregiver Action Network:

Reaching Out for the Help You Need

Why is it so hard to ask for help?

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

Why Is It So Hard to Ask for Help?

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

SIX STEPS to getting help.....

1. **Recognize that caregiving, like any job, is made up of lots of individual tasks**, not all of which are of the same importance. Some tasks take a few minutes; some may take many hours. Some are easy; others require skill and fortitude. The challenge is to know the difference.
2. **Recognize that asking for help is a sign of strength** and not of weakness. If means you truly have a grasp on your situation and have come up with a proactive problem-solving approach to making things easier and better.
3. **Create a list of the tasks that need to be done in any given week**, or at least those you are most concerned about, such as balancing your responsibilities at work with

taking mom to the doctor and Susie to soccer practice, bathing and dressing your husband, cooking, cleaning, etc. When you see how long the list is you'll quickly understand why you are so tired and don't have time for yourself.

4. **Group your tasks into categories** such as personal care tasks for your loved one, transportation, household chores. You can group your tasks into only a few broad categories, or many specific ones. There's no right or wrong way.
5. **Write down your caregiving worries.** Where will we get the money to pay for John's medications? Who will care for mom if I get sick? Where can I find an adult day facility that provides transportation? Seeing them in black and white helps diffuse some of their emotion. It also allows you to think more rationally about your concerns and understand how getting help with some of your tasks might lessen the stress. It can provide the basis for deciding which tasks you might ask a neighbor, family member, or the church to help out with, which you are willing and able to pay someone else to do, and for which there might be a public program.

6. **Share your lists with someone you trust** before you actually reach out for help—a friend, therapist, or clergyman, perhaps. The intent is to first get comfortable with the idea of talking about your need for assistance and hopefully getting some encouragement and good ideas in the process. Then take a deep breath and actually ask someone to help with one of the tasks on your list, or ask for guidance in resolving your most persistent worry. Start with something small, especially if you are looking for hands-on assistance or something that requires someone doing you a favor. Don't get discouraged if you get rejected at first. It sometimes takes perseverance. Just remember—the effort is worth it because the goal is to better care for your loved one and yourself.

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

Connecting Hearing and Life.

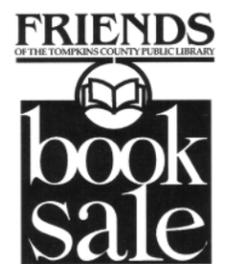
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May 15
10 am - 3 pm

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www.booksale.org



Save and Heat

If qualified, any one of these programs will help put extra cash in your pocket which in turn, can be applied toward your monthly heating costs. Contact Tompkins County Office for the Aging for information at 607-274-5482.

- **Medicare Savings Program (MSP)** – Medicare Savings Programs helps individuals with limited income to pay their monthly Medicare Part B premium. If enrolled in a Medicare Savings Program, a Medicare beneficiary is also deemed eligible for “extra help” in paying Medicare Part D prescription drug costs.

- **“Extra Help” Provides Assistance in Paying for Medicare Prescription Drug Coverage** – If you are currently on Medicare you may qualify for “extra help” (the low-income subsidy) from Medicare to pay prescription drug costs. This can help you pay your drug plan’s monthly premium, deductible, co-payments and assist during the coverage gap.

- **EPIC** – The NYS Elderly Pharmaceutical Insurance Coverage Program (EPIC) is available to Medicare beneficiaries aged 65 and above with incomes no greater than \$35,000 for a single person and \$50,000 for a married couple. Epic will provide assistance with Medicare Part D covered drugs after a member pays any out-of-pocket Medicare deductible.

- **Supplemental Security Income (SSI)** – Pays monthly checks to people who are 65 or older, blind, or have a disability

and who have limited resources and income.

- **Telephone Lifeline** – Income-eligible households can receive a reduced rate for telephone service and installation charges.

- **Supplemental Nutrition Assistance Program (SNAP)** – (Formerly the Food Stamp Program) issues monthly benefits that can be used to purchase food at authorized retail food stores. Food Stamp benefits help low-income working people, older adults, the disabled and others feed their families.

- **Earned Income Tax Credit** – The New York State Earned Income Tax Credit (EITC) program provides refundable tax benefits for working people with low or moderate incomes. Workers who qualify and file Federal and State tax returns may get back some or all of the income tax that was withheld during the year.

- **STAR** – The New York State’s School Tax Relief Program (STAR) provides for a school property tax rebate program and a partial property tax exemption from school taxes for all exemption which is available for eligible older adults 65 and older.

- **Partial Tax Exemption for Real Property of Senior Citizens** – Individuals generally must be 65 years of age or older and meet certain income limitations and other requirements. The application for the Older Adult exemption will also serve as an application for the En-

hanced STAR; no separate STAR application is needed. Localities and school districts have the option whether or not to offer this exemption.

- **Veterans’ property tax exemption** – Qualified Veterans can receive a property tax exemption. The program provides a partial property tax exemption to those homeowners meeting qualifying veteran’s criteria. This exemption also provides the qualifying individual age 65 and older, to have their property taxes reduced by up to 50%.

- **Real Property Tax Exemption for Persons with Disabilities and Limited Resources** – Localities have the option of giving exemptions of less than 50% to persons with disabilities whose incomes are between \$3000 and \$29,000. Under the “sliding scale” options, a qualifying owner can have a yearly income as high as \$37,399.99 and get a 5% exemption in localities where there is a maximum limit.

- **IT-214 Circuit Breaker** - New York State income tax program that will refund part of the local property tax paid by moderate and low income homeowners and (indirectly) by renters. A homeowner may qualify even if they pay no income tax. This program is available to New York State residents who have household gross income of \$18,000 or less, and pay either real property taxes or rent for their residence(s). If all members of the household are under age 65, the credit can be as much as \$75. If at least one member of the household is age 65 or older, the credit can be as much as \$375.

- **Access to Home** – Is a program that provides funds to make accessibility modifications

for permanently disabled individuals who own or rent their home. An applicant must not have an income that exceeds 60% of the area (County) median income. **Home Energy Assistance Program** – HEAP helps low-income people meet the high costs of home heating.

- **EmPower** – If you are HEAP eligible, and a homeowner or renter, free energy efficiency improvements are available to you. These measures can provide improved insulation, reduced drafts, and upgrades to appliances and lighting at no cost to you.

- **Assisted Home Performance with ENERGY STAR** – Offers assistance to low and moderate income households with home improvements that can lower their electric bill, improve comfort and reduce energy use. New York State defines low and moderate income households as households with a total income equal to or lower than 80% of the State median income. These households can receive a subsidy representing up to 50% of an approved energy efficient project.

- **WAP** – The Weatherization Assistance Program assists income-eligible families and individuals by reducing their heating costs and improving the safety of their homes through energy efficiency measures. Energy efficiency measures performed through the program include air sealing (weather stripping, caulking), wall and ceiling insulation, heating system improvements or replacement, efficiency improvements in lighting, hot water tanks and pipe insulation and refrigerator replacements with highly efficient Energy Star rated units.

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MON - FRI 9:30 - 4:00
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273-1235

FREE HEARING EVALUATION

To Determine Need For Amplification Only - Not A Medical Exam

Household Medication Disposal Event Saturday, April 27, 2013 from 10:00 - 2:00

at two convenient locations:

- TCAT, 737 Willow Ave. (off Rte. 13), Ithaca
- Slaterville Fire Station,
2681 Slaterville Rd., Slaterville Springs



Details will be available shortly!

Want to volunteer to help?

Volunteer forms available at www.healthyouth.org or
Email: rsvp@tclifelong.org

If you need to get rid of medications before then, please visit our **permanent medication drop box** at the Tompkins County Sheriff, Public Safety Building, 779 Warren Rd in Ithaca available year round 24 hours a day, to get rid of medicines safely.

Lifelong News

Where Can You Find Lifelong?

By Harriet London, President, Lifelong Board of Directors

Did you know that Lifelong offers classes and activities all over Tompkins County?

You can find a Lifelong exercise class in the City or Town of Ithaca, Trumansburg or Lansing; a Newfield class will be starting again in the spring. We offer Strength Training, Tai Chi, Yoga, Enhance Fitness, and Dancing. You can mix and match, choosing as many as you like. I'm in the Tai Chi class at the Lansing Library, and I really enjoy it – both for the way it makes me feel and for the wonderful people I have met in class. Check out our weekly schedule at www.tclifelong.org or call 273-1511 to find a class near you.

This spring, Lifelong Learning is offering presentations on topics ranging from Hip Hop at the Tompkins County History Center to Senior Transportation Options at several locations. Are you curious about gizmos and gadgets that can make life easier? Join us at Ithaca College to learn more. These are only a few of the choices. See them all at www.tclifelong.org.

Do you love to travel? Lifelong coordinates its travel program with senior groups throughout the county. Working together they offer wonderful opportunities for trips of varying lengths in the United States and internationally.

This is only a brief snapshot of what is going on as we continually look for ways to expand our programs beyond our downtown location. I hope you will sample some of them and that you will soon be a regular, both downtown and throughout the county.

----- Harriet

AARP Safe Driving Courses Being Held at Lifelong

This is a great way to become a safer driver and possibly save on your car insurance costs as well.

Stop in at 119 W. Court St. Ithaca, NY 14850 or call 607-273-1511 to register!

Cost is \$17.00 for AARP members and \$19.00 for non-AARP members.

All Saturday classes are from 9:00 -12:30 pm and run for two consecutive weeks. All Wednesday classes are from 1:00 – 4:30 pm and run for two consecutive weeks. You *must* attend both sessions in the month you choose to take the class.

Dates of upcoming classes in 2013:

March 9 & 16
April 13 & 20
May 1 & 8
June 22 & 29
July 10 & 17
September 14 & 21
October 12 & 19
November 9 & 16
December 7 & 14

Additional classes maybe available at alternative sites, please contact Lifelong for more information.

Handicraft Gift Shop

*Open Monday through Friday 11a.m.– 3 p.m.
Handcrafted gifts made by
local seniors at unbeatable prices!*

The Handicraft Gift Shop is located in Lifelong,
119 West Court Street, Ithaca, New York.

*Come Shop at Lifelong!
New Spring and Easter Items arriving daily!*

Get Ready for “A Night on the Town”

It's March and you know what that means?!

If Lifelong's biggest fundraiser didn't come to mind, you're probably not alone. Our “Night on the Town” drawing, formerly known as “12 Nights Out,” is a best-kept secret. But it shouldn't be!

With a new name and a new makeover, we think you'll like our new concept for “Night on the Town.” Lifelong is offering mini-getaway packages that include a night's stay at a local hotel (including all their wonderful amenities), dinner at a local restaurant, tickets to a movie or play, breakfast the next morning, and a welcome basket full of goodies to further pamper each lucky prize winner.

“As one of the volunteer co-coordinators of ‘Night on the Town,’ ” Carol Eichler states, “We're excited about the changes we've made. For one, the prizes are cool. What's not to love about an all-expenses paid ‘day of indulgence’ without even having to travel? For another, the prize packages have a broad appeal, especially if you anticipate having to accommodate out-of-town guests in the coming year.”

Joan Packard, the other co-coordinator, adds, “Since each of the five prizes is worth over \$200, we're really offering five grand prizes. I think that's also appealing – and unusual.

“Of course,” Joan continues, “you have to remember this is a fundraiser supporting the work of Lifelong – another good reason to purchase a ticket!”

As of press time, details of each of five prize packages are still being secured, but will be available once tickets officially go on sale March 21st. At a cost of \$25 each, tickets may be purchased at the front desk at Lifelong or from a Lifelong Board or staff member. With no more than 325 tickets to be sold, it's not too early to reserve your tickets now.

Then, you can start dreaming of how much you'll enjoy being pampered for a day, compliments of Lifelong and the generosity of area businesses.

Lifelong Ladies Senior Social Golf Program

The organizational meeting for the Lifelong Ladies Senior Social Golf Program is scheduled for Wednesday, April 17, 2013, from 10 a.m. to 12 noon at Lifelong, 119 West Court St., Ithaca. The weekly Wednesday golf dates and locations from May to August will be available at this meeting. Call Lifelong 273-1511 for more details.



Consider trying one of the writing courses offered through Lifelong Learning. The following poem was submitted by a class participant.

A FABRIC OF LIFE

By Natasha Tall

My hands are gnarled and I cannot see

But touch the fabric and I remember.

I wore velvet when I danced.

I wore white tulle at my wedding.

I wore a cotton apron in the kitchen.

I wore a jersey blouse when I nursed.

I put my dog's ashes in a course sack.

I dressed my husband in his shiny suit when he died.

And now my hands are touching each bit and

They will become my quilt when I too pass on.

RSVP

Retired and Senior Volunteer Program



K. Minnix, Rsvp Director
 Joyce Billing, RSVP Program Assistant
 272-1511 or rsvp@tclifelong.org



RSVP Volunteers Barbara Sinclair and Barbara West with some special friends recently at Kendal of Ithaca.

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Celebrate Service

National Volunteer Week
 April 21 - 27, 2013

National Volunteer Week is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It's about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

RSVP Volunteers mark your calendars!

Ice Cream Social

April 24, 2012

1:30 - 3:30 PM
 at Lifelong



Thank You, Volunteers -
 From RSVP and Lifelong

A Reflection on Volunteerism

by RSVP Volunteer Barbara West

Years ago I recruited and trained volunteers. Having been a volunteer myself starting in elementary school I knew firsthand how much I could learn from volunteering, how good my experience looked on my resume, and how often I was offered a paid position where I was volunteering. I also knew the sheer pleasure that came from connecting with another person or being on a team achieving mutual goals.

Volunteering, formal education, working, family life, and traveling was all happening as my life was flying full steam ahead. One day I realized that I must be middle aged, but no, I recalculated. I was actually a senior citizen! My age coincided with the age that is eligible for a senior meal at Friendly's.

I no longer recruit and train volunteers, I no longer have a paid position, but truly satisfying is a volunteer opportunity that RSVP connected me to - Pet The Pet Program, Inc. The program brochure states that "Seniors plus pets equals Happiness." We make therapeutic pet visits to nursing facilities, senior living centers, and day treatment programs for developmentally disabled adults. The brochure also says that the program brightens a gloomy day, giving opportunities to share recollections of a cherished pet, a reflection on a life well lived. Even the animal's life is brightened, for most of them have been rescued from pounds and mills. Something not in the brochure, the program brightens the life of this volunteer.

My mother had Alzheimer's disease for many years. She showed me and gave me the gift of being unconditionally with someone. She taught me that I would be giving back to her by giving to others what she gave me. It is a win-win for everyone involved, the people we visit, our fellow volunteers, and the staff are delighted and connected by a dog's wagging tail and eagerness to touch and be touched.

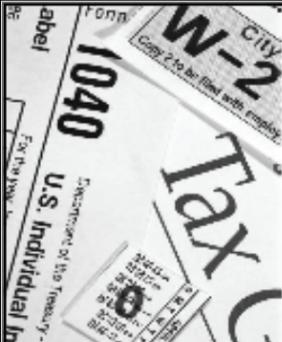
Thank you RSVP for making connections that enhance all of our lives.

RSVP VOLUNTEERS IN ACTION



RSVP Volunteer Charlie Tilton drives disabled veterans from Tompkins County to the Syracuse VA Medical Center with this brand new Disabled American Veterans (DAV) specially equipped vehicle.

Interested in driving? Gadabout and FISH are also looking for volunteers. Give RSVP a call at 273-1511.



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RSVP Free tax preparation by certified volunteers at Lifelong is a Tax Counseling for the Elderly program sponsored by Lifelong and RSVP (Retired and Senior Volunteer Program), with a grant from the Federal Internal Revenue Service.

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Northside-Southside News

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!

All events listed are held at Lifelong unless noted.

Southside Oral History Project to Capture Memories of Ithaca's Historic Neighborhood

An effort is underway to gather the oral histories of Southside Community residents. This project started after a member of the History Center in Tompkins County gave a presentation for Lifelong's Northside-Southside Program. The presentation stimulated a conversation that created a deeper awareness of the rich history in Ithaca's Southside Community. These memories, if not captured, may become lost. The captured histories will be developed into educational programs that will be used throughout the County and exhibited at the Tompkins County History Center. This project is funded through a generous grant from the Kendal at Ithaca's Inclusion and Diversity Committee.

Organizations involved: Lifelong's Northside-Southside Program, The History Center in Tompkins County, Greater Ithaca Activities Center, Southside Community Center, Ithaca College, and (our generous funders) Kendal at Ithaca's Inclusion and Diversity Committee.



Northside/Southside's Annual Dr. Martin Luther King, Jr. Luncheon was well attended at Southside Community Center in January. The feature speaker was Pastor Nathaniel Wright of the Calvary Baptist Church off Ithaca.

Northside Southside Schedule Monthly March-May 2013

March

Trip: Wednesday, March 27th come and visit the Harriett Tubman and Seward Houses **Gathering:** Wednesday, March 20 at 10am-12pm.

Presentation: Wednesday March 13th from 10am-12noon, Fred Antil will be presenting on Lincoln, the man and the media.

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

Game time: Friday, March 22nd from 2pm-4pm at Lifelong

April

Presentation: Thursday, April 4th from 10-11:30am, Eric Acree from the John Henrick Africana Library at Cornell will come and speak on the Anniversary of the Assassination of Martin Luther King Jr. about the event that ended this great man's mission and movement prematurely.

Lunch: Thursday, April 10th from 11:30am-1:30pm at **Ciao Restaurant.**

Game time: Friday, April 26th from 2pm-4pm at Lifelong

Shopping: Tuesday, April 16th from 10AM-1:45PM visit the Shops at Ithaca Mall.

May

Presentation: Wednesday, May 15th from, 10AM-11:30AM, Eric Acree will speak to the Legacy of Frederick Douglass. This presentation will reflect on the life of Frederick Douglass, as a reformer, writer, and statesman who fought against oppression of all kinds. An example of Douglass' impact is seen in his relationship with President Abraham Lincoln. Douglas was largely responsible for convincing Lincoln to allow African Americans to fight in the Civil War. He also advised six other U.S. Presidents. These included Presidents Johnson, Grant, Hayes, Garfield, Cleveland, and Harrison. Douglass was also the first Black man to hold a federal appointment that required Senate approval, and was the first Black ambassador to Haiti.

Lunch: Ramada, Thursday, May 16th Lifelong's Annual Luncheon

Game time: Friday, May 24th from 2pm-4pm at Lifelong

Shopping: Tuesday, May 21st from 10AM-1:45PM visit the Shops at Ithaca Mall.

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Partial Property Tax Exemption for Seniors

Homeowners who reach the age of 65 at anytime during the calendar year **may be** eligible for Partial Tax Exemption for Senior Citizens (from Town, City, Village & County and School Taxes) or Enhanced STAR Exemptions (an exemption of \$62,200 assessment from School Tax).

However, the application for these exemptions has to be filed in the office of the Tompkins County Department of Assessment by **March 1, 2013**. The office is located at 128 E. Buffalo St. Ithaca NY, second floor.

Renewal applications for Partial Tax Exemption for Senior Citizens have been already mailed out to Senior Citizens who filed for exemption in the previous year. The Department of Assessment reported that many seniors responded to the renewal application immediately, while others are putting it off for later. They are urging all seniors **to file the renewal application by the March 1 2013 deadline**. Supporting documentation, such as income tax return forms, can be submitted up until April 15, 2013 as long as the application is filed by March 1, 2013. The application and income information do not have to be submitted at the same time.

Senior Citizens, whose total household income exceeds the limit for

Partial Tax Exemption for Senior Citizens, may still qualify for Enhanced STAR Exemption if their income is at/or below \$79,050. If a property owner is unsure whether they would qualify or not, they are urged to contact the Department of Assessment for assistance.

A large number of Enhanced STAR recipients signed up for automatic renewal for 2012. The NYS Department of Taxation determined their qualification for the exemption, in most cases with satisfactory approval. Those who need to submit more information and those whose application was denied received a notice in late December from the Department of Assessment. It is imperative that seniors respond to this notice by **April 15, 2013**, if they want to receive the exemption or contest the denial.

For a new application, questions, and/or comments regarding any assessment subject, please call the Department of Assessment at (607) 274-5517, or visit their website <http://www.tompkins-co.org/assessment/>

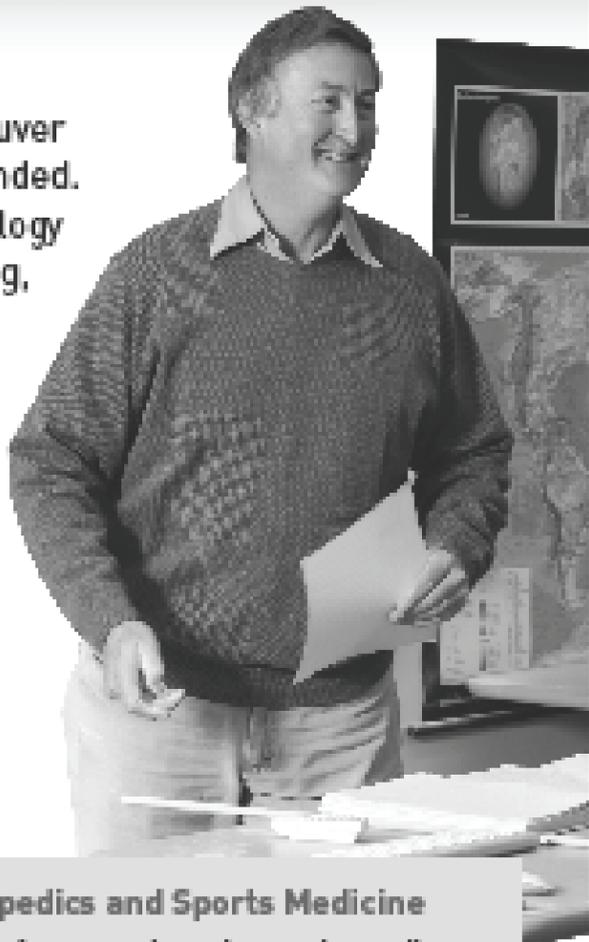
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Husband's Legacy

...Continued from page 1

heard about a woman named Eunice Weber who was teaching music appreciation to children in her home. Eunice asked Gertrude to teach with her, focusing on movement to music, and eventually they moved to the basement of the Episcopal Church. Eunice's dream was to have a community music school and she hired violin teachers, piano teachers; eventually building a large faculty.

Six years later, Will Robert Tee-ter wanted to try to get German classes in the school system and Ernst and Gertrude volunteered their time on Saturdays. The program was so successful, a curriculum was developed for Jr. High School and Ernst began teaching German in school. Gertrude was asked to teach FLES (Foreign Language for Elementary Schools) and

went to four schools each week. When the funds ran out for that program, she began teaching German in Jr. High School; right next door to her husband. After teaching this class for 10 years, the administration decided that she needed a New York State Teaching Certification, which she did not possess. Not agreeing with this policy and not being too fond of the school politics, she decided to go back to what was now called CSMA; the Community School of Music and Art. There she taught recorder to children. Eventually she started a recorder ensemble and formed a German class for children; which still exists at CSMA today. Later she offered an adult German class which had many of the mothers of the children in her German class. An accomplished accordion player and folk singer, Gertrude enjoyed teaching German folk songs in her classes to both young and old. In addition to her CSMA activities and along



An old photo of Frances Facer with his former German teacher, Ernst Vrabel.

with two other families, the Ithaca German Club began.

Before his death, Ernst asked Gertrude to take all their grandchildren to Austria to see where they came from, even if he couldn't go with them...and she did!

When asked how she likes the German class at Lifelong with Gertrude, Virginia Hardesty (a student for 5 years) says "She's

fabulous! She never stops teaching; you don't even know its happening. It gladdens our lives to spend time with this beautiful and wonderful person." Gertrude's response? "Lifelong is a good place to be! I'm grateful to Lifelong for giving us seniors a chance to learn and teach. I'm a happy person."



MV-1 Taxi Service Hours Increase

Ithaca Dispatch has increased service hours for MV-1 Taxi Rides as of February 24, 2013. Expanded Service hours are Sunday to Thursday evenings, 6:00 PM-6:00 AM

Regular service hours Monday-Friday are 6:00 AM-6:00 PM.

Expanded days of service are anticipated for the near future. Regular taxi fares apply. The MV-1 Taxi has space for 4 one of which is wheelchair passenger and three seated passengers.

Dwight Mengel, Chief transportation planner for the Tompkins County Department of Social Services said when the MV-1 Taxi was dedicated: "Gadabout is a very good service, but it's based on calling ahead the day before to get service," he said. "A person in a wheelchair can ride any of the TCAT services, but the nature of the fixed route service, depending on where you want to go, depending on the service, it may be difficult. A taxi offers a very flexible service option for people."

To request a ride in your power or standard wheelchair on the MV-1 Taxi, call Ithaca Dispatch at 607-277-7777.

A Reminder to Go Direct with your Social Security of other federal benefit payments.

As of March 1, 2013 it is the law to have switch to electronic payments. Electronic payments are SAFER and MORE RELIABLE than paper checks. It is free and fast to sign for **direct deposit** or the **DSirect Express** Debit MasterCard card by calling the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795 Monday—Friday from 8am. To 8 pm. EST. For direct deposit, you can also sign up online at www.GoDirect.org or by visiting your bank or credit union.

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Last will and testament	Until revoked or replaced by another will. Review every few years for accuracy or appropriateness	With your attorney or in a place at home such as a fire safe box or safe; do not put it in your safe deposit box
Power of Attorney	Until revoked or until death. Review every few years for accuracy and appropriateness	Original should be recorded in the County Clerk's office. Original and unused certified copies can be kept with your attorney intact in a fire safe box or safe. When ready to be used, certified copies should be given to a banking institution or brokerage firm where account is held.
Health Care Proxy	Until revoked or until death. Review every few years for accuracy and appropriateness	Original should be kept at home or with your health care agent in a fire safe box or safe. Copies can be distributed to your health care agent, doctor, or hospital. You can carry a health care proxy card in a wallet or purse.
Federal and/or State Income Tax Return	Ten years	In a file cabinet or such other file clearly marked.
Bank statements or cancelled bank books	Ten years	In a file cabinet or such other file clearly marked.
Checkbook registers	Ten years	In a file cabinet or such other file clearly marked
Homeowners' insurance, auto insurance policies and bills	Policies: duration of policy Bills: one to two years	In a file cabinet or such other file clearly marked
Life or Accident insurance policies	For duration of policy	In a file cabinet or such other file clearly marked
Brokerage account, pension or retirement statements	At least three years	In a file cabinet or such other file clearly marked
Utility and telephone bills	One to two years	In a file cabinet or such other file clearly marked
Health insurance/Medicare bills or notices/doctor bills	Three to five years	In a file cabinet or such other file clearly marked
House deed/title search	Until property is sold or transferred	In a file cabinet or such other file clearly marked
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