

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

SENIOR FOCUS Lucy Brown: Meet "Miss Lucy"



"Miss Lucy" Brown.

We at Lifelong are lucky to have amongst us a local historian, an outspoken, intelligent, funny, fierce advocate for all, known here in Ithaca by many.

Ms. Lucy Brown, known to all as "Miss Lucy" was born here in Ithaca where she has lived, worked, raised children for "over 50 years." She was born on Albany St. and shortly afterward she

and her family moved down the block where she still lives today. She attended Central Elementary School, now Beverly J. Martin Elementary School (named after a close friend of hers), Boynton Jr. High, and Ithaca High School. After school she married, had 4 children, and worked at Cornell University in the Department of Education, then in Martha Van Rensselaer Hall and finished her tenure under the Dean of the School of Agriculture.

She also was a part of organizing the local civil rights movement working with various organizations. Ms. Lucy remembers local civil rights events like the takeover of Willard Straight Hall first hand. "That was a scary time" she recalls. During this time, Ms. Lucy also served on the Ithaca School Board, the Board of Public Works, Common Council and the Board of the Ithaca Neighborhood Housing Authority, a position she held for 35 years.

Now retired, she keeps herself busy by volunteering for many dif-

ferent advocacy groups, like her work with the John W. Jones Museum in Elmira. Their goal: to turn Jones' home into a museum of local African-American history. Serving as president of the museum's board of trustees since the group was founded, she is now excited to think the museum's opening may be near.

For her service to the community, Ithaca Neighborhood Housing Services has created the Lucy Brown Community Leadership Award. This award is given to community members who exemplify the community spirit and activism that Ms. Lucy has demonstrated for so many years. In 2008 she also received the Diane Sams Annual African American History Month Recognition Award, which honors outstanding persons who possess leadership, courage against unspeakable odds and vision.

With an unwavering commitment to social justice, she speaks out against racism, discrimination, oppression and injustice and works to forge strong partnerships be-

tween our community and institutions, such as Cornell University, INHS, Ithaca City School District, Ithaca Urban Renewal Agency and the Daughters of the Elks, Cayuga Temple 54.

She is also a world traveler, having traveled to the Caribbean multiple times and also to South Africa. During her trips to South Africa, Ms. Lucy stayed with local families and experienced first hand South African culture in a post-apartheid world. Her stories about her trips are inspiring and make one want to visit these places.

Ms. Lucy is energetic and takes her health seriously. She takes daily walks around the community and enjoys working in her garden. She is an avid reader and jazz aficionado, speaking fondly of going to Harlem in the 50's to see many of the greats including Thelonious Monk. Ms. Lucy takes every day as it comes. When asked how she is doing she always responds, "The best I can." She is a wonderful addition to Lifelong and a great person to know.

Two Seniors Honored at Office for the Aging Annual Luncheon

The Tompkins County Office for the Aging's Advisory Committee held its Annual Luncheon for 2011 on May 26th at 12 noon. The luncheon took place at the Clarion Hotel, 1 Sheraton Dr. in Ithaca. Greg Olsen, Acting Director of the

New York State Office for the Aging delivered the keynote address.

Certificates of appreciation were awarded to Ardie Bennett for Senior Citizen of the Year and to Fred Antil for Outstanding Contribution by a Senior.

Ardie Bennett was nominated for this award by the Board of Directors and staff at Longview who shared with Office for the Aging Advisory Committee some of the factors that led to her nomination:

"Ardie is a tireless advocate for seniors in our community and beyond. She is an active member of St. Paul's United Methodist Church, serving as a greeter and assisting with mailings. She sews sleeping bags for the homeless with a group called My Brother's Keeper. She devotes a great deal of her time to Wonderful Wheelchairs, a program conducted by RSVP volunteers in which old, poorly operating manual wheelchairs are repaired, refurbished and made available to persons in the Ithaca area who need them."

Ardie also makes regular visits to area nursing homes to spend



Fred Antil, Ardie Bennett, Lisa Holmes and Greg Olsen.

time with former residents of Longview. As her friend Robert Dingman says, "I've never heard of anyone else who does as much as she does for people."

Fred Antil has worked on the Lifelong radio show, formerly known as *Senior Time* for the past ten years. He has conducted countless interviews over the years promoting programs and services for seniors. In addition to planning and recording interviews for this weekly program, Fred has been one of

the show's senior co-hosts and has written scripts for the Lifelong portion of the show each week.

Fred's community involvement
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Senior Circle
Lifelong, Enhancing the Second Half
119 W. Court St. • Ithaca, NY 14850
CHANGE SERVICE REQUESTED

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

INSIDE THIS ISSUE

- Caregivers' Corner
- Special Senior Services
- Long Term Care
- New Lifelong Interim Director
- Budget Changes to EPIC
- 6-Step Balance System Training

Area Pharmacies' Hours and Delivery Schedules

Kinney Drug –Dryden (844-8273) and Trumansburg(387-6661)

Store Hours: Monday-Friday, 8:30 AM-8:30 PM
Saturday, 9AM – 7 PM
Sunday, 9 AM – 7 PM
Free Delivery

Palmers – Ithaca(882-9500)

Deliveries Monday- Friday 4-5 PM
Deliveries within Ithaca
Call prescription in by noon.
No cash accepted.

Palmers – Trumansburg (387-6728)

Delivery time is 12:30 once a day, Monday –Friday.

Prescription should be called in by 11:30 AM.

Will deliver up to Interlaken and down as far as Cayuga Medical Center Main Campus.

Rite Aid –Ellis Hollow Rd., Ithaca (273-2035)

Store Hours: Monday-Friday, 9AM-9PM
Saturday, 9 AM-6 PM
Sunday, 9 AM- 5 PM
Delivery available Thursday afternoon. Request should be submitted by preceding Wednesday. Will deliver to Ellis Hollow Apartments and Longview. Emergency request may be submitted up to Thursday morning.
No cost for delivery.

Rite Aid –South Meadow St., Ithaca (272-6290)

Store Hours: Monday- Friday,

9 AM-9 PM

Saturday, 9 AM-6 PM

Sunday, 9 AM- 5 PM

Delivery available to Titus Towers and Longview on Tuesday and Thursday.

Rite Aid – North Triphammer Rd., Ithaca (257-1500)

Store Hours: Monday –Friday, 9 AM – 9 PM
Saturday, 9 AM- 6 PM
Sunday, 9 AM- 5 PM
No delivery available.

CVS – 625 W. Clinton Street, Ithaca (273-3647)

Store Hours: Monday – Friday, 9 AM-9 PM
Saturday and Sunday, 10 AM-6 PM
No delivery available.

Tops – 710 S. Meadow St., Ithaca (275-8019)

Store Hours: Monday – Friday,

9 AM-9 PM

Saturday, 9 AM – 5 PM

Sunday, 9 Am – 3 PM

No delivery available.

Wegman's 500 S. Meadow St., Ithaca (277-5800)

Store Hours: Monday-Friday, 8:30AM – 9:30 PM
Saturday, 9 AM-6 PM
Sunday, 8:30AM-4 PM
Delivery available Monday, Wednesday and Friday from 10 AM-4 PM in town of Ithaca and surrounding areas. Order should be submitted one business day prior.

HEAP: Cooling Component

The 2010-2011 HEAP (Heating Assistance Program) ended on May 13, 2011. However the heating equipment repair/replacement portion of the program remains open throughout the year.

The 2010-2011 **HEAP Cooling component** began in mid-June. This program is designed to help assist clients in obtaining an air conditioner or fan for their home if they are HEAP- eligible and it is needed due to health conditions being exasperated by heat in the summer months. A doctor's statement is required. One air conditioner or fan is provided for one area of a household only. If the home already has a working air conditioner in it, the household would not be eligible. Applications will be processed through TCA (Tompkins Community Action), not the Department of Social Services. Please call TCA at 273-8816 for more information.

Long Term Care

*Caryn Weistling,
Tompkins Care Connection,
Long Term Care Unit of the
Department of Social services*

It is never easy to decide whether or not to move a loved one into a nursing home. There are many feelings associated with that

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

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

The SENIOR CIRCLE is designed by Gary Marsden Printing and Graphic Arts 607-273-7082

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

A Legacy Health System Program

Fall 2011

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 19th—October 31st, Mondays, 7 PM-8:30 PM
Lifelong, 119 W. Court St., Ithaca, NY

September 20th— October 25th, Tuesdays, 10 AM—12:30 PM
Brookdale Senior Living, 103 Bundy Rd., Ithaca, NY -

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 the Community Health Foundation of Western and Central New York, Kendal at Ithaca, Lifelong, Cornell University, and Tompkins County Department of Social Services

LONG TERM CARE

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decision including fear, anxiety and guilt. Although a decision like this is difficult, there are services and resources to help ease the process.



One of these resources is *Tompkins Care Connection*. The purpose of *Tompkins Care Connection* is to provide residents of Tompkins County with a single point of access for long term care information and is located in the Long Term Care unit at the Department of Social Services. One can contact *Tompkins Care Connection* by calling 274-5222.

When family members call *Tompkins Care Connection* with questions regarding how to go about finding the right nursing home for their loved one I always tell them to begin by researching the nursing homes in your area. Call each home directly and speak to the admissions coordinator. Request a tour and sit down ahead of time and make a list of your concerns and questions to ask. It's important to come to these appointments prepared. Another valuable resource is your family member's own primary physician.

This person is typically someone who knows your family member and can make suggestions as to the appropriate level of care. Make an appointment with their doctor to address your concerns and ask questions regarding the care that your loved one may need.

Research can also be done in the comfort of your home. The **Tompkins County Office for the Aging** has a housing resource guide that is available on line. In this guide, the nursing homes in Tompkins County are outlined and summarized including contact information. This information can be accessed by going to www.tompkins-co.org/cofa and clicking on the link entitled "gateway to senior services."

Another online source that families may find extremely beneficial is the "Nursing Home Compare" through the Medicare website. By accessing www.medicare.gov, one can actually compare the different nursing homes in their area. The nursing homes are rated on criteria such as Health Inspections, Nursing Home Staffing and Quality Measures. Each facility is

given an overall rating which gives people an idea of where that nursing home stands in comparison to others.

Once you have decided on a nursing home for your loved one, an assessment called a Patient Review Instrument (PRI) is required. This is an assessment that must be completed for nursing home placement in the state of New York. The PRI must be completed by a certified registered nurse and the assessment is good for 90 days.

The registered nurses in the Long Term Care unit at Tompkins County Department of Social Services are all certified to provide this service. When calling for this PRI, it is helpful to have the name of the nursing facility that you would like the nurse to send it to. Keep in

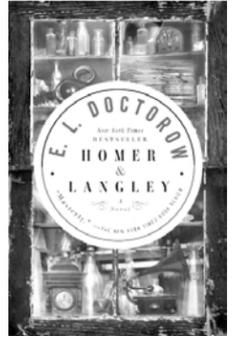
mind that this is one of the easier steps in facilitating a family members' move to a skilled nursing facility.

Dealing with placing a loved one in a nursing home is one of the most difficult things to do. It is important to remember that there are services out there to help guide you through this experience. Please contact *Tompkins Care Connection* at 274-5222, Monday through Friday 8:30-4:30.

Book Nook: *Homer and Langley* By E.L. Doctorow

Based on the true life story of the infamous Collyer brothers of New York City, Doctorow envisions what life was like for the two

in his stunning historical fiction account. While the Collyer family starts their life in a luxurious brownstone in Harlem, tragedy strikes quickly. The parents die of the flu pandemic, Homer loses his sight, and Langley is shipped off to fight in WWI.



When Langley returns to New York, he and Homer slowly turn eccentric and reclusive, rarely leaving their house and acquiring more and more objects that soon take over their lives. Along the way, they meet a variety of people who drift in and out of their lives, including

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Working with Your Siblings

Caregivers' Corner



David Stoyell

I recently watched a presentation by Francine Russo titled, *Family Caregiving: Work with Your Siblings to Keep Your Life, Family, and Sanity Intact*. She discussed the challenges of siblings cooperating in caring for one or both parents who need ongoing support. She made the following points:

Families can find themselves needing to work together after not having lived together for decades. Old "family rules" don't work any more and families need to adapt their old roles to new times. It is often hard for families to take a fresh look at the roles each family member played before and might play now.

Problems that Can Arise

Some of the problems that can arise include:

- Too many assumptions and not enough communication
- Family caregivers not asking for what they need.
- Siblings not knowing what they can give.

Families need to avoid the following traps:

- Waiting until there is a crisis to talk and/or not including everybody.
- Siblings thinking that caregiving involves only doing concrete tasks, and if a sister or brother is doing them, that everything is taken care of.
- Caregivers not really knowing what they want from their siblings. (For example, sometimes a caregiver might need mainly thanks and validation and someone with whom they can vent. Others may need help with

tasks.)

- Falling into the fallacy of "I shouldn't have to ask."
- Getting caught up in anger-guilt gridlock. (Making siblings feel guilty doesn't work well. Siblings defend themselves and attack or withdraw.)

It's hard to ask for help. Avoid hints- ask directly. Be specific and be realistic. If one sibling "can't get along with mom," it doesn't mean he/she can't or won't support their sibling in some way if they learn what might be helpful.

Resources that Can Help

If you want to watch Ms. Russo's presentation, you can view it online for free. It is archived on the website of the Family Caregiver Alliance at www.caregiver.org. (In the webinar section of its home page, click on *Family Caregiving: Work with Your Siblings to Keep Your Life, Family, and Sanity Intact!*)

Ms. Russo has also written a book addressing these issues titled, *They're Your Parents, Too!: How Siblings Can Survive their Parent's Aging without Driving Each Other Crazy*, Bantam Books, January 2010.

This book and others on various family caregiving topics can be borrowed from the Caregivers' Resource Center located in the Tompkins County Office for the Aging.

Sometimes a professional from outside the family can help you communicate and mediate conflict. In Tompkins County, two free resources are the WiseTalk mediation service of the Community Dispute Resolution Center

(273-9347, www.cdrc.org) and the Caregiver Counseling provided by Family and Children's Service (273-7495).

More Boomers are Caring for Aging Parents

A recently published study, *The U.S. Health and Retirement Study*, shows a steep rise in the percentage of people caring for elderly parents. It compared 1994 to 2008 and in those fourteen years found the following changes:

Percentage of men and women caring for aging parent:

Men

1994: 3%
2008: 17%

Women

1994: 9%
2008: 28%

The percentage of adult children (50 and older) with caregiving responsibilities for at least one living parent tripled in that 14 year period! "People are living longer and, with chronic disease. Someone has to take care of them, and it's us, says Gail Hunt, CEO of the National Alliance on Caregiving.

The study also quantified the financial toll on care providers due to leaving the workforce early or temporarily to care for a parent:

Average loss in wages, pension and Social Security benefits over a person's lifetime:

Men: \$283,716
Women: \$324,044

Just as people have to plan for the financial impact balancing employment and childcare, the study points to the increasing importance of financial planning for the impact of eldercare on financial security.

BOOK NOOK

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gangsters, jazz musicians, and a Japanese Nisei couple. Doctorow uses these minor characters to highlight the changing times the brothers are living through, and their reluctance to fully embrace their changing neighborhood and world. This powerful tale of the downfall of a family explores numerous topics, including the sense of community, what it means to be a family, sustainability, and hoarding.

Homer and Langley is this year's selection of the Community Read sponsored by the Tompkins County Public Library and Cornell University. There are 300 copies of the book available for check out at TCPL, as well as copies in all of the libraries in Tompkins County. In addition, TCPL has numerous copies in large type, audio books, and it is even available in foreign languages. This year is also the first year we have the Community Read title available for download as an e-book and a downloadable audio book. Stop by our library or our web site for copies today!

— Sarah Glogowski
Adult Services Librarian
Tompkins County
Public Library

Keep Healthy with Nutrition Assistance

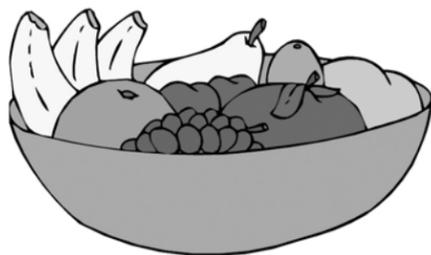
Betsy Spencer,

Foodnet Outreach Worker

Many of you do not know me yet as I am fairly new to town. Let me introduce myself; my name is Betsy Spencer and I am the new Nutrition Outreach Worker with Foodnet Meals on Wheels. When I began working at Foodnet in the

beginning of May, one of my main concerns was that I would see unmet needs among seniors and not have a way to help. Lucky for me though, Tompkins County has a wonderful network of interconnected programs, with dedicated personnel who help local seniors in every way possible. One of the main aspects of my new job is to direct people to those interconnected programs so they can receive the assistance they need.

A good example of this would be the process of getting Food Stamps to qualifying seniors. While Food Stamps are not a county-funded program, there are several county programs that work together in an effort to ensure that eligible seniors receive benefits. Many people don't even realize that they qualify for Food Stamps. More seniors and persons with disabilities are eligible than ever before!



Food Stamps are very helpful in preventing senior malnutrition. Today's economy requires people to stretch their dollars further leading to many people to reduce their food budget. This leads to eating more processed foods and less fresh fruits and vegetables. What many people don't know is that nutrition isn't something that should be taken lightly- especially among seniors. Lack of food can increase the risk of stroke, depression, and aggravate pre-existing health conditions. Most people have some



The First Whistle at Foodnet's Wheelathon.

knowledge about Food Stamps but there are many misconceptions due to the fact that the program has evolved so much and grown over the years. In the month of May alone, more than 44 million Americans utilized their Food Stamp benefits! Some of those misconceptions may be remedied by reading a few of the handy facts listed below about eligibility:

- Your medical costs can raise your monthly benefit.
- You may own your own home or car, or have savings and still be eligible.
- You may live with other people.
- You may get Social Security, retirement income, etc.
- Liens are **never** placed on your property

How exactly does one apply for Food Stamps? It's simple!

Applications can be picked up at the Department of Social Services at 320 W. Seneca St, Ithaca, between the hours of 8:30 am and 4:30 pm. You can also call and have an application mailed to you if you prefer. The telephone number for the Department of Social Serv-

ices is 607- 254- 5252. Along with the completed application, you will need to provide copies of certain documents such as your social security card, a statement of income received monthly (a bank statement will do), and any monthly bills (housing, utilities, property taxes, and don't forget those recurring medical bills). Don't worry too much about filling it out perfectly. If there is something missing, someone from the Department of Social Services will contact you and let you know what more you need to turn in.

A large part of my job is helping seniors apply for Food Stamps. If you find that you would like assistance in filling out the form and making the appropriate copies, give me a call at 266- 0654. I will go to your home and fill out the form with you. I make copies right there on the spot with a copier I bring along with me. Then I head over to the department of social services myself and drop the form off. No need for you to even leave your home. See? Simple!

If you are unsure if you are eligible or have any other questions, please feel free to give me a call: Betsy Spencer with Foodnet at 266-0654. Since good nutrition is the best prevention for illnesses it makes sense that local agencies are working hard to get the word out about Food Stamps. Contact me today and start eating healthier with Food Stamps.

Special 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 you. Please call the Tompkins County Office for the Aging at 274-5482, or visit us on the web at www.tompkins-co.org/cofa

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. Limited scholarships are available for those who cannot afford the full program fees. Longview's Adult Day Program is open from 9am to 3pm on Tuesdays, Wednesdays and Thursdays. For more information call (607) 375-6320.

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 references for all caregivers. You interview and negotiate the specific terms of employment with the caregiver. For more information, please contact Cheryl Baker of the Registry Program at Finger Lakes Independence Center, 272-2433.

Yard Work

The Office for the Aging maintains a list of individuals who are willing to assist seniors with yard work in the summer and fall months. Some individuals are willing to volunteer their help and others require payment. If you have a need in this area, please call 274-5482.

Tompkins County Office for the Aging • 607-274-5482
320 N. Tioga St., Ithaca, NY 14850 • www.tompkins-co.org/cofa/

This is an Actual Scam Alert!

NYS - Consumer Protection Board
Jurisdictions: New York

TOPIC: Jury Duty Scam

WHO IS THE TARGETED

VICTIM? Residents

WHAT IS THE SCAM? The caller identifies him/herself as an officer of the court. He/she says you failed to report for jury duty and that a warrant is out for your arrest. You say you never received a notice. To clear it up, the caller says he'll need some information for

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The Foodnet picnic at Stewart Park.

SCAM ALERT

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“verification purposes,” such as your birth date, social security number, credit card number, etc.

Instructions:

WHAT STEPS SHOULD YOU TAKE? As a rule, court officers never ask for confidential information over the phone; they generally correspond with prospective jurors via mail. Protecting yourself is the key: Never give out personal information when you receive an unsolicited phone call.

For information regarding other scam prevention measures, visit the Consumer Protection section of the New York Department of State website at: www.dos.state.ny.us.

Meals on Wheels

If you or someone you know over the age of 60 have difficulty getting to the grocery store or the preparation of meals, please know that Foodnet Meals on Wheels will provide nutritious food to your home either daily or less depending

Comidas en Ruedas

Si usted o alguien que usted conozca sobre la edad de 60 años tiene dificultades para llegar a la tienda de comestibles o con la preparación de las comidas, por favor sepan que Foodnet Comidas en Ruedas ofrecerá una comida nutritiva a su casa ya sea todos los días o menos dependiendo de su necesidad.

Somos una organización sin fines de lucro, dedicada al servicio público y cuyo único propósito es asegurar que nadie en la tercera edad se acueste con hambre.

Para obtener más información, por favor llame a Betsy en Foodnet Comidas en Ruedas al 266-0654. Usted puede hablar con ella en español.

Llame hoy mismo y empiece mañana con una buena nutrición.

on your need.

We are a non-profit organization dedicated to public service and whose sole purpose is to ensure that no senior goes to bed hungry.

For more information, please call Betsy at Foodnet Meals on Wheels at 266-0654. You can talk to her in Spanish.

Call today and start tomorrow with good nutrition.

LivingLife
at **WaldenPlace**



Call (607) 756-8101 to schedule your personal tour today!

WALDEN PLACE
A Senior Lifestyle Community

Assisted Living | Memory Care | Short-term Stay

839 Bennie Road
Cortland, NY 13045
(607) 756-8101

www.seniorlifestyle.com



EVERYONE'S AN ATHLETE
Bennett Harmon, Champion Boxer

It takes a real athlete to muscle a box of heavyweight textbooks up two flights of stairs.

So when he needed hip replacement surgery, Ben Harmon chose the same orthopedic care team that serves the region's most famous athletes. And so can you.

Learn more at:

www.EveryonesAnAthlete.org
(607) 252-3510

The Cayuga Center for Orthopedics and Sports Medicine

The region's largest provider of comprehensive orthopedic diagnostic, surgery and rehabilitation services. Team physicians for:

- Cornell Basketball
- Cornell Hockey
- Ithaca College Athletics
- SUNY Cortland Athletics
- TC3 Athletics
- Ben Harmon



Cayuga Medical Center

Cayuga Center for Orthopedics and Sports Medicine

THE CENTER IS YOU



New Interim Executive Director at Lifelong



Scott Heyman.

The Lifelong Board of Directors welcomes Scott Heyman as our Interim Executive Director. Scott has served in three Tompkins County positions over a 20 year span: Human Rights Director for five years, Deputy Administrator for two years, and County Administrator for 13 years. After he left county government he served as the CEO of Planned Parenthood of Tompkins County; at the end of his 10 year tenure there he had led a merger of that agency with Planned Parenthood of the Southern Tier that created the four-county Planned Parenthood of the Southern Finger Lakes.

Since leaving Planned Parenthood in 2008 he has facilitated and consulted for several area nonprofit agencies. He coordinates on an ongoing basis the Human Services Coalition's Workshop Series, which has grown rapidly to nearly

1,000 attendees per year. He facilitated the merger in 2009-11 of the Paleontological Research Institution and Cayuga Nature Center. During 2010 he served as Interim Executive Director of Suicide Prevention and Crisis Service where he worked with the agency's staff and board to eliminate a large fiscal deficit and select a new Executive Director from existing agency staff.

Scott has lived in Tompkins County for 38 years and is a native of Syracuse. He and his wife Linda have five children and seven grandchildren. Scott brings a great deal of experience to this position that will allow him to help lead us, teach us and guide us as we move forward as an organization.

Election Inspectors Needed

In Tompkins County more than 300 people are needed to work as election inspectors and operate the polls on Election Day. You must be a registered voter in Tompkins County (17 years or older), represent either the Republican or Democratic Party, and enjoy people and service to others.

When Am I Needed?

Just a few days a year:

- Primary Day in September 11:30a.m. -9:30p.m. (approx.)
- Election Day in November 5:30a.m. -9:30p.m. (approx.)

What do I Have to Do?

- Report to work at the designated time
- Prepare the polling place for voting
- Set up the voting equipment
- Process the voters
- Demonstrate voting procedures to the voters
- Close the polling place at 9:00p.m.

Canvass and report the results Attend an inspector training class every year

Attend a session for machine training yearly

Will I be Paid? YES!

- \$160 for General Election Day
- \$100 for Primary Day
- Reimbursement for attending training.

If you are interested in becoming a pollworker, contact the Board of Elections at 607-274-5521.

Democratic Commissioner,

Stephen Dewitt

Republican Commissioner,

Elizabeth Cree

The Board of Elections is currently looking for Poll Site Inspectors and Poll Site Managers to work this year's Elections. This is an opportunity for folks who are interested in participating in the political process to become involved. The duties of an Inspector include signing in voters, distributing ballots and ensuring that every valid vote is counted. The Poll Site Managers are in charge of the voting machine and directing voters at the poll site.

Each position has a paid training session that will be held before the Election. New workers will be working with experienced inspectors and poll site managers. The Primary Election Inspectors (11:30am -9:30pm) are paid \$100 and Poll Site Managers (11am-9:30pm) are paid \$130. The General Election Inspectors (5:30am-9:30pm) are paid \$160 and the Poll Site Managers (5:00am-9:30pm) are paid \$190.

The trainings will begin in August.

Participate in the democratic process! Vote! Volunteer!

Temporary and Permanent Absentee Ballots are available. Some elections are close!

Lifelong Dining: Twelve Nights Out

Many thanks to all of you who purchased tickets for our Lifelong Dining Fundraiser held this spring.

Winners were drawn at our annual meeting in May. Osima Carruth won the Brunch for Two at Belhurst Castle, David Kreinick won three nights out, Roxann Buck, Larry Keller, and Joan Packard won four nights out each, Ralph Jones won four nights out and a Cayuga Lake Cruise, Kathy Ray won six nights out, and the big winner with twelve nights out was Ellie May. Thanks to all of our members, participants and friends who purchased tickets, we were able to raise \$3,725 in support of our programs and services.

Of course this would not be possible without the generous support we received from area restaurants, which donated gift certificates and meals. Thanks to:

Aladdin's
The Antlers
Americana Vineyard
Asian Cuisine
Belhurst Castle
Ben Congers Inn
Blue Stone
Cayuga Lake Cruises
Chili's
Ciao!
Corks & More
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continued on page 7

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TWELVE NIGHTS OUT
from page 6

- Sushi O Sake
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Medicare Open Enrollment Clinics at Lifelong

By Diane Dawson, Retirement Services/HIICAP Coordinator

The open enrollment, or annual election period, for Medicare is earlier this year. The new dates are **October 15 through December 7, 2011.**

This is a time when all seniors may review their health care needs and change from Original Medicare (A & B) to a Medicare Advantage Plan or from a Medicare Advantage Plan back to Original Medicare. You also can change from a Medicare Advantage Plan without

prescription drug coverage to one with drug coverage. You can join a Part D prescription drug plan, change from the one you currently have to a different plan, or drop your prescription drug coverage. Any changes made between October 15 and December 7 will take effect on January 1, 2012.

Those happy with their current health care coverage do not need to make any changes. EPIC members will be required to have Medicare prescription drug coverage effective January 1, 2012, to continue their EPIC member benefits.

Lifelong will be hosting first-come, first-served walk-in clinics at Lifelong, 119 West Court Street, on the dates and times listed below. No appointment is necessary.

Trained volunteer counselors will be on hand to assist you with your questions. We strongly urge everyone to bring with them to the clinic his/her Medicare card, all other health care or prescription drug cards, and a listing of all the prescription medications you take, in-

cluding the exact name of the drug on the bottle, the number of milligrams and how frequently you take the medication.

Please do not miss this once a year opportunity to review your health care needs and let the trained counselors at Lifelong assist you. Those new to Medicare, and others with issues before open enrollment, can make individual appointments for our weekly Wednesday morning counseling sessions by calling Lifelong at 273-1511.

Lifelong Medicare Open Enrollment Clinics:

- Monday, October 17, 9:30 to 11:30 a.m.
- Wednesday, October 26, 9:30 to 11:30 a.m.
- Monday, October 31, 1 to 3 p.m.
- Monday, November 7, 1 to 3 p.m.
- Wednesday, November 16, 9:30 to 11:30 a.m.
- Monday, November 21, 9:30 to 11:30 a.m.

- Wednesday, November 30, 9:30 to 11:30 a.m.
- Monday, December 5, 9:30 to 11:30 a.m.

Reprocessing Medicare Claims

Medicare is currently reprocessing Part B claims dating back to the first five months of 2010. You may notice these charges or refunds on your Medicare Summary Notices. The Federal law changed the doctor fee schedules in 2010 and Medicare is now catching up with reprocessing claims that were either over charged or under charged according to the new doctor fee schedule.

You may receive a payment request from your physician if you owe money or you may receive a partial refund of a payment you made in 2010 to your physician. While many preventive screenings

continued on page 8



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MEDICARE CLAIMS

from page 7

are now covered by Medicare starting in 2011, physicians may charge you for diagnostic services. Each time you receive your Medicare Summary Notice you should review it to be sure all the charges reflected there are for services you actually received. If you have questions, check with your doctor's office and if you need additional assistance call Lifelong at 273-1511.

Come and Be Trained in the 6-Step Balance System...

at Lifelong, 119 W. Court St. Ithaca, NY, Wednesday, September 21, 2011, from 9:30am-3:30pm with Dr. Betty Perkins-Carpenter.

In this "Train the Trainer" course, you will learn how to teach the Six Step Balance System by learning each of the six steps and associated activities: Stretching in Bed Exercises, Balance Exercises,

Ball Handling Exercises, Walking while Talking on the Phone (indoors) Exercises, "The 10 Martini Slump", and Dancing with a Pillow.

Once trained, there will be follow-up to hear your success stories and to offer help when and where needed.

To Register, contact Lifelong at 273-1511 or email jpendleton@tclifelong.org.

The Six Step Balance System philosophy is based on the simple but profound belief that "fear of falling" is a major factor contributing to falling—a self-fulfilling fear. The Six Steps Balance System focuses on helping older adults to maintain/reclaim their balance through a series of activities of daily living that are fun and easy to do, give hope and motivate, and are designed to reduce falls and the fear of falling.

Dr. Betty Perkins-Carpenter is a nationally renowned expert on falls prevention. Betty has served on the President's Council on Physical Fitness and Sports and has been a speaker at the White House Conference on Aging. Betty's Six Step

Balance System is born out of her years as an Olympic Diving Coach and 45 years working with seniors.

We look forward to seeing you in September.

Lifelong Membership Meeting

On July 6 Board President Barbara Hulbert presided over a membership meeting at the Lifelong Senior Center.

About 20 members of Lifelong attended and offered their views on two major changes happening at the agency - the upcoming selection of a new Executive Director to succeed longtime head Bill Hawley and a set of fee changes slated to go into effect September 1.

Hulbert asked attendees to break up into small groups and come up with the qualities they felt the Board of Directors should look for in the agency's next director - what kind of knowledge, skills and abilities they felt were most important. Discussions were lively and

Hulbert said she is putting the group's suggestions together with those she has received from Board and staff members to create a profile of the agency's next leader.

Then Hulbert provided information about the upcoming increase in activity fees. For many years the agency has "suggested" a \$3 per person contribution for each activity session. Now there will be an actual fee charged and the amount will increase to \$5.

Hulbert said this increase is particularly painful since no-cost and extremely low-cost activities have been the agency's signature since its founding nearly 60 years ago. But she explained that reductions in financial support from more than a dozen agency funders make the change essential if Lifelong is to continue to enhance the second half for area seniors. Members present had several suggestions that Hulbert said will be given careful consideration including monthly fees that would reduce the nuisance factor for frequent attendees and that might include a discount for prepayment.

Hulbert emphasized that the agency will continue to offer scholarships to persons who cannot afford the higher costs.

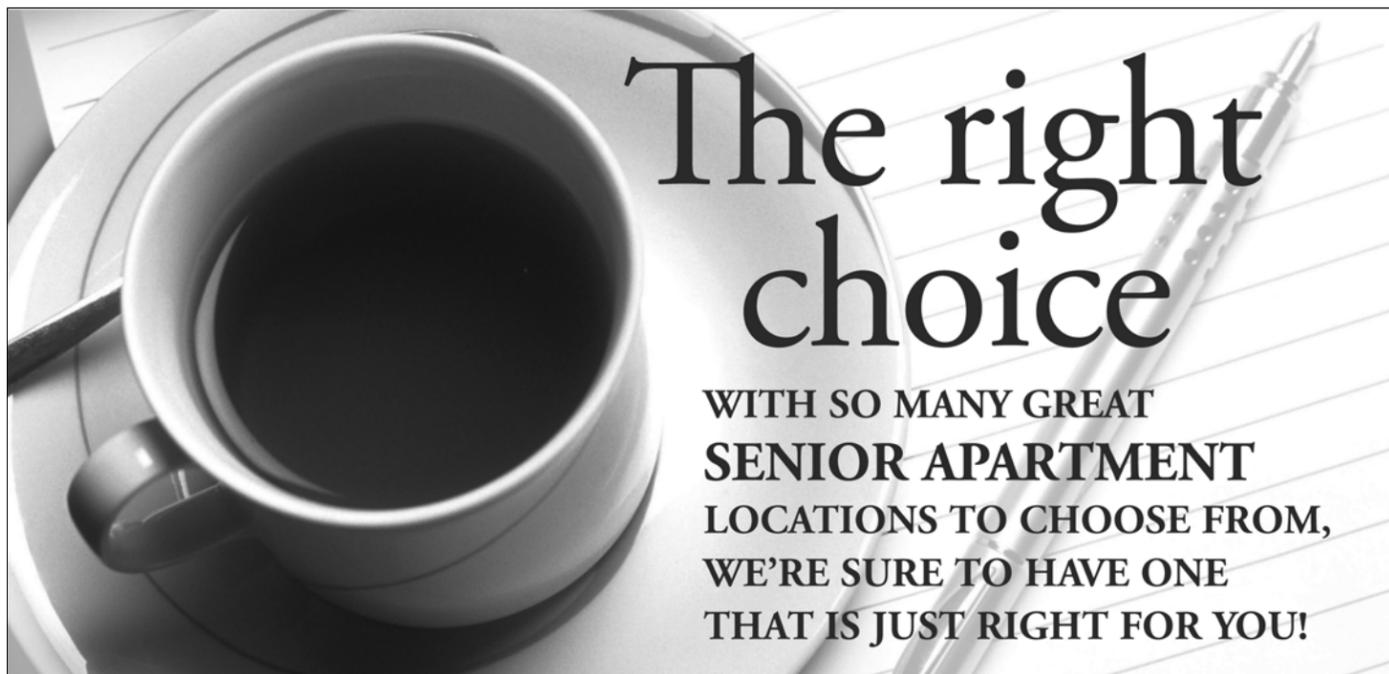
New Interim Executive Director Scott Heyman and Program Director Jillian Pendleton joined Hulbert in responding to questions and concerns about the agency's future. Despite the seriousness of both topics all present did what they always do at Lifelong - they enjoyed each others' company.

New State Budget Brings NYS Budget Changes to EPIC

The FY 2011-2012 New York State Budget includes changes in the law that will affect seniors who are enrolled in both the Elderly Pharmaceutical Insurance Coverage (EPIC) program Deductible Plan and Medicare Part D.

Beginning July 1, 2011, EPIC will expand Part D premium assistance to include more members. EPIC will begin paying monthly Medicare drug plan premiums (up to \$38.69/month) for all single deductible members with annual income up to \$23,000 and for all married deductible members with annu-

continued on next page



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EPIC*from page 8*

al income up to \$29,000. If an EPIC member's Part D premiums currently are being deducted from their Social Security check, the member will need to call their Part D plan as soon as possible to cancel these deductions if their income falls within these limits. Deductible members with income above the new limits must continue to pay their monthly Part D premiums.

Additionally, the EPIC deductible credit (up to \$464) that was applied annually to offset Medicare drug plan premiums will be eliminated and deductibles will be raised for all those in the deductible plan who have Part D. Members who met their EPIC deductible before July 1, 2011 will be required to meet an additional \$464 before they can resume paying only EPIC co-payments.

There are no changes to the EPIC co-payments once the new EPIC deductible is reached and they will remain between \$3.00 and \$20.00 depending on the cost of the prescription. As always, prescription drugs must be covered first by a Part D plan. However, there is an exception. Primary coverage for the Medicare Part D excluded drugs, such as benzodiazepines and barbiturates, will remain the same through December 31, 2011. EPIC eligibility requirements also are unchanged.

All EPIC members affected by these changes are being notified. If there are any questions, EPIC members and the general public should call the toll-free Helpline at 1-800-332-3742.

Another change in the law, whereby the EPIC program will transition to a Medicare Part D coverage gap benefit only, will take effect on January 1, 2012. All EPIC members and partners will be notified of the details before they are implemented.

Lifelong Learning Community Classes

Lifelong values an experience-centered learning environment, shared knowledge and aims to link communities with one another. We invite you to join us for a great selection of community classes, workshops and presentations this upcoming spring.

A complete list of offerings is available online at www.tclifelong.org or at Lifelong at 119 W. Court St. There is a registration cost of \$60 for one course, \$85 for an unlimited number of courses and presentations (Members receive a \$5 discount). We want everyone to take advantage of these community classes. Need-based scholarships, for a maximum of 3 fee-based classes, are available for anyone who is unable to afford the cost of registration.

Lifelong Learning has established the reputation for developing innovative and volunteer-taught programs. Lifelong Learning is made possible by the time and energy generously donated by volunteer instructors. Program ideas and volunteers are always welcome.

Medication Disposal Save the Date!

The Tompkins County Coalition for Safe Medication Disposal plans another collection day for Saturday, October 1, at TCAT and possibly two more satellite locations. Please save the date and gather your expired or unused medications for this important disposal day! We will be collecting prescription, over the counter, pet medications. We cannot collect needles, any products containing mercury, or medical equipment supplies. Medications should be in their original contain-

ers with the patient's name and personal information marked out. Please help us protect the environment, our lake, streams and ground water, by not disposing of unused medications in compost or landfills. If you are interested in volunteering for this important community event, contact Lilly Hartman, RSVP Director at Lifelong, 273-1511.

Travel With Lifelong

Did you know that Lifelong travels? Travel with friends while traveling all over! Lifelong is planning a variety of intriguing trips for the 2011-2012 calendar. Please visit our updated travel calendar online at www.tclifelong.org or at Lifelong, 119 W. Court St., Ithaca, NY.

Lifelong Walk Program

Come walk with us! Lifelong's walk program is back with a line of fun and invigorating walks. Lifelong and RSVP volunteers Elke Schofield and Jane Zimmer will be escorting you on educational and nature walks throughout Tompkins County. See an updated walk calendar online at www.tclifelong.org or here at Lifelong, 119 W. Court St. Ithaca, NY. Come and enjoy Ithaca's gorgeous summer and fall weather. Hope to see you there!!!

Retirees Learn Life Lessons from Tutoring

*By Jim Atkinson,
Retired TLP volunteer*

Senior citizens are the vanguard of volunteerism in Tompkins County. Here at Tompkins Learning Partners (TLP), fully one-half of our 64 current tutors come from the ranks of the retired. As might be expected, several of them join us after a career in education, but a look down the list finds doctors, social workers, a nurse, a lawyer and a librarian, among others.

While their backgrounds are diverse, these volunteers share the common goal of helping adults or incarcerated youth to improve their fluency in English, their ability to use computers, their understanding of math and its application in everyday life, and also to help prepare immigrants to become U.S. citizens. They do this by tutoring individuals or small groups in one or more of the following programs: Adult Basic Education; English as a Second Language, or Incarcerated Youth Services.

A feel for what we do here is probably best conveyed by letting a few individuals comment on the challenges and rewards of their TLP tutoring experiences.

Tom Weiler and Sue Watkins, respectively, on the need to tweak their teaching techniques:

"Working with the students and staff at TLP is very satisfying. Compared to college teaching, helping students succeed in basic reading is a new challenge. It requires far more reliance on educational techniques and carefully controlled content. Students, sometimes with learning challenges such as dyslexia, succeed in highly planned and manageable increments. Breakthroughs are infrequent and hugely rewarding—they motivate students to continue."

"I had always taught college students with a strong educational background, so I was a bit unsure how I would do with students who had less formal education. It took me a while to adjust to a slower learning pace and to practice patience, but I quickly realized how exciting it was to see beginning students make even slow, small progress with their reading and writing skills."

Susan Jaquette and Bill Tyler, respectively, offer insight into tutoring as a two-way street:

"My long-standing and current tutoring partnership has taught me that personal satisfaction doesn't necessarily come from where one might expect – from seeing a student gradually gain reading skills that lead to independence or notable life changes. The rewards can be more subtle. While my student's reading progress has been extremely slow...I've come to feel that I represent one small strand of support and collaboration that has enabled her to widen her world and feel more confident about herself and her interactions with others. In return, she has widened my world by showing me that you can't measure a person's personal assets by your own familiar yardstick."

"I started tutoring after retiring from my medical practice in 2003. Tutoring has been a fairly low-stress substitute for the kind of work I enjoyed, i.e. working with other people who might benefit from me and my education in a one-to-one setting. As with my patients, I learned as much, or more, from my students as they did from me. I've been teaching reading and math to ABE and ESL students — all middle-aged or older men — my peers."

Pat Woodworth comments on women and math:

"I especially like the interaction with women in the group who do not like math and who do not think they can do math, but who believe they should know how to use math. It is very satisfying to hear an adult woman say she is learning a lot about how to use math and having fun doing so. One woman in the group said it is like a window is opening in her brain."

continued on page 10

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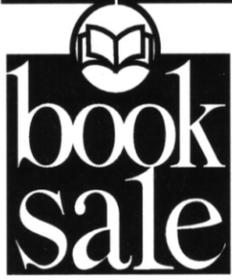


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LIFE LESSONS

from page 9

D.G. Bancroft and Diana Kenyon, respectively, on the experience of working with immigrants:

"I enjoy tutoring people from different countries, learning about their cultures, religions, interests and experiences. Recently, I have worked with a woman who grew up a nomad in Tibet and north India, became a carpet weaver, and now has two sons studying at TC3. I am encouraging her to write her autobiography."

"I am currently tutoring two people from Burma. Years ago I studied Chinese in anticipation of visiting China. I know what a challenge it is to learn a language, especially a Western language, having come from an Eastern culture, or vice versa."

Lola Winter with nugget of wisdom:

"One word of caution to prospective tutors: If you are a talker, you will have to learn to control yourself. You want the student to do most of the talking for that is the most difficult aspect of learning a new language."

Pat Wagner on the collegial atmosphere at TLP:

"I thoroughly enjoy the TLP staff and the environment they create. I have always thought that flexibility is the key to working successfully with any level of student in order to provide what each of them needs. At TLP, I have found a perfect match for my philosophy."

So, fellow senior citizens of Tompkins County, if any of what you've read here suits your philosophy, or has piqued your interest in some other way, feel free to give us a call at 277-6442 or e-mail us at literacy@TLPpartners.org. We are always looking for new Partners.

ANNUAL MEETING

from page 1

ment extends to many other areas as well. He has been a member of the Board of Directors of Lifelong and has worked as a volunteer to create an oral history of the Ithaca Rotary Club. In addition, Fred has been secretary of the City Club and a volunteer with CAPE (Cornell Association of Professors Emeriti). He is also a past President of the Friends of Ithaca College. Fred's contributions to the community have been numerous and long-standing and he is well deserving of this award.

What Is RSVP?

By Lillian Hartman

The Retired and Senior Volunteer Program (RSVP) promotes and supports volunteerism in "the second half" of life. The program's goals are to engage people age 55+ in volunteer service to meet critical community needs; and to provide a high quality experience that will enrich the lives of volunteers. RSVP is a national program with 740 chapters and 430,000 volunteers across the US. Last year 436 local RSVP volunteers provided 67,000 hours of service, which translates to \$1.9 million dollars of service (Independent Sector 2008 NYS estimate).

RSVP of Tompkins County is sponsored by Lifelong, and a community Advisory Council guides local activities. RSVP works with not-for-profits in the community to develop and advertise volunteer positions for older adults. RSVP helps potential volunteers assess their skills and interests, and match up with rewarding volunteer opportunities. Many of these volunteer op-

continued on next page

BONUS OFFERINGS: Lifelong Learning Presentations that will NOT BE OFFERED IN THE CATALOG:

"Finding Rest and Renewal: How to Create a Mini-Retreat to Soothe Your Spirit, Ease Your Body, and Calm Your Mind" on Monday, 10/31 from 10AM-12PM with Lisa Kendall. Many of us know we need time away, but are unsure of where, how, or when to create effective Retreats. In this workshop learn how to structure personal mini-Retreats that last from ten minutes to a full day, select meaningful activities, and comfortably transition out of the Retreat, taking powerful and lasting lessons into daily life.

This workshop is intended for both experienced and new retreatants, and is especially designed for those who are seeking better balance and well-being in their lives. Please register by contacting Lifelong at 273.1511.

"When the Diagnosis is Dementia: Communication Skills for Caregivers" on Monday, 9/19 from 10AM-12PM with Lisa Kendall. One of the most challenging aspects of caring for a loved one with dementia is learning new ways to communicate. In this two-hour workshop, participants will: hear a brief overview of dementia and how it affects thinking and communication skills; learn effective ways to overcome common communication barriers; consider a new way of looking at dementia that will transform the care partner relationship; learn about local and national resources for care partners and their loved ones. To register please contact Lifelong at 273.1511 or stop in at 119 W. Court St. We look forward to having you join us!

"Elder Care: A Family Affair?" on Monday, 9/12 from 10AM-12PM with Lisa Kendall. Is everyone in your family working together to care for your older loved ones? Many families experience conflict and communication problems when it comes to caregiving. If you are caring for an ill loved one and would like to get other family members involved, please join us for this informative workshop, where you will learn about the challenging dynamics of family caregiving, five steps to holding an effective family meeting, delegation how-to's, communication tips for stressed caregivers and care partner resources. To register please contact Lifelong at 273.1511 or stop in at 119 W. Court St. We look forward to having you join us!

"Colors of Fall Drawing" on Wednesdays, 9/28 & 10/4, from 2PM-4PM with Maxine Watter. We will concentrate on tweaking the process of drawing and then using colored pencils to render a finished drawing composition. Learn techniques that enhance eye-hand coordination and designing a composition to render. Also learn to work with Prismacolor artists pencils (layering and rendering) to complete a finished drawing. The workshop will be held OFF-SITE at Maxine Watter's Acreate Art Teaching Studio in Newfield. Art supplies will be provided by Acreate Studio and directions will be given to students upon confirmed registration. Class size is limited so reserve your spot today by stopping in at Lifelong or calling at 273.1511.

"Coping with Loss: Facing Death & Bereavement" on Monday, 10/3 from 10AM-12PM with Lisa Kendall. Serious illness may result in the loss of a loved one. People experience many emotions both before and after the actual death of their loved one.

This workshop will gently acknowledge those emotions, help participants explore the milestones on the journey toward acceptance of a terminal illness or death, understand the process of grieving, and discover the factors that contribute to healthy mourning.

We will also offer practical suggestions to help a dying loved one or widowed and bereaved friends, and provide information on local bereavement resources. Please register by contacting Lifelong at 273.1511.

"More than the Blues? Recognizing Depression in Care Partners" on Monday, 9/26 from 10AM-12PM with Lisa Kendall. The longer people live, the more likely they are to rely on family caregivers. Caregiving can be a significant risk factor for health problems. Participants in this workshop will: learn about the physical and emotional impact of caregiving and chronic illness; learn how to recognize depression in Caregivers and in older adults; explore strength-based coping strategies designed to prevent and treat depression; hear about a philosophy of care designed to improve quality of life for Elders and their Care Partners; generate resources to support family caregivers. Please register by contacting Lifelong at 273.1511.

RSVP
from page 10

tions provide high impact services for Tompkins County such as health insurance counseling, tax preparation, assistance with monthly finances, food pantries, free and low-cost transportation, low-cost clothing, and flu clinics. RSVP supports active volunteers with invitations to new opportunities, supplemental insurance, newsletters, recognition events and prizes. RSVP keeps track of volunteer hours and helps not-for-profit agencies conduct client surveys to provide feedback for volunteers.

For more information or to begin volunteering, visit www.tclifelong.org or give us a call at 273-1511.

What Is Check It!?

Check It! is a full or modified bill paying assistance program designed to provide financial management assistance in order to minimize stress when handling financial affairs.

For more information contact Diane Dawson information at 273-1511 or ddawson@tclifelong.org.

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