

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

Senior Focus: Joyce Day Captures the American Spirit of Service to Others

By Katrina Schickel



Today, as I write this Senior Focus article, Americans are exercising their right to vote in cities and towns across this great land. We have heard much this presidential season about issues of great concern to both the right and the left. Candidates and pundits have presented their points of view with great passion in effort to persuade voters to align them-

selves with their respective parties. Behind the passion of these arguments and discussions lies the day to day reality of the lives of the American voter. Perhaps, when we look at our individual communities and the people who make up our own neighborhoods, we can newly appreciate the uniqueness of our country.

On Monday, the day before the Presidential election, I had the privilege of spending time with Joyce Day of Dryden. Exiting my car, I braced myself against the chill of this late afternoon November day. Joyce's home in the village can only be described as utterly charming. Her gardens, carefully tended and planned welcome the visitor to this enchanting cottage-like home. Joyce and I chatted in front of her fireplace and as the afternoon waned and our conversation meandered over the highlights of her life, I couldn't

help but be struck by the uniquely American spirit of her life.

The third child of ten siblings, Joyce's childhood was peppered with lots of reading and of course some responsibility. She reassured me that being one of so many siblings did *not* mean that all they did was work. Her mother encouraged reading and trips to the library were common. But so too, there were tables to be set and dishes and laundry to be done – a reality that most families share although perhaps not in quite the same magnitude. The family had a garden which was put to good use. The children learned to can and put up vegetables and make pickles. Helping one another was part of the fabric of life for this family in Newfield, New York.

After graduating from high school, Joyce went on to fur-

ther her education at TC3 where she was a member of the first graduating class. Her first job, and one that she held until her retirement, was for the City of Ithaca as fiscal manager in the Chamberlain's Office. Joyce married at age twenty and she and her husband had two treasured sons. However, after nine years, the marriage ended and Joyce relocated to the small village of Dryden where she found wonderful neighbors, schools and a church where she serves in a variety of roles to this day. She purchased the small home where we sat and enjoyed the warm, afternoon fire. Over the years she painted, added on rooms and really completely refigured this home to its present state which can only be described as lovely. Joyce did much of the work herself, with some assistance from family and friends as needed. ...Continued on page 7

Staying Safe: Winter Driving and Beyond

By: Ray Weaver,
Way2Go Program Manager, Cornell
Cooperative Extension

With the winter months upon us, it is important consider how to be safe while driving in the winter. If you plan on driving this winter, make sure you have your vehicle is ready. Check the windshield wipers for signs of wear like cracking or discoloration and check the quality of the wipe. If there are streaks or areas that are unwiped, it's time for a new set. The National Highway Transportation Board recommends new windshield wipers, at minimum, every year (every six months is ideal). Yet the average vehicle owner replaces his/her wipers only once every 2.5 years. Check the defroster and fill your windshield washer reservoir with a fluid that will not freeze and keep extra in reserve in the vehicle. You can go use a lot of windshield wiper fluid in a single snowstorm.

Make sure your battery is fully charged. In cold temperatures, batteries loose power. See that the tires have good tread, at least 1/16 of an inch, and are properly inflated. Safer-

RSVP Volunteers in Action The Wonderful Wheelchairs program is just one of **60 area non-profit agencies and programs** that benefits from the **450 RSVP volunteers** age of 55+ who donated **65,164 hours of volunteer service** this past year. Find out more by calling Retired Senior Volunteer Program at 273-1511.



Harry Ellsworth



Tracy Saulsgiver



Larry Saulsgiver

car.gov states "All tires will naturally lose some air over time. In fact, under-inflation is a leading cause of tire failure. So it's advisable to check the pressure in all your tires, including the spare, at least once a month." For an accurate reading, check the tire pressure when it has not been driven for at least three hours. You'll get better gas mileage, too, with properly inflated tires.

Keep supplies on hand such as an ice scraper, cell phone with charger, a blanket and abrasive materials such as sand or kitty litter in case your vehicle gets stuck. If possible, don't let your tank get less than half-full. Pay attention to the weather reports and consider staying off the road in

bad weather, times of day with lots of traffic and after dark when visibility is reduced. Consider if you or a loved one would be better off taking a break from driving for the winter or retiring from driving altogether. There are options to get where you need to go, help keep you active in the community and even resources for helping you have a

...Continued on page 7

INSIDE THIS ISSUE

- Snap Shot of Tompkins County Older Adults
- If You Need To Hire In-Home Help
- Area Pharmacies Hours
- Program News from Lifelong, RSVP & Northside-Southside

SAVE the DATE:
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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 affecting older adults. 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

Longview's Adult Day Program

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

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 older adults who need some assistance with snow removal, this creates a problem. Individuals who cannot do their own snow shoveling may be able to find people 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 older adults 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 older adults 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 care giving, please contact Trina Schickel at the Office for the Aging, 274-5491. Additionally, if you are interested in volunteering, please call the Office for the Aging, 274-5491, for more information about Project CARE.

The Registry

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

You May Qualify for a Medicare Savings Program

One way of reducing Medicare costs are the Medicare Savings Programs (MSP). These programs look at just an individual's monthly income and not resources or assets. The income eligibility levels and benefits are listed below for each program (based on published 2012 limits):

Qualified Medicare Beneficiary Program (QMB): Single monthly income below \$951 or couple below \$1,281 per month. Pays for Medicare Part A and/or B premiums. Pays for Medicare Part A and/or B coinsurance and deductibles. Individual can be eligible for QMB only or for QMB and Medicaid.

Specified Low Income Medicare Beneficiary Program (SLIMB): Single monthly income below \$1,137 or couple below \$1,533 per month. Pays for Medicare Part B premium only. Applicant must have Medicare Part A to be eligible. Individual can be eligible for SLIMB only or for SLIMB and Medicaid (with a spend-down).

Qualified Individual (QI): Single monthly income below \$1,277 or couple below \$1,723 per month. Pays for Medicare Part B premium only. Applicant must have Medicare Part A to be eligible. Individuals cannot be eligible for QI and Medicaid.

There is one other Medicare Savings Program that does include review of the individual's resources/assets when determining eligibility. The **Qualified Disabled and Working Individual Program (QDWI):** Single monthly income below \$3,809 and resources below \$4,000 or couple income below \$5,129 per month and resources below \$6,000. This program pays for Medicare Part A premium only. The applicant must be a disabled worker under age 65 who lost Part A benefits because of return to work.

For more information regarding qualification and for application assistance, call Lifelong HIICAP (Health Insurance Information, Counseling and Assistance Program) at 273-1511 or the Tompkins County Office for the Aging at 274-5482.



Shirley and Bill McAneny meet with Diane Dawson, Lifelong CEO and HIICAP Coordinator during a recent Medicare Clinic.

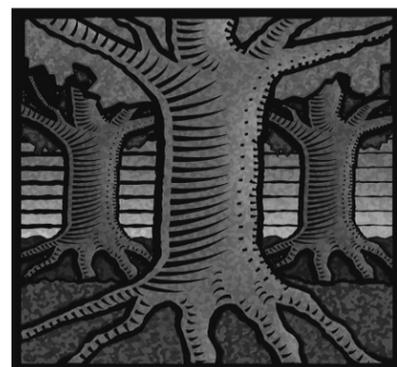
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A Snapshot of Tompkins County Older Adults

The Tompkins County Office for the Aging has completed a needs assessment survey of residents over the age of sixty to identify current trends, needs and resources. The needs assessment is a rich source of information about the status of older adults in Tompkins County, and will be used for planning not only by the Office for the Aging, but also by other private and public entities.

The survey was administered to a randomly selected sample of Tompkins County residents age 60+, and included questions regarding age, income, employment, housing, transportation, isolation, activities, health conditions, care giving, awareness of services, health insurance coverage, prescription drug use, use of technology and food security.

Among the results revealed in the 2012 needs assessment:

- Since the last survey, there is an increase in the number of Tompkins County residents who are employed, with the largest increase among those working full-time.
- Thirty-three percent of older homeowners have a need for major home repairs, and 38% of these cite cost as the reason for not doing the repair.
- Since the last survey in 2004, there is a decrease in older adults with high housing costs burdens, which is a positive indicator for Tompkins County seniors.
- The survey revealed that 18.4% of respondents provided care for another older person, either in their household, or at a distance. Extrapolated to the County as a whole, some 2,952 seniors are providing unpaid care for other seniors. As the baby boom generation reaches its elder years, and the ratio of younger caregivers to older adults decreases, it will become more important than ever to support these informal caregivers who provide the majority of care to seniors.
- Eighty-two percent of Tompkins County older adults have computers with internet access in their homes. This figure compares to 53% nationally. Forty percent of Tompkins County older adults spend at least an hour a week volunteering.

According to the 2010 Census, Tompkins County has seen a 34% increase in population of people age 60 and older since 2000. This group represents 15.8% of the total County population. Baby boomers account for the largest part of this growth: between 200 and 2010 there was an 88.7% increase in persons age 60-64 in Tompkins County.

For a complete look at the Office for the Aging's 2012 Needs Assessment, visit our website at: www.tompkins-co.org/cofa or call 274-5482 to request a copy.

Share Your Advice for a Happy Marriage

<http://blogs.cornell.edu/marriageadviceproject>



Thinking back over your life, what are some of the most important lessons you feel you have learned about having a happy and successful marriage?

The **Marriage Advice Project** (<http://blogs.cornell.edu/marriageadviceproject/>) at Cornell University is collecting the advice of people 60 and older about love and marriage. They are seeking tips from elders about how to find the right partner, how to make marriage or a committed partnership work, and how to deal with the stresses of marriage. The advice they collect will be used in a new book of elder wisdom about marriage.

They would love to hear from you whether or not you are currently married. If you are age 60 or older, please share your lessons on our website. (Simply write your advice - as long or short as you like - in the comment box.)

For more information, go to the website (http://blogs.cornell.edu/the_marriageadviceproject/) or feel free to email them at marriageadviceproject@cornell.edu.

wild



Cheryl Strayed

Wild: From Lost to Found on the Pacific Crest Trail

By Cheryl Strayed

By her mid-twenties, Cheryl Strayed is a lost woman. Her mother has died from cancer, Strayed's young marriage has fallen apart, and after being involved with some questionable men, is now recreationally using heroin. Knowing that she has to change her life, Strayed makes a decision that most young women wouldn't think of doing - she decides to hike the 1,100 Pacific Crest Trail from the Mojave Desert to Washington State by herself. Strayed has little knowledge on how to successfully hike the daunting trail, and is quickly ill-prepared to deal with her heavy backpack, extreme weather conditions, and the severity of loneliness that hits her on her isolated trek. As she hikes on, she not only changes physically from the constant hiking, but spiritually and emotionally as she examines her life and meets strangers who help her along the way.

This popular memoir was chosen by Oprah Winfrey as her new book group pick and is the perfect book to spark discussions in book groups. Sometimes reading like fiction, Strayed's story is part wilderness tale and part self-help memoir about how she personally changed her life around. Readers may not always agree with her choices, but will slowly find themselves cheering for her to finish her journey.

Sarah Glogowski

Readers' Services Librarian,
Tompkins County Public Library
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Lifelong News

HAPPY BIRTHDAY LIFELONG!

By Harriet London, President, Lifelong Board of Directors

Just like the older adults who are our members, participants and volunteers, we celebrate the past while looking to the future. The number of participants in our Lifelong Activities and Lifelong Learning classes continues to grow. We have activities in more locations throughout the county than ever before. We have over 400 RSVP volunteers. And we know that the 50+ population in Tompkins County is growing – most striking, an 89% increase in those 60-64 in the last decade. We're excited about the future.

The Lifelong Board of Directors and staff met over the summer and talked about what we want Lifelong to look like in the future. We looked at our mission to enhance the lives of older adults in Tompkins County and talked about what that means. We focused on our vision of living in a community where growing older well is a vital part of life; where older adults have opportunities to be involved and to grow in ways which are important to them; where they will feel valued and welcomed. Everyone, no matter their age, is enriched by living in a community like that. From our discussions we developed a Vision Statement for Lifelong; it was formally adopted by the Board this fall. We hope that you share our vision and will join us helping to make it a reality.

MISSION: The mission of Lifelong is to enhance the lives of older adults in Tompkins County.

VISION: We are committed to creating a community where growing older well is a vital part of life. Lifelong is a primary resource in meeting that goal. We will thrive as a vibrant hub for a wide variety of activities geared to older adults throughout the county – activities which promote continued mental, physical and creative growth in a setting which is welcoming and comfortable for all. People will know when they plan their retirement that Lifelong will be there for them as an important part of their continuing quality of life. Volunteers at Lifelong and throughout the community will feel valued as they give back to their community and share their talents with others. Lifelong is here to help everyone navigate issues of aging well.

HAPPY BIRTHDAY LIFELONG!

We're 60 years young and going strong! -Harriet

Heartfelt Appreciation

As we reflect on the past with gratitude and look forward to the future with optimism, we at Lifelong would like to thank all our wonderful volunteers, especially our Board of Directors, for their commitment and dedication to our organization. Whether your affiliation with us is as an instructor through Lifelong Learning or Activities, or as a volunteer with Northside/Southside, RSVP or Travel Program, your continued presence and devotion makes us better, stronger and more inviting to the population we serve. From the bottom of our hearts, we thank you, we appreciate you and we wish you all the best in the coming year.

...The Lifelong Staff

NEW YEAR...NEW YOU!

Do you know that Lifelong offers exercise programs throughout Tompkins County? As you think about your hopes for the coming year, don't forget to address your health and well-being. If your New Year resolution is to be stronger and more flexible, Lifelong can help. So mark your calendar, put on your comfy clothes, grab your sneakers, bring some water and take that first step to a healthier you. Check out the list to see classes in your area. For more information contact Lifelong at 273-1511 or jpendleton@tclifelong.org.

Enhance Fitness is an evidence-based exercise program that helps participants at all levels of fitness become more active, energized, and empowered to sustain independent lives. Classes focus on stretching, flexibility, balance, low impact aerobics, strength training exercises, and deep breathing exercises. You can find these classes at:

- ✦ **Dryden Veterans Memorial Home** in Dryden, NY on Mondays, Wednesdays and Fridays at 10:15am
- ✦ **Newfield Gardens** in Newfield, NY on Mondays, Wednesdays and Fridays at 9:30am
- ✦ **Kendal at Ithaca** in Ithaca, NY on Mondays, Wednesdays and Fridays at 9:00am
- ✦ **Juniper Manor I** in Trumansburg, NY on Mondays, Wednesdays and Fridays at 9:00am
- ✦ **Lifelong** in Ithaca, NY on Mondays, Wednesdays and Fridays at 8:30am
- ✦ **McGraw House** in Ithaca, NY on Mondays, Wednesdays and Fridays at 2:00pm

T'ai Chi promotes balance, flexibility, coordination, and reduces pain. T'ai Chi is also known to lower the risk of falls, increase energy levels, enhance sleep, and reduce stress and anxiety. Using precise, fluid movements, T'ai Chi will dissolve tension, increase your strength, cardiovascular fitness, and leave you with a greater awareness, calmness, and overall sense of wholeness. You can find new classes at:

- ✦ **Lansing Library** in Lansing, NY on Tuesdays at 11:30am
- ✦ **Lifelong** in Ithaca, NY on Fridays at 11:30am
- ✦ **Titus Towers Apt.** in Ithaca, NY on Mondays at 10:00am

Yoga uses breathing techniques, basic yoga postures, focus and relaxation to help you become more in tune with your body and improve your breath awareness and control. You can find these classes at:

- ✦ **Lifelong** in Ithaca, NY on Tuesdays at 4:30pm and Fridays at 10:00am
- ✦ **Philomathic Library** in Trumansburg on Tuesdays and Thursdays at 10:00am

Strength Training uses resistance exercises to strengthen bones, increase muscular endurance and improve circulation and balance. You can find these classes at:

- ✦ **Lifelong** in Ithaca, NY on Mondays & Thursdays at 12:30pm
- ✦ **St. Catherine's of Siena** in Ithaca, NY on Fridays at 9:20am

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LIFELONG LEARNING SPRING SEMESTER



The calendar may say winter but at Lifelong, Spring is in the air! The Lifelong Learning Catalog for our Spring Semester 2013 promises to sow the seeds of learning. Everyone can reap the benefits of the exciting classes we offer. Our goal is to cultivate programs and presentations we think will be interesting to our members, and make them available in a warm and welcoming environment. We are so fortunate to have knowledgeable, interesting instructors who are passionate about the programs they present. We appreciate the time, energy and enthusiasm they bring to their classes.

Lifelong values an experience-centered learning environment and aims to link communities with one another. With that in mind and with the help of community partners, we've been able to extend many more opportunities to the surrounding area. We invite you to join us for a great selection of classes, workshops and presentations here at Lifelong and in communities throughout Tompkins County. We feel fortunate to offer learning opportunities in Newfield, Lansing, Trumansburg, Groton and Dryden as well as various locations throughout Ithaca.

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.

We rely on, and very much appreciate the time and energy so generously donated by our volunteer instructors. Program ideas and volunteers are always welcome.

SHUFFLE OFF TO – CALIFORNIA or SWITZERLAND

Planning to do some traveling in 2013?

Let Lifelong help you with the planning. Each year, we strive to provide exciting travel opportunities for our community, like our trip to Washington DC in September of this year. Our committee is mulling over some ideas for day trips and overnight trips around New York State.

However, for the more adventuresome types, sign up now for 9 day trip to the California Coast in September or a trip of a lifetime to Switzerland, Austria and Bavaria in May.



Seniors on the recent Lifelong trip to Washington D.C. taking a break.

We are committed to finding interesting, affordable destinations and more information will follow as soon as we finalize plans and itineraries. Check out our website at www.tclifelong.org for updates. In the meantime, please call us at 273-1511 or stop by at 119 West Court St., Ithaca for more information.



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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.

IN HONOR OF DR. MARTIN LUTHER KING JR.'S BIRTHDAY

Search for these words and phrases honoring Dr. King's life in this puzzle to the right. Words may be found:

- Horizontally from left to right or right to left
- Vertically from top to bottom or bottom to top
- Diagonally from bottom left to top right.

- | | |
|----------------|------------------|
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RSVP Volunteer News



RSVP 2012 Tribute Award Winners Honored

Virginia Pepitone has been an RSVP volunteer since 2008 and has 963 lifetime recorded hours. Originally, she volunteered at Cayuga Medical Center where she provided administrative hospital support. These days, Virginia is the smiling face you see as you are greeted to the Tompkins County Public Library.



Dick Tabor became an RSVP volunteer in 2008 and to date, has 1197 recorded hours of service. Currently he volunteers at the Tompkins County Public Library, the Friends of the Library and the Ithaca Youth Bureau. Previously, he volunteered at Loaves & Fishes. At the Library, Dick is a huge hit in the Reading to Children program, where toddlers look forward to his weekly readings. *Both Dick and Virginia were recommended for special RSVP tribute by Tonya Curran, TCPL Volunteer Coordinator.*

Since 2011, RSVP volunteer **Jennifer Merrill** has racked up 248 lifetime hours of service. She is very active, serving at one-day events like the Friends of the Library Sale and Tompkins County Safe Medication Disposal. She is also a familiar face at local Red Cross Blood Drives. However, most of the time, Jennifer can be found at Tompkins County Community Action where she serves several days a week in the food pantry. *Ruth Williams, Family Services Nutrition Coordinator, recommended Jennifer for special recognition.*



Snap Shots from the RSVP Annual

November Recognition Reception



Pictured from the top left: Juanita Teeter, Art Berkey and Carol John are some of the happy door prize winners. New RSVP Director K Minnix, greets Samantha Smith from United Way, along with RSVP Volunteers Sarla Aneja and David Barber. RSVP Advisory Council President, Art Berkey, welcomed the 125 RSVP volunteers and guests to the recognition event. Cast members from the Savage Club's production of 1776 provided the entertainment. RSVP volunteer Harriet London (also President of Lifelong's Board of Directors) and Lifelong's C.E.O. Diane Dawson pose in front of the RSVP quilt. Advisory Council members Edie Spalding, Roxann Buck and Carol Halseth show off one of the many door prizes. Ron Havard, Jimmie Merrill and Marie Powers, Vice President of the Advisory Council, led the line at the buffet at the Clarion Hotel. Carol Halseth explains some of the fabric choices she made when creating the quilt 'Ithaca Abound'.

Thank You Door Prize Donors

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*congratulations
 Carol Eichler
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 quilt drawing!*

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Meet the New RSVP Director



K Minnix is the new RSVP director for Tompkins County. She takes over the helm from Lillian Hartman who held the position at Lifelong for almost two years. Most recently, K was the South Central New York Regional Communications Director for the American Red Cross, working with five chapters across ten counties. At one point, she was also the interim volunteer coordinator at the Tompkins County Red Cross Chapter.

Prior to joining the Red Cross, K worked for the *Ithaca Journal* and had her own marketing and communications business. She has lived in Ithaca since 1998.

"I am delighted to be involved in this great organization," she says. "Joyce Billing, the RSVP assistant who many of you know, has been a huge help to me since I came onboard in September. Lilly has also stepped in to steer the way on several big projects."

K is anxious to meet all of you and get out into the community to visit RSVP stations. She is encouraging all RSVP volunteers to stop in and get acquainted when visiting Lifelong. Likewise, if you have a volunteer problem or want to make a recommendation, she wants to hear from you.

Finally, if you know someone 55+ who is interested in volunteering or who is volunteering but is not an RSVP volunteer, please ask them to call K.

RSVP Volunteers please help us keep track of your hours!

Remember to record your hours on the Station Log at your workplace.

OR

Send them to jbilling@tclifelong.org

Or

119 West Court Street
Ithaca, NY 14850

Ithaca's First Wheelchair-Accessible Taxi Dedicated!



Tompkins County and Ithaca Dispatch have partnered together to purchase a MV-1 taxi which can carry one person in a wheelchair and three seated passengers.

Dwight Mengel, chief transportation planner for the Tompkins County Department of Social Services said bringing the first wheelchair-accessible taxi to the community will allow those who use wheelchairs the ability to call a cab if they need a ride.

"The nature of taxi service is that it is available 24/7 and it's also pretty much of an on-call service, so taxi service is extremely flexible for people," he said. "For people who use wheelchairs, having mobility choices is extremely important, and it's important that they not be so limited."

"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."

The taxi will be operated by Ithaca Dispatch (277-7777.)

Joyce Day

...Continued from page 1

One of the things that intrigued me about Joyce is her wonderful attitude and spirit. If you live in Dryden, as I do, you can't help but to have met Joyce at some function or other. I inquired about her various activities in the community. "While I was working full time, I had to limit my involvement somewhat. I got involved with Sertoma when my boys played sports and I have served that organization for about 22 years now. Of course, my involvement with the Presbyterian Church as both an Elder and on various committees has been even longer – about 25 years, I think. I also served on the Dryden School Board for about six years." Joyce retired from the City of Ithaca six years ago. After taking the first 6 months of retirement to re-read all the books in her home, she then ventured out to return the gift of her time and effort to the community she loves. Joyce became involved with the new and amazing group of volunteers called the Dryden Beautification Brigade. The tireless work of these volunteers has made the Village of Dryden a beautiful and gracious location for all residents to enjoy. Joyce has served on the Garden Tour Committee that highlights various gardens in our community.

Her work with the Dryden Youth Opportunity Fund, an independent, community-based organization which benefits the youth of Dryden has been unflagging. She has also worked at the local Kitchen Cupboard and she serves on the Board of Willowbrook Manor, a senior housing development in Dryden.

I couldn't help but ask Joyce how she managed to make her life one of service while being a single parent and working full time? Joyce was quick to reply, "What I know to be true is that nobody else can make you happy." It would seem that Joyce Day has made her life one of service to others and in doing so she has built a rich, fulfilling and happy life. In my estimation, during this election season in our country, we can be grateful for folks like Joyce Day who really do capture what it means to be a citizen of this great country.

Safe Driving

...Continued from page 1

conversation about retiring from driving. Retiring from driving is a big change in lifestyle for many seniors and families can play an important supportive role in this change. Way2Go, a transportation education program of Cooperative Extension, is a resource for seniors who want to learn about transportation options. Way2Go typically offers two free workshops monthly.

"Retiring from Driving: A resource for families and caregivers!" is geared for families and caregivers who want to discuss driving with a senior. This workshop offers skills for managing tough family conversations and educates participants about the transportation options available in county that can aid in driver retirement.

Way2Go also offers a workshop titled "Retiring from Driving for Seniors." The workshop educates participants on the transportation options available that would assist them in retiring from driving, and maintaining their independence. Did you know that if you're over 60, you can ride TCAT for half-fare? TCAT offers over thirty bus routes all wheelchair accessible in and around Tompkins County. Gadabout is another option for by anyone who is over 60, or who has a disability. Gadabout picks you up at your home and will take you to your destination for \$1.50-\$2.00. There FISH and Zimride and ...Come to either of the workshops and learn more. Both of types of workshops are generously supported by Lifelong Learning, which regularly hosts workshops and lists the workshops in its course catalog. Some workshops are offered at senior residential communities, churches, library and other convenient locations.

If you are considering driving retirement or having a conversation with a loved one about driving retirement, or hosting a workshop for a group you belong to, or if you are interested in more information about any of the programs or services mentioned in this article, contact Way2Go at 272-2292 or visit us at way2go.org

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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 jpendleton@tclifelong.org to register for any of these events!

All events listed are held at Lifelong unless noted.

January Events:

Gathering: Wednesday, January 8th at 10am at Lifelong.

Lunch: Thursday, January 17th doors open at 11:30am for the Annual Martin Luther King Jr. Luncheon at the Southside Community Center. For more information see the special notice on this page.

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

Special Event: Workshop Tuesdays, January 22nd and 29th from 2-4pm and matinee on Thursday January 31st at 2pm. Join us for the two workshops and then attend the Kitchen Theater matinee performance of *The Whipping Man*. A beautifully written play that looks at the conflicts of the Civil War from an unusual perspective of two former slaves and their master.

Presentation: Thursday, January 30th from 12:30-2pm Eric Acree from The John Henrick Clarke Africana Library at Cornell will speak about the about the life of Fredrick Douglass.

February Events:

Wednesday, February 6th at 10am-12pm, Chef Ralph Moss will teach Down Home Southern Cooking with a Healthy Twist. Spaces are limited and \$10 materials fee.

Wednesday, February 13th from 1pm-3pm, Dr. Dorothy Cotton will speak and read passages from her new book *If Your Backs Not Bent - The Movement From Victim To Victory*.

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www.taoist.org

Wednesday, February 20th from 1pm-2pm, Joplin, Duke and Ray -- Ragtime, Swing and Soul. Three legends of African American music are discussed and interpreted in this solo piano concert with Andrew Westphal, pianist. Beginning with favorite rags from Scott Joplin, we progress to the classic Swing music of Duke Ellington and conclude with the master of Soul--Ray Charles.

Wednesday, February 27th from 10am-12pm at Paul Miller from the Tompkins County History Center will share about Ithaca's Council of Equality

Lunch: Thursday, February 14th from 11:30am-1:30pm at the Ithaca Ale House.

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

March Events:

A Trip is being planned to the Harriett Tubman House with lunch in Auburn

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.

For 28 years, the Northside/Southside program of Lifelong has celebrated the legacy of Dr. Martin Luther King, Jr. with a luncheon. This year's event will be the kick-off to our "Seven Weeks of Celebration", which will include musical performances, a book discussion with Dr. Dorothy Cotton, videos and presentations on Black and African American History from The John Henrik Clarke Africana Library and the Tompkins County History Center and more.... as we celebrate Black History Month.



Dr. Martin Luther King, Jr. Luncheon

Thursday, January 17, 2013

Doors open at 11:30 am.

Southside Community Center, 305 South Plain St. Ithaca.

Our guest speaker will be Pastor Nathaniel Wright of the Calvary Baptist Church. Music will be provided by the New Roots School Jazz Band.

The cost is \$10.00 per person and pre-registration is very much appreciated. Please call Lifelong at 273-1511 to register.

The Luncheon has been an opportunity for friends and neighbors to come together as a community and remember the remarkable work of Dr. King.

Join us for the first time, or maybe even your 28th time!.

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Caregivers' Corner



By David Stoyell

Some people wait much too long to seek needed help in their home with personal care or household tasks. Whether it is because of "not wanting strangers in my home," or "not wanting to deplete my rainy day funds," or for some other reason, people can wait too long to the detriment of their health and well-being, and that of family caregivers.

So, "congratulations" if you are one of those folks who are realizing that the "rainy day" you've saved for has arrived. But where can you turn for help?

The "Long Term Support Services in Tompkins County" guide on the Office for the Aging website (www.tompkins-co.org/cofa) can help you find lists of home care agencies and a private hire registry. But if you're not sure how much help is needed or wish to discuss various options for in-home help, you may want to call *NY Connects* here in Tompkins County (607-274-5222) to discuss your concerns over the phone and, if needed, arrange for an in-home assessment.

Should I Hire Privately or through an Agency?

There is no "right answer" to this question—and there is a lot to consider. Hiring privately gives

you more control over the selection process of the aide(s) who come to your home. You want to know the person you hire is caring and capable. You want to know that others have been pleased with their care and reliability (and would hire them again, if needed). An agency screens potential employees looking for the same character attributes and references, and ultimately makes the final decision. Some agencies may allow you meet the caregiver they plan to send prior to the first day of service, if you ask.

Agencies also save you time and have the professional experience of an RN with screening, supervising and evaluating the performance of aides. A licensed agency also provides ongoing service training. Another advantage of going through an agency is that some agencies may offer a back-up caregiver when the regular one is not available and care cannot be deferred.

Then there are the costs and legal issues. Usually hiring privately is less expensive than going through an agency since you are assuming the responsibilities associated with hiring, developing a plan of care, supervising the aide, handling payroll and attending to other legal responsibilities of an employer.

Legal Concerns

An agency also carries liability insurance, workmen's compensation for accidents on the job and their employees are also insured

or bonded to protect you against theft and damages. Be careful if you suspect you are dealing with an agency that doesn't advertise its services publicly. It may be avoiding government regulation and may not have the insurance and bonding required of home care agencies.

Some choose to hire people privately "under the table" to avoid the effort and expense of paying required payroll taxes or because a prospective employee wants to do it that way. Unless your employee meets the IRS definition of an "independent contractor" or is not a regular employee, paying "under the table" puts you on shaky ground and can be a lose-lose proposition for both parties involved.

Even though paying workers cash may sound like a great deal for the worker because they're getting more in their pockets at payday, it means they're not building Social Security benefits, and they're not eligible for unemployment, or worker's compensation. And sometimes workers try to apply for those benefits anyway, which can trigger an investigation that can result in hefty fines.

Tending to legal matters doesn't have to be an obstacle to hiring on your own, but it does require some investigation. To find out whether your employee meets the definition of a domestic employee and what might be required legally, read Publication 27, *What You Need to Know if You Hire Household Help*, which

is available on the website of the New York State Department of Taxation and Finance and also, on the IRS website, Publication 926, the *Household Employer's Tax Guide*.

You may also want to check your homeowner's insurance policy to see whether it covers domestic employers. Some may want to consult their financial advisers to assist with these issues.

Additional Help

For additional advice on hiring in-home help, read "Should I Hire In-Home Help Privately or through an Agency" on the Care-Pathways website (www.carepathways.com/cto1.cfm). For more detailed suggestions on hiring someone privately, visit the website Family Caregiver Alliance at www.caregiver.org and type "Hiring In-Home Help" into their search feature. *There you will find suggestions on this topics*

- Assessing Your Home-Care Needs
- Finding the Right Home Care Worker
- Writing a Job Description
- Developing a Job Contract
- Making Your Home Care Situation Work

Again, do not hesitate to contact staff of the NY Connects-Tompkins County to discuss your long term care concerns or the staff of the Caregivers' Resource Center at the Office for the Aging (274-5492) to discuss your family care giving concerns.

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Sexual Health and Older Adults

Sexual intimacy is important to us across the life span and understanding the value of sexual health is a key component to managing good health. As we get older, many of us may be starting new relationships because of divorce or a partner has passed away. Taking time to talk to your health care provider about your sexual health can help you to deal with a variety of issues that many people face, such as post-menopausal vaginal dryness, erectile dysfunction, or staying HIV-free.

Understanding how HIV and sexually transmitted diseases (STD) are spread will help you to protect yourself from becoming infected. HIV is one of STDs you can get from unprotected sex. Some STDs can be treated and cured. Other STDs are like HIV—they are long term disease that cannot be cured.

In NYS, the number of people over age 50 who have HIV or AIDS is growing quickly. While other adults, who were infected at a younger age, are living longer because medical treatment for HIV/AIDS has improved.

As a sexually active adult, here are ways you can continue to have a vibrant and healthy sex life:

Use A Condom! Male latex condoms or female condoms, when used the right way every time, are very effective in preventing

HIV and many other STDs. To learn more visit the NYSDOH website at http://www.health.ny.gov/diseases/aids/facts/condoms_fags.htm. Local senior centers can access free condoms by learning more about the NYS Condom Access Program by emailing: NSCodom@health.state.ny.us

Educate yourself and your partner! A free and accurate, up-to-date website dedicated to addressing sexual health needs for adults over 50 is available including tips and information from experts in the health field at <http://safersex4seniors.org/>

No matter what your age, knowing your HIV status and talking to your health care provider is a smart move to maintaining your sexual health and well-being.

Get an HIV Test! All health care providers are required to offer you an HIV test if you are between the ages of 13-64. The test is voluntary and your HIV test results are confidential. Medicare will cover the costs of the HIV test. To find out where to get tested for HIV, call 1-800-541-AIDS. Regardless of your HIV status, you can learn ways to maintain a healthy, safer, and fun sexually active life.

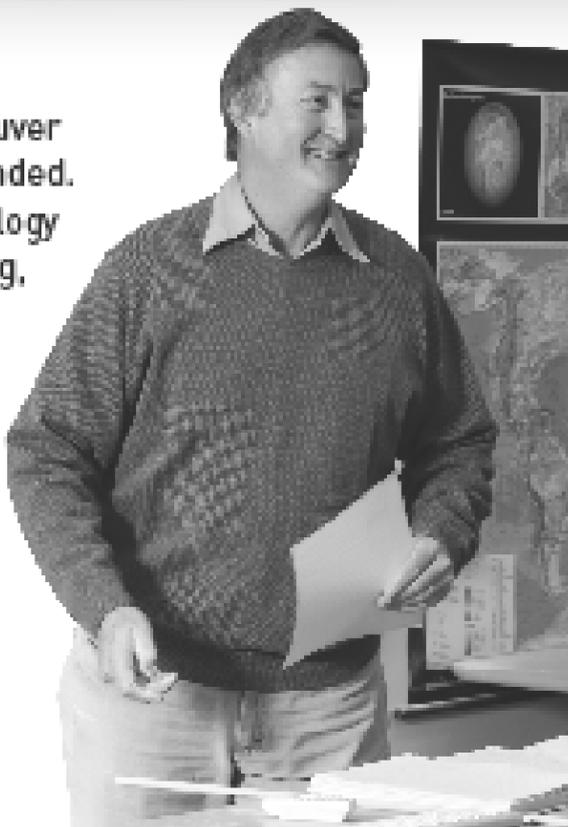
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THE CENTER IS YOU

New "Med Return" Program Provides Safe, Year-Round Disposal for Medications



The Tompkins County Coalition for Safe Medication Disposal launched its new "Med Return" program. Medication drop boxes will be located at secure locations around the county to provide citizens the opportunity to safely dispose of their unwanted household pharmaceuticals year-round. "Med Return" is one of the first programs of its type in New York State.

Residents may visit the Tompkins County Sheriff's Office, located at County Public Safety Building, 799 Warren Rd., Ithaca, to dispose of expired or no longer needed medicines in the County's first "Med Return" drop box. The box is accessible 24 hours-a-day, seven days a week, year-round.

Additional secure boxes will be installed at seven other police agencies throughout the county, and at the Tompkins County Probation Department (Human Services Building).

Following is a list of the locations for the drop boxes:

- Ithaca Police Department, 120 E. Clinton St., Ithaca
- Cayuga Heights Police Department, 876 Hanshaw Rd., Ithaca
- Groton Police Department, 108 E. Cortland St., Groton
- Trumansburg Police Department, 5 Elm St., Trumansburg
- Cornell University Police Department, G2 Barton Hall
- Dryden Police Department, 16 South St., Dryden
- TC# Campus, 170 North St., (main building), Dryden.

The locations and hours, along with disposal guidelines, are posted at the Coalition's web page at www.healthyyouth.org.

What can and cannot be placed in the box will be posted at each drop box location.

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Saturday, 9 AM-4 PM
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44 North Street
– **Ithaca -272-8333**
513 N. Cayuga Street
– **Ithaca - 330-5692**
2255 N. Triphammer Rd.
– **Trumansburg - 387-6661**
210 N. Trumansburg Road
Weekdays, 8:30 AM-8:30 PM
Saturday, 9AM – 7 PM
Sunday, 9 AM – 6 PM
Delivery Monday through Friday, 2-4 PM: Person must be home and must call in prescription before noon. Cash or check accepted and there is no fee for prescription delivery.

Rite Aid – 844-3151
11 Main Street, Dryden
Monday- Saturday, 9 AM-9 PM
Deliveries to Willowbrook Manor only.

Rite Aid – 257-1500
2309 N. Triphammer Rd., Ithaca
Weekdays, 9 AM-9 PM
Saturday, 9 AM- 6 PM
Sunday, 9 AM- 5 PM
No delivery available.

Rite Aid –272-6290
615 South Meadow St., Ithaca
Weekdays, 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 –273-2035
330 Pine Tree Rd., Ithaca
Weekdays, 9AM-9PM
Saturday, 9 AM-6 PM
Sunday, 9 AM- 5 PM
Delivery available to Ellis Hollow Apartments and Longview on Thursday afternoon. Request should be submitted by preceding Wednesday. Emergency request may be submitted up to Thursday morning. No cost for delivery.

Target – 257-0291
40 Catherwood Rd., Ithaca
Weekdays, 9 AM - 9 PM
Saturday & Sunday, 9 AM-6PM
Closed between 1-2 PM

Tops – 275-8019
710 S. Meadow St., Ithaca
Monday – Friday, 9 AM-9 PM
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Tops- 2300 – 257- 4984
2300 N. Triphammer Rd. Ithaca
Monday – Friday, 9 AM-9 PM
Saturday, 9 AM – 5 PM
Sunday, 9 Am – 5 PM
No delivery available

Wegman’s – 277-5800
500 S. Meadow St., Ithaca
Weekdays,
8:30AM – 9:30 PM
Saturday, 9 AM-6 PM
Sunday, 8:30AM-4 PM
No delivery available.

Walmart – 273-2070
135 Fairgrounds Memorial Pkwy., Ithaca
Weekdays, 9AM – 9:00 PM
Saturday, 9 AM-7 PM
Sunday, 10 AM-6 PM
No delivery available.

Food Stamps for Seniors

Hi! My name is Peter. I’m 84 years old and have lived in senior housing for a long time now. Despite the fact that my rent is subsidized, I find that my monthly social security check is not enough to cover my basic needs. After I pay all of my medical bills, there is not much left over. I was eating a lot of canned foods and T.V. dinners, but my legs started swelling from all of the salt. I decided it was time to look into other options so I contacted Betsy Spencer from Foodnet Meals on Wheels. Did you know that as a single person, if your income is **less than \$1,174/month** you may be eligible for food stamp benefits?

Betsy helped me apply for SNAP benefits, formally known as Food Stamps. I was a little embarrassed to ask for help, as I worked all my life and have never received any sort of help in the past. I felt better learning that SNAP benefits help the economy! Betsy told me that studies show for every \$5 spent in SNAP benefits, \$9.20 is stimulated in community spending! It’s also been estimated that every dollar invested in SNAP benefits saves \$3.25 in health care costs! Now I can afford to purchase fresh fruits and veggies, staying away from all that salt.

The whole process was much easier than I thought it would be. Betsy came to my apartment and made copies of the papers I gathered. She helped me fill out a SNAP form and within a month I found out I was eligible. If you find that you’re having a hard time affording food, you can call **Betsy Spencer at 266-0654**. It’s worth the time and effort!

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Since 1986, Realtor Carol Bushberg has been helping Tompkins County clients navigate every turn in the local real estate market. Opening her own firm in 2009 has allowed her to pursue her unique style of creating success for her company's real estate clients. She sells all kinds of real estate including homes, commercial property and undeveloped land in the Ithaca/Tompkins County area.

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