

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

## Senior Focus: The Lansing Londons



Howard and Harriet with their pet and HIICAP mascot, Foghorn. Photo provided.

Howard and Harriet London may seem like a typical couple, but in fact they are a volunteer “power couple,” tackling some of the county’s greatest needs. Like many in the Ithaca area, they have chosen to devote their retirement years to becoming stewards of their com-

munity, staying inspired and active while making a difference for others. Harriet and Howard have a deep connection to the Ithaca area that brought them back to Tompkins County after raising a family in New Jersey. Together they happily volunteer hundreds of hours

each year at a variety of local non-profit agencies.

Howard grew up in the town of Brighton, a suburb of Rochester, and Harriet grew up in Elmira. They each went to college in Upstate NY. Harriet attended University of Rochester for Arts and Sciences, taught 8th grade French in Rochester, and then went to Cornell Law School. Howard went to Cornell for engineering physics and a Masters in Aeronautical Engineering. He jokes, “in ancient times when we flew only biplanes.” Howard worked in aerospace for 14 years for a private company called United Technologies and a NASA contractor in Washington, DC. At the time there was talk about having a man on Mars by 1982. In Washington Harriet worked for the Justice Department on immigration issues, then practiced part time when their oldest child Sarah came along. Harriet says, “I was thrilled to have a job as a woman in 1967. Three women graduated in my law school class.”

They moved to New Jersey where their second child, Josh, was born and they spent 23 years rais-

ing kids. Howard worked for AT&T in NJ, still referred to as a member of the “Ma Bell” family of companies during that time. Harriet taught at Seton Hall, a private Catholic university in Newark, and ran the law school’s Family Law Clinic. Harriet loved helping law students practice divorce/custody, adoption, child abuse, and child support cases for the low-income community in Newark and East Orange.

When they were ready to retire, Harriet and Howard decided the Ithaca area was the best place for them. They were attracted to the university, the educational surround, and scenic environment of the Finger Lakes. Howard enjoys hiking; Harriet prefers walking but Howard sometimes slows down for a stroll with her. They are now grandparents to two nine year olds, a six year old, and a 3-month old baby, often visiting family in Boston and North Carolina. They also enjoy traveling across the United States, describing a Grand Canyon river rapids trip as one of their most exciting vacations.

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### Step Up to Stop Falls!

Older adults across the U.S. are discovering that many falls are preventable, and if they take action to prevent falls, they can maintain their independence much longer. Moreover, falls prevention programs in many communities like ours are helping older adults to begin controlling falls risk by changing some daily habits and making simple modifications around home.

“We hope that by increasing the awareness of falls we can decrease the number of older adults who will suffer from a fall,” said Lisa Holmes, Director of the **Tompkins County Office for the Aging**. “As the population ages, the rate of falls has risen consistently over the last 10 years. We want to keep seniors independent and living safe, active lifestyles.”

Falls are a big health care concern – 1 out of 3 people over 65 fall each year and 1 of 10 falls end up with hospitalization. A study done by the Centers for Disease Control and Prevention also showed that more than half of fall injuries, 56 percent, occurred at home.

“Step Up to Stop Falls” is part of a regional effort supported by The Community Health Foundation of Western and Central New York (CHFWCNY) and is being carried out by community organizations in eight counties of western and central New York. The intent of this work is to keep older adults living safely in the community for as long as possible. Local organizations involved in the Step up to Stop Falls initiative include: the Human Services Coalition of Tompkins County, Tompkins County Office for the Aging, Lifelong, Visiting Nurse Services, Finger Lakes Independence Center and Tompkins County Department of Emergency

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Marge Brodhead (seated), Chief Executive Officer, Diane Dawson (left) and current President of the Lifelong Board of Directors, Barbara Hulbert (right).

Photo by Dede Hatch

December Margery visited Lifelong to hand deliver the bequest on behalf of herself and her brothers, Charlie and Scott, and sister, Polly.

What made Chuck passionate about Lifelong? Marge responded that after being involved with the founding of Ithacare (now Longview), it seemed a natural progression to continue to address the needs of seniors through programs at the Tompkins County Senior Citizens Council, now called Lifelong. He served two terms on the Lifelong Board of Directors, including a stint as its President beginning in 2006.

Marge remarked that her father “served for the pleasure of serving and not for some reward. He was happy to use his marketing and public relations experience for organizations that were making a difference in our community. Chuck had an innate ability to see the landscape before others could see it

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### Lifelong Remembers Chuck Brodhead

by Diane Dawson

Chuck Brodhead wanted to make a difference in his community... and he did! Margery Brodhead remembers her father, Charles “Chuck” Brodhead, as one who “believed in serving organizations in the community. Once he committed to those organizations, he committed fully with the hope that his contributions would allow them to continue to add value to the people they served.” Lifelong is one of those organizations.

A few months after Chuck passed away in September 2011, we learned he had made a generous bequest to Lifelong. It was typical of Chuck to want to provide for an organization he so dearly loved and saw as vital to our community. Last

**Senior Circle**  
Lifelong, Enhancing the Second Half  
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You are invited to attend

**Tompkins County Office for the Aging  
Advisory Committee's  
Annual Luncheon 2012**

**Keynote Speaker Betty Perkins-Carpenter  
Author of How to Prevent Falls**

&

**Tai Chi Demonstration by the Taoist Tai Chi Society**

Certificates of appreciation to be awarded to  
"Senior Citizen of the Year" and  
"Outstanding Contribution by a Senior Citizen"

**Thursday, May 24, 12:00pm  
Clarion Hotel, 1 Sheraton Drive, Ithaca**

Meal includes choice of Yankee Pot Roast or Stuffed Shells  
in sauce, Spinach Salad, Strawberry Shortcake, coffee/tea,  
\$17.00 including tax and tip.

Reservations Required!  
Please RSVP by Thursday, May 17, 2012  
Call the **Office for the Aging** at 274-5490  
for more information or email  
[dconte@tomkins-co.org](mailto:dconte@tomkins-co.org)

## Nominate an Older Adult to be Recognized by the Office for the Aging

- Do you know of an older adult who has done something special for the community?
- Nominate him or her to be recognized by the Office for the Aging at its Annual Luncheon on May 24<sup>th</sup>, 2012!

The Tompkins County Office for the Aging is now accepting nominations for the 2012 Senior Citizen of the Year Award and Outstanding Contribution by a Senior Citizen Award. The Senior Citizen of the Year Award is granted to a senior citizen (age 60+) who has tirelessly advocated on behalf of seniors within their communities. He or she has assisted in providing needed support services and activities which have enriched the lives of senior citizens. The Outstanding Contribution by a Senior Citizen Award is presented to a senior citizen (age 60+) who has made a particularly exceptional contribution to his or her community. Awards will be presented at the Annual Meeting of the Office for the Aging on May 24<sup>th</sup>, 2012 at the Clarion Hotel.

Nominations should be in the form of a letter and should include activities, achievements and the reasons that the individual should receive the award. Please include contact information for both the nominator and the nominee in the letter.

Send your nominations to the Tompkins County Office for the Aging, 320 North Tioga Street, Ithaca, NY 14850 (e-mail [dconte@tomkins-co.org](mailto:dconte@tomkins-co.org) or fax 274-5495) by Friday, April 6, 2012. Contact the Tompkins County Office for the Aging at 274-5482 for more information.

\* Past awardees include: Joel Abrams, Phyllis Allen, John Anderson, Fred Antil, Irene Asay, Fred Asay, Joan Barber, Ardie Bennett, Nancy Bereano, Beverly Blanchard, Mary Cambreco, Joseph Cimmino, Joe Anna Deas, Elizabeth Doppel, Ann Doren, Frances Eastman, William Eisenhardt, Rebecca Elgie, Charles Elliot, Carina Emerson, Martha Ferger, Bernie Fetterly, Fred Fladd, Richard Flaville, Helen Garvey, Gertrude Gray, Gladys Hamilton, Jean Hyde, Harriet London, Paul McGraw, Mary Mente, Ray Oglesby, Joan Ormondroyd, Jean Robinson, Ken Robinson, Theresa Robinson, Marie Romano, Frank Schaefer, Bill Sherwood, Phyllis Stout, and Janet Warren.



## Project Generations: Ithaca College and Cornell University Partner with Office for the Aging

Ithaca College and Cornell University students are partnering with the Tompkins County Office for the Aging to provide friendly visiting to older adults in our community.

Project Generations is a program whose mission is to enrich the lives of older adults and students by bridging the gap between generations. Melissa Stutzbach, an Ithaca College student and founder of Project Generations has identified a need in the community for both students and seniors and successfully met that need by working with the Office for the Aging whose role is to screen students and assist in matching them with seniors. Melissa's hard work and attention to detail have made it possible for about 40 Ithaca College students to work with seniors in our County. In addition, Cornell University is now also joining this effort and an additional 15-20 students will be working with older adults beginning this spring. The two schools will also share educational programming for students on topics related to aging in order to enrich their experience and increase their awareness about this subject.

One of the students shared her reflection on her participation in this wonderful program:

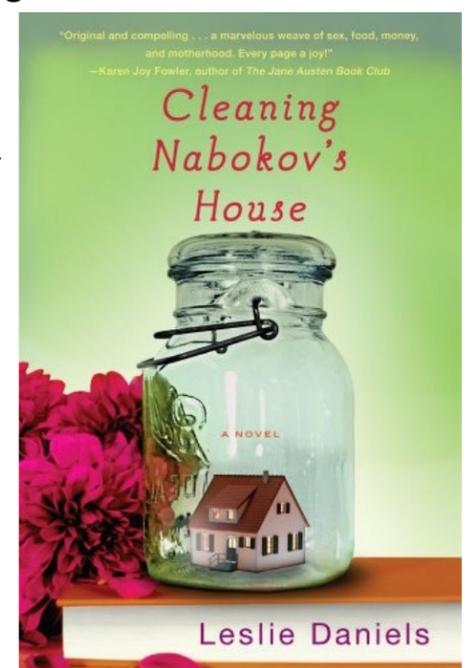
"My experience with Project Generations has been wonderful. My senior is great. I really look forward to visiting her every week. It's a great way to relieve stress because it allows me to take myself out of the average college schedule and college life. I've learned about someone else's life, I've learned how to listen, I've learned how to care for someone I'm not related to, but might as well be at this point! Harriet, my pair, has really made me a part of her life and she's become a part of mine. She tells me stories, she tells me about what's going on in her life, and I do the same. She's becoming a lot like a grandmother to me, which is really nice because I miss the relationship I had with my grandma a lot." -Karla

## Book Review: Cleaning Nabokov's House by Leslie Daniels

Barb Barrett's life is a chaotic mess. She recently went through a nasty divorce and lost custody of her children. Life in the small town of Onkwedo is boring and stifling, but she must stay to fight for her children. It isn't until she uses a small inheritance from her father to buy a house where Vladimir Nabokov once lived that her life begins to change. In the house, Barb finds an unfinished manuscript about Babe Ruth. Did Nabokov write it? Or is the bigger question can Barb change her life and find happiness again?

From humor to inspiration, author Leslie Daniels charms readers with her first book. A former editor who has worked in publishing for two decades, Daniels draws you in with a believable and likeable character who is trying to overcome life's obstacles and get her life back on track. The comparisons between Onkwedo and Ithaca are natural, especially with the mention of Nabokov, and help lend a local feel to the novel. Quirky, funny, full of detail, and ultimately sensitive, Daniels has written a smart romantic comedy that will leave readers cheering for Barb.

Sarah Glogowski  
Readers' Services Librarian  
Tompkins County Public Library



## NYS EPIC Budget Cuts Hit Seniors Hard

By Diane Dawson, Lifelong CEO and HIICAP Coordinator

January 1, 2012, was the start of the deepest cuts to the New York State prescription drug program for those age 65 or older. EPIC (Elderly Pharmaceutical Insurance Coverage) is a New York State program that provides seniors with co-pay assistance for Medicare Part D covered prescription drugs. While the program in past years helped income-eligible seniors with deductibles, co-pays and premium support, the program experienced severe budget cuts in 2011, the full extent of which are just being felt by seniors in 2012.

Many seniors called the County Office for the Aging and Lifelong concerned that when they went to their pharmacy in January they had to pay a \$320 deductible (if their Part D plan required it) as well as higher co-pays for their medications (often in the 100's of dollars; the maximum co-pay for an EPIC member was \$20 in 2011). EPIC in the past could provide deductible and co-pay assistance for its members, but in 2012 EPIC will only provide support to members once they reach the coverage gap or "donut hole" after the Part D plan and the member have paid \$2,930 for covered drugs. Even though seniors received personal letters from EPIC, outreach events and articles—not all understood the full financial impact. Many are now struggling to pay for critical health maintenance medications.

Below are some possible alternatives to help seniors reduce their prescriptions drug costs:

1. Anyone who qualifies for Low-income Subsidy (also known as Extra Help) or Medicare Savings Programs can join those programs at any time. Contact Lifelong or the County Office for the Aging for assistance. These programs assist with Part B or Part D premiums, deductibles and co-pays if certain income levels are met. Since these levels and Federal Poverty Levels have been updated, it is important to check if you qualify.
2. If you can meet a Spend Down for Medicaid in just one month, you qualify for Extra Help for the entire calendar year. The client's out of pocket co-pays and what EPIC paid in the last three months can count toward the spend down.
3. Ask your doctor if you can switch from brand name drugs to generic. Or if you must have the brand name drug, your doctor may be able to submit a "Tier Exception" to your prescription drug plan for the brand name medication if the lower tier drug (generic) is not as effective for you.
4. Change to a different pharmacy. Plans often have preferred pharmacies so check if your Part D plan does and also check if your plan has mail

order (usually a three-month supply) which provides a lower co-pay.

5. All EPIC members have a Special Enrollment Period to change their Part D plan once during the calendar year. If a client was to change Part D plans this month, the change would be effective the first of next month. [Medicare.gov](http://www.Medicare.gov) PlanFinder can help you find other Part D plans with zero deductible, but we always check to be sure all your medications are covered by the Plan before you make a change.
6. There are "Five Star Plans" that allow enrollment at any time whether the Medicare eligible person is an EPIC member or not.
7. Ask your doctor for free samples of medicines.
8. Inquire about patient assistance programs through the drug manufacturers that may assist those who have difficulty paying for their medications. Check [www.needymeds.org](http://www.needymeds.org)
9. There are charities which are disease specific that may help with drug costs based on income and resource limits. Check [medicareinteractive.org](http://www.medicareinteractive.org) and search for "copay assist

charities."

10. Compare the cost of the drug with the Tompkins County Rx discount card (available free at Lifelong or the County Office for the Aging) to see if the drug would be less expensive than the Medicare Part D plan cost.
11. If you are a Veteran and the drug is prescribed by a VA doctor, there will be lower co-pays for the medication.
12. Visit Federal Qualified Health Clinics if there is one in your area. Any resident can go there and pay a sliding scale based on income no matter what health insurance you have.

## Caregivers' Corner

Guest columnist and MSW student Robert Levine interns at the Office for the Aging and facilitates the Caregiver Support Group

Kim Gazzo, who recently welcomed her grandmother into her home, balances the care of her grandmother with her parental responsibilities of two teenagers, her full-time job, her marriage, and many other aspects of herself. At times of great stress, creativity can be her saving grace. "As a member of the sandwich generation, I have both teenagers and a nonagenarian grandmother in my home. The demands on my time and energy are great, but creativity is not so much something I use in my caregiving. I do use creativity, however, to nurture myself, so that I can maintain my own mental and emotional wellbeing while taking care of everyone else's needs." Whether used to support one's own self-care or to work directly with your care-receiver, creativity can bring new light to a dark situation.

### Caregiver Support Group

Exciting things are happening at this year's Caregiver Support Group (CSG). In previous years, the CSG met monthly and attendance was usually quite low. Beginning in October, the CSG has switched to a weekly format, meeting each Thursday evening at 6:30 P.M. in Lifelong's comfortable lounge on Court St. in downtown Ithaca. This switch in schedule has seemingly contributed to an increase in attendance over previous years. In addition, the first Thursday of each month features a special guest, either an expert in a

creative field or an individual with unique caregiving experience.

Thus far, the CSG has welcomed a special guest for the months of November, December, and February, and has guests scheduled for March and beyond. Creativity is the theme with each guest, as Nick Boyar introduced mindfulness to the group in November and Pat Brehl, through her work with art-based therapy, brought expression through drawing to the group. In March, Ithaca College Professor and published poet, Jerry Mirskin, will discuss caregiving and its connection with the written word. Finally, the CSG hopes to bring in a masseur to talk about how touch promotes healing.

### Partnership & Interdependence

The first step to accepting creativity into caregiving is to see the work as a "Care Partnership," as opposed to simply one person caring for another person. Clearly, this may be difficult to consider if the older adult is experiencing some level of dementia and/or various physical ailments, which challenge the individual's ability to be independent. In particular, when performing Activities of Daily Living (ADLs), such as bathing, eating, and walking require support and guidance, this puts a tremendous strain on the caregiver. However, it is most important at that sensitive juncture that we reframe the relationship and realize that we are, ultimately, all interdependent on

each other. One way to do that is to consider caregiving with a creative twist.

### Explore Your Creative Niche

One does not need to be an artist to use creativity as a tool to reflect on the caregiving experience. Pat Brehl, a graduate student in social work at Binghamton University, asked the caregivers in the group to draw three faces or images: one should reflect how they see themselves; one how friends and family see them; and the last how they think their care-receiver sees them. This very simple exercise prompted reflective conversation which contributed to the groups depth and meaning.

In the coming months, the group will host a poet and, hopefully, a masseur. It is the contention of this author that our creative selves offer limitless avenues to assist caregivers, and others who carry such a heavy and important burden, navigate the often bumpy terrain of the care partnership. Another caregiver in the group, Pat Phelps, admits that the mindfulness guest added a tool to her caregiver toolbox: "I found the mindfulness teaching to be very interesting and have tried to practice it when things get out of focus." Sometimes, by challenging ourselves to explore new possibilities, we open doors that we did not know were closed.

Contact Robert Levine at 274-5482 or [Rlevine1@binghamton.edu](mailto:Rlevine1@binghamton.edu).

## McGraw House Apartments

For Active Senior Living



- Studio and one bedroom apartments for Senior Citizens
- Downtown location close to shopping, places of worship, library, Senior Citizens' Center and on the City bus line
- Dining facility with evening meals • Laundry facilities
- Preference for eligible Veterans/surviving spouses living in NYS
- Service Coordinator on staff • Off-street parking
- Welcomes diversity • Guest apartment for overnight visitors
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(607) 272-7054 • 221 S. Geneva St., Ithaca  
[www.mcgrawhouse.org](http://www.mcgrawhouse.org)

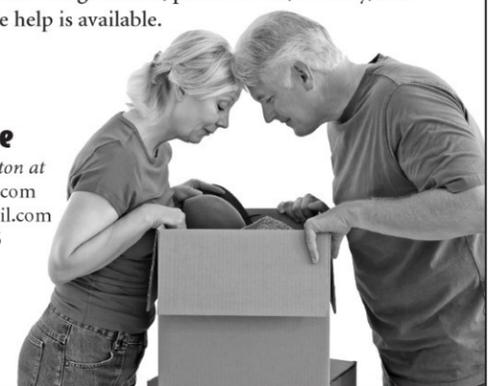


## Need help with moving or downsizing?

If you, or a loved one, are thinking about moving, downsizing, or seeking Senior living services, personalized, friendly, and knowledgeable help is available.



contact Liz Norton at  
[www.lizsimple.com](http://www.lizsimple.com)  
[lizsimple@gmail.com](mailto:lizsimple@gmail.com)  
(607) 279-5126



MOVING DONE RIGHT BY SOMEONE WHO CARES.

# Facing an energy emergency? HEAP and EAP can help!

**The Home Energy Assistance Program (HEAP)** is a federal grant program that helps eligible households pay for energy costs, repairs and weatherization. Income eligible households may receive one regular HEAP benefit per season. In addition to regular HEAP, households may also be eligible for emergency HEAP benefits. The number of emergency benefits varies per season depending on the availability of funds. Funding is limited, contact your county's Department of Social Services to apply or visit [otda.ny.gov/main/programs/heap](http://otda.ny.gov/main/programs/heap).

## With HEAP comes EAP – NYSEG and RG&E's Energy Assistance Program!

 NYSEG and RG&E's Energy Assistance Program (EAP) is designed to help eligible customers gain control of their energy bills. The program has **two levels of assistance**: EAP Basic Benefit (monthly bill credit) and EAP Limited Benefit (arrears forgiveness).

## EAP Basic Benefit – Monthly Bill Credit

EAP monthly bill credits are available automatically to any customer who has a HEAP grant applied directly to an active NYSEG or RG&E account. If HEAP is supplied to another fuel vendor you must provide us with a copy of your HEAP award letter. Copies can be sent to us at the Energy Assistance Program, NYSEG, P.O. Box 5220, Binghamton, NY 13902,

fax 1.800.325.9920 or at the Energy Assistance Program, RG&E, 89 East Avenue, Suite 300, Rochester, NY 14604-9907, fax 585.771.6383. It's important to apply for HEAP each year. EAP monthly bill credits will continue only as long as NYSEG, RG&E or your other fuel vendor receives a HEAP grant every 12 months (and you provide us with proof of HEAP each heating season if the grant is supplied to another fuel vendor).

- Once we receive a HEAP payment on your NYSEG or RG&E account OR you provide us with a copy of your HEAP award letter you are automatically enrolled in EAP and will begin receiving a monthly bill credit for your energy use.

The bill credit will be listed as a line item on your regular NYSEG or RG&E bill. Bill credit amounts will vary depending on whether you use NYSEG or RG&E electricity or natural gas as a heat source.

- To continue receiving monthly bill credits a HEAP payment must be posted to your NYSEG or RG&E account each year OR you must provide us with a copy of your HEAP award letter.
- As an EAP participant, you may be referred to the New York State Energy Research and Development Authority (NYSERDA) for energy saving measures at no cost to you. A limited number of EAP participants will be able to apply for the EAP arrears forgiveness benefit.

## EAP Limited Benefit – Arrears Forgiveness

Space in the Arrears Forgiveness benefit of EAP is limited. Applications will be sent to qualified customers as openings become available.

- To be eligible for the Arrears Forgiveness benefit of EAP you must:
  - > Be enrolled in the EAP Basic Benefit.
  - > Have made three payments on your account in the last 12 months (not including agency payments such as HEAP).
  - > Have arrears no less than \$240 but no greater than \$750.
  - > Receive, complete and return an application to apply for the Arrears Forgiveness benefit.
  - > Provide a copy of your HEAP award letter if HEAP is applied to another fuel vendor.
- Enrollment in Budget Billing is required to participate in the EAP Arrears Forgiveness benefit.
- Once enrolled:
  - > Your past due account balance (arrears) is placed on hold at the time of enrollment.
  - > Each time you pay your regular NYSEG or RG&E bill in full and on time you'll receive a credit on your past due amount. This credit will equal 1/24th of the total amount on hold.
  - > A summary box will be displayed on page 1 of your bill, showing your previous past due amount, amount forgiven and your new past due balance. This past due amount will continue to be on hold from any collection activity while you

are enrolled in the EAP Arrears Forgiveness benefit and make on time payments.

- > If you miss three consecutive payments you will be permanently removed from the Arrears Forgiveness component of EAP. You will not be able to participate in the future.
- > Arrears Forgiveness enrollment can last up to 36 months. • Space is limited so enrollment is on a first come, first served basis.

For more information, visit [nyseg.com](http://nyseg.com) or [rge.com](http://rge.com), click on "Your Account" and then on "Energy Assistance: HEAP and

## NYSEG Contact Info

### Emergency Numbers

(24 hours a day, every day):

- To report electricity interruptions/emergencies: 1.800.572.1131
- To report natural gas odors/emergencies: 1.800.572.1121

### Restoration Status

To check the status of electricity restoration efforts, please call 1.800.572.1131

## Spring Powerful Tools for Caregivers Classes

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.

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.**

March 28 - May 2 (Wednesdays)  
10:30 AM-Noon  
at 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 Lifelong, Cornell University, and the Long Term Care Services Unit of the Tompkins County Department of Social Services

# 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 effecting seniors. If you have questions, our staff is ready, willing and able to serve your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at [www.tompkins-co.org/cofa](http://www.tompkins-co.org/cofa)

## Let it Snow...

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

## Need a Break? Project CARE Might Help!

**The Office for the Aging's** Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches seniors and their caregivers with volunteers who provide friendly visiting, respite, or might even be able to assist with some light

housekeeping, yard work or errands. If you or someone you know would benefit from some help with the difficult work of caregiving, please contact Trina Schickel at the **Office for the Aging**, 274-5491. Additionally, if you are interested in volunteering, please call the **Office for the Aging**, 274-5491, for more information about Project CARE.

## An Option for In-Home Help

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

## Maintain Your Independence

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

## Understanding and Living with Diabetes



By Michael Davidson, Ithaca College Class of 2012, Health Science – Nutrition Major

I'm a type 1 diabetic and have been since I was 7 years old. One of the most important aspects of staying healthy which I am, is to understand what diabetes is and how to control it.

Type 1 diabetes is a chronic condition, usually developed in young children, where the pancreas stops producing insulin. This is currently thought that the immune system attacks the beta cells in the pancreas and destroys them. This leads to diabetics needing insulin injections. Type 2 diabetes is where the body stops using the insulin that it creates. With long term type 2 diabetes, the body can stop producing insulin, like type 1 diabetes and need insulin injections. 11 million Americans age 65 and older have diabetes. That's 27% of this population. You're in good company if you're a diabetic.

Pre-diabetes is where a person is at high risk for becoming Type 2 diabetic and may have some insulin resistance. The American Diabetes Association states 79 million of us have pre-diabetes.

Insulin is a hormone that is created by the pancreas. Insulin is important because it allows the body to take sugar out of the blood and use it for energy. Too much sugar in the blood for long periods of time it can lead to some major complications, including a higher risk for heart disease and stroke.

There are many ways to regulate diabetes. An important practice is regular blood sugar tests. Blood sugar meters have made great advances through the years, and updating a meter is necessary every 1-3 years. One type of meter features the ability to do blood tests on the forearm. This is great for me because all of my work, including writing this, is on the computer. It saves my finger tips from getting sore and I don't get blood on my keyboard.

However, not every meter is a good fit. A person should look and shop around and find a meter that is best for them. There are also meters with larger displays or even ones that talk!

If a person with diabetes needs to start taking insulin there are sev-

eral different methods they can use. The oldest way is through injections: taking a needle, bottle of insulin and then filling a syringe with the correct dose.

An insulin pen is a device that has removable tops with the needle in it. Then it has a body which holds the reservoir and the amount of insulin is dialed up at the bottom of the body of the pen. Then it is given just like a normal shot and it is very compact for easy carrying and use. It is compact, discreet, and really easy to use. I was around 10 years old when I was able to use it by myself.

Another method of insulin injection is through an electronic pump. This device has an infusion site that goes onto the body and needs to be changed every three days. The infusion site is an oval that is about an inch long and made of mostly an adhesive pad. It has a needle that injects the tiny plastic tube into the skin and then the nee-

dle is pulled out and discarded.

It doesn't hurt any more than a normal shot and you can't feel it in your leg or stomach after it is in. The pump then connects to this site through that plastic tube and usually sits on the waist band. Insulin is delivered through this tube.

The pump is so far the most advanced method of insulin injection because it has the ability to give a basal rate. This means that it can, throughout the day, give a small dose that mimics that of the pancreas. This allows for more stable blood sugars. I have 7 different basal rates. I get less insulin at night so that I don't go low at night, and more during the morning so my body has more to work with in the morning. This can be just the reverse for others, they have a higher basal at night. The pump can also deliver insulin in larger doses (bolus) so every time a person eats something they can give themselves the amount of insulin

covering that snack or meal. It is very discrete, I just pretend I'm checking my cell phone. Diabetes can also be partially controlled through lifestyle and diet changes. The diet changes don't need to be extreme, but simple changes can make a big difference. A small change that can help is moving to sugar free treats and avoiding concentrated sugars. Also, exercise is extremely important. This can be anything from going for a jog to walking to the store. Exercise is a very important factor for a person's health, and I find that exercising actually gives me more energy and wakes me up better than coffee does.

A person should not be scared of or avoid using insulin if their doctor thinks it would help them. If it is used correctly it can greatly improve a person's life and even give them more freedom because their diabetes will be better regulated.

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## Lifelong Remembers Chuck Brodhead

*Continued from Page 1*

and even before others got the vision. He often assumed leadership roles in organizations." Other organizations he served, in addition to Lifelong and Longview, were Habitat for Humanity and Rotary.

Another former Board President at Lifelong, Fred Antil remembers that "it was during this time [when Chuck was President] that Lifelong was undergoing big changes – in its new quarters, expanding its programming, becoming more professional. Chuck brought his professionalism – in particular, his marketing expertise – so critical at this juncture. He was a joy to work with, kept a very positive attitude and his sense of humor – all of which helped bring Lifelong to a new level of programming, greater participation, and a new level of respect in the community." The Tompkins County Senior Citizens Council, Inc., now called Lifelong, was founded in 1952 and has grown to serve over 8,000 seniors annually in the county.

Chuck was President the year Barbara Hulbert, current Board President, joined the Lifelong Board. She appreciated his ability to mentor others as he worked to continually improve the organization.

It is with deep gratitude that Lifelong remembers Chuck Brodhead as a visionary, a leader, and a compassionate benefactor. We hope Chuck's legacy will inspire others through his example to invest fully in what makes a difference in their lives and in the lives of generations to come. At Lifelong, we are inspired by what Chuck has shown us is possible when we work together to serve the greater good.

## Step Up to Stop Falls

*Continued from Page 1*

Response. Various activities are taking place in the community in regard to falls prevention. (See other articles in this edition of the Senior Circle for more information about strength and balance classes at Lifelong, as well as the Office for the Aging's Annual Luncheon which will feature Betty Perkins Carpenter, the author of Six Steps to Better Balance.)

There are four steps for older adults to decrease the likelihood of a fall.

- Identify areas that may put you at risk, such as your home environment and/or your physical challenges.
- Know your medicines and check with your doctor if they may contribute to dizziness or feeling off balance. If medicine isn't the problem, make an appointment to get your vision checked.
- Make your home safer: Address items such as throw rugs, loose cords, clutter and poor lighting.
- Finally, be in balance – special exercises to improve balance really do work!

"By following these steps to prevent falls, older adults will also realize numerous other benefits," adds Holmes. "These benefits include maintaining a healthy lifestyle, being more physically fit, having a sense of security in one's own home, and building confidence in balance. Again, our main emphasis of falls prevention is the primary benefit of independence, which all older adults strive for."

For more information about "Step Up to Stop Falls" or to set up a home safety assessment, contact the **Office for the Aging** at 274-5482.

## Federal Benefit Payments Going All-Electronic

*Source: U.S. Department of the Treasury, Financial Management Service*

The U.S. Department of the Treasury now requires all federal benefit and nontax payments to be paid electronically. People applying for Social Security, Veterans benefits or other federal benefits on or after **May 1, 2011**, will receive their payments electronically starting with their first payment. People currently receiving federal benefit checks will need to switch to an electronic payment option by **March 1, 2013**.

Those who do not choose an electronic payment option at the time they apply for federal benefits or those who do not switch by the deadline will receive their benefit payments via the **Direct Express® Debit MasterCard®** card, so they will not experience any interruption in payment. [PEOPLE WHO/IF YOU] are already receiving benefit payments electronically [YOU] do not need to take action. [THEY/YOU] will continue to receive [their/your] payment as usual on the payment day.

Having federal benefits paid electronically by **direct deposit** into the bank or credit union account of [ONE'S/YOUR] choice or into a **Direct Express®** card account is safer, faster and more reliable than receiving paper benefit checks. In 2010, more than 540,000 Treasury-issued checks were reported lost or stolen, and had to be reissued.

With **direct deposit**, the Treasury Department sends an electronic message to [ONE'S/YOUR] bank or credit union account on [THE/YOUR] usual payment day with the exact amount of [THE/YOUR] benefit payment from Social Security, VA or other federal agency. [PEOPLE/YOU] don't have to worry about [their/your] money being stolen out of [their/your] mailbox and there's no need to make a trip to cash or deposit a check. Plus, it's better for the environment and saves taxpayer dollars.

## NYS Veterans' Property Tax Exemption

*Source: NYS Division of Veterans Affairs, NYS Veterans' Property Tax Exemption FACT SHEET. For Additional Information: 1-888-838-7697 or [www.veterans.state.ny.us/faq](http://www.veterans.state.ny.us/faq)*

NYS Veterans' Property Tax Exemption provides a partial exemption on real property taxes to veterans' of defined periods of war, veterans who received expeditionary medals or certain family members, as allowed by law.

There are three levels of benefits, depending on whether the veteran served in combat and/or was disabled. Exemptions are also subject to dollar limitations, pursuant to state and local law.

- An exemption equal to 15 percent of the property's assessed value (or \$3,600, whichever is less) is granted to eligible veterans who served during a specified period of war.
- An additional 10 percent exemption (or \$2,400, whichever is less) is available to eligible veterans who served in a combat zone.
- An additional exemption may be granted to eligible disabled veterans equal to the product of the assessed value of the property and 50 percent of the veteran's disability rating (or \$12,000, whichever is less). Please note that Gold Star parents are not eligible for this portion of the Veterans' Exemption.

### Who is eligible for the Property Tax Exemption?

To be eligible, an applicant must be one of the following:

- A qualified veteran
- The spouse of a qualified veteran (un-remarried surviving spouse)

### What documentation is required to prove eligibility?

- A copy of a Certificate of Release or Discharge from Active Duty
- Copy of deed to home (title must be veterans' or spouses name)

### How do you apply?

An Application for Veterans Exemption from Real Property Taxation (Form RP-458) must be filed with the local assessor.

- Application Form
- Evidence of Military Service (DD214/copy of a Certificate of Release or Discharge from Active Duty)

### Are there deadlines for submitting applications?

Applications must be filed on or before taxable status date. Check with your assessor for exact date. The Exemption and Abatement Application for Owners must be received by March 15th for benefits beginning on July 1st of that same year.

*Lifelong offers Enhance Fitness, Tai Chi, Mat and Chair Yoga in several locations throughout Tompkins County to help you improve your balance and prevent falls!*

*Call 273-1511 or visit our website at [www.tclifelong.org](http://www.tclifelong.org) for a list of opportunities near you.*

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## Senior Scams – Protect, Detect, Report

By Carole Fisher, Cornell Cooperative Extension of Tompkins County

Seniors are increasingly being targeted for scams involving identity theft and other frauds. Crooks, and sometimes even friends, may try to take advantage of a senior's trusting nature and willingness to believe what he/she is told. Here are some tips to avoid the emotional and financial hardships of some common senior scams.

Minimize exposure by not giving out personal information except when really necessary. Information to safeguard includes your social security number, birth date, mother's maiden name, account numbers, credit and bankcard numbers, driver's license number, PINs and passwords, and insurance or Medicare number. Unless you are going to a medical office or hospital, don't carry your Medicare card.

A common scam involves a caller claiming to be with Medicare and asking for personal information such as Medicare, Medicaid, social security, credit card or bank account numbers. The victim might say that an error needs to be fixed, that he or she is part of a survey, that you are eligible to receive free products or can sign up for a new prescription drug plan. The truth is that Medicare will never call to ask for sensitive personal financial information.

A variation of this is medical equipment fraud in which the equipment manufacturer makes an offer of free medical products in exchange for your Medicare number. The con artist fakes a physician's signature so that they can bill Medicare for merchandise or

service that was not needed, was not ordered, or may never have been delivered. If you suspect fraud, call the Senior Medicare Patrol Fraud Hotline at 1-877-678-4697.

To prevent identity theft, shred ATM and credit card receipts, billing statements, and any paperwork containing personal information. Have the post office hold mail when away. Check your statements regularly for accuracy and question any charges that are unfamiliar. Never provide account numbers or personal information in response to a phone call or email claiming to be from your bank, confirming an unfamiliar order, or any unfamiliar party. If you are unsure whether the request is valid, hang up and call the office back using a trusted number, not one provided by the unknown caller.

Be very skeptical of phone

calls, letters, or emails saying that you've won a prize, sweepstakes, or lottery, and never send money or account information in order to receive your supposed winnings. It is important for seniors to learn not to be afraid of hanging up on callers and telemarketers, and not to feel pressured to allow door-to-door salespeople into their homes. If you are interested in their product, always ask for identification, written information, and/or ask them to come back when someone is with you.

The sooner a scam or fraud is reported, the better for the consumer. Don't be embarrassed to admit that you are a victim. File a report with the police. If you are a victim of identity theft, place a fraud alert on your credit report, contact your creditors, and notify the Federal Trade Commission at 1-877-ID-THEFT.

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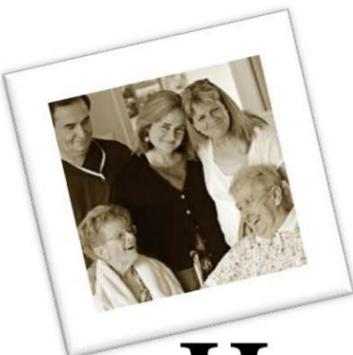
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## 12 Nights Out: Offering You a Chance to Dine Out

Are you a foodie? If so, then you won't want to miss the opportunity to dine out with Lifelong picking up the tab. Or better still, how about 12 nights out?

That's what Lifelong is offering to the Grand Prize winner in its annual "12 Nights Out" fundraiser, a package of gift certificates to dine at 12 restaurants in the area, at a value of over \$600. Some of the other prizes include 6-night, 4-night, and 3-night restaurant gift certificate packages.

At press time the members of Lifelong's Board are signing on participating restaurants for its premier fundraising event. "This year we are hoping to expand our prize packages from 9 to 12. That will mean 12 opportunities to win. And with only 300 chances sold, that means the odds of winning are... well you do the math. I say it's pretty good!" states volunteer coordinator, Carol Eichler.

Tickets are on sale now at Lifelong for \$25 a chance. Drawing for the prizes will occur at Lifelong's annual luncheon meeting on May 17<sup>th</sup> at the Ramada Inn, Ithaca. You do not need to be present to win.

Lifelong is offering you a wonderful opportunity to support its programs and services AND enjoy some great meals. Couldn't you use a "cook's night out?"

## Tompkins County Senior Travel Program

This year the travel program is taking on a new look. Lifelong is collaborating with the Community Senior Groups to give you a year full of exciting travel opportunities. Join us for trips to the Amishlands in PA; a Cruise with Lunch on the Shore on Skaneateles Lake and Sherwood Inn; Vick Lawrence and Mama, A Two Woman Show; Washington, DC; A Christmas Celebration with Cahal Dunne; The New York State Fair and much more!

Contact Jillian Pendleton at 273-1511 or [jpendleton@tclifelong.org](mailto:jpendleton@tclifelong.org) (subject line TRAVEL) for more information or stop in at Lifelong at 119 West Court St. Ithaca, NY or visit [tclifelong.org](http://tclifelong.org) for a copy of the Tompkins County Senior Travel Catalog.

## Lifelong's 2012 Walk Program

Come walk with your friends, old or new, at Lifelong! Lifelong's walk program is a great way to explore the beauty and culture of Tompkins County while increasing your strength, improving your balance and enjoying the company and knowledge of your peers. Our walk program coordinators, Elke Schofield and Jane Zimmer, are looking forward to sharing the walks they have planned for you.

## 2012 Walk Schedule - Wednesdays at 1:30

April 25 we will explore the History Center and downtown Ithaca; May 9 Ithaca Falls to View the Forsythia; May 23 Kitchen Theatre with a guided tour; June 6 Downtown City Walk to view the trees in bloom (with a possible special guide); June 20 Sciencecenter and Cooperative Extension with talk by Pat Curran about Al Wurster Memorial garden; Look for additional destinations July through October!

When carpooling is required, a \$1 or \$2 fee will be required for gasoline and parking. All registered walkers will be e-mailed or called two or three days prior to each walk. If you would like to register please call Jillian Pendleton at 273-1511 or email [jpendleton@tclifelong.org](mailto:jpendleton@tclifelong.org) with the subject line WALK PROGRAM.

## Sunrise Rotary Dish to Pass Lunch

On the second Sunday of each month Ithaca's Sunrise Rotary hosts a dish-to-pass lunch at 12noon at Lifelong. The Sunrise Rotary provides the main dish and drinks and Lifelong provides entertainment. Bring a friend, a loved one and your favorite dish to share. This is a relaxing way to enjoy delicious food and fellowship. Please contact Lifelong at 607.273.1511 for more information.

## Community Senior Groups

Would you like to become a member of the senior community group in your town? Enjoy community lunches, presentations and meet your neighbors! Please contact the group nearest you to learn about meeting dates and activities.

**Caroline Seniors**  
Bob Spaulding 539-7321

**Danby Seniors**  
Ted & Connie Merritt 272-3009

**Dryden Seniors**  
Martha Clark 844-4685

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**Trumansburg Seniors**  
Sandy Voorheis 387-6216

**Varna Seniors**  
Art Berkey 272-0230 or  
Barbara Parks 272-2949



### SAVE THE DATE!

Thursday, May 17, 2012 for Lifelong's 60<sup>th</sup> Annual Luncheon & Meeting  
Ramada Inn, North Triphammer Rd. Details to follow!



Lifelong is a United Way agency

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# RSVP Volunteer News

## Celebrate National Volunteer Week



As National Volunteer Week approaches this April, Lifelong would like to thank all those volunteers who make our learning, travel, recreation, and counseling programs possible! Members of Lifelong's RSVP program are also doing amazing work in a variety of non-profits across Tompkins County. Volunteers have a huge impact on the quality of life for their neighbors. The results are rewarding – such as watching a child learn from you, seeing that a local family has enough food, or that a rescued pet finds a loving home.

If you serve at Lifelong or another local nonprofit agency, we would like to add to those rewards and provide an opportunity to meet your fellow volunteers.

Please stop in for an Ice Cream Sundae at RSVP's National Volunteer Week Celebration, Wednesday April 18 from 1:30-3:30pm at Lifelong. There will be free ice cream and cookies, as well as a chance to win door prizes from local businesses.

## Bon Ton Coupons for sale to benefit RSVP

RSVP will once again be raising funds by selling Bon Ton coupon booklets. Booklets cost \$5 and can be used on April 27 & 28 to get discounts on your favorite items at the Bon Ton. Details about Bon Ton's Community Day Fundraiser are listed at [community-dayevent.com/viewbooklet.php](http://community-dayevent.com/viewbooklet.php). Contact the RSVP office or an Advisory Council member to buy one.

## Lifelong will offer volunteer travel stipends beginning March 1

Thanks to a grant from the Service League, Lifelong will offer travel stipends for income-qualifying volunteers beginning March 1. Volunteers will sign up once to receive travel stipends until funds are exhausted, using an application form. Qualifying volunteers have less than \$1400 monthly income for an individual, or \$1900 combined monthly income for a household of two. Lifelong will use your time-sheets (self-reported or from your station) to see how many days you worked each month. You can receive a \$5 stipend per day of service, up to \$20/month.

## New Volunteers Needed

The County Office for the Aging Long-Term Care Ombudsman program is seeking volunteers to visit local nursing facilities on a weekly basis to keep residents informed about their rights and resolve concerns arising between residents and staff. This program requires attendance at a 3-day training and regular meetings, as well as monthly reporting.

Lifelong's Health Insurance Information, Counseling, and Assistance Program (HIICAP) is seeking volunteers to provide Medicare counseling for local seniors and individuals with disabilities. A background in healthcare, counseling, or human resources is helpful but not required; training is provided.

Please contact RSVP at 273-1511 to learn more

## April 16-20: Support RSVP at Friendly's, Chili's, or Buffalo Wild Wings

RSVP provides referrals to volunteer opportunities, contacts members when their specific skills are needed for a new project, and coordinates recognition events and prizes for volunteers throughout the year. If you would like to support RSVP while enjoying a night out, please consider visiting one of our April 16-18 fundraiser nights at local restaurants.

- **Monday April 16:** Enjoy dinner at Buffalo Wild Wings. 10% of your bill (excluding alcoholic beverages) will be donated to RSVP.
- **Tuesday April 17:** Stop at Chili's for takeout or a sit-down dinner. 10% of your bill (excluding alcoholic beverages) will be donated to RSVP.
- **Wednesday April 18:** Friendly's Elmira Road location (across from Staples) will contribute 15% of your dinner bill to RSVP.
- **Friday April 20:** Friendly's Triphammer Road location will contribute 15% of your breakfast bill to RSVP.

**Vouchers are required** for each of these fundraiser events. Please visit our website at [www.tclifelong.org](http://www.tclifelong.org) or stop by Lifelong to pick up a set of fundraiser night vouchers.

## Wonderful Wheelchairs

Do you have an old manual wheelchair? Are you in need of low-cost repairs or replacement? Wonderful Wheelchairs is a group of volunteers who repair and sell wheelchairs at very reasonable prices. Their goal is to help people find the safety, comfort, and mobility of a well-functioning wheelchair, while putting as little as possible from older wheelchairs into landfills.

Wonderful Wheelchairs brings together expertise in fitting wheelchairs to patients' needs and the mechanical skills of several volunteers. The group meets every Wednesday and Friday to repair and clean wheelchairs that have been donated or for someone who needs a repair. Recipients of the rehabilitated wheelchairs have included a lending program, residents at two nursing homes, and members of the public.

Both volunteers and recipients have learned that properly fitting and maintaining wheelchairs makes a difference. With many people sitting in wheelchairs for 6-8 hours per day, mobility and quality of life can be vastly improved with minor adjustments and repair.

You can help by donate a wheelchair, make monetary donations, or volunteer to help repair the chairs. For more information, call: Carol John at 351-1655 or Monte May at 272-8224.

## SPCA Info Session at Lifelong

Are you interested in fostering kittens until they're ready for a permanent home? Helping out at the SPCA shelter, or at their gift shop/Annex in the Mall? Stop by Lifelong Thursday, March 29 from 12-1:30 pm for a free info session on volunteering.



# Northside-Southside Newsletter

Featuring April, May and June 2012 (Look for summer newsletter in the next Senior Circle)

Please contact Jillian Pendleton, NS-SS Coordinator and Program Director at Lifelong at 273-1511 or [jpendleton@tclifelong.org](mailto:jpendleton@tclifelong.org) to be placed on a calling list for any of the following programs. If you request to be placed on a calling list for a program(s), then you will receive a phone invitation with more information about the program, date and time confirmation, and the option of Gadabout transportation (available on a need basis).

All programs are free (lunches or purchases are at own expense); donations to the Northside-Southside Program are always welcomed and appreciated.

### Gatherings

If you request to be placed on this list via email, use NS-SS Gathering in the subject line

**Wednesday, April 4<sup>th</sup> at 10AM:** Making memories, sharing memories and preserving the history of the NS-SS program Part 1: Meet to

plan the NS-SS scrapbook/photo album. We'll look through old pictures, share our memories of the NS-SS program and create new ones. If you don't know the history of the NS-SS program, this would be a great way to learn. If you have scrapbook/photo album making experience or creative ideas, we would love your help. All are welcome, no experience necessary!

**Wednesday, May 2<sup>nd</sup> at 10AM: Gathering:** The Annual NS-SS Dish to Pass Picnic is on the horizon! Come and share you ideas for activities, foods to share and upcoming events.

**Wednesday, June 6<sup>th</sup> at 10AM:** Making memories, sharing memories and preserving the history of the NS-SS program Part 2: Taking the next steps to completing the NS-SS scrapbook/photo album.

### Book Group

If you request to be placed on this list via email, use NS-SS Book-Group in the subject line

### Wednesday, April 11<sup>th</sup> at 11am:

Is being on disability or social security affected by a part time job? How is social security affected by wills? Carolyn Miller will share her research and lead a discussion on the answers to these questions and more.

### Wednesday, May 9<sup>th</sup> at 11am:

How do you handle your real estate when your life situation changes, moving is your next step or your loved one dies? Come join this discussion led by Carolyn Miller and share your experiences or ask questions.

### Wednesday, June 13<sup>th</sup> at 11am:

Time for Juneteenth! Learn about the history of this day of celebration. Be sure to watch for announcements about the Southside Community Center's Annual Juneteenth Celebration.

### Lunch

If you request to be placed on this list via email, use NS-SS Lunch in the subject line

**Tuesday, April 24<sup>th</sup>:** NS-SS with GIAC at Tioga Downs

**Wednesday, May 30<sup>th</sup>:** NS-SS with GIAC at Glenwood Pines Restaurant

**June:** TBA

### Shopping

If you request to be placed on this list via email, please use NS-SS Shopping in the subject line  
Enjoy a fun day of shopping or healthy walking at the Shops at Ithaca Mall.

**Tuesday, April 17<sup>th</sup> 10AM-1:45**

**Tuesday, May 15<sup>th</sup> 10AM-1:45**

**Tuesday, June 19<sup>th</sup> 10AM-1:45**

### Gametime

If you request to be placed on this list via email, use NS-SS Gametime in the subject line

Wii bowling, scrabble, cards, computer games, any game you would like to bring and more.

**Friday, April 27<sup>th</sup> 2:30-4:30PM**

**Friday, May 25<sup>th</sup> 2:30-4:30PM**

**Friday, June 22<sup>nd</sup> 2:30-4:30PM**

## Medicare Prescription Drug Coverage & Your Rights

Source: Medicare Form No. CMS-10147 (10/31/2011)

You **have the right to request a coverage determination and get a written explanation** from your Medicare drug plan if:

- Your prescriber or pharmacist tells you that your Medicare drug plan will not cover a prescription drug in the amount or form prescribed; or
- You are asked to pay a different cost-sharing amount than you think you are required to pay for a prescription drug.

You **also have the right to ask** your Medicare drug plan **for an exception** (a special type of coverage determination) **and get a written explanation** from your Medicare drug plan if:

- You believe you need a drug that is not on your drug plan's list of covered drugs. The list of covered drugs is called a "formulary;"
- You believe a coverage rule (such as prior authorization or a quantity limit) should not apply to you for medical reasons; or
- You believe you should get a drug you need at a lower cost-sharing amount.

### What you need to do:

- Contact your Medicare drug plan to ask for a coverage determination, including an exception request.
- Refer to the benefits booklet you received from your Medicare drug plan or call 1-800-MEDICARE to find out how to contact your drug plan.
- When you contact your Medicare drug plan, be ready to tell them:
  1. The prescription drug(s) that you believe you need. Include the dose and strength, if known.
  2. The name of the pharmacy or prescriber who told you that the prescription drug(s) is not covered.
  3. The date you were told that the prescription drug(s) is not covered.

The Medicare drug plan's written explanation will give you the specific reasons why the prescription drug is not covered and will explain how to request an appeal if you disagree with the drug plan's decision.

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## Save the Date: Safe Medication Drop-Off Event



The Coalition for Safe Medication Disposal will host its next safe medication drop-off day on Saturday, April 28. Area residents are welcome to drive through the TCAT bus garage, 737 Willow Avenue or visit one of the satellite locations to be announced later this spring. At their October 2011 event, over 800 pounds of were received including 12,700 doses of controlled substances.

The Coalition includes representatives from many County departments, nonprofit organizations, and private citizens. Events are supported by many area pharmacies and businesses. For more information or to volunteer, please visit [healthyouth.org](http://healthyouth.org) or call Lifelong at 273-1511 in April.

## Lifelong Ladies Senior Social Golf Program

The organizing meeting for the Lifelong Ladies Senior Social Golf Program is scheduled for Wednesday, April 18 from 10 a.m. at Lifelong, 119 West Court St., Ithaca. The weekly Wednesday golf dates and locations from May to August will available at this meeting. All levels of ability are welcome. Come meet the group on the 18<sup>th</sup> but **sign up as soon as possible, there are only 50 spots available!**



Call Lifelong 273-1511 for more details

## Win "12 Nights Out" from Lifelong!



Buy a \$25 ticket at Lifelong for a chance to win gift certificates to local restaurants.

Grand prize – 12 certificate package (\$600 value). Only 300 tickets sold: 12 prize packages in all.

Drawing May 17, 2012 at Lifelong Annual Meeting. Need not be present to win.

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Are you concerned that your parent is spending too much time alone? Are you concerned that they are not eating well? Are daily medications managed properly?

#### Is it the right place?

What is important to you and your family? Find out about dining choices, the amenities you desire, care options, resident programs and social events.

#### Are they the right people?

Is the company financially sound, with a history of providing a comfortable experience?

#### Does it provide the right value?

Ask about the costs and fees. Talk to your sales counselor about your finances and see if the community is a financial fit.

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## The Lansing Londons

*Continued from page 1*

Now settled in Lansing, Harriet spends much of her time at the Lansing Community Library. Harriet first got involved over 7 years ago when it was an all-volunteer reading room of the Tompkins County Public Library in the old town hall. The library has now more than doubled in size, is funded by Lansing residents, and has 3 staff members. Harriet, a desk volunteer and occasional story-time reader, doesn't take any credit for the library's growth. She "watched in awe as some dedicated and extraordinary people in the Friends group made it all happen." Harriet also read to children in a Lansing daycare center for 10 years, until the center closed.

Howard has quite a productive and varied garden at home. He says, "I've always enjoyed growing what I can eat. My father had a Victory Garden during WWII. It was considered your contribution toward victory - people were encouraged to grow their own pro-

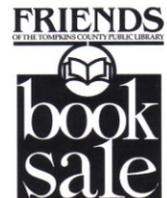
duce to keep demand down. It was also a much better way to eat. We're talking pre-frozen vegetables. You didn't get year-round anything except dried or in cans." Both Howard and Harriet had storage cellars growing up, and continue to freeze their own tomatoes, and store winter squash and potatoes and garlic. Howard is a Cornell Cooperative Extension master gardener, and has worked on the GrowLine helping others with their gardening questions. He says there's not much to be doing in March - just cleaning out dead plants from last year and starting seeds for some plants if you like.

Howard and Harriet have committed much of their time to serving seniors at Lifelong. Howard joined Lifelong as a volunteer in 1996, providing free tax preparation for seniors and others with limited incomes. Over the years he has become a tax instructor and helped to bring a satellite tax site to the Lansing Community Library. Harriet has volunteered as a counselor for Lifelong's HIICAP pro-

gram for 15 years, helping Medicare-eligible people review their health insurance needs and find the programs that are best for them. Both Harriet and Howard have shifted to using computers over the past several years. When asked if it is really faster to do it on the computer - they say that they couldn't imagine doing a modern tax return or sorting out a prescription drug program without a computer. The couple hopes that additional volunteers will join them to take on the growing demand for services as a new generation enters retirement.

"One of the neatest things about Ithaca," Harriet remarks, "is all these incredible people who have taken hold and created wonderful institutions." She points to the gang that puts together the Friends of the Library book sale downtown, and the 5-days-a-week operation at Ithaca Kitchen Cupboard food pantry. They are pleased to be involved in small ways, Howard as the Friendship Donations Network "apple man" for weekly food delivery, and both volunteering once a

month to distribute food. Howard sums up what he likes most about retirement: "There is a great benefit to volunteering, you get so much more than you give. Volunteering really offers that person who is 65 (thinking about what to do with the next 25 years), the opportunity to be active in every way they might want to be - physically, mentally, socially, artistically." Harriet and Howard are inspired by the work of the people around them and hope that they can, in the spirit of the Tompkins County community, give back and share their joy in volunteering with others.



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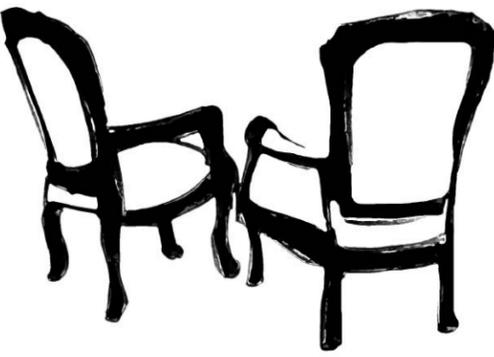
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