

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

Senior Focus: YOU KNOW YOU'RE FROM ITHACA IF....

By Lucia Sacco, Lifelong Program Assistant



Still glowing from completing their fitness class Jan and Bonnie posed outside of Lifelong one morning this summer.

You know you're from Ithaca if like sisters Bonnie Collazo and Janice Robinson, you remember the Westside House, the Northside House and the Southside House; if you remember that Amtrak used to

run through town and sneaking into the train station because they had the cool water fountain with little paper cups; if you remember that Ithaca had a fish market, four theaters and a Drive-In on Dryden Road. You know you're from Ithaca if you remember the Ithaca Hotel and saw the New York Giants and Washington Redskins play at Cornell's Schoellkopf Field in the 1960's; if you remember that GIAC used to be Central School and Beverly J. Martin Elementary School used to be Boynton Junior High School; if you remember going to an afterschool program at the Ithaca Youth Bureau...even on school holidays because it was better than staying home and cleaning house. According to these two, Ithaca was a pretty great place to grow up.

Talking to these two women, you also get the sense there was a lot of laughter growing up on West Court Street. They, with their two brothers and many cousins, aunts and uncles were born and raised in Ithaca. It's a lovely coincidence that they are now affiliated with Lifelong, Tompkins County Senior Citizens' Council, also located on West Court Street.

Their affiliation with Lifelong began in 2004 when Bonnie started attending an Enhanced Fitness class (an exercise program focusing on stretching, flexibility, balance, low impact aerobics and strength training) at Lifelong and noticed improvement in her well-being. She recruited Jan and now they both encourage each other to stay active and involved, participating in Enhanced Fitness and Yoga.

Having retired from the payroll

...continued on page 11

Free and open to the public!

You are invited to attend
The Tompkins County Office for the Aging's

Public Hearing
.....
Senior Citizens' Fair
&
Falls Prevention Summit

9:00 am – 9:30 am :
Refreshments & Registration

9:30 am – 10:30 am :
Public Hearing & Falls Report

10:30 am – 12:00pm :
Workshops and Games
Tai Chi
6 Step Balance System®
Falls Prevention BINGO
Medication Management

12:00 pm – 1:00 pm :
Lunch with Foodnet
Celebrating Foodnet's
25th Anniversary

Ongoing Information Sharing in the Atrium (9:00 am–noon):
'Please Try It' Display
Lifelong Office for the Aging
Health Planning Council
Dept. of Emergency Response
Way2Go

Friday, September 28, 2012

Titus Towers

800 South Plain St., Ithaca
9:00 am – 1:00 pm

.....

Refreshments will be served.
Seating is limited!
Contact the Office for the Aging to make your reservations at 274-5490 or cofa@tompkins-co.org

FallsPrevention™
STEP UP TO STOP FALLS

Free prizes and giveaways!

GOT PILLS ?

Medication Disposal Event



SATURDAY September 29
10 am - 2 pm

TCAT - 737 Willow Ave, Ithaca
Enfield Town Hall - Rte 327
Slaterville Fire Station

Supervised collection of household medications including prescription drugs

Call 2-1-1 or www.healthyyouth.org

Organize by the Tompkins County Coalition for Safe Medication Disposal

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

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Lifelong Learning Classes

Our eagerly awaited Fall Lifelong Learning Catalog is bursting at the seams with opportunities to learn new things. We are offering some exciting new programs and are bringing back some favorites. We are so fortunate to have knowledgeable, interesting instructors who are passionate about the programs they present.

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.

A complete list of offerings is available online at www.tclifelong.org or at Lifelong at 119 W. Court St. There

is a registration cost of \$60 for one course, \$85 for an unlimited number of courses and presentations (Members receive a \$5 discount). We want everyone to take advantage of these community classes. Need-based scholarships, for a maximum of 3 fee-based classes, are available for anyone who is unable to afford the cost of registration.

Lifelong Learning has an established reputation for offering innovative, thought provoking programs. 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.

INSIDE THIS ISSUE

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Senior Services

Information and Referral

The **Tompkins County Office for the Aging** provides information and referral services for individuals and agencies concerning an array of issues affecting seniors. If you have questions, our staff is ready, willing and able to serve you. Please call the county office 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**.

Options for In-Home Help

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

Yard Work

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

The Impact of Changes in the Health Care System on the Well-Being of Older People

Registration is now open for the Ithaca College Gerontology Institute Fall 2012 Conference, titled *From Silos to Systems: New Health Care Systems for Older People*. This one-day learning opportunity will take place on Thursday, October 4, 2012 on the Ithaca College campus.

Current massive changes in the health system, propelled by the need to reduce costs and improve quality, are bringing medical care and community health closer than ever before. The conference will examine the changes in the health system, offering perspectives from the local, state, and national level, about how these trends will impact older people and the practitioners who serve them.



John Feather

Keynote speaker John Feather, Ph.D., will lead off the conference with a look at the "big picture." Feather is the CEO of Grantmakers in Aging, a national association of grantmaking foundations and other organizations that work to improve the lives of older people. His presentation, "Washington Snapshot: A Pre-Election View," will highlight how the upcoming fall election will affect issues around the aging community, the Supreme Court's decision on the Affordable Care Act, renewal of The Older Americans Act, and more.

New York State's Medicaid Director, Jason Helgerson, will be the plenary speaker. Helgerson also serves as the executive director for New York's Medicaid Redesign Team (MRT). His talk, "Medicaid Redesign in NY and Its Impact on Older People," will focus on the major initiatives of the MRT, highlighting how redesign will affect elders and what the process will be once the overhaul is complete.



Jason Helgerson

The conference will also present breakout sessions with local and regional speakers presenting new models of delivery. Sessions will feature representatives from the Tompkins County Office for the Aging, Visiting Nurse Service, Hospicare and Palliative Care Services, Cayuga Medical Center, PACE CNY, and the Alzheimer's Association of CNY.

Breakout session topics include:

- Care Transitions: Improving Care for High-Risk Medicare Beneficiaries in Tompkins County
- Impact of Medicaid Redesign on PACE Programs
- Patient Centered Medical Home and Clinical Integration: A Strategy for Patient-Physician Alignment

Hospital Admission or Observation Status?



Just because your family member is in a hospital bed, on a hospital unit, eating hospital food, and undergoing hospital tests does not automatically mean that he or she has been admitted to a hospital. Sometimes doctors want to watch a patient for a few hours or a day to see whether there is really a need to be admitted to the hospital. This is called "observation." More patients are now in hospitals being observed rather than admitted. This is largely because of Medicare's efforts to reduce expensive hospital admissions and possible readmissions.

Does it matter if your family member is admitted to the hospital or is just being observed? Yes, because Medicare pays for hospital admissions and observation differently. As a result, your family member's part of the bill is likely to be higher if he or she is only being observed than if he or she were actually admitted.

Admission vs. Observation

- Hospital admissions are covered under Medicare Part A. Under Medicare Part A, after a one-time deductible fee, all hospital costs are covered when a person is admitted as an inpatient.
- Observation status and emergency room care (without admission) are considered outpatient care, and are covered only by Medicare Part B. Medicare Part B treats each lab test, X-ray, and other service as individual items, each with a copay. Prescription drugs are not covered and may be a separate charge.

There's more. To be eligible for Medicare-covered skilled nursing facility services, your family member must have been a hospital inpatient for at least three days. The observation days do not count.

The result? After 72 hours of observation, your family member will have a higher hospital bill and will not be eligible for Medicare-paid rehabilitation services in a skilled nursing facility. Note that these rules apply to regular (that is, fee-for-service) Medicare; if your family member belongs to a Medicare Advantage (HMO) plan, check with the plan for its requirements.

What can you do?

In addition to all your other questions, ask repeatedly, "Has my family member been officially admitted to the hospital, or is he or she under observation status?" Your family member's primary care doctor will probably not be involved in this decision.

Make a note of each staff person's response, including the name and date.

The hospital can retroactively (after the fact) change the patient's status from inpatient to outpatient. This change is supposed to be made while the patient is still in the hospital, with a written notification to the patient.

If you do not receive this notification, or if you want to appeal the decision, you can contact New York State's Quality Improvement Office, which is IPRO: www.ipro.org

Medicare has issued a brochure that explains observation status.

English at <http://www.medicare.gov/publications/pubs/pdf/11435.pdf>

Spanish at <http://www.medicare.gov/Publications/Pubs/pdf/11435-S.pdf>

Also at Center for Medicare Advocacy (<http://www.medicareadvocacy.org>).

Adapted with permission from www.nextstepincare.org.

Save the Dates

Ithaca College Gerontology Institute Fall Workshop Series

October 24 - "Living Well without Driving: A Community Approach to Senior Mobility"

October 31 - "Evolving Health Care Models to Minimize Polypharmacy and Medication Errors in Aging Adults"

November 14 - "Aging with Disabilities and Quality of Life"

This fall the workshop series will be held on Wednesdays at the Country Inn and Suites from 2:00 – 4:30 p.m.

PLEASE NOTE the change in location, the workshops are not at Longview.

Please visit www.ithaca.edu/gerontology/wrkshpsconfspkrstoppage/workshops/ for more information. Registration will be available soon.

If you have questions about the workshops, please contact Denise Wells, Outreach and Engagement Coordinator at the Gerontology Institute, at (607) 274-1607.

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

Coming Soon:

The Medicare Open Enrollment – Clinics at Lifelong

By Diane Dawson, Lifelong CEO and HIICAP Coordinator

The 2012 Medicare Annual Election Period (AEP), or Open Enrollment, begins on October 15 and continues through December 7.

During this time you can change anything related to your Medicare insurance coverages: Original Medicare Parts A (hospital) and B (medical) and Medicare Part D (prescription drugs). You can enroll in a Medicare Advantage Plan, or disenroll from a Medicare Advantage Plan and return to Original Medicare. You can enroll in, disenroll from, or change your Medicare Part D plan. Changes at this time will take effect on January 1, 2013.

If you are in a Medicare drug plan or Medicare Advantage Plan that is not meeting your needs, Open Enrollment is the time to compare your options and make a change for 2013. Generally, this is the only time during the year that you can enroll, or disenroll, from a drug plan. There are exceptions qualifying for a Special Enrollment Period (SEP), such as when you first become eligible for Medicare or lose employer coverage.

In October you will begin receiving mailings related to your options, including your plan's Annual Notice of Change (ANOC), providing you with information on any changes to your plan. Insurance providers can change their premiums, deductibles, cost-sharing, participating doctors or pharmacies, networks, and drug formularies each calendar year.

If you are not in a Medicare drug plan and have no prescription coverage, Open Enrollment is the time to consider enrolling. You do not have to enroll in a Medicare drug plan if you have prescription coverage that is considered "creditable coverage." Simply put "creditable coverage" means that your prescription drug plan is as good as, or better than, a Medicare drug plan. Many employer group health plans and retiree plans are considered "creditable coverage" as are the Veterans' programs. If you have an employer or retiree plan that provides a prescription benefit you should receive an annual notice by October 15 informing you of your plan's "creditable coverage" status. If you do not receive this letter, contact your plan's benefits manager to request a copy. You must be enrolled in Medicare Part A and/or Part B to enroll in a Part D, prescription drug plan.

Open Enrollment is also your opportunity to change your Medicare A & B health plan. There are two ways to get your Medicare A & B benefits: either through Original Medicare or through a Medicare Advantage plan. It is important to understand how your choice can

affect the health care you receive.

Original Medicare: When you become eligible for Medicare (age 65), you are enrolled in Original Medicare. Health care providers bill the Federal government directly for your care. Original Medicare allows members to go to any doctor or hospital in the country that accepts Medicare (which is most). You also never need a referral to another doctor or health care provider under Original Medicare. In Original Medicare you have co-pays and deductibles. You can cover these costs with supplemental insurance such as a private Medigap plan or an employer/retiree plan. If you are satisfied with Original Medicare, you can keep it and you do not have to sign up for a Medicare Advantage plan.

Medicare Advantage Plans: These plans are offered by private insurance companies that contract with Medicare to administer your Medicare benefits. Medicare Advantage Plans include Health Maintenance Organizations (HMO's) and Preferred Provider Organizations (PPO's). Medicare Advantage plans must provide all of the Medicare Parts A and B services that are covered under Original Medicare, but they can have different rules and costs for covering these services. Some also may provide a Medicare Part D benefit and some may provide limited coverage for additional services such as eye care, dental or hearing aids. In Medicare Advantage plans, you continue to pay your Part B premium and may, or may not, have an additional premium with the plan. You will have co-payments for most services which are determined by the plan. Unlike Original Medicare, you cannot buy supplemental policies to cover your co-pay expenses. Also, you must follow the plan rules to get coverage for your care, such as using network providers when required, or getting permission from your plan (prior authorization) for some health care services and procedures. Before you join Medicare Advantage, make sure you understand the plan network and coverage rules.

Turning 65 soon?

Lifelong is offering two "Medicare Basics" workshops for those new to Medicare.

September 12 or October 3
at 10 a.m. at 119 W. Court St.

If you or a family member are turning 65 in the next six months, please call Lifelong at 273-1511 to register for one of these two dates!

Hurry, seating is limited!

REMEMBER:

If you are happy with your current Medicare coverage, whether it is Original Medicare with a supplement or a Medicare Advantage plan, you do not have to make a change. Never feel pressured to sign up with any plan. With all the options out there, it can be a very confusing time for Medicare beneficiaries. Know your rights, con-

sider your options thoroughly, and if you need someone to help you sort through these options, call Lifelong at 273-1511 to schedule a time with a HIICAP volunteer counselor (Health Insurance Information, Counseling and Assistance Program) or 274-5482 for the Tompkins County Office for the Aging.

"Do It Yourself" Clinics at Lifelong

Trained instructors will guide you to learn on the computer how to enroll yourself in Medicare insurance plans in a free 2-hour session.

Friday, November 2 at 10 a.m. OR Friday, November 30 at 10 a.m.

Call 273-1511 to enroll

Lifelong will host Open Enrollment Clinics on a first-come, first-served basis (no appointment necessary) on the following dates:

Tuesday, October 16, 1 – 3 p.m.
Wednesday, October 24, 9:30 a.m. – 11:30 a.m.
Tuesday, October 30, 1 - 3 p.m.
Wednesday, November 7, 9:30 a.m. – 11:30 a.m.
Wednesday, November 14, 9:30 a.m. – 11:30 a.m.
Monday, November 19, 9:30 a.m. – 11:30 a.m.
Wednesday, November 28, 9:30 a.m. – 11:30 a.m.
Wednesday, December 5, 9:30 a.m. – 11:30 a.m.

Please bring when you come to the Open Enrollment Clinic at Lifelong:

- Medicare card
- All other health insurance and prescription drug cards
- Verification of your monthly or annual income
- A complete list of all prescriptions including:
 - the dosage (milligrams, etc.)
 - the frequency (how many times/day)
 - the quantity (30-day supply, 90 day, etc.).

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Everyone, Every Year

Karen Bishop, RN,
BS Community Nurse Supervisor Tompkins County Health Department

Everyone, every year should get a flu vaccination! The single best way to protect yourself and others against the flu is to get vaccinated each year. There are two types of vaccine. The “flu shot” contains killed virus and is given as a shot in the arm for older children and adults or in the leg for infants and small children.

The flu shot is approved for use in people 6 months of age and older including healthy people, people with chronic medical conditions and pregnant women. The “nasal-spray flu vaccine” contains live, weakened flu viruses that do not cause the flu and is approved for use in healthy people 2-49 years of age who are not pregnant and do not have chronic medical conditions.

The flu vaccine (both flu shot and flu nasal spray) contains three flu viruses. The viruses selected for inclusion in the vaccine are based on international surveillance and scientific experts’ estimations about which types and strains of viruses will circulate each year. Flu vaccinations typically begin as early as September and continue well into the winter months. While flu outbreaks can occur here as early as October, most of the time flu disease peaks in January or later. Once vaccinated, it takes approximately two weeks to

develop enough immunity to protect you against the flu.

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

The Tompkins County Health Department in collaboration with Lifelong will conduct flu clinics for community members by appointment at various sites. This annual collaboration has occurred since the 1980’s! We very much appreciate the time, effort and commitment of Lifelong staff and senior volunteers to assist us with this very important public health activity.

Mark your calendars for the **flu clinic at Lifelong** scheduled for **Tuesday, October 9** from **9AM to Noon**. To schedule a flu clinic appointment, call the Tompkins County Health Department at **274-6616**. The cost is \$25 and is covered by Medicare part B and other select insurances. Plan to bring your insurance card to clinic.

For a complete listing of flu clinic sites, go to www.tompkins-co.org/health/flu.

SCAM Alert: SCAMMERS OFFER PHONY SNAP APPLICATION ASSISTANCE



There have been reports of individuals placing ads on the internet, sometimes located on the side of legitimate articles, offering assistance for filling out SNAP (Supplemental Nutrition Assistance Program) applications.

The links will take you to another website where you may be asked to provide personal information, including credit card information. Do NOT provide this information. It can be used to allow other individuals to make unauthorized purchases on your

credit card, or gain access to your bank accounts.

If you see any ad on the internet offering SNAP application assistance with a corresponding link, don’t click on it. Never provide any personal information, including credit card information on an unsecure Web Site. SNAP employees or service providers will never ask you for credit card information or for anything not on your State Agency application.

If you have already fallen victim to this or a similar scam, contact your credit card company immediately. You may also choose to file a police report. For more information on identity theft, please visit: www.ftc.gov/bcp/edu/microsites/idtheft/.



Lifelong is a United Way agency

RSVP ANNUAL RECOGNITION EVENT



Saturday, November 3, 2012
2-4 pm at the Clarion Hotel

All RSVP volunteers who recorded 24+ of service hours between June 2011 and July 2012 will be invited.
PLUS all new RSVP Volunteers since July 2011

Not sure your hours are up to date?
Give us a call 273-1511

Thank you for your work in our community!



RSVP

Located at Lifelong
Office Hours 9-4:30
Phone: 273-1511
Email: rsvp@yclifelong.org

QUILT RAFFLE

Raffle tickets are now available for the quilt, "Ithaca Abound" created by Retired Senior Volunteer Program Advisory (RSVP) Council member Carol Halseth. When planning for the quilt, Carol’s inspiration was the thought: *Natural beauty and volunteerism make for abundant life.*

A sure family heirloom, local scenic pictures portray the wonderful place where we live and hold in our heart. The fabrics were chosen to portray sunrise and sunset surrounded by lake and sky, our beautiful fall, the strata of sedimentary rock that makes our gorges, along with the redbud trees in the spring and trillium and wild flowers on the forest floor. Also represented is the large agricultural production of New York State.

The quilt is “A Bouquet of Stars” pattern by Susan Dissmore., pieced by Carol Halseth of Ithaca, NY and machine quilted by Darlene Aspinwall of *A Stitch in Time*. By the way, make sure to look at the back, a winter landscape from Michael Miller makes the quilt



almost reversible.

The size is 102"x102" a great size for queen-plus bed and has a sleeve for hanging.

The proceeds from the raffle go to RSVP to support senior volunteering in Tompkins County.

The price for one ticket is \$1 or 6 tickets for \$6. Tickets are available at Lifelong at the front desk and members of the RSVP Advisory Council. (See list of members) Also look for the quilt to be displayed through out the county until the winner is drawn at the RSVP Annual Recognition Event on November 3.

If you are interested in displaying the quilt please call Joyce Billing at Lifelong 273-1511.

Looking to Volunteer?

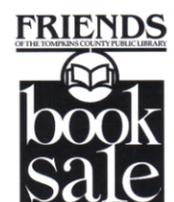
Last May, RSVP volunteer Jimmie Merrill, pictured on the left, greeted senior customers at the annual Friends of the Library’s Spring Book Sale. Volunteers are needed for up-coming Fall Sale on October 17. Morning and Afternoon shifts are available for Senior Day. **Call us!**

Interested in volunteering at other One-Day Events? We would love to add you to our list and call you in the upcoming months. **Call us!**

As summer comes to a close, are you considering volunteering this fall? We have had request from: Paleontological Research Institution and its Museum of the Earth and Cayuga Nature Center, Coalition for Safe Medication Disposal, and many more. **Call us!**

RSVP Advisory Council

Art Berkey, chair
Josephine A. Allen
Roxann Buck
Dorothy Buerk
Carol Halseth
Shirley Jalso
June Niblock
Colleen Perkins
Marie Powers
Charles Tilton
Patrick M. Weir
Jane Zimmer



2012 Fall Sale

**Senior Day
October 17
10 am - 3pm**

*3 weekends long
All “new” stock
250,000 + selections*

**October 6-8
October 13-15
October 20-23**

Book Sale hours:
First day 8 am - 8 pm
Remaining days 10 am - 8 pm
Last day noon - 8 pm

**509 Esty St., Ithaca, NY
(607) 272-2223
www.booksale.org
Email: info@booksale.org**

Lifelong News



Welcome to what we hope will be a regular feature in the Senior Circle – an update on what’s going on at Lifelong from its board president. I’m Harriet London. I am just beginning my term as President, and I’m looking forward to sharing my excitement with you. I’m a member, a volunteer and a participant like so many of you, and I’m anxious to get the word out about what a special place Lifelong is. I hope you will help me.

As I write this, the parking lots at our building downtown are less crowded than usual and the halls are a bit quieter; it is mid-summer; but music from exercise classes and dancing is still there, artists are bent over their work, the walking group is gathering, folks are still coming in for swim passes and to sign up for the travel program. There is also a distinct new buzz. Lifelong, which is already a “hot spot” for activity, is now a hotspot for all you internet users. Wi Fi is up and running in our main building at 119 West Court Street. Bring your laptops, your tablets and your smart phones, stop by the front desk for the network password, settle in with your coffee or tea and enjoy free internet access in the friendliest place in town. I tried it the other day, and it was great!

Don’t have one of those small technological wonders? Exciting tech news for you too! Our computer lab is being totally updated - new hardware and software, courtesy of a grant from the Triad Foundation. There will be opportunities to learn about new programs and open labs for you to use our computers - for email, to read the news, research your next trip, or find a recipe using all the leftover ingredients you have around the house.

One of our Medicare counseling colleagues was in from out-of-town for a meeting. She travels the state, visiting all kinds of organizations which serve older adults. She asked me, “Do you realize what a gem you have here? There is no place like it in the state.” The answer is, “yes, I do.” I hope you do too, and that you continue to be involved, and that you bring your friends and neighbors.

We need all of you - *Harriet*

The Handicraft Gift Shop at Lifelong

Open Monday through Friday

11a.m. – 3 p.m.

Handcrafted gifts made by

local seniors at unbeatable prices!



SAVE THE DATE Lifelong’s Annual Open House Come and Celebrate Lifelong’s 60th Anniversary!

Thursday, December 6th from 2-5pm

Performances from Lifelong’s Chorus, Improvisational Theater Troup and the sharing of Lifelong memories from staff and participants! **If you would like to share your fondest or funniest memory** of Lifelong please contact Jillian Pendleton, Program Director and Northside-Southside Coordinator at Lifelong at 273-1511 or jpendleton@tclifelong.org before November 26th.

Bring your family and friends to this joyous day of celebration for all things Lifelong: volunteers, participants, instructors, board members and the community. Without all of you, Lifelong would not be possible.

LIFELONG QUIZ

- Lifelong Activities include a wide variety of programs - wellness, social, artistic, etc. How many people participated in these programs in 2011?
500 1100 1700 2200+
- How many different classes are offered in the Spring 2012 Lifelong Learning semester?
30 100 75 140
- How many RSVP volunteers were there in 2011?
99 250 380 472
- There are at least 30 ongoing activities offered by Lifelong – both downtown and throughout the county. How many can you name?

1. 140-There were 90+ on-site classes, 11 Off-site and 37 one-time presentations.
2. 2200+ - An increase of 26% over the previous year.
3. 472-An increase of 8% over the previous year. The value of their time and service to community agencies in Tompkins County was \$1,890,000.
4. Travel Program, Tai Chi, Sunrise Rotary Luncheon, Strength Training, Square Dancing, Senior Chorus, Senior Theater Troupe, Open Computer Lab, MS Support Group, Men’s Group, Mat Yoga, Mahjong, Line Dancing, Knitting Circle, Handicraft Gift Shop, German Class, Folk Dancing, Family Caregiver Support Group, Enhance Fitness@, Crafting Circle, Couples Pattern Dancing, Chair Yoga, Carting for Aging Parent Support Group, Bridge Group, Book Clubs, Blood Pressure Screening, Bipolar Support Group, Art Studio/Watercolor Class, Alzheimer’s Support Group, AARP Safe Driving.

Answers to the Lifelong Quiz

Congratulations to Anne Adesso, Jennifer Brown, Marjorie Brown and Carl Taylor! All five of Lauriebert’s students, from Lifelong’s Clay Class, had their pieces accepted to be displayed at the New York State Fair!



CONIFER SENIOR COMMUNITIES IN ITHACA

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- Computer/Fitness Centers
- Resident Services Coordinator



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schoolhousegardens@coniferllc.com

1 & 2 Bedroom Apts. as unique as you are in a renovated historical school for seniors 62 years or older, or anyone with a disability that is 18 years or older.

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Northside-Southside Newsletter

Northside-Southside is a multicultural program of Lifelong that is open to all seniors providing them the opportunity to participate in daily activities with peers such as shopping, meals, games and special events that promote cultural education and awareness.

September

Book Group: Thursday, September 13 from 10-11am at Lifelong Carolyn Miller will lead a thought provoking discussion on Nafeez Mofaddeq Ahmet's *The War on Truth: 9/11, Disinformation and the Anatomy of Terrorism*.

Presentation: Tuesday, September 11th from 1:15-2pm at Southside Community Center: speaker Rev. Jan Johnson will share some of her personal memories of the "March on Washington" when Martin Luther King, Jr gave his famous "I Have a Dream Speech" and she will show a few slides of the Martin Luther King Jr. Memorial sculpture.

Lunch: Wednesday, September 12th meet at Lifelong at 10:45am returning at 1pm or meet at the Falls Restaurants in Trumansburg at 11:30am.

Game time: Bingo: Friday, September 14 at 2:30pm at the Southside Community Center. A fun intergenerational game time with the after school program.

Shopping: Tuesday, September 18th from 10-1:45pm at the Shops at Ithaca Mall (Pyramid Mall). Come and enjoy a fun day of shopping or healthy walking.

Special Event: An Overview of Six Step Balance System™ – at GIAC's Monthly Senior Breakfast (\$3.00 for breakfast payable to GIAC on the day) Friday, 9/28, 9-10:30am, with speakers Satomi Hill & Teri Reinemann,

October

Presentation: Friday, October 19 from 1-2pm at Lifelong 119 W. Court St. Eric Acree from the Africana Library will present on the history, mission and activities of the John Henrik Clarke Africana Library.

Book Group: Thursday, October 11th from 10-11am, Carolyn Miller will lead an interesting discussion on *The Challenge for Africa* by Wangari Maathai, noble prize laureate.

Lunch: Wednesday, October 10th at the Royal Court meet at Lifelong at 11am returning at 1pm or meet at the restaurant at 11:30am.

Gathering: Wednesday, October 17th at Lifelong from 10-11am. Come share ideas for future programs, enjoy the company of friends and help us plan the MLK Jr. luncheon.

Game time: Bingo: Friday, October 12 at 2:30pm at the Southside Community Center. A fun intergenerational game time with the after school program.

Special Event (s): Thursdays, 10/11-10/25 from 11:30am-12:30pm with speakers Teri Reinemann & Satomi Hill (3 sessions) on the Six Step Balance System™ – at GIAC –FREE. Friday, 10/26, 9AM-10:30AM with speaker Kate Kreps on N.Y.S. Energy Efficiency Campaign; Reduce Your Waste, Increase Your Savings -at GIAC's Monthly Senior Breakfast (\$3.00 for breakfast payable to GIAC on the day)

Shopping: Tuesday, October 16th, 10-1:45pm at the Shops at Ithaca Mall.

November

Book Group/Presentation: Thursday, November 1st from 1:15-2pm at Southside Community Center: Dr. Dorothy Cotton will speak and read passages from her new book *If Your Backs Not Bent - The Movement From Victim To Victory*.

Lunch: Wednesday November 14th at Kendal, meet at Lifelong at 11am returning at 1pm or meet at the Kendal at 11:30am.

Game time: Wii: Friday, November 9th at 2:30pm at the Southside Community Center. A fun intergenerational game time with the after school program.

Shopping: Tuesday, November 20th from 10am-1pm at the Shops at Ithaca Mall.

December

Book Group: Thursday December 13 at 10am Carolyn Miller will lead a gripping discussion on Douglas A. Blackman's novel *Slavery by Another Name*.

Presentation: Tuesday, December 4th from 1:15-2pm at Southside Community Center, Anke Wessels from the Cornell Center for Transformative Action, will share what they are about, what they are doing and the affects of their work on the community.

Lunch: Wednesday, December 12th at 12noon join us for a Dish to Pass Lunch at Lifelong.

Game time: Wii: Friday, December 14th at 2:30pm at the Southside Community Center. A fun intergenerational game time with the after school program.

Shopping: Tuesday, December 18th from 10am-1pm at the Shops at Ithaca Mall.

Gathering: Wednesday, December 5th from 10am-11am at Lifelong.

Special Event: Thursday, December 6th Holiday Open House from 2-4pm at Lifelong.

Save the Date!!!!

Thursday, January 17, 2013

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Retiring From Driving: It isn't the end! With Ray Weaver, Cornell Cooperative Extension of Tompkins County

This presentation, sponsored by Way2Go and Cornell Cooperative Extension, will educate participants about how to approach retiring from driving, and what resources to aid in transportation after driving retirement. Topics will include medical transportation (in & out of the county), transportation for daily tasks and beneficial programs offered to help keep seniors active after retiring from driving. **Dates & Locations:**
Groton Library: 112 East Cortland St. Groton on Thursday, 9/13, 6:30-8PM.
McGraw House: 700 McGraw House Ithaca on Thursday, 12/6, 1-3PM.

Retiring from Driving: a resource for Caregivers with Ray Weaver, Cornell Cooperative Extension (1-session)

Cornell Cooperative Extension's Way2Go program and the Community Dispute and Resolution Center have partnered together to provide family members and caregivers of senior drivers with information on how to retire from driving, what resources are available as alternative forms of transportation in the area, and skills to have a conversation and more about retiring from driving. **Dates & Locations:**
Lifelong (offered on 3 separate occasions): 119 W. Court St. Ithaca on Monday, 9/17, 10-11:30AM; Tuesday, 10/16, 2:30-4PM; Tuesday, 11/13, 1:30-3PM.
Lansing Library: 27 Auburn Rd Lansing on Tuesday, 9/18, 1-3PM.
Groton Library: 112 East Cortland St. Groton on Thursday, 10/11, 6:30-8PM.

LIVING HEALTHY TOMPKINS with Sue Olmstead, Chronic Disease Project Coordinator Health Planning Council, The Human Services Coalition of Tompkins County (6 sessions)

This workshop can help you get better at managing your health regardless of the condition. Living Well helps you decide for yourself about what successful health changes you are ready to make. This Stanford University program was developed to help anyone living with a long-term health condition, such as: Arthritis, Cancer, Obesity, Asthma, Diabetes, Heart disease and Parkinson's. **Dates & Locations:**
Conifer Village Apts. : 200 Conifer Dr Ithaca on Fridays, 9/14-10/19, 1-3:30PM.
Titus Towers: 798 South Plain St Ithaca on Mondays, 10/15-11/19, 9-11:30AM.

Planning for Funeral Needs by the Funeral Consumer's Alliance (1-session)

A seminar and discussion on: advantages of making your own plans, funeral options, cost control, how to read funeral homes' general price lists, price variations for services, more sources of information. The Funeral Consumers Alliance of the Finger Lakes is a nonprofit organization dedicated to consumer education and protection. It also provides opportunities for making simple funeral plans. **Dates & Locations:**
Lifelong: 119 W. Court St. on Tuesday, 9/11, 10-12PM.
Newfield Garden Apartments: 261 Main St. Newfield, Tuesday, 10/2, 10-11:30AM.
Conifer Village Apartments: 200 Conifer Dr. Ithaca on Friday, 11/9, 1-2:30PM.
Lansing Library: 27 Auburn Rd Lansing on Friday, 12/7, 10-11:30AM.

Falls Prevention presented by IC Occupational Therapy Graduate Students (3 sessions)

Falls are the leading cause of death in people age 65 and over. We don't want anyone to be a statistic! In this shortened course of the Six Step Balance System (tm), you will learn some ways you can help prevent falls and reduce injuries if a fall occurs. A major component is improved balance. **Dates & Locations:**
Juniper Manor I: 24 Elm St, Trumansburg on Fridays, 9/28-10/12, 1:30-2:30PM.
Newfield Garden Apts: 261 Main St Newfield on Fridays, 9/28-10/12, 1-2PM.

Living Well with a Disability Program by Finger Lakes Independence Center Staff (6 sessions)

Empowering yourself to develop healthy habits and do the things you want to do. By paying attention to your health and pursuing your goals, you can live your dreams. **Date & Location: Finger Lakes Independence Center:** 215 5th St. Ithaca on Wednesdays, 10/3-11/7, 2-4:30PM.

TCPL Virtual Collection at the Library by Lawrence Carey

The library's Virtual Collection offers a variety of online databases that allow you to research topics such as health and business, and locate full-text articles from hundreds of magazines, newspapers, and encyclopedias. Find the latest current events; explore popular culture, the arts and sciences, sports, and hobbies. Search for old friends, research product reviews, help plan vacations, read the latest magazines and thousands of book reviews, and much more. **Date & Location: Tompkins County Public Library:** 101 East Green St. on Wednesday, 10/17, 1:30-3:30PM.

GreenSprings Natural Cemetery with Mary Woodsen

Mary's evocative slideshow takes listeners into the hearts of the 100-plus families who have chosen natural burial at Greensprings for their loved ones. She explores the growing appeal of natural burial—its simplicity, affordability, and return to deeply held traditional values—to a surprisingly broad range of Americans. Greensprings—Renew. Sustain. Endure. **Dates & Locations:**
McGraw House: 700 McGraw House Ithaca on Thursday, 11/8, 1-3PM.
Newfield Garden Apartments: 261 Main St Newfield on Tuesday, 12/4, 10-12PM.
Groton Library: 112 East Cortland St. Groton on Tuesday, 12/13, 6:30-8PM.

N.Y.S. Energy Efficiency Campaign; Reduce Your Waste, Increase Your Savings presented by Kate Kreps

Did you know that much of the energy we pay for we waste? During this workshop, we will look at ways you may be wasting energy without realizing it, and how you can take simple steps to reduce your waste and increase your savings. Additionally, we'll discuss programs to help further ease the burden of utility bills, as well as programs to help subsidize energy efficient improvements in your home. **Date & Location: Lansing Library:** 27 Auburn Rd on Thursday, 11/15, 1-2:30PM.
GIAC's Monthly Senior Breakfast on Friday, 10/19, 9-10:30AM (\$3 at GIAC)

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Caregivers' Corner



By David Stoyell

An Uncomfortable Topic

Someday you may need to assist your parents or other loved ones with their finances. Without a doubt, learning about your parents' financial situation and doing some planning ahead of time is generally a good idea.

Discussing personal finances is nothing you or your parents may want to do. You may feel like you are being intrusive. Your parents may associate it with feelings of helplessness or a potential loss of control and want to avoid the topic as long as possible.

But, in truth, the best way to lessen helplessness and stress is to plan ahead even while recognizing that emotionally this may be difficult.

Of course, some parents may have good reason to believe that their children may be more concerned about protecting their inheritance than their parents' well-being. In that case, it may be best not to entrust too much to them.

But most children want to do what's best for their parents. In that case, a good discussion of your parents' finances, and what they would like done in case of future incapacity, will leave both parents and adult children with a sense of relief that they have a plan in place that will protect your parents' assets from mismanagement, exploitation by others, or downright fraud.

Planning ahead can also:

Help avoid crisis decision-making,
Increase the options available to you and your parents,

Ensure parents' personal philosophies and choices are known if they become unable to participate in decision-making,
Reduce disagreements among siblings about "what Mom and Dad want" and how to handle their assets.

Getting Started

Before broaching the topic of your parents' finances to them, you may want to ask yourself how you would feel if you were in their situation—and of course, there is no guarantee that you won't be. Accidents can happen to people of any age. Diseases can strike some at an earlier age than most. Preparing wills, powers of attorney and health care proxies are appropriate for adults of any age.

You might then be able start the conversation by sharing your own preferences and plans in the event of your own serious illness or death. Then, be sure you are willing to listen rather than coming across as saying "I've given this a lot of thought and this is what I think you should do."

It is best—and easier—to have these conversations when everyone is relatively healthy. If a parent is already experiencing some loss of ability, there may be greater fear that you are moving to have them give up control of their affairs.

But it is better late than never to hold these discussions. Be sensitive to, and acknowledge that you want what they want—for them to be as independent as possible and for as long as possible. Communicate that the point of this "finances conversation" is to help you or someone else be in a position to help them have their wishes honored when they become unable to express their wishes in the future.

Respect

You will have differences of opinion with your parents and perhaps with your siblings. Respect your parents' choices even if you disagree with them. You may need to respect their desire to keep their finances private.

Some Basics

Even if your parents don't want to divulge the details of their finances, the following are important aspects of planning ahead for someone else to help with finances when and if help is needed:

A document should be prepared detailing what financial and personal documents exist and where they can be found (e.g. birth and marriage records, insurance policies, health insurance cards, names and contact information about doctors, financial advisors, financial accounts, investments, will, safe deposit box and its key, etc.). Make sure at least one member of the family has the list and/or knows the location of all these records.

Granting a durable power of attorney and health care proxy can save a lot of grief assuming your parent has one or more persons who they trust to act in their best interest. Make sure those who have been designated have copies of these documents and have discussed them together with your parents.

To summarize, planning ahead is wise, not only for our parents, but for all of us. It can help alleviate the stress of crisis decision-making. It can help our families better honor the wishes of each us when the time comes that someone else needs to lend a hand with administering our affairs or wrapping them up when we pass on.

Support Group

The Caregiver Support Group sponsored by the Office for the Aging meets on the 1st and 3rd Thursdays of each month at 6:30 PM at Lifelong, 119 W. Court St. For information, call David at 274-5492.

Looking for a Few Good Ombudsmen

The Long Term Care Ombudsman Program in Tompkins County is coordinated through the Office for the Aging. Community-based advocacy for residents in skilled nursing homes and adult care facilities is provided by the Long Term Care Ombudsman Program, thereby giving residents a stronger voice in their own care and day-to-day lives.

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

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

Please contact Suzanne Motheral at the Office for the Aging 274-5498 for more information.

Home Safety



As part of the **Step Up to Stop Falls Collaborative** sponsored by the Health Foundation of Western and Central New York, the Office for the Aging has been providing home safety assessments free of charge to County seniors. The purpose of these assessments is not to grade how well homes are maintained, but to simply offer suggestions to senior homeowners to help them improve the safety of their living environment.

Through this project, we have identified common hazards in many of the home assessments and observed various trends in the community. The leading hazard

identified was the presence of scatter or throw rugs throughout the home; but this can be easily resolved by taping or tacking down rugs. In addition, clutter on the floor and stairs was also a common hazard identified so we encourage older adults to always maintain a clear, safe path in every room to reduce the anxiety of tripping over things in your path when in a hurry. The lack of stable railings or grab bars was another common hazard identified; and through the WRAP program, the office is able to refer people to home repair agencies and the Access to Home Program if financial or other assistance is needed in completing the repairs.

Older adults are less likely to fall if regular exercises can be done to strengthen bones and muscles and to improve coordination and flexibility. While doing many of these home assessments, the outreach worker has also been able to demonstrate some simple strength and balance exercises for older adults to practice at home everyday. This program is a proactive approach to reduce the risk of falls – by actively eliminating the hazards these home assessments can reveal and understanding the importance of improving coordination and balance, anyone can take better control of their health.



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For additional information about concerning the **Step Up to Stop Falls Collaborative** has been doing in our community, plan to come to the Office for the Aging's Public Hearing and Falls Prevention Summit on September 28th. *Check out details on page 1*

For more falls prevention resources, visit the our website at www.tompkins-co.org/cofa/.

To schedule a free home safety assessment, call our office at 274-5482.

What are Hospice & Palliative Care Services?

by Dale Johnson, Executive Director of Hospicare and Palliative Care Services of Tompkins County

As medical care has progressed, truly miraculous technology and treatments have helped us prolong life and improve care. Unfortunately, technology can now prolong life in ways that we may not view as helpful or consistent with our personal values. This has helped fuel the rapid development of hospice and palliative medicine, which allows patients with serious, chronic illness to make personal choices about their care and to live as best they can consistent with their personal goals and expectations.

Often mentioned together, hospice and palliative care share the same philosophy toward serious illness. They both identify and address the physical, psychological, spiritual and practical burdens of illness and aim to provide relief from symptoms, pain and stress. In both cases, care is provided by an interdisciplinary team, including doctors, nurses, social workers, spiritual care providers, mental health experts and other health care professionals.

The difference between hospice and palliative care does not center on what treatments the patient is offered, so much as on the patient's prognosis and personal care

choices. Palliative care focuses on managing serious illness. In many cases that illness may be life-limiting, but a patient does not need to have a terminal diagnosis to qualify for palliative care. Often when a patient has a serious illness, there may be multiple health problems that complicate the situation. For instance, a patient with liver cancer might also have high blood pressure and suffer from depression. Palliative care will take into account the symptoms of all these health problems as well as the anxiety they may cause, and seek to reduce them to improve quality of life. The palliative care team affirms life by supporting the patient and family's goals for the future, including their hopes for a cure or for life-prolongation, as well as their desire for peace and dignity throughout the course of the illness. In Tompkins County, Cayuga Medical Center has a palliative care service that is available to consult with patients, families and health care providers.

Hospice is a narrower model of palliative care service that focuses on supporting and guiding patients and their families when death is foreseeable within six months. As with palliative care, the hospice interdisciplinary team offers

skilled, compassionate care that provides management of pain and symptoms, and addresses psychological and spiritual needs. The team works with the family to develop a personalized plan of care incorporating the values and goals specific to the patient while emphasizing quality of life through the dying process.

Current coverage for palliative care remains problematic. Palliative care consultations with a medical doctor, physician's assistant or nurse practitioner are paid for by Medicare and some private insurers if the referral is made by the patient's primary or attending doctor and the visit happens in an inpatient setting. However, the payments do not cover the full range of palliative care offerings. Social work, nursing and spiritual care visits are not separately reimbursed. For outpatient palliative care, the Medicare reimbursements for the consultations are inconsistent, and the supportive services are also not covered.

Coverage for hospice services is much better established. Here in Tompkins County, well over 90 percent of all hospice care is funded by Medicare, but Medicaid, most commercial insurance plans,

and medical coverage through the Veterans Administration also include a hospice benefit. Hospice benefits cover the cost of the entire hospice team, as well as all of the medications related to the terminal illness, plus any durable medical equipment (such as a hospital bed or oxygen) needed by the patient.

The majority of hospice patients remain in their own homes, where they receive service. In fact, most never have to leave home for medical treatment or visits—hospice comes to them, including an on-call service that provides a registered nurse in the home whenever necessary. In addition, patients in nursing homes and, sometimes those in hospitals, also can elect to have hospice services. At Hospicare we have a six-bed residence where patients can stay when they need a higher level of care or when in-home caregiving is not possible. Because we are supported so strongly by our donors, we are proud to say we can offer hospice services to all in our community, regardless of ability to pay.

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Food Stamps for Seniors

Hi, my name is Esther. I'm 64 years old. I own my own home in Lansing, and have lived in it for 34 years. I was surprised to learn recently that I may be eligible for food stamps. While I've never been on any assistance program before, the cost of food has been rising and my income does not seem to be able to keep up! It's not that I go hungry without food stamps, but I realized that I wasn't buying the foods I needed to stay healthy.

I called Foodnet Meals on Wheels to help me with the application and they sent their outreach worker named Betsy right to my house! She asked me to have a few documents ready for our appointment, and she made copies of them when she helped me fill out the application. Then she dropped it all off for me at the Department of Social Services downtown. Since I don't have a car, that was a big relief! My application was approved, and a little while later I received my benefit card in the mail.

Now I don't have to worry about affording the food I need. Applying for food stamps was easy, and the benefits put resources back into our economy. I'm happy I inquired with Meals on Wheels. You should too!

For information, please call Betsy Spencer at Foodnet Meals on Wheels at 266-0654.



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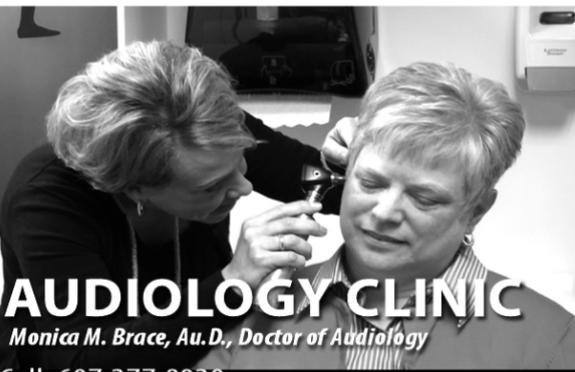
A woman and her husband received a phone call from an organization claiming to be the "Social Security Institute." The caller tried to convince them to make a donation of \$50-\$75 to "help save Social Security." Fortunately, they were wise enough not to fall for this scam. The caller gave them two phone numbers to call. These numbers were called and found to be either a non-functioning number or the number of a company that specializes in disaster restoration services.

It is important to call the Attorney General's office (607-721-8771) if you have concerns about a possible scam.



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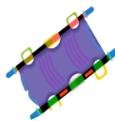
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Medical Transportation Resources



Information researched & provided by Tompkins County DSS Mobility Program. For document feedback, contact: Cynthia Kloppel, Mobility Program Specialist, at <http://tcmobilitynetwork.weebly.com/dss-mobility-program.html> or phone at 607-274-5022.

Services Available per Geographic Area:

Lansing Senior Transportation: available for the transportation needs of ALL Lansing senior residents on a first come, first serve basis. The van is available, but not limited to, doctor appointments, nutrition meals at Woodsedge, grocery shopping trips, senior citizen meetings, and special group trips. The van may be used up to 2.5 hours at time. Reservations must be made through the Dispatcher, Monday-Friday 9am-5pm, and at least a week in advance. Donations are accepted but not required. Transportation arrangements for the Senior Van may be made by calling the Volunteer Dispatcher, Barbara Bills, 257-4496.

County Office of the Aging, David Stoyell: keeps a list of people who will provide rides at a cost. Call David at 607-274-5492.

FISH (Friends in Service Helping) for healthcare-related trips within the county for those without access to other transportation. No charge, donations accepted. Call at least 2 days prior at 866-255-6545.

TCAT (Tompkins Consolidated Area Transit) offers routes 14 and 21, which serve Cayuga Medical Center on a regular basis. Schedules are available on-line at www.tcatbus.com or by calling 607-277-7433.

Gadabout provides rides by reservations for people 60 or over, or people with disabilities. \$1.50 per one way trip within the City of Ithaca; \$2.00 for trips that start or end outside city limits. 607-273-1878.

ADA Paratransit service provided by Gadabout that covers, and in some cases goes beyond areas served by TCAT. Call 607-277-9388 ext 420.

Comfort Keepers provides Door Through the Door transportation to medical appointments, and someone to sit with you during your visit to take notes. For cost and more information, call 607-272-0444.

Zimride is an online web based resource at www.zimride.com tompkins to find or give rides in or out or around Tompkins County.

Campus to Campus Coach Service provides rides twice daily from Cornell/Ithaca to Cornell locations in New York City. Cost for round trip is \$150. For more information or make a reservation, call 607-255-4628.

Ithaca Airline Limousine offers rides to Syracuse, call 273-3030 or toll free at 1-800-273-9197.

Bangs: Non-emergency ambulance or wheelchair-user transportation. May not be covered by insurance. 273-1161 or 800-439-9072 or bangsamblance.com

Angel Flight North East: free air transportation in private planes by volunteer pilots so children and adults may access life-saving medical care. Not restricted by diagnosis. 800-549-9980. www.angelflightne.org

Book Nook: The Life Before Us

by Romain Gary



Submitted by Sarah Glogowski, Readers' Services Librarian Tompkins County Public Library

The Life Before Us is the story of an orphaned Arab boy, Momo, and his devotion to Madame Rosa, a dying 68-year-old, 220 lb. survivor of Auschwitz and retired "lady of the night." Momo has been one of the ever-changing prostitute's children at Madame Rosa's boarding-house in Paris ever since he can remember. But when money becomes tight and Madame Rosa becomes too sick to take care of Momo and the rest of the children, Momo must make the hardest decision in his young life. Not only a sensitive love story, this foreign novel looks at the Arab-Israeli conflict, Muslim-Jewish relations, the Holocaust, and immigration.

Published by Romain Gary under the pseudonym of Émile Ajar, this novel won France's premier literary prize, the Prix Goncourt, in 1975, making Gary the only author to have won the Goncourt twice (illicitly).

This summer, the Tompkins County Public Library is sponsoring our 11th annual Community Read. We urge all Tompkins County residents to read our selection and meet with friends, neighbors, community organizations, and area libraries to discuss *The Life Before Us* by Romain Gary. TCPL has 400 copies of *The Life Before Us* for people to check out, and copies are available at all other local libraries. We also have copies in many different foreign languages, as well as foreign language copies of other Romain Gary novels.

Good News for EPIC Members!

By Diane Dawson, Lifelong CEO and HIICAP Coordinator

On January 1, 2013, the Elderly Pharmaceutical Insurance Coverage (EPIC) program will change back to a Fee and Deductible program and provide EPIC members with expanded prescription coverage! All members must be enrolled in a Medicare Part D drug plan to receive EPIC benefits. There are no exceptions.

After your Medicare Part D prescription drug plan deductible is met, EPIC will provide secondary coverage. EPIC also will cover many Medicare Part D excluded drugs such as prescription vitamins and prescription cough/cold medications.

Fee Plan members will pay an annual fee to EPIC and bills will be sent in December 2012. EPIC members will pay co-payments ranging from \$3 to \$20 for prescriptions after the Medicare Part D deductible is met (if your plan has a deductible). Those with full Extra Help from Medicare will have their EPIC fees waived.

Deductible Plan members must meet an out-of-pocket deductible before paying EPIC co-payments ranging from \$3 to \$20 for prescriptions. The amount paid toward the Medicare Part D deductible, if you have one, cannot be applied to the EPIC deductible.

EPIC will continue to pay Medicare Part D premiums, up to the amount of a basic plan, for all members with annual incomes below \$23,000 single or \$29,000 married. EPIC members with higher incomes will be responsible for paying their own Medicare Part D premium. However, their EPIC deductible will be lowered by the annual cost of a basic Medicare Part D drug plan.

Current EPIC members will receive a renewal form asking them to verify their income, residency, etc. Your income will determine which EPIC plan you will be enrolled in for 2013. If you have questions about these changes, call the EPIC Helpline at 1-800-332-3742, Monday through Friday, from 8:30 a.m. to 5:00 p.m. or speak with HIICAP counselors at Lifelong or the County Office for the Aging.

How Many Copies of a Death Certificate are Needed?

Funeral Consumers Alliance of the Fingerlakes, spring 2012

There is no single best answer to this question. The number of copies that one's survivors will need depends on the complexity of his or her estate. The following list is based in part on a compilation by James H. Patton that appeared in an online publication, *HubPages*, in June 2011. One certified copy of the death certificate may be needed for each of the following, as applicable.

- Life insurance claims – one copy for each policy
- Pension claims – to transfer benefits
- Pension fund survivor's benefit claim
- Social Security and/or Supplemental Security Income benefits
- Veteran's death/burial benefits
- Bank accounts – one copy per bank to transfer or obtain authorization for savings, checking, CDs, IRAs, safe deposit box
- Vehicle title and/or boat title transfers
- Real estate property title transfers
- Probating of will
- Investment accounts
- Individual stocks or bonds (transfer or sale)
- Some credit card companies
- Prearranged funeral or cemetery contracts
- Family records

Call each agency or company or bank to learn what they require in addition to the death certificate.

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YOU KNOW YOU'RE FROM ITHACA IF...

..Continued from page 1

office at Cornell after 35 years (9 of them at Cornell Cooperative Extension), Jan has become a certified Enhanced Fitness® instructor and enjoys substituting in classes around the county. Her recent involvement with the Travel Committee has resulted in a waiting list for an upcoming trip to Washington DC. Her enthusiasm is contagious. Whether she's talking about her nieces and nephews or a favorite trip, you can't help but be drawn in and want to hear more.

Bonnie is on the advisory council of the Northside/Southside Program. This is a multicultural program of Lifelong which is open to all seniors, providing them the opportunity to participate in activities with peers (shopping, meals, games and special events) that promote cultural education and awareness. She's also co-president of Club Essence, a women's organization established in 1973, which raises money for scholarships to Ithaca High School and the New Roots School. Having worked at NYSEG for 37 years, she's enjoying her retirement, her grandchildren and the community she's called home her whole life.

They both agree that one of the best things about retirement is the opportunities they have to travel. When asked about some of their favorite trips, Bonnie loved South Dakota and the Badlands. Jan liked the trip to Jacksonville, Florida, saying when she thinks of that trip, the thing she remembers most is all the laughter. Rattling off some of the other places they've been to...West Virginia, Colorado, Georgia, Florida, Western Caribbean, Nova Scotia and Newfoundland sparked great memories, such as a cruise that followed the same course the Titanic took (thankfully, with better results!).

As much as they enjoy their travels, they both agree it's always nice to come home to Ithaca.

According to Bonnie, Dorothy in the Wizard of Oz was right; **"There's no place like home!"**

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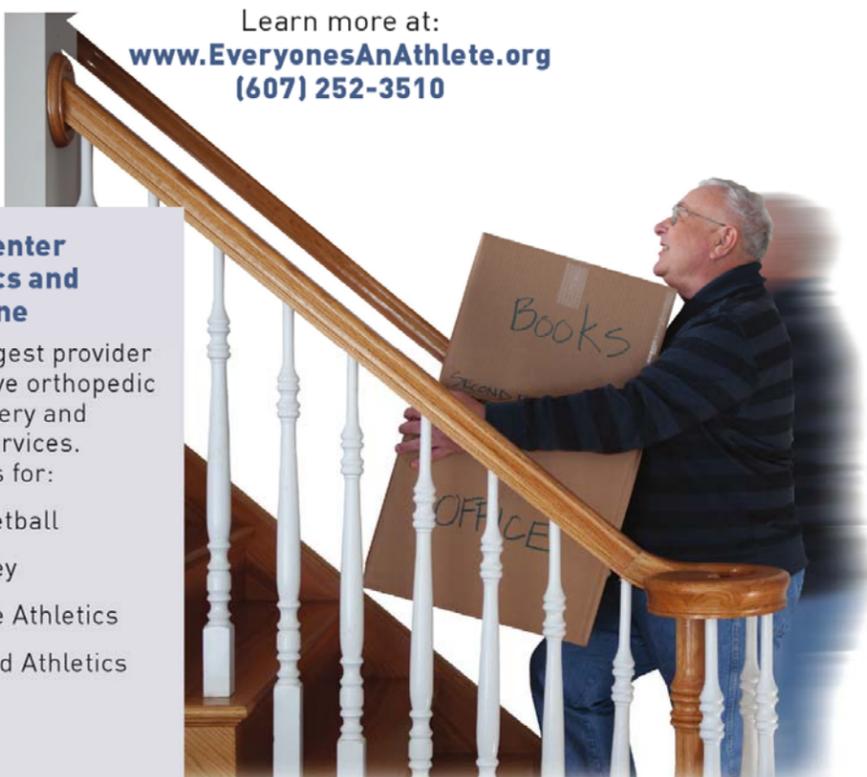
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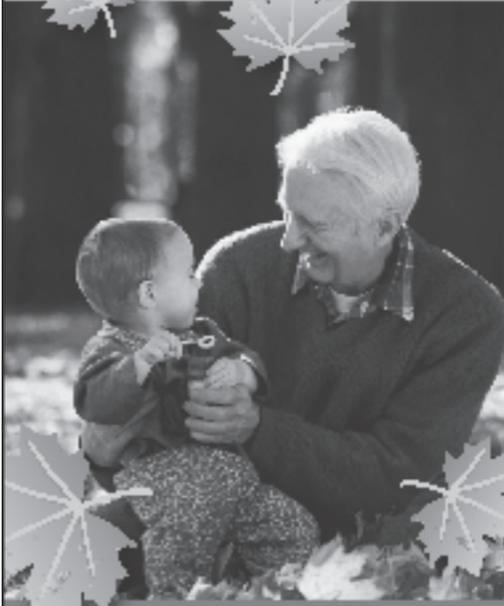
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Since 1986, Realtor Carol Bushberg has been helping Tompkins County clients navigate every turn in the local real estate market. Opening her own firm in 2009 has allowed her to pursue her unique style of creating success for her company's real estate 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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