

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

Senior Focus: Gail Mazourek

By Gay Huddle, RSVP Volunteer

Gail Mazourek is a very busy lady. She is a published author, artist, columnist and active volunteer.

Gail started her volunteer work about six years ago when Joan Barber of Danby, asked the Danby Federated Church congregation for hands on help with the Food Pantry. Gail signed up and continues to assist at the pantry intake table as people come in the door. Gail likes this volunteer opportunity because not only does she feel as though she is helping others, but she enjoys the camaraderie with people she works with and those she meets while on the job.

In Danby, Gail also worked for a while as a clothes sorter for the Danby Federated Church clothing shed.

Gail was a volunteer Lifelong board member for 1 and ½ terms. One term is three years. All Board of Director members are volunteers and are dedicated to Lifelong's mission to enhance the lives of older adults.

For six years, Gail was a volunteer recording secretary for the Chief Taughannock Chapter of the Daughters of the American Revolution (DAR), and is a member of the Chapter. Prospective members are welcome and if applying will receive help in tracing American Revolution lineage to gain membership. If interested, please contact Gail.

Gail studied art (painting in oils) with Arden Von Dewitz in California. She paints canvases of cows, and has completed a series of eight paintings depicting the quilting process of the Danby Quilt Club. Presently she is putting her brush to work capturing chess players at play! This is a series with three done and more to follow.

After the passing of Gail's son Rudy in 2000 at age 22, she established the annual Rudolf Mazourek Scholarship for \$500 to help a student at Alfred State College, where Rudy graduated from auto body and mechanics studies. Gail has kept it funded by selling her painted rock animals, her acrylic print paintings and her slate paintings. The 2015 recipient of the scholarship was Jason Hunter of Freeville, New York. She displays and sells her rock art at the Lifelong Gift shop and at Hickory Vue Farm in Newfield and she also accepts special orders

Gail independently studies fiction and non-fiction writing, and also perused text books from an Empire State College Creative Writing Fiction Course she took online in the fall of 2013.

After attending a seven-week writing class the spring of 2013 offered through Lifelong by Julia Bentley Macdonald, a published article writer, Gail wrote some short stories, sending a few to Finger Lakes Publications, where they were accepted for publication. The editor, Glynis Hart, signed Gail on to write a



Gail Mazourek displays her one of her creative sides.

weekly column for the publication with the byline, "My Best Always."

The column includes stories for several small town newspapers such as the and Spencer's Random Harvest. Newfield News Shortly after that, Gail started on the first of her three currently published books.

The series of books entitled "Samantha's Revolution" and "Samantha's Anguish" and "Samantha's Perseverance" follow the life of teenager Samantha Crow, who is hoping to become a doctor when it was not within reach for females. Set during the time just after the American Revolution, the books chronicle the ups and downs of this young woman as she struggles with family upheaval, young

love, her friendship with a slave girl named Cretia and plans for her own future. Gail's great, great, great, great Grandfather was in the battle of Yorktown when Cornwallis surrendered to George Washington. Her books are for sale at the Lifelong Gift Shop, Hickory Vue Farm, directly from Gail by calling her at 607-273-7216 or by ordering through amazon.com. Gail's web site is www.gailmart.com. The books are also in several area libraries, such as Danby, Newfield, Groton, and Lodi. Gail has presented readings from her books at libraries and at Barnes and Noble in downtown Ithaca.

Gail is currently working on two new projects. One is a joint memoir she is writing with her daughter Cynthia, about a period of turmoil in both their lives. The other large writing project is a biography about a man who wrote diaries, but years later information surfaced documenting deeds he had failed to mention.

Gail lives in Danby with her husband, Adolf, who is, in Gail's words, "The reason I occasionally stop writing and painting to cook!" Theirs is a happy country life on 14 acres, but Gail will, as needed, leave the comforts of home behind to make time for her volunteering.

Save the Date: Thursday, May 14th Office for the Aging Advisory Committee's Annual Luncheon.

The Tompkins County Office for the Aging's Advisory Committee invites you to save the date of May 14, 2015, for the Annual Luncheon. This year's event will be held at the Hotel Ithaca, Thursday, May 14th from noon to 2 pm. We will be honoring two seniors with awards for Outstanding Senior and Outstanding Contribution by a Senior.

Our guest speaker will be Nathan Spreng, PhD. from Cornell University. Dr. Spreng will be discussing his research on the aging brain.

FREE IRS Federal & New York State TAX PREP

for SENIORS 60+ AND
Individuals with incomes below \$32,000
Families with incomes below \$53,000

January 29 thru April 11, 2015
 Thursdays, 9 to 3 • Fridays, 9 to 1 • Saturdays, 9 to 1

607 **229-5691** By Appointment Only
 Call Mon thru Fri 10 to 4

TAX CLINICS held weekly at Lifelong 119 West Court St Ithaca

Home Visits available for non-ambulatory individuals.
 Returns are prepared by IRS trained and certified volunteer preparers.
 Some complex returns may not qualify.

Sponsored by the IRS and Lifelong, the Tompkins County Senior Citizens' Council, Inc.

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 Organization
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 Permit No. 375
 Ithaca, NY
 14850

Senior Circle

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

CHANGE SERVICE REQUESTED

INSIDE THIS EDITION

- Transitions Program at Lifelong: Are You Ready for Retirement?
- Footnet's Mac'n'Cheese Bowl
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- Book Nook: "Boys in the Boat"
- Spring Dates for *Powerful Tools for Caregivers* Classes
- I..C. Gerontology Institute Spring Workshop Series
- Northside/Southside

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 your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at www.tompkinscountyny.gov/cofa

Help With Snow Shoveling

The **Office for the Aging** maintains a listing of people who are willing to do snow shoveling for seniors on either a paid or volunteer basis. If you are in need of some help with snow removal, please give us a call at 274-5482.

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 \$45 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Longview's Adult Day Program is now open from 9am to 3pm five days a week, Monday through Friday. For more information call (607) 375-6320.

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.

Options for In-Home Help

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

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.

NY Connects: Long Term Care Assistance

NY Connects is a state-wide program offering information and referral for long term care services. The program is a partnership between Tompkins County Office for the Aging and Long Term Care Services through the Department of Social Services (DSS). The purpose of NY Connects is to provide accurate and unbiased information regarding long term care needs. Information and assistance is available to Tompkins County residents of all ages at no cost. NY Connects also takes referrals for such programs as Expanded In-Home Services for the Elderly Program (EISEP), some Medicaid Home Care Services, in-home assessments and case management. Additionally, NY Connects can take referrals for the Patient Review Instrument (PRI) which is the assessment required by NY State for placement in a nursing home. Contact NY Connects, Monday through Friday, 8:30-4:30 pm at 274-5222.

"Why are my prescriptions costing more?"

by Diane Dawson, HIICAP Coordinator for Tompkins County

We are often asked this question as insurance plan coverages and medications change each year. Here are some areas that you can investigate:

*Check with your doctor to see if all your medications are generic rather than brand name drugs. Ask your doctor if you can change a more expensive brand name drug to a less expensive generic.

*Check if your Medicare Part D plan has a deductible which may be the reason you are paying a higher cost at the start of the year. Some plans have a deductible that you pay "out of pocket" before your plan starts paying. Some deductibles are as high as \$320.

*Also check your co-payments (the amount you pay at the pharmacy) to see if those have gone up and check to be sure the pharmacy you have been going to is one of the preferred pharmacies or "in network" under your current Part D plan. Changing to another pharmacy may save you some expense.

*Check to see if your Part D plan has mail order availability. You usually can order up to a 90 day supply with a mail order prescription from your doctor, which would be less expensive for you than paying for a 30 day supply at the local pharmacy.

*Check to see if one or more of your medications is no longer covered by your Part D insurance plan or if there are special limitations placed on how the medication can be prescribed. Some pharmaceutical companies also offer assistance to those having difficulty paying for their prescriptions.

*Check with Social Security to see if you income qualify for Extra Help (low income subsidy). You can apply on-line at <https://secure.ssa.gov/i1020/start> and coverage can be retroactive to the first of the month in which you apply. With Extra Help you will have lower co-pays at the pharmacy, lowered or no Part D premiums, and you can change prescription drug plans during the year and not just during the fall Medicare Open Enrollment time.

*If you are denied Extra Help, you may qualify for a Medicare Savings Program which can help with other Medicare insurance premiums.

*If you are not currently an EPIC member, you are age 65 or older, you are a New York State resident, and you currently have a Medicare Part D insurance plan, you can apply for EPIC (the New York State prescription drug program administered by the Department of Health). Joining EPIC gives you one special enrollment period so that you can change from one Part D plan to another, one time during the year, outside of the normal Medicare Open Enrollment time in the fall. Income levels for EPIC were increased in 2014 so if you did not income qualify in the past, it is worth investigating again.

*Make an appointment to visit your local HIICAP counselor at Lifelong, 119 West Court Street 607-273-1511, or at the Tompkins County Office for the Aging, 214 W. Martin Luther King, Jr./State St. 607-274-5482. Health Insurance Information, Counseling and Assistance Program (HIICAP) Counselors are certified by the New York State Office for the Aging and are happy to assist you with any of the above questions.

Save the Date
Thursday, May 21, 2015

Please mark your calendars to join the Lifelong Board of Directors, members and friends at our Annual Meeting and Luncheon at noon Ramada Inn

Exciting speaker, door prizes, good food and more information to follow!

Reservations in advance by calling Lifelong at 273-1511.

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.

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Caregivers' Corner



By David Stoyell

In this *Caregiver Corner* column, I am going to highlight some services that can benefit family caregivers of older adults.

Adult Day Program Expands

Beginning in January, Longview expanded its Social Adult Day program to operate five days a week (9:00 AM-3:00 PM). The program serves individuals age 55+ who may be alone during the day, as well as to provide respite for their caregivers. It provides a stimulating social and recreational environment, assuring families that their loved ones are well cared for and immersed in an active lifestyle with peers. Participants enjoy a variety of programs, socialize with residents and guests, and have lunch in the dining room overlooking Cayuga Lake off Route 96B near Ithaca College.

Some choose to attend all five days, others one or two, and some even participate for half-days. The fee is \$45 for full day, \$31 for half-day with lunch, or \$22 for half day without lunch. For more information, call (607) 375-6323 or email [pnardi@ithaca.edu](mailto:pnard@ithaca.edu).

"Powerful Tools" Classes

The Spring 2015 series of "Powerful Tools for Caregivers" classes begins on Monday, March 30 and runs for six consecutive Mondays through May 4. This time the classes will be held from 5:00 PM-6:30 PM to accommodate those who are working during the day or otherwise find that to be a convenient time. They will meet in the conference room at the Tompkins County Office for the Aging, 214 W. Martin Luther King, Jr./State Street.

The classes are designed to provide those caring for an older adult (spouse, parent, or other relation) with tools to take care of *themselves*. Participants learn to reduce stress, better communicate their feelings and balance their lives. Call the Office for the Aging, 274-5492 to register or inquire about the program.

Other Resources for Caregivers

In the Winter 2015 issue of *In Support of Caregivers*, you will find articles on "Dealing with Caregiver Guilt" and "A Sibling's Guide to Caring for Aging Parents," as well as information on other local services and programs of interest to family caregivers. You can read each quarterly newsletter on the Office for the Aging website at www.tompkinscountyny.gov/cofa/newsletters. Call the Office for the Aging, 274-5492 and ask to be added to the mailing list for this newsletter if you want to receive each new issue (by regular mail or by email).

Upcoming Workshops

The following workshops will be offered free of charge in the conference room of the Tompkins County Office for the Aging. Preregistration is required as space is limited, call David Stoyell at 274-5492 or email dstoyell@tompkins-co.org

Creative Self-Care for Caregivers

March 5, 6:30 PM- 8:00 PM
Presenter: Emily Millen, LCAT

In this workshop, Ms. Millen, a certified Art Therapist, will first provide you with information to add to your collection of self-care practices which are most soothing to the nervous system. After a short mindfulness exercise, she will move into an image-making experience. You will be guided into connecting with an instinctive aspect of yourself, allowing for respite from thinking, planning and multitasking. Participants will leave with a personal healing image and a process you can use as needed to access this intuitive, restful place.

"I Promised Mom I Would Always Take Care of Her"

April 9, 6:00-7:30 PM
Presenter: Maria Motsavage, RN

When is it time to consider a transition to assisted living or a nursing home? Ms. Motsavage will discuss elements of caregiving burden and the concerns and decisions caregivers face when a loved one is no longer able to be cared for safely at home. She will discuss the role of a family caregiver after a transition to another level of care.

Ms. Motsavage is the Elder Care Coordinator for the law firm of Levene, Gouldin and Thompson.

Scams

Senior News, Broome County, January, 2015

Unscrupulous people are continually coming up with schemes to scam people of all ages. AARP reports that older individuals are some of the likeliest targets, with one third of all scam victims being 65 or older.

The IRS has been informed of a particularly aggressive phone scam in the last several months and urges everyone to remain on guard. Scare tactics are used such as threats of arrest or lawsuits for unpaid taxes.

The following are the characteristics of this scam the IRS is reporting:

- Scammers use fake names and IRS budget numbers. They generally use common names and surnames to identify themselves.
- Scammers may be able to recite the last four digits of a victim's Social Security number.
- Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.
- Scammers sometimes send bogus IRS emails to some victims to support their bogus calls.
- Victims hear background noise of other calls being conducted to mimic a call site.

After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

If you get a phone call from someone claiming to be from the IRS, hang up. IRS officials suggest the following:

- If you know you owe taxes or you think you might owe taxes, call the IRS at 1-800-829-1040. The IRS employees at that line can help you with a payment issue, if there really is such an issue.
- If you know you don't owe any taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to the Treasury Inspector General for Tax Administration at 1-800-366-4484.
- You can file a complaint at www.ftccomplaintassistant.gov. Choose "Other" and then "Imposter Scams." If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes.

The list of scams and consumer fraud is long. The best protection is to be aware of the current schemes that are out there. Two good websites for scam alerts are the NYS Division of Consumer Protection (www.dos.ny.gov/consumer) and the Federal Trade Commission (www.consumer.ftc.gov/scam-alerts).

Feeling Stretched?

Let's Face It...

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's Disease or stroke can be stressful physically, emotionally and financially.



Balance Your Life

Powerful Tools for Caregivers

Spring 2015

Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with the tools you need to take care of *yourself*.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

The program consists of six - 90 minutes class sessions held weekly and is offered free of charge to caregivers.

Not intended for professional caregivers

March 30 — May 4th (Mondays)
5:00PM—6:30 PM
at the Office for the Aging

214 W. Martin Luther King Jr./State St.

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 Cornell University, and NY Connects/Long Term Care Services Unit of the Tompkins County Department of Social Services

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

Ithaca College Gerontology Institute Spring 2015 Workshop Series

Aging in Community: Research and Emerging Models

Thursday, March 5, 2:00 - 4:30 p.m.

Presenters:

Mary Ann Erickson, Associate Professor,
Ithaca College

Betsy Schermerhorn, Kendal at Ithaca

Jim Quest, Love Living at Home in Ithaca



“safeTALK” Suicide Prevention

Wednesday, March 25, 1:30 - 4:30 p.m.

Presenter: Lee Ellen Marvin, Director

Suicide Prevention and Crisis Service

Family Caregiving in Rural Communities

Thursday, April 23, 2:00 - 4:30 p.m.

Presenter: Deborah Monahan, Associate Dean of Research

Syracuse University

For more information and to register, go to www.ithaca.edu/agingworkshops

Cost: \$25 per workshop, \$60 for all three, or \$15 per workshop for retired individuals.

Workshops are held at the Country Inn and Suites, 1100 Danby Road (Route 96B), Ithaca.

Plan your future! SENIOR LIVING EXPO Saturday, April 18, 1:00-4:00 p.m.



- ▶ Ithaca High School Cafeteria
- ▶ Free event with over 30 exhibitors
- ▶ Talks on housing options, aging in community

Sponsors

Ithaca College Gerontology Institute & Tompkins County
Office for the Aging

607-274-1607 or 607-274-5492

Visit ithaca.edu/aging for details.



Warning Signs for Older Drivers

The driving behaviors listed below could cause safety problems. They are ranked from minor to serious. Many of the less serious issues may be overcome with changes in driving behavior or physical fitness, while more serious behaviors may require immediate action. Since driving ability seldom changes drastically in a short time, you should be able to track changes over time to get a clear picture of overall driving ability.

Here's how to use this list:

- Observe driving over time, keeping notes to help you understand changes in driving ability.
- Look for a pattern of warning signs and for an increase in the frequency of occurrence.

Driving Behavior Warning Signs

1. Decrease in confidence while driving.
2. Difficulty turning to see when backing up.
3. Riding the brake.
4. Easily distracted while driving.
5. Other drivers often honk horns.
6. Incorrect signaling.
7. Parking inappropriately.
8. Hitting curbs.
9. Scrapes or dents on the car, mailbox or garage.
10. Increased agitation or irritation while driving.
11. Failure to notice important activity on the side of the road.
12. Failure to notice traffic signs.
13. Trouble navigating turns.
14. Driving at inappropriate speeds.
15. Not anticipating potential dangerous situations.
16. Uses a “co-pilot.”
17. Bad judgment on making left-hand turns.
18. Near misses.
19. Delayed response to unexpected situations.
20. Moving into wrong lane.
21. Difficulty maintaining lane position.
22. Confusion at exits.
23. Ticketed moving violations or warnings.
24. Getting lost in familiar places.
25. Car accident.
26. Failure to stop at stop signs or red lights.
27. Confusing the gas and brake pedals.
28. Stopping in traffic for no apparent reason.
29. Other signs.

Way2Go, a program of Cornell Cooperative Extension of Tompkins County, provides resources to aging drivers and their families to help them stay safe, save money and maintain mobility. You may contact Way2Go at 272-2292 or at their website, Way2Go.org. Additionally, AARP offers Safe Driver courses at Lifelong. Please call Lifelong at 273-1511, for more information

Foodnet Celebrates the Annual Mac 'n Cheese Bowl



Dear Friends,

The Mac 'n Cheese Bowl: On March 21, from 11:30 am-2:30 pm, Foodnet will once again host the Mac 'n Cheese Bowl with proceeds benefiting Foodnet client services.

The "Bowl" will be held at the Ithaca High School and we have attracted 17 restaurants and food purveyors to tantalize your taste buds and give you the opportunity to vote for the best mac 'n cheese in town. Crossroads the Clown will join us again. There will be a KIDZ KORNER and live music. Expect some surprise twists and mark your calendar. We will notify you when tickets become available.

Volunteering: Attending the "bowl" is fun but so is volunteering for this once-a-year event. If you have an hour or two to help make it a success we would love to have you join us. Please contact Yvette Rubio, yvette_rubio@yahoo.com as soon as possible so she can match you with a time and assignment.

Hope to see you. Steve

Steve Griffin, Executive Director Foodnet Meals on Wheels

**United
Way**



*Lifelong is a United Way
Agency*

Tompkins County Food Distribution Network Food Pantries

Friendship Donation Network,
Food rescue and gleaning. 216-9522

Townships

Brooktondale (Caroline)

Caroline Food Pantry
Brooktondale Community Center
522 Valley Road, Brooktondale
6—7:30 PM 1st and 3rd Monday

Danby

Danby Food Pantry Danby
Federated Church
1859 Danby Road, Ithaca
3—6:00 PM 3rd Thursday
Mobile Food Pantry 4th Monday
1—2:00 PM

Dryden

Dryden Kitchen Cupboard
Dryden Presbyterian Church
6 North Street Dryden
11—12 noon Mon., Fri. and the last
Saturday
5—6:00 PM Wednesdays

Enfield

Enfield Food Distribution
Enfield Community Building
182 Enfield Main Road, Ithaca
3—5:00 PM 4th Tuesday
Mobile Food Pantry: 2nd Tuesday
1—2:00 PM

Freeville

Freeville Food Pantry
Freeville United Methodist Church
39 Main Street, Freeville
6—7:00 PM 2nd and 4th Monday

Groton

Groton Food Providers
Joyce Crouch Benevolence Building
101 McKinley Avenue
10—11:30 AM 2nd and 4th Saturday
Mobile Food Pantry: 1st Tuesday
12:30—2:00 PM

Lansing Food Pantry

1767 East Shore Dr, Lansing NY
(The Rink)
4th Monday 1—3:00 PM
Mobile Food Pantry: 2nd Monday
10:00 AM

Newfield Kitchen Cupboard

United Methodist Church
227 Main Street, Newfield
6—7:00 PM 1st & 3rd Wednesdays

Trumansburg Emergency Food Assistance

Hotline 387-8260
Trumansburg United Methodist Church
Corner of Main & South Streets
1 PM—2 PM & 5:30-6:00 PM Every
other Monday

Ithaca

Baptized Church of Jesus Christ -
272-1984
412 First Street, Ithaca
10—12:30 PM Wednesdays
10—12:30 PM 3rd Saturday

Immaculate Conception Church

13 North Geneva Street, Ithaca
1:00—2:00 PM Tuesdays

Ithaca Kitchen Cupboard - 273-2400

The Salvation Army Building
150 North Albany Street, Ithaca
1:30—3:00 PM Monday—Thursday
1:00—2:30 PM Fridays

Southside Community Center - 273-4190

305 South Plain Street, Ithaca
4—6 PM Monday—Friday
Emergency Food Pack

12—2 PM every 4th Saturday

County

Rescue Mission—273-6684

618 West State Street, Ithaca 2—4
PM Mondays

9—11 AM & 2—4 PM Tuesday
through Friday

Tompkins Community Action—273-8816

701 Spencer Road, Ithaca
2:30—4:30 PM Monday
10:30—1:30 PM Tuesday

Community Meals

Anyone welcome -

Loaves & Fishes 272-5457

St John's Episcopal Church 210 N
Cayuga St
12 PM Mon, Wed, Fri & 6 PM Tues,
Thurs

Rescue Mission - 273-6684

618 West State Street, Ithaca
Free Bagged Lunch
12—1:00 PM Monday—Friday

Our Brother's & Sister's Table

273-2400 The Salvation Army
150 N Albany St
12:00 PM Sat & 3:00 PM Sun.

Dryden United Methodist Church

5:30 - 6:30 PM 1st, 2nd, 4th
Wednesdays

foodbank
of the Southern Tier



Edith M. Spaulding,
Licensed Associate Real Estate Broker
Seniors Real Estate Specialist
edie@edie.com

As your SRES® I am familiar with active adult and community service organizations in our area. I can provide referrals to a variety of resources at the local, state and national level. If your plans include moving outside of the immediate area, I can refer you to an SRES® in the new area who can assist you in relocation.

2333 N. Triphammer Road
Ithaca, NY 14850
220-5350 Office
227-3343 Cell



Mobile Food Pantry Program (MFP).

The Food Bank of the Southern Tier is pleased to announce that they will be serving three senior housing facilities in Tompkins County on a monthly basis with their Mobile Food Pantry Program (MFP). The MFP is a converted beverage truck that delivers many types of donated products, some of which include, produce, yogurt, cheese, and personal care items. There is no charge for this service.



The Senior MFP will be available to residents of Conifer Village, Ellis Hollow, and Titus Towers. If you live at one of these sites, and are not sure when the distribution is held, please ask staff. The Food Bank is hopeful that they can expand to other locations in the future.

Additionally, the Food Bank partners with many local food pantries and meal sites in Tompkins County. Those sites are listed below, and are open and available to seniors.

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- ✓ Nursing oversight

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- ~ Digital Technology



Preventing Falls with Footwear and Foot Care

By Erin Mulcahey, MS OTS

Think about how small the surface area of a foot is compared to the rest of the body. Now think about how much that tiny area supports our bodies as we walk, run, and leap through our years. It's impressive that feet can keep up with the demands as well as they can, but it is clear to see how important it is to maintain the care for this vital body part.

Age related changes to feet

With age, our ankles tend to lose range of motion. This makes it more difficult to bend the ankle to bring the toes upward. This decline in range of motion can make it more difficult to lift toes high enough clear items on the floor when walking.

Over time, individuals tend to lose some sensation in their feet, also known as the development of neuropathy. Lack of sensation can lead to difficulty sensing the position of the body and movement which can lead to falls. This lack of sensation can also cause people to have trouble feeling injuries, including splinters, blisters, or cuts, which can become infected before discovered.

Thirty percent of older adults experience foot pain. Common causes for foot pain include: arthritis, swelling or edema, corns, and bunions. Changes in tissue fibers within fat pads under the heels and balls of feet cause people to experience less effective and comfortable cushioning under their bones.

Foot Related Causes of Falls

There is an 11% increase in older individuals' chances of falling at home if they are wearing socks or going barefoot. Wearing slippers isn't much better. Slippers have actually been linked to increasing foot pain and fall risk. This is due to slippers' flexible structure providing little stability to the foot. Slippers often have no back and are too large, risk factors for the slipper falling off and causing falls.

It has been found that 35% of older adults choose the wrong sized shoe. Typically, people choose a shoe which is too large because they are looking for a shoe wide enough to accommodate deformities like bunions. The trouble with this is that the toe of the shoe is too large and easily becomes a trip hazard.

Foot Care

The longer your feet stay healthy, the longer you can live an active lifestyle. The best way to maintain proper foot care is to do daily foot checks.

Daily Foot Check

- Pay attention to:
- Skin integrity of entire foot, including between toes.
- Bruising, cuts, blisters, or cracks.
- Length of toe nails.
- Discoloration, including under beds of tow nails.
- Swelling
- Changes in temperature

Foot Care Do's:

- Wash feet daily
- Cut toe nails straight across
- Manage temperature of feet
- Wear proper footwear
- Lotion top and bottom of feet once they are dry

Foot Care Don'ts

- Lotion between toes; can cause fungal growth
- Soak feet; it will dry them out.

Choosing a good shoe

The best type of shoe is one with a closed toe and a closed heel. This type of shoe will provide enough stability and will also protect the foot.

Look for a shoe that has shoe laces. The laces provide for a closer foot along the length of the shoe, therefore providing more stability. Laces can also be adjusted throughout the day when feet may swell. If tying laces is difficult, look for a shoe with a lace-Velcro combination.

A medium amount of traction is the best. Too little traction will be too slippery. Too much traction is just as bad because heavy traction will grip onto the flooring so much that they can get caught in the stepping.

Proper fit is crucial. You should be able to move toes up and down in the toe box without pressure on toes or nails. Also make sure the shoe is not too big, as that will prevent the shoe from providing the stability it was designed to.

Choose a shoe with a hard flat sole. Harder soles give the foot a stable, flat surface which will prevent wobbling in the shoe.

What to Avoid

Avoid shoes which are primarily made from vinyl or plastic because they will not breathe adequately to prevent fungal growth.

Do not wear high heels. Even an inch or two of a heel shifts an individual's center of gravity which causes them to have to lean differently to compensate.

Avoid shoes that need to be "broken in." No properly fitting shoe should feel like it needs to be broken in. Typically, when someone brakes in a shoe, the shoe isn't changing much; instead it is the calluses and toughness of the foot which is changing to deal with the shoe better.

Do not get a shoe with a thick, soft sole. Feet can easily wobble slightly on the soft squishy surface of a thick-soft sole. This type of sole will not provide the stable surface needed to prevent falls.

Finally, avoid shoes known as double rockers. This shoe type has an upwardly curved toes and heel, with the middle of the sole flat with the ground. This is not good because there isn't enough contact with the ground, and the rocking can cause someone to lose their balance.

Shopping Tips

Feet naturally swell throughout the day, so try to shop at the end of the day when feet are their largest. Never buy shoes online, but if you do then make sure the store has a simple return policy because all shoes are cut differently regardless of size. When in the store, make sure to walk for a minimum of 5 minutes with both shoes on to assess how they feel. Finally, if possible, buy multiple pairs in different styles. The reason for wearing different styles of shoes is it will help prevent callus formation, and alternating between pairs allows them to fully dry out between wearing.

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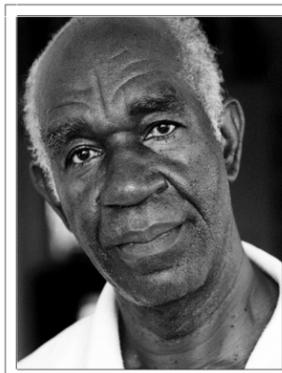
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New at Lifelong this Spring



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Envisioning a Fulfilling Retirement *Session 1*

Dr. Rhoda Meador, Director, IC Gerontology Institute
3/18 5:30-7:30pm \$10

Planning a Fulfilling Retirement *Session 2*

Dr. Rhoda Meador, Director, IC Gerontology Institute
3/25 5:30-7:30pm \$10

Road Scholar Educational Travel & Learning Vacations - *Information Session*

Joyce White, Representing Agent for Road Scholar
4/1 5:30-7pm Free

Rowing the Family Boat with an Aging Skipper

Ann Dolan, LCSW, Geriatric Mental Health Therapist
Family & Children's Service
4/8 5:30-7:30pm \$10

Financial Planning & Wealth Management

Bill Murphy, Certified Financial Planner, Assistant Vice President & Wealth Advisor, Tompkins Financial Advisors
4/15 5:30-7:30pm \$10

Weight Management – *What's New, What Works?*

Cindy Milner, Registered Dietician
Marie Harkins, Registered Nurse
Cayuga Center for Healthy Living
4/22 5:30-7:30pm \$10

Medicare Basics

Diane Dawson, NYS Certified Health Insurance Counselor
4/29 5:30-7:30pm Free

- Registration is required.
- Payment can be made at the door.
- The Transitions Program has been scheduled at the end of the workday for your convenience.

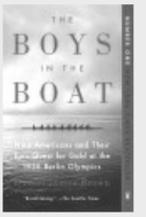
TRANSITIONS will be held at
Lifelong
119 West Court Street
Downtown Ithaca

For more information call **273-1511**
or visit www.tclifelong.org



BOOK NOOK

"Boys in the Boat" by Daniel James Brown



Readers are immersed in the lives of a handful of Depression-Era youths who join together to become an Olympic-medal winning team in "Boys in the Boat" by Daniel James Brown.

The early life of Joe Rantz, a pivotal rower on the eight-man team which won gold, sets the backdrop for the story and can be projected beyond his personal life into a metaphor for society as a whole. His near abandonment by his family illustrates how a person alone is at the mercy of his surroundings. But it is his indomitable work ethic that sets the tone for "Boys in the Boat" and leaves hope that even the most beleaguered of individuals can find true meaning and personal growth in shared pursuits, shared defeats, and shared victories.

Moving south from Seattle, then a provincial town on the veritable edge of civilization, readers witness the close competition between the University of Washington and its neighboring rival the University of California. Then we are brought east to Poughkeepsie, where the UW team first shows its mettle in the yearly regattas along the Hudson River against the always-powerful Ivy League rowing teams.

Finally, readers are plunged into the world's fiercest competition at the 1936 Berlin Olympics hosted by the budding Nazi German state. Surprising many, the young men carry away the gold despite facing off against Europe's most accomplished teams. More importantly, what they won was what the rowers found amongst themselves—a trust for their companions and an ability to depend on others were gifts they treasured and shared long after they retired their oars.

Truly a heart-racing recount of one of America's overlooked achievements "Boys in the Boat" will be enjoyed by both experienced rowers and those who know little about the sport.

Tompkins County Public Library will launch its "Truth Be Told Non-Fiction Book Club" with a March 3 discussion of "Boys in the Boat" (winner of the Washington Book Award, and #1 seller on the New York Times Bestseller List). Copies of the book are available at the Library and may be reserved for Book Club participants by contacting Tom Burns tburns@tcpl.org or Stephen Salino ssalino@tcpl.org



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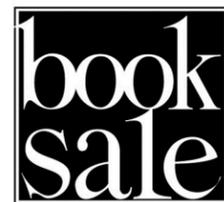
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Lifelong News

All events listed are held at Lifelong unless noted.

For more information and full listings of programs please check our website at www.tclifelong.org Please call Lifelong at 273-1511 or email activities@tclifelong.org to register for any of these events!

Remember Lifelong will be closed:

Friday, April 3 – Good Friday & Passover (ICSD closed)



LIFELONG TO OFFER DAY AND EVENING CLASSES

By Barry Adams And Donna Sokol

Lifelong, the Tompkins County Senior Citizens' Center, has for many years sponsored a wide range of activities at its West Court Street location next to the old public library, catering for the most part to retired members of the community. Beginning next month, its doors will be swinging open a little wider to encourage more members of the general public, especially those who are approaching retirement age, to enter and enjoy its programs.

To reach this wider audience, a number of new Lifelong Learning opportunities have been scheduled for late afternoon and early evening. Local residents who are less free to attend morning or early afternoon activities will find these new opportunities particularly attractive. While extending its programming in this way, Lifelong will continue to offer recreational and health-and-wellness oriented activities as well as opportunities for self-expression in the arts (painting, singing, acting, dancing), along with courses and presentations of a more traditional academic sort (Shakespeare, American History, foreign language study, "Galaxies and the History of the Universe," "Getting to Know the Microbes in Your Life," and many more).

This spring's instructors will include many who are well known to current members of Lifelong as well as several new volunteers. The Lifelong Learning catalog, which is available free of charge and on-line at www.tclifelong.org, at the Lifelong facility at 119 West Court Street, and throughout Ithaca and Tompkins County provides biographical sketches of all instructors as well as descriptions of the over 90 Spring 2015 offerings, with information about registration and fees. Call 607-273-1511 for more information.



Nahyon Lee, Lifelong's new Program Director

Lifelong is happy to welcome Nahyon Lee as our new Program Director! Nahyon assumed the role formerly held by Jillian Pendleton Smith.

Nahyon comes to us from the Department of History at the Noble and Greenough School in Dedham, MA, a private high school. She has a Masters of Arts from Brown University in teaching and a Bachelor of Arts from Bowdoin College in Government and Environmental Studies. She has lived and studied in Spain and Latin America. She speaks Spanish and Korean.

Be sure to stop and say hello next time you're in.

SPOTLIGHT ON:

Square, Round, Line and Polka Dancing Fridays at Lifelong

1:30 - 2:00 PM

Introductory Square and Contra Dancing

2:00 - 4:00 PM

Square, Line, Polka Dancing

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TRAVEL WITH LIFELONG IN 2015!

Thursday, May 14, 2015

New York City and the Metropolitan Museum of Art

Cost: \$90 for members; \$95 for nonmembers

Come with us and spend a day at the Met! We will have approximately five hours at the museum with no group activity planned. Explore on your own wherever your interests lead you. All meals will be the individual's responsibility including a supper stop on the way home. The bus trip and admission will be covered by the fee. Register and pay by April 10th at Lifelong's front desk.

Friday, May 15, 2015

National Abolition Hall of Fame and Museum, Peterboro, New York

Cost: Transportation will be provided by GIAC but you will be responsible for the \$3.00 admission fee and any meals.

The National Abolition Hall of Fame and Museum in Peterboro, NY honors antislavery abolitionists, their work to end slavery, and the legacy of that struggle, and strives to complete the second and ongoing abolition – the moral conviction to end racism. Register at Lifelong's front desk.

September 23, 2015 to October 4, 2015

France Magnifique

Cost: \$4,749 per person, double occupancy/ \$5,799 single

Book before March 24th and save \$200

Deposit: \$250 due upon reservation

Final Payment Due: 7/7/2015

Bask in the rich culture and romance of fascinating France on a tour that explores captivating Paris, picturesque Provence, historic Normandy and the fun-filled French Riviera. Get to know the delightful medieval walled city of Avignon during a walking tour and a visit to the 14th-century papal palace. Reflect at Omaha Beach and come to know the stories of the men and women who gave so much in the name of freedom. Enjoy a tour of the glittering gem of the Riviera--Monaco; and sip wine during your tour of a well-known winery in Vouvray. Exciting experiences like a TGV high-speed train ride through the French countryside and a spectacular dinner cruise on Paris' Seine River bring to life the joie de vivre of this fabulous country.

September 24, 2015 to September 28, 2015

Boston, Salem and the North Shore

Cost: \$495 per person, double occupancy/ \$635 single

Deposit: \$75 due upon reservation

Final Payment Due: 7/10/2015

A five day bus tour to Boston, Cambridge, and Salem, Mass, including a tour of the John F. Kennedy Library and Museum and much more. Please note that this tour does include a considerable amount of walking! Pick up a brochure from the front desk.

For more information about these trips stop in at Lifelong, 119 W. Court St. Ithaca



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Lifelong's 2015 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, 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. The walk are scheduled every **other week** on **Wednesdays**. Walkers will meet in the Lifelong Lounge at 1:15 PM, promptly starting to walk at 1:30 PM. **You must be able to walk 1-2 miles.** When carpooling is necessary, a \$1-2 fee will be required for gasoline and parking, to be given to the driver.

REGISTRATION

To sign up for the Lifelong walks, please send an e-mail to **Elke Schofield** elke@schophoto.com or call her in the afternoon (607) 272-9476).

In your email to Elke, please include:

- your name,
- e-mail address
- home address
- home telephone number
- cell phone number



Please put in the e-mail subject line: **Lifelong WALK PROGRAM**.

All walkers are required to complete a **Participant Waiver Form** prior to our first walk. Stop in before April 16 or come early on that day to do the paperwork. Walkers who walked with us last year, can update the existing Participant and Waiver Form and initial it.

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Northside-Southside News

Northside-Southside is a multicultural program of Lifelong 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. (all programs are free unless otherwise noted)
To register for any of these events please call Lifelong at 273-1511 or email activities@tclifelong.org

NORTHSIDE/SOUTHSIDE CALENDAR FEBRUARY, MARCH AND APRIL

The Africana Library Film Series with Eric Acree (NS/SS) FREE

Before They Die!: The True Story of the Survivors of the 1921 Tulsa Race Riot and Their Quest for Justice, Tuesday March 17th, 5:30PM-7:30PM. This is the story of the survivors of the 1921 Tulsa Race Riot and their quest to get justice, before they die. This is about the struggle for the soul of America and the efforts to right a wrong that is long past due.

Remember the Titans, Tuesday, April 28th, 5:30pm-7:30pm. The true story of a newly appointed African-American coach and his high-school team on their first season as a racially integrated unit.

Nat Turner: A Troublesome Property, Tuesday, May 26th, 5:30pm-7:00pm. Evaluates the authenticity of the earliest source, "The Confessions of Nat Turner," assembled by a white Virginia lawyer from jailhouse interviews. It then follows the controversy over the Nat Turner story played out through history. Alvin Poussaint and Ossie Davis recall how Nat Turner became a hero in the Black community. Religious scholar Vincent Harding and legal scholar Martha Minow reflect on America's attitudes toward terrorism.

Safely Managing your Medications - Friday, 2/20, 2PM-3PM, Cornell Health Advocacy Topics (CHAT)

What to do when Disaster Strikes - Tuesday, 3/17, 6PM-7PM, Red Cross Representative

Maximizing Your Surgical Safety: Preparing for a Medical Procedure Friday, 3/20, 2PM-3PM, Cornell Health Advocacy Topics (CHAT)

Alzheimer's Basics -Tuesday, 3/24, 5:30PM-6:30PM, Alzheimer's Association

Hearing Screenings - Friday, 4/10, 2PM-3:30PM, Graduate students from the Sir Alexander Ewing Speech and Hearing Clinic at Ithaca College

Finding Reliable Health and Medical Information on the Internet -Friday, 4/17, 2PM-3PM, Cornell Health Advocacy Topics (CHAT)

Senior Safety Tips from the Ithaca Police Department - Wednesday, 4/22, 5:30PM-7:30PM, Ithaca Police Dept. Members

Talking about Cancer: How to Gently Address the Elephant in the Room. Friday, 5/1, 10AM-11:30AM, Bob Riter

Living with Alzheimer's - Thursday, 5/21, 12PM-4PM, Alzheimer's Association

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K. Minnix, RSVP Director
 Joyce Billing, RSVP Program Assistant
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Deb Roe volunteers weekly at the SPCA doing clerical work. She has been a RSVP Volunteer for over 2 years

John Beach is a 3-year RSVP Volunteer with the Cancer Resource Center. He volunteers weekly at Cayuga Medical Center.

Kelly Behan a 10-year volunteer from Lansing with Check-It program. Kelly has over 200 hours volunteering one-on-one as Medicare counselor.

Carol Franco has over 250 hours volunteering for RSVP in the last 2 years. She is currently at the Lansing Library, but she has given of her time to the American Red Cross Blood Drives and as a Telephoner for FISH.

Marie Powers has been volunteering as an RSVP Volunteer at Cayuga Medical Center both in the Gift Shop and in Business Office. A Trumansburg resident, Marie has volunteered 6,285 hours in almost 20 years of service.

Lynda Skibitsky is a tax counselor with the TCE program at Lifelong. Since 2005 she has donated almost 250 hours as a RSVP volunteer. She has been a volunteer tax counselor for even longer.

Thank you to The Ithaca Bakery, Viva Taqueria & Cantina and Mark's Pizzeria for providing gift cards to these lucky volunteers chosen randomly this fall.



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