

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

Senior Focus: Allan Robbins

By Lisa Monroe, Office of the Aging

Allan Robbins is proof that age is a state of mind. He is actively living his life with the same zest and spunk of a man many years younger. In April, Allan will be celebrating his 95th birthday with family and friends. Although he states that he hasn't lived an extraordinary life, his detailed memories of his life experiences tell otherwise. The consistent themes throughout his life such as curiosity, ambition, humor, perseverance and love for his family and friends have woven his unique story. He describes himself as "curious" and this trait served him well his entire life and opened many doors he otherwise might not have seen.

Allan's father was of Russian /Polish Jewish descent. He immigrated to America though Ellis Island and resided in New York's Lower East Side, an area that was heavily populated with immigrants. Allan's father began working at the age of 10 in one of the countless sweatshops during that time period. His mother was born in New York and did volunteer work and bookkeeping for various firms. Working hard and persevering through adversity were instilled in Allan at a very young age.

Allan was born in Manhattan and he moved to various places throughout the city during his adolescent life, including Brooklyn, New Jersey, and various neighborhoods in Queens. He remembers the city streets filled with horses, carriages, and unorganized bustling traffic; many would say it was a dangerous place for young children to be. He remembers the delivery men in wagons distributing ice, milk, eggs and other items as needed. He remembers overcrowded schools, desks with ink wells and the first day the teachers passed out the pens and pen points to begin writing. Life in New York at this time was so overcrowded; people were always being rushed through everything including school. Even the subways had people employed as "pushers" to push all the people into the subway cars and ensured all doorways were clear in order for the drivers to continue.

When Allan was a boy of 12 and 13 years of age, he attended Boy Scout Camp in Bayside for 2 years. The camp was visited by then Governor Franklin Delano Roosevelt. This was an exciting event and all the boys in the camp lined the road as he pulled up in his touring car. FDR was escorted by his two sons to the mess hall for a speech, because he wore braces from his hips to his ankles. He told the boys he was running for President and if he won he would come back again the next year. FDR upheld his word and did come back the following year as President of the United States; the only difference was that his braces were now hidden beneath his clothing. Most of the public never knew of his disability.

The high school in Flushing NY that Allan attended was in poor condition and deteriorating on the inside. The school ran in two sessions a day to

accommodate the large student body. It had no clubs, no gym or pool, but it did have a football team that had a great season and ended up playing Erasmus High in Brooklyn. This was considered to be a much more important and larger school. This football game was Allan's best memory of his 2 years at Flushing. The quarterback for Erasmus was Sid Luckman (who went on to play 12 seasons with the Chicago Bears and was inducted into the Hall of Fame). In an amazing edge-of-the-seat game, the Flushing Red Devils won 14-13! Allan transferred to a school in Manhattan prior to graduation. After graduating high school at the age of 16, he started working as an errand/ delivery boy, for \$10 a week, and began taking night courses at City College. This was during the Depression when unemployment was at 25% and jobs were scarce. He managed to maintain jobs; however nothing truly pleased him until he was introduced to a position at a diamond importing house. At age 16 ½ he worked for Goldmuntz Brothers and with his curious nature and thirst for knowledge, he learned everything he could about the diamond business during the next six years.

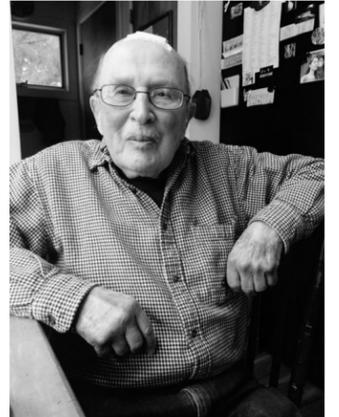
Just as his father did, Allan thought America was the greatest country of all. When Pearl Harbor was bombed in 1941 many people waited to be drafted. Allan had a high draft number and instead of waiting he decided to enlist and join the Army. In June of 1942, he headed to Fort Dix.

Allan ended up serving with the Army Air Corp and after basic training he was sent to Radio school in Sioux Falls, SD. He finished the four month course; however, instead of going to gunnery school he was made an instructor and taught the course for almost two years. The balance of his service was teaching at other schools and learning about highly secret RADAR. During his time in the Army, he kept in contact with his employers, the Goldmuntz Brothers. They wanted to introduce him to a girl in their office they thought would be "perfect" for him. When he returned for a visit he met Marcella and spent much of his leave time with her. As the war was now nearing the end, the two decided to get married. Allan's father located the same Rabbi who had married him and Rose, Allan's mother. The Rabbi performed the marriage of Allan and Marci in May of 1945.

After 36 months in the Army, Allan was discharged. He and Marci returned to New York City where he put his prior experience in the diamond business to use, and became employed at a jewelry firm. It was during this time that Marci and Allan had their 3 children, Peter, Helen and Anne. Life at home was always exciting with the 3 children. Allan recalled many stories of their unique personalities and the good times together. Family time and the life they had created are most treasured. Allan expressed, "those years were the greatest." After several years passed, his boss retired and Allan decided to go into business on his own. For the next 30 years he and a silent partner owned Robin Ring Corp. Through the years, the way jewelry business was done was changing and after working for 57 years and never unemployed for even a day, he decided to retire at age 73. He and Marci then decided to move to Ithaca, NY, to be closer to their grandchildren. Although he had lived in the city nearly all of his life, Allan was always a country boy at heart and was excited for his future in Upstate New York.

He found enjoyment in outdoor activities, such as gardening and until recent years he, tended to all of his own yard work and light maintenance around the house. Today his home holds a collection of photographs, art, sculptures, antiques and other sentimental lifetime items created by his children or acquired by him or his children in their travels. He surrounds himself with lifelong interests: reading novels, the New York Times thoroughly, watching movies, particular TV shows, news programs, and even some "garbage TV" here and there. He has a friend at McGraw House who he visits weekly.

Although Allan now has a few physical ailments he continues to remain as active as possible and lives day by day with a positive, engaging spirit. His mind is as sharp as a tack, with a vivid memory of his past, a gift for story telling, and a wonderful sense of humor. His love for his family and friends, his companion Juno the cat, (who by the way has just as much spunk as Allan) and his thirst for knowledge help him live each day to the fullest. His life has transformed him in many ways as he has encountered a gamut of experiences and emotions. Allan remains positive and grateful for each moment and memory.



Allan Robbins

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- Updated Tompkins County Food Distribution Network Schedule

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Senior Circle

Lifelong, Enhancing the Second Half
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CHANGE SERVICE REQUESTED

Senior Services

Information and Referral

The **Office for the Aging** provides information and referral services for individuals and agencies concerning an array of issues affecting seniors. If you have questions, our staff is ready, willing and able to serve your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at www.tompkins-co.org/cofa

Help With Yard Work

The **Office for the Aging** maintains a listing of people who are willing to do yard work for seniors on either a paid or volunteer basis. If you are in need of some help with your yard work, 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 open from 9am to 3pm on Tuesdays, Wednesdays and Thursdays. 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), 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.

United States Department of Agriculture: Rural Development Loans Available

Funds are available to help repair homes in Onondaga, Tompkins, Cortland, Chenango, Tioga, Broome, and Cayuga counties. USDA Rural Development's Rural Housing Service Loan and Grant Home Repair Program offers very-low income homeowners living in eligible rural areas, loans to make general home repairs or modifications, which may improve or modernize a home.

Loans of up to \$20,000 for a maximum of 20 years are available. Under these terms, a \$5,000 loan would have a monthly payment of just \$23. Applicants must own and occupy the home in need of repair and meet the 'very-low income' criteria.

To be eligible for home repair loans, an applicant must have the ability to repay the loan, an acceptable credit history, live in a rural area and an income that falls within the very-low income category for the size of their household. 'Very-low income' varies throughout New York State. For example, a household of two in Tompkins County whose income is at or below \$31,550 may be income-eligible for the program. A one percent interest rate for a maximum term of 20 years may allow eligible homeowners the opportunity to make the home improvements they have been planning. Applicants may obtain multiple loans, with a maximum outstanding loan balance at a given time of \$20,000.

Grants are available to senior rural home owners age 62 or older who cannot afford a loan. Grants are limited to a lifetime assistance of \$7,500 and must be used to remove health and safety hazards or make a home more handicap accessible.

For more information on the Home Repair Program, please contact the Cortland office at (607) 753-0851, ext. 4. The Cortland office services Onondaga, Tompkins, Cortland, Chenango, Tioga, Broome, and Cayuga counties.

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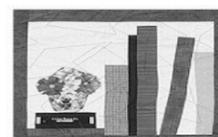
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2015 Strategic Plan for Aging in Tompkins County Executive Summary

The Tompkins County Office for the Aging's 2015 Strategic Plan for Aging offers information about the current landscape for aging in Tompkins County, with projections about future needs and recommendations for action. The Strategic Plan will be used to inform decision making on aging-related issues, not only by the Office for the Aging, but by public and private entities and community groups.

The 2015 Strategic Plan is based on the following data: the 2012 Needs Assessment of the 60+ Population in Tompkins County, the 2014 Housing Needs/Preferences Survey, and a series of eight Consensus Conferences with input from older adults and community stakeholders on the following topic areas: 1) Civic Engagement, Volunteerism and Education; 2) Financial Exploitation and Elder Abuse; 3) Financial Security and Employment; 4) Housing; 5) Long Term Care; 6) Medical Care; 7) Mental Health; and 8) Transportation. Through this process, 145 participants identified our community's strengths, issues/needs and recommendations for action.

Among the key finding of the 2015 Strategic Plan are:

Demographics:

Tompkins County's older adult population is growing rapidly and will continue to grow until approximately 2040. At the same time, the younger generations will be relatively smaller in size, exacerbating workforce and caregiving issues.

Strengths:

The presence of higher educational institutions are assets to our community, offering research and programming in gerontology as well as students who actively engage with community elders through volunteering and internships. Tompkins County's older adults are highly educated and civically engaged.

Tompkins County has a vast array of well-networked human service organizations offering assistance to older adults and their families. In comparison to similar sized communities.

Tompkins County has an array of senior housing options as well as transportation options.

Issues/Needs:

Many of today's 60+ population do not self-identify as "senior citizens" and therefore new methods of public information and outreach are needed. Age discrimination still exists, and older workers face competition for scarce jobs.

There is a lack of transportation for people of all ages, including elders, and especially in rural areas. Same day transportation services, out of county transportation to regional medical centers, and after hours and weekend transportation are all needed.

You Are Invited to the
Tompkins County Office of the Aging
Advisory Committee's Annual Luncheon 2015



Keynote Speaker

**Dr. Nathan Spreng, Director of Laboratory of Brain and Cognition
In the Department Human Development at Cornell University**

"Aging and Brain Health: Strategies and Challenges"

Certificates of Appreciation to be awarded to:
"Senior Citizen of the Year" &
"Outstanding Contribution by a Senior Citizen"

**Thursday May 14, 12pm
Hotel Ithaca
222 South Cayuga Street, Ithaca, NY**

Meal Choices:

Penne Pasta Carciofo-Roasted peppers and marinated artichoke hearts sautéed in extra virgin olive oil, garlic finished with a toasted pine nut pesto over penne

or

Stuffed boneless breast of chicken with rice stuffing

Both choices include, vegetable, salad, rolls, dessert coffee/tea for \$20.00 including tax and tip.

Reservations Required!

Please RSVP by Tuesday, May 5, 2015

questions: Call 274-5490 or email imonroe@tompkins-co.org

There is a lack of affordable housing for people of all ages, including elders. There is a lack of affordable assisted living options in Tompkins County, with no Medicaid-funded assisted living available.

The current medical, mental health and long term care systems are fractured, difficult to navigate, and stretched thin in terms of resources.

Social isolation is an issue for older adults in our community. Older adults are often the targets of frauds, scams, and other forms of financial exploitation.

There is a lack of home health aides and certified nursing assistants to adequately serve our current older adult population, and the demands will increase in the future as the Baby Boomers require long term care services. New paradigms for service delivery must be considered, and funding for existing core services that support the aging population must be enhanced to meet current and future demands.

Next Steps/ Recommendations:

A lengthy list of recommendations includes a comprehensive public information campaign and advocacy across several different topic areas related to aging. In addition, the Office for the Aging plans to work with the County and City of Ithaca to designate Tompkins County and Ithaca as an "Age Friendly Community" with the World Health Organization in order to formally engage stakeholders in a continuous improvement.

If you are interested in the full version the 2015 Strategic Plan for Aging and other supporting documents are available on the Office for the Aging's website at www.tompkinscountyny.gov/cofa, or call the Office for the Aging at 274-5482 and request a copy. If you have you would like to get involved with the process and/or have feedback of questions, please call us.

Tompkins County Office of the Aging
214 W. Martin Luther King Jr./State St.
Ithaca, NY 14850
(607) 274-5482
www.tompkinscountyny.gov/cofa

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.

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



Lifelong is a United Way Agency

Caregivers' Corner

By David Stoyell

Helping an Older Adult with their Health Insurance

Sometimes family caregivers need to help a loved one with their health insurance—helping them stay on top of bills, researching plans to make coverage changes when advisable, understanding which health providers are “in network” and “out of network” for their insurance plan, and so on.

Talking with Insurers...

If you want to call a loved one's insurance company about their coverage, your loved one will need to be nearby to give permission for the company representative to speak to you. It may be a good idea to ask the company to send their “Consent for Release of Protected Health Information Form,” which your loved one can sign to give the company permission to speak to you at any time. You may also find such a form on the company's website and may be able to scan it and email it back, or fax it to them if time is an issue.

...and Sales Reps

For the past 10 years, Medicare beneficiaries have had the option of getting their health coverage through private insurance companies selling “Medicare Advantage” health plans. All Medicare drug plans are also sold through private insurance companies. That means there is competition among sales representatives to sign people up.

While most sales representatives perform a valuable service in explaining and helping people sign up for coverage, there are a few bad actors who do not act in the client's best interest. The most common complaint that I have received from Medicare beneficiaries is that the sales representative signed them up for a plan without knowing whether their doctors and hospital were “in network” or “out of network” and without understanding what their co-pays could be if they received care from an “out-of-network” provider.

Outpatient surgery or observation stays at an “out-of-network” hospital can cost hundreds or thousands of dollars more in co-pays than the same care received at an “in-network” hospital.

Bills and Notices

Early in October each year, those who belong to Medicare Advantage health plans or Medicare Prescription drug plans get a notice of changes in coverage for their plans that will start the following January. It is important to review these notices to see what changes in premium, deductibles and co-pays there will be the following year. If consumers are generally happy with their coverage, they generally don't need to do anything and will automatically be continued on the plan for the following year.

However, if their health has changed, perhaps their coverage needs have changed also. Between October 15 and December 7 is the “Annual Open Enrollment Period” when Medicare beneficiaries are allowed to compare and change plans.

Medicare Fraud

Make sure to review the “Medicare Summary Notice” or “Explanation of Benefits” notice received from Medicare or your Medicare private health plan. If you think there is a charge that is incorrect, you may want to call the provider's office to ask about it. If you've contacted the provider and you

suspect that Medicare is being charged for a service or supply that wasn't received, or you've never heard of the provider on the claim, call 1-800-MEDICARE to have them investigate whether the claim is fraudulent or not.

Can't afford Prescriptions?

Another article in this issue of the Senior Circle gives details about help available to for low-income Medicare beneficiaries in paying their premiums and co-pays. But what about middle income people who have unaffordable drug costs?

The New York State EPIC Program has expanded eligibility so that individual who earn up to \$75,000/year (\$100,000/year for couples) can benefit from the program if they take drugs with large co-pays. The EPIC program is open to people, 65 and older, who have Medicare Drug coverage. For people who have income under \$23,000 a year (\$29,000 for couples), the EPIC Program will pay most or all of the premium for a Medicare drug premium or Medicare Advantage plan that covers drugs. It also pays most of the co-pays after the EPIC member has met the out-of-pocket deductible if required. The deductible is higher for those with higher incomes, but the EPIC program has been a big help even to middle income people who have huge co-pays for very expensive medications that they need.

Health Insurance Counseling

The complexities of Medicare and other health insurance can be daunting to anyone, not only to older adults who may need assistance in managing their affairs. Fortunately, free health insurance counseling for Medicare beneficiaries or their caregivers is available in Tompkins County. Call to make an appointment to speak to a HIICAP (Health Insurance) Counsel at Lifelong (273-1511) or the Tompkins County Office for the Aging (274-5482). @tompkins-co.org

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12:00 Noon – 2:00 p.m.
Ramada Inn
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A NEW VISION FOR LIFELONG



Join in our "Town Hall Meeting" to share ideas about Lifelong's new direction and opportunities for our exciting future!

Our Master of Ceremonies will be Board President: Brian Wilbur

Menu (choice of)
Chicken Cordon Bleu OR Broiled Salmon
OR Eggplant Parmigiana
All entrees include Spinach Salad, Beverage and NY Style Cheesecake with Mixed Berries

A donation of \$20.00 per person, payable in advance or at the door with prior reservation, includes lunch and gratuity, plus a chance to win great door prizes!

Please RSVP for the luncheon selection no later than May 8, 2015, in person at Lifelong or by calling 273-1511 or via email to frontdesk@tclifelong.org

Get Help with Medicare Premiums/Co-pays — but Don't Neglect to Recertify When Asked

by David Stoyell, Tompkins County HIICAP Counselor

Amid the mounds of confusing mail we get from those vying for our business, including insurance companies, electricity suppliers, and car warranty companies, there are bills and notices to which we must attend.

This is especially true for "recertification notices" that Medicare beneficiaries are required to complete and return periodically in order to stay eligible for help with their Medicare premiums or co-pays. Occasionally people call Lifelong or the Office for the Aging to talk to a health insurance counselor wondering why they have had to resume paying their Medicare B premium, or are no longer getting help from NY State EPIC Program with their Medicare drug premium or co-pays. The reason sometimes is that they neglected to complete and return recertification forms when requested.

2015 Eligibility Levels for the Medicare Savings Program

If your income is \$1,345/month or less (\$1,813 for a couple) before deducting your Medicare B premium (but minus any other private health insurance premiums), you can apply for the Medicare Savings Program. If approved, NY State will pay your Medicare B premium (currently \$104.90) so that it will not be deducted from your monthly Social Security benefit and it will pay most or all of your Medicare Drug premium. You will also qualify for low co-pays at the pharmacy.

If your income is \$1,001/month or less (\$1,348 for a couple), you also qualify to have your co-pays and deductibles paid for you by NY State for doctor visits and other health services if you see providers who participate in Medicare or your Medicare private plan's health network.

These two programs only consider your monthly income. There are no asset limits.

A Health Insurance (HIICAP) counselor can assist you in applying to the Medicare Savings Program (MSP) or answer your questions about it.

Call Lifelong (273-1511) or the Tompkins County Office for the Aging (274-5482) if you need assistance in applying for a Medicare Savings Program benefit or would like to schedule an appointment with a HIICAP counselor to discuss any of your Medicare health insurance concerns. You can also get an application for the Medicare Savings Program directly from the Tompkins County Department of Social Services.

Need help with moving or downsizing?

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



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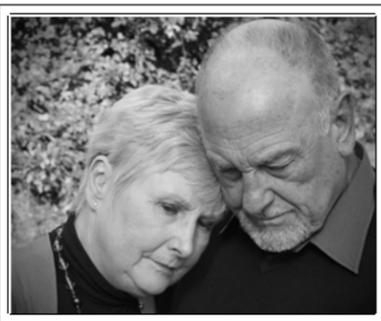
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Selling a home can be an emotional time, potentially involving other life decisions. As an SRES® I understand the issues facing older adults. By taking a no-pressure approach, I will help you navigate your choices and may even be able to suggest alternatives that help you stay in your home.

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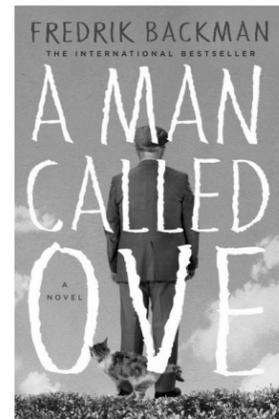
BOOK NOOK

A Man Called Ove

by Fredrik Backman

"A Man Called Ove" (pronounced "Oover" in Swedish) by Fredrik Backman is a mighty little book that contains a powerful, funny story about life, love and a contrary man on the cusp of middle and old age.

I imagine that Ove might be voted the 2014 "character of the year" if such a contest ever exists. He is a 59-year old grouch – opinionated and irascible - who holds himself to a strict code of conduct. Of course, everybody else falls short of his expectations, and Ove suffers from a broken heart and disillusionment with the human race until an eclectic band of rowdy, foreign, computer-nerd neighbors and a clever, stray cat interrupt his isolation without his consent.



Winner of the 2014 Book Browse Debut Novel Award, "Fredrik Backman's novel about the angry old man next door is a thoughtful and charming exploration of the profound impact one life has on countless others." It could bring me to the verge of tears and then inexplicably make me laugh out loud. Perhaps everyone knows an Ove – the curmudgeon with strict routines and principles, who believes that there is a right way and a wrong way to do anything. I was surprised and enchanted as Ove's discovery of self and community comically suggests that there is a little wiggle room to living.

Are you looking for a book group in which you can casually discuss new and classic books? Please join us Spring, Summer, Fall and Winter for the "4 Seasons Book Club." Copies of books to be discussed are available at the Library and may also be reserved for book group participants by contacting Teresa Vadakin, tvadakin@tcpl.org, or calling 272-4557 ext. 272. An online book discussion is ongoing through the Library's "4 Seasons Book Club" on Goodreads.

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www.healthyyouth.org or call 2-1-1.
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Tompkins County Probation Ithaca	Cayuga Heights Police Dept. Cayuga Heights	Groton Police Dept. Groton
Ithaca Police Dept. Ithaca	Dryden Police Dept. Dryden	Trumansburg Police Dept. Trumansburg

Sports Safety Month

According to recent research, specializing in one sport at an early age, may not be what will make your child an elite athlete – diversifying participation in a multitude of sports and *not* playing year-round, as promoted by the **STOP Sports Injuries Campaign**, though just might.

Recent research published in *Sports Health: A Multidisciplinary Approach*, analyzed articles from 1990 to 2011 looking for information about whether sports specialization actually helps or hurts kids. The researchers also utilized recent work conducted by the article's lead author, Dr. Neeri Jayanthi, the medical director of primary care sports medicine at Loyola University Chicago. Dr. Jayanthi's research looked at injury rates in 519 tennis players ages 10-18 who spent, on average, 11-15 hours/per week training.

Their results highlighted that kids who specialized in tennis were 1.5 times more likely to get an injury, regardless of their total training time. Performance was also investigated by the researchers and the studies illustrated that in sports like cycling, swimming, and skating, those who started significant training around age 15 were more likely to become elite-level athletes (defined by podium placings in European competitions and top-10 results in World and Olympic events) than their peers who started training earlier.

"Kids often receive pressure from their parents or coaches to be the best in one given sport, when in reality participating in free play and a multitude of sports from an early age is the best strategy to create an outstanding athlete," said William Levine, MD, Chair of the STOP Sports Injuries Advisory Committee.

April is Youth Sports Safety Month and here are a few tips to keep your young athlete safe:

SPORTS SAFETY TIPS

1. Have a pre-season physical examination and follow your doctor's recommendations.
2. Warm-up and cool down properly with low-impact exercises like walking or cycling.
3. Consistently incorporate strength training and stretching. A good stretch involves not going beyond the point of resistance and should be held for 10-12 seconds.
4. Hydrate adequately to maintain health and minimize muscle cramps. Waiting until you are thirsty is often too late to hydrate properly.
5. Keep an eye out for unsafe play surfaces. Playing grounds should be in good condition.
6. Don't play through the pain. Speak with an orthopedic sports medicine specialist or athletic trainer if you have any concerns about injuries.
7. When participating, wear protective gear such as properly fitted cleats, pads, helmets, mouth guard or other necessary equipment for the selected sport.
8. Play multiple positions and/or sports during the off-season to minimize overuse injuries.
9. Pay attention to weather conditions such as wet, slippery fields that can lead to injuries.

Avoid the pressure to over train. Listen to your body and decrease training time and intensity, if pain or discomfort develops. This will reduce the risk of injury and help avoid "burn-out."

More sports injury prevention tips can be found at: STOPSportsInjuries.org

Monthly Messages are brought to you by the Tompkins County Youth Services Department, a proud partner of The Community Coalition for Healthy Youth.

If you have further questions or comments about this message or would like information on how to become involved with the Community Coalition for Healthy Youth, please email ahendrix@tompkins-co.org

Thank you in advance for forwarding this monthly message to all of your networks.



To subscribe/unsubscribe from the HSC Listserv or review our guidelines, visit www.hsctc.org/listserv
The Human Services Coalition of Tompkins County
Celebrating 40 Years of Creating Solutions Together!



Spring is Here!

**And so are Lifelong's Coffeehouses!
 Come socialize, hang out, meet someone new,
 and enjoy the entertainment this spring.**

- **May 11 (Monday) from 2:00-3:00pm; Anna Banana the Clown**
- **May 19 (Tuesday) from 10:30-11:30am; Abby Christman talks about Cameroon and the Peace Corp**
- **May 20 (Wednesday) from 1:00-2:00pm; Senior Theater Troupe**

**All events are free and open to members
 and their family/friends.**

Hosted by Lifelong and Northside Southside.

Hope to see you there.

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Ithaca Branch

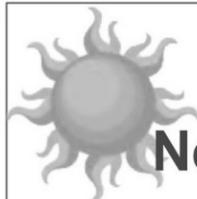
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Lifelong News

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:



Memorial Day, Monday May 25th
for July 4th, on Monday July 5th
Labor Day, Monday September 7th



ZUMBA GOLD

Zumba® Gold embraces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; with focuses on all elements of fitness: cardiovascular, muscular conditioning, and flexibility!

Perfect for anyone who is looking for a low-impact but highly enjoyable fitness class!

**CLASSES WILL RESUME WEDNESDAY,
MAY 6TH FROM 5:30-6:30**

**AN ADDITIONAL CLASS WILL BE HELD
BEGINNING WEDNESDAY, JUNE 3RD FROM 12-1**

**\$5.00 per class (or \$30 per month for unlimited activities)
119 West Court Street**

LIFELONG MEMBERSHIP (\$20 PER YEAR) IS REQUIRED



TRAVEL WITH LIFELONG IN 2015!

Friday, May 15, 2015

**National Abolition Hall of Fame and Museum,
Peterboro, NY**

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

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 stop in at Lifelong, 119 W. Court St. Ithaca

New Book Club at Lifelong



This club will meet the first Monday of each month at 10:30 AM at Lifelong to discuss the book. Lifelong membership is required and there is a \$2 per person per session fee. Our first book is *City of Thieves* by David Benioff. *City of Thieves* is a 2008 historical fiction novel by David Benioff. Both a coming of age story and a black comedy, *City of Thieves* recounts World War II adventures of two young men in the Leningrad area as they desperately search for a carton of eggs for a Soviet NKVD officer during the German siege of the city.



Each Year Borg Warner Morse Tec generously offers the Lifelong Swim Program to Tompkins County Residents age 50 and older. This allows Lifelong members to enjoy a summer of swimming in the clean waters of their outdoor pool. Swim passes

will be available at Lifelong for Lifelong members

**PLEASE CALL LIFELONG BEGINNING MAY 26th TO
CHECK AVAILABILITY OF SWIM PASSES**

To sign up for the Borg Warner Morse Tec Lifelong Swim program, you must stop by in person at Lifelong at 119 W. Court St.

Not members, no problem, Tompkins County Residents over the age of 50 are welcome to join Lifelong at any time.

A special thank you to Borg-Warner Morse Tec located on Warren Road in Ithaca for generously giving the Lifelong members an opportunity to cool off and get some gentle exercise this summer!

PICKLEBALL IS HERE!



Mondays: April 27-June 29

From: 9am-12pm

Where: at the GIAC GYM

INFO: \$5 to play

Information Meeting

Friday, April 24 at 10:00 am at Lifelong.

All levels welcome, come when you can!

Call Lifelong at 273-1511 or nlee@tclifelong.org for more information.

Lifelong's 2015 Walks



- April 22** Downtown: Coltivare (Farm to Bistro) and The Potter's Room on The Ithaca Commons
- May 6** Unitarian Church
- May 20** Ithaca Falls
- June 3** Children's Garden and Cass Park Rink
- June 17** Heron Gift Shop and Purity Ice Cream, Meadow St.
- July 1** Tibetan Buddhist Namgyal Monastery, Danby Rd.
- July 15** Corinne Stern, art-making studio, 135 Burleigh Dr.
- July 29** Stewart Park, visit Carousel horses with artist/painter Christi Sobel
- Aug 12** Sapsucker Woods with stop at Lab. of Ornithology - Gift Shop
- Aug 26** History Center
- Sep 9** Sciencenter
- Sep 23** GOURDLANDIA - Demonstration with gourds by Graham Ottoson (Eco Village)
- Oct 7** Touring the grounds of Longview, discovering Senior options
- Oct 21** Beebe Lake - walking in Fall leaves

REGISTRATION

If you want to sign up for the 2015 Lifelong Walks, please send an email to: Elke Schofield at elke@schophoto.com or call her in the afternoon at (607) 272-9476. Please include your name, email address, home address and home tel. # and cell phone #. In the subject line put: Lifelong Walks 2015. All NEW walkers have to fill out a Participant Waiver Form.

Come walk with your friends, old and new, at Lifelong! Lifelong's walk program is a great way to explore the beauty and culture of Tompkins County while increasing your strength, improving your balance and enjoying the company and knowledge of your peers. The walk coordinators are Elke Schofield and Jane Zimmer and they are looking forward to sharing the walks they have planned for you. We will walk every other week on Wednesdays and will meet in the Lifelong Lounge at 1:15 PM, promptly starting to walk at 1:30 PM. You must be able to walk independently 1-2 miles. (Please bring your assistant for the walks, if you need him/her). When carpooling is required, a \$1-2 fee for gasoline and parking should be given to the driver. You will be informed either by e-mail or by phone 2-3 days ahead of the scheduled walk.

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www.betterhousingtc.org



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- * Income based rent
- * Utility allowance included
- * 24/7 emergency maintenance
- * Convenient location

Call Better Housing @ 607-387-5922

TTY# 800-421-1220

16 Pease Street

Trumansburg, NY



www.betterhousingtc.org



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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 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 SUMMER 2015

The Africana Library Film Series

with Eric Acree

FREE

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.

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Tompkins County Food Distribution Network April 2015 Food Pantry/Mobile Food Pantry Listing

Please use and share this information with your clients that may need assistance with connecting with food resources in our Tompkins County communities. Visit this link for a complete list of Mobile Food Pantries through the Food Bank of the Southern Tier.

Brooktondale (Caroline)**Caroline Food Pantry**

Brooktondale Community Center
522 Valley Road, Brooktondale
5:30 - 7:00 PM 1st and 3rd Monday

Brooktondale (Caroline)**Mobile Food Pantry 4th Wednesday 1 – 2 PM (February, April, June)**

Brooktondale Community Center
522 Valley Road, Brooktondale

Danby**Food Pantry 272-1687** (leave message)

Danby Federated Church
1859 Danby Road, Ithaca
3—6:00 PM 3rd Thursday
DanbyFedChurch@clarityconnect.com

Mobile Food Pantry 4th Monday 1—2 PM**Dryden****Kitchen Cupboard**

844-8321 (leave message)

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

Enfield**Food Distribution**

Enfield Community Building
182 Enfield Main Road, Ithaca
3—5:00 PM 4th Tuesday

Mobile Food Pantry 2nd Tuesday 1—2 PM**Freeville****Food Pantry 844-8760** (leave message)

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

Groton**Food Providers**

898-3940 (leave message)

Joyce Crouch Benevolence Building
101 McKinley Avenue
10—11:30 AM 2nd and 4th Saturday

Mobile Food Pantry 1st Tuesday 12:30—2 PM**Lansing****Food Pantry 592-4685**

1767 East Shore Dr, Lansing (The Rink)
4th Monday 1– 3:00 PM **Mobile Food Pantry 2nd Monday 10 – 11 AM**

Newfield**Kitchen Cupboard**

564-7823 (leave message)

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—12:00 PM Wednesdays
10—12:30 PM 3rd Saturday

Immaculate Conception Church

Serves Tompkins County
113 North Geneva Street, Ithaca
1:00—2:00 PM Tuesdays

Ithaca Kitchen Cupboard

273-2400

Serves City of Ithaca

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 NY
2:30—4:30 PM Monday; 10:30—
1:30 PM Tuesday
ruth.williams@tcaction.org

Community Meals

Everyone welcome -

Loaves & Fishes 272-5457

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

Rescue Mission - 273-6684

618 West State Street, Ithaca NY
Saturday meal served at 4:00 PM
Bagged lunches:
Tuesday & Thursdays 12:00 – 12:30 PM

Our Brother's & Sister's Table

273-2400

The Salvation Army
150 N Albany St Ithaca NY
Lunch Saturday 12:00 PM,
Sunday meal 3:00 PM

Dryden United Methodist Church

844-9861

9 East Main Street Dryden NY
5:30 - 6:30 PM 1st, 2nd, 3rd, 4th
Wednesdays

Tompkins County Food Distribution Network is a group of pantries and meal sites that are member agencies of the FoodBank of the Southern Tier. Follow this link for the Human Services Coalition listing of food pantry resources; and Friendship Donation Network's pantries served.

Ruth Williams, 607-273-8816 x133
Food Pantry & Resource Coordinator
Tompkins Community Action
701 Spencer Road, Ithaca NY 14850



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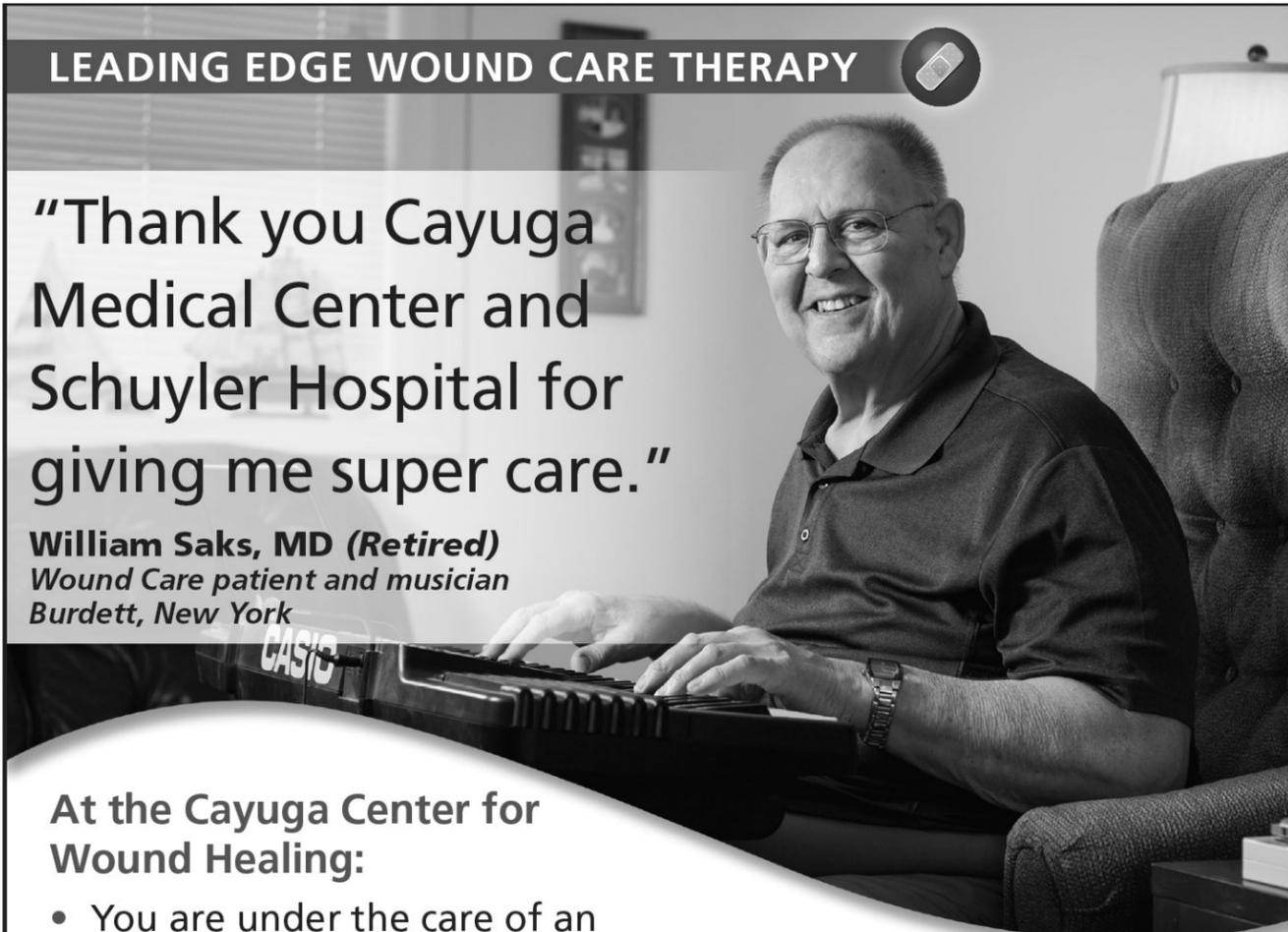
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