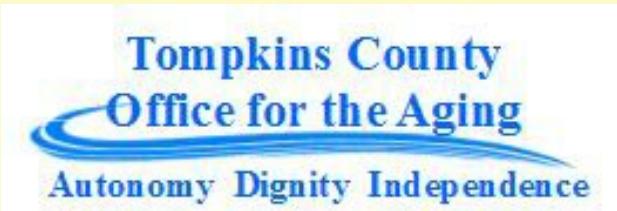


January 2017



## Age Friendly Initiative for Tompkins County

*Ithaca and Tompkins County's Age Friendly Action Plan was approved by AARP in January 2017. The [AARP Age Friendly Communities](#) is an affiliate of the World Health Organization's Age-Friendly Cities and Communities Program, an international effort to help communities prepare for rapid population aging. The initiative is aimed at transforming the social and physical environment to support health and well-being for community members across the lifespan. The Tompkins County Office for the Aging is spearheading local efforts together with multiple community partners. The Age Friendly Ithaca and Tompkins County Action Plan includes 7 different areas of focus:*



- *Outdoor spaces that respect people's needs and enable their use by residents;*
- *Housing that ensures affordable and accessible options for older adults;*
- *Programs that promote a culture of respect and inclusion for ethnic and cultural diversity as well as multigenerational interaction;*
- *Access to information across cultural and technological divisions;*
- *Community support and health services, including access to home care services, caregiver supports as well as wellness and active aging;*
- *Transportation that is affordable and accessible*

*You can view the Age Friendly plan on the Tompkins County Office for the Aging's website at [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa), or [click here](#). For more information about the Age Friendly initiative, contact the*

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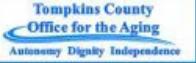
## News and Upcoming Events

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Celebrating 15 Years of the Village Movement  
Atul Gawande MD, MPH  
Author of *Being Mortal* speaks about:  
**The Value of Community and Choice as We Grow Older**  
Live Webcast & Community Conversation  
Monday, February 13, 2017 | 4:30-6:30pm  
Cinemapolis | 120 E Green St, Ithaca, NY  
Doors open at 4pm, FREE

*Brought to you by:*



Space is limited and advance reservations required  
Please RSVP by February 9, 2017  
Register at [www.lovelivingathome.org](http://www.lovelivingathome.org)  
(click on Calendar of Events for February 13, 2017)  
OR contact LLH Office  
607-319-0162 | [office@lovelivingathome.org](mailto:office@lovelivingathome.org)



### Aging Services Network Meetings

February 10, 2017  
12:00 pm

*Love Living at Home*

**Plan Your Future!**  
**Senior Living Expo**  
**Saturday, March 111:00-3:30 p.m.**

**Ramada Ithaca Hotel  
and Conference Center,  
2310 N. Triphammer Road,  
Ithaca, NY**

**Free event with over  
30 housing and service  
providers.**

### **Presentations:**

Adaptive Equipment & Occupational Therapy (OT) Strategies for Mobility and Independence 1:30 & 2:30 p.m. with the Ithaca College OT Department

Ongoing Displays and 1:1 Consultations with Ithaca College OT, Finger Lakes Independence Center, and Full Spectrum Rehabilitation

Presented in partnership with the Tompkins County Office for the Aging. Financial support provided by Doyle Medical Monitoring.

**News and Updates with Executive Director, Elena Flash**

**March 10, 2017  
12:00 pm**

**Meet the new Foodnet Director, Jessica Gosa**

All meetings held at the Office for the Aging  
214 W. Martin Luther King Jr./State Street, Ithaca



**Save the date!**

**Spring 2017  
Powerful Tools for  
Caregivers Classes**

**Powerful Tools for Caregivers is  
a six-week educational program**

# Feeling Stretched?

## Let's Face It...

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



## *Balance Your Life*

## **Powerful Tools** **for Caregivers**

designed to provide you with tools you need to take care of yourself.

Wednesdays, April 19 – May 24

6:30-8:00 pm

at GIAC (Greater Ithaca Activities Center)  
301W. Court Street, Ithaca

Thursdays, May 4—June 8th

1:00-2:30 pm

at Kendal at Ithaca  
2230 N. Triphammer Rd.  
Ithaca, NY 14850

Register as early as possible as class size is limited. To register or inquire about the program, call the Tompkins County Office for the Aging: 607-274-5482

## Aging in the News

### Telemarketing/phone Scams

#### *Telemarketing/phone Scams*

Perhaps the most common scheme is when scammers use fake telemarketing calls to prey on older

people, who as a group make twice as many purchases over the phone than the national average. While the image of the lonely senior citizen with nobody to talk to may have something to do with this, it is far more likely that older people are more familiar with shopping over the phone, and therefore might not be fully aware of the risk.

With no face-to-face interaction, and no paper trail, these scams are incredibly hard to trace. Also, once a successful deal has been made, the buyer's name is then shared with similar schemers looking for easy targets, sometimes defrauding the same person repeatedly.

Examples of telemarketing fraud include:

***The Pigeon Drop:***

The con artist tells the individual that he/she has found a large sum of money and is willing to split it if the person will make a "good faith" payment by withdrawing funds from his/her bank account. Often, a second con artist is involved, posing as a lawyer, banker, or some other trustworthy stranger.

***The Fake Accident Ploy:***

The con artist gets the victim to wire or send money on the pretext that the person's child or another relative is in the hospital and needs the money.

***The Fake Charity Scam:***

Money is solicited for fake charities. This often occurs after natural



disasters.

If you suspect that you have been a victim of a scam, call the Attorney General's office at 607-251-2770.

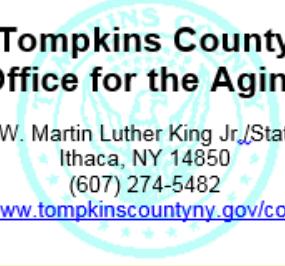
Binghamton Regional Office

Check out the Smart Senior publication on the Attorney General's Website:

Smart Seniors



 **NY Connects**  
Your Link to Long Term Services and Supports  
of TOMPKINS COUNTY  
(800) 342-9871   607-274-5482

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



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## Tompkins County Office for the Aging

Our mission is to assist older adults to remain independent in their homes as long as is possible and appropriate, and with a decent quality of life and human dignity.

Tompkins County Office for the Aging | 214 West Martin Luther King Jr./State Street, Ithaca, NY 14850

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