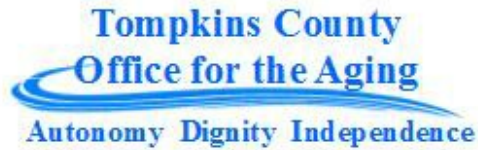


Spring 2017



Two Volunteers Honored at Annual Luncheon

The Tompkins County Office for the Aging will hold its Advisory Committee's Annual Luncheon 2017 on May 3rd from 12-2pm at the Country Club of Ithaca, 189 Pleasant Grove Rd., Ithaca. Two adult volunteers will be honored for their service to the community.



John ("Holly") Hollingsworth

John("Holly") Hollingsworth has been a resident of Tompkins County since attending Cornell University in the 1950's. He busted out after two years. Following a stint in the Army, he began a series of jobs including mechanic at Mohawk Airlines, laborer at NYSEG, operator of a service station, and purchasing manager at High Speed Checkweigher. Most recently, he owned "Holly's Surplus" where he sold "Genuine G.I." merchandise to the general public, to veterans, and to those who were actively serving in the military. Holly has been a member of the Tompkins County Veterans' Day Committee for

many years, planning the parade and ceremony in DeWitt Park. To ensure that all who served our military are honored and remembered, he supports the Vietnam Veterans of America Chapter 377 in several critical ways, including the annual POW/MIA Watchfire, the Nam Express newsletter, Operation We Care, and, with help from Sons of Union Veterans, the Adopt the Park program. Holly was Chairman of the DeWitt Park Restoration and Re-Dedication Committee during which time he passionately and regularly cared for the park. The committee added plaques for the WWI Memorial, updated the Korean/Vietnam Monument, reset brick walkways, caulked the monuments, and added shrubs and protective chains. His tireless efforts led the Ithaca Mayor to proclaim 10/3/2009 as "Holly Hollingsworth Day." Holly is a charter member of Trinity Lutheran Church and currently serves as a Trustee. His efforts to care for the church campus and community, including the surrounding gardens, playgrounds, and walkways, have been substantial. In the past, he provided rides for students in his van which became known as "Holly's Trolley." Holly continues to be involved in Vacation Bible School and the Feed My Starving Children Program. Holly led an effort called Operation We Care, sponsored by Chapter 377 and Trinity, to support those actively deployed abroad, resulting in more than 900 care packages being shipped to men and women in all branches of the armed forces throughout the world. "As a Christian, I have tried to make volunteering part of my life. We all have skills and abilities to share with others. Start with a small project, something you love to do or that has a special meaning to you. Think positive, and don't let the nay-sayers discourage you."



Leon Lawrence

Leon will be recognized posthumously for his life of service to our community. Leon moved to Ithaca in 1999 and from the time he arrived, he was engaged in volunteering. His contributions are unmatched in numbers and impact. Most of his efforts were focused on racial harmony and mentoring youth. His professional journey afforded him a series of long term commitments with IBM Corporation for 15 years and 11 years at the University of Vermont followed by his work at Cornell University where he held several directorships related to diversity and inclusion policy making from 2001-2011. In July, 2016 after his retirement from Cornell, he became the Executive Director of Southside Community Center which is a community organization dating back over 80 years that serves as “a beacon for the residents of the Southside community and beyond through a mission to affirm, empower, and foster the development of self-pride among the African American citizens of greater Ithaca.” “Leon was a man of energy and passion,” said Seth Peacock. “This was a man whose ‘retirement’ was to serve as Director of Southside!” According to one friend, “Leon lived a life of consequence, a life that benefited all of us.” His volunteer contributions include work with over 3 dozen organizations. He was a shining example of everything there is to value about volunteering.

Save the date!

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**

Spring 2017

Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week educational program designed to provide you with 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 90-minute class sessions offered weekly for six consecutive weeks.

These classes are offered free of charge to those caring for spouses, parents or other adult relatives/friends. *(It is not intended for professional caregivers.)*

Choose the class most convenient for you:

Wednesdays, April 26 - May 31

6:30-8:00 pm

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

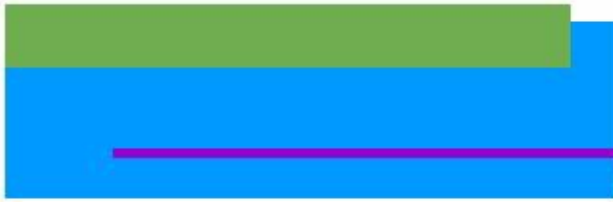
Thursdays, May 4 - June 8th

1:00-2:30 pm

at Kendal at Ithaca
2230 N. Triphammer Rd. Ithaca

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



**OLDER
AMERICANS
MONTH**



AGE OUT LOUD: MAY 2017

You're Invited to the
Tompkins County Office for the Aging
Annual Luncheon 2017
Wednesday, May 3, 2017 12-2pm

Keynote Speaker

Jayne Demakos, Ithaca College School of Music
"Exploring Music as Medicine"

Jayne will discuss Healing Through Musical Companionship,
a collaborative project between Ithaca College and CompassionHarp.org

*Certificates of appreciation will be awarded to
2 outstanding older adult volunteers*

Country Club of Ithaca
189 Pleasant Grove Road, Ithaca, NY 14850

Meal Choices

Butternut Squash Ravioli

With leeks, mushrooms and goat cheese.
(Served with tossed salad only)

Grilled Chicken Breast

With fresh fruit salsa

All selections below include tossed salad, vegetable,
potato, hot rolls and drink. \$25.00 including tax and tip
All luncheons are served with iced tea, soda selection, and coffee service.

Reservations Required!

Please RSVP by **Friday, April 21, 2017**

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

Name _____ Phone _____
Entree Choice _____

Please make checks payable to: **Office for the Aging**
214 W. Martin Luther King Jr./State Street, Ithaca, NY 14850

Certification Training: 2017
May. 16, 17, 23 and 24



"Very Rewarding
Experience"

Interested in Volunteering?

Do you possess good communication skills?

Are you compassionate?

Do you wish to advocate for long term care residents?

Consider becoming a New York State Long Term Care Ombudsman today!

For more information or to apply contact:
Suzanne Motheral, LTC Ombudsman Coordinator
serving Chemung, Schuyler, and Tompkins Counties
607-274-5498 or smotheral@tompkins-co.org

For details check out www.ltcombudsman.ny.gov

36 hour certification required and provided for qualified applicants



Love Living at Home

Want to stay in your home as you grow older? Do your parents or someone you know want to age in place? Love Living at Home is a new nonprofit organization that provides relationships and resources for adults 62 and older in Tompkins County. Love Living at Home is a welcoming network of people helping people who desire to live in the homes and neighborhoods they love. Their programs enrich life

andforge connections for new relationships. When you need support, or peace ofmind, volunteer and community resources are only one phone call away.

One of the primary benefits of Love Living at Home is connection through social programs. Members gather for coffee, concerts, speakers, walks, artevents and meals together. One member has said: "They are always coming upwith something new... Some of the people I know, some are new. It is goodto be able to have a social network and meet new people and see oldfriends at the same time."

LLH members can also ride share toprograms. Another member who lives alone reported: "Thank you for connectingme to the volunteer drivers. This made it possible for me to attend the eventand feel more comfortable that I did not need to walk in alone."Their 114 membersand 60 volunteers invite you to help them build a mutually supportive networkof neighbors helping neighbors.

Jointhem at an Information Session to learn more.

When: WednesdayMay 3, 2017, 5:00 - 6:30 PM

Where: St. Catherine ofSiena Parish Center, 309 Siena Drive, Ithaca, NY

Please tell your friends and neighbors. All are welcome. Light refreshments will be served.

Aging in the News



Food Labels havea new look

The FDA recently ruled on the updating of the Nutrition Facts label. Thenew user-friendly food-packaging label serves as a guide for the American dietin adults and children ages 4 and older. On the new label you will see the wording, “Added Sugars” and % DV(Daily Value) for added sugars. Thisvalue is the amount of sugar, which is not naturally occurring in thatproduct. The Dietary Guidelinesrecommend up to 10% of

total daily calories from added sugars. This can be used as a tool for weight or diabetic management. Potassium, a nutrient beneficial in helping reduce the risk of high blood pressure, has been added along with Vitamin D, which is known to aid in bone strength. "Calories from Fat" is removed from the label. Instead the focus is on the kind of fat in the product, saturated, polyunsaturated and trans, allowing the consumer to choose fats for good health. Serving sizes are changed. The FDA is required to base serving size on how much people typically eat, not the amount of food they should eat. So, serving sizes for some products have changed. For example, the amount for ice cream increased from 1/2 to 2/3 cup, and soda from 8 to 12 ounces. Product labels for pints of ice cream that could be consumed in one sitting but are larger than a single serving must now provide "dual column" labels indicating both "per serving" and "per package" amounts of calories and nutrients. Since the implementation of the original food label in 1993, there have been changes in nutrient recommendations. They serve as a reference for the daily values. The new label will reflect an updated version of these recommendations. These labeling changes have been made to more effectively meet individual dietary goals. – Susan Martin, RDN



 **NEW YORK STATE**
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



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.
