

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

## Senior Focus: Mary Slaght, Long-time Lifelong Volunteer

By Ann Bohman, Front Desk Manager Lifelong

Lifelong has been blessed by the selfless support of many volunteers over the years. One of our most beloved front desk volunteers has been Mary Slaght, who has served in that position three mornings per week for decades here at Lifelong. As a fellow staff member, I always looked forward to seeing Mary come through the front door, smile on her face, ready to greet and help whoever ventured in for the day. From 9:00-12:00 on Mondays, Wednesdays, and Fridays, Mary answered the phone, greeted visitors, wrote receipts, answered questions, stapled packets, and performed whatever chores were sent her way. She knew many folks as Lifelong members, but also through her connections from her previous jobs held in Ithaca. Mary recently 'retired' from her volunteer position here at Lifelong, and members still frequently ask about her and miss her presence.

Mary was born and raised in Lansing, NY, the youngest child of seven, born to Willam and Martha LaLonde. Her older siblings' names are Kay, Doris, Glen, Margie, Bill, and Ada. She attended Lansing schools, where she was a cheerleader. Mary graduated in 1953, and that year proved to be extra special, as she also married Steve Slaght!

Together, Mary and Steve raised three daughters, Lori, Susan, and Kimberly. Over the years, the family has grown and now includes five grandchildren (Brad, Justice, Steele, Ashley, and Chance), as well as ten great-grandchildren (Jacob,



Steve and Mary Slaght ready to enjoy her "retirement" from volunteering at Lifelong's from her Front Desk duties.

Savannah, Mason, Laylay, Addie, Beckett, Johanna, Charley, Emerson, and Isla). One of Mary's favorite pastimes has always been spending time with family, and watching her children, grandchildren and great-grandchildren through all their activities.

Along with raising a family, Mary kept busy working through the years for New York Telephone, GLF, First National Bank, Ithaca College, and Cornell University. She actually worked for Ithaca College, twice, the second time after she 'retired' from Cornell. Never one to sit around and twiddle her thumbs, Mary has also volunteered for the Cinderella Softball League, Tompkins Girls Hockey Association, Kendall, Catholic School Festival, as well as Lifelong. Volunteering has been a natural fit for Mary, as she loves meeting new people, learning about them, and helping them. She also feels it is important to be part of vibrant communities.

Spare time in Mary's life is filled with baking, going for walks, going on a daily ride with husband, Steve, and getting together with friends. She has been a long time Cornell hockey fan and enjoys cheering for the Ny Giants. Mary continues to knit lap blankets for residents at local nursing homes. A bag of colorful yarn choices is always a guarantee to see Mary's face light up! Sometimes Mary enjoys reading romance novels. She feels that she, herself, is an 'open book', and is always looking for ways to connect with others.

There are several things that bring a smile to Mary's face. Her large family is responsible for much joy, and there have been many opportunities over the years, as she watched the family grow. Another way to make Mary beam, is



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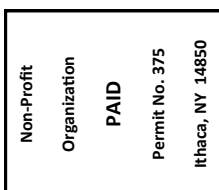
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## Senior Services

### NY Connects

NY Connects Tompkins County Office for the Aging provides information, assistance, and referrals for Long Term Services and Supports for people of any age and any income. Long Term Services and Supports are for medical and non-medical needs.

#### NY connects can provide information about:

- Personal Care Services
- Caregiver Supports
- Respite Care
- Financial Benefits
- Education and Counseling
- Care Coordination
- Transportation
- Health and Wellness
- Plus, other services to help you remain as independently as possible

NY Connects staff can assist you between 8:30 AM - 4:30 PM, Monday through Friday. By phone: (607) 274-5482 or 1-800-342-9871

Or visit us on the web at [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

*Free language assistance (interpretation and translation) services available.*

### Joy for All Companion Pets

The Office for the Aging has several cats and dogs available for "adoption". These interactive pets offer support, comfort, and companionship to older adults. If you or someone you know would be interested in a companion pet, please contact the Office for the Aging at 607-274-5482

### Gadabout Tickets Through COFA

If you are 60 and over with transportation needs, contact the Office for the Aging for free Gadabout tickets. The Office for the Aging has purchased Zone 1 and Zone 2 tickets from Gadabout, and they are available at our office. There are no income guidelines. There is a 20-ticket cap for each individual within a 12-month period. Call our office today at 607-274-5482 for more information or to receive tickets.

### The Registry

The Finger Lakes Independence Center administers the Registry Program. The Registry is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include elder companion, housekeeper, run errands, do yardwork, cook, personal care aide, home care aide, LPN, RN. People looking for help can call and receive names of people who are willing to provide those services. Payment and other arrangements are made by the person seeking help with the person willing to provide the services. If you either need assistance or if you would be interested in listing your name as a caregiver, please call FLIC at 607-272-2433 or email: [info@fliconline.org](mailto:info@fliconline.org). This program is made possible through funding from the Tompkins County Office for the Aging.

### Monthly Newsletter

The Office for the Aging distributes a monthly newsletter with information on upcoming events, issues affecting older adults, community events/programming and much more. This newsletter is available electronically only. To sign up please visit: [www.tompkinscountyny.gov/cofa](http://www.tompkinscountyny.gov/cofa)

### Help with yard work

Maintains a listing of people who are willing to do yard work for older adults on either a paid or volunteer basis. If you need some help with your yard work, please give us a call 607-274-5482. Likewise, if you are interested in assisting older adults with yard work, on either a paid or volunteer basis, please call our office at 607-274-5482.

## Senior Farmer's Market Coupon Program

While summer may be winding down, the Senior Farmer's Market Coupon Program (SFMNP) still has coupons available until September 30<sup>th</sup>. The SFMNP gives eligible recipients a \$25 coupon booklet that they can use at participating farmers markets to purchase fresh, local, unprocessed fruits and vegetables. To be eligible for the SFMNP, recipients must be 60 or over and meet the income guidelines which are listed below. Coupon booklets can be picked up at the Tompkins County Office for the Aging during normal business hours. For more information, give the office a call at 607-274-5482.

- 1 Person Household \$2322/month
- 2 Person Household \$3152/month
- 3 Person Household \$3981/month



## The Home Energy Assistance Program (HEAP)

It is never too early to plan for the heating season. Ensuring that your heating equipment is in good running shape after a long period of idleness is a safe way to enter into the cooler months. The Home Energy Assistance Program (HEAP) offers a clean and tune benefit to eligible clients, a benefit that clients can apply for all year-round. This is a once-a-year benefit that pays for an HVAC specialist to inspect, clean, and adjust each component as needed. If you are 60 or older, please call the Tompkins County Office for the Aging at 607-274-5482. If you are under 60, or receiving SNAP-regardless of age, please call the DSS HEAP Unit at 607-274-5264.

HEAP also assists eligible clients with heating costs during the colder months with a regular heating benefit. This benefit is a one-time payment that is sent directly to the client's heating vendor to offset some of the cost to heat. This portion of the program is anticipated to open on **Friday, November 1, 2024**. To be eligible for a regular heating benefit, the client must reside in the home that they are applying for assistance, the heating bill must be in their, or their spouse's name, and they must be within the income guidelines-which are listed below.

- **1 person: \$3,322/month**
- **2 persons: \$4,345/month**
- **3 persons: \$5,367/month**

Early HEAP applications for a regular heating benefit are anticipated to be mailed out at the end of August to clients who received a benefit the previous heating season. While early HEAP applications can be mailed in before the start of the program, the regular heating benefit will not be paid out until the program opens. Once the program opens, clients who did not receive a benefit the previous heating season can either apply online, request an application to be mailed to them, or pick up an application from the Tompkins County Office for the Aging.



## Project CARE

\*\*\*Project CARE needs friendly visiting volunteers in Tompkins County willing to visit outside of the City of Ithaca.

Project CARE's **friendly visitor program** provides companionship by matching an older adult with a volunteer for weekly home visits. Many Seniors in our community greatly benefit and find comfort from a weekly visit. Volunteers can provide conversation, play games, go for a walk, work on a puzzle together, read, watch a movie, and so much more. This service can provide in-home support and companionship to older adults, especially those that are socially isolated, as well as family caregivers.

**If you are interested in becoming a Project CARE volunteer, or a Tompkins County resident aged 60 or over who would like to be matched with a volunteer, please contact:**  
**Dawn Sprague, Project CARE Coordinator, Tompkins County Office for the Aging**  
**Phone (607)274-5499 Or Email [dsprague@tompkins-co.org](mailto:dsprague@tompkins-co.org)**

## Caregiver's Corner

### Poison Control for Caregivers

By: Amy Hoffman-James,  
Public Health Educator at Upstate New York Poison Center

Did you know that your local poison center is for people of all ages? Or that many of our calls come from older adults and their caregivers? The Upstate New York Poison Center is a 24/7/365 service for you and your loved ones. We are fast, free, and confidential and our phones are answered by nurses, pharmacists, and physicians who are specially trained. We are here to help and can often save you the time and cost of an emergency room visit.

Most poisonings in older adults involve prescription and over-the-counter medicines, herbals, and vitamins. To help prevent a poisoning, 1) You can call the Upstate New York Poison Center with a medication question - can I take these two medications together? Is this symptom a side effect from my new medication? 2) You can call with a concern, including if you took a medication at the wrong time of the day, and 3) You should call in a potential emergency - if you took too much medicine or combined medications that aren't meant to be taken together.

When thinking about medication safety, there are three categories to consider: Safe Use, Safe Storage, and Safe Disposal. Consider the following safety tips for each of these categories:

#### Safe Medication Use

Be sure to always take a minute to be sure you have the RIGHTS:

- The RIGHT Person - Whose name is on the label?
- The RIGHT Medicine - Is this the medicine you mean to take?
- The RIGHT Dose - How much should you take at a time?
- The RIGHT Way - Is this medicine meant to be swallowed? Chewed? Is it an eye or ear drop?
- The RIGHT Time - When and how often should this medicine be taken?

#### Safe Medication Storage

Consider using a medication lock box and always store medication up high and out of reach from children visiting your home.

Use a pill reminder to organize your weekly medication doses. This will help you keep track of what medications you have taken each day and can make you aware if you have missed a dose. If you miss a dose, call us to discuss - do not combine doses.

Beware of what you bring to other people's homes. Purses and travel bags that contain any medication should be kept up high and out of reach of children and pets.

#### Safe Medication Disposal

Unused or expired medication should be removed from your home to prevent confusion and accidental ingestion.

Many pharmacies, police stations, and hospitals have safe and confidential disposal options. You should check ahead to make sure any local location offers this option.

If you need to urgently dispose of medication, mix the medication with an unpleasant substance (cat litter, coffee grounds) and securely dispose in your garbage. Do not flush any medications.

Put our number in your cell phone - this number is the same wherever in the U.S. you live or may travel. 1-800-222-1222. Visit [www.UpstatePoison.org](http://www.UpstatePoison.org) for additional information and specific materials for older adults.

The Tompkins County Office for the Aging has many resources available including pamphlets, a lending library, a quarterly newsletter, a caregiver group, Powerful Tools for Caregivers, caregiver packets, and monthly presentations of interest to caregivers. Reach out to the Caregiver Resource Coordinator today at 607-274-5486.



## Free Caregiver Tool!

### Notebook

### In

### Case of

### Emergency

**These notebooks are available in our office to keep track of all your care receiver's vital information!**

**Stop in at our office at 214 West State Street, Ithaca to get one!**



# CAREGIVERS SUPPORT

**Tompkins County Caregivers Group**

**Every Other Tuesday 1pm -2pm**

- Emotional support
- Education and resources
- Shared experiences

**For More Info or to Register:**  
(607) 274-5486  
[ajackson@tom-pkins-co.org](mailto:ajackson@tom-pkins-co.org)

**Did you know...**  
Unpaid caregivers are at a higher risk for physical, emotional, and financial strain?



214 W. Martin Luther King Blvd.  
Ithaca, NY 14850  
(607) 274-5486  
[www.tompkinscountyny.gov/ccfa](http://www.tompkinscountyny.gov/ccfa)

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 funded by the Tompkins County Office for the Aging.

### Join Lifelong for a **FREE**

## Medicare Basics Presentation On Zoom Wednesday, October 9, 2024 4:30-5:45pm

**Medicare Basics** is an introduction to the federally administered health insurance program that provides coverage to persons 65 and older, and persons under 65 who are disabled. Our presentation will cover the different ways you can receive your Medicare benefits, how Medicare works with other health insurance, and financial-assistance options that may be available to you. Be your own advocate! This presentation will provide you with some clarity on how to be an informed consumer.



Presented by Liza Burger, Executive Director of Lifelong, and certified Health Insurance Information, Counseling and Assistance Program (HIICAP) counselor.

In addition to offering presentations, certified HIICAP counselors offer **FREE**, non-biased 1:1 health insurance counseling at Lifelong. Telephone, zoom, and in-person HIICAP appointments are available.

Copy of the powerpoint and other Medicare materials will be emailed to you prior to class provided that you [sign up in advance](#).

Medicare Basics—Early Fall

**Date:** Wednesday, October 9, 2024

**Time:** 4:30-5:45pm

Join Zoom Meeting: <https://zoom.us/j/97618888036>



## Turning 65 Soon and Ready for Medicare?

Are you turning 65 this fall or are you already 65 and planning on retirement in the fall? Lifelong and Tompkins County Office for the Aging offer Medicare counseling to help you understand your options for transition to Medicare as your health care insurance.

The fall is our busiest season for Medicare counseling as Open Enrollment is the opportunity for folks who already are enrolled in Medicare to make changes to their coverage.

If you want a review of your options before your transition to Medicare this fall, we suggest making an appointment for counseling early, in September or October. **New beneficiaries may enroll in Medicare during the three months before their birth month or before they lose employment health insurance.** The new Medicare benefit will start on the first day of their birth month or the first day of the month when they are losing employment insurance.

For more information or to make an appointment call Lifelong at 607 273-1511 or Tompkins County Office for the Aging at 607-274-5482. We're here to help you navigate your Medicare coverage and costs!



Sign up to receive our monthly COFA Newsletter and/or the quarterly Caregiver Newsletter by email.

To sign up visit:

<https://www.tompkinscountyny.gov/cofa>



## The 2024 Medicare Open Enrollment Clinics Annual Election Period at Lifelong 119 West Court Street, Ithaca



Ask questions about Medicare and Medicare Advantage plans, Medigap, and coordination of benefits. Explore ways to save money on premiums and medications. Compare options and select the best match for YOU!

Certified HIICAP counselors offer **free**, non-biased 1:1 health insurance counseling on a first-come, first-serve basis, on the following clinic dates:

**Tuesday, October 15, 9 to noon**

**Tuesday, October 29, 9 to noon**

**Monday, November 4, 1-4pm**

**Monday, November 18, 1-4pm**

**Tuesday, November 26, 9 to noon**

**Monday, December 2, 1-4pm**

**NEW WALK-INS NOT ACCEPTED 30 MINUTES BEFORE A CLINIC ENDS**

Limited scheduled appointments also available on the following dates:  
10/16, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4

Call Lifelong at 273-1511 for more information.

### Please bring the following with you:

- \* List of your prescriptions, dosages/frequency
- \* Your Medicare card
- \* Any other health insurance cards or information
- \* Documentation of monthly or annual income

Tompkin's County HIICAP is funded by the Tompkins County Office for the Aging

## Medicare Open Enrollment

*By Dawn Sprague, Aging Services Specialist and Certified HIICAP Counselor*

October brings us the beauty of fall, football games, hot chocolate, cooler temperatures, apples, pumpkins, Halloween, and Medicare Open Enrollment.

Medicare Open Enrollment starts on October 15<sup>th</sup> and ends on December 7<sup>th</sup> every year. During this time, you are able to join, drop or switch your Medicare Advantage Plan (Part C), or add or drop a prescription drug plan (Part D). All changes are effective January 1<sup>st</sup> of the following year.

You can meet with a certified Health Insurance Information, Counseling, & Assistance Program (HIICAP) counselor who will review your current coverage and compare your coverage to other options for the following year. HIICAP counselors listen to what is important to you regarding your health coverage and help you understand your options. HIICAP counselors are able to enroll you in Medicare Advantage Plans and prescription drug plans.

HIICAP counselors work with Tompkins County residents of any age that are currently enrolled in Medicare or soon to be eligible. This program provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans.

HIICAP counselors are able to provide information, screen and assist with applications for low income programs such as the Medicare Savings Program (MSP), Extra Help (prescription assistance and pharmacy discount programs), Medicaid, and Elderly Pharmaceutical Insurance Coverage (EPIC) program. These programs help with paying part of your monthly costs, offer discounts, or provide full medical coverage.

If you would like to schedule an appointment, have questions, or you are new to Medicare and would like to know how to apply or what your options are, you can speak with a HIICAP counselor by contacting Tompkins County Office for the Aging at (607)274-5482 or Lifelong at (607)273-1511. This service is available all year long, but some changes to your Medicare coverage can only be made during certain enrollment periods. Please be aware that if you are planning to meet with a HIICAP counselor during the fall Medicare Open Enrollment period, appointments fill up fast. We look forward to assisting you with your health insurance needs.

## What Are Social Security-Related Scams?

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information or money.

Scammers might call, email, text, write, or message you on social media claiming to be from the Social Security Administration or the Office of the Inspector General. They might use the name of a person who really works there and might send a picture or attachment as “proof.”

Social Security employees do contact the public by telephone for business purposes. Ordinarily, the agency calls people who have recently applied for a Social Security benefit, are already receiving payments and require an update to their record or have requested a phone call from the agency. If there is a problem with a person’s Social Security number or record, Social Security will typically mail a letter.

### Four Basic Signs of a Scam

Recognizing the signs of a scam gives you the power to ignore criminals and report the scam. Scams come in many varieties, but they all work the same way:

1. Scammers **pretend** to be from an agency or organization you know to gain your trust.
2. Scammers say there is a **problem** or a prize.
3. Scammers **pressure** you to act immediately.
4. Scammers tell you to **pay** in a specific way.

### Known Tactics Scammers Use

Scammers frequently change their approach with new tactics and messages to trick people. We encourage you to stay up to date on the latest news and advisories by following SSA OIG on LinkedIn, Twitter, and Facebook or subscribing to receive email alerts.

These are red flags; you can trust that Social Security will **never**

- **Threaten** you with arrest or legal action because you don’t agree to pay money immediately.
- **Suspend** your Social Security number.
- Claim to need **personal information or payment** to activate a cost-of-living adjustment (COLA) or other benefit increase.
- **Pressure** you to take immediate action, including sharing personal information.
- Ask you to **pay with** gift cards, prepaid debit cards, wire transfers, cryptocurrency, or by mailing cash.
- **Threaten** to seize your bank account.
- Offer to **move your money** to a “protected” bank account.
- **Demand** secrecy.
- **Direct message** you on social media.

Be skeptical and look for red flags. If you receive a suspicious call, text message, email, letter, or message on social media, the caller or sender may not be who they say they are. Scammers have also been known to:

- Use legitimate names of Office of Inspector General or Social Security Administration employees.
- “Spoof” official government phone numbers, or even numbers for local police departments.
- Send official-looking documents by U.S. mail or attachments through email, text, or social media message.

Fraudsters create imposter social media pages and accounts using Social Security-related images and jargon. This helps them appear as if they’re associated with or endorsed by Social Security. The imposter pages could be for the agency or Social Security and OIG officials. The user is asked to send their financial information, Social Security number, or other sensitive information. Social Security **will never** ask for sensitive information through social media as these channels are not secure.

Here are some ways to spot an imposter page:

- Number of followers.
- Incorrect punctuation or spelling.
- Links to pages not on ssa.gov.
- Advertisements for forms or other SSA documents
- Incorrect social media handle. To view the list of Social Security’s official social

media channels, we encourage you to visit [www.ssa.gov/socialmedia](http://www.ssa.gov/socialmedia)

It is illegal to reproduce federal employee credentials and federal law enforcement badges. Federal law enforcement will never send photographs of credentials or badges to demand any kind of payment, and neither will federal government employees.

### Report the scam

Note—Scammers are using Artificial Intelligence (AI) as an additional tactic to trick people. You may find more information regarding AI Scams from the Senate Special Committee on Aging’s brochure, “[Emerging Threat: Artificial Intelligence](#)”.

### How to Avoid a Scam

Protect yourself, friends, and family — If you receive a suspicious call, text, email, social media message, or letter from someone claiming to be from Social Security:

1. **Remain calm.** If you receive a communication that causes a strong emotional response, take a deep breath. Talk to someone you trust.
2. **Hang up or ignore the message.** Do not click on links or attachments.
3. **Protect your money.** Scammers will insist that you pay with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
4. **Protect your personal information.** Be cautious of any contact claiming to be from a government agency or law enforcement telling you about a problem you don’t recognize, even if the caller has some of your personal information.
5. **Spread the word** to protect your community from scammers.

**Report the scam** to the Office of the Inspector General at [oig.ssa.gov/report](http://oig.ssa.gov/report).

### How to Report

When you report a scam, you are providing us with powerful data that we use to inform others, identify trends, refine strategies, and take legal action against the criminals behind these scam activities.

If you are unsure about the type of scam, but want to report it, visit USA.gov’s [Where To Report a Scam](#). The tool will help you to find the right place to report a scam.

### What to Do if You Were Scammed

Recovering from a scam can be a long and difficult process. Here are some reminders:

- Do not blame yourself. Criminal behavior is not your fault.
- Stop contact with the scammer. Do not talk to them or respond to their messages.
- Notify the three major credit bureaus: [Equifax](#), [Experian](#), and [TransUnion](#) to add a fraud alert to your credit report.
- [Protect your Social Security Number](#).
- Request a [replacement SSN card](#) or [new SSN](#), if necessary.

The Federal Trade Commission’s “[What To Do if You Were Scammed](#)” article has information about what to do if you paid someone you think is a scammer or gave a scammer your personal information or access to your computer or phone.

## Flu Clinic at Lifelong

Everyone Every Year!



Thursday, October 3<sup>rd</sup> from 9:00am-12:00pm

- Please call Lifelong 607-273-1511 to make an appointment.
- Please have all your insurance cards handy when calling
- Please pre-register by Tuesday, September 30th
- Active Lifelong membership not required



**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](http://www.tclifelong.org) **You may register for classes through our online calendar or catalog, or by call Lifelong at 273-1511!**

## Lifelong News

### A Line from our Executive Director, Liza Burger



If you've not heard our exciting news already, I'm thrilled to let you know about the support of Assemblymember Anna Kelles who undoubtedly believes in Lifelong's mission to *enhance the lives of older adults in Tompkins County!* Assemblymember Kelles supported Lifelong's proposal to secure New York State District Capital funding for some much needed enhancements to Lifelong's aging building, with work being completed over the next couple of years. Lifelong recently was awarded \$150,000 in capital funds which will assist us in continuing to be present as a trusted agency for adults 50+ in our community.

These funds will be used to renovate and enhance Lifelong's community center by improving our energy efficiency with new windows and LED lighting. Additionally, an outdoor pavilion will be added for events and programs. The funds will also enable Lifelong to update its "vintage" phone server, enhance accessibility at our front entrance, replace some of our outdated computers, and significantly upgrade the audio-visual system to better support programming needs. These upgrades will ensure that Lifelong can continue providing the extensive range of services that the community relies on.

I am incredibly grateful for this funding and for the ongoing support from Assemblymember Kelles! Creating a more energy-efficient, and welcoming building and grounds will allow us to better serve older adults in Tompkins County in a way that is more sustainable and accessible in the future. We are eager to get started, so keep an eye out for changes coming very soon! This funding is not just an investment in our center, but in the well-being and dignity of the community we serve.

Warmly, Liza



### Join us at Lifelong this Fall!

#### Register early so you don't miss out!

##### Lifelong Learning!

There's truly something for everyone this Fall at Lifelong! We have new and returning Instructors with a variety of offerings, so register today before classes fill up!

- Looking for a long term companion or maybe just a dinner date? Explore our [Introduction to Online Dating Series](#) (starting Sept. 30)
- Come cook with us at the Mandu: Korean Dumplings class (Sept. 18), or experience [Flavors of West Africa](#) (Nov. 7)
- Learn from our own Lifelong bird expert, Robin Tuttle at a [Fall Into Winter Birds](#) (Nov. 7) class
- *Parlez vous français?* A [Multi-level Conversational French class](#) launches on September 18th
- Ready to get organized? Join Professional Organizer Sandra Busby to learn about [Decluttering](#) your physical spaces (Sept. 16), or even your digital space with a [Digital Hygiene class](#) (Oct. 22 & 24)
- Learn to brew your own delicious beer at a [Home Brewing Class](#) (starting Oct. 7)
- In the midst of an election year, join us for [Tariffs, Taxes, Interest Rates, etc.](#) with popular Instructor Tom Butler (Oct. 21)

##### Lifelong Events!

- Dance the night (well, early evening!) away with us at our [Fall Fling](#) (Sept. 6) with tunes from Radio London, and get a glimpse of auction items as we kick off [Lifelong's 4<sup>th</sup> Annual Silent Auction!](#) (Sept. 6-12)
- Back by popular demand, the [acapella sounds of The Accords](#) (Sept. 26) will be with us, at a wine & cheese event!
- We couldn't resist a [Halloween Movie Marathon & Costume Contest](#) (Oct. 31) with movies hand-picked by our own Ron Krieg
- Get everything-you-didn't-know-you-needed-til-you-saw-it at the [Fall Rummage, Craft & Bake Sale](#)- (Nov. 8) Want to sell your items? Register by 10/31 by calling Lifelong at 607-273-1511
- Mark your calendar for [Lifelong's Holiday Open House](#) (Dec. 12) where we will be entertained by Lifelong's Play It Again Theater

##### Lifelong Day Trips!

- Experience Fall Foliage on a [chartered boat trip on the MV Teal with live music](#) from Charlie Young! (Oct. 15)
- Join us for a [Tour and tasting at the Finger Lakes Cider House](#) (Oct. 17)

Interested in learning more about these or other offerings this Fall? Check out our Fall catalog on Lifelong's website: [www.tclifelong.org](http://www.tclifelong.org)



**Free** **FALL RUMMAGE & BAKE SALE**  
**Friday, November 8**  
**noon 'til 4:00 p.m.**  
 Vendors must register by October 31 by calling Lifelong at 273-1511  
 \$20 vendor fee

### FALLS SCREENING & PREVENTION

@Lifelong Wednesday, September 25<sup>th</sup>  
 From 1:00-4:00 pm

Physical therapists from Reilly Physical Therapy will do a 10-minute fall risk screening using questions & tests to assess balance, strength, and mobility to identify your risk for falls. They will discuss safe and effective ways to respond if you do fall.

Register for this **free** session as space is limited. through our online calendar or catalog, or by calling Lifelong at 273-1511!

More details are in our Fall Catalog

### Carl Taylor Awarded 2024 Volunteer Award

The Barbara J. Hulbert Volunteer Award is given annually by the Lifelong Board of Directors to a member of Lifelong who demonstrates exceptional leadership and service to Lifelong.

Lifelong is a community center where opportunities abound for learning, being active, and forging relationships. Carl Taylor is an individual who, through his 30-year association with Lifelong, has enjoyed what it has to offer, while also tirelessly volunteering his own services.



After his retirement from Smith Corona in 1994, Carl joined Lifelong specifically for the Men's Club offering. He has enjoyed the comradery of that group for years and at some point, he morphed into being the group's faithful facilitator. You can find him at Lifelong Saturday mornings at 9:30, preparing coffee for the group, and most likely preparing a plate of something sweet he brought along to eat. Carl shows up every Saturday AM, even if he is not sure anyone else will arrive. He learned to cane chairs years ago and uses these Saturday mornings to repair chairs. Post-pandemic, the Men's Group is experiencing a bit of a revival. Carl reports lively discussions, sharing, and card playing. He is always welcoming new members to join this group, from 9:30-12:00 each Saturday morning.

Carl has also been an active member of Lifelong's Clay Studio, which meets twice weekly. His lively chatter, joke-telling, and creative twists, add sparkle to each clay class. Carl is also appreciated for the many unasked little things he does for Lifelong. One day he arrived with his own vacuum cleaner from home to sweep out the window sill area of a window in the front office. Another time Carl readjusted the shelves in a kitchen cupboard so they could accommodate large coffee cans. These are just a few examples of Carl's vigilant and constant stewardship of Lifelong.

The sound of Carl's voice, his cheery and welcoming attitude, and his reliable presence, have been a staple at Lifelong for decades. He is a valued member and appreciated by all who know him.

### Meet Lifelong's Newest Board Members:

At Lifelong's Annual Meeting and Luncheon Celebration at the end of May, we were pleased to vote in three new board members who joined Lifelong's Board of Directors as of June, 2024. We are so grateful for the many ways in which Lifelong's board supports us.

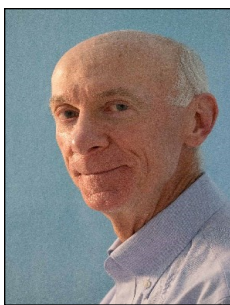
#### Denise Coyle

Denise is a CPA and Tax Manager at Sciarabba Walker & Co. LLP. She also has been a volunteer tax preparer and checker the past 3 years in Lifelong's TCE program. Denise is originally from Montana and has lived in 8 states and 3 countries. She enjoys spending time with family and friends, singing, sewing, cooking, and travel in her spare time. Denise plans to serve on Lifelong's Budget and Finance Committee.



#### Herb Engman

After service in the Peace Corps and Teacher Corps, Herb Engman decided on a life of public service. After two years of classroom teaching in an inner-city school in Syracuse, Engman joined Cornell, eventually serving 35 years directing a migrant farmworkers program while coordinating a state-wide 4-H effort to involve youth in their communities. Both programs were part of the Department of Human Development in the College of Human Ecology. After retirement in 2008, Engman was elected town supervisor for the Town of Ithaca and served 8 years in that post. Throughout his careers, Engman served on many governmental and non-profit boards and committees. He and his wife, Connie, travel extensively and volunteer for their neighborhood of Forest Home. Herb plans to serve on Lifelong's Budget and Finance Committee as well as our Nominating and Governance Committee.



#### Tiffany Bloss

Tiffany Bloss is the Executive Director at Suicide Prevention & Crisis Service of Tompkins County, where she has been instrumental in the restructuring of this 50+ year old organization and their support for the community.

SPCS has expanded to cover 17 counties in NYS through the 988 Suicide & Crisis Lifeline and has continued servicing its local crisis line and the 24/7 Ithaca Warm Line that was established in March of 2023.

Tiffany is a dedicated wife and mother of two. She has a degree in Managerial Accounting, is a Certified Fundraising Executive, and is a Certified Nonprofit Consultant, having worked in the nonprofit sector focused on Organizational Leadership and Income Development for nearly 20 years. She has also worked with Cayuga Health, CareFirst Hospice, and the American Cancer Society. Tiffany has a strong belief in social responsibility and making a meaningful difference in the world. She is on a mission to break the stigma around mental health and talking about suicide - with a special interest for the LGBTQ+ community. She is certified in presenting and facilitating several suicide prevention training workshops and encourages everyone to take the time to learn how to make our community suicide-safer.

Tiffany believes in the natural way of living and is a Certified Aromatherapist and Reiki Master. In her leisure time focused on self-compassion, she enjoys traveling with friends and family, experiencing all life has to offer and making meaningful memories.

Tiffany plans to serve on Lifelong's Development and Community Relations Committee, as well as our Strategic Planning and Marketing Committee.



## Virtual Senior Center: Staying connected at home



**CONNECT** with new friends online, learn and discuss new things, and explore all that the internet has to offer!



**PARTICIPATE** in unlimited live, interactive discussions on art, history, current news, exercise, music, museum tours, wellness and more!



**ENJOY** a flexible class schedule, curated games... all offered 7 days/week, 365 days/year, including holidays!

Looking to connect with others or learn something new, all with a click of your computer mouse? Check out the [Virtual Senior Center \(VSC\)](#), an online community that allows older adults to connect and engage with each other through virtual classes and groups at NO cost to you!

The VSC is an easy-to-use website that brings a vibrant community and a wide range of interactive, facilitator-led programs straight to you in your home. There are programs 365 days a year on a variety of topics, giving you the opportunity to meet new people, make friends, have fun, and learn something new.

Learn more here: <https://www.youtube.com/watch?v=lbFEBQSha2M>

#### What do you need to join?

- Any up-to-date desktop/laptop computer, Android tablet, or an iPad
- A web camera and microphone (if not built into your device) and an internet connection
- Current Lifelong membership (sliding scale)- **a limited number of free Lifelong memberships are available for this program!**

If you or someone you know is interested, set up your account [with this link](#). Or, call Lifelong for more information at: 607-273-1511.

Once you set up your account, you will get an approval to access the site (within 48 hours), as well as information on how to familiarize yourself with the program. Tech support is available from VSC to get you started and support you.

### Wonderful Wheelchairs

Wonderful Wheelchairs is a volunteer run program of Lifelong that seeks to help members of the community gain access to mobility equipment. We provide quality and affordable mobility devices and maintenance of those devices to those who need them.

Email us at [wwcith2@gmail.com](mailto:wwcith2@gmail.com) or call us at 607-444-2817

On-site service hours are available on Wednesday and Friday from 9:00 - 11:30 a.m. in basement of Cayuga Nursing and Rehabilitation.

For more information, visit <https://wonderfulwheelchairs.info/home>



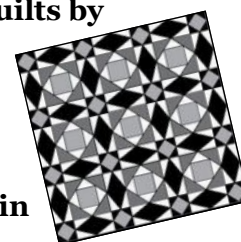
Wonderful Wheelchairs

### Lifelong Closures

- **Monday, September 2<sup>nd</sup>:**  
Lifelong closed for Labor Day
- **Monday, October 14<sup>th</sup>**  
Lifelong closed for Indigenous Peoples Day
- **Friday, November 28<sup>th</sup> and 24<sup>th</sup>:**  
Lifelong closed for Thanksgiving
- **Monday, December 24<sup>th</sup> – Tuesday, January 1<sup>st</sup>**  
Winter Break

### Quilters Guild

A selection of quilts by the Tompkins County Quilters Guild will be on exhibit in the Lifelong Gallery in October.



More information to come soon!

## Lifelong's Upcoming Trips with Collette Tours!



Lifelong, in collaboration with Collette, just sent a travel group to Alaska, and another heads out soon for a Painted Canyons of the West trip! Feedback on **Collette trips** has been favorable and we're excited to add more to these offerings moving forward.

Trip pricing includes a **\$100 discount for current Lifelong members, above and beyond any savings offered by Collette.**

**Take the hassle out of travel. Collette picks you up right at Lifelong and handles all the details on these amazing adventures.**  
*All you need to do is pack!*

### Peru: Machu Picchu and Lake Titicaca

Small group travel (12-24 people)

**February 15-24, 2025**

**10 Days—15 meals**

Lima, Sacred Valley of the Incas, Local Andean Cultures, Ruins, Machu Picchu, Cuzco and more! Optional 3-night Peruvian Amazon Post Tour Extension To learn more, visit: <https://gateway.gocollette.com/link/1205270>



### HOLLAND & BELGIUM SPRINGTIME RIVER CRUISE

**April 8 & 16, 2025**

**9 Days-20 meals**

Amsterdam, 7-night river cruise, Keukenhof Gardens, Arnhem, Middelburg, Bruges, Antwerp, Kinderdijk Windmills.



Click here for more information: <https://gateway.gocollette.com/link/1238397>

### Countryside of the Emerald Isle

**May 19-28, 2025**

**10 days & 13 meals**

Dublin, Irish National Stud, Rock of Cashel, Distillery Tour, Kinsale, Garnish Island, Dingle Peninsula, Choice on Tour: Dingle Coastal Walk or the Blasket Centre, Aran Islands, Cliffs of Moher



To learn more, visit: <https://gateway.gocollette.com/link/1239305>

### Discover the Canadian Maritimes and Coastal Wonders

**August 17-27, 2025**

**11 days & 16 meals**

Halifax, Peggy's Cove, Mahone Bay, Lunenburg, Choice on Tour: Fisheries Museum of the Atlantic or Walking Tour of Lunenburg, Cape Breton Island, Cabot Trail, Prince Edward Island, Anne of Green Gables Museum, Hopewell Rocks, Fundy Trail, Grand Pre National Historic Site



To learn more, visit: <https://gateway.gocollette.com/link/1239092>

### National Parks of America

**September 29-October 10, 2025**

**• 12 days & 15 meals**

Scottsdale, Grand Canyon, Lake Powell, Zion, Bryce Canyon, Salt Lake City, Jackson Hole, Grand Teton & Yellowstone, Old Faithful, Sheridan, Bighorn Mtns, Crazy Horse Memorial, Mount Rushmore



To learn more, visit: <https://gateway.gocollette.com/link/1239089>

**Learn more by attending a [Special Travel Presentation at Lifelong with Collette!](#)**

**Tuesday, September 10, 2024**  
**Time: 10:00 AM-11:30 AM,**  
**Lifelong, 119 W Court Street, Ithaca**

**Time to revisit that bucket list and Join us!**

(Continued from page 1) *Mary Slaughter*

by giving her a piece of dark chocolate, which she simply adores! Her 'payment' for volunteering at Lifelong, was the candy kept in the bottom desk drawer. We always made sure there was dark chocolate provided. And according to her husband, HE is the one main reason for a smiling Mary!

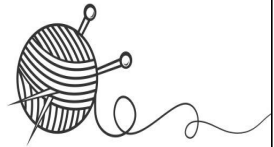
Mary is grateful for many things, especially her family, friends, and the many opportunities to help others. Lifelong, is likewise, very grateful for the many hours Mary has manned our front desk, always with a smile.

From Mary: "I miss everyone at Lifelong, and have enjoyed working there every Monday, Wednesday, and Friday mornings, from 9:00-12:00!"

Right back at you, Mary, from all of us at Lifelong!

### The Pew Knitters

work with yarn year-round to knit or crochet with donated materials and supplies. They donate these creations to various charity organizations in the area to warm the body and soul of local residents in need.



Do you have yarn and/or knitting/crochet supplies that have been sitting in your closet or craft room unused? Pew Knitters can accept these to create warmth for local people who appreciate a gift of gloves, mittens, scarfs, stump covers, baby cocoons, or walker bags, just to name a few.

Pew Knitters are looking for new volunteers who might be interested in meeting in person at the Varna United Methodist Church on the second Sunday of the month from 1 to 3 pm. There is also the opportunity for people to work at home to provide finished donations.

To arrange to drop off yarn, call Sis Johnson at 607 272-6806 or email: [sissy13johnson@yahoo.com](mailto:sissy13johnson@yahoo.com)

## All Ears Audiology

Part of the Beltone Hearing Care Network

Experience More of Life

Hear through the noise, so you don't miss a beat

### Services Offered:

- ✓ Complimentary Hearing Screenings
- ✓ Hearing Aid Cleaning & Checks
- ✓ Service and supplies for most major makes & models of hearing aids
- ✓ Refer a Friend Program
- ✓ Currently Accepting New Patients



Eric Freeman, BC-HIS  
Hearing Care Provider

**All Ears Audiology**  
**200 Pleasant Grove Road**  
**Ithaca, NY 14850**

### About Us:

Through a dedicated, warm-hearted approach we strive to provide our patients with the best hearing healthcare, using the latest advanced technology and utmost professionalism and care.

We are dedicated to providing our patients with the highest level of hearing healthcare and guiding each individual through their journey to better hearing.

**(607) 288-8835**



Plus Many More Locations Throughout New York!  
Visit our website for a complete listing:

[www.BeltoneSound.com](http://www.BeltoneSound.com)





### Tax Counseling for the Elderly (TCE)

The TCE program provides an opportunity to increase your learning while providing a much-needed service to highly appreciative individuals in our local community during the tax season from January to April.

Training and support are provided, and volunteers work collaboratively to support both each other and the taxpayers.

#### What are the best things about working with the program?

- Interaction with and appreciation from clients
- Problem solving satisfaction
- Support and camaraderie of the group
- Increased understanding of some of the challenges faced by seniors in our community

Are you comfortable with numbers? Do you like to understand basic tax issues and your own tax situation? Are you looking for an opportunity with a finite timeline? Do you have basic computer skills? Think about joining us as a preparer.

Not sure you're comfortable preparing tax returns? Volunteers also welcome people to the tax clinics, help them get ready to meet with a preparer, and provide other supports to the program.

*I've even had people hug me because their refund was going to make something important happen for their family."*

Think you might be interested in joining us?

Let's talk about it. Email [TCELifelong@gmail.com](mailto:TCELifelong@gmail.com) or call 607-273-1511, leave your name and phone number, and we will get back to you.



*Certified and grant funded by the Internal Revenue Service with additional support from the United Way, T.C. Office of the Aging, and financial underwriting by Lifelong*

### Tompkins County Office for the Aging Personal Emergency Response System (PERS)

The fear of falling may be present with many older adults, even if they have never fallen before. This fear may lead many to avoid several different day to day activities and have an impact on their social, physical, and mental wellbeing. There are several steps that can be taken to prevent falls. Some of these steps include-

- Finding a good balance/exercise program.
- Talking with your health care provider and family members.
- Regularly reviewing your medications with your doctor.
- Getting your vision and hearing checked annually.
- Keeping your home safe.
- Wearing proper footwear.
- Do physical activity regularly.
- Get up slowly after you sit or lie down.
- Improve the lighting in your home.
- Paint a contrasting color on the top edge of all steps.
- Look out for pets who may get underfoot or are resting on the floors or stairs.

If a fall does occur, the next step is to find the best way to get help if needed. A couple ideas are always carrying a phone or having a wearable alarm device that will call for help when needed. The Tompkins County Office for the Aging (COFA) has Personal Emergency Response Systems (PERS) that are available to clients in Tompkins County for a monthly monitoring fee. COFA partners with Doyle Medical Monitoring to provide clients in Tompkins County with PERS units that can connect the client to a responder within minutes. The PERS unit can work with either a landline phone or cell phone towers. The unit has a two-way speaker system, allowing the client to speak directly with a responder from the Doyle call center. There is a pendant that is included with the unit, which can be worn around the neck or on the wrist. Whether you are in/around your home, this PERS unit will notify a responder with the push of the button on your pendant. Here's how it works:

- If you have a fall or a medical emergency, press the button on your pendant.
- An alarm will sound on the unit and Doyle will answer within minutes.
- If you are not alright and need assistance, Doyle will call an emergency contact to come and assist you.

Standard pricing starts at \$25 a month, please call our office at 607-274-5482 for more information or to speak with an Outreach Worker who can assist you.

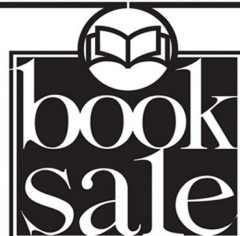
# Your neighborhood senior living community

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Enhanced Assisted Living  
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103 Bundy Road  
Ithaca, New York 14850

► To schedule your exclusive tour, call (607) 308-4263.

### FRIENDS OF THE TOMPKINS COUNTY PUBLIC LIBRARY



### Fall Book Sale Begins Saturday, Oct 12, 8am-8pm

Sun-Mon, Oct 13-14  
Sat-Mon, Oct 19-21  
Sat-Tues, Oct 26-29  
10am-8pm

Wed—Oct 23, 10am-4pm  
Senior Day (60+) & People with Disabilities Day

Up to 250,000 Books, DVDs, CDs, puzzles, games & more. Prices drop each weekend!

509 ESTY ST, ITHACA  
607-272-2223 [www.booksale.org](http://www.booksale.org)



### The Book Nook

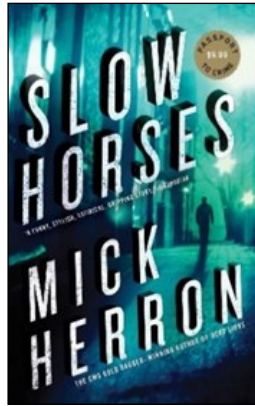
A feature from the Tompkins Public Library

Find out what's happening at Tompkins County Public Library!  
 Visit [www.tcpl.org](http://www.tcpl.org) or call 607-272-4557.  
 Browse and borrow our digital books anytime!

TCPL offers a variety of book clubs for all ages. Find information at [www.tcpl.org/book-clubs](http://www.tcpl.org/book-clubs). All Library programs are free and open to the public.

#### Slow Horses by Mick Herron

*Slow Horses*, winner of the CWA Gold Dagger Award, is the first book in a series of modern British espionage thrillers that frames itself as an "Anti-James Bond." Slough House is where MI5 agents go when they have made catastrophic errors in hopes that they will get so bored they will quit – agents called *Slow Horses*, a play on the office's name. Each character is introduced with a vignette showing the event that decimated their career in British Intelligence and makes each agent stand out.

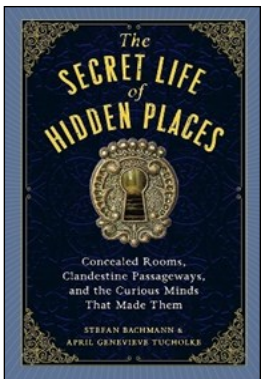


Of course, the downtrodden of Slough House find evidence of a high-profile kidnapping that pits them against the superstars of the British Intelligence community. Every book stands well on its own; if you read the first book and stop, it's as satisfying as diving into the entire series.

*Slow Horses* is in its 4<sup>th</sup> season as a TV series starring Gary Oldman as Slough House's unlikely leader, Jackson Lamb. The story unfolds with plenty of excitement and dry wit, so even if spy thrillers aren't your usual fare, you'll likely find yourself cheering for the *Slow Horses*.

**Judd Karlman, Librarian**  
 Head of Adult Services, Tompkins County Public Library

#### The Secret Life of Hidden Places: Concealed Rooms, Clandestine Passageways, and the Curious Minds That Made Them by Stefan Bachmann and April Genevieve Tucholke

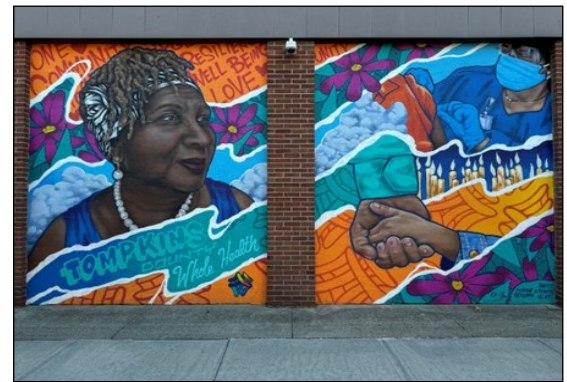


Part travel guide, part architectural history, this book exceeds either genre's expectations with secrets of 18 concealed spaces from around the world. Illustrated with paintings and color photographs that transport the reader to curious locations, each chapter begins with a passage about what it's like to enter a space from the reader's perspective followed

by historical vignettes and folklore. Featured locales include: The Initiation Well in Sintrat, Portugal which famously appeared in Guillermo Del Toro's film *Pan's Labyrinth*, the Winchester House in California, an abandoned 1920's secret speakeasy, and The Sacred Grove in Viterbi Italy where visitors enter through the stone-carved mouth of a monster.

Coverage of these spaces' discoveries, as well as the histories of their creators, was fascinating. This is a well-researched book that exceeds typical coffee table fare. This browsable book is great to travel with-- each passage is meaty and evocative despite being a short read. If you're interested in history, travel, mysteries, and architecture this book will stoke your curiosity.

**Meghan Molloy, Local History Librarian**  
 Tompkins County Public Library



### Tompkins County Whole Health Unveils Mural Celebrating Public Health Efforts and Commemorating the COVID-19 Pandemic

A new mural commemorating community public health efforts and honoring those who passed away from COVID-19 has been unveiled by Tompkins County Whole Health (TCWH), in collaboration with the Tompkins County Office for the Aging (COFA) and Ithaca Murals. The mural is located along the Albany Street side of the Human Services Annex Building, which houses the Tompkins County Office for the Aging (COFA) and Department of Veterans Services (TCDVS), at 214 W. Martin Luther King Jr./State St., Ithaca. The mural was designed by Britt Johnson and Efen Rebugio of Austin, TX., partners of Ithaca Murals who have painted several murals in the region. The mural was funded through a grant from the NYS Department of Health to support COVID-19 vaccination efforts.

The mural captures different visual elements of the COVID-19 pandemic and the Tompkins County community. The mural demonstrates how critical vaccinations are to prevent illness and keep one another healthy and safe, especially during public health emergencies. The mural shows people coming together in an uncertain and challenging time for our community.

COFA was chosen as the site for this mural due to the pandemic's overwhelming impact on older adults. Millicent Clarke-Maynard, a retired educator and long-term member of Ithaca Rotary is featured in the mural. In February 2021, Ms. Maynard was one of the first older adults vaccinated for COVID-19 at our first pop-up vaccination clinic held at Beverly J. Martin Elementary School (Ithaca). A photo of her receiving the vaccine was featured in our local public health messaging campaign. This pop-up clinic, hosted by TCWH in collaboration with Cayuga Health and the Greater Ithaca Activities Center (GIAC), was our first community-based vaccination effort, with over 100 residents over age 65 vaccinated.

**YOUR HIT PARADE**  
 with RUDY PAOLANGELI  
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 Saturdays @ 5:00pm  
 Sundays @ 10:00am

**WNY 94.1fm** **1470am**  
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WARREN REAL ESTATE

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LIC. ASSOC. REAL ESTATE BROKER

## Improving Bone and Muscle Health this Fall

By: *Luiza Lima Vieira and Nicole Lori*

Aging is accompanied by declining physiological changes that can be treated with appropriate dietary and lifestyle adjustments. Many adults over the age of sixty suffer from a loss of strength and endurance, low resistance to diseases, and functional decline; all of which are related to nutrient intake. Trouble tasting and smelling food as well as loss of appetite may lead to reduced food intake which causes nutrient deficiencies. Loss of bone density and loss of muscle mass, known as osteoporosis and sarcopenia respectively, are among the most common physical challenges that naturally occur over time. As the seasons change, why not modify your nutrition and health-related practices to adopt for healthy aging? Here are some things you can do:

**Eat Your Veggies!** Increasing bone and muscle density helps to reduce fracture risks and improve quality of life for those over the age of sixty years. Bone health is mainly regulated by calcium, vitamin D and protein quality. Calcium is found in cruciferous vegetables (dark-green and leafy vegetables), legumes, seeds, nuts, and fortified cereals. More specifically, good sources of calcium include collard greens, broccoli, kale, soybeans, spinach, and rhubarb amongst many others.

**Here comes the Sun!** Vitamin D is essential in maintaining calcium homeostasis and preventing the onset of osteoporosis. Although vitamin D is contained in some foods, such as cod liver oil, salmon, trout and mushrooms, exposure to sunlight is the best source. Time spent outdoors with sun exposure (don't forget the sunscreen!) allows the skin to synthesize the essential vitamin D needed to promote bone health. A short walk around a park or your home or a rest on an outside bench for ten minutes a few times a week will work. **Did you know?** During the fall season, Tompkins County has many local events to look forward to-- all of which are great ways to spend time outdoors and obtain vitamin D. The local Farmers Markets are weekly, and their locations include Dewitt Park, Trumansburg, and the Steamboat Landing in Ithaca are great spots to visit. During late fall when sun exposure is limited, dietary intakes of vitamin D through food or supplementation should be considered.

**Plan on Protein!** Muscles work to support the structure and movement of our bones, and their health should be considered alongside bone health. Protein intake is especially important for maintaining muscle mass. Adequate protein intake is necessary to prevent sarcopenia, or the natural degradation of muscle mass that results from aging. High quality protein, or protein that contains all the essential amino acids (building blocks of protein), can come from both plant and animal sources. Animal-sourced proteins are complete in these amino acids; however, they are linked to negative health effects that include high blood pressure and cholesterol levels. Therefore, these must be consumed in moderation. Plant proteins on the other hand, while recommended, do not always contain all the essential amino acids. Therefore, it is important to remember that a variety of plant protein is needed. A perfect plant protein containing all the amino acids includes a combination of legumes and cereals. Examples of good sources include whole wheat bread with peanut butter or a bowl of rice and beans.

**Let's Get Physical!** Exercising has been shown to have the largest positive impact on bone health. Luckily, Tompkins County has a plethora of nature paths and parks where you can engage in outdoor activities. Amongst popular trails are the Cayuga Lake Blueway Trail, the Black Diamond Trail, Buttermilk Falls, and the Cornell Botanic Gardens. Active movement and performing resistance-type exercise training at least twice a week with adequate protein intake is highly effective in increasing skeletal muscle mass, regardless of age. Why not take a daily walk in the sunshine followed by a meal rich in legumes and cereals as a simple and effective way to prevent aging?

*Luiza Lima Vieira and Nicole Lori were Cornell University students working dietetic internships at Foodnet Meals on Wheels.*



## Personal Needs Allowance

Written By Lindsay Heckler, Esq., MPH

<https://www.elderjusticenyc.org/blog/personal-needs-allowance>

Submitted by *Kate Lyon, Aging Services Specialist and Long Term Care Ombudsman Program Coordinator*

A personal needs allowance (PNA) is the monthly stipend that Medicaid recipients who live in nursing homes are allowed to keep from their income to spend on personal items and services. The PNA is \$50, has not been adjusted or increased since the 1980s. \$50 in the 1980s is equivalent to \$177 today. \$50 is all residents are allowed to retain to pay for personal items and services many of us take for granted. The rest of their income, known as a "[NAMI](#)" goes towards the cost of their care.

Medicaid pays for nursing homes to provide nursing services, dietary services, certain activities programs, room/bed, maintenance services, routine personal hygiene items and services, and medically related social services. However, Medicaid does not pay for personal items and services. Such items and services include:

- Clothing and shoes
- Beauty/barber services
- Telephone, cable tv, internet
- Cards to family/friends
- Writing materials (stamps, stationery, cards, etc.)
- Favorite foods or treats
- Gifts to family and/or friends
- Books/reading materials

The Center for Elder Law & Justice and other advocates are calling on New York State to substantially increase the PNA. However, we cannot do this without your voice. Please help accelerate efforts to increase the PNA for persons who live in nursing homes by sharing your story. We want to hear from you!

1. What does the current \$50 PNA allow you to purchase for yourself or a loved one?
2. What would an increase in the Personal Needs Allowance mean to you?

Share your story by filling out the short survey, available at: [Personal Needs Allowance - Tell Your Story \(jotform.com\)](https://www.elderjusticenyc.org/blog/personal-needs-allowance-tell-your-story-jotform.com)

For a paper copy of the survey, please contact Lindsay Heckler, Director of Policy, at (716) 853-3087 ext. 212



## McGraw House Senior Apartments



- Studio & One Bedroom Apartments for Income Eligible Seniors (age 62 and older)
- Located in Downtown Ithaca - close to shopping, library, restaurants, places of worship, medical offices, etc.
- Access to Public Transportation
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Silent Bid. Loud Impact.

# ONLINE AUCTION

FRIDAY, SEPTEMBER 6 THROUGH THURSDAY, SEPTEMBER 12 ONLINE AT [WWW.32AUCTIONS.COM/LIFELONG2024](http://WWW.32AUCTIONS.COM/LIFELONG2024)

**Lifelong’s Annual Silent Auction kicks off on Friday, September 6, at 6 p.m., during our Fall Fling and closes on Thursday, September 12, at 6 p.m.**

Funds raised from Lifelong’s Silent Auction directly contribute to our mission of enhancing the lives of older adults in Tompkins County.

Your silent bid supports vital programming, ensuring Lifelong continues to be a vibrant hub of activity, friendship, and support.

*Bid silent to make a tangible difference in the lives of those who rely on Lifelong’s resources.*



SCAN QR CODE TO BID or visit [www.32auctions.com/Lifelong2024](http://www.32auctions.com/Lifelong2024)

**A sneak peak of Lifelong’s Online Auction items:**

- Argo’s Gift Certificate
- Cinemapolis Movie Passes
- Paris Apartment Stay
- Electric Bike
- Finger Lakes Sightseeing Flight
- Photo Shoot with Edna Brown Photography
- Professional Organizing Services
- Rasa Spa Massage
- Watercolor Painting by Kate Dubin
- Texas Roadhouse Gift Card
- Pilates Room Membership
- Squeaky Clean Car Wash Gift Certificate
- Kitchen Theatre Tickets
- Personal Training with Debbie Bosanko
- Hopshire Farm & Brewery Gift Card
- Hand-Tied Trout Flies
- Island Fitness Membership
- Discover Cayuga Lake Sunset Cruise
- Cozy Caboose Tiny House Stay
- Garden or Yard Work

*and much, much more!*

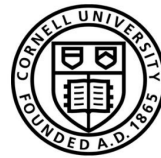


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