

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

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Senior Focus: "Lifelong a Safe Place to Exercise" –

A Conversation with Debbie Bosanko by Joyce Billing, Lifelong

I turn over in bed and hit the snooze button on my phone alarm. I think about staying snug in bed and forgetting about my plan to exercise first thing this morning. So easy to come up with reasons to stay ...it is dark outside, or it is raining, cold, too sunny, too windy, I have arthritis, or even better I'm old ...how do I motivate myself to get started?

Some people manage to stay fairly fit by keeping up with a busy lifestyle, until they get older. Others have just never gotten around to exercising much, and it starts to show. Either way, if you're pushing 60 or you've already passed that milestone, it's time to get serious about making exercise a staple in your daily routine. "Exercise is almost always good for people of any age," says Chhanda Dutta, PhD, chief of the Clinical Gerontology Branch at the National Institute on Aging. Exercise can help make you stronger, prevent bone loss, improve balance and coordination, lift your mood, boost your memory, and ease the symptoms of many chronic conditions."

You are never too old to begin!

Here are a few ways to do just that! First set your schedule early in the week. Starting off on Monday is easier than waiting till the middle of the week. Vary your activities, you do not want to read the same book over and over, do you? Do not always go it alone... have a buddy to encourage you and you them. Get a fitness tracker or keep a fitness diary, as charting your progress will be an incentive to continue. Basically, do not make exercise the bottom of your priority list. Consider Health and Fitness classes at Lifelong as a place to begin. **Lifelong is a safe place for exercising according to Debbie Bosanko, MS, CRT**, a certified instructor in the Health and Fitness programs offered at Lifelong.

I sat down with Debbie recently. She currently leads a class in strength training, she in turn spoke to her class about why they are committed to attending a class once a week. They spoke of the need to get and stay strong, socialize with others when exercising, and their desire to maintain their independence. One comment was "I'm stiff and this gives me more range of motion and



Instructor Debbie Bosnako leads a class in Strength Training exercises at Lifelong in March.

I feel more energized."

One class member talked about her desire to travel and walk, and strength training helps her with balance issues along with her increased activity level to enjoy her life. For some the motivation to begin exercising is a medical issue. Exercising before and after replacement surgery for a hip or knee is crucial to obtaining a complete recovery for some class members. As class member Phyliss summed it up "**You just have to exercise to be happy.**" Of course, nearly all class participants mention their wonderful class instructor as a reason they come to class weekly. You can check out her class at Lifelong on Thursdays from 12:30 -1:30.

Debbie gave some interesting facts from recent studies on the positive side of exercising from a recent study at the Mayo Clinic. Their study showed that the maximum benefit of exercising can be reached with 2.5-4.5 hours per week. Older adults can reduce their risk for all-cause mortality if they walk about 6,000 to 8,000 steps per day, according to findings published in *The Lancet Public Health* from a mega-analysis of 15 studies involving nearly 50,000 older adults from four continents. Debbie quoted from "Answer to Weight Gain" in the AARP March 2022 Issue that on average Americans lose muscle mass beginning at age 30 at a rate of 3-8% per year each decade. The article stated, "**It is better to maintain our muscle mass, than to lose it and try to regain it as we age**".

According to the article by Larry Briggs in *Fitness & Science-backed Health Benefits to Walking for Seniors*, walking may be the best form of exercise for seniors. Packed with health benefits, walking has all the hallmarks of senior-friendly physical exercise: it can be performed at low or moderate intensity, it's easy on the joints, it has a low risk of injury, and is easy to get started with... and moderate walking is more likely to continue long term. That's what researchers discovered in 2015 at Japan's Shinshu University Graduate School of Medicine. Researchers were following up on a study performed in 2007, where participants aged 44 to 78 were asked to walk for 30 minutes a day, three times a week. When researchers checked

(Continued on page 5)



Brooktondale outdoor Enhance Fitness Class

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.



Tompkins County
Office for the Aging

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 independent as possible.

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

Or visit us on the web at 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.

The Registry

The Finger Lakes Independence Center administers the Registry Referral Program. The Registry Referral is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include elder companion, housekeeper, errands running, 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 272-2433 or email: registryatFLIC@yahoo.com. This program is made possible through funding from the Tompkins County Office for the Aging.

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 are in need of some help with your yard work, please give us a call 607-274-5482



Caregiver's Corner

Normalizing Caregiver Emotions & Feelings

By: Amy Jackson

Caregivers so often push aside their personal emotions and feelings. Reasons for this vary from lack of time, to fear of engaging in those feelings, to guilt, amongst others. But is it healthy to not let yourself feel those emotions as a caregiver? The answer, as we probably all know, is a resounding no! But then the question becomes, how do you, as a caregiver, best embrace your emotions? To get to the root of emotions and feelings, you must think about the underlying stress that's causing the emotions. One of the ways to relieve stress is to focus more on self-care, which caregivers often do very little of. The term self-care is so often addressed with caregivers in general, that it becomes more of an eye-roll statement. When a caregiver hears the words self-care, he or she will often brush it aside as something they just cannot do, and there will be a multitude of reasons why. But by not addressing self-care, caregivers are not giving themselves permission to step back from the daily pressure and engage in their own personal emotions and feelings.

One of the most common explanations caregivers state for not being able to engage in caring for themselves is that they feel guilty. It's easy as a caregiver to feel like you should not be doing anything for yourself, when there is barely time to fit in all that is required for your loved ones' needs. Caregiver guilt often stems from feeling like you need to do everything yourself and do it perfectly. The list of “to-dos” that a caregiver has is often lengthy and possibly even unattainable. It is normal to feel guilt, because everyone wants to do the best they can for their loved ones. But how a caregiver deals with that guilt can make a big difference.

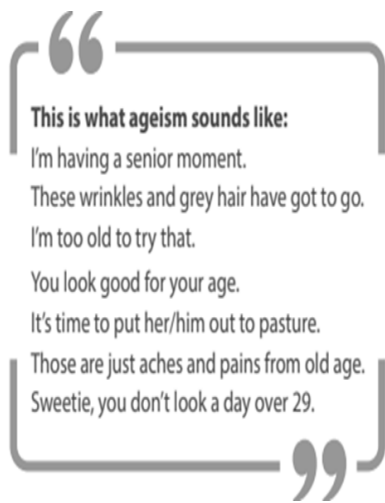
A small thing that may help a caregiver recognize emotions is just getting a notebook and journaling. Taking five or ten minutes a few times a day to write down thoughts, feelings, and whatever else

comes to mind can relieve some of the underlying stress and anxiety. It can also help to make you more aware of what you're feeling. There is often a sense of relief if you can write things down on paper, so they don't have to be held in memory, where there are already so many things swirling. It can be a list of things you need to remember as a caregiver or for yourself personally, or a list of your feelings, such as angry, sad, anxious, etc. However simple or complex you'd like it to be, that is what it should be. This journal does not need to be shared with anyone; it is just for you as a caregiver to use as an outlet.

There are many other things to do for caregiver self-care, and they vary by individual preference. You may find that reading or listening to music helps you clear your mind. Or particularly now that the weather is getting nicer, it may be your preference to get outside to take a walk in nature for a few minutes. There is no wrong way to do self-care, it is an individual choice. The important thing is for you as a caregiver to take some time away from all the responsibilities and pressure. Whether it is five minutes or three hours, take that time for you, because YOU are important!

As you take that self-care time for yourself as a caregiver, remember that it is normal to feel emotions, including anger. Don't minimize your role as a caregiver because it is a stressful and often difficult one! Engage in your feelings. Take a few deep breaths, meditate, take a walk, or call or meet a friend just to talk – whatever works best for you. You, as a caregiver, have a right to have a life outside of caregiving, and to take care of yourself. It will make you a better caregiver as well!

“I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.” - Audre Lorde



By Lisa Monroe, Director, Office for the Aging

Often today you are hearing words like diversity, inclusion and equity, along with many of the isms associated with discrimination. The words and images we use around aging matter and yet are not as frequently addressed in our society. Ageism is discrimination or unjust treatment of older people based on stereotypes.

I recently saw a picture on social media of a girl in kindergarten dressed up like a 100-year-old in recognition of the 100th day of school. Apparently, this is something that some elementary schools see as a good way to spend the 100th day of school. The image portrayed a frail, hunched over, wrinkled, gray-haired, woman wearing glasses, a baggy dress, a cardigan and costume jewelry using a walker. This is an all-too-common stereotype of older people, often portrayed as too vulnerable to handle their own affairs, frail and sick, or grumpy and “difficult.” As a result, we often make negative judgments about older people based on their age alone. I was saddened to think these are the impressions children are developing at a very young age and are likely to carry that with them. Starting early in life, ageism shapes the way we think about ourselves and others as we grow older. Those unintentional biases have real life implications. The more aware of these biases we become, the less likely we are to act on “snap judgments”—and the more likely we are to treat people fairly, regardless of age.

Day to day, however, we haven’t done as good a job in weaving the knowledge, contributions and experiences of older adults into our social fabric. Although we say, “respect your elders” and mention the years of knowledge and wisdom they have, those sentiments are not followed through with actions. Creating spaces in our communities for older adults to continue to participate as full members of society is not simply a matter of “listening to your elders.” Couple that discrimination with a lack of policies that can address the problem, and it’s easy to see how we are pushing older adults to the margins of our society. That affects us all— not to mention the health and vitality of our communities.

Reframing and changing the way we talk, will change attitudes about aging, and ultimately will advance policies and programs that support us at every age and stage of life. Reframing is a process of reinforcing a new way of thinking about an issue in order to replace more dominant but unproductive interpretations. Instead, it is about living up to our belief in treating all people equally—and that means fostering an environment in which older adults’ contributions are recognized and valued.

We know that investing in children and their education is an investment in the future of our communities. Similarly, we need to adjust our policies, practices and systems so that we can better integrate everyone’s energy and experiences into our society throughout the life course. Promoting livable and communities for all ages and to recognize aging as an asset and an opportunity— for growth, ingenuity, and creativity—is the smart, and just, thing to do. We are better off by being inclusive for all.

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.

Reframing Aging

Quick Start Guide

Framing is the process of making choices about what to emphasize and what to leave unsaid. Here's a quick tour of themes to avoid and alternatives to advance.

Instead of these words and cues:

“Tidal wave,” “tsunami,” and similarly catastrophic terms for the growing population of older people

“Choice,” “planning,” “control,” and other individual determinants of aging outcomes

“Seniors,” “elderly,” “aging dependents,” and similar “other-ing” terms that stoke stereotypes

“Struggle,” “battle,” “fight,” and similar conflict-oriented words to describe aging experiences

Using the word “ageism” without explanation

Making generic appeals to the need to “do something” about aging

Try:

Talking affirmatively about changing demographics: “As Americans live longer and healthier lives . . .”

Emphasizing how to improve social contexts: “Let’s find creative solutions to ensure we can all thrive as we age.”

Using more neutral (“older people/Americans”) and inclusive (“we” and “us”) terms

The Building Momentum metaphor: “Aging is a dynamic process that leads to new abilities and knowledge we can share with our communities.”

Defining ageism: “Ageism is discrimination against older people due to negative and inaccurate stereotypes.”

Using concrete examples like intergenerational community centers to illustrate inventive solutions

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www.reframingaging.org
@ReframingAging

The Reframing Aging Initiative is a long-term social change endeavor designed to improve the public’s understanding of what aging means and the many ways that older people contribute to our society. This greater understanding will counter ageism and guide our nation’s approach to ensuring supportive policies and programs for us all as we move through the life course.

Tompkins County Office for the Aging Seeks to Recognize the Contributions of Volunteers in Our Community

Do you know of an older adult (age 60 +) who has done something special for the community?

The Tompkins County Office for the Aging is now accepting nominations for volunteers who have made significant contributions to the community through civic engagement. Awards will be presented during the Office for the Aging’s Open House in May as well as during Older New Yorker’s Day which will be held virtually this year (date TBD).

Nominations should be in the form of a letter and should include activities, achievements, and the reasons that the individual should receive the award. Please include contact information for both the nominator and the nominee in the letter.

Send your nominations by **Monday, April 25, 2022** to :
Tompkins County Office for the Aging,

214 W. Martin Luther King Jr./State St., Ithaca, NY 14850 Or email:
cbullis@tompkins-co.org or fax 274-5495.

Contact the Tompkins County Office for the Aging at 607-274-5482 for more information.

* **Past awardees include:** Joel Abrams, Barry Adams, Phyllis Allen, John Anderson, Fred Antil, Irene Asay, Joan Barber, Barbara Barry, Ardie Bennett, Nancy Bereano, Beverly Blanchard, Lucy Brown, Mary Cambreco, Joseph Cimmino, Betty Conger, Joe Anna Deas, Mary Pat Dolan, Elizabeth Doppel, Ann Doren, Frances Eastman, William Eisenhardt, Rebecca Elgie, Charles Elliot, Carina Emerson, Martha Ferger, Bernie Fetterly, Fred Fladd, Richard Flaville, Sue Ford, Helen Garvey, Gertrude Gray, Lisa Gould, Gladys Hamilton, Beth Harrington, John”Holly” Holingsworth, Jean Hyde, Nancy Istock, Leon Lawrence, Debra Levine, Ilma Levine, Harriet London, Louise Matosich, Paul McGraw, Mary Mente, John O’Connell, Ray Oglesby, Joan Ormondroyd, Jean Robinson, Ken Robinson, Theresa Robinson, Marie Romano, Frank Schaefer, Bill Sherwood, Margaret Snow, Ted Sobel, Robert Spaulding, Phyllis Stout, Richard Tabor, Eunice Tabor and Jack Warren.

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

If you prefer to receive an e-mailed version of Senior Circle newsletter, Please send an e-mail to jbilling@tclifelong.org We will remove you from the mailing list.



Medicare's Special Enrollment Periods (SEPs)

You can make changes to your Medicare Advantage and Medicare prescription drug coverage when certain events happen in your life, like if you move or you lose other insurance coverage. These chances to make changes are called Special Enrollment Periods (SEPs). Rules about when you can make changes and the type of changes you can make are different for each SEP.

Special enrollment periods include, but are not limited to, the following:

- You change where you live
- You just moved into, currently live in, or just moved out of an institution (like a skilled nursing facility)
- You lost your current coverage from an employer or union
- You're no longer eligible for Medicaid
- You are enrolled in the Extra Help / Low Income Subsidy program
- You are enrolled in EPIC (Elderly Pharmaceutical Insurance Coverage)

If you find that you'd like to make changes to your coverage outside of timeframes such as your initial enrollment period or annual election period, give us a call so that we can help you determine whether there's an SEP that applies to your situation! Please reach out to a HIICAP (Health Insurance Information Counseling and Assistance Program) counselor through Lifelong (607-273-1511) or Tompkins County Office for the Aging (607-274-5482) for more information.

Got Medicare

Questions ????????



Lifelong's Health Insurance Information Counseling & Assistance Program (HIICAP) offers assistance to

persons of all ages who are trying to understand their Medicare coverage. If you have questions about Medicare and related insurance, or if you are having trouble paying for Medicare, or any related problems or issues, please turn to HIICAP.

HIICAP's certified volunteer insurance counselors meet one-to-one via zoom or in person at Lifelong with individuals who have questions about Medicare. Frequently HIICAP is helping people understand the framework of Medicare:

- Part A is hospital insurance;
- Part B is medical insurance;
- Part C is the option of a Medicare Advantage Plan (through a private insurance company); and
- Part D is Medicare prescription drug coverage (also through a private insurance company).

In addition counselors provide information on supplemental policies, also known as medigaps, and on how Medicare coordinates benefits with other coverage options, such as Medicaid or retiree benefits.

The most common concern brought to HIICAP is the issue of cost – keeping insurance and health care costs within each person's budget. Those concerns are addressed in a number of ways, including:

- Screening individuals and helping with applications for cost-savings programs such as the Medicare Savings Program (which helps pay the Part B premium), the Extra Help Program (which helps pay for Rx meds), and Medicaid
- Comparing the costs and the coverage offered through Medicare supplement policies and Medicare Advantage Plans
- Providing an overview of New York State's EPIC program, which can help with drug costs

Each appointment is designed to focus on your individual situation, your questions and concerns.

If you wish make an appointment to meet with a certified counselor, please call Lifelong at 607-273-1511, or email Mary-Ann Reeter: mreeter@tclifelong.org

HEALTH INSURANCE SCAMS

Finding and paying for health insurance can be a complex process. From buying an adequate plan to finding a reputable in-network doctor and dealing with medical claims, policyholders are susceptible to criminals who find clever ways to profit off consumers who don't know the inner workings of the industry.

Healthcare fraud comes at a huge cost, both individually and to the country at large, often in the billions of dollars.

Following are some tips on how to spot a scam and what to do if you or someone you know has been "scammed". 4 health insurance scams to avoid:

1. **High Medical discount plans** often promise to save money on items your insurance may not cover. It requires payment of a monthly fee in exchange for "slashed price" services. Before signing up for a medical plan, check the details and coverages, make sure your provider(s) participate and get the terms in writing. Remember if it seems too good to be true, it is probably fraudulent.
2. **Unexpected Fees:** Anyone trying to charge a fee to help you find an insurance policy is likely running a scam. This is true, also, if someone says you have to pay for a new Medicare card. Government programs, such as Medicare, will NEVER call or email you unexpectedly to say you will lose your coverage or need to pay a fee. Never give out personal information in situations like this.
3. **Suspicious Claims:** Government officials will NOT call your home. Anyone claiming to be a government official from Medicare, Social Security or the Internal Revenue Service (IRS) is likely running a scam.
4. **High Pressure Sales Tactics:** If someone is pushing for an answer or claims the offer is "time limited", it is likely a scam. What to do: Never pay an individual offering to help you enroll in a government health insurance program. Reputable insurance workers – sometimes called navigators or assisters – are not allowed to charge a fee.

Call the Lifelong 607-273-1511 or T.C. Office for the Aging 607-535-5482 for free, unbiased assistance. Do not give out any personal information on a phone call that you did NOT initiate.

If a caller claims your Medicare coverage is expiring, HANG UP. Then call 1-800-Medicare (1-800-633-4227) to answer any questions you may have.

Do not respond to an email that appears to be from a government agency. Agencies like the IRS or Medicare may send written requests through the postal service never by email.

How to report scams/fraud: You can report fraud to the following agencies; Call 1-800-Medicare (1-800-633-4227) or The Federal Trade Commission (FTC): 1-877-382-4357 Senior Medicare Patrol (SMP): 1-877-678-4697 Information provided articles from:

Information provided articles from: MoneyGeek, Leigh Mckenna Singlecare.com GoodRx.com

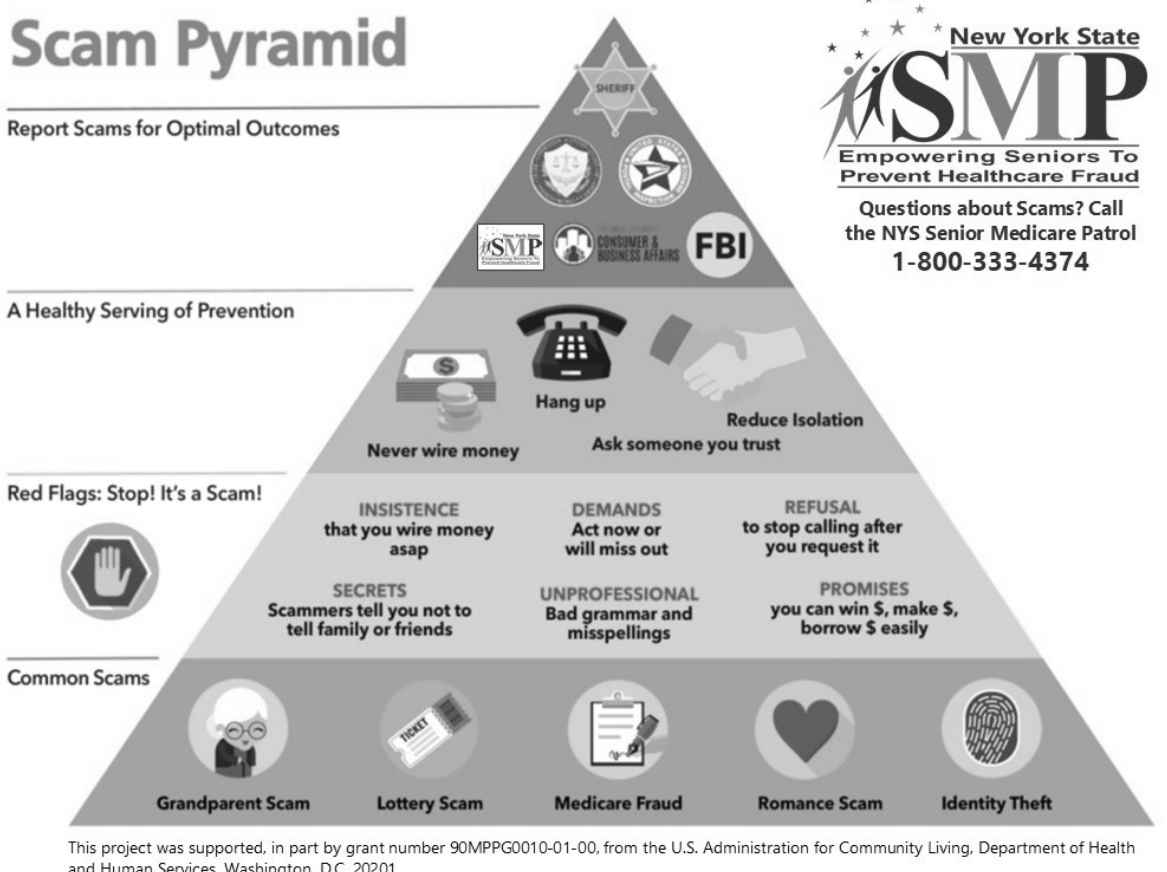
Scam Pyramid

Report Scams for Optimal Outcomes

A Healthy Serving of Prevention

Red Flags: Stop! It's a Scam!

Common Scams



New York State
SMP
 Empowering Seniors To Prevent Healthcare Fraud
 Questions about Scams? Call the NYS Senior Medicare Patrol
 1-800-333-4374

Spring Cleaning: Food Edition

By Jill Seeley MS, RD,
Registered Dietitian
at Foodnet Meals on Wheels



Did you know that the average American creates approximately 238 pounds of food waste each year?

Add that into the food waste produced by farms, grocery stores, and restaurants- our total reaches nearly 160 million pounds of food waste piling at landfills each year.

Why does this matter? Apart from the financial loss (on average nearly two thousand dollars from each person's pocket per year), it impacts the environment on a global level in terms of air quality and resources (both water and energy).

How can you help? During the 'Spring Cleaning' season this year, try cleaning up your food waste habits at home by following these steps.

1. Start fresh. Do this by completing a deep clean of your refrigerator and freezer. Throw out items that are already expired or spoiled. Although this contributes to food waste, it is important to start with a clean slate. This will help decrease clutter in your refrigerator, leading to better visibility of foods.
2. Now that you can see what you have, it is time to take inventory. Before grocery shopping, make a note of ingredients that you need to utilize. Use this as a guide for planning your meals and snacks for the upcoming week.
3. Execute the plan. Stick to your shopping list in the grocery store. Follow-through with preparing and eating the meals or snacks you originally planned for while creating your grocery list. If your plan changes- feel free to make the scheduled meal to store in your freezer for another day.
4. Don't care for leftovers? Scale back a recipe for the exact number of portions you need or transform the leftovers to create a new dish for the following day. Example: Roasted chicken breast can be transformed as an ingredient in chicken salad or chicken noodle soup.
5. Make one dinner per week (preferably the night before a grocery shopping trip) a recipe with flexibility that allows you to use up the remaining fresh vegetables in your refrigerator. This could be a stir fry, soup, or casserole if you'd prefer vegetables cooked, or a colorful tossed salad as a fresh raw vegetable option. For leftover fruits, you can make a smoothie, add to hot cereal, or include in a recipe for a baked good. This allows you to enter a new week with the clean slate that you started with. Additionally, this may motivate you to eat more fruits and vegetables each week.

Although this is not everything you could do to cut back on food waste, it is a good place to begin your journey towards reaching the U.S Food and Drug Administration's (FDA) goal to reduce the national food waste by 50% by the year 2030.



Project CARE

Would you or someone you know benefit by being matched with a community volunteer who can visit you weekly in your home, virtually, or by phone?

Seniors aged 60 or over and living in Tompkins County, can request to have a friendly visitor through our Project CARE program at no cost.

Weekly visiting option:

Project CARE's **friendly visitor program** provides companionship by matching you with a volunteer who will make weekly contact in a way you are comfortable with. Home visits are available with safety precautions in place; or if you have internet access – visits can be done virtually; or a volunteer could provide a weekly phone call.

Many Seniors in our community greatly benefit and find comfort from a weekly visit. Volunteers can provide conversation and so much more. This service can provide in-home support to Seniors who are socially isolated, experiencing loneliness or those that are homebound, especially during the pandemic.

If you are interested in any of the Project CARE options listed, would like more information, or would like to volunteer contact:

**Dawn Sprague, Project CARE Coordinator,
Tompkins County Office for the Aging
Phone 607-274-5499
Email dsprague@tompkins-co.org**

A Safe Place to Exercise (Continued from page 1)

back in on the subjects eight years later, 70% of the participants were still following the routine. In another 2015 study at St. George's University Hospitals NHS Foundation Trust in London, researchers found that walking 25 minutes a day added up to **seven years** to participants' lifespans! Debbie added, The importance of wearing proper shoes for walking. After 500 miles (really not that many!), the cushioning is too compressed and no longer protects your knees and hips in the same way. Lifelong's Walk program will begin April 15th. *(See page 9 for details.)*

Debbie emphasizes the variety of options and affordability of classes at Lifelong downtown or the classes in Brooktondale, Trumansburg, Jacksonville, or Lansing. The class members are physically distancing and wearing masks. Lifelong is a comfortable environment in which to exercise. Class sizes are small, affordable, and are for people aged 55 and older only. That means you are in a no judgement zone with your peers who are all aging with you. Health and Fitness Activities also includes Enhanced Fitness Classes, Tai Chi, Chair Yoga and Dance: Round, Line & Square. Lifelong even offered outdoor classes during the past two years. (Check out Lifelong's current schedule on page 9).

"The type of exercise doesn't matter," says Alicia I. Arbaje, MD, MPH, assistant professor, Geriatrics and Gerontology, associate director of Transitional Care Research at Johns Hopkins University School of Medicine, Baltimore. **"The best exercise is the one that you actually do."**



A Enhanced Fitness Class at Lifelong "Doing elbows to knees" Notice the range of flexibility among the participants.



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Public Partner

Gadabout Tompkins County Office for the Aging Transportation Partnership

This program serves older adults age 60 and over with transportation needs by providing them with one way Gadabout tickets at no cost. Its intended purpose is to provide older adults who have no other form of transportation with rides to medical appointments, grocery shopping, etc. Both Zone 1 (within the City of Ithaca) and Zone 2 (within Tompkins County) tickets are available.

How does it work?

- The Office for the Aging has purchased both Zone 1 and Zone 2 tickets from Gadabout
- These tickets are kept at the Office for the Aging and are available for adults age 60 and over
- Contact the Tompkins County Office for the Aging at 607-274-5482 to request tickets
- Contact Gadabout at 607-273-1878 to schedule your ride

Who can participate?

- Any older adult age 60 and over who has transportation needs
- There are NO income guidelines
- There is a 20 ticket cap for each individual within a 12 month period
- While there is no cost to this program, voluntary contributions are welcomed. You are not required to contribute and no one will be denied service if no contribution is made

STOP THE SPREAD OF COVID-19

Mask Up!

KN95 Masks Add Protection for You and Your Family

When to wear a KN95 mask

- When you are indoors and around others, especially those who are ill or not yet vaccinated.
- If it will be crowded or if masks are required.

How to wear your KN95 mask

KN95 masks that fit tightly to your face will stop the virus.

- Ensure a good seal around your cheeks and adjust nose clip for a close fit.
- A tight seal stops air flow through sides of the mask so the mask filters the air you breathe in and out.



Where to get your KN95 mask

- The County has distributed 1,000s of masks to towns, villages, and organizations. **Scan the QR** for a list of locations.



Tompkins County Health Department COVID-19 Reminders to Keep our Community Healthy

FREE KN95 masks and COVID-19 Self-Test Kits are available at your local library or town clerk's office.

Call 2-1-1 for more information.

It's not too late to get vaccinated or get your booster. Contact your local pharmacy or primary care provider to find out how to get vaccinated. Vaccination is proven to reduce both the severity of illness and the risk of being hospitalized.

Wash your hands well and often, stay home if sick, get tested, and wear a well-fitting mask for added protection.

What are the Risks of Hearing Loss?

From the Golden Glow, office of the aging Schuyler County

Did you know there are hidden risks associated with hearing loss? Aside from it being difficult maybe even impossible to engage in social conversation, you may encounter unexpected challenges. According to a study conducted by Frank Lin, MD, PhD and his colleagues at Johns Hopkins, walking issues, falls and dementia were all linked to hearing loss. The greater the impairment, the greater the risk. As a matter of fact, they found that those with a severe hearing loss were 5x more likely to develop dementia. Lin and his colleagues looked at brain scans and found that hearing loss may have been a contributing factor to a faster rate of brain atrophy.

We have long heard that social isolation contributes to dementia and since many people with a hearing impairment start to self-isolate due to the challenges of conversing with others, you can draw the connection between hearing loss and dementia.

Walking is another direct link to hearing. You may not know it, but you do use sound to help maintain your balance. The sounds your ears process when walking tell you how hard to plant your foot or how wide your gait should be. Additionally, the speed at which you walk is impacted. There are studies on this specific topic but too much to include here. You can look for more information in an article entitled "Walking With Ears: Altered Auditory Feedback Impacts Gait Step Length in Older Adults." <https://www.frontiersin.org/articles/10.3389/fspor.2020.00038/full>

Other considerations of hearing loss include the following:

- Heart Health - Poor blood flow that can come from vascular disease can impact the blood flow to the blood vessels in the inner ear which can lead to hearing loss.
- Osteoporosis - This is a condition in which the bones become brittle. There are three tiny bones in the middle ear. If larger bones can become brittle and cause issues such as hip fractures, imagine how three tiny bones can be impacted and no longer function as they should in the hearing process.
- Diabetes - According to the CDC, "over time, high blood sugar levels can damage small blood vessels and nerves in the inner ear."
- Depression—People with untreated hearing loss have more often reported issues with depression and anxiety than those who wear hearing aids.
- Obesity - Being significantly overweight leads to a number of medical issues such as diabetes, heart disease and hypertension which are all linked to hearing loss.
- Smoking - Studies have shown that smokers as well as those who are consistently exposed to second hand smoke have a higher risk of developing hearing loss.

If you are experiencing hearing loss and have not had a hearing test or have not been examined by your health care provider, you should do so. They may start with ensuring the hearing loss is not coming from a build up of ear wax which can be removed. If you have been tested or evaluated by your health care provider and hearing aids were recommended but you cannot afford them, reach out to your local Lions Club. They may be able to assist through the Finger Lakes Region Lions Hearing Foundation. The Foundation collects and refurbishes used hearing aids and makes them available to individuals based on financial need.

Are you or someone you love in a long-term care facility and having issues with:

- Neglect
- Privacy
- Finances
- Dignity/respect
- Food and dining
- Housing
- Visitations
- Anything else related to your care and/or wellbeing?

Call your ombudsman!
(607) 274-5498

The Long-term Care Ombudsman Program (LTCOP) is **FREE** and **CONFIDENTIAL**.

We work *with* residents to resolve your issues and advocate for your wants and needs.



Office of the State Long Term Care Ombudsman



Spring, is that you? Not quite yet! We may still have some cold weather ahead that can be draining to your fuel tank and your wallet. **Thankfully, as of February 15th, there are two Emergency HEAP benefits that are available to clients who are eligible to receive it.** If you have already received a regular HEAP benefit, and you are at 25% on your fuel tank, have a 10-day supply of fuel, or have a shut off notice from your utility company, please call the Office for the Aging at 607-274-5482 to apply.

Water Wisdom: How to Avoid the Risk of [Overflowing Water Bills*]

(*insert your own water witticism here!)

by Arabez Smith, Intern at the Tompkins County Office for the Aging

Whatever the season, there's always the risk that your water bill will come as a shock. Maybe you've been watering the garden on a summer day and the hose bib connection isn't *quite* as secure as it could be, or the toilet has developed a silent and invisible leak. However, the water is escaping, it could be months before you cotton on . . . and the last thing you want is for the arrival of your quarterly bill to be the first hint that something is amiss.

If you live in the Town of Ithaca, you receive your bill from the City Chamberlain's Office. Whether you pay online or put a check in the mail, your bill reflects your water use over the previous three months. If you look at the estimates below, that's plenty of time for enormous quantities of water to pass through your home undetected.

According to a brochure published by the City of Ithaca Department of Public Works:

- A slow drip can waste 15 to 25 gallons of water every day
- A silent toilet leak could waste more than 50 gallons per day

And the water use we take for granted can be just as wasteful. Take a few minutes to assess your personal habits:

- Do you take hot showers that last longer than 10 minutes?
- Do you leave water running while you brush your teeth, shave, or wash dishes?
- Flush the toilet needlessly?
- Do you wash the car, and leave the hose running?
- Water outdoors on a hot day?

Just a few weeks ago, here at the Tompkins County Office for the Aging, we met a woman who had enrolled in the automatic payment program, and her recently deposited Social Security check was wiped out by an unexpectedly large water bill; a bill in excess of \$2000. *What can I do?* She asked us. Sadly, the answer turned out to be, *Very little*.

Happily, the utility agreed to forgive the sewer portion of the bill, but that is not standard practice, and they were by no means obligated to do so. You may have noticed that your bill is divided into separate charges for supply and waste (water in, and water out). Any water that leaves your home and enters the waste system becomes part of your 'water out' bill. This water enters the waste treatment process and there is no avoiding this cost. The 'water in' cost is determined, of course, by your household use, combined with a standard fee for the water meter installed by the utility company.

The only water waste for which you may not be charged is water that 'spills' into the environment as a result of a faulty city line, for example. If your large water bill can be traced to such a failure in the pipes leading to or from your home, you will


not be held accountable for that waste.

Because the source of the wastewater, in the case of our client, was a silently leaking toilet, the utility processed that wastewater and added its constant flow to her quarterly bill. And while there was very little we could do to help this client recoup the expense, there are some steps you can take to avoid a similar catastrophe.

1. **Learn where your water meter is;** do an experiment and get familiar with your regular levels of use. The utility company can tell you where the meter is if you can't see it anywhere on the exterior of your home.
2. **Check connections** and water fixtures around your home, looking for drips and slow leaks (or have someone you trust do this inspection for you). Often the simple replacement of the washer in a leaky faucet can be a solution. Toilets are a common culprit.
3. **Open your mail!** Especially if it comes from your city, town, or utility company. One employee at the Water & Sewer Dept in Ithaca shared that, while they are currently understaffed and not achieving this ideal, they *aim* to send out 'leak notifications' at the beginning and in the middle of each three-month billing cycle. These notifications will alert you to the potential for a leak and save you the expense of several more months of unaddressed issues.
4. **Consider unsubscribing** from automatic payments, especially if you are on a fixed income and may be at risk of overdrawing your account should an accidental leak inflate your bill.

Need more information? You can contact the Town of Ithaca Water & Sewer: (607) 272-1717, or the Ithaca City Chamberlain: (607) 274-6580.

I would also encourage readers to advocate with the Common Council to enact tax credits for seniors which would apply not only to property and schools, but to utilities as well. Contact the Common Council by calling your alderperson directly or by email: council@cityofithaca.org



Don't forget to "like" us on Facebook. We will be posting up-to-date information about programs, services and events here at the Office for the Aging.

-so stay informed and "like" us!



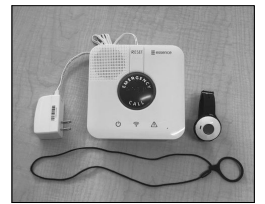
Free, Free and Free!

The Office for the Aging has KN95 masks and at home COVID-19 tests available to individuals 60+. The masks come in packages of 10 and the test kits each contain 2 tests. Stop by our office or call us at 607-274-5482.

Personal Emergency ResponseSystem (PERS)

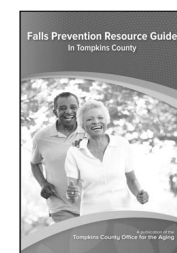
Do you live alone?

Or are you worried about having a fall and not being able to receive the help that you need?



The Office for the Aging contracts with Doyle Medical Monitoring to provide clients in Tompkins County with Personal Emergency Response Systems. Starting at \$25/month, these machines can be used in your home or on the go, and when used, can connect you to Doyle's Response Center that is monitored 24/7. If help is needed, Doyle can call 911, or a friend or family member to come assist you.

For more information, or to set up an installation, please call the Office for the Aging to speak to one of our Outreach Workers at 607-274-5482.



Falls Assessments

Are you seeing more hazards in your home?
Do you worry about the safety of your living space, or the likelihood of a fall?

The Office for the Aging provides Falls Home Safety Assessments at no cost to you. Our Outreach Workers can take a tour of your home, noting potential hazards, and give recommendations on how to remediate the noted hazards. Our Outreach Workers can also leave you with information on the different agencies that may be able to help with remediating those hazards.

For more information, or to set up a Falls Home Safety Assessment, please call the Office for the Aging at 607-274-5482.



It's Your Funeral

Will It Be What You Want?

Get unbiased funeral planning information and price comparisons

Funeral Consumers Alliance of the Finger Lakes

www.fingerlakesfunerals.org

607-273-8316



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 Karen Brown, Program Director, at kbrown@tclifelong.org to register for any of these events!

A Line from our Executive Director, Liza Burger

To everything there is a season, and we are feeling this at Lifelong with some welcomes, and some goodbye-for-nows!

Karen Brown is finishing her first few months with us as she acclimates to the Program

Director role at Lifelong! Karen's background as a Program Manager for the Ithaca Gerontology Institute and her work with health literacy will both serve her well in this position. Equally important are her creative ideas, sense of humor, and her ability to look for solutions to any challenges at Lifelong. Karen's looking forward to hearing from our members about programming ideas and has been seeking out new instructors, so please reach out if you have something to share!

Mary-Ann Reeter joined Team Lifelong at the end of January to head up one of our cornerstone programs: HIICAP (Health Insurance Information Counseling and Assistance Program). As a retired RN, Mary-Ann knows first hand the importance of having support to navigate Medicare and tease out ways to manage costs and coverage. She has been working hard to learn about All-Things-Medicare and is excited to reach more individuals who are eligible for Medicare-related cost-saving measures.

With the changing of the seasons also comes the announcement of Joyce Billing's retirement at the end of May! Over the past 12 years Joyce has served Lifelong in a variety of ways, including overseeing the *Volunteers, Connected* (and previously RSVP) program, pulling together various publications such as the Sr. Circle and our annual reports, providing office support, and handling hundreds of calls for our free tax preparation, all with patience and grace! She's excited for the next season where she plans to do more traveling, spending time with family, and tackling the process of de-cluttering to ready her home for some renovations. We are thankful for Joyce's years of service to Lifelong, and I'm delighted that she is already talking about a volunteer role with Lifelong's tax program next year! Please join me in wishing Joyce all the best in her retirement.

With Spring's arrival, please also keep an eye out for more details on upcoming happenings at Lifelong, including our (virtual) Annual Meeting on May 26th, Silent Auction from June 1-10, and a "Junk-in-your-trunk" yard sale to be held in our parking lot on June 4th! For details on all of these and much more, please be sure that you're subscribed to our email newsletter by sending a message to: kkoyanagi@tclifelong.org.

Warmly, Liza



Lifelong Learning

Register early to ensure your first choices!

Looking to enhance *your* life this spring and summer?

Mahatma Gandhi is quoted as saying "Live as if you were to die tomorrow. Learn as if you were to live forever."

Join us at Lifelong for Learning, Activities, Social Groups and Travel to continue to enhance your life through learning. There is something for everyone in various formats (in-person, virtually and off-site).

Feeling artistic? Join Jeanne Coffin for "**Yes, You Can Draw Portraits**" on Thursdays in the month of May.

Looking to explore your childhood? Join a 4 part-series "**It's Never Too Late to have a Great Childhood**" with Elizabeth Harrod.

Interested in World Cinema? Then don't miss Ron Krieg's 12 session series "**World Cinema Part IX**" beginning April 5 and running to June 21.

Looking to enhance your computer knowledge? Join us for "**iCloud Storage**" and "**Google Tools**" with Tom Fredette.

Interested in the U.S. Supreme Court? Then join Tom Butler as he discusses the 21-22 term and contentious cases on May 23rd for a hybrid offering "**U.S. Supreme Court**".

Spring also is a time to get things in order. We are offering an "**Advanced Planning Workshop**" on April 13th with Edna Brown.

And don't miss Erika Hooker presenting "**You've been Meaning to Write a Will. Learn How to Get the Ball Rolling**" on April 27th.

With the warmer weather headed our way, it's a perfect time to join a social group like Walking (and learn some interesting facts along the way) or Women's Golf.

Not so much into sports? Come inside and enjoy the air-conditioned space to play games (Scrabble, Bridge, Pinocle, Mahjong), or join a book club, or any of our other groups. You can find the groups in our catalog, online or by calling the office.

And let's not forget our adventurers! Don't miss out on trips like "Rome & Amalfi Coast" in September, Costa Rica in March 2023 and more to be announced!!

As part of Ithaca Gallery Night, Lifelong

will be featuring in May and June the work of **Diane Martineau**. A talented and prolific artist, and Lifelong member, Diane has moved from working with stained glass (one of her stained glass pieces can be seen in the Lifelong lounge) to what she is calling "Abstract Painting Collages". She uses acrylic and paper to capture the vibrant landscapes and changing seasons that are so central to life in Tompkins County.

Notary Public Service available at Lifelong



Free of charge

To arrange an appointment
email Liza Burger at
lburger@tclifelong.org



ATTENTION BARGAIN HUNTERS!!

It's Lifelong's

Junk in the Trunk Yard Sale!!

Drop down to our front and back parking lots and see what bargains you can find!

Save the date:

Saturday, June 4th, 9 - 1

(Rain date, Sunday, June 5)

If you have treasures you'd like to sell (car not required), email kkoyanagi@tclifelong.org to book a spot (\$20 per parking space). We'll take bookings until the spaces are gone.

Save the Date

LIFELONG'S 70TH ANNUAL MEETING

You Are Invited!

Thursday, May 26 at 12pm.

Open to all members and friends

Will again be held virtually. Keep an eye out in our weekly email newsletter for the Zoom link to participate in this year's meeting, or reach out to Lifelong to have the information sent to you.



Coming in June....

Lifelong's Second Annual
Silent on-Line Auction
June 1-10, 2022

Looking for space to hold a community group meeting or a gathering of friends and family?

Lifelong rooms are available for rent outside of business hours. The spaces available include a large activity room, smaller conference rooms, and a kitchen.

Interested parties should contact us directly at 607-273-1511

FRIENDS



2022 Spring Sale:

May 7-9, 14-16, 21-24.

Hours: 10am-8pm

Collector's Corner: 10am-5:30pm

Senior & Disabilities Day,
May 18, 10am-4pm
60 years & older

Book enthusiasts 60 & over and those with disabilities that make shopping difficult can shop on "Senior Day" which is the Wednesday between the 2nd & 3rd weekends, May 18, 2022, 10:00am - 4:00pm. Your helper must stay with you and cannot shop separately.



Monday, April 18- Spring Holiday
Monday, May 30 - Memorial Day

Lifelong Walks 2022

Join Lifelong members in this group activity that explores our local area. The group has a lot of fun as they learn more about the area from the guide and socialize with old and new friends, all while getting a good 1-1.5 hours of exercise in. Elke Schofield and Carol Beeman have been busy putting together a schedule that is sure to have something for everyone! Each walk is led by a different guide.

Here is a glimpse at a tentative schedule – every other Wednesday from April to October.

2022 Tentative Schedule

(More details can be found on our website: www.tclifelong.org)

4/13	Bijouterie Gallery of Fine Jewelry	7/20	Ithaca College Campus
4/22	Ithaca Falls	8/3	Arboretum
5/11	Wild Flower Garden	8/17	Black Diamond Trail
5/25	Wayne Myers Garden	9/14	Linn St. to Cornell Campus
6/8	Trumansburg	9/28	Mosaic Wall-Sciencenter
6/22	Lime Hollow Art Trail	10/12	Hospicare & Palliative Care
7/6	Daisy Hollow Farm	10/26	Beebe Lake

Individuals participating in the walking program must:

- be current Lifelong members (Contact Lifelong for information on our sliding scale fees)
- complete a Waiver Form
- able to walk independently for 1-2 miles.

The group will:

- meet outside of Lifelong at 9:15 AM and begin walk at 9:30 AM
- give the driver \$2 for gasoline & parking when carpooling is necessary
- NOT walk if it is raining or temperatures are over 80F.

Registering for the walking group can be done by contacting Elke Schofield at elke.schofield@icloud.com or call her in the afternoon at 607-272-9476.

Please include the following information:

- Name and e-mail address and home address
- home telephone number and cell phone number
- and confirm Lifelong membership is up to date.

Lifelong Ladies Senior Social Golf Program

Play golf; have fun; meet new people: exercise; and socialize!

This program is **not a league**. No scores are kept.

Season goes on from May to September on Wednesdays.

Each golfer must be a member of Lifelong, pays her own golf fees, which includes green fees, cart, and lunch.

Golf Package emails arriving in April for returning players, contact Karen if you have not received yours by April 9.

Interested in Joining Contact Karen Koyanagi at 607-273-1511 or email: kkoyangi@tclifelong.org **There is a limit of 60 players!**

LIFELONG: Virtual Health & Fitness Activities

ENHANCE YOUR FITNESS

Brooktondale Volunteer Fire Company
Mon/Wed/Fri 9:30am – 10:30am

Trumansburg Fire Hall
Mondays & Fridays- 10:00am – 11:00am

Lifelong
Mondays 8:30am-9:30 am

Wednesdays 10:30am-11:30am

Fridays 8:30am – 9:30am

STRENGTH TRAINING

Lifelong
Thursdays 12:30 – 1:30pm



CHAIR YOGA

Jacksonville Church
Tuesdays 11:30am – 12:30pm

Lifelong
Thursdays 10:00am-11:00am

TAI CHI

Lifelong
Fridays 12:00-1:00

DANCE-Line, Round & Square

Lifelong
Fridays, 2:00pm – 4:00pm
Come & enjoy music, caller-led square dancing, & friends! No experience necessary! Newcomers Welcome!



VOLUNTEER FAIR

Lifelong - 119 West Court Street - Downtown Ithaca



Monday, May 16th
1:00 - 3:00 pm

- Visit booths from Tompkins County non-profits who are looking for volunteers.
- Talk directly with Volunteer Coordinators, and Active Volunteers
- Refreshments and Door Prizes



Lifelong Membership...

Why do it?

Lifelong is a community center for people 50 years of age & up.

Our mission: **to “enhance the second half”.**

Join Lifelong online at: www.tclifelong.org

Membership Benefits

Lifelong members are eligible to register and participate in all classes and events that are held in person at Lifelong and/or offered virtually. Additional benefits to members during normal business operation have included:

- Sciencenter passes
- discounted TCAT bus tickets
- Cornell Concert Series tickets
- BorgWarner pool pass
- 25% discount YMCA membership if you are 60 years and older

But ... There is MORE!

Have a question about your smartphone? Need Assistance with buying a new tablet or computer?

We have 1:1 support for your computer & cell questions. Just give us a call to schedule an appointment!

And...How much does it cost?

Lifelong is excited to announce our new sliding scale for membership. To ensure that no one who wants to join is prevented from doing so because the cost is prohibitive, we have three different levels of membership fees. More information about this will be on the website and in the eNewsletter.

Stay Informed – Lifelong’s eNewsletter

The weekly eNewsletter is a source of information about Lifelong programs, events, and other items of interest.

Sign up by visiting us at:
<http://www.tclifelong.org>

Volunteers, Connected!

Lifelong's Volunteer Program connects seniors with volunteer opportunities with non-profits throughout Tompkins County.



FISH (Friends In Service Helping) primarily serves elderly citizens who may be frail or who no longer drive, as well as Tompkins County residents who have limited transportation options and resources. A rider requests service by a call to 211.

If 211 deems that FISH is the appropriate service, 211 contacts the FISH driver on call for the period involved.

Drivers may require that a rider be vaccinated. Drivers are asked to commit to as few as 2 rides a month. Several of our drivers are elderly. Several are accompanied with a spouse.

Call FISH Director Max Maxwell for further information, 607 280 0776.

Dryden Town Historical Society

The Dryden Town Historical Society aims to discover, preserve and disseminate knowledge about the history of the Town of Dryden in the State of New York.

Go to their Facebook page to learn more about the museum and upcoming events. <https://www.facebook.com/DrydenTownHistoricalSociety>

VOLUNTEER OPPORTUNITIES

- Be A Docent. Spend time at DTHS on Saturdays. Pair up with a seasoned docent to welcome visitors.
- Be a Tour Guide. Learn about the Southworth Homestead and share the fun of walk-throughs with guests.

If you would like to know more, stop in or leave a message, 844-9209. or email drydennyhistory@gmail.com



WONDERFUL WHEELCHAIRS NEEDS YOU!

Are you looking for a meaningful way to volunteer your time?

Wonderful Wheelchairs is a terrific, all-volunteer organization that cleans, repairs and sells used wheelchairs at a very reasonable price to those in need. They are looking for volunteers to pick up or deliver wheelchairs, or to donate time to repair and clean wheelchairs.

So, if you know your way around a wrench or screwdriver and would like to do some meaningful work to enhance the quality of life for someone else, please call 607-272-8224



VOLUNTEERING AT CAYUGA MEDICAL CENTER

Volunteers are very important to Cayuga Medical Center at Ithaca. They touch the lives of our patients and their families in many ways.

If you'd like information about volunteer opportunities at CMC at Ithaca, please email Crystal Barkman at cbarkman@cayugamed.org.

Here is some of the work performed by volunteers throughout the medical center:

- Giving directions to visitors and answering the telephone at the visitor reception desk.
- Waiting on customers and stocking shelves in the Gift Shop.
- Assisting nurses with non-medical matters, comforting patients and helping families in the Emergency Department.
- Keeping families company in the surgical waiting room and getting updates for them from the operating room desk.
- Assisting the Intensive/Cardiac Care Unit clerk, talking quietly with family members, keeping track of visitors, and answering the phone.
- Stocking exam rooms at the Urgent Care Center.
- Providing clerical support and transporting patients throughout CMC.
- Signing people in at patient admissions and helping them to get to their destination.



If you have an upbeat and positive attitude, strong oral communication skills, and a passion for teaching and learning, we want you to become a Sciencenter volunteer! You will receive ongoing opportunities to grow and gain skills within the organization. Science content expertise is not required. Fill out an application. Applications are reviewed on a rolling basis.

VOLUNTEER OPPORTUNITIES

- Education Programming Assistant: Enhance the guest experience by facilitating hands-on activities, supporting memorable interactions with exhibits and helping to maintain a safe, clean museum environment for all.
- Animal Room/Tidepool Touch Tank Facilitator: Introduce our guests to teaching reptiles and Tidepool Touch Tank inhabitants. Training in these areas is available to experienced volunteers.
- Special Events: Individual and group volunteers are needed for 2-4 hour shifts at special events, which generally take place on weekends and weekday evenings

Contact: Kimberly A. Griffiths, Sciencenter Volunteer Program Manager
At 607.272.0600, x149 or e-mail: kgriffiths@sciencenter.org



American Red Cross

Pick your time, day and location to help with Blood Drives throughout Tompkins County.

Volunteers are needed for a 2-3 hour shift to greet, pass out refreshments and other duties helpful to blood donors. **Call Sis Johnson at 272-6806.**

The Ulysses Historical Society is Looking for Volunteers

Have you ever thought about joining a diverse of people to explore the history of the Town of Ulysses?

We value volunteers with all types of knowledge and skills. We are looking for **Docents** (museum guides/hosts) who can volunteer 2hours either a Saturday or Sunday once a month from 2PM -4PM.

We also have a weekly Monday Morning Group that meets from 9AM-11AM to help set up displays, special events and many other tasks that keep our museum operating at peak performance level.

We Love New Ideals!

Call Barbara at 607-882-0705



Are you looking for a meaningful way to spend some time? Do you want to make a difference in someone's life?

CRC seek warm, compassionate people to provide support to those facing cancer in our community

*When clients walk into or call our office, they are greeted with a smile, empathy and **hope** by our wonderful volunteers. Volunteers assist the CRC staff with various projects critical to the smooth running of our agency. Some of our volunteers are a daily comforting presence at Cayuga Medical Center, in both Radiation Oncology and Chemotherapy Infusion, offering a warm blanket, a snack, or just an ear to listen. They provide support and information to cancer patients and their caregivers.*

Our needs require commitment to a 3-4 hour shift on a weekday during office hours. Bus service is available to both the CRC office as well as Cayuga Medical Center.

If you'd like to help make a difference, please visit www.crcfl.net or contact Rocio Zepp at rocio@crcfl.net or call our office 607-277-0960.



Loaves & Fishes

Volunteer help is needed to prepare free meals to-go.

When: Monday, Wednesday & Friday mornings
Tuesday & Thursday late afternoons

Where: Loaves & Fishes, St. John's Church, 210 N. Cayuga St., Ithaca
To sign up or for more information, email: info@loaves.org

New Mass Notification System to Replace Swift 911 in Tompkins County in April

from **Geoff Dunn**, Community Preparedness Coordinator
Tompkins County Department of Emergency Response

Tompkins County Department of Emergency Response has announced that *Tompkins County SIREN* is now available to all residents and will soon replace the current *Swift911* mass notification system. *Tompkins SIREN*, or Safety & Incident Real-Time Emergency Notifications, is a free service that allows individuals to receive alerts sent from local authorities to stay informed on potentially hazardous situations involving weather, traffic, and other emergencies.

Tompkins County SIREN allows residents to receive alerts via phone, text and email, and answer poll questions that will give local officials critical information during emergency situations. Individuals who are signed up for alerts can also receive reliable information about the county's COVID-19 response and other public health notifications.

Individuals who were previously signed up for *Swift911* will be automatically enrolled in the new system. However, they are encouraged to create a profile in the new platform. Residents of Tompkins County who were not previously signed up for *Swift911* should sign up for free at: <https://www.tompkinscountyny.gov/SIREN> or by texting SIREN to 67283. They may also register by contacting the Department of Emergency Response at (607) 266-2633, or email SIREN@tompkins-co.org. They can also identify when and how they are alerted and communicated with before, during, and after emergencies.

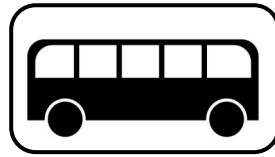
Local villages, towns, and the City of Ithaca will also use *SIREN* to communicate with residents based on location. For example, the City of Ithaca will use the system for the upcoming spring street cleaning program.

"*Tompkins County SIREN* strengthens our ability to communicate with residents when it matters most," said Michael Stitley, Tompkins County Director of Emergency Response. "This service allows for critical communication with the public and provides individuals with the information needed to stay safe or take precautions during hazardous or emergency situations."

Community members are encouraged to sign up for *Tompkins County SIREN* and input their information and notification preferences at: <https://www.tompkinscountyny.gov/SIREN>

"Our goal is to have as many people as possible signed up for this resource," said Community Preparedness Coordinator Geoff Dunn. "Please take a moment to encourage your families, neighbors, and communities to sign up so they don't miss important updates in the event of an incident or emergency in Tompkins County."

A list of frequently asked questions about *Tompkins County SIREN* can also be found at: <https://www.tompkinscountyny.gov/SIREN>



TAKE CHARGE OF YOUR TRANSPORTATION



From Norma Gutierrez, Way2Go Transportation Educator
Cornell Cooperative Extension Tompkins County (CCETC)

Check out Way2Go's 14 fun, short and engaging "How-To" videos, created to help residents and newcomers in Tompkins County become familiar with the various transportation options here.



Learn about 5 Fabulous Ways to Take Charge of Your Transportation from going together by carpool, taxi, and carshare, or going active on foot, bike, or bus. Other videos about our local TCAT bus system cover how, when, and where to hop on the nearest bus: TCAT Bus Basics, TCAT Bus Basics for Wheelchair Users, and Transit App Tools.



Our Aging and Driving video series (Part 1, Part 2, Part 3) can help you and your loved ones decide when it no longer is safe to drive due to age or physical/cognitive limitations, and how to find safe alternatives to driving.

All 14 videos recently were updated to include the most timely information and tips. Find them linked on the Way2Go Videos page on our website, or visit our Way2Go Channel on YouTube.

Way2Go is Tompkins County's transportation information and learning hub that connects riders with transportation options and facilitates new community solutions.

Spring Writes Literary Festival

The Community Arts Partnership is seeking inclusion for our 14th annual Spring Writes Literary Festival.

The festival will take place (mostly zoom) from May 5 to May 15 .

Writers (or any artist with literary themed work) can apply to be part of it.

There will be 40 events!

30 literary themed readings, panels, films, performances will take place from May 5 to 15 - all on zoom.

10 additional writing workshops will happen throughout 2022.

Our theme is "Diverse Voices" and that can mean race, community, experiences, class, identity, age, rural voices...

We have small stipends for participants.

Individuals can apply to be part of a group reading that we organize, or organizations or individuals can apply to create an event (workshop, panel, performance).

The PDF instructions are at SpringWrites.org or e-mail **Robin Schwartz**, Program & Grant Director, Community Arts Partnership at programs@artspartner.org

If you have any questions about participation, let me know!

McGraw House Senior Apartment Complex



- 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
 - Dining Facility with Evening Meals
- Preference provided to eligible Veterans/Surviving Spouses Residing in New York State
 - Welcomes Diversity & Encourages Individuality
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www.mcgrawhouse.org



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www.ness-sibley.com

Call for visual art submissions in any medium (including video) for a curated exhibition at Lifelong

Theme:

Music and Movement in Art

In this divided world, we are different, yet we are the same: wanting to be seen, heard, and respected for who we are. Music and movement can traverse the lines of culture, ability, gender, age, socio-economic status, education and all the other boundaries that define and separate us. It seems appropriate that they be the theme around which we build our first Lifelong Mosaic gallery exhibition. We are calling for art that has been inspired by, has as its theme, or expresses the significance of music and movement in the artist's life, culture, and/or identity.

We are excited to invite artists of diverse backgrounds and life experiences to participate in this curated exhibition. **Please send a photo or video to kkoyanagi@tclifelong.org by April 30, 2022.** Please submit an artist's statement with your work addressing the following: "What significance does/did this piece have to your life and the person that you are/were? How and what does it express about the intersection of identity and music and movement?" The exhibition will open on August 1 and will run until mid-December.

Lifelong participates in Gallery Night Ithaca. Our gallery is a space that is used for classes and activities and so a variety of members and guests will view the art through the entire exhibition. Work can be offered for sale, but the transactions must be handled by the artist.



The Book Nook

A feature from the Tompkins Public Library

Find out what's happening at Tompkins County Public Library!

Visit www.tcpl.org

or call 607-272-4556 for information.

You can browse and borrow our digital books anytime!

Killers of the Flower Moon: The Osage Murders and the Birth of the FBI



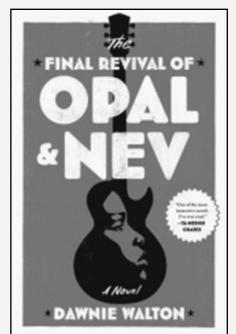
by David Grann (2017)

As a reader who enjoys true crime and American history, this appealed to me on both fronts. David Grann's narrative of Osage people mysteriously killed on their own lands in Oklahoma in the early 1900s is also a tale of how the Federal Bureau of Investigation moved toward scientific method for investigation when called to solve crimes where other law enforcement failed.

With each clue uncovered, the book becomes more gripping as Grann tries to assemble the pieces of the many puzzling murders. I highly recommend this book. **Reviewed by Woody Chichester, Library Assistant TCPL**

The Final Revival of Opal and Nev: A Novel

by Dawnie Walton (2021)



Plunge into the 1970s music scene as Opal finds her footing as a black artist in a world not always kind to black women. Find shadows of real life music legends in the vivid descriptions of Opal, her musical partner Neville Charles, and all the musical characters that orbit them.

I was immersed in this world while listening to the audiobook as journalist S. Sunny Shelton interviews Opal and others for a popular music magazine in 2016. We learn of Sunny's connections to the musicians and how events impacted their lives, their music and the country itself. We learn how history isn't always what it seems.

Loaded with colorful descriptions of their adventures, along with stunning revelations that change how friends and lovers see each other, this book had me singing its tune in short order. **Reviewed by Sarah O'Shea, Librarian, Head of Youth Services TCPL**

CPL offers a variety of book club programs for all ages. Check them out at <https://www.tcpl.org/book-clubs>.

All Library programs are free and open to the public.

Clip and Save

TAKE A MONTHLY MUSICAL TRIP DOWN MEMORY LANE WITH RUDY PAOLANGELI



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Monthly Salute	Event	WHCU	WNYY
Sunday, May 1	Salute to May		10:00 AM - 12 Noon
Monday, May 30	Memorial Day	7am—9am	10:00 AM - 12 Noon
Saturday, June 4	Salute to June		10:00 AM - 12 Noon
Monday, July 4	Independence Day	7am—9am	10:00 AM - 12 Noon
Saturday, August 6	Salute to August		10:00 AM - 12 Noon
Monday, September 5	Labor Day	7am—9am	10:00 AM - 12 Noon
Saturday, October 1	Salute to October		10:00 AM - 12 Noon
Saturday, November 5	Salute to November		10:00 AM - 12 Noon
Thursday, November 24	Thanksgiving	7am—9am	10:00 AM - 12 Noon
Sunday, December 25	Christmas	7am—9am	10:00 AM - 12 Noon

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Clip and Save

AARP Lifelong is happy to host AARP's Driver Safety course in June & November 2022.

"AARP's driver-safety course is the nation's first and largest refresher course designed for older drivers but is open to all age groups. The Smart Driver curriculum meets standards for driver improvement based on research and expert opinion. The course is dedicated to helping drivers stay safe, educated, and confident behind the wheel. Course participants may qualify for a three-year insurance discount after completing the course."

June 15 & 16 1 pm – 4:30 pm at Lifelong

For more information and to register call 607-273-1151.