

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

## Senior Focus: Milly Acharya; Botanical Artist

By Trina Schickel, Aging Specialist, Tompkins County Office for the Aging

### “God is in the details.”

Mies Van der Rohe,  
German-American architect

Light, economy of space and warmth are words that capture my impression of the charming home of Milly Acharya on South Hill in Ithaca. Milly and I recently spent part of a morning together to discuss not only her amazing paintings, but to also explore some of the elements of her life which have created urgency for her as a painter and scientist. Sitting across from me in her sunlit living room, with her legs crossed on an oriental carpet, Milly quietly and eloquently described her journey as an artist and, to her way of thinking, as a scientist.

A native of New Delhi, India, Milly came to Ithaca as a graduate student to Cornell University to study education and sociology. She spent some time working in the NYC public schools doing qualitative studies related to teen pregnancy. However, as Milly described to me, “I always carried my portable studio with me.” Painting what she found in nature became her passion and ultimately the force that prompted her decision to abandon her studies and focus on her painting. Milly continued to work at Cornell in the library and also in Nutritional Sciences. She painted evenings and weekends as well as doing some free-lance work for various publications and organizations. She also wrote a children’s book entitled “The Ramayana for Young Readers” (Harper Collins, 1998).

The year 1999 proved to be one of the great challenges of her life. Milly experienced a physical pain unlike anything she could have previously described. She awoke with one side of her face in excruciating pain. Thinking she might have a dental problem, she called her dentist who could find nothing wrong with her teeth, but recommended that she see her primary care doctor. The primary care doctor sent her to a neurologist who had her admitted to the hospital after viewing an MRI of her head. What Milly had experienced was a cerebral hemorrhage. A trip to the Syracuse area hospitals for further evaluation and ten days in the hospital provided her with a greater understanding of what had actually happened to her. The Syracuse doctors put slender coils of titanium in her vein to divert blood to the artery. Twelve years later, Milly suffered yet another hemorrhage. The recovery from this second event required surgery and resulted in extremely compromised vision for almost a year. “There were times when I felt like my life had fallen into a million pieces, with no glue to hold it together. I felt dependent – an experience that I did not like at all.” Understanding now that brain aneurysms are an ongoing threat to her, Milly devoted herself to her painting full time. The notion that she could lose her ability to see created an urgency to paint and see as much as possible.

It is difficult to describe to the reader what one sees when looking at one of her paintings. I read a review of her work that was in a local art exhibit and thought the writer, Warren Greenwood, captured her work far better than I could. “I reached into my threadbare bag of metaphors and similes to verbally describe some of Acharya’s paintings, but it was hopeless. They are a psychedelic fantasia of writhing and swirling green leaves and coiled stems, delta rivulet and longitudinal leaf patterns, sunburst explosions of orange-and-green blossoms, electric crackles of green latticework framing Star Trek alien flower pods of green-and-red, exploding flowers like purple starbursts with green anemone pistil-and-stamens waving from their centers, Tiger lily blossoms like orange alien arachnids, the black dots on their surface flowing like iron particles in magnetic fields, Iris stems shooting up like the architecture of cathedral windows, purple blossoms undulating like undersea flora, white onion bulbs terminating in lightening balls of white-and-brown roots, and on and on...You get the idea.”

Milly spends six to seven hundred hours on each painting and paints about 6-7 paintings each year. “My painting is very autobiographical and intimate. I become one with the plant. I paint plants on the continuum of



*Each of Milly Acharya’s painting requires six to seven hundred hours to create.*

*“The notion that she could lose her ability to see created an urgency to paint and see as much as possible.”*

life and I am reminded of the brevity of life with each painting.” At the same time, Milly sees her work as truly scientific and analytical, an exploration of the details of each plant.

I had the privilege of seeing her studio, which is quite small with luscious light from two adjacent corner windows. Two magnifying lenses grace the table –one focused on the plant and the other on the paper. Milly graciously allowed me to look through the lens to see what she saw and then to see that reflected on her paper. Frankly, it was an emotional moment for me. The love and care with which she executed her work was something to behold – a thing of beauty that I will always treasure. Thank you, Milly seems somewhat inadequate.

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CHANGE SERVICE REQUESTED

## Senior Services

### Information and Referral

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

### Help With Yard Work

The Office for the Aging/ NY Connects maintains a listing of people who are willing to do yard work for seniors on either a paid or volunteer basis. If you are in need of some help with your yard work, please give us a call at 274-5482.

### Longview's Adult Day Program

Longview's Adult Day Program has become the home away from home for many Tompkins County seniors, offering companionship, recreation, safety and security. The daily fee of \$45 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Longview's Adult Day Program is open from 9am to 3pm on Tuesdays, Wednesdays and Thursdays. For more information call 375-6320.

### Need a Break? Project CARE Might Help!

The Office for the Aging's Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches seniors and their caregivers with volunteers who provide friendly visiting, respite, or might even be able to assist with some light housekeeping, yard work or errands. If you or someone you know would benefit from some help with the difficult work of caregiving, please contact Trina Schickel at the Office for the Aging, 274-5491. Additionally, if you are interested in volunteering, please call the Office for the Aging, 274-5491, for more information about Project CARE.

### Options for In-Home Help

The Registry is a free service that links individuals in need of in-home help with independent job seekers. If you or your loved one are in need of an experienced housekeeper, personal aide, certified nurse's aide, LPN or RN, the Registry can provide you with referrals. The Registry prescreens and checks reference for all caregivers. You interview and negotiate the specific terms of employment with the caregiver. For more information, please contact the Registry Coordinator, Cheryl Baker, at the Finger Lakes Independence Center, 272-2433.

### Maintain Your Independence

Wondering what you can do to make your home safer? The Office for the Aging is offering free home safety assessments. Call 274-5482 to have an Outreach Worker visit your home. Working with you, they will go through your house, room by room, to identify falls hazards. Afterwards, they will discuss options for addressing any falls hazards found. This service is being offered by the Office for the Aging as part of the local Step Up to Stop Falls collaborative. Call 274-5482 for more information.

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Are you interested in scaling down & simplifying your life? Have you considered retirement community living? Longview may be the answer!

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## What is the Long Term Care Ombudsman Program?

The Long Term Care Ombudsman Program is an advocate and resource for persons who reside in long term care facilities such as nursing homes, assisted living and adult care facilities. In New York, the program is operated under the direction of the State Ombudsman and administratively housed within the State Office for the Aging (NYSOFA). It provides advocacy services through a network of 15 regional programs and 1000 volunteers statewide. Each regional ombudsman program has a designated ombudsman coordinator who recruits, trains and supervises volunteers that provide a regular presence in nursing homes and adult care facilities.

Ombudsman can respond to a variety of concerns including:

- Quality of care
- Abuse and neglect
- Rights violations
- Lost and stolen belongings
- Dietary concerns
- Discharge, eviction or termination of services
- Public benefits programs
- Cost of care

The Tompkins County Office for the Aging now administers the program in Chemung, Schuyler and Tompkins Counties. If you would like to learn more about the LTCO program or if you are interested in becoming a volunteer please contact Caryn Bullis, Ombudsman Program and Outreach Specialist at 607-274-5450 or email at [cbullis@tompkins-co.org](mailto:cbullis@tompkins-co.org).

## Tax Counseling for the Elderly (TCE):

### Another Productive Season

From Mary Pat Dolon



FREE, accurate and accessible Tax Preparation for those 60+, households with limited income as well as those with limited proficiency in English has been sponsored by Lifelong and delivered by a cadre of exceptional volunteers for 37 years! And TCE has just concluded another very successful season.

For the 2015 Tax Season, TCE had **24 Certified Tax Preparers** and **8 Greeters**. A total of 824 households sought assistance from TCE Volunteers. As of May 2, 2016, **779 Federal returns were E-filed** and accepted. 634 or 81% of these returns were on behalf of households where one or more persons was 60 or older. 20 Tax Payers preferred and received paper returns which they were required to mail themselves and an additional 24 returns remain in-process. Some of these returns will be classified "Assistance Only" as, for example, the taxpayer was not required to file or had a return that was Out of Scope for the TCE program. These same returns also generate real income to community members: **\$602,490 in refunds** and **\$65,892 in additional income through the Earned Income Tax Credit**.



*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!*

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.

## No One Should Face Cancer Alone



Join a welcoming community of support for people living with and affected by cancer

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### Attention golf lovers!



The Cancer Resource Center of the Finger Lakes is hosting its 3rd annual golf outing on Friday, June 17th at the Country Club of Ithaca. You can register as an individual or gather your friends or co-workers to form a team. Then come out to play 18 holes of golf on Ithaca's most beautiful course. You'll be supporting an award-winning local organization which has helped thousands of people affected by cancer access support, information, and resources in our community. The Cancer Resource Center's mission is to ensure that no one faces cancer alone and YOU can help!

To find more information, check out our website [gvgb.co/CRCFLgolftournament2016](http://gvgb.co/CRCFLgolftournament2016) or contact Ed Moscato at 607-216-1450.

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## Caregiver's Corner



David Stoyell

### Protecting Elders from Financial Abuse

In the spring, many of us received unsolicited phone calls from scammers claiming to be from the IRS and threatening us with jail time if we ignored them. This summer, we may have contractors coming up to our door saying that they are working at a neighbor's house and can offer us a deal. In the fall, we may start getting unsolicited calls about health insurance.

All of these are illegal solicitations unless we have a previous business relationship with the firm. But they happen anyway and some of your elderly relatives may be vulnerable to such schemes. Other schemes include sweepstakes and prize offers, con artists steering seniors into high risk investments or pyramid schemes, and questionable fundraising tactics of some charities.

#### Red Flags

Relatives, friends and other caregivers should be on the lookout for warning signs of fraud:

1. Piles of unsolicited mail from marketing and lottery operations.
2. High volume of packages containing inexpensive jewelry, watches, or other products.
3. Large number of magazine subscriptions.
4. High volume of unsolicited phone calls from marketers and others offering "valuable opportunities."
5. Large bank withdrawals for unexplainable expenses related to marketing companies and other businesses.
6. Does your relative (friend) seem to be unduly influenced by the advice of a particular person with whom you are not familiar?
7. Have your relatives' spending habits changed dramatically, or have they complained about being short of money lately? Are utility and other bills not being paid?
8. Has your relative or friend switched health insurance in response to a marketer without getting information needed to make an informed decision about all their options?

#### Victimized by Relatives/Friends

Unfortunately, many vulnerable elders are

being exploited financially by relatives or "friends."

Your relative may not ask for help. They may be in denial or ashamed of what has happened to them. They may fear retaliation or that they will lose needed help for their basic care. They may have a sense of misplaced loyalty to someone who has treated them well in other ways. They may be unable to report exploitation because of physical or mental incapacity.

Any of the following changes can be signs of financial exploitation and should be treated seriously:

#### Changes in a person's demeanor

- New worry about their finances, especially missing funds
- Inability to remember making certain financial transactions
- Implausible explanations about what they are doing with their money
- Fears they will be institutionalized unless money is given to a particular person
- Afraid to answer questions in the presence of another

#### Questionable Transactions

- More frequent ATM transactions
- Large withdrawals from bank account
- Signatures on withdrawal forms that are suspicious
- Amounts and signatures that seem to be written with different pens
- New bank loans or debts

#### Suspicious Relationships with Caregivers

- New friends or relatives who are suddenly spending a lot of time with the person and appear too interested in their finances.
- The person is becoming increasingly isolated and overly dependent on a single relative, friend or professional caregiver.
- A caregiver who speaks for the person in a silencing way.
- The person seems nervous around, or afraid of, a particular relative, friend or caregiver.
- Someone inexplicably gains control over the person's finances.

#### If You Suspect Abuse

Get information to clarify the events and circumstances that prompted the suspicions. Review existing documents and collect missing information, especially in the areas of housing expenses, food purchase/preparation, management of financial assets, wages and other compensation paid to caregivers and method of payment. Clarify whether other people who live in the household contribute to household expenses. Address any emergency situations without delay (e.g., to avoid eviction or disconnection of basic utilities for non-payment) or find an agency or person who can help. If you suspect criminal activity, alert local law enforcement. Take definitive steps to prevent subsequent financial exploitation.

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

**United Way**



*Lifelong is a United Way Agency*

## Do You Need Help in Order to Remain at Home and Independent?

Families or individuals who are struggling with either providing care for their loved ones or receiving assistance for themselves may be eligible for the Expanded In-home Services for the Elderly Program (EISEP). If you or your loved one are having difficulty with one activity of daily living (such as dressing or bathing) or 2 or more instrumental activities of daily living (such as housework or preparing meals), you may be eligible for this service.

EISEP, a program of the Office for the Aging, provides non-medical, in-home services and case management for people 60 and over who can be cared for safely at home. Home care services include help with bathing, dressing, cooking, shopping, laundry, and housekeeping. A case manager will arrange for and monitor these services to make sure they are meeting your needs. Clients are required to share the cost of services based on income. These costs are determined by a sliding fee scale and range from no-cost to full-cost. If a single individual has a monthly income of \$1471, services would be provided at no cost; for a couple, that amount would be \$1,991. Any income in excess of those figures would require that the individual or couple pay on a sliding fee scale. There is no charge for case management. For more information about EISEP, or to find out if you qualify, please contact Long Term Care Services at 274-5278.

## Two Adult Volunteers to Receive Awards at Office for the Aging's Annual Luncheon



Nancy Istock is honored for her service at the Cancer Resource Center.

The Office for the Aging held its Advisory Committee's Annual Luncheon on Monday, May 2, 2016 from 12-2 PM at the Country Club of Ithaca. Two adult volunteers were honored for their service to the community.

Nancy Istock has volunteered with the Cancer Resource Center for the past five years. During her time as a volunteer at the Cancer Resource Center, Nancy noticed that some members of the community were having trouble donating their new or gently used medical supplies. Some people had

cases of unopened nutritional supplement that no organization would accept. Nancy began accepting these donations and then took it upon herself to find a "home" for them. Today, the Ithaca community can benefit from Nancy's efforts. Many people have received much needed supplies that they otherwise could not afford.

Nancy also assists with the editing of the Cancer Resource Center newsletter, activities calendar and other written work.

Nancy is also an active volunteer with the Tompkins County Democratic Committee, working at polls, gathering signatures, serving as Treasurer on a legislative candidate's campaign and various other tasks.

Additionally, Nancy also volunteers at AFCU Tax Preparation Program, assisting seniors and working families and individuals gain access to tax credits. As one community member said of Nancy "She is the type of person who does everything, and then always does more."

Lucy Brown who worked for Cornell University's administration for 30 years and is a lifelong resident of downtown Ithaca was honored for her work at Ithaca Neighborhood Housing Service. Lucy was a founding board member of Ithaca Neighborhood Housing Services. "Lucy is the heartbeat of INHS." says her Paul Mazzarella, INHS Executive Director. "She has worked tirelessly to help INHS create affordable housing opportunities in this community. She has asked hard questions when needed, stood up for INHS when questioned, and gone door to door when INHS needed introductions and access. Her vision and commitment have made INHS successful in its attempts to navigate the challenges we have faced."

Lucy has also volunteered at Southside Community Center, the Board of Public Works and the City of Ithaca School Board.

Lucy has a simple philosophy: Take care of yourself and be healthy, so that you can give your spare time to others.



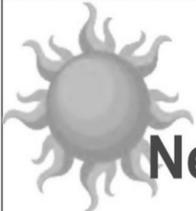
Lucy Brown receives her Volunteer Award for service to the community from Ellie May, Chair of the Board for the Tompkins County Office for the Aging.

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**“Medicare Basics”**

On Thursday evening, July 21 from 5:30 to 7:30pm Sarah Jane Blake will be speaking at Lifelong on “Medicare Basics.” This talk is designed for those approaching age 65 and/or new to Medicare. But if you have been on Medicare for a while and still find it confusing, this presentation may help you understand your health insurance coverage.

Topics included will be: Medicare Parts A, B, & D and the New York State EPIC (Elderly Pharmaceutical Insurance Coverage). Other topics will include Medigap plans, Medicare Savings Plans, Extra Help, and discount drug cards. Also addressed will be how Medicare works with other health insurance.

Sarah Jane Blake is the Tompkins County Outreach Coordinator for New York Statewide Senior Action Council. She has been a counselor and advocate for seniors, senior programs, and policies affecting seniors for over 10 years. Previously she was Lifelong’s HIICAP Coordinator for Tompkins County and the Retirement Services Coordinator. She is well-versed in all things Medicare! Sarah Jane welcomes questions, so if you have questions, by all means bring them.

Walk-ins are welcome but advanced registration is appreciated. Just call Lifelong at 273-1511.

**Eileen Savino, of County Office for the Aging, Receives INHS Community Leadership Award**

Eileen Savino, Outreach Worker at the Office for the Aging, has been honored by Ithaca Neighborhood Housing Services/Better Housing for Tompkins County as this year’s recipient of the *Lucy Brown Award for Leadership in the Community*.

Savino was honored at an INHS/Better Housing awards event April 25<sup>th</sup>. The award is named for Lucy J. Brown, a 40-year member of the INHS Board of Directors, who has made significant and lasting contributions to both INHS and the greater Ithaca community. According to INHS Director of Community Relations Suzanne Cerquone, the award is presented each year “to a member of our community who, like Lucy, exemplifies a similar commitment to community and neighborhood, as a voice and advocate for those who have been typically under-represented, and whose efforts have made a difference in the lives of many and consequently to the benefit of us all.”

Office for the Aging Director Lisa Holmes notes, “Eileen frequently works with INHS/Better Housing, helping low income older adults make needed repairs to their homes. She is often working with people in emergency situations— frozen pipes, no water, hoarding situations, etc. It is wonderful that this organization with whom we partner is recognizing Eileen for her hard work and her advocacy on behalf of some of the county’s most vulnerable residents.”

Contact:  
Lisa Holmes, Director, Tompkins County Office for the Aging, 607-274-5482

**LiveOn NY**

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**Are You Concerned About an Error or Potential Fraud with your Medicare?**

If you answered yes to that question, you have a place to get assistance with that concern -- LiveOn NY is now the New York Senior Medicare Patrol (SMP). It is part of a nationwide grassroots education and assistance program working to empower seniors and caregivers to protect personal information and Medicare benefits by learning to detect mistakes or potential fraud in Medicare payments. You can report suspected problems to LiveOn NY. Their staff and trained volunteers work to correct errors and report abuse of the Medicare system to government authorities.

New York Senior Medicare Patrol advises you to:

**Protect, Detect, and Report...**

**Protect** your personal information to shield yourself from identity theft and financial scams. Guard your Medicare card and Social Security card just like your checkbook and credit cards. Do not carry them with you unless you expect to need them that day. Identity theft can lead to Medicare fraud.

**Detect** mistakes or potential fraud in Medicare payments by tracking your medical services in a Personal Health Care Journal (ask Lifelong for one of these) and look for:

- \* Something billed twice
- \* A service you did not receive
- \* A medical provider you did not see or was not involved in your care

Most Medicare audits are done after payment is made to the medical provider. By reading your Medicare Summary Notice, you are in the best position to identify and report errors early. The Medicare Summary Notice is mailed to Medicare beneficiaries on a quarterly basis. If you wish to view your Medicare Summary Notices in a more timely manner, you can do this on-line by signing up for [mymedicare.gov](http://mymedicare.gov). Your claims would generally be available for viewing within 24 hours after processing.

**Report** by asking your doctor, clinic or hospital to explain the Medicare payment shown on your Medicare Summary Notice. Don’t be shy to ask; you pay for your Medicare coverage and you want the payments to be right! If you are not satisfied with the assistance you receive, contact the Senior Medicare Patrol hotline at 1-877-678-4697.

You can also check in with Lifelong’s Health Insurance Information, Counseling and Assistance Program at 273-1511 or the Tompkins County Office for the Aging at 274-5482. We are here to answer your questions.

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Love Living at Home (LLH) is a new 501(c)(3) nonprofit organization in Tompkins County whose mission is to help older adults remain at home, connected to their community for as long as possible. LLH seeks to improve access to services, increase socialization and civic engagement, and strengthens a sense of community among its participants. It is a mixture of taking what the community already offers and creating a “one call does it all” consolidated services provider. LLH does not duplicate existing resources, but helps seniors move through the maze of options. Trained volunteers will deliver services such as transportation to appointments, home maintenance coordination, personal well-being assistance, grocery shopping, chores and errands, friendly visits and phone calls. Seniors living at home have peace of mind knowing that one phone call can connect them to the support that they need.

Programs will be organized for older adults to help them create

a vibrant life filled with friends and meaningful activities. Members can choose to meet for social events such as coffees and happy hours, walking tours and cultural events. They can form groups to pursue common interests. Building relationships is one of the most effective paths to achieve a positive aging experience.

“Love Living at Home is not a place on a map – it is a gateway to relationships and resources for older adults who desire to live in the homes and neighborhoods they love. We are a welcoming network of people helping people. Our programs enrich life and forge connections for new friendships. When you need peace of mind, support is one phone call away.” Kathleen M. Garner, LLH board chair, said,

LLH does not duplicate Tompkins County resources that already exist, but helps seniors move through the maze of service options by making one call. In Tompkins County, as around the country, the population over age 60 is the fastest growing segment of the community. Similarly locally and nationally, 90% of older adults prefer to stay in their homes as they age. However, it is difficult to access the array of area services and providers

necessary to stay at home though the life span. Recognizing this challenge, an engaged group of local community members formed LLH.

LLH is part of a national movement of older Americans who are taking charge of their future as they age. The movement began in 2001 in Beacon Hill, a section of Boston, Massachusetts, and is spreading across the country as an “aging in place initiative.” These virtual villages address the current and unfolding challenges of an older America. LLH is a full member of the Village-to-Village Network which provides significant support. The Village concept is that a community of people can pool resources by paying membership dues and volunteering their skills and time to support the Village infrastructure and to assist one another—neighbors helping neighbors. LLH members can also be volunteers, but this is not a requirement of membership. Volunteers do not have to be members.

Love Living at Home started when the local founders saw a television news story about the Village Movement and realized it was just what they needed to stay in their homes. They

gathered a group of community leaders, conducted a survey and developed partnerships with community organizations, including the Tompkins County Office for the Aging. The organization obtained tax-exempt status and applied for and received start-up financial support from local businesses, foundations and individuals.

Elena Flash has been named the organization’s executive director. Elena brings to LLH 30 years of experience as an attorney for nonprofit, health care and long-term care organizations. She stated, “The Village Movement is sweeping across the country. This elegantly simple model empowers seniors to stay active and engaged in their homes and neighborhoods. I am thrilled to have the opportunity to help create a Village for Tompkins County and look forward to serving our LLH members.”

LLH will begin recruiting members and volunteers in May 2016 and expects to begin operations in the fall of 2016. Information sessions are scheduled for June 18, July 12, and August 6 at various locations around the county. For more information visit the website at [lovelivingathome.org](http://lovelivingathome.org) or call the LLH office at (607) 319-0162.

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Ithaca Police Dept. <b>Ithaca</b>	Dryden Police Dept. <b>Dryden</b>	Trumansburg Police Dept. <b>Trumansburg</b>

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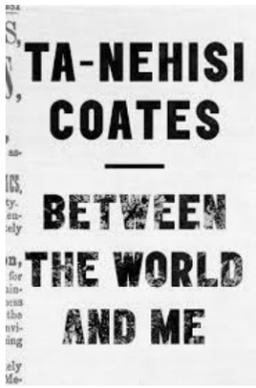
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## BOOK NOOK

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**TOMPKINS COUNTY PUBLIC LIBRARY**



the same problems in America as Baldwin did fifty years ago, though instead of urging his son to "...force our brothers to see themselves as they are, to cease fleeing from reality and begin to change it." he writes "...struggle. Struggle for the memory of your ancestors. Struggle for wisdom.... But do not struggle for the Dreamers [white people who have forgotten where their privilege comes from]." (pg. 151) Given that Ta-Nehisi Coates has already initiated many discussions on race via his essays in the Atlantic Monthly it is no surprise that "Between the World and Me" is attracting so much attention. If you'd like to prepare for the upcoming national dialogue about race read "Between the World and Me."

*Are you looking for a book group in which you can discuss important non-fiction titles? Join us in the "Truth Be Told Book Club." See <http://tcpl.org/events-exhibits/book-clubs-nonfiction.php> for details. Copies of books to be discussed are available at the Library and may also be reserved by contacting Tom Burns [tburns@tcpl.org](mailto:tburns@tcpl.org) or Stephen Salino [ssalino@tcpl.org](mailto:ssalino@tcpl.org)*

*Stephen Salino, Librarian  
Information & Learning Services  
Tompkins County Public Library*

### Between the World and Me

By Ta-Nehisi Coates

According to Publisher's Weekly "Between the World and Me" by Ta-Nehisi Coates is one of the top 25 best-selling non-fiction titles in America right now, and has been for 35 straight weeks. Understanding its popularity is not hard. America has a race problem. The last few years we have seen dozens of police shootings captured on film. Sadly what is so shocking to white America has been unambiguously understood in the black community for decades. Coates' book was published just at the moment when the national focus turned to race relations.

"Between the World and Me" is written as a modern version of James Baldwin's letter to his nephew in "The Fire Next Time." Coates observes many of

## The Try-It Room Finger Lakes Independent Center



The Try-It Room at the Finger Lakes Independence Center provides an opportunity for people to try adaptive devices and equipment that make everyday tasks easier. By borrowing items, you can assess whether you want to purchase it for long term use. Items in the Try-It Room can be borrowed for a month with no deposit or cost associated.

Magnifiers are an example of the kinds of assistive devices available at the Try-It Room. Magnifiers can help individuals with far sightedness or low vision perform a range of diverse tasks. The Finger Lakes Independence Center has a large selection of magnifiers that can meet your needs. There are video magnifiers, illuminated magnifiers, screen magnifiers, hand held magnifiers, sheet magnifiers, stand magnifiers, pocket magnifiers, and in a variety of magnifications. Borrow one or come try several until you find the magnifier that works best for you! The Finger Lakes Independence Center is located at 215 Fifth St., Ithaca. Call 272-2433 for more information.

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- Computer/Fitness Centers



## 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](http://www.tclifelong.org)

Please call Lifelong at 273-1511 or email Tammy Dunn, Program Director at [tdunn@tclifelong.org](mailto:tdunn@tclifelong.org) to register for any of these events!



### From the Executive Director's Desk of Lucia Sacco

#### Happy May!

By the time you read this, our 64<sup>th</sup> Annual Meeting and Luncheon will be in the record books. Sixty-four years! Pretty impressive.

Today's Lifelong owes such a debt of gratitude to those who saw a need in this community to address the special needs of Senior Citizens and worked to fill it. From humble beginnings, at various locations and under the guidance of many different directors and Boards, Lifelong is still going strong and growing with the times.

Tax Counseling for the Elderly had yet another successful year, assisting 829 households with FREE tax assistance. Did you check out the numbers for this year's program on page 2? Did you know these tax returns are all done by IRS trained volunteers? Thanks to them for their many, many hours of training and time spent at the Tax clinics.

Our Spring semester of Lifelong Learning is wrapping up and has been very well attended. Special thanks go out to all our wonderful instructors. The feed-back we get is so positive and we appreciate the time it takes to prepare and present your classes and presentations.

Our Program Director, Tammy Dunn, has been working on an expanded Summer catalog for your enjoyment this year. Included in the offerings are Theatre options, a wonderful series on the Finger Lakes State Parks, movies, special events; even a visit from our friends at the Cayuga Nature Center, complete with some animal ambassadors! Be sure to pick up a summer catalog or go to [www.tclifelong.org](http://www.tclifelong.org) and see all that's happening at Lifelong this summer.

I'd like to remind you that Lifelong will again close on Mondays during the summer beginning July 4<sup>th</sup>. We will be closed the week of August 15-19 for our annual maintenance and training and will go back to our regular hours beginning Monday, August 22<sup>nd</sup>.

*-Lucia*

### Lifelong's Walk Program

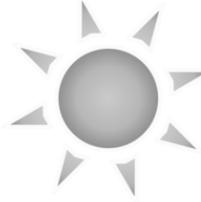
Lifelong's Walk Program is a great way to explore the surrounding areas while increasing your strength, improving your balance, and enjoying the company of your fellow walkers.

The group meets at 1:15pm in the lounge at Lifelong and the walks start promptly at 1:30pm.

Lifelong membership is not required nor is registration, but a participant waiver will need to be on file before the first walk. These can be obtained by stopping in at the front desk at Lifelong.

If interested in participating contact Elke Schofield at 272-9476 or email [elke@schophoto.com](mailto:elke@schophoto.com).

- June 8 – New Farmers' Market Trail
- June 22 – Taughannock Park with guide
- July 6 – Game Farm
- July 20 – Purity Ice Cream
- Aug. 3 – Arboretum
- Aug. 17 – South Hill Recreation Trail
- Aug 31 – Cornell Plantation/Nevin Center



### Summer Fun at Lifelong

Lifelong Learning will begin its summer program on June 1<sup>st</sup> and we have a lot of fun and interesting things planned!

Our Lifelong Learning program will begin the summer semester with a visit from the Cayuga Nature Center with a discussion on animal adaptations!

Other classes you will see this summer are an Introduction to Trap & Skeet Shooting, Poetry, Culinary History of the Finger Lakes, Exploration of the Finger Lakes Parks including the Geology of the area, Tea for Two – a nice intergenerational opportunity, and more! Don't miss out on our monthly cook-out and movies! Not to mention the annual Northside-Southside annual dish-to-pass picnic at Titus Towers!

The summer program will be available online at [www.tclifelong.org](http://www.tclifelong.org) or get your copy by stopping into Lifelong at 119 West Court Street during business hours of 9:00am-4:00pm.

#### Summer Highlights from Lifelong

- Animal Adaptations with Cayuga Nature Center - June 1, (1:30-2:30)
- Dish-to-pass picnics: June 8, July 13, August 10, (12:00-1:30)
- Finger Lakes Parks: June 22-July 6, (10:00-11:00)
- Poetry Reading: June 23, (3:00-4:00)
- Tea for Two – Thursdays, July 7-21, (1:40-3:40)
- Trap & Skeet Shooting: June, dates to be determined
- Fascism: July 12, (2:00-4:00)
- More to be added!

### 2016 Exercise options

Do you know how many exercise options Lifelong offers?



Too many to count!

You can choose from Yoga or Chair Yoga, Enhance Your Fitness, Strength Training, Tai Chi, Zumba Gold...even Square Dancing! All levels are welcome at all our classes. Work-outs can be modified for the beginner. Remember, the hardest part is just walking through that door the first time. Exercise classes are offered not only at our West Court Street site but also in Trumansburg, Dryden, Lansing, Brooktondale and various areas throughout Ithaca. Finding a class and location that works for you is as easy as calling 273-1511, or picking up a flyer at 119 West Court Street or checking out our website at [www.tclifelong.org](http://www.tclifelong.org)



#### Lifelong will be closed:

Memorial Day, Monday, May 30

4<sup>th</sup> of July, Monday, July 4

And every Monday until August 22<sup>nd</sup>

Week of, August 15-19

*Mark your calendar today!*

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## Northside-Southside News

Lifelong's Northside-Southside program is a multicultural program of Lifelong open to all seniors providing them the opportunity to participate in daily activities with peers such as meals, games and special events that promote cultural education and awareness. All programs are free unless otherwise noted. This program is funded in part by the New York State Office for the Aging and through Tompkins County Office for the Aging.

To register for any of these events please call Lifelong at 273-1511 or email Tammy Dunn, Program Director at [tdunn@tclifelong.org](mailto:tdunn@tclifelong.org)



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# LET'S CELEBRATE SUMMER!

## PLEASE JOIN US FOR THE ANNUAL Northside-Southside PICNIC

**Wednesday, July 20<sup>th</sup>**  
From 11:30 AM to 1:30 PM  
Titus Towers Picnic Pavilion

Please bring a dish to pass and a friend!

Hot dogs, hamburgers, table service, and beverages will be provided.

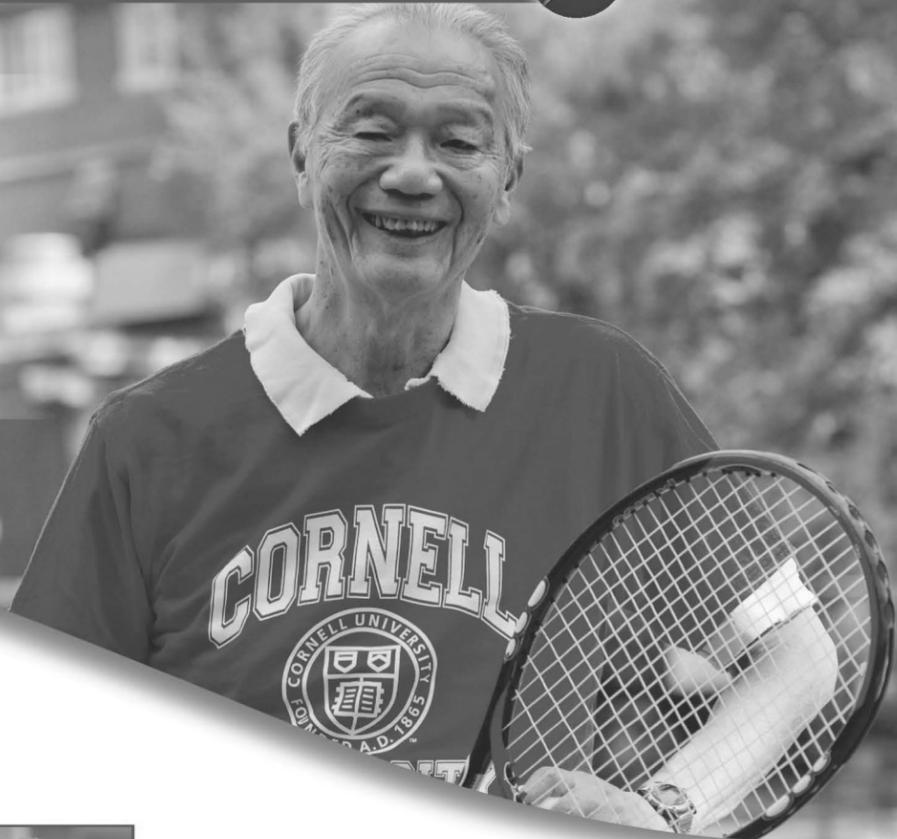


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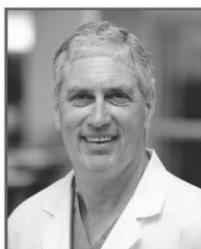
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The Tompkins County Public Library invites patrons to make history while building the library of the future. With support from the Tompkins County Public Library Foundation—and more than 100,000 LEGO bricks—families, individuals, businesses, clubs and service organizations will help construct a 7 ½-foot by 7 ½-foot replica of the library, including the upcoming additions of a state-of-the-art teen center and digital learning lab.

To reserve a module for placement during a later Build date, check the TCPL LEGO Build icon at <http://www.tcplfoundation.org/> or contact Josiah Jacobus-Parker, Development Coordinator, at [jjacobusparker@tcpl.org](mailto:jjacobusparker@tcpl.org), (607) 272-4557 extension 261. Modules are available for a donation of \$50, with proceeds benefitting Library programs and services.

Each module purchased will earn an entry into a giveaway for a family Stay and Splash package at Hope Lake Lodge and Indoor Waterpark. The drawing will take place at the June 18<sup>th</sup> unveiling of the LEGO Library.

For more information, contact Tompkins County Public Library Foundation Executive Director Suzanne Smith Jablonski at (607) 272-4557 extension 231 or [ssmithjablonski@tcpl.org](mailto:ssmithjablonski@tcpl.org).

Modules are limited, so interested individuals and groups are encouraged to reserve their kit today. Information about volunteering and sponsorship opportunities is also available <http://www.tcplfoundation.org/>.

The Tompkins County Public Library LEGO Build is presented by C.S.P. Management, Inc..

Might this be fun for a grandparent and grandchild to do together or a intergeneration neighborhood project???



**Volunteer Opportunity:**

Like to cook? Want to donate to the community? We are looking for volunteers to prepare simple meals for our Women's Support Group on Fridays. Do this just once or as often as you like---it's up to you! Contact Monica Vakiner at [monica@crcl.net](mailto:monica@crcl.net) or 607-277-0960.

**Cancer Resource Center of the Finger Lakes**

612 West State St., Ithaca  
phone: 607-277-0960

**Volunteer Opportunity:**

**Cayuga Medical Center**

1. Emergency Room Greeter, this person will monitor the waiting room, advocate for the patients, clearly communicate information to the staff.
2. Main Entrance Greeter – Greet guests and offer information as needed ... offer wheel chairs to those that need them.

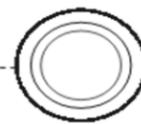
Contact Tina Rappleye, Volunteer Coordinator at Cayuga Medical Center, at 274-4331 or [trappleye@cayugamed.org](mailto:trappleye@cayugamed.org)

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**Volunteers Connected!**

*Linking seniors with volunteer opportunities in partnership with United Way's "Get Connected"*

Volunteers are very important to Lifelong and although we disengaged from the federal Retired Senior Volunteer Program (RSVP), we have been working to create a program that recognizes and supports the volunteerism of seniors in Tompkins County.

So we are introducing... **Volunteers Connected!**

Our mission is to promote volunteerism among persons 50 years of age and older, and provide opportunities for them to pursue their interests and use their skills and abilities to help meet the critical needs of Tompkins County.

Volunteers will either be fully engaged in one or more of Lifelong's programs, or "affiliated" with one or more of nearly 200 non-profit organizations listed on the United Way's website.

Opportunities are as diverse as teaching English as a second language, answering callers' questions at Lifelong's front desk, meal preparation at Loves and Fishes or driving for FISH.

Through recording volunteer hours and conducting client surveys, Volunteers Connected! will demonstrate to the community the impact senior volunteers can create.

Here are several ways to start:

- Give Joyce Billing a call at (607) 273-1511
- Browse opportunities at [www.TCLifelong.org](http://www.TCLifelong.org)  
[www.getconnected.uwtc.org](http://www.getconnected.uwtc.org)
- Complete a Volunteer Form available at Lifelong (and soon on our website)
- Volunteers Connected! will schedule an orientation meeting to help match your interests with volunteer opportunities by using the United Way website.



**Volunteer Opportunity:**

Finger Lakes ReUse will be hosting weekly volunteer orientations during June 2016. Meet new people, build a skill, and help make a difference in our community! Anyone interested in volunteering at either the Ithaca ReUse Center or Triphammer Re-Use Center (2255 Triphammer Rd.) and in any of our programs (such as our eCenter or the Deconstruction Services program) should attend this meeting, which will cover details of operations and volunteer tasks.

The dates and times are as follows:

- Saturday, June 18 from 10:30 - 11:30 am
- Friday, June 24 from 2:00 - 3:00 pm
- Thursday, June 30 from 4:00 - 5:00 pm

All orientation sessions will be held at the Ithaca ReUse Center at 214 Elmira Road.

Please RSVP to Bren Hill, [bren@fingerlakesreuse.org](mailto:bren@fingerlakesreuse.org), call (607) 257-9699 x9925 or fill out our Volunteer Application.

**About Finger Lakes ReUse**

Finger Lake Reuse (FLR) reduces waste, relieves poverty, and teaches marketable job skills through reuse activities. FLR operates two ReUse Centers (furniture, housewares, building materials, refurbished computers & electronics) at Triphammer Marketplace and at 214 Elmira Road. FLR offers affordable computer repair, virus removal, data transfer, and back up services, deconstruction & salvage services, the ReSET job-training program, and hosts the Ithaca Fixers Collective and the Sustainability Center. We transform material waste into community wealth, create living wage jobs, and provide skilled job training opportunities for underserved and underemployed people throughout Tompkins County.

# 10 Tips for a Happy and Healthy Summer

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips to make sure you have a fun, safe summer.

## 1. Stay Hydrated

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives. You might want to add sweat replacement products like Gatorade that contain salt and potassium to replace water if you are prone to sweating.

## 2. Keep Your Cool

Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise, without the exhaustion of the heat. Check out the programs offered this summer at air-condition Lifelong.

## 3. Stay in Touch with family and Friends or Meet Your Neighbors

High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening. Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. You may want to establish a "check in" with a neighbor who can call or stop in especially when the temperatures are soaring. The extra company and friendship that can result is a bonus!

## 4. Know Who to Call

Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.

## 5. Wear the Right Stuff

Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

## 6. Protect Your Eyes

Vision loss can be common for seniors, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

## 7. Know the Risks of Hyperthermia

During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat

stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting



"Elderly individuals have a harder time knowing when they are dehydrated and their bodies have more difficulty regulating their temperatures," says Dr. Ronan Factora of the Cleveland Clinic says. "As a result, they are more prone to heat stroke."

If you (anyone) start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

## 8. Apply Sunscreen Generously and Wear Hats

Everyone, young and old, should wear sunscreen when outdoors. The seniors especially need the extra sun protection to help keep them healthy. Remember to reapply every few hours or after being in the water. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

## 9. Apply Bug Spray

Seniors are particularly prone to West Nile Virus and encephalitis, Dr. Factora notes. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

## 10. Exercise Smart

If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

### Bonus Tip:

#### Talk to Your Doctor

Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

*If you follow these tips, there's no reason you can't have an enjoyable and fun-filled summer -- no matter how old you are.*

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*-Bettsie Park, co-owner 15 Steps*

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**Bed Bugs, Cimex Lectularius**

New York State Integrated Pest Management Program  
Cornell University



According to J. Gangloff-Kaufmann of Cornell University, NY Integrated Pest Management Program, "Unfortunately, bed bugs have made a worldwide comeback. They're turning up in surprising places, such as fancy hotels, hospitals, college dorms, schools, airports, and maybe even your home."

**Why**

Many experts consider globalization a major culprit. People are traveling more widely and in greater numbers than ever before. Bed bugs are nocturnal, small, shy, and easily overlooked—and the adults can live for half a year without food—making them perfect stowaways during travel. But changes in methods of controlling other pests may also be to blame. Pesticide sprays for cockroaches and ants have given way to baits that are very effective, but don't work for bed bugs."

**What they look like**

Adults bedbugs look like apple seeds with legs. Young bed bugs—nymphs—look like adults, only smaller. Newly hatched nymphs are poppy seed-sized. Eggs are tiny white, and hard to spot.

**Where they live**

In cracks and crevices of bed frames, floors, walls, furniture, electronics, mattresses, and luggage. Wedge themselves into anything, but usually near where people rest.

**What they do**

Feed on you as you sleep, but if you're not around they can go over a year without food. Bites look like a rash or welts—or you may not notice them at all. **Bed bugs don't transmit disease.**

**How to deal with bed bugs:**

**Don't bring home hitchhikers**

Traveling? Inspect your hotel room before you call it a night. Examine your luggage thoroughly with each new place you go. Wash and dry clothes with hot water and high heat as soon as you get home.

**Freeze it**

Bag small items, place in your freezer for 30 days.

**Buying used furniture, bedding, clothes**

Inspect thoroughly. Wash and dry bedding and clothes with hot water, high heat. Steam is an option, but make sure stuff dries out so it doesn't mold.

**Check everywhere**

Keep bedroom furniture an inch or two from the wall and a flashlight handy for easier cleaning and inspecting. Bed bug-proof mattress covers and light-colored bedding make them easier to spot.

**Remove**

Say goodbye to clutter in your bedroom to get rid of bed bugs hiding spots. Getting rid of stuff? Cover in plastic so bugs don't fall off and make sure the items are in a dumpster or ruined so people don't take them home.

**Vacuum often**

Floors, walls, mattresses, baseboards, furniture ... Get rid of the vacuum bag as soon as you're done in case you sucked up a bed bug.

**Pesticide options**

Leave it to the professionals. Some sprays simply repel bed bugs, spreading them around. Make sure pesticides are labeled specifically **for bed bugs. Always read and follow** the instructions on the label.



Bed bugs have three basic life stages; egg, nymph, and adult. Photos below:

A newly hatched bed bug is as small as a poppy seed.

Adult bed bugs are very flat and fit into crevices as thin as a credit card before they feed.

Bed bugs, cast skins, eggs and fecal matter on the wood under a bed.

**SPOTLIGHT ON:**

**Lifelong Swim Program**

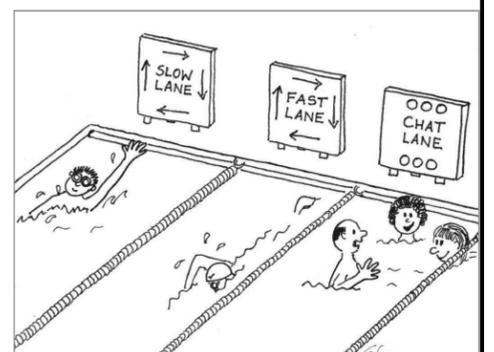
Each Year Borg Warner Morse Tec generously offers pool passes to the Lifelong Swim Program for Tompkins County Residents age 50 and older. This allows Lifelong members to enjoy a summer of swimming in the spacious outdoor pool. Swim passes will be available at Lifelong for Lifelong members.

**PLEASE CALL LIFELONG  
AT 273-1511  
TO CHECK AVAILABILTY OF SWIM PASSES  
BEFORE COMING TO LIFELONG**

To sign up for the Borg Warner Morse Tec Lifelong Swim program, you must stop by in person at Lifelong at 119 W. Court St. Bring your license plate number and emergency contact information.

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

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



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**Liz A.**