

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

## Senior Focus: Roy and Kaye Wollney - Relocating to Ithaca After Retirement Their Story

To say Roy and Kaye have lived interesting lives is an understatement. Roy was born in Trenton, Michigan in 1924. His father was a store owner and was forced out of business due to the Great Depression. Roy said of this tumultuous time "Neighbors shared things to get by, and when our tennis shoes had lost their soles, we just taped them together." Kaye was born in Guilford, Connecticut in 1925. Her father was a dairyman, processing and pasteurizing milk from cow to bottle. Kaye was the oldest of four siblings, with three younger brothers. Kaye said of the Great Depression "We had a pretty good life then, mostly because my father worked sixty to eighty hours a week processing milk." Roy loves to read and in his teen years he was particularly interested in books on philosophy. Roy would attend reading groups at the local library and he was always the youngest person in attendance, which was met with scrutiny. Roy remembered "The adults would sometimes question whether the content was a bit too racy." Kaye was the smartest girl in her class and she added "I didn't make friends easily, I was always a loner and never part of the 'cool crowd' but it didn't bother me because I always had my books."

In 1943, Roy joined the Army as a conscientious objector in World War II. He was a medic and helped transport injured servicemen from the Queen Mary to medical centers across the U.S. and eventually earned the rank of mess sergeant. Meanwhile, in Wallingford, Connecticut, Kaye's father wanted to make sure all of his children went to college, and that was exactly what Kaye had in mind. She received a scholarship to attend Rutgers University

where she enrolled as a journalism student. She began by taking courses in psychology, which were required for her major. She had second thoughts on journalism when sirens soared past her window late one night and she thought "Do I really want to wake up in the middle of the night to get a story?" She pursued a bachelor's degree in psychology instead, graduating in 1947. Kaye was then offered a job in New York City with Sears' Site Department Hiring Practices, where she worked with their testing procedures for new recruits. She was then introduced to the New School for Social Research by a classmate. She began attending open courses in 1948 and helped expand their programs in adolescent psychology. Roy left the Army in 1946 and headed to the West Coast to work in logging. He started attending Michigan Tech in 1948, studying forestry and quickly transferred to Olivet College to study psychology. While at Olivet there was an academic uprising in which half the students and professors left. Roy was one of many students who left Olivet to finish his degree in psychology at the New School for Social Research in 1949. As part of the curriculum he was required to take a foreign language, so he decided to study German, a class which Kaye was also taking. Kaye tutored Roy and many other classmates in statistics, while Roy helped build equipment for her experimental work and testing. Roy and Kaye were married in 1950 and lived in New York City. Kaye finished her master's degree in psychology and began her doctorate work. Roy began working for the marketing research firm Erdos & Morgan, Inc. in Manhattan in 1951, where he developed methods of increasing responses to tabulated

*(Continued on page 6)*



Roy and Kaye Wollney in their Enfield Home

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*Come celebrate the season with us!*

### Lifelong's Annual Holiday Open House

Friday, December 6, 2017

1-3 pm

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Contact Lifelong at 273-1511

for more information

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## Senior Services - Information and Referral

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

#### 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 either on the phone or in person between 8:30 AM and 4:30 PM, Monday through Friday.

In person: Tompkins County Office for the Aging, 214 W Martin Luther King Jr. Street., Ithaca, NY

By phone: (607) 274-5482 or 1-800-342-9871

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

### 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 \$50 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 (607) 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 older adults 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 Caryn Bullis at the **Office for the Aging**, 274-5450. Additionally, if you are interested in volunteering, please call the **Office for the Aging**, 274-5491, for more information about Project CARE.

### The Registry

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

### Let it Snow

It's not too early to think about snow! With winter weather coming upon us, the Tompkins County Office for the Aging is updating its listing of snow shovelers. Deep snow and icy sidewalks are dangerous for everyone but can be especially problematic for older adults. Many are not able to remove the snow from their sidewalks or driveways without assistance. If you need assistance with this task, please contact the Tompkins County Office for the Aging at 274-5482. Likewise, if you are interested in assisting older adults by shoveling or plowing, on either a paid or volunteer basis, please call our office at 274-5482.



## Department of Assessment

128 East Buffalo Street

Director-Jay Franklin

Assistance Director- Irene Kehoe

### PARTIAL PROPERTY TAX EXEMPTION FOR SENIOR CITIZENS

Homeowners who reach the age of 65 at any time during the calendar year **may be** eligible for Partial Tax Exemption for Senior Citizens (from Town, City, Village & County and School Taxes) or Enhanced STAR Exemptions (an exemption of \$66,800 assessment from School Tax).

However, the application for these exemptions must be filed in the office of the Tompkins County Department of Assessment by **March 1, 2018**. The office is located at 128 E. Buffalo St. Ithaca NY, second floor.

Renewal applications for Partial Tax Exemption for Senior Citizens will be mailed out to Senior Citizens who filed for exemption in the previous year on December 15, 2017. The Department of Assessment reported that many seniors responded to the renewal application immediately, while others are putting it off for later. They are urging all seniors to **file the renewal application by the March 1, 2018 deadline**. Supporting documentation, such as income tax return forms, can be submitted up until April 15, 2018 so long as the application is filed by March 1, 2018. The application and income information do not have to be submitted at the same time.

Senior Citizens, whose total household income exceeds the limit for Partial Tax Exemption for Senior Citizens, may still qualify for Enhanced STAR Exemption if their income is at/or below \$86,000. If a property owner is unsure whether they would qualify or not, they are urged to contact the Department of Assessment for assistance.

Many Enhanced STAR recipients signed up for automatic renewal for 2018 through the Income Verification Program. The NYS Department of Taxation will determine their qualification for the exemption, and on December 15, 2017 the Department of Assessment will mail the state's determination to each property owner. The determination will specify what, if any, new documentation would be needed to process the Enhanced STAR. It is imperative that seniors respond to this notice by **April 15, 2018**, if they want to receive the exemption or contest the denial.

For a new application, questions, and/or comments regarding any assessment subject, please call the Department of Assessment at (607) 274-5517, or visit their website <http://www.tompkinscountyny.gov/assessment>



### Home Energy Assistance Program (HEAP)

The regular HEAP season will begin November 13, 2017 and is anticipated to end on March 15, 2018.

The Home Energy Assistance Program (HEAP) provides assistance with fuel and utility expenses for income-eligible homeowners and renters. The Tompkins County Office for the Aging processes HEAP applications for persons over age 60 and for those who receive SSI or SSD and do not receive Food Stamps.

The current income eligibility levels for HEAP in 2017-2018 are as follows:

Household Size:	Maximum Gross Monthly Income:
1	\$2318
2	\$3031
3	\$3744

If you think you may be eligible for HEAP, contact the **Tompkins County Office for the Aging (607) 274-5482** for more information.

## Diverse Diseases Bring Different Caregiving Challenges

Family caregivers are caring for loved ones with diverse health conditions: Parkinson's, Alzheimer's, heart disease, cancer, vision loss, and numerous other common and uncommon diseases and conditions.

Many family caregivers have similar needs and challenges, including the need to know their limits, to ask for help, to explore community resources that can help, and to stay connected for emotional support with friends, other caregivers and professionals.

But each disease poses particular challenges, not only for the patient, but for their care partners as well. Here are some of them:

### The COPD Caregiver

COPD is an umbrella term encompassing several progressive lung diseases such as emphysema and chronic bronchitis. The COPD caregiver needs to learn how to spot trends that might lead to an increase in the severity of the disease by tracking symptoms, keeping an eye on medications, and learning the proper operation of each device used to deliver medication. The COPD Foundation recommends the "COPD Care App" to help track symptoms, appointments and medications schedules. Visit [COPDFoundation.org](http://COPDFoundation.org) to learn more about this and other COPD caregiver supports.

### The Heart Disease Caregiver

Cardiovascular disease includes all the diseases of the heart and circulation including coronary heart disease, angina, heart attack, congenital heart disease and stroke. Important roles of a care partner range from supporting the patient's diet (cooperating with shopping and meal planning that fits the particular heart condition) all the way to doing dressing changes for someone with advanced heart disease who has a left ventricular assist device line coming out of his/her abdomen. A family care partner can also support their loved one's exercise needs by exercising with them. Knowledge of symptoms such as increased fatigue

or shortness of breath can support a patient who may not realize herself that it is time to call the doctor.

### The Parkinson's Caregiver

Since slowness of movement is one of its symptoms, the Parkinson's caregiver needs to avoid the temptation to do everything for their loved one just because the caregiver can get things done faster. Allow your loved one to take the time to complete daily activities on their own, such as dressing. As with other chronic progressive diseases, depression can be very much a part of Parkinson's disease. Acquaint yourself with the symptoms of depression so you can help your loved one recognize the signs and seek treatment promptly. With Parkinson's, verbal communication will likely become more difficult. Expect that you will need to make adjustments such as looking directly at someone while communicating to read facial cues. Eventually you may need to frame questions so that a simple "yes" or "no" will suffice. A support group for Parkinson's caregivers meets monthly at the T.C. Office for the Aging.

### The Alzheimer's Caregiver

When caring for someone with Alzheimer's or a related memory disorder in its early stages, family caregivers often need to help their loved ones cope with anxiety, sadness or depression. They also need to be proactive so that both they and their loved ones stay socially engaged and avoid isolation. As dementia progresses to its moderate stages, expect difficulties when your loved one can still get around but has poor judgement. You may have to make some modifications around the home such as putting in safety latches, alarms or monitors that will help prevent unsafe behaviors, and perhaps enroll in Project Lifesaver to help you find your loved one if they wander from home. There are several local support groups for caregivers of persons with dementia.

## Caregiver's Corner



David Stoyell

Tompkins County Office for the Aging

### The Cancer Caregiver

We may think of the care team of a cancer patient as including the doctors, nurses, dietitian, pharmacist and other health care providers. However, the family caregiver is an integral part of the care team, particularly when helping the patient keep track of tests to be done, medications, paperwork, and preventing mix-ups. The caregiver may tend to day-to-day household tasks, meals, and shopping. He or she may offer encouragement, listen to how the patient is feeling (and share how the caregiver is feeling). To ward off "compassion fatigue," caregivers may also need to seek emotional support (as well as other kinds of support) from friends and others who have some understanding of their experience. The Cancer Resource Center of the Finger Lakes offers consultation services as well as a caregiver support group to those caring for cancer patients.

Many other diseases pose unique challenges for care partners, including ALS, severe arthritis, and kidney disease. Call the Caregivers' Resource Center at the Tompkins County Office for the Aging (274-5492) to learn more about area supports for those with age-related progressive illnesses and their family care partners.

## 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 at the Annual Meeting of the Office for the Aging in May, 2018.

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 to the Tompkins County Office for the Aging, 214 W. Martin Luther King Jr./State St., Ithaca, NY 14850 (or fax 274-5495 or email: [Imonroe@tompkins-co.org](mailto:Imonroe@tompkins-co.org)) by Friday, January 12, 2018. Contact the Tompkins County Office for the Aging at 274-5482 for more information.

*\* Past awardees include: Joel Abrams, Phyllis Allen, John Anderson, Fred Antil, Irene Asay, Joan Barber, Barbara Barry, Ardie Bennett, Nancy Bereano, Beverly Blanchard, Lucy Brown, Mary Cambreco, Joseph Cimmino, Joe Anna Deas, 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, Gladys Hamilton, John "Holly" Holingsworth, Jean Hyde, Nancy Istock, Leon Lawrence, Debra Levine, Ilma Levine, Harriet London, Paul McGraw, Mary Mente, Ray Oglesby, Joan Ormondroyd, Jean Robinson, Ken Robinson, Theresa Robinson, Marie Romano, Frank Schaefer, Bill Sherwood, Ted Sobel, Robert Spaulding, Phyllis Stout, Richard Tabor, Eunice Tabor and Jack Warren.*

### The Senior Circle

is published four times a year by Lifelong,

119 West Court Street, Ithaca, NY 14850, and contains information on activities and services which add to the quality of life for older adults and assists them to maintain an independent lifestyle.

### The Senior Circle

is partially funded by the

**Tompkins County Office for the Aging.**

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!

## Staying Safe: Cold Weather Safety & Prevention Tips for Older Adults

With cool weather moving in and winter at our heels, autumn is a perfect time to slow down and take stock of your home and your safety. Cold weather, while usually forcing us to remain cozy indoors, can also bring many fall risks for older Americans. According to the National Institute of Health, 6 out of every 10 falls happen in or around the home. Making small changes, both to your home and your lifestyle, can prevent many of these falls.

According to the Centers for Disease Control, 1 in 3 people over the age of 65 experience a fall each year, which has been attributed to over 2.3 million annual trips to the ER. Small changes in and around your home can make all the difference to your long-term health.

### **Inside the House**

These simple fixes inside your home can help you continue preventing slips, trips and falls at home:

- **Improve Your Lighting.** Installing brighter lights and night lights in hallways and bathrooms can make a huge difference when it comes to your safety. Dim lighting in high traffic areas and inadequate lighting at night opens the door to harmful falls. Make sure you use bulbs with the highest wattage recommended for lamps and light fixtures.
- **Rearrange Furniture.** While your space may benefit from some new Feng Shui, it's more important to rearrange furniture to ensure that you have a clear path to walk freely. This also means creating clutter-free zones on stairways, hallways, and high-traffic pathways. Use Non-Slip Strips. These easy to install strips can be found at a local hardware store and are great for the stairs, the bathroom, and the kitchen. If you'd prefer not to put the strips in the bathroom and kitchen, you can also use rubber mats in areas that typically get wet to help you maintain your balance.

**Add Safety Rails for Stability.** Handrails on stairs, grab bars in the shower or tub and near the toilet can help you to avoid falls as well. You can use them to help you securely balance when you are in higher risk areas of the house.

### **Outside the House**

While you can't change the weather, you can change how you react to the weather outside of your house to ensure your safety this winter:

- **Hire Some Help.** When bad weather strikes, it may not be possible for you to be out there shoveling snow. Hire a local snow removal company or a neighbor to help you with getting rid of snow this winter.
- **Keep Supplies on Hand.** Keeping a big bag of salt to help melt ice (especially black ice!) and ice removal tools in your garage or shed will prove to be useful in nasty weather. Laying salt before a potentially big storm can help mitigate your damage afterwards.
- **Improve Your Lighting.** Similar to the suggested change for inside the house, providing good lighting along clear pathways and walking areas can end up being a life saver.

**Invest in Solid Footwear.** Shoes or boots that provide traction on snow and ice are the best for winter fall prevention. In the same vein, you should avoid shoes or boots that have smooth soles or high heels.

Whether inside or outside the house, we also recommend paying close attention to where you are placing your feet when you are walking. Distractions such as smart phones and conversations with friends can be enough to cause a tumble. Stay warm and safe this winter!

## **Winter Driving Safety Tips**

*From the National Highway Traffic Safety Administration*

### **Driving in Winter Conditions**

- **Drive slowly.** It's harder to control or stop your vehicle on a slick or snow-covered surface. On the road, increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.
- **Know whether your vehicle has an antilock brake system and learn how to use it properly.** Antilock brake systems prevent your wheels from locking up during braking. If you have antilock brakes, apply firm, continuous pressure to the brake pedal. If you don't have antilock brakes, you may need to pump your brakes if you feel your wheels starting to lock up.

### **Navigating Around Snow Plows**

- **Don't crowd a snow plow or travel beside it.** Snow plows travel slowly, make wide turns, stop often, overlap lanes, and exit the road frequently.
- **The road behind an active snow plow is safer to drive on.** If you find yourself behind a snow plow, stay behind it or use caution when passing.
- **When you are driving behind a snow plow, don't follow or stop too closely.** A snow plow operator's field-of-vision is limited; if you can't see the mirrors, the driver can't see you. Also, materials used to de-ice the road could hit your vehicle.
- **Snow plows can throw up a cloud of snow that can reduce your visibility to zero in less time than you can react.** Never drive into a snow cloud – it can conceal vehicles or hazards.

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*-Bettsie Park, co-owner 15 Steps*

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**Office of the State  
Long Term Care  
Ombudsman**

**ASK the  
Ombudsman**

**Dear Long Term Care Ombudsman:**

My father's diabetic condition got worse and worse, and he got big. My family and I couldn't get him to the toilet and it got too hard for all of us to have him home.

Now Dad lives in a nursing home where they can have several people and a piece of equipment when they move him around. He says he is okay with that because they know what they are doing and how to handle him gently.

Last time I visited Dad, he said a pressure ulcer showed up. The sore is on his heel and bandaged so I can't see it. I have heard awful things about pressure ulcers. If he is getting 24-hour skilled care, how could this happen? What do I do to help him?

Signed: *Ouch*

**Dear Ouch:**

It is good to hear that your father is pleased with his care in the nursing home. Yes, pressure ulcers are a health risk for people in nursing homes, and they can develop on hospital patients and people who live at home too.

Federal data about pressure ulcers indicate that close to 85% of nursing home residents risk getting pressure ulcers, and 7.3% have them. Nursing home staff try to keep residents from getting pressure ulcers and are responsible to take care of the residents who do develop pressure ulcers.

You can look at the Nursing Home Compare web site to check the rates of pressure ulcers for specific licensed nursing homes. The Long Term Care Community Coalition here in New York has a web site (where the above statistics came from) that has useful information.

You can help your father by being clear with him about how he wants you to be involved. Sometimes he may be tired or want privacy, so it is always best to ask him what he prefers, when it suits him to have you visit, and let him tell you openly if it's not a good time for him.

If your father designated you as his Health Care Proxy, the physician and staff of the nursing home can talk to you about your father's medical condition and what the plan of care is. Even if you are not listed as a Health Care Proxy, your father can tell the nursing home staff that he wants them to talk to you about his medical condition.

Since the pressure ulcer is a new condition for your father, he could ask for a Care Plan Meeting. Your father would participate in the meeting if he wanted to and he could invite you and others who he wanted to know about his condition and his care. If your father wanted, he could also invite the Long Term Care Ombudsman who would advocate for what your father wants.

It helps to be prepared for the care plan meeting to ask questions, take notes, and be specific and clear about how and when the new care plan will be implemented. For example, diet is very important in management of pressure ulcers! Say your father would like to stop eating pasta. During the care plan meeting, the dietician can outline what other options he has and when the new menu will be ready for him.

By the end of the meeting, know which staff are responsible for what, and the dates that the changes will happen. The Long Term Care Ombudsman can help focus on the details. The Ombudsman can follow up with staff to see that changes have happened, and check with your father to see how he feels about the changes.

If you have more questions, please call the Long Term Care Ombudsman and we will be glad to talk with you.

*Residents of nursing homes or adult homes or their family and friends can contact the Long Term Care Ombudsman any time with their concerns.*

**Call 607-274-5498.**

**Protecting Your Identity:**

**Make the Time!**

*The following article written by Barbra M. Henza, AFC HR Representative in the Financial and Consumer Education program with Cornell Cooperative extension Cortland County lays out the steps that should be taken by individuals impacted by the recent Equifax breach.*

The recent data breach at the Equifax Credit Bureau is a concern for almost everyone. The following are actions anyone can take to protect themselves from the unauthorized use of their personal information.

First, go to [www.equifaxsecurity2017.com](http://www.equifaxsecurity2017.com) to see if you have been impacted by the breach. Once on the site, click on "Potential Impact" and either enter the information requested. The site will then tell you if you have been impacted or not by the breach.

Next, it is recommended that everyone, even those who the above site indicated were not impacted, check their credit reports and consider putting a fraud alert in place. The best place to get a credit report is: [www.annualcreditreport.com](http://www.annualcreditreport.com)

The site allows you to access your credit reports from all three of the credit bureaus, TransUnion, Experian, and Equifax for free once every twelve months. A fraud alert can be requested from any of the three credit bureaus and they will then share it with the other two. Fraud alerts will remain in effect for 90 days, longer if you have been a victim of identity theft.

A credit freeze is also an option and is recommended to prevent identity theft. A credit or security freeze will prevent anyone but those already doing business with you from accessing your credit history. You will also be able to continue to access and review your credit files using the above site. You will be provided with a pin number to use if you need to unfreeze your files in the future. Be sure to file your pin number in a safe place where you can find it in the future. Below is the information on putting a credit freeze in place for each credit bureau:

Experian: call 1-888-397-3742 or go online at <https://www.experian.com/freeze>

A letter confirming the freeze will be sent to you with your pin number

TransUnion: They have two numbers that can be used: 1-88-909-8872 or 1-800-680-7289; or online at <https://freeze.transunion.com>

If you use the phone option, have a six-digit numerical pin ready, the prompt for this notes they will ask for it shortly and they do mean shortly. They also will mail you a letter confirming the freeze and including the pin number.

Equifax: 1-800-349-9960 or 1-800-680-7289 or online at <https://www.freeze.equifax.com>

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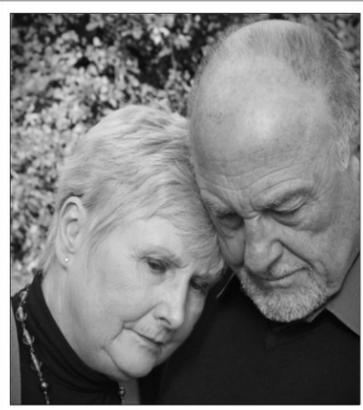
### The Wollneys

(Continued from page 1)

surveys and became the Vice President of International Surveys. Roy said of the psychology involved in a successful survey: "A method that worked well was starting the survey with a question that wasn't even relative to the topic, or one that didn't matter." In 1952, Kaye was hired as an adjunct associate professor at Wagner College to teach child psychology. In 1954, Kaye gave birth to their first son, Clayton. The work on her doctorate was halted by complications during the pregnancy. Roy didn't see it fit to raise children in New York City and wanted to live in a more rural area, so they moved to Staten Island. In 1957, their second son Dana was born and they bought an 1809 home which was built using timber from ships and was formerly a tobacco and candy store. In 1958, Kaye taught psychology and adolescent psychology as a professor at Wagner. In 1963, their daughter Gwen was born. Kaye added "I had always wanted a little girl." During the 60s Kaye's subjects began to expand into other areas such as urban and rural psychology, and psychology of sexuality, which she described as "fitting for the social changes of the time period." She added that she had a classroom with a one-way mirror, so students could observe children playing (often Dana and Gwen). She said "Studying my children came with difficulties at times. Dana would give Gwen, who is six years younger, the answers to my tests." In 1984, their daughter Gwen decided to study at Cornell University as an undergraduate and attended the School of Veterinary Medicine. Roy and Kaye bought a house in Enfield for their daughter and some schoolmates to stay in while they attended college, until Gwen graduated. Roy retired from Erdos & Morgan, Inc. after 38 years and Kaye retired from Wagner College after 39 years, and they moved to their Enfield home in 1989. When I asked them what inspired their move to area, aside from their daughter attending Cornell, Kaye replied "I was excited about the atmosphere that comes with living in a college town and the culture, and Roy was pleased with the rural appeal and nature." Since arriving in Ithaca, Roy and Kaye have been active in many local community organizations. Roy helped in the construction of the Science Center and continues to volunteer for the Enfield Food Pantry. Kaye volunteered for the Ithaca Food Pantry. They have both been active members of Area Congregations Together and the Big Red Book Shelf Project. Roy and Kaye are also on the administrative council for the Forest Home Chapel, and Kaye is the champion of their annual Christmas pageant. Roy was the Board Chairman for Gadabout and for the Tompkins C. Office for the Aging for about fifteen years. Roy has always been an avid stamp collector and photographer. In their home I witnessed a multitude of photo albums, complete with dated and annotated pictures ranging from the 1950s to the current day. While visiting with Roy and Kaye I was blessed with so much history and a story to share, which represents only a sliver of their generous life together.

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## Tips for Relocating After Retirement

The idea of “settling down” after retirement is taking on a whole new meaning for a lot of Baby Boomers at or near retirement age. While some are content to stay in their homes, a lot of Boomers are considering a move.

In the 2016 Merrill Lynch/Age Wave study, “*Home in Retirement: More Freedom, New Choices*,” researchers found that 65% of retirees are likely to move at least once during retirement. One in 6 see retirement as an opportunity to try living in a new part of the country.

When choosing a new city to retire in, iHumanMedia reports that these factors are important for Boomers:

- Shops & restaurants (68%)
- Healthcare facilities (66%)
- Being close to family (66%)
- Parks & recreation (34%)
- Public transportation (24%)
- Proximity to a university (11%)

### Questions to Ask Yourself

If you’re considering relocating after retirement, ask yourself a few questions to help you find the city that’s right for you.

- Do you want to live close to family? How close?
- What’s your ideal climate? Do you like it warm all year, or do you prefer the change of seasons? Are you wanting to live in one place for a season and travel away for other seasons?
- What size community do you feel comfortable in? Some may prefer the energy of a big city, while others like the vibe of a rural community.
- Do you want to live in a community of peers, or do you like the age range you find in a university town?
- Are you interested in walking trails, lakes, and parks?

Another thing to consider when moving is what size house you’ll need. A few years ago, predictions were that empty nesters would be selling off their family homes for smaller ones. But the Merrill Lynch/Age Wave study found that nearly half of retirees didn’t downsize in their last move. And 3 in 10 actually upsized to a larger home. The reason? To turn their “empty nest” into a “welcome home” for their grown children and grandkids.

It’s important to make a list of your priorities and to do your homework. Talk to friends and family in places you’re considering. Contact local boards of realtors to get a picture of what the area is like. Contact a realtor, visit open houses, and get a sense of the current housing market. And be sure to visit the city you’re considering making your retirement home.

Moving is a big decision. But with a few questions and some thoughtful answers, you can find exactly the right spot that will help you live your retirement your way.

### How to Determine if You Should Move in Retirement

Deciding to move in retirement requires weighing several factors.

Most of us have fantasized about moving to “paradise” when we retire: the beach or the hillside that we love or the vacation spot that never disappoints.

But moving in retirement is no small decision, and the best way to start the process, even if the answers seem obvious, is to ask yourself, “What would I gain (and lose) by moving?”

**Weigh the reasons.** Many people want to live in a friendly and receptive place in retirement, such as a small town or walkable neighborhood, where they can meet new people and make connections.

- **What’s to love.** Outside of a friendly place, retirees most want to be around grandchildren or in a place where they can pursue their passions or even a second career. That means considering what’s around you now and what a new place has to offer.
- **Assess the trade-offs.** One of the hardest parts of moving is leaving family and friends—though that may matter less if you’re going to be near grandchildren or other family or friends who you enjoy. Other parts of your life that are important, whether it’s a church, museum or fishing hole, should also be considered in your calculation.
- **Establish your network.** You’ll also need to build a new support network if you move so you’ll want to be sure any specific health services you might need will be readily available and that there are options nearby if you eventually need assisted living or nursing care.

**Take the temperature.** Consider whether your personality will fit in with a possible retirement destination. The energy level of the place and the proximity of your neighbors could impact how content you are in your new home.

- **Being local.** Be realistic about your chance for fitting in with your new surroundings, especially if you’re moving to small town from a big city. Most likely you’ll find yourself hanging out with other retirees from the same area of the country you moved from.

- **Ready to join.** If you want to fit in, you’ll need to be ready to join groups -- such as a religious institution, social group or volunteer organization -- to meet people with similar interests.

- **Personal style.** Retirees who relocate tend to be more assertive, more aggressive and more likely to have been managers or decision-makers. But that strong personality may not play so well in a new community.

**Dollars and sense.** Sometimes retirement finances dictate a move because your current home is just too expensive for a long retirement. Odds are, your retirement will last longer than you expect.

- **Downsizing your life.** If you’re going to need equity from your current home in retirement, you’ll need to be sure you can downsize enough in a move to free up sufficient equity. If that will require being farther from town than you like or accepting far less space, you’ll need to decide if the tradeoff is worth it.

- **Other options.** If you will be looking for an active adult community or a community where you can move from independent living to assisted living, if necessary, you’ll want to be sure that such a place exists and that it’s in a neighborhood reasonably near other places you’ll want to be.

- **Do the math.** There are several websites that will help you figure out differences in cost of living and amenities, including [www.factfinder2.census.gov/](http://www.factfinder2.census.gov/), [www.retirementliving.com](http://www.retirementliving.com) and [www.bestplaces.net](http://www.bestplaces.net).

**What not to do.** Don’t assume your choices are limited. With some homework and an open mind, you may be able to find a way to stay in your community or you may find exactly what you want somewhere else.

- **Don’t be unrealistic.** Small towns may seem very romantic when you think about where you want to be, but the reality could be quite different. You need to be sure that the lifestyle and the financial costs are a good fit for you.

- **Don’t forget to breathe.** Changing homes can be jarring in the best of time and don’t take for granted that a move in retirement can be particularly unsettling when thrown into the mix of adjusting to new routines and new roles and ironing out new wrinkles in relationships.

Adapted from *The Wall Street Journal. Complete Retirement Guidebook*, by Glenn Ruffenach and Kelly Greene, (Three Rivers Press, 2007) and an article in *Market view* November 2011.

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## 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!

### LIFELONG WINTER SEMESTER

We hope you'll join us for what we believe is a great selection of classes, workshops and presentations for the spring semester of Lifelong Learning!

We have several new instructors offering courses ranging from an Introduction to Italian, Create with Clay, The Ultimate Last Word: Write Your Own Obituary, The Ups and Downs of Cayuga Lake, "That Human Nature: Love and Prejudice," Song Writing, and others. We have a great line up of sessions from our ever faithful instructors to include Living Conversation, Eponyms: Names Into Words, Minuets, Waltzes, Gavottes of the 18<sup>th</sup> and 19<sup>th</sup> Centuries, Anyone Can Draw, The Supreme Court 2017, World Cinema, Recovering our Creativity to Current Events/World Affairs and so much more!

A complete list of offerings will be available at Lifelong, 119 West Court Street, or online at [www.tclifelong.org](http://www.tclifelong.org). We rely on, and very much appreciate the time and energy so generously donated by our volunteer instructors. Program ideas and volunteer instructors are always welcome. Contact Tammy Dunn at [tdunn@tclifelong.org](mailto:tdunn@tclifelong.org).



Winter Break, Friday, December 22 - Monday, January 1  
 Monday, January 15 - Martin Luther King, Jr. Day  
 Monday, February 19 - President Day  
 Mark your calendars today!

### Lifelong thanks Dryden Mutual for their generous sponsorship!



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

Were you able to attend the October party celebrating Lifelong's 65<sup>th</sup> year in this wonderful community?

If so, you know how much fun we had. If you didn't, you missed a great time! The refreshments were good, the company was great and Radio London got people up dancing. It was a proud day for our Staff and Board and one that celebrates all the hard-working folks who came before us. It's also a testament to the value this community places on its aging population and we are so grateful for that.

So, 2017 was a good year for Lifelong and I'm looking forward to 2018 with enthusiasm. Lifelong will once again be home to TCE or Tax Counseling for the Elderly, providing free tax preparation to eligible seniors or those with limited income or those with disabilities. This is an amazing service and we are so lucky to have a cadre of committed, IRS trained counselors who are eager for tax season to start.

I'm very excited about our upcoming partnership with Foodnet Meals on Wheels with a weekly congregate meal. Beginning the end of January, participants will have an opportunity to "do lunch" at Lifelong. Each lunch will offer healthy meals, nutrition education, volunteerism and opportunities to develop meaningful friendships. Not only will this be a good thing for your diet, it can also be a great thing for your social life. Stay tuned for more information or contact Foodnet's nutrition program at [www.foodnet.org](http://www.foodnet.org) or by calling 607-255-9553.

The Spring 2018 Lifelong Catalog is shaping up nicely. Each semester our Program Director, Tammy Dunn, tries to outdo the semester before and this catalog is no exception. Look for your catalog in December and be sure to register early so you don't miss out.

On behalf of our wonderful staff and committed Board of Directors, I wish you and yours Happy Holidays and I will look forward to seeing you soon in the new year.

Warmly.....Lucia



Former Board Presidents, Brian Wilbur (l) and Mary Ann Erickson (r) flank current president Tom Butler at the 65th celebration of Lifelong. On October 14th.



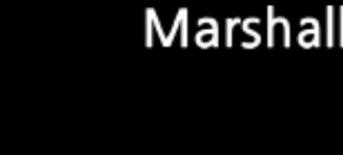
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## LIFELONG'S TAX PROGRAM RETURNS FOR ITS 39<sup>th</sup> YEAR

Thanks to a grant from the IRS and support from the United Way and Lifelong, Tax Counseling for the Elderly TCE will once again prepare Federal and State tax returns with NO COST to eligible taxpayers.

Our first tax appointment will be Thursday February 1 and appointments will continue on Thursday, Friday, and Saturday until April 14.

TCE is available at no cost to seniors 60+ and individuals and families with incomes under \$54,000 per year.

TCE phone lines will open in mid-January – watch for the announcement and take advantage of this great program.

## 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 events please call Lifelong at 273-1511 or email Tammy Dunn, Program Director at [tdunn@tclifelong.org](mailto:tdunn@tclifelong.org)**

## Travel with Lifelong

### California Coast

September 16 – September 23, 2018

### Informational Meeting at Lifelong

Wednesday, February 15<sup>th</sup> at 1:00 pm  
Call 273-1511 to RSVP

Details can be viewed here:

<https://gateway.gocollette.com/link/823601>



## SAVE THE DATE!

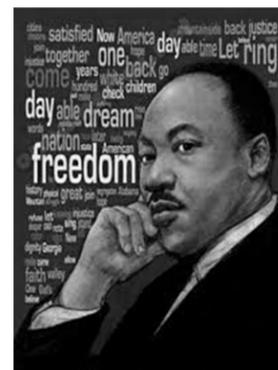
### Lifelong's Northside/Southside

33<sup>rd</sup> Annual Martin Luther King Jr. Luncheon

Wednesday, January 10, 2018 at noon

Come and enjoy the company of your friends and neighbors, have a delicious lunch prepared by Tucker Catering, and enjoy the annual tradition of community bonding as we honor Dr. King's Legacy.

Contact Lifelong at 273-1511 for more information.



## Lifelong's Inclement Weather Policy

- If Ithaca City Schools close due to inclement weather, ALL activities, classes & clinics at Lifelong will be canceled.
- If Ithaca City Schools have a delayed opening, Lifelong will delay opening, and classes before noon will be canceled.

## CHANGING AGING – LIVING INDEPENDENTLY



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## 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.

### Every week HIICAP's certified volunteer insurance counselors meet one-to-one 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 Medicare supplement policies. *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:

- \*Informing persons with low incomes about options which can assist them: the Medicare Savings Program, the Part D Extra Help Program, and Medicaid;
- \*Comparing the costs and the coverage offered through Medicare supplement policies and Medicare Advantage Plans;
- \*Taking a look at New York State's EPIC program, which can help with drug costs.

In each appointment, the starting point is your individual situation, your questions and concerns. If you wish to meet with a certified counselor, just call Lifelong at 607-273-1511 and make an appointment.



## "Medicare Basics"

On Tuesday evening, February 6th, from 5:45 to 8:00pm and Tuesday afternoon, February 20th 2:00-4:15pm, Sarah Jane Blake will be speaking at Lifelong on "Medicare Basics." This talk has become quite popular! It 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 New York State EPIC (Elderly Pharmaceutical Insurance Coverage). Other topics will include Medigap plans, Medicare Savings Plans, Extra Help. 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. She is well-versed in all aspects of Medicare!

Please call Lifelong at 607-273-1511 and let us know if you plan to come, so we will have sufficient materials available. But if you decide to come at the last minute, walk-ins will be welcome. This is a free talk and everyone is welcome!

## General Enrollment Period

If you have not signed up for Medicare Part A and/or Part B during your initial enrollment period, and do not qualify for a special enrollment period, you may sign-up during the General Enrollment Period from January 1<sup>st</sup>- March 31<sup>st</sup>, and your coverage would begin on July 1<sup>st</sup>. If you are unsure whether you qualify for a special enrollment, please contact HIICAP at 273-1511 and we can help you determine whether you do qualify for a special enrollment or would need to enroll during the General Enrollment Period. In order to enroll in Part A or Part B, you must contact the social security office (either in person, on the phone or online).

## Medicare Advantage Disenrollment Period

If you have a Medicare Advantage Plan and decide after January 1<sup>st</sup> that you rather have original Medicare (Part A and B), you may dis-enroll from your Medicare Advantage Plan between January 1<sup>st</sup>-February 14<sup>th</sup>, and coverage for original Medicare would begin the 1<sup>st</sup> of the following month. If you have a Medicare Advantage Plan that includes Part D coverage, you may switch to original Medicare with or without a Part D plan of your choosing. If you have a Private-Fee-For-Service (PFFS) Medicare Advantage Plan that does not include prescription coverage and a stand-alone Part D plan, you may switch to original Medicare, but you must keep your current stand-alone Part D plan. Please contact HIICAP at 273-1511 if you have any questions about this.

## 4 Things Scammers Hope You DON'T Know About Your New Medicare Card



Many people have heard the *great* news about the new Medicare cards... we had a party when we first found out! However, there still seems to be a lot of confusion about the details. And if there's one thing scammers like to take advantage of, it's confusion. We want to clear things up for you so those pesky scammers can't turn this good news into bad news.

### Here are 4 things that scammers hope you don't know:

#### #1 That your current Medicare number is your SSN

Believe it or not, there are still some folks who aren't aware that the number on their Medicare card is a Social Security Number with a letter added to the end. For some, it's their own SSN; for others, it could be that of a spouse or relative. Regardless, a SSN in the wrong hands is a recipe for disaster. Scammers are still pulling the oldest trick in the book: calling beneficiaries, threatening their benefits or soliciting fake offers, and convincing them to cough up their Medicare numbers. Be very careful who you share that information with!

#### #2 That the new cards won't roll out until April 2018

Scammers know that change makes everyone a little anxious – regardless of how great the news may be. Make sure you don't fall for a scammer offering to send your new card early. Remember that CMS (Centers for Medicare and Medicaid Services) won't begin mailing out new cards until April of 2018, and they have until April of 2019 to complete this enormous, yet necessary, project!

#### #3 That you don't have to do ANYTHING to receive or activate your new card

Some folks have received calls from people claiming to be Medicare representatives, asking them to confirm all of their personal information (e.g. full name, Medicare number, address) so they can ensure everything is correct in their database. Others have received calls informing them they need to pay a fee in order to receive the new card. **Please don't fall for it!** The bottom line is that you do not need to do ANYTHING to initiate the process of receiving your new Medicare card. CMS will mail beneficiaries their new cards automatically. **No need to confirm anything, no need to empty your wallet.**

#### #4 That your benefits will stay the same

Many people have asked whether or not their benefits will change with the new card. Rest assured your coverage will not change with the new Medicare number. You can start using your new card as soon as you receive it in the mail.

If you run into a scam related to the new Medicare cards, give the New York Senior Medicare Patrol a call at (877) 678-4697.

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### Volunteers, Connected!

Lifelong's new volunteer program connects seniors with volunteer opportunities with non-profits throughout Tompkins County.  
Contact Joyce Billing at Lifelong to learn more, 273-1511.



#### LIFELONG's FREE TAX PROGRAM – TAX COUNSELING FOR THE ELDERLY – IS LOOKING FOR VOLUNTEERS!

**Tax Preparers** - Lifelong's Tax Preparers are a diverse, skilled and fun group of volunteers who enjoy the challenge and the camaraderie of being part of the program and of giving back to the community.

Preparers use materials provided by the IRS plus a week-long training session delivered by experienced volunteers to prepare for the on-line exam required by the IRS. Tax clinics are held at Lifelong Thursday/Friday/Saturday from late January until the tax deadline in April. Tax Preparers generally work one to two 4 ½ hour sessions per week depending on their preferences and availability.

**Tax Greeters** - TCE Greeters are the first point of contact with the several hundred taxpayers who come to Lifelong for this free and valued service. They welcome taxpayers at the Thursday/Friday/Saturday clinics, generally working one 4 ½ hours shift per week. Tax Greeters are also key to the clinics running smoothly as they respond to on-tax questions from taxpayers, monitor wait times and insuring taxpayers are matched with the right volunteer preparer for their particular return. A minor amount of reading preparation from IRS supplied materials and passing a short certification exam is required.

Interested?? Please contact Mary Pat Dolan @ mpdolan@tclifelong.org or 607-227-0755



#### VOLUNTEERS NEEDED LOAVES & FISHES FREE MEAL PROGRAM

Regular volunteer help is needed for two or more hours

every Monday, Wednesday, or Friday from 9 am – 2:30 pm.

This is a great opportunity for seniors or recently retired people to engage in our community in a meaningful and very helpful way or for people wishing to gain experience in the hospitality industry.

If interested, Call 272-5457 or email [info@loaves.org](mailto:info@loaves.org)



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.

**Urgent Need for Volunteers as more drives are being scheduled due to the demands for blood following the recent hurricanes.**

#### Volunteers are needed to help in the Clothing Closet.

This shop provides community members free clothing, shoes, blankets, sheets, and household items. The Clothing Closet averages nearly 30 visits per day, and gives away around 2,000 free items per month! This service keeps elders dressed warmly in winter, provides kids with school clothes, and enables adults to find appropriate attire for interviews and work.

We are looking for volunteers who can commit to 3 hours per week on an ongoing basis, enjoy helping others, and want to be a part of a strong community of kindness.

Please contact Michaela Cortright at 607-272-5062 ext. 17 or [MCortright@dor.org](mailto:MCortright@dor.org)



**Foodnet Meals on Wheels** is recruiting volunteers for our Social Dining Program. We are looking for friendly individuals that are interested in helping with serving meals in our community dining rooms. Support is generally needed between 11:00am-1:30pm Mondays-Fridays.

If you are interested, please contact Joseph Fort at [jfort@foodnet.org](mailto:jfort@foodnet.org) or call 607-266-9553



### Funeral Consumers Alliance of the Finger Lakes

#### FUNERAL PLANNING INFORMATION

Price comparisons, your rights,  
advice on affordable arrangements

[www.fingerlakesfunerals.org](http://www.fingerlakesfunerals.org)  
Email: [info@fingerlakesfunerals.org](mailto:info@fingerlakesfunerals.org)  
607-273-8316

1 and 2 bedroom moderate income  
rental apartments for seniors 62 years or older,  
or handicapped/ disabled, 18 years or older



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[www.betterhousingtc.org](http://www.betterhousingtc.org)



**Not finding what you want?**

**Give Joyce a call at Lifelong**

**273-1511.**



### Volunteer Bellringers Needed in Ithaca!



Make this a special holiday season...  
Volunteer!



Call 607 273-2400



### 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 Artie Bennett 375-6657.



### Sewers/Quilters Needed for Projects at the Cancer Resource Center

When someone goes through chemotherapy treatment for cancer it can affect them in many ways; from the physical, to the social, to the emotional. At CRC, we try to support individuals who are experiencing the many side effects of cancer treatment. One way we do this is by providing head scarfs, wigs, and hats for those experiencing hair loss, and quilted tote bags for carrying belongings to treatment.

We are recruiting experienced sewers & quilters who would like to make tote bags for our clients. We have a pattern that we can email (or mail) to you. If you are interested in sewing or would like to make a donation of material for this project, please contact Fran Spadafora Manzella at 277-0960.



**FOR A MONTHLY MUSICAL TRIP DOWN MEMORY  
LANE LISTEN TO THE RUDY PAOLANGELI PROGRAM**

**WHCU - 7:00 am till 9:00 am  
Monday, December 25 - Christmas  
Monday, January 1 - New Year's**





*Come celebrate the season with us!*

**Lifelong's Annual Holiday  
Open House**

Friday, December 6, 2017  
1-3 pm  
Light Refreshments  
Senior Theatre Group Performance  
A Reading from "The Play's the Thing"  
Live Music

All are welcome! Bring a friend!  
Contact Lifelong at 273-1511  
for more information  
**FREE - No Reservations Necessary**

**Two Recommendations by Joyce Wheatley, Librarian  
Information & Learning Services, Tompkins County Public Library**

**Our Souls at Night (2015)**

by Kent Haruf

FICTION – Published six months after his death, Our Souls at Night, Kent Haruf's final novel immerses us in the small town of Holt, Colorado, set against an impressive Rocky Mountains landscape. Like previous books in his award-winning "Plainsong Trilogy," Haruf unflinchingly examines the harm caused by small-mindedness and conventional traditions in the lives of Addie Moore and Louis Waters, an elderly widow and widower who become intimately involved. As the couple confronts their own limitations and loneliness, they are forced to make painful decisions in order to deal with their children's and community's prejudices and expectations. I loved this tender, astute meditation on living in a society where, sometimes, aging past 60, means emotions and desires should no longer matter. I highly recommend this book for reading aloud with someone. (Published June 2015)

**Boy on a Unicycle: Confessions of a Young Man Trained to Be a Winner (2017)**

by Dan E. McCall, edited by Steven McCall

NONFICTION – Years ago, I heard Dan McCall, Professor of English and Creative Writing at Cornell University, boast that he was working on a memoir that would "tell all." His provocative and taunting statement, issued in classic "McCall style," intrigued me so that I periodically searched for his byline. In 2012, when I read his obituary, I wondered, "Would he speak from the grave?" In fact, yes, now he has.

Edited by his son, Steven McCall, this posthumous memoir reveals the life of a "poster boy" for optimism in 1950s-60s America. In a straightforward narrative, this award-winning author recounts funny and painful episodes from his youth as he reflects on early struggles that open a window to his personality. Is more to come on his later years? I hope so. Find works

by Dan McCall, such as *Jack the Bear*, *Tripphammer*, and *Messenger Bird* at the Library.

*Stretch your reading experiences! Join us Spring, Summer, Fall and Winter for the 4 Seasons Fiction Book Club and Truth Be Told Nonfiction Book Club. Participants may reserve copies of selections prior to discussion meetings by contacting Joyce Wheatley, [jwheatley@tcpl.org](mailto:jwheatley@tcpl.org), 272-4557 ext. 257.*

*Participate anywhere, anytime through the Library's online book clubs on Goodreads!*

*Register at [www.goodreads.com/group/show/123072-4-seasons-book-club](http://www.goodreads.com/group/show/123072-4-seasons-book-club).*

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