

# Senior Circle

Vol. 23 No. 4 • Winter 2018

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

[tompkinscountyny.gov/cofa](http://tompkinscountyny.gov/cofa)

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

## Senior Focus: Lin Tollefson *A Life of Curiosity, Adventure and Giving Back to her Community*

By: Alexandra Carter-Huffman



Lin Tollefson is always seeking adventure in her life.

There is never a time or moment where curiosity stops. From a recent interview I was enlightened to see curiosity is rooted within Lin Tollefson's core.

Born in 1943, Lin grew up in

the suburbs of Chicago, Illinois, where there was much to learn. Tollefson has lived in Virginia, Northern New Jersey, and for the past ten years has resided in Ithaca, NY. It is clear her curiosity grew progressively throughout the different times and environments she experienced. This is evidenced by her seeking and completing increasingly higher levels of education.

I learned age is not an obstacle for Tollefson, it has only encouraged her to find new avenues, so she can quench her interests and become more engaged in the community. She was an active volunteer in the many areas she lived in and volunteered her time to contribute back.

Lin was the President of the local American Association of University Women (AAUW) and became involved in a group called the 3:00 Club. This club offers an opportunity to pick a topic of interest, research and write a paper on it, and present it to the group. They then break

for tea at 3:00.

She explains there was "a time where there were not as many intellectual outlets for women," and emphasizes the ways times have changed. Through this perspective, I was intrigued by all Tollefson has accomplished and continues to accomplish during these times. Nothing seemed to hold her back. Lin even shared that she goes on an annual trip every summer for over 35 years. Her and her son spend a week at a family retreat on Star Island, seven miles into the Atlantic Ocean off the coast of Portsmouth, NH. Lin describes this as, "charmingly rustic, no TV, no cars. We enjoy meeting up each year with old friends and enjoying the scenic natural beauty."

Lin completed her Bachelor of Science in Nursing at Virginia Commonwealth University and then got her Doctorate in Nursing Education at Columbia. She taught Nursing in Petersburg, Virginia, and later taught Nutrition and Health Sciences at William Paterson University in Wayne, New Jersey.

Lin currently works at Family Medicine Associates of Ithaca where she represents the office to the larger healthcare community. She coordinates and connects appropriate care for patients outside the office using the skills she has developed over the years to help make her patients' lives easier and more comfortable. Lin has worked there for 10 years and continues to help establish relationships with other health providers outside the office, but ultimately aims to leave her patients feeling cared for. Lin points out, "It is important to me that when our patients leave my office they feel heard and well cared for. I'm happy when they leave that they seem to feel

better than when they came in." It is clear Tollefson likes the meaning of work and finds a meaningful purpose in all that she does for the agency.

"I am proud that I have been able to create a life that has new adventures," Lin states, and expresses her commitment to learning: "I really like to do something for a certain amount of time, then take on something new, learn how to do that really well, then move onto something different". It is obvious she likes to take on many new challenges and master them. Tollefson has always wanted to teach and has continued to educate others, especially patients, within her profession.

Tollefson strives to find new things that interest her such as giving back to the community through volunteering, inspiring others with her insight, as well as, creating an environment conducive for learning. Her personality and will is what sets her as a highly admirable person, for which I take great pleasure in talking to and learning from. I now strive to set goals and challenges for myself in ways Tollefson set forth.

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**Lifelong's  
Holiday  
Open House**

Wednesday  
December 5<sup>th</sup>  
1:00pm -  
3:00pm  
Light  
Refreshments  
Entertainment:  
*Improv by the Senior Troupe of Lifelong*  
*Play's the Thing*  
*Music*

All are welcome!  
Bring a friend!

FREE - No Reservations Necessary

## Senior Services

### NY Connects

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

#### NY connects can provide information about

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

Free language assistance (interpretation and translation) services available

### 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 \$55 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 Monday - Friday.

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**, 274-5450, 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 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

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 and people with mobility problems. 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.

## A warm welcome...

YOUR CHOICE IS EASY WITH SO MANY GREAT LOCATIONS,  
JUST FILLED WITH COMFORTS AND AMENITIES!



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.

### CV@ INTERLAKEN

3687 Conifer Drive,  
Interlaken, NY 14847

(607) 532-9929

[conifervillageinterlaken@coniferllc.com](mailto:conifervillageinterlaken@coniferllc.com)

1 Bedroom Apts. in a brand new community for seniors 62 years or older, or anyone who is disabled that is 18 years or older.

• Elevator • Intercom Access Entry  
• Computer/Fitness Centers  
• Wireless Emergency Call System

### ELLIS HOLLOW

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(607) 273-3020

[ellishollow@coniferllc.com](mailto:ellishollow@coniferllc.com)

1 Bedroom Apts. in a peaceful community on the east side of Ithaca for seniors 55 or older.  
• Elevator  
• Intercom Access Entry  
• Computer/Fitness Centers  
• Resident Services Coordinator

### SCHOOLHOUSE GARDENS

177 Main Street  
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(607) 898-4770

[schoolhousegardens@coniferllc.com](mailto:schoolhousegardens@coniferllc.com)  
1 & 2 Bedroom Apts. for seniors 62 years or older, or anyone with a disability that is 18 years or older.  
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• Emergency Call Buttons in Bath and Bedrooms

### CV@ITHACA SENIOR APTS.

200 Conifer Drive  
Ithaca, NY 14850

(607) 277-6320

[conifervillageithaca@coniferllc.com](mailto:conifervillageithaca@coniferllc.com)  
1 & 2 Bedroom Apts. in a peaceful location with incredible views, for seniors 55 or older.  
• Balcony/Patio  
• Laundry Hook-ups  
• Computer/Fitness Centers

### CV@CAYUGA MEADOWS

108 Aster Lane  
Ithaca, NY 14850

(607) 216-9808

[cayugameadows@coniferllc.com](mailto:cayugameadows@coniferllc.com)  
1 & 2 Bedroom Apts. for seniors 55 or older, or anyone with a disability that is 18 years or older.  
• Balcony/Patio  
• Laundry Hook-ups  
• Computer/Fitness Centers

**VISIT [WWW.ACONIFERCOMMUNITY.COM](http://WWW.ACONIFERCOMMUNITY.COM) TODAY! TDD NY: (800) 662-1220**

a conifer community®



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!



Lifelong is proud to be a United Way Agency

## Caregiving During the Holidays

The holiday season may be a time of special traditions and families reuniting for celebration. However, they can be difficult times for family caregivers. Caregivers may feel overwhelmed maintaining holiday traditions while caring for their loved one. The Alzheimer's Association offers the following suggestions to make the holidays happy and memorable:

Call or write visiting family members to familiarize them with your caregiving situation. Keep them informed on any changes with your loved one.

Make sure family members and visitors understand your caregiving situation and have realistic expectations about what you can and cannot do. If you've always invited 15-20 people to your home, consider a smaller group or asking others to host the holiday at your home.

It is important to maintain the normal routine so that holiday preparations don't become too disruptive or confusing for your loved one, especially if they have dementia. For example, if evenings are more difficult because of "sundowning," consider a brunch or lunch celebration instead of the evening time.

If your friends and family members ask what you want for a gift, suggest something that will help you care for your loved one. Ideas include a gift certificate for respite care for a day, once-a-week (or month) home cooked meals, massages, or housekeeping service.

Give yourself permission to Say "No." You are not obligated to attend every social gathering of the season and you are not obligated to host parties in your home. But, at the same time, family caregivers can become isolated in their homes with their loved one if they don't recognize the importance of staying connected with friends and relatives. Let others take on the responsibility of hosting—whether at your house or theirs and enjoy their presence even if your time together is shorter than it was in the past.

### Getting Respite Care

Family and friends are often a source of substitute care that allows a family caregiver to take a much-needed break from caregiving or attend to other matters. When these "informal" substitute caregivers aren't available, paid aide service or overnight respite in a facility should be considered.

#### Agency or Private Hire

Home care options include hiring help from a home care agency or hiring someone privately.

### Help Paying for Substitute Care

For those who cannot afford to hire help, there may be public or grant funding to assist in paying for respite care. Medicare does not pay for respite care. The only type of insurance, besides Medicaid, that may pay for home care or respite care in a facility is *long term care insurance*.

For those whose income is too high to qualify for Medicaid, the Office for the Aging has some funding to provide substitute care for family caregivers through the NY State EISEP Program, through federal money targeted to support family caregivers, and with Alzheimer's Respite Scholarships that NY State offers through the CNY Alzheimer's Association.

### Consumer-Directed Personal Care Program (CDPAP)

Because of the overall shortage of aides, people can sometimes privately hire friends or relatives, or aides listed with the Finger Lakes Independence Center. Medicaid, EISEP and Alzheimer's Respite funding can pay for this type of privately hired care through the CDPAP which is administered by the Finger Lakes Independence Center.

Contact NY Connects Tompkins County Office for the Aging at 274-5482, to learn more about eligibility for these programs or to discuss your family caregiving concerns and educational programs, counseling, and other services to support family caregivers.

## AGING TOGETHER INDEPENDENTLY



*When you need peace of mind,  
support is one phone call away*



Personal  
Well-Being



Transportation



Programs



Home  
Maintenance

Contact us for more information  
[www.lovelivingathome.org](http://www.lovelivingathome.org)  
607-319-0162

### 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, 2019.

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 (email: cbullis@tompkins-co.org or fax 274-5450) by Friday, January 11, 2019.

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

\* Past awardees include: Joel Abrams, Barry Adams, Phyllis Allen, John Anderson, Fred Antil, Irene Asay, Joan Barber, Barbara Barry, Ardie Bennett, Nancy Bereano, Beverly Blanchard, Lucy Brown, Mary Cambreco, Joseph Cimmino, Joe Anna Deas, Mary Pat Dolan, Elizabeth Doppel, Ann Doren, Frances Eastman, William Eisenhardt, Rebecca Elgie, Charles Elliot, Carina Emerson, Martha Ferger, Bernie Fetterly, Fred Fladd, Richard Flaville, Sue Ford, Helen Garvey, Gertrude Gray, 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.

## Happenings at Tompkins County Health Department

### Harmonicas for Health

*Harmonicas for Health* is a program that uses the power of music to support people with respiratory disease to breathe easier and decrease stress related to chronic disease. The program curriculum offers education, peer support and the opportunity to come together in a fun environment to develop breathing strategies that will improve quality of life.

Chronic Obstructive Pulmonary Disease is a leading cause of death in the US. In New York State, over 6,000 people die annually from COPD and 900,000 people report having the disease. Many other people have COPD or related diseases and are not diagnosed because they think that shortness of breath is just another sign of aging. *Harmonicas for Health* will work with individuals who have COPD or have risk factors for chronic respiratory disease.

This program was developed by the COPD Foundation, a national advocacy organization, to encourage people with COPD to "Live, Breathe, and Play." Through this innovative program, participants will learn how to better control their breathing while playing the harmonica. *Harmonicas for Health* may help to decrease shortness of breath, relieve stress, and empower individuals to take an active role in addressing their disease.

No experience in harmonica playing is necessary to join our group, all materials will be provided. This is a free, 6-week program. To register for an upcoming class, contact the Tompkins County Health Department at 274-6600.

### Healthy Neighborhoods Program

The Healthy Neighborhoods Program of Tompkins County Health Department can help improve the safety of your home. Sign up for a free home safety check with the Healthy Neighborhoods Program. HNP staff will come directly to your home and help you identify potential safety issues and environmental health risks in your home. The program also provides free home safety products and information to residents. The products distributed include green cleaning supplies, smoke detectors, carbon monoxide detectors, fire extinguishers, and much more. Other services offered through the program are radon testing and lead paint testing. There are no age or income requirements, anyone in Tompkins County is eligible for the program. If you are interested in learning more about the Healthy Neighborhoods Program, or if you are interested in setting up an appointment, please call 607-274-6688.

### Flu Vaccines .....Everyone, Every Year!

#### TCHD Flu Vaccination Clinic Guidelines

- By Appointment Only! Please call (607) 274-6616 during regular business hours to set up a time.
- No out of pocket costs with the following insurance plans: Medicare Part B, Medicaid, BlueCross BlueShield, Total Care, Fidelis, or these Medicare Managed Plans: Secure Horizons, Today's Options, or Medicare Blue.
- All other plans, payment due at time of service. Individuals may submit a claim for reimbursement. Most plans cover the cost of an annual flu shot.
- Cost: \$38. Cash and checks accepted. Sorry, we do not accept credit or debit cards.



#### It's Your Funeral Will It Be What You Want?

Get unbiased funeral planning information and price comparisons

Funeral Consumers Alliance  
of the Finger Lakes

[www.fingerlakesfunerals.org](http://www.fingerlakesfunerals.org)  
607-273-8316



### Educating Empowering Advocating

Certified Long Term Care Ombudsmen provide free-of-charge advocacy to and serve as a resource for residents of long-term care facilities (nursing homes, assisted living and adult-care facilities).

Ombudsmen respond to a variety of concerns about long-term care 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

**For information or assistance, please call your local ombudsman serving Tompkins, Chemung, and Schuyler counties at 607-274-5498.**



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



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FEEL BETTER.  
LIVE BETTER.**

At All Ears Audiology, our friendly staff of professionals will not only change the way you hear, we will change the way you live... for the better. We have the technology and hearing aids that you need... and can afford.

- Audiological Evaluations
- Hearing Aid Evaluations and Fittings
- Hearing Aid Repair
- Latest Digital Technology
- Simple to Sophisticated Technology
- Multi-line Dispenser
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COMMITMENT TO EXCELLENCE AND SERVICE  
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## McGraw House Apartments For Active Senior Living



- Studio and one bedroom apartments for Senior Citizens
- Downtown location close to shopping, places of worship, library, Senior Citizens' Center and on the City bus line
- Dining facility with evening meals • Laundry facilities
- Preference for eligible Veterans/surviving spouses living in NYS
- Service Coordinator on staff • Off-street parking
- Welcomes diversity • Guest apartment for overnight visitors
- Roof deck, gardening and many activities

**(607) 272-7054 • 221 S. Geneva St., Ithaca**  
[www.mcgrawhouse.org](http://www.mcgrawhouse.org)



## 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); a

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

New to Medicare or just want an overview? Attend the **Medicare Basics** class at Lifelong on Monday, March 18, from 2-4pm. Topics will include the A,B,C (and D's!) of Medicare, Medigap plans, as well as programs such as the Medicare Savings Program, Extra Help, and discount drug cards, all of which can work with Medicare to save money on medications and monthly premiums. We will also discuss how Medicare works with other health insurances, so you'll be on the right track to avoid penalties and reduce costs.



## HELP US LEARN!

### We are looking for study participants

- We are looking for male and female participants **aged 60 or over** for a study on healthcare choices and information preferences.
- We are interested how people make choices about their health.
- All of your answers will be kept completely confidential.
- Contact us through (607) 255-2457 or Healthy.Aging.Lab.study@gmail.com
- **Disclaimer**  
*Although all information gathered in the study will be confidential, online communications are not secure and emails sent to the experimenter could be read by a third party.*

#### Study details:

**60 – 90 minutes**

**\$20 payment**

**The study involves questionnaires, cognitive tasks, and an interview.**

**Participate in our lab space on Cornell's Ithaca campus!**

**JULIA NOLTE, M.S.C.**

Ph.D. Student  
Project Coordinator

Healthy Aging Laboratory

Cornell University

### 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).

### Coming in 2019..... the NEW Medicare Advantage Open Enrollment Period!

If you have a Medicare Advantage Plan and decide after January 1<sup>st</sup> that you'd rather have original Medicare (Part A and B), including the possibility to sign up for a stand-alone Medicare Part D Prescription Drug Plan, or you'd prefer to switch to a different Medicare Advantage Plan, you have a one-time opportunity to do so with the new Medicare Advantage Open Enrollment Period.

This new enrollment period will run from January 1-March 31 every year, with changes taking effect the 1<sup>st</sup> of the following month. Please contact HIICAP at 273-1511 if you have any questions about this new program.

## No One Should Face Cancer Alone



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

## Driving Tips: Winter Weather

From Tire Safety

### Safe Winter Driving

It's important to learn some basic strategies to stay safe on winter roads. During winter months, make it a habit to check the weather reports before heading out. If snow or ice is predicted, make plans to leave early.

If you can move a night trip to daylight hours, do so. Not only is visibility better, but if your vehicle stalls, you are more likely to receive prompt assistance during the daytime. The National Highway Traffic Safety Administration is another great source for **Winter Driving Tips**.

Read our tips to prepare your vehicle for winter driving. Use this checklist as a guideline for "winterizing" your car:

1. Check windshield wiper blades to make sure they work properly. In some areas, snow blades are an effective alternative to conventional wiper blades.
2. Have your mechanic test the antifreeze/coolant to provide the correct level of protection required in your region.
3. Make sure your tires are properly inflated. Underinflation can reduce tire grip because the tread will not meet the road surface as it was designed to do. Overinflation has the same effect.
4. If you live in areas where snow and ice are certainties of winter driving, the best option is to install winter tires. Winter tires are specially designed with compounds that remain flexible in winter weather, and unique tread design that grip the road and provide better traction in snow, ice and slush.
5. Keep your gas tank at least half full. The extra volume helps reduce moisture problems within your fuel system. It also adds helpful weight to your vehicle.
6. In rear-wheel drive vehicles, extra weight in the trunk or pickup truck bed may be helpful. Weight can be put in the back of pickups to provide additional traction, but it must be secured so that it doesn't move when you brake hard, corner, or get in a collision. The added weight can also increase stopping distance, so you'll need to find the right balance of benefit vs. handicap and place any weight directly over the drive axle. Bags of sand can provide weight and, if sprinkled on the ice, sand helps provide traction.

### Know Your Car — Know Your Brakes

Anti-lock Breaking Systems, which became common in the U.S. in 2004 and mandatory in 2013, allows the driver to press the brake pedal as hard as possible, holding it there and allowing the computer to pump the brakes while still maintaining steering effectiveness. Think of ABS as "allows you to brake and steer." Remember that ABS can't perform miracles - if you feel ABS engaging during everyday driving, slow down, because you are exceeding the reasonable speed for the conditions. One day, **Crash Imminent Braking** may be a standard feature in most cars. But even if that's the case, many basic safety tips will remain unchanged.

Keep both hands on the wheel and keep the wheel turned where you want your car to go. While it may sound overly simple, it could help you in a skid.

### More Safety Considerations:

- Before you leave your driveway, scrape the ice and snow from every window and the exterior rearview mirrors, not just a small patch on the windshield. Don't forget to remove snow from headlights and brake lights.
- Try to remove ice and snow from your shoes before getting in your vehicle. As they melt, they create moisture buildup, causing windows to fog on the inside. You can reduce this fog by turning the air recirculation switch to the OFF position. This brings in drier fresh air. You can also run the defroster mode on your heater, because defrost uses the AC to dry the air, then runs it through the heater core to heat it, bringing warm, dry air into the cabin. In this way, the defroster serves as a dehumidifier.
- As always, you and your passengers should all wear seat belts snug to ensure they work properly.
- Adjust headrests. Rear-end collisions are common in winter driving, a properly adjusted headrest can prevent or reduce neck injuries.



- Before you shift into gear, plan the best route to your destination. Avoid hills, bridges and congested areas if possible. Program your GPS before you start.
- Although your radio can provide helpful traffic information, it can also be a distraction. Because driving is more of a mental skill than a physical one, you may want to keep it off.
- Don't use your phone when driving on ice or snow. Even when you are hands-free, you need to concentrate on driving, not on conversation.
- Drive slowly and remember that posted speed limits identify the maximum speed allowed when weather conditions are ideal. Law enforcement agencies can write citations to motorists driving the posted speed limit if weather conditions warrant a slower speed.
- Be alert to the actions of other drivers. Anticipate cars coming from side streets and put extra distance between your vehicle and the one in front of you. If someone is too close behind you, don't speed up — slow down or let them go around you.
- To make sure other drivers see you, always drive with your lights on. At night and in fog and heavy snow, low beams may be more effective than high beams.

### Be Prepared

Keep your vehicle stocked with simple emergency equipment in case you stall or have an accident. Consider keeping these items in your vehicle:

- Blanket and extra clothes
- Flashlight
- First aid kit
- Snacks
- Water to stay hydrated
- Flares
- Cell phone and charger
- Small shovel
- Windshield scraping device
- Tow rope
- Bag of sand or cat litter for traction
- Long jumper cables



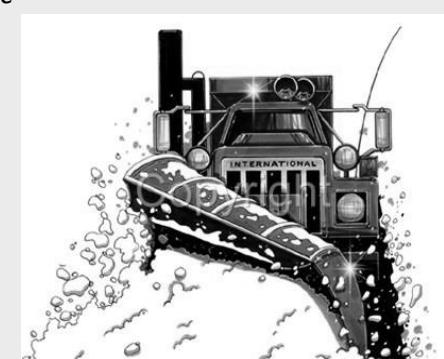
If you do have trouble, run the engine only for brief periods to generate heat. Carbon monoxide can accumulate more easily in a nonmoving vehicle. Check your vehicle's owner's manual for information about your engine and recommendations for emergency situations.

## MORE Winter Driving Safety Tips

From the National Highway Traffic Safety Administration

### 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.





The regular HEAP season opens **Tuesday, November 13, 2018** and is anticipated to close **March 15, 2019**.

The Home Energy Assistance Program (HEAP) provides assistance with fuel and utility expenses for income-eligible homeowners and renters. The HEAP program may also be able to help with a furnace repair or replacement. This program is called the Home Energy Repair and Replace (HERR) program. The HERR program opened on Monday, November 5, 2018 and the closing date is to be determined. The HERR program follows the same income guidelines as the HEAP program. For the HERR program, applicants must be the homeowner for at least 12 months and have used the heating equipment in need of repair or replacement within the past 12 months. The Tompkins County Office for the Aging processes HEAP and HERR applications for persons 60 and older, and for those who receive SSI or SSD, and do not receive Food Stamps.

The current income eligibility levels for HEAP in 2018-2019 are as follows:

**1 person household \$2,391**

**2 person household \$3,127**

**3 person household \$3,863**

If you think you may be eligible for HEAP, contact the **Tompkins County Office for the Aging at (607) 274-5482** for more information. The HEAP application can be mailed to you, picked up from our office or completed online at <https://mybenefits.ny.gov>. The HERR application must be done in person. Our office is located at: **214 Martin Luther King Jr./W. State St. Ithaca, NY 14850**

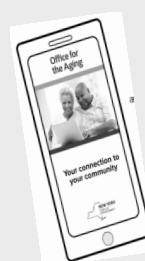
## Aging is just a number!

Download the Office for the Aging mobile app!



FREE in your App store

1. Visit your App Store
2. Search "NYS Aging"
3. Download it for free  
[www.aging.ny.gov](http://www.aging.ny.gov)  
800-242-9871



## LOOKING FOR WAYS TO REDUCE YOUR PAIN?

If you are a Woman Age 60 or Older Who Experiences Chronic Pain, you may qualify for a new research study in Ithaca.

### The Restorative-Flow Yoga Study

is an important research project that is looking at restorative-flow yoga to help reduce pain and inflammation in women 60 and older who experience chronic pain and is offered through Cornell University.

Study participants will be randomly selected to participate in one of two groups

#### Group 1

Group 1 participants will attend free restorative-flow yoga classes in downtown Ithaca\* with a certified yoga instructor two times per week on **Monday and Friday at 1 pm starting in January**. There will be a total of 24 classes with at-home material also provided.

#### Group 2

Group 2 participants will not attend classes, but following the 24 classes, they will receive the at-home materials to support restorative-flow yoga practice at home.

Classes and in-class supplies are FREE and you could earn up to \$50 for your participation!



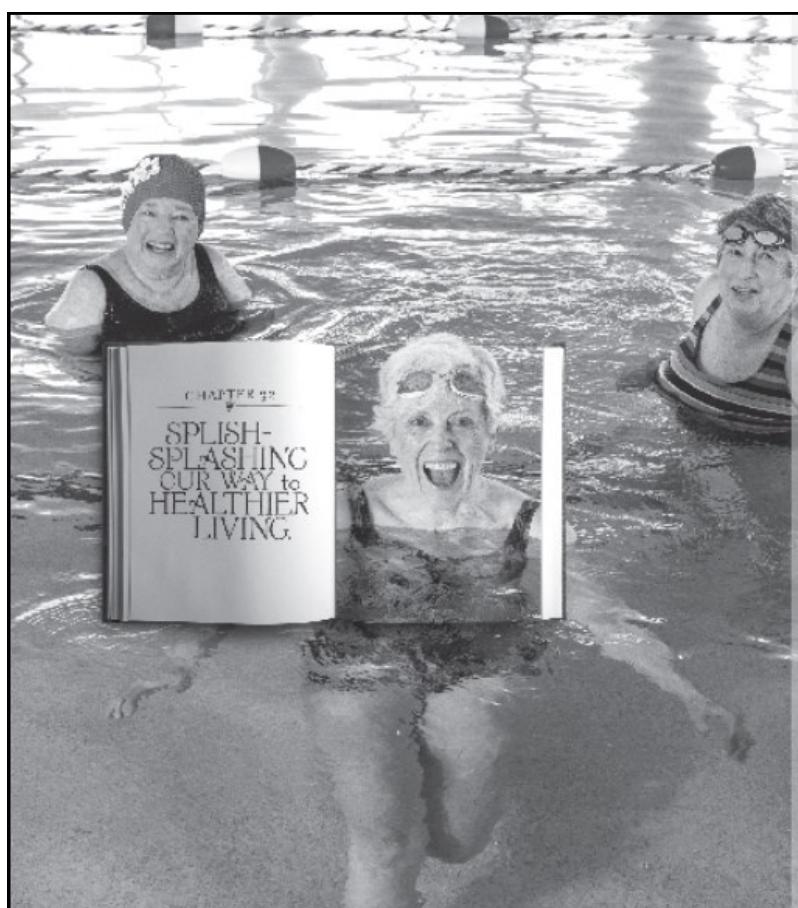
Contact Judy to see if you qualify!  
[yogastudy@cornell.edu](mailto:yogastudy@cornell.edu) or (607) 254-5115

\*Please note the downtown yoga studio is accessed via a 14-step staircase.

**Tompkins County Public Library will host the Senior Troupe of Lifelong's Living History Theatre**, performing on the theme of "Trust," at 5:30 PM on Wednesday, December 5, in the Library's BorgWarner Community Room East.

Trust of all kinds is the theme of this season's performance of the Senior Troupe of Lifelong, including trust in our memories, in our parents, and in the belief that our voices will be heard. The troupe's show features stories from the troupe's lives that are both humorous and serious.

The Senior Theatre Troupe of Lifelong has been performing Living History Theatre for more than 19 years. Directed and coordinated by Sue Perlgut, the troupe features Emily Johnson, Paula Twomey, Carol Santucci, Michael Schaff, Deirdre Silverman, Mark Silverman, and Jean Senegas.



The gentle, comforting ripple of warm saltwater has an invigorating effect — especially during aqua-aerobics class. And, for Kendal residents Sara, Carol and Joann, the exercise is a fun, refreshing way to get fit — and get together.

Living on the 105-acre campus at Kendal not only keeps them involved in the lifestyle they love, but connected to any future care they may need. And, from here, the story just keeps getting better.

Come for a visit and tell us your story. Call 1-800-253-6325 or go to [kai.kendal.org](http://kai.kendal.org) to learn more.

**KENDAL at Ithaca**  
Transforming the experience of aging®  
2230 N. Triphammer Rd., Ithaca, NY 14850

A not-for-profit continuing care retirement community serving older adults in the Quaker tradition. ©2014 KENDAL.

## Lifelong News

All events listed are held at Lifelong unless noted.

For more information please call Lifelong at 273-1511

and for a full listings of programs please check our website at [www.tclifelong.org](http://www.tclifelong.org)

### UPCOMING EVENTS @ Lifelong

#### Lifelong's Holiday Open House

**Wednesday - December 5<sup>th</sup> from 1:00pm -3:00pm**



Light Refreshments

Entertainment:

*Improv by the Senior Troupe of Lifelong*

*Play's the Thing*

*Music*

**All are welcome!**

**Bring a friend!**

**FREE - No Reservations Necessary**

#### Ice Cream Social

**Wednesday, April 24<sup>th</sup>**

**2:00pm-3:00pm at Lifelong**



*Stop in and let us treat you to an ice cream sundae with all the fixings: butterscotch, nuts, hot fudge, caramel, sprinkles.... even a cherry on top!*

*Hope you can join us!*

*Thank you Brookdale for supporting this event.*

#### Spring Fling

**Friday, April 26<sup>th</sup> from 6:00 PM - 8:00 PM**

**\$10 admission**

**All are Welcome!**

**Friends .. Dancing .. Snacks ..**



*Lifelong will be closed for the following days:*



*Winter Break:*

*Monday, December 24- Tuesday, January 1 -*

*Martin Luther King, Jr. Day - Monday, January 14 -*

*President Day - Monday, February 18*

*Mark your calendars today!*

#### 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.
- **Tune in to News Talk Radio WHCU for announcements**

# Spring

#### LIFELONG SPRING SEMESTER

Our spring catalog is packed full of learning opportunities, special events, presentations and opportunities to help us all stay healthy, active and engaged! We have a series this semester called All About Symbiosis, one on Native Peoples of North America, World Cinema Part IV, a writing course called Dash Your Doubts about Whether You can Write, an 8-week series Rewriting Fairy Tales, various art courses including Anyone Can Draw, Gelli Prints, Stamping, and back again our Africana Library film series including the film Movin' On Up: The Music and Message of Curtis Mayfield & The Impressions! We offer classes about arts and film, finance, humanities, political issues, science & technology and the list goes on. There is something for everyone! In addition to all the learning opportunities there are numerous social and support groups and many options to stay fit and independent. We offer yoga, tai chi, SAIL, square dance and even Zumba Gold!

The catalog is available online at [www.tclifelong.org](http://www.tclifelong.org) or at 119 West Court Street.

*Hope to see you at Lifelong this Spring!*

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

Ah winter...time to break out the boots, scarves, gloves and hot chocolate. I've been told that adding a bit of peppermint schnapps to your hot chocolate tastes like a Peppermint Patty! Oh, who am I kidding? I've tried it and it's delicious!



In my last note, I mentioned Liza Burger joined us as our HIICAP (Health Insurance Information Counseling and Assistance Program) and TCE (Tax Counseling for the Elderly) Coordinator. She hit the ground running and managed her first Medicare Open Enrollment period with grace and patience. Her kindness and can-do attitude makes her such an asset to Lifelong and she's already discovered how wonderful our Medicare and Tax volunteers are. It's a mutual admiration society.

We're saying goodbye to our Program Director, Tammy Dunn. Tammy's been working toward, and recently completed, her National Certification for Activity Professionals. She's accepted a position in a 200 bed Skilled Nursing Facility where she'll be able to use her skills as the Director of Activities. To say we'll miss her is a gross understatement. Tammy has elevated our programs to a level we hadn't seen before. She cares deeply about Lifelong and has made such an impact on the lives of those she's come in contact with. She's a remarkable person and, though it will be terribly hard to say goodbye to her, we wish her all the best in this new chapter.

With support from the County Office for the Aging, Lifelong offered a class this fall called AMP, or Aging Mastery Program. It's a free, 10 week course of a variety of topics from Financial Fitness to Healthy Eating and Hydration...Advanced Planning to Healthy Relationships. It's a program with special emphasis on the new realities of aging, making the most of the gift of longevity and taking small steps to improve overall quality of life. I'm in the class and highly recommend it. We plan to offer it again in the Spring so look for it in the catalog when the time comes.

Speaking of the County Office for the Aging....congratulations to Lisa Monroe, their new Director!

*Warmly....Lucia*



**The Aging Mastery Program® (AMP)** will help you create your own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

#### What you will gain from the program:

- Information to help you make small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Real incentives and rewards for taking small steps that can improve your well-being.
- A chance to meet new friends, provide support and encouragement to your peers, and become more involved in your community.

#### What the program requires of you:

- Commitment to attend at least 7 (but hopefully more!) of the 10 ninety-minute classes.
- Following up after each class with Action Steps specific to that class topic.

#### Course Details

**When:** Mondays, February 4 – April 15, (no class February 18), (1:30pm-3:00pm)

**Where:** Lifelong, 119 West Court Street, Ithaca

**Who:** Any adult age 50 and above and is a resident of Tompkins County

**Cost:** The value of this program for each individual is over \$100, but Lifelong is able to offer this series FREE due to the generous support of NYS Office of the Aging.

**How:** Contact Lifelong at 273-1511 to register for this series. You need to be committed to attending no fewer than 7 of the 10 sessions.

#### What is the AMP Curriculum?

- Navigating Longer Lives: The Basics of Aging Mastery®**
- Introduction to the program with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve overall quality of life.
- Exercise and You**
- Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.
- Sleep**
- Overview of how sleep patterns change as we age, the importance of the sleep cycle, and simple strategies to improve sleep.
- Healthy Eating and Hydration**
- Review of nutrition with strategies for incorporating healthy eating and hydration into daily routines.
- Financial Fitness**
- Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.
- Medication Management**
- Best practices on how to take medications as directed, store medications safely, and keep track of them.
- Advance Planning**
- Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.
- Healthy Relationships**
- Exploration of the benefits of being socially active and the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections.
- Falls Prevention**
- Overview of the importance of falls prevention among older adults along with strategies to prevent falling.
- Community Engagement**
- Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

## 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 January 31 and appointments will continue on Thursday, Friday, and Saturday until April 13.

TCE is available at no cost to all seniors 60+ and individuals and families with incomes under \$33,000 and \$55,000 per year respectfully.

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



Lifelong thanks Dryden Mutual for their generous sponsorship!

15 Thornwood Drive, Ithaca call: 257-0312  
And

12 Ellis Drive, Dryden call: 844-8106  
*Insurance available exclusively through Local Independent Agents*

## An Hour of Your Time May Be Worth More Than You Think



**Schedule your retirement review today.**  
It's been said that we spend more time planning vacations than planning for retirement. Schedule your retirement review so you can understand:

- How much you'll need to retire
- If you are on track for your retirement goals
- Which IRA is right for your retirement needs – Roth or traditional
- The importance of asset allocation and how it can help you work toward your long-term goals



**Jess W. Esposito**

Financial Advisor  
Chartered Retirement Planning Counselor  
414 E. Upland Rd., Suite B  
Community Corners  
Ithaca, NY 14850  
(607) 257-0320

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

## Northside-Southside News

Lifelong's Northside-Southside program is a multicultural program of Lifelong open to all seniors providing 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**



**NSSS Holiday Gathering:**  
**Wednesday, December 12, (12:30pm-1:30pm) at Lifelong**

Bring your favorite holiday snack or dessert and enjoy casual conversation, great company and good food!



### SAVE THE DATE!

Lifelong's Northside/Southside

34<sup>th</sup> Annual Martin Luther King Jr. Luncheon  
Wednesday, January 16, 2018 at noon

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

Contact Lifelong at 273-1511 for more information.



### Northside Southside Program

We Want You involved ...

Programs offered under Northside Southside are open to ALL seniors.

We are looking to expand our efforts and reach more seniors and we need your help!

Are you, or someone you know, interested in becoming part of an Advisory Committee to help plan events.



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Live Active.  
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Offering high quality living at an affordable price. Unlimited programs, unbeatable amenities.

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- Assisted Living
- Enhanced Assisted Living

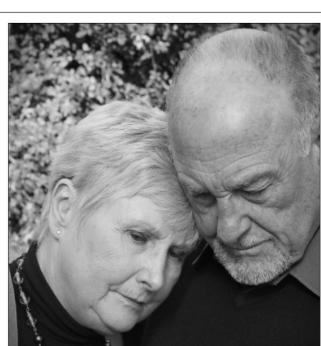
REQUEST A TOUR  
by calling (607) 375-6320

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when signing independent apartment lease!

**Longview**  
an Ithaca Community  
1 Bella Vista Dr.  
Ithaca, NY 14850  
[www.ithacarelongview.com](http://www.ithacarelongview.com)

### Did you know?

Hospice provides help and support for the whole family, not just the patient.



**Hospicare**  
Palliative Care Services

To learn more, call  
**607-272-0212**  
or visit  
[www.hospicare.org](http://www.hospicare.org)

**Compassionate Care When You Need it Most**

## Coffee House Events

Sponsored by Lifelong and NSSS (FREE)



**Peru, A Little Bit of Truth – Fabina Colon**

**Wednesday, January 30, 1:30pm-2:30pm**

"What time is it?... What!...it's only 1pm?" "Good morning, good afternoon, good evening, good people!" "Eat healthy, get sick! Eat poison, get sick!" Fabina B. Colon (Director, Multicultural Resource Center) spent a month in Peru. She will be sharing stories, pictures, food, and a critical analysis of her experience with dynamics that challenge and shift the narrative around food & wellness, the concept of "time," and intergenerational relationships.

**The Play's the Thing – Dolina Millar**

**Thursday, February 7, 3:15pm-4:15pm**

Three short one-act plays provide modern takes on old stories. "Magic Fish – A girl is granted three wishes. "The Best Lei'd Plans" – The mothers of the bride and groom confer at the wedding. "The Old One-Two" – A satire on modern academia harks back to Greek tragedy.

**Africana Library Film Series - Paris Noir African Americans – Eric Acree**

**Tuesday, February 19, 6:00pm-7:30pm**

Documentary about the migration of pioneering African Americans to France and the impact both cultures had on each other. Through the use of rare photographs and stock footage, period music, and commentary by leading experts, it weaves stories and themes from World War I, the Jazz Age of the 1920s up to the German occupation of WWII.

**Africana Library Film Series Agents of Change – Eric Acree**

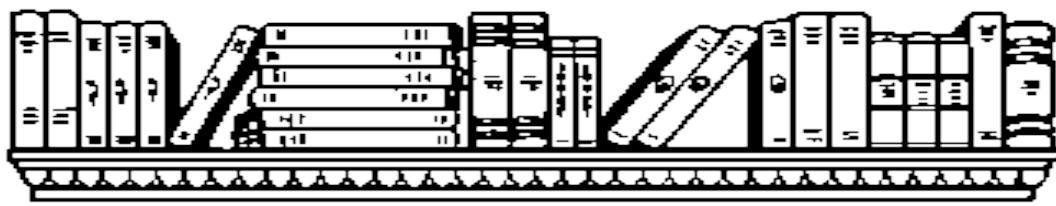
**Tuesday, March 19, 6:00pm-7:30pm**

From the well-publicized events at San Francisco State in 1968 to the image of black students with guns emerging from the takeover of the student union at Cornell University in April 1969, the struggle for a more relevant and meaningful education became a clarion call across the country in the late 1960s.

**Africana Library Film Series Movin' On Up: The Music and Message of Curtis Mayfield & The Impressions – Eric Acree**

**Tuesday, May 21<sup>st</sup> and May 28<sup>th</sup>, 6:00pm-7:30pm**

This film celebrates the craft and the conscience of one of the 20th century's great souls.



## The Book Nook A feature from the Tompkins Public Library

By Joyce Ann Wheatley, Librarian Information & Learning Services

I've been listening to some powerful audiobooks- my preferring method of reading- but you'll enjoy the print editions of titles, too.

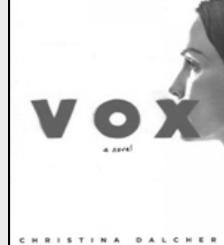


### Florida by Lauren Groff

Do you like short stories? I relish any opportunity to swallow a whole tale in one sitting, which Lauren Groff skillfully accomplishes in this collection. These stories, read by the author, fascinated me. Her word choice, imagery, and plots involving everyday relationships transported me into her world and, of course, the "state" of being that is Florida.

If you travel to Florida this winter, take this book along for a whole new perspective. As of this writing, *Florida* has been nominated for the 2018 National Book Award.

### Vox by Christina Dalcher



"On the day the government decrees that women are no longer allowed more than one hundred words per day, Dr. Jean McClellan is in denial. This can't happen here. Not in America. Not to her."

Fast, fun, totally engaging, this audiobook is a fantastic experience. Yes, you'll draw parallels to Margaret Atwood's *The Handmaid's Tale*, but Dalcher's speculative tale adopts the cliffhanger style of a suspenseful psychological thrill ride. If you love "can't-put-down" reads, you're in for a treat! A 2018 Goodreads Choice Award.

TCPL's 4 Seasons Fiction Book Club and Truth Be Told Nonfiction Book Club meet quarterly from 6:30 to 7:30 PM. To reserve a copy of the current selection prior to discussion, contact Joyce for fiction, [jwheatley@tcpl.org](mailto:jwheatley@tcpl.org), or Tom for nonfiction, [tburns@tcpl.org](mailto:tburns@tcpl.org).

For information about the Library's online fiction book club, register at Goodreads, [www.goodreads.com/group/show/123072-4-seasons-book-club](http://www.goodreads.com/group/show/123072-4-seasons-book-club). All Library programs are free and open to the public.

## Volunteers, Connected!

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



### VOLUNTEER OPPORTUNITY WITH THE ADVOCACY CENTER OF TOMPKINS COUNTY

If you've been wanting to do something in response to #MeToo, if you've been wanting to give to our community, if you've been wanting to learn new skills and meet people who care about the things you care about...Become a HOTLINE VOLUNTEER!

**Hotline Volunteers** help staff our 24-hotline, providing crisis counseling, advocacy, support, and referrals to adult and youth survivors of domestic violence, sexual assault, and child sexual abuse. Comprehensive training is provided at no cost to participants. After completing the training, participants become NYS Department of Health Certified Rape Crisis Counselors.

Our next Hotline Volunteer Training begins late January 2019 and runs through early March. Training sessions will be held on Saturdays from 10am to 2pm, and on Tuesdays and Thursdays from 5:30-8:30pm. For more information, contact [voluteer@theadvocacycenter.org](mailto:voluteer@theadvocacycenter.org)



### Pew Knitters

Come join a small group of knitters producing huge quantities of knitted items for agencies that serve the homeless, cancer patients, nursing home residents children and babies, and more.

A great way to spend a Sunday Afternoon!

2nd and 4th Sundays from 2 pm - 4pm Methodist Church in Varna

Call Sis Johnson at 272-6806

Donations of yarn and neckties always welcome, and can be dropped off at Lifelong or call Sis.



### 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.

### 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)



DO YOU LIKE TO HELP PEOPLE?

DO YOU LIKE A CHALLENGE?

DO YOU LIKE WORKING WITH A TEAM

OF FUN AND INTERESTING PEOPLE?

THEN JOINING LIFELONG'S TAX COUNSELING FOR THE ELDERLY MAY BE FOR YOU.....

Interested??? [CALL LIZA BURGER OR MARY PAT DOLAN @ 273-1511 X 237](#)

Tax Preparers & Tax Greeters are needed... Training begins in early January!

**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 pass 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.

**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.

**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 wishing to gain experience in the hospitality industry.

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



### Do You Have an Hour a Week to Brighten the Day of a Beechtree Center Resident?

If you would enjoy 1:1 visitation by reading or socializing with a resident

Contact Sandy F... at 277-8624



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.

**VOLUNTEER**  
*all that's missing is U!*

*Not finding what you want?  
Give Joyce a call at Lifelong 273-1511  
Or email: [jbillings@tclifelong.org](mailto:jbillings@tclifelong.org)*

### Ness-Sibley Funeral Home



Alison M. Weaver

Pre-arrangement eases the burden

of those you leave behind.

We invite you to learn more and

to begin your planning at

[www.ness-sibley.com](http://www.ness-sibley.com)

*There is no cost for this valuable service.*

23 South Street, Trumansburg

(607) 387-8151

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



**Thursday, November 22 Thanksgiving Day  
and  
Tuesday, December 25 Christmas Day**



## Let's Do Lunch!



Foodnet Meals on Wheels is celebrating our collaboration with the YMCA of Ithaca and Lifelong. These wonderful partnerships have helped us make available Foodnet's social dining program to older adults in our community by providing a place for seniors to gather to share a nutritious meal with others while enjoying meaningful conversations.

**Explore Tuesdays at Lifelong** where seniors can learn about all of the wonderful activities, learning, travel, social & support groups that are available to older adults in our community.

**Join us Thursdays at the YMCA** for Senior Dollar Day where anyone over the age of 60 is invited to use the entire facility for \$1.00, including classes and use of the pool.

**Nutritious meals are served at both locations from 11:30am 1:00pm.**

Foodnet's congregate meal program offers social dining, nutrition education as well as volunteer opportunities. In addition to the YMCA and Lifelong, our congregate meal program is available at **Titus Towers** (Ithaca), and **Center Village Court** (Groton).

Anyone 60 years of age or over is eligible; spouses can receive the meal regardless of age. Individuals under the age of 60 are encouraged to call Foodnet about options. Foodnet encourages individuals age 60 and over to make a contribution towards their meals, but no one will ever be turned away because of inability to pay.

**Interested in signing up for lunch?** Call Foodnet to make your reservation at 607-266-9553 or visit us at [www.foodnet.org](http://www.foodnet.org).



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**450 N. Aurora St.  
Ithaca**



**Susan McCormick**

Susan@FWM.io

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**Marshall McCormick**

Marshall@FWM.io

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## ITHACA HOUSING AUTHORITY 1-BEDROOM APARTMENTS FOR ACTIVE SENIORS



798-800 S. Plain Street - (607)-273-8629

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

Clean / Safe / Affordable Housing

Over 200 seniors enjoy living independently at  
**TITUS TOWERS**,  
S. Plain Street, Ithaca

- Bus lines/shopping
- Community Room activities
- Bingo / Dish-to-Pass
- Scheduled offsite events with transportation
- Daily lunches by Foodnet
- Laundry/dining facilities
- Exercise classes
- Fitness Room
- Rent based on income
- Off-street parking
- Church services
- Secure building
- On-call maintenance staff

Tompkins County Office for the Aging and Doyle Medical Monitoring Present:

## The Personal Emergency Response System (PERS)

**Are you concerned about the safety of a family member or friend?**

**Is someone you know at risk of falling in their home?**

The Tompkins County Office for the Aging can help. Outreach staff is available to answer your questions about personal emergency response devices. We will guide you in choosing the most suitable device to meet your needs.

The standard system includes a console unit and a wireless transmitter. The console is powered through an electrical outlet and also has an internal back-up battery in case of power failure.

- The console requires use of a telephone.
- The transmitter is both lightweight and waterproof and is worn as a necklace, or as a wristband.
- Standard rental pricing is \$25/month (prices may vary based on equipment and qualifying factors).
- No installation fee - No fee for Service calls
- A Fall Detection Unit is available for \$5 more than the standard rate, a total of \$30/month.
- GPS Units are also available for \$45/month and a one-time \$40 activation fee.



**Call the Tompkins County Office for the Aging today at (607) 274-5482.**

We look forward to helping you!



## B R I D G E S C O R N E L L H E I G H T S A U N I Q U E R E S I D E N C E

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