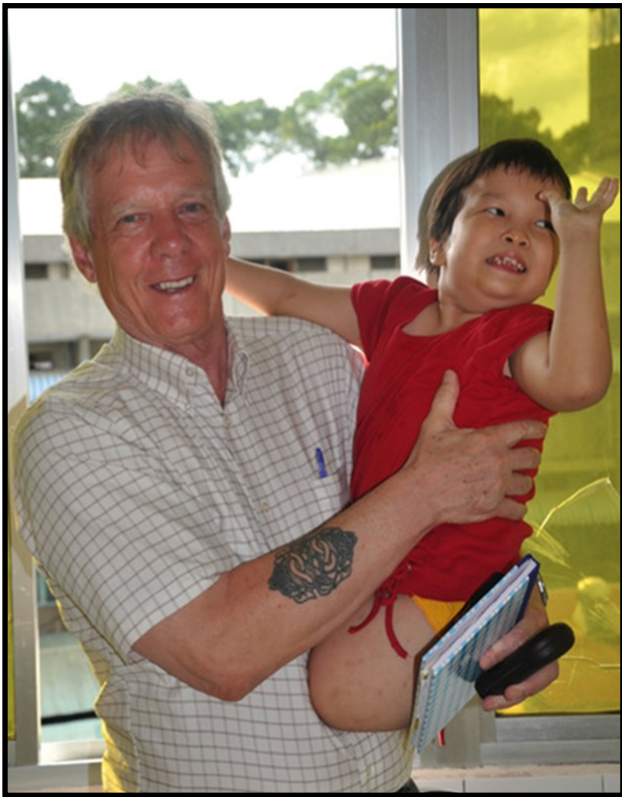


A circle is a group of people in which everyone has a front seat.

Senior Focus: Fred A. Wilcox

By Dawn Sprague, Office for the Aging



Fred Wilcox holding a local child on a visit to Cambodia.

I originally had the pleasure to meet Fred Wilcox in person in January 2024. I found my conversations with Fred to be extremely interesting and memorable. That is why it was no surprise that he was the first person that came to mind for this Senior Focus. Fred agreed to meet with me and let me have a window into his life story.

Fred was born in Des Moines, Iowa in 1940. His family consisted of his mother, father, and three sisters. Fred's family lived in poverty and had their struggles. It was a time when you could go to the local grocer and receive goods based on credit or barter. The store would also deliver to the home. It was also a time when doctors made house calls. For Fred's family, like many others of the time, these services were a godsend as Fred's mother did not drive, nor did the extended family, and Fred's father, the only driver, was in the service. The family was able to obtain a loan back then based on a handshake at the local bank. They knew the loan would be repaid based on that personal contract. These types of kind acts helped take some of the stress off women who were left at home, unable to drive and with little money, waiting for the day their husbands would return home safely from the war.

Fred's father served in WWII for three years. Fred told me his father rarely spoke of his experience in the war, except for occasions when they were alone while out hunting, or when having a few drinks with his fellow service buddies. These conversations and memories did not resemble the images children had who were playing cowboys and soldiers with their toy guns, or what young boys read in the news or heard on the radio. The

stories of war did not project the same sensation of young minds dreaming of going off to save their country, proudly accepting their medals and coming home to be met by parades and cheering crowds.

Fred attended Iowa State University where he studied Sociology and English. At the age of 22, he ended up homeless for six years in the streets of NYC. We talked about homelessness, and he felt once you are in the situation, it is very difficult to pull yourself out of it for many reasons. It is hard to find employment when you lack a phone, address, clothing, and shower. There are physical challenges without access to health care, adequate nutrition, and psychological challenges. In Fred's case, we will see how his willpower and motivation helped change the course of his life.

Fred eventually met his wife, Kit. They spent the beginning of their relationship camping in tents. Eventually, they traveled Europe and even lived in Ireland for quite a while. Fred has since resided in Iowa City, Albany, and Tompkins County, and worked in many different jobs. He and Kit were blessed with four children. Like his parents, Fred and his wife had 3 daughters and one son. Sadly, they lost their only son later in life.

Fred started writing short stories and sending them to Iowa University. He would then go on to receive his MFA, Master of Fine Arts, from the Iowa Writers' Workshop, and a Doctorate in English and Expository Writing from SUNY Albany. Expository writing is a style that exposes or explains a topic based on facts, which he would put to good use. In 1987, Fred began his twenty-eight-year career at Ithaca College in the Writing Department, teaching bright minds in writing and English as an Associate Professor until his retirement. Something he seemed to enjoy very much, based on our conversation, is how the young minds of today seem to be critical thinkers, innovators, are inquisitive, and bring hope for a better world.

When asked about his hobbies, or what his passions are, Fred's response is writing and traveling. Some of Fred's travels have included Europe, Ireland, Denmark, and Vietnam. He is currently a regular presence at Warrior Writers-Tompkins. Per the national website, this is "a veteran-focused arts organization that fosters artistic exploration and expression through casual, welcoming workshops, and retreats." The group has two local facilitators who are part of the national organization, who bring a prompt to write from, then critique the work as

participants share what they wrote. Although he's not a military Veteran, Fred has been a constant in the group because of his work on Agent Orange. The participants enjoy his presence and feel he has much to offer them.

Fred has been a veteran advocate for much of his life. In the Ithaca Voice Story database, you will find a piece featured by Fred from July 21, 2015, titled, "Vietnam shattered our sense of the indefatigable American Hero". He talks about visiting his cousin, Doug, in a military hospital in Queens in 1967. Doug had joined the Air Force to escape from poverty and was in the service for

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Senior Services NY Connects



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

NY connects can provide information about:

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

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

www.tompkinscountyny.gov/cofa

Free language assistance (interpretation and translation) services available.

Joy for All Companion Pets

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

The Registry

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

Monthly Newsletter

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

Help with yard work

The Office for the Aging/ NY Connects maintains a listing of people who are willing to do yard work for older adults on either a paid or volunteer basis. If you need some help with your yard work, please give us a call at 607-274-5482.

"I define connection as the energy that exists between two people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." Dr. Brene Brown

Project CARE Friendly Visiting Program

Project CARE is a friendly visitor program free to Tompkins County residents age 60 and over, where a volunteer and Senior are matched together and enjoy weekly visits with each other. Volunteers provide companionship, especially to Seniors who are experiencing social isolation or loneliness, and can support older adults and caregivers in a variety of ways according to their needs. Weekly visits are a wonderful opportunity for volunteers and seniors alike to form a caring bond.

What would a weekly friendly visit mean to you...?

- Comfort to ease the loneliness or social isolation
- Conversation to break the silence
- Laughter to lighten your mood
- Friendship to fill your heart

Please contact **Dawn Sprague, Project CARE Coordinator** at **607-274-5499** or by email at **dsprague@tompkins-co.org**, if you would like to discuss this opportunity further, would like to sign up for a weekly friendly visitor, or if you are interested in becoming a Project CARE volunteer.

Cooling Assistance Program



Summertime is on its way, and warmer temps brings the need for air conditioning. If you do not have a working air conditioner (or the air conditioner is 5 years old or more), and you have a medical condition that is exacerbated by heat, then you might be eligible for the Cooling Assistance Program. The Cooling Assistance Program is a component of the Home Energy Assistance Program and was opened on May 1st.

To be eligible:

- You are a US citizen or a qualified alien.
- You cannot have received an air conditioner through HEAP in the last 5 years.
- Your income is within the HEAP guidelines (see below)

Household Size	Maximum Gross Monthly Income
1	\$3,035
2	\$3,970
3	\$4,904

Eligible clients can receive a free air conditioner and have it installed.

Please call the DSS HEAP Unit at 607-274-5264 for more information, or to apply.

Senior Farmers Market Nutrition Program



We are right at summer's doorstep, and summer brings a wide variety of fruits and vegetables that are available at local Farmer's Markets. Summer also brings the start of the Senior Farmers Market Nutrition Program (SFMNP). SFMNP is a federally funded program that starts in June and runs until September. The SFMNP gives eligible recipients a \$25 coupon booklet that they can use at participating farmers markets to purchase fresh, local, unprocessed fruits and vegetables. To be eligible for the SFMNP, clients must be 60 or over, and meet the income guidelines that are set by the government in June. The Office for the Aging typically has the SFMNP coupons available for pickup in July. Clients can contact the Office for the Aging to be placed on a notify-list to be called when the coupon booklets are available. The coupon booklets can be picked up at the Office for the Aging during normal business hours and are first come first serve. Staff from the Office table at several distribution sites across the county to hand out these coupons as well. For more information, to have your name put on the notify list, or to check to see if there is a distribution site near you, please give the Office for the Aging a call at 607-274-5482.



Yard Work and Handy Man Services Needed to Assist Older Adults

The Tompkins County Office for the Aging maintains a list of individuals who would be willing to do yard work, and/or Handy Man services, for older adults. With Summer rapidly approaching, lawn mowing, gardening, and general yard work is needed. Many older adults are unable to maintain their yards or may have small tasks that need to be completed around the house.

The Office is currently updating its list and we are in need of more workers. Specifically, we need individuals who are willing to work in places outside the City of Ithaca and in rural areas. If you are interested in assisting older adults with general yard work or handy man services, on either a paid or volunteer basis, please call the Tompkins County Office for the Aging at 274-5482.

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

Caregiver's Corner Appreciating Caregivers

By: *Helina Kassa,*
Intern at Tompkins County Office for the Aging

In the fabric of society, there exists a silent force, often unnoticed, but truly impactful—the caregivers. These remarkable individuals dedicate their lives to caring for others, offering comfort, support, and hope in times of need. Caregivers help improve the lives of those they serve. Looking at the roles of caregivers and the challenges they face, we should celebrate their unwavering commitment to making the world a better place!

Each caregiver contributes uniquely to the well-being of others. Healthcare professionals, from nurses and doctors, to Adult Day Care Facility caregivers, provide round-the-clock care to patients battling illness or injury. They manage their treatments, offer comfort, and serve a great importance in times of uncertainty. Their compassion knows no bounds as they tirelessly attend to the needs of those under their care. In the same manner, family caregivers provide care outside of a facility.

Informal family caregivers are essential in helping loved ones at home. When someone is unwell, disabled, or dealing with age-related issues, family, friends, and volunteers may come forward to help. These caregivers provide support, a listening ear, and a helpful hand, creating a loving environment where people in need feel appreciated and supported. Family caregivers guide and nurture their care receivers with compassion and concern, often giving their time with no compensation.

While the work of family caregivers is profoundly rewarding, it is not without its challenges. The demanding nature of caregiving can take a toll on one's physical, emotional, and mental well-being. Long hours, emotional strain, and the pressure to meet the needs of others can lead to burnout, stress, and compassion fatigue. Caregivers often face financial constraints, limited resources, and societal expectations that undervalue their contributions. The lack of support systems and recognition can further exacerbate their struggles, making it difficult to sustain their caregiving roles effectively.

Despite the challenges they face, caregivers continue to demonstrate unparalleled dedication and resilience. It is essential to recognize and celebrate their contributions, honoring the selflessness and compassion they embody. One way to show appreciation for caregivers is through gratitude and acknowledgment of their efforts. A simple "thank you" can go a long way in uplifting their spirits and reaffirming the value of their work. Additionally, providing caregivers with access to support networks, respite time, resources, and opportunities for self-care, can help mitigate the challenges they encounter and promote their well-being.

As for caregivers who are employed in an outside job, as well as being a caregiver, advocating for policies that prioritize the needs of caregivers (flexible work arrangements, paid leave, and affordable healthcare), is crucial in creating a supportive environment that empowers caregivers to thrive in their roles. Having a flexible work schedule, where an employer understands a caregiver may need to leave suddenly for an emergency, may be vital support a caregiver needs. If employers advocate for caregivers, that will ease some of their burden and lower stress.

Caregivers are the unsung heroes of our society, whose contributions shape the fabric of our communities, and enrich the lives of those they touch. Their selfless dedication, compassion, and resilience serve as a beacon of hope and inspiration to us all. As we celebrate caregivers, let us reaffirm our commitment to supporting and honoring their invaluable contributions, ensuring that they receive the recognition, appreciation, and support they rightfully deserve. Together, let us stand in solidarity with caregivers, acknowledging their profound impact, and encourage a culture of compassion and gratitude!

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

VOLUNTEERS NEEDED!

**CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!**

The **Long-Term Care Ombudsman Program** is looking for dedicated individuals to join us in our mission to make a positive impact for residents of our local nursing homes.

Contact us today to learn more about this exciting volunteer opportunity in *Chemung, Schuyler, and Tompkins* Counties.

**CALL TODAY!
607-274-5498**

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

POWERFUL TOOLS FOR CAREGIVERS

Feeling Overwhelmed?
Caring for someone with a chronic illness such as dementia, Parkinson's disease, stroke, or cancer can be stressful physically, emotionally, and financially.

PTC is an interactive, evidence-based course designed to equip caregivers with the tools they need to balance caregiving with self-care.

When you take care of yourself, everyone benefits.

REGISTER NOW FOR UPCOMING CLASSES

Session I:
Wednesdays at 10:30 am
April 10 - May 15th

Session II:
Wednesdays at 2 pm
July 24 - August 28

**CALL TO REGISTER:
607-274-5484**

TOMPKINS COUNTY OFFICE FOR THE AGING
Aging Better, Together

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.



Lifelong News

All events listed are held at Lifelong unless noted.

For more information and full listings of programs please check our website at www.tclifelong.org

Please call Lifelong at 273-1511 or email **Maria Vargas, Program Director**, at mvargas@tclifelong.org to register for any of these events!

A Line from our Executive Director, Liza Burger

“Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language.” — Henry James



Summertime and the living is easy! Nothing is more rewarding to me than setting up our screened in porch as the weather begins to consistently warm up! We have a variety of “summery” offerings at Lifelong taking place over the next couple of months, including barbeques and movies (in the AC!), live music from Richie Stearns, ice cream socials, and even a “fun-raiser” at Liquid State Brewery. Plenty of opportunities to connect and enjoy what this season has to offer. While we do not mail out our summer issue of the Lifelong catalog, you’re welcome to pick up a copy at Lifelong, or check it out online at www.tclifelong.org.

If you’ve not already heard this exciting news, Lifelong recently finalized an agreement with ExLibris LLC to share the community room at Library Place, an apartment community tailored to active adults aged 55 and above. This partnership aims to enhance the quality of life for older adults in our community by providing Lifelong access to the large community room at Library Place for at least a 10-year period, for various activities, events, and programs! We are delighted about this partnership and have already been regularly using the community room for everything from ukulele classes, our Spring Fling, and our upcoming Annual Meeting and Luncheon at the end of May.

Warmly, Liza

Summer Lifelong Learning



This summer will see a variety of new and exciting hands-on courses at Lifelong including Mushroom Foraging 101, Introduction to Home Brewing, Ornamental Container Gardening, and a two-part series on “Take Better Photos” offered by photojournalist and Lifelong Communications Manager, Kate Collins.

In June, local artist Terry Plater will also host “Family Stories: A Painting Workshop” in which participants will explore family histories by making drawings and paintings from family photos. This event is free and open to the public.

In addition to our regularly scheduled fitness classes, Lifelong will be hosting “Bingocize” this summer. Bingocize combines the game of bingo with light exercises to increase flexibility and balance – plus prizes! Bingocize is free and open to the public.



We also have a number of off-site events planned including a trip to the NYS Fair, a visit to the Hanger Theater to see *Ragtime* with a backstage tour/talk, a “Walking History Tour” of the Ithaca Commons, and an Ice Cream Social at Titus Towers with a performance by the GIAC Jumpers on July 10th.

To see our full list of summer classes, go to <https://tclifelong.org/>.

Lifelong invites you to join us on a day trip to the New York State Fair!



Open to all!

Monday, August 26, 2024

Spend a day on your own at the NYS Fair

Special Event:

Herman’s Hermits starring Peter Noone will be playing a free show in the Chevy Court Arena at 1:00 pm

Bus Pick-up Times:

9:00 am at Titus Towers (please park in visitor’s parking in back)

or

9:30 am at BJ’s Wholesale (please park by gas sign)

11:30 am arrive at NYS Fair!

5:00 pm bus will leave fair for return to Ithaca @ approximately by 6:30 pm

Price:

Only \$15 per person - due at time of reservation

Call **Lifelong** today to reserve your spot: **(607) 273-1511**

BBQ & A MOVIE

Wednesdays, June 26 & July 24

Noon until 3pm



Please bring a dish or drink to share at Lifelong. We will grill up some hot dogs along with some “not” dogs, and hamburgers outside. Lunch will be followed by staff choice of movie with popcorn!

Call Lifelong or stop by to register.



Titus Towers Ice Cream Social
Wednesday, July 10, 2-4pm

Free!

Join Lifelong and GIAC at Titus Towers for an afternoon of free ice cream sundaes and entertainment by the GIAC Jumpers.

Titus Towers is located at 798 South Plain Street, Ithaca
Registration is **NOT** required.

Pew Knitters



The Pew Knitters work with yarn year-round to knit or crochet with donated materials and supplies.

They donate these creations to various charity organizations in the area to warm the body and soul of local residents in need.

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



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

Pew Knitters can accept monetary donations.



For more information, call Sis Johnson at 607 272-6806. Feel free to leave a message.

Lifelong Ice Cream Social & Fall Catalog Preview

Wednesday, August 21
2:30-4:00 pm

Cool off with **FREE** ice cream sundaes and get a sneak peek of Lifelong’s fall classes. Lifelong staff and some instructors will be on hand to answer your questions.

Lifelong Summer Closures

Wednesday, June 19-Juneteenth

Thursday, July 4-Independence Day

Monday, September 2- Labor Day

Lifelong’s building is closed to the public
August 26-30 for maintenance



**You're Invited! Travel Presentation with Collette!
Tuesday, September 10, 2024**

Time: 10:00 AM-11:30 AM at Lifelong

Looking for a different destination or timeframe for a trip? Let Lifelong know your preferences and we would be happy to set up a trip just for you, complete with door-to-door airport transport and help from Lifelong to arrange details!



**Join Us for Lifelong's
Popular Walk Program!**

Our walking group started up again and will continue through October! Join us to meet old and new members, and enjoy our upcoming walks together.

Elke Schofield and Carol Beeman, being your coordinators, have planned the Lifelong walks for 2024. Lifelong Membership (sliding scale) and Emergency forms as well as a tentative LL walk schedule are available at Lifelong, and both are required to participate in this program (no other fees).

We will walk every other Wednesday, meeting at 9:15 AM at Lifelong, promptly start walking or driving at 9:30 AM. You must be able to walk independently 1-2 miles (bring an assistant if you need one).

Individuals participating in the walking program must:

- Be a current Lifelong member (individual sliding scale \$20-40; household of two sliding scale \$35-75).
- Complete a participation waiver and membership form (membership form available online or at Lifelong; waiver available at Lifelong)

Bring these filled out forms to the Lifelong Front desk prior to walking with the group

For NEW or CONTINUING members:

Send an email to: elke.schofield@icloud.com with

- Your name, email address, cell phone or home telephone number
- Please put in the subject line: LL walks 2024

Bring a mask to wear if asked by the driver

CARPOOLING

When carpooling is required, a \$1-2 for gasoline and/or parking, should be given to the driver.

*******WANT TO BE REMOVED FROM MEMBERSHIP AND EMAIL LIST*****:**

Send an email to: elke.schofield@icloud.com, mention your name and address

OR call cell: (607) 272-9476.

Walks will also be posted on the weekly LL newsletter and on the online calendar.

We will **NOT** walk when having a downpour or if the temperature is over 80 F. An email will be sent to you on the morning of our walk.

Tentative LIFELONG WALKS for the remainder of 2024:

June 5: History walk in Trumansburg (Ellie Sussman)

June 19: Museum of the Earth

July 3: Lansing Center Trail (Lisa Schleelein)

July 17: Upper Treman Park with exhibit at Mill

July 31: Stewart Park - Boathouse to new Guthrie Clinic

August 14: Jacques Schickel's Maryhill Farm, Clayworks, pottery exhibit and Dahlia Garden

August 28: Marina Walk

Sept 11: Gourlandia, EcoVillage (Graham Ottoson)

Sept 25: Sapsucker Woods, walk and talk

Oct 9: Dryden Jim Schug Trail (Joyce Walsh)

Oct 23: Beebe Lake and Socializing "PARIS BAGUETTE" on "The Commons"

**Lifelong's Upcoming
Trips with Collette Tours!**

Lifelong members are traveling! Feedback on **Collette trips** has been favorable and we're excited to add more to these offerings moving forward. Have a trip you'd like to see us offer? Please reach out and let us know! On-demand webinars available for other trips! Contact lburger@tclifelong.org to have a link emailed to you!

Trip pricing includes a **\$100 discount for current Lifelong members, above and beyond any savings offered by Collette.** Take the hassle out of travel. Collette picks you up right at Lifelong and handles all the details on these amazing adventures.

**Peru: Machu Picchu and Lake Titicaca
February 15-24, 2025 • 10 Days • 15 Meals**

Small group travel (12-24 people)

Lima, Sacred Valley of the Incas, Local Andean Cultures, Ruins, Machu Picchu, Cuzco and more! Optional 3-night Peruvian Amazon Post Tour Extension To



learn more, visit: <https://gateway.gocollette.com/link/1205270>.

**Holland & Belgium Springtime River Cruise
April 8 – 16, 2025 • 9 Days • 20 meals**



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

Click here for more information:

<https://gateway.gocollette.com/link/1238397>

**Countryside of the Emerald Isle
May 19-28, 2025 • 10 days & 13 meals**

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



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

National Parks of America

September 29-October 10, 2025 • 12 days and 15 meals



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

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

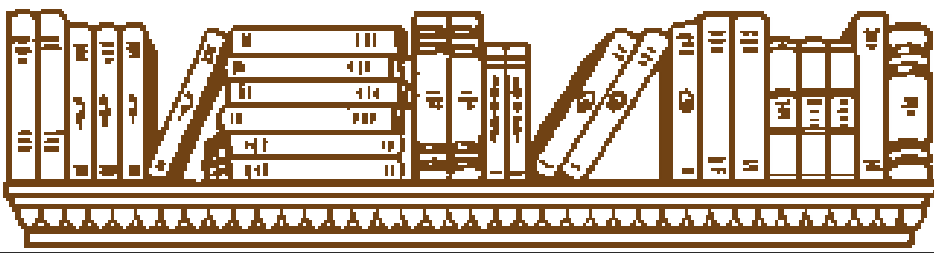
Lifelong is pleased to present the work of artist in our community.

Lifelong exhibitions are shown for 2 or 3 months, with exhibitions openings scheduled during **FIRST FRIDAY GALLERY NIGHT ITHACA**. If you are interested in exhibiting at Lifelong Gallery, contact Kate Collins, Communication Manager, at kcollins@tclifelong.org or call 607-273-1511 ext 223.

Up Coming Exhibition: Aloma McElwee. Alma's work captures the beauty of nature in vignettes done in different media that convey the spirit of her subjects.

Opening date for Aloma's exhibition will be announce soon!



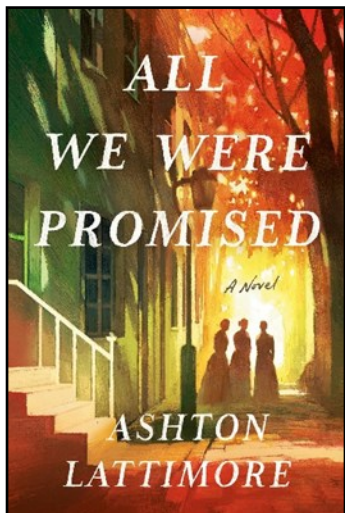


The Book Nook

A feature from the Tompkins Public Library

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

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



All We Were Promised by Ashton Lattimore

This well-crafted, debut novel by Ashton Lattimore, is the story of three young Black women in 1837 Philadelphia, when the city was rife with abolitionist fervor and southern sympathizer violence. One was a rebel, one a socialite, and one a fugitive. The three women's lives collide and enmesh as each struggle to find their place – and their work - in a chaotic era.

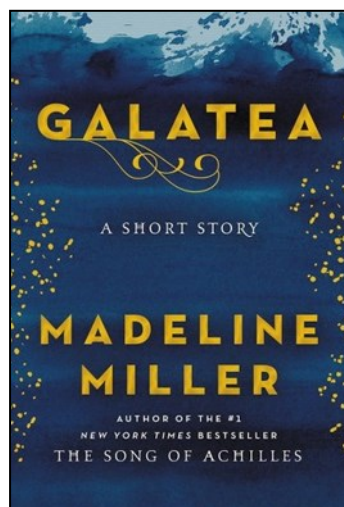
Kelly Doolittle, Librarian Assistant, Tompkins County Public Library

Galatea by Madeline Miller

Break yourself out of a reading slump with *Galatea*, a story by Madeline Miller, of *Circe* fame! As an aside – if you haven't read *Circe* yet, stop what you're doing and read it now!

From the master of mythological retelling comes the story of a marble sculpture, brought to life to serve obediently as a wife to the artist that carved her. But the power of mother's love will push Galatea to new boundaries. This took about a half hour to read and is printed in a really pleasing tiny physical book. It's also available for free on Hoopla as an eBook and audiobook. I hope you enjoy!

Cady Fontana, Librarian, Tompkins County Public Library



In May, we celebrated Older Americans Month (OAM). Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

As part of the celebration the Office for the Aging held an Annual Luncheon and honored 2 Outstanding Volunteers. We also completed our 2023 Annual Report. The following is an excerpt from the report by the Office for the Aging Director, Lisa Monroe.

"It is my privilege to present the Tompkins County Office for the Aging's Annual Report for 2023. Serving Tompkins County since 1975, the Office for the Aging, our contractors, and our local network of service providers work together to make Tompkins County a great place to live, work, retire and age in community.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults – a relationship underscored by the [U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community](#). By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

Individuals can invite more connection into their life by finding a new passion, joining a social club, taking a class, or trying new activities in their community. Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring and investing time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors. It's not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being.

This Annual Report shares the programmatic highlights and the core services provided by the Office for the Aging in 2023. Our work is made possible through dedicated staff, volunteers, subcontractors, and community partners. It is through these collaborative endeavors that we maintain a network of home and community-based services for older adults in Tompkins County. Together, we strive to support older adults to remain in and be involved with their communities as they choose. We thank the Tompkins County Legislature for their ongoing support for our programs, and the community members to whom we are responsible. Sincerely, Lisa Monroe"



To read the report in its entirety please visit www.tompkinscountyny.gov/cofa.

Hard copies are available at our office:
 214 W. Martin Luther King Jr./State St. in Ithaca.

FUNdraiser for Lifelong at



Date: Sunday, June 30, 2-5pm

Entertainment: Live music from Common Railers, featuring original indie rock and American roots music

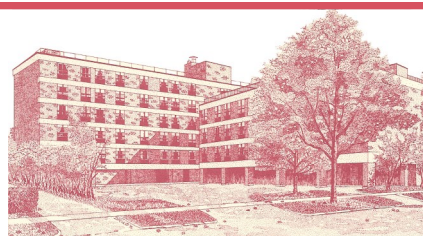


Food and drink: Enjoy a delicious selection of beer and other beverages from Liquid State, and finger-licking good food from Silo Food Truck will also be available

Who: Event is open to ALL, so please invite friends and neighbors!

Admission: FREE!
 Donations to benefit Lifelong are welcome!

McGraw House Senior Apartments



- Studio & One Bedroom Apartments for Income Eligible Seniors (age 62 and older)
- Located in Downtown Ithaca - close to shopping, library, restaurants, places of worship, medical offices, etc.
- Access to Public Transportation
- Dining Facility with Evening Meals
- Preference provided to eligible Veterans/Surviving Spouses residing in NYS
- Roof Deck, Gardening, Laundry Facilities, Off Street Parking
- WELCOMES DIVERSITY & ENCOURAGES INDIVIDUALITY



(607)-272-7054
 221 S. Geneva Street, Ithaca
www.mcgrawhouse.org



Personal Emergency Response System

Personal Emergency Response System (PERS)

“Help! I’ve fallen and I can’t get up!”

This is an unfortunate reality for many older Americans. This predicament can cause older adults to feel uneasy about living alone. Thankfully, Tompkins County has several programs and agencies that assist in making the home a safe option for an aging adult.

One program is the Personal Emergency Response System program (PERS). The Tompkins County Office for the Aging (COFA), partners with Doyle Medical Monitoring, to help bring safer options and peace of mind into a client’s home. Doyle supplies COFA with units that can connect you to a responder within minutes. The PERS unit can connect to either a landline phone or work off cell phone towers. The unit also has a two-way speaker system, allowing you to speak directly with someone from the Doyle call center. The pendant, that is wirelessly connected to the unit, can be worn around either your neck or wrist. Wherever you are in/around your home, this PERS unit will notify a responder with the push of the button on your pendant. Here’s how it works:

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

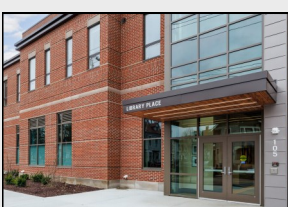
Standard pricing starts at \$25 a month, with a price increase depending on the type of equipment that is requested.

Two other programs of our office include FALLS Home Safety Assessments and Aging in Place Evaluations. Both programs are available at no cost to the client, and can be performed by the Outreach Worker, or by the client themselves. Outreach Workers use a checklist to identify areas in the home that can be modified and can give the client information on resources available to them in the community that can assist with assistive equipment and home modifications.

Please call our office at 607-274-5482 for more information or to speak with an Outreach Worker who can assist you.

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

- *Lifelong rooms are available for rent outside of business hours.*
- *The spaces available include a large activity room, kitchen, smaller conference rooms, and Community Room at Library Place.*
- *Interested parties should contact us at 607-273-1511.*



Library Place, 105 West Court Street



Food Safety

Foodnet—Meals on Wheels



Food safety is tremendously important during food handling and preparation to prevent foodborne illnesses. These illnesses (frequently referred to as ‘food poisoning’) are transmitted through bacteria, viruses, fungi, molds, parasites, or other microorganisms within contaminated foods. As we age, we become more susceptible to foodborne illness, therefore we should take necessary food safety measures to decrease the risk of this happening to us.

Summer is here and with nice weather comes tasty picnics and barbecues. Here are some tips to handle food on a hot day so you can eat without fear of foodborne illnesses:

Clean – Clean your produce before packing in a cooler & always wash your hands before food preparation & eating.

Separate – Never reuse a plate or utensils that previously held raw meat, poultry or seafood. Be sure to store ready-to-eat food away from raw meat, poultry, or seafood as well.

Cook – Always make sure meat, poultry, seafood & egg products are cooked through before serving them. Bring leftover sauces, soups & gravy to a boil when reheating.

Chill – Keep hot food hot and cold food cold. Do not leave perishable items & leftovers out for more than 2 hours.

Below are some common food safety suggestions during food preparation at home:

Shopping
Grab shelf-stable food before refrigerated or frozen items. Do not buy dented canned products. Always check “sell-by”, “use-by”, or expiration dates. Never choose meat, poultry, or fish products in torn packaging.
Preparation
Wash your hands for 20 seconds with soap in lukewarm/hot water. Thaw food with running cold water & change the water every 30 minutes. Use different cutting boards for fresh produce and raw meat products. Do not wash your meat, poultry & fish.
Cooking
Must cook to appropriate internal temperature. Beef, pork & lamb steaks, chops, and roasts - 145°F Fish & shellfish - 145°F Ground meats & eggs - 160°F Poultry – 165°F Leftover – 165°F Be sure to throw used marinades away. Do not re-use any sauce or marinade that has held raw meat.
Storage
Discard any perishable item left out at room temperature for > 2 hours. Use most cooked leftovers within 3 to 4 days. Defrosted meat & poultry need to be cooked before refreezing. Always store cooked food above raw meat products in fridge.

(Continued from page 1) Fred Wilcox

twenty years. His words to Fred were, “Promise me you won’t go, Freddy”. Doug lost his life in that military hospital due to neglect. Fred has since become not only a veteran advocate, but a scholar of Vietnam, and an environmentalist. In his visits to Vietnam, he has had the chance to witness firsthand the effects Agent Orange had, especially on the children born with birth defects due to their mother’s exposure to it. He is a very empathetic and determined man. During a demonstration in Washington DC, he endured a terrible beating by police. But even being severely beaten has not stopped him from speaking out or writing about issues he is passionate about. You only need to read or listen to his words to hear that passion. Those who may criticize his ideology may be met with a thoughtful conversation and an exchange of ideas meant to evoke understanding.

Fred is the author of books on issues including the Vietnam War, nuclear power, and the Plowshares Movement. Two of his books discuss the effects of Agent Orange, a defoliant used extensively during the Vietnam war. He is the author of several nonfiction and fiction books including, *Chasing Shadows: Memoirs of a Sixties Survivor*, *Waiting for an Army to Die: The Tragedy of Agent Orange*, *Scorched Earth: Legacies of Chemical Warfare in Vietnam*, *Uncommon Martyrs*, *Shamrocks and Oil Slicks: a People’s Uprising Against Shell Oil in county Mayo, Ireland*. From his prison cell, Philip Berrigan requested Fred assist in writing his autobiography, *Fighting the Lamb’s War: Skirmishes with the American Empire* (the autobiography of Philip Berrigan). He has edited books, written essays, and has many other works not listed here. He has been the recipient of many awards including the Chapel of the Four Chaplains Humanitarian Award.

To end our conversation, I asked Fred what he felt affects older adults the most. Fred talked about how sometimes our government tends to make things harder for older adults by cutting benefits that they have worked for, and which enhance their quality of life. One example would be the threat of cutting Social Security. I also asked what his hope for the future generations would be, and his answer was simply that the world would realize that war is not the answer.

Fred is busy finishing his next novel. Even at 84, he is still active and continues to be an advocate and environmentalist. He resides in Ithaca with his companion, Jeffrey, a very cute and well-behaved Boston Terrier/Pug mix.

Think you have a food illness?

- Call your doctor and get medical care right away.
- Save the food package, can, or carton. Then report the problem.
- Call USDA at 1-888-674-6854 if you think the illness was caused by meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.
- Who is at risk? Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses. Talk to your doctor or other health provider about which foods are safe for you to eat. *Adapted from FDA.gov*

LIFELONG's HIICAP (Health Insurance Information Counseling and Assistance Program) is LOOKING FOR MEDICARE COUNSELING VOLUNTEERS!

HIICAP Counselors are certified volunteers who receive updated training to keep abreast of changes on all things Medicare! Free, non-biased 1:1 health insurance counseling is offered at Lifelong by certified HIICAP counselors. While our busiest time is during Medicare's Open Enrollment Period (Oct. 15-Dec. 7 each year), we also provide counseling appointments year-round on a weekly basis. Counselors work through training modules at their own pace, and they have a chance to shadow more experienced counselors until they feel comfortable leading a counseling session. There is a considerable amount of flexibility in volunteering with us in a supportive learning environment.

Listen to what our volunteer counselors say:

What do you do as a HIICAP counselor?

I meet in person or by zoom with folks needing help sorting through their Medicare coverage options.

I help people understand and navigate their Medicare options and provide information to help them make the best personal choices.

What inspired you to volunteer?

When I turned 65, I met with a HIICAP counselor. She provided wonderful support and information to help me understand my choices and make decisions. I volunteered right away.

Before I retired, I enjoyed one on one counseling with clients about services and benefits for older adults and wanted to continue using my experience to help others.

I became aware of the incredible complexity of the Medicare system and realized that most people have very little knowledge on which to make sound decisions. HIICAP counselors offer unbiased guidance.

What do you enjoy about the work?

I love helping people understand Medicare and health insurance details and make informed decisions.

I enjoy helping people become informed and comfortable with making informed decisions about Medicare.

I enjoy working with people and helping them understand the system better. Sometimes I help them access support and options that they were not aware of.

What was the training like?

It can be a bit overwhelming because there is a lot of detail. But help is always available, both during the training and when meeting with clients.

Online units are well organized and broken into bite size pieces, so that I can understand Medicare details.

Interested?? Please contact Liza Burger at 607 273-1511 or lburger@tlifelong.org.



HIICAP
Health Insurance Information,
Counseling and Assistance
Program

FINANCIAL ASSISTANCE THROUGH HIICAP 2024 (Health Insurance Information Counseling and Assistance Program)

Call for personalized, free HIICAP counseling at LIFELONG: 607-273-1511 or Office for the Aging: 607-274-5491

Medicare Savings Program 2024 - monthly income (based on 2023 FPL)

- **2024: Qualifying Individual \$2355.00 individual, \$3189.00 couple – does NOT look at assets**

Benefits:

- Pays for your Part B premium (2024 standard premium = \$174.70/month)
- **Automatically** enrolled in "Extra Help" program, which reduces co-pays for medications.

Extra Help Program 2024 Eligibility

- **Gross monthly income <\$1903 and assets up to \$17,220 (individual)**
- **Gross monthly income <\$2575 and assets up to \$34,360(married couple)**

Benefits:

Assistance with Medicare Part D (drug) costs (premiums, deductibles, and co-pays) No coverage gap (donut hole).

EPIC (Elderly Pharmaceutical Insurance Coverage Program)

Eligibility:

- at least 65 years old
- resident of NY state
- Enrolled in Part D or Medicare Advantage Plan with Part D
- **Annual income under \$75K (individual) or \$100K (married couple)**
- Cannot be receiving full Medicaid **but** can use with a spend down.

Benefits:

- Entitled to a special enrollment period once/ year- can use to enroll in or change Part D or Med. Advantage with D.
- Lowers Part D co-pays (cost of medications)
- Can cover Part D-excluded meds (Rx vitamins, Rx cough & cold)

Let the Carol Bushberg Real Estate team help you to navigate every curve in the local real estate market.

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Got Medicare Questions?

Health Insurance Information Counseling & Assistance Program (HIICAP) is funded by NYS Office for the Aging and helps people of all ages who are trying to understand their Medicare coverage. If you have questions about Medicare and related insurance, or if you are having trouble paying for Medicare, or any related problems or issues, please turn to HIICAP.

HIICAP's certified volunteer insurance counselors provide personalized counseling face to face, over the phone, or via zoom, to individuals who have questions about Medicare. Frequently HIICAP is helping people understand what Medicare covers:

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).

Part D is Medicare prescription drug coverage (also through a private insurance company).

In addition, counselors provide information on Medicare supplement policies. *A 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 several ways, including:

Informing people with low incomes about options that can assist them: Medicare Savings Program, Part D Extra Help Program, and Medicaid.

Comparing the costs and the coverage offered through Medicare supplemental policies (Medigap) and Medicare Advantage Plans. Both are available from private insurance companies.

Looking at New York State's Pharmaceutical Assistance Program (EPIC) which can help with drug costs.

At each appointment, the starting point is your individual situation, your questions, and concerns. If you wish to talk with a certified counselor, call the HIICAP coordinator at Lifelong at 607-273-1511 to make an appointment. Tompkins County Office for the Aging (COFA) also has HIICAP certified counselors. COFA can be reached at 607-274-5482.

You are NOT Getting a NEW Medicare Card!



Medicare Card Scams Are on the Rise.

Medicare beneficiaries from all around the state continue to call our toll-free helpline to ask if Medicare is issuing new Medicare cards. Scammers are calling, emailing and texting trying to convince beneficiaries that they can get a new Medicare card and all they need to do is give them their Medicare number.

Your Medicare number is very valuable to scammers. In the wrong hands, your Medicare number can be used to bill for services and products that you may not even receive in order to line the pockets of scammers.

Scammers May Tell You:

- Medicare is issuing an updated or new card - a plastic one, metal one, one with a chip, or even a white and black COVID-19 card and they need to verify your number.
- In order for them to send your new Medicare card, you need to verify your identity. This is the scammer's attempt to gain your personal or financial information.
- Your card is expiring and you will be charged a fine if you do not get a new one. Your card is not expiring and the paper red, white and blue card is the only card issued by Medicare.

If you believe you have been a victim of a Medicare card scam, contact the NYS Senior Medicare Patrol at 800-333-4374. Our certified counselors are ready to help.

CALL the NYS Senior Medicare Patrol at 1-800-333-4374



This project was supported, in part by grant number 90MPPG0010-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

Join Lifelong for a

FREE

Medicare Basics Presentation

via zoom on

**Wednesday, July 12, 2023
from 4:30-5:45pm**

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

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

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

Please contact Lifelong to provide us with your email prior to the presentation if you'd like handouts emailed to you:

lburger@tclifelong.org, or phone: 273-1511.

Join Zoom Meeting:

<https://zoom.us/j/95657526775>

Tips on dealing with excess calls and mail related to Medicare

While nuisance calls and possible scam phishing happen to everyone, it appears that older adults are targeted more often. This is especially true during Fall Open Enrollment Period (October 15 to December 7), when people who have health insurance through Medicare can choose to change their coverage, and the Medicare Advantage Open Enrollment Period (January 1 through March 31), when people who have a Medicare Advantage plan can change their plan. Private companies who contract with Medicare to provide Medicare Advantage Plans, and stand-alone Part D plans (Rx prescription coverage), might call, and/or send mail promoting their products, with the intention of selling insurance to new customers. Some Medicare recipients find this invasive, especially the phone calls at mealtime. Here are some suggestions to reduce unwanted calls and mail.

Do Not Call Registry

The Federal Trade Commission manages the National Do Not Call Registry. Users can register home and mobile phones for free. This will limit sales calls. Charities, political groups, debt collectors and surveys can still call. It can take a month for the registration to be effective.

Be aware that this service will not limit scammers.

Go to DoNotCall.gov or call 1-888-382-1222 (TTY: 1-866-290-4236) from the phone you want to register. **It's free.**

If you register your number at DoNotCall.gov, you'll get an email with a link you need to click on

within 72 hours to complete your registration.

Opt Out Registry

The Opt Out Registry will limit mailed credit and insurance offers. This registry is operated by the major credit bureaus and endorsed by the Federal Trade Commission Consumer Affairs Department. Goto optoutprescreen.com or call 1-888-5-OPT-OUT (1-888-567-8688). For more information: <https://consumer.ftc.gov/articles/prescreened-credit-insurance-offers>

Some things to keep in mind:

- Medicare and Social Security do not solicit or call and ask for information. Do not give your personal information to a caller claiming to be from Medicare. This could be a scam and could lead to your identity being stolen.

When googling Medicare, Social Security or other government sites, make sure that you are accessing the official site that ends in **.gov** such as <https://www.medicare.gov/> or <https://www.ssa.gov/>

- Look for the "s" in the website address, the URL: https. This indicates that this is a secure site. General website addresses using http without an "s" are not secure and will not protect your personal information.

- Be **SMART** with your phone. If you need assistance setting up your phone, Lifelong and the Tompkins County Public Library offer individual assistance.

- Use your contacts to list family, friends, and businesses that you want to talk to. Do not answer the phone if caller ID does not recognize the caller from your contacts list. If it is important, the caller will leave a message.

- Activate and check your voice mail. Keep your mailbox and voice mail cleaned out. There is a limited amount of space and will give the message: "the mailbox is full".

Do not be afraid to **HANG UP** on an unwanted call.

Where to get creditable information about Medicare, Medicare Advantage and Part D plans:

The Medicare Counseling Program (HIICAP) is funded by NYS Office for the Aging. Every year HIICAP at Lifelong prepares a spreadsheet with up-to-date information regarding Medicare Advantage plans available in Tompkins County. The 2024 spreadsheet for Medicare Advantage plans and a list of stand-alone Part D drug plans will be available after October 15 both at Lifelong (607 273-1511) and Tompkins County Office for Aging (607 274-5482).

Staff at both locations also provide Medicare counseling face-to-face, by zoom, or over the telephone.

Lifelong is located at 119 W Court St. and Tompkins County Office for Aging is located at 214 W State St. Both are in downtown Ithaca.

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/soam for more information. Please also share with your friends and family.



Lifelong is proud to be a United Way Agency

Recognizing Tompkins Veterans *by J.R. Clairborne,*

Director, Tompkins County Department of Veterans Services

The Tompkins County Department of Services (TCDVS) took time in March to recognize two groups of Veterans who have not always felt honored.

On March 18, the TCDVS held its inaugural Women Veterans Recognition Reception. On March 29, 2024, the department held its inaugural dinner recognizing National Vietnam Veterans Recognition Day. March is recognized as Women’s History Month. March 29th is recognized nationally as Vietnam-era Veterans Day, a day designated to honor Veterans who served in our nation’s military between November 1, 1955-April 30, 1975. These are the recognized dates of the Vietnam War.

Many Women Veterans of this nation’s military often feel overlooked, or their service is disregarded by some in the military community, and public alike. Similarly, many Veterans who served during the years of Vietnam War, still feel the sting of never receiving a proper welcome when they returned home from their service.

In working to reverse that trend, TCDVS staff enlisted the help of local and state officials to let Tompkins County Veterans, and their families, know their service and sacrifice are not ignored.

The reception for Tompkins County Women Veterans took place at the Ithaca-Tompkins International Airport. The keynote speaker was Rev. Viviana DeCohen, the New York State Commissioner of the Department of Veterans Services. In a crowd of nearly 20 attendees, which included seven area Women Veterans, Rev. DeCohen reminded those in attendance that service to your fellow brother and sister is the highest calling. Service to the whole nation via military service elevates that calling. She also noted that women can stretch and utilize resources in ways that, even under scarcity, can make the impossible achievable. This put the service of Women Veterans in their own, higher category of achievement.

Legacy by ARDM catered the event. Each Veteran in attendance received a signed proclamation from the office of New York State Assembly Member, Anna Kelles, and a leather-bound journal in honor of their service.

South Hill’s LaTourelle was the site for the event honoring our Vietnam-era Veterans. The nearly 70 people in attendance enjoyed a buffet meal prepared by LaTourelle’s staff, heard special presentations, and received recognitions and proclamations from local and state elected officials.

Paul Moore, Veteran of the National Oceanic and Atmospheric Administration, and member of the Finger Lakes Chapter of the Vietnam Veterans of America, spoke



Women Veterans from across Tompkins County with New York State Department of Veterans Services Rev. Viviana DeCohen (third from left).

about the struggle to gain recognition of “Veterans” status for members of the former Lao-Hmong Special Guerilla Unit. This Laotian military unit fought for our country during the Vietnam War, helping rescue or recover American military members trapped behind enemy lines, entering combat to preserve supply lines and lives of U.S. military, and facing long years of captivity, or even being killed, by that enemy. Today, those Veterans who now live in the U.S. as citizens, are ineligible for Veterans benefits.

Bringing the sights and sounds of Vietnam today were four students and two staff members from Ithaca High School’s Vietnam Club. They captivated the crowd as they shared adventures from their tour of Vietnam during their school break in February. For nearly two weeks, the group traveled through northern and southern regions of Vietnam, experiencing the foods, scenery, and people of the country. They participated in service projects to help local neighborhoods and schools with Vietnamese high school students. An engaged Q&A by the audience followed the students’ presentation. Many of the Veterans in the crowd had not seen Vietnam since their days serving during the war. Some Veterans commented on the fact that they were around the same age as the presenting students when they were sent to Vietnam. They and their family members expressed their intrigue and thanks for the reconnection through the presentation.

Those in attendance also heard expressions of thanks from City of Ithaca Mayor Robert Cantelmo, NYS Assembly Member Kelles, and NYS Senator Lea Webb. Also in attendance were Tompkins County Legislator Mike Lane and former chair of the County Legislature Dr. Leslyn McBean-Clairborne. Each of the 20 Vietnam-era Veterans, which included family members of three deceased Veterans, received proclamations in honor of their service. From the TCDVS, they also received specially minted Challenge Coins courtesy of a grant through the state’s Joseph P. Dwyer Peer-to-Peer Support Program.

Love Living at Home Invites You!



Ribbon Cutting & Open House

Tuesday, May 28
2:00–4:00 PM

832 Hanshaw Rd., Ithaca NY



Join the Tompkins County Chamber of Commerce for a ribbon cutting of the new LLH office space at 832 Hanshaw Rd! Open House following the ribbon cutting with light refreshments, tour, and a sneak peek of online auction items.

Register on the LLH website by clicking the event on their calendar.

Community Celebration

Friday, June 7
4:30–6:30 PM

Large Pavilion, Stewart Park, Ithaca

Please join LLH to toast and celebrate the many volunteers that make the organization possible. All community members are welcome! Refreshments provided.

Register on the LLH website by clicking the event on their calendar.

www.lovelivingathome.org



Comfort Keepers is now ACCEPTING NEW CLIENTS for in-home care services. Our caregivers provide support with Dementia & Alzheimer’s Care along with support services such as:

- Medication Reminders
- Safety in the home when ambulating, dressing or showering
- Meal Preparation
- Errands
- Light Housekeeping and Laundry
- Making Beds
- Etc.

Call 607-272-0444 to see how to get started.

Call to ask about our summer specials.



TWELVE SUMMER TRAVEL TIPS FOR SENIORS



Your Golden Years are the perfect opportunity for summer travel. Retirees can often plan their vacation when and how they want. Whether you're planning to tour historic sites or lounge on the beach, refer to these travel tips for a carefree and enjoyable vacation.

1. **Pack Light:** The lighter you pack, the lighter you'll be!
2. **Wheels are a traveler's best friend:** If you need to bring multiple bags, use a rolling suitcase with a smaller one on top.
3. **Bring Your Extra Pair of Eyes:** If you wear glasses, bring a second pair along in case a pair gets lost or broken.
4. **Use the 3-1-1 Rule:** If you are flying, the 3-1-1 rule still applies. Any liquids in carry-on luggage needs to be in containers no larger than 3.4 ounces and must fit into a 1-quart zip top bag.
5. **Bring Your Mobility Scooter:** If you are traveling by car, do bring your mobility scooter, which can often be stored in the trunk or on a special outside carrier.
6. **Prepare Your Legs:** Step up your exercise

program before your trip to prepare yourself for more walking and standing.

7. **Fly direct:** If it is financially possible and the schedule allows, choose a direct flight to reduce fatigue and stress that comes with changing planes. If a direct flight is not possible, schedule at least 45 minutes between flights.
8. **Have an Itinerary:** Mapping out your days ensures that you will have plenty of time to get to your desired destinations.
9. **Get Travel Insurance:** Travel insurance is usually reasonable and is invaluable toward peace of mind.
10. **Secure Your Essentials:** Leave expensive jewelry and watches at home. Keep IDs and other valuable items hidden in a secret pocket device underneath your clothes.
11. **Keep Track of Luggage:** If you do not have your luggage in your hands, store it between your feet while sitting. Do not leave your luggage unattended at any time.
12. **Don't Forget Your Medication!:** Be sure to bring an adequate amount of your medications in the original bottles. Do not put your medications in checked luggage in case it is delayed or lost.

If you follow these tips and do a bit of pre-planning, you are in store for an enjoyable and memorable vacation for all the right reasons!

Adapted from National Council on Aging and AARP

IT'S SUMMER IN ITHACA. WHAT IS A SENIOR TO DO?

Summers in Ithaca can sometimes be stifling. This brings up the dilemma of what seniors can do safely and comfortably to pass those leisurely summer days. Here are a few ideas for you to consider.

In the Cooler Hours of Early Morning and Late Day:

- *Go for a walk
- *Gardening
- *Take a day trip to some place new
- *Outdoor swimming

In the Comfort of Air Conditioning:

- *Read a book
- *Start a book club
- *Put a puzzle together with a friend
- *Crafting or sewing
- *Group exercise class
- *Reconnect with an old friend over an iced drink
- *Write a letter
- *Learn something new
- *Cook a fresh meal
- *Watch a movie
- *Enjoy a cold treat
- *Water aerobics class
- *PICK UP A LIFELONG SUMMER CATALOG!
AND SIGN UP FOR A SUMMER OFFERING!**

All Ears Audiology

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- ✓ Refer a Friend Program
- ✓ Currently Accepting New Patients



Eric Freeman, BC-HIS
Hearing Care Provider

About Us:

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

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

All Ears Audiology
200 Pleasant Grove Road
Ithaca, NY 14850

(607) 288-8835

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BROOKDALE
SENIOR LIVING



Join Lifelong for a special evening of live music from the talented Richie Stearns!

**Thursday, July 25th
4:30-6:30pm**

**At Library Place
105 West Court Street, Ithaca**

Enjoy Wine and Cheese and listen to the music of one of Ithaca's favorites Richie Stearns

ALL are welcome!

(Lifelong membership NOT required)

\$10 admission

Please register in advance by calling Lifelong at 607-273-1511 or online [HERE](#)

Richie, whose family founded the iconic GrassRoots Festival of Music & Dance, is a well-established singer and banjo player in the community, having performed around the world with bands like Bela Fleck, Pete Seeger, David Byrne, Billy Bragg & Wilco, Old Crow Medicine Show, and Joan Baez. In addition to releasing two solo albums, Richie added to his endless discography, which includes three Natalie Merchant records, multiple collaborations with Jim Lauderdale and Donna The Buffalo, and Carrie Rodriguez.

**Sponsored by
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HEALTHYLIVINGTIPS

Get Set for a Healthy Summer



In most parts of the United States, the beautiful colors and temperate weather of summer are a welcome break from the cold grey of winter. But warm weather can lead to serious health risks.

Start planning now to avoid some of the health risks summer can bring by following these tips:

- **Keep cool.** Make sure your home's air conditioner or climate control system is working properly. If you do not have climate control, think about public places where you can go to comfortably spend time on hot days. Some examples include local senior centers, libraries, shopping malls and movie theaters.
- **Stay indoors.** Plan your summer activities so that you are indoors during the hottest part of the day. Run your errands early in the morning or at dusk when the temperatures drop slightly.
- **Cover up.** When you do need to go outside, protect yourself from the sun by wearing plenty of sunscreen, and invest now in a comfortable, wide-brimmed hat.
- **Stay hydrated.** Make sure you have a supply of water and plenty of ice in your home. And if you are going out, take a bottle of water with you.
- **Breathe easy.** Spend less time outdoors on humid days, especially if you are allergic to pollen or live in an area where there is a lot of air pollution.
- **Stay informed.** Throughout the summer, follow your local weather reports to find out when your community is experiencing severe heat and humidity.



Useful Resources

Administration on Aging Health Related Resources
http://www.aoa.gov/AoARoot/Preparedness/Resources_Individuals/Health_Resources.aspx

National Institutes of Health Medline Plus - Heat Illness
<http://www.nlm.nih.gov/medlineplus/heatillness.html>



FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

PHONE: (202) 619-0724 | FAX: (202) 357-3555 | EMAIL: AOAINFO@AOA.GOV | WEB: WWW.AOA.GOV | FACEBOOK: WWW.FACEBOOK.COM/AOAOA

Elliwho? ElliQ!

By Andrea Davis, COFA Aging Services Specialist



Meet ElliQ, a voice-operated, digital care companion that helps older adults remain active, engaged, and independent. ElliQ is proactive, personalized, empathetic, and is designed for older adults who spend most of their day alone. Throughout the day, ElliQ will initiate conversations, suggest activities, and give her user reminders. ElliQ proactively supports her user with- Entertainment and Company, Health and Wellness, Connection to loved ones, and day-to-day activities. ElliQ learns and remembers to customize interactions to best meet her user's preferences. ElliQ also uses humor and a friendly personality to build a meaningful connection. The limited amount of ElliQs at the Tompkins County Office for the Aging, are funded by the New York State Office for the Aging and are at no cost to the user. The only requirement for the user is to have internet, and to complete a monthly loneliness survey, which will help our office track efficacy. ElliQ will prompt the user to take this survey each month. Listed above are just some of the ways that ElliQ can provide her user with companionship. For more information, or to request an ElliQ, please call the Tompkins County Office for the Aging at 607-274-5482.



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Saturdays @ 5:00pm
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