

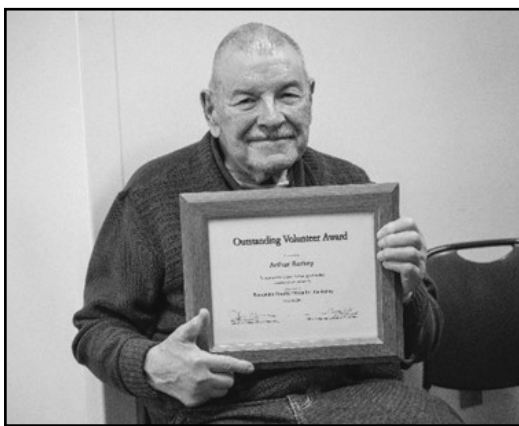
A circle is a group of people in which everyone has a front seat.

Senior Focus: 2023 Tompkins County Outstanding Volunteers

ARTHUR BERKEY

Arthur Berkey was nominated as one of three New York State Outstanding Volunteers for Tompkins County!

Art was born one of six children on a 133-acre farm in Michigan. He served 16 months in the Korean War and then received a full 4-year scholarship to Michigan State University, which enabled him to get his first degree, a Bachelor of Science. He went on to get a Master of Arts in Teaching, a Ph.D. degree from Michigan State University, and became a High School Agricultural Science teacher. He then became a school Principal in Michigan and moved to New York in 1967, following his graduate studies. He spent 28 years as faculty at Cornell University. Art retired in 1995 and he has been very busy in his retirement!



Art Berkey displays his certificate as an Tompkins County Outstanding Volunteer.

Art has an extensive list of organizations for which he volunteers (or has in the past), including the Ithaca School Board, FFA Foundation, Tompkins County Farm Bureau, Caroline Food Pantry, American Red Cross, and many, many more.

What makes Arthur an outstanding volunteer? At age 91, Art volunteers several hours a week, as well as helping his neighbors with repairs. He teaches both young children and adults about tools and how

to repair equipment. He also gives rides to people when he is not volunteering elsewhere.

When asked what advice Arthur has for other New Yorkers about volunteering, he stated, "Sharing your gifts by volunteering will significantly enrich your quality of life by the return you will receive. It also provides you the opportunity to both learn from and make friends. Each of us has received so much from the contributions of others and we have a responsibility to give back as we are able."

Art also shared, "We each have a responsibility to give back, because our life depends on the good will of others, and you will always get back more than you give."

Art is the perfect picture of an outstanding senior volunteer, and we want to recognize and thank him for all that he does!

BILL & SHERRY ALBERTA

Bill and Sherry Alberta are two of the three New York State Outstanding Volunteers for Tompkins County!

Bill and Sherry have lived in Ithaca over 40 years. They enjoy nature and walking Ithaca's trails. Sherry's hobbies are organic gardening and cooking, and Bill's hobbies are doing stone work and playing mandolin.

This couple is retired but they are very busy! They are committed to helping others, especially children with economic need. They volunteer a large number of hours to ensure that deserving children will have their needs met, both during the holiday season and during back-to-school time.

Bill came up with the idea of the Cornell Elves program while working in an office at Cornell. Instead of "Secret Santa" amongst faculty/staff, he started the project to get gifts for children. That program has grown enormously to include all local elementary schools and is even individualized to "wish lists" that the children provide. Besides Bill and Sherry, there are a number of other volunteers that support and assist with the program.

There is also a new program called the KozyKids Blanket Program, which provides warm blankets to children through their school. This program was started in 2015 by another couple and is supported by Bill and Sherry as well as others.

(Continued on page 11)



The dynamic duo of Bill and Sherry Alberta are honored by the Office for the Aging in May for the their volunteering efforts in the county.

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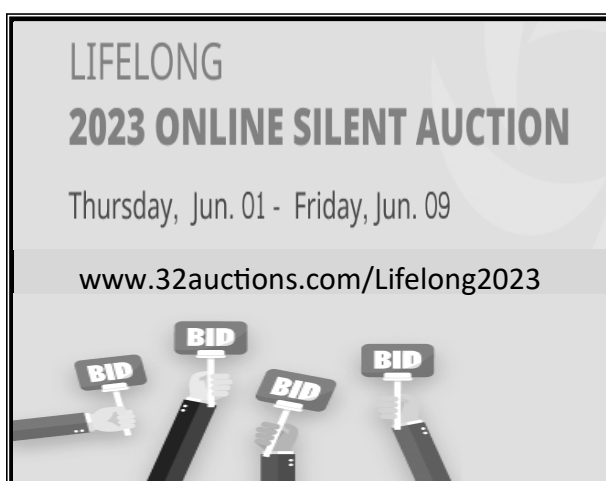
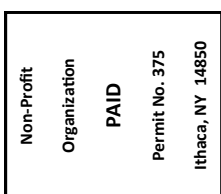
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Senior Services NY Connects



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.

Aging UNBOUND

In May, we celebrated Older Americans Month (OAM). As part of the celebration the Office for the Aging held an Open House and honored 3 Outstanding Volunteers. We also completed our 2022 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 2022. 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.

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, we recognize the 60th anniversary of OAM and challenge the narrative on aging. The theme, *Aging Unbound*, is an opportunity for all of us to explore and embrace opportunities and the rewards of growing older. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Continue to grow that knowledge through reading, listening, classes, and creative activities. Stay engaged and connected in your community. Invest time with people to discover deeper connections with family, friends, and community members.

This Annual Report shares the programmatic highlights and the core services provided by the Office for the Aging in 2022. 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.



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 served. 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.

"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.

Caregiver's Corner

Assert Yourself and Ask for Help!

By: New York Caregiving Portal, Trualta, newyork-caregivers.com



What Is Assertive Communication and Why Is It Important?

Assertive communication involves mutual respect. It allows you to express your feelings, thoughts, and beliefs in a clear and direct way, while also respecting others.

Other types of communication, like passiveness or aggressiveness, don't involve mutual respect.

Passive Communication

- Expressing yourself in an apologetic way.
- Not sharing what you really think.
- Not respecting your own thoughts.

Assertive Communication

- Clear messages.
- Firm and direct.
- Sharing your own thoughts AND respecting others' thoughts.

Aggressive Communication

- Expressing yourself inappropriately.
- May be seen as attacking or explosive.
- Not respecting others' thoughts.

Assertive communication is an important caregiving skill. Becoming more comfortable, asking for help, saying no, and expressing your own needs can help reduce your stress. It can also increase your self-esteem and help you gain respect from others!

Assertive Communication Techniques:

Below are simple and effective techniques to help you communicate more assertively.

Use "I" Statements: This allows you to tell the other person how you feel without placing blame. It also lets you take responsibility for your own feelings. For example, instead of saying, "You never help out with dinner," you could say, "I feel frustrated when I have to prepare dinner on my own every night, because I have many other things to do."

State Facts, Not Judgments: Instead of saying, "You're making the bathroom an unsafe place for grandpa," you could say, "I noticed the bathroom cupboards were left unlocked. It's dangerous to leave the cupboards unlocked, because there are strong medications that grandpa could misuse if he gets confused."

Avoid Using "Should": Instead of saying, "I'm very busy today. You should really help me with tonight's dinner," you could say, "I will need help with tonight's dinner, because I also have to pick up the dry-cleaning this afternoon."

Show Empathy: Assertive communication requires you to respect others. Try to understand where the other person is coming from. It is as simple as saying something like, "I understand that you are having difficulty completing the application form for respite services, but it is due in two days. Would you like to call me to discuss the areas you are having difficulty with?"

Use An Assertive Tone: It's not just about what you say, but about how you say it. Use a firm and relaxed voice and match the volume to the situation. Try not to be too loud or too quiet.

Use Assertive Body Language: Body language is an important part of communication. Try to face the person directly, stand or sit up straight, and make eye contact.

How To Say "No" Assertively:

Learning how to say "no" is an important way to respect your own limits, prevent burnout, and reduce stress. Many people find it difficult to say "no"

because they think it is rude and they don't want to upset the other person. Try to remember that saying "no" is simply declining a request. It does not mean you are rejecting the person making the request.

Below are some examples of different ways to say "no". Regardless of which strategy you choose, try to keep it straightforward, brief, and polite.

1. Reflecting:

This strategy involves acknowledging the person's request before saying no. For example: "I know you want to talk to me about organizing mom's birthday party, but I can't make it today".

2. Reasoning:

This strategy involves giving a short, unapologetic reason for why you are saying no. For example: "I can't make it **today** because I have to bake cookies for the school bake sale tomorrow".

3. Postponing:

This strategy involves declining the request in the current moment, but leaving room to say yes in the future. Only use it if you genuinely want to say yes. For example: "I can't meet with you today, but I can meet with you on Friday".

4. Inquiring:

This strategy involves declining the current request, but finding another request you can say yes to. For example: "That venue is out of my budget. Are there any other venues you like for mom's birthday party?"

5. Repeating:

This strategy involves simply repeating the word "no" over and over again if someone is making persistent requests. You do not need to give any explanation.

How To Ask For Help Using Assertive Communication:

Asking for help is not a sign of weakness. Asking for help assertively, without apologizing for it, is a sign of strength that says, "I value myself and I value your help". Below are some examples of assertive ways to ask for help:

1. Ask For Help Using Assertive Communication Techniques:

Use assertive communication techniques, like using "I" statements, showing empathy, and using assertive tones and body language when making your request. For example, you could say: "I have been feeling stressed about getting all of mom's errands done throughout the week. I understand that you are busy, but I need help. How can we make this work?". Be prepared to have a discussion with the person until you are both satisfied!

2. Ask For Help With Specific Tasks:

Instead of asking someone to simply help out once in a while, tell them exactly what you need help with. Try saying something like, "Could you pick up mom's medications from the pharmacy this weekend?" It is also a good idea to come up with a list of tasks you need help with, like laundry, errands, or visiting with your loved one so that you can take care of yourself. If you do this, the next time someone says, "Let me know if there's anything I can do to help," you will have a whole list they could pick from.

3. Ask For Help On A Schedule:

If you have friends or family that help out every once in a while, ask them if they would be willing to create a schedule of when they are able to help. By agreeing on a schedule or routine, you will know when to expect help. Knowing when to expect help can help you plan when you will be able to accomplish other tasks on your to-do list or simply schedule in some self-care time.

Assertiveness Requires Practice:

Assertive communication is a valuable skill to have. However, just like any other skill, it requires practice. Don't be discouraged if you don't get it exactly right on your first try.

Don't forget, the Tompkins County Office for the Aging has great 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.

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

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'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 **Mary-Ann Reeter, Medicare Counseling Program Coordinator at 607 273-1511 or mreeter@tclifelong.org.**



FINANCIAL ASSISTANCE THROUGH HIICAP 2023
(Health Insurance Information Counseling and Assistance Program)

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

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

- **2023: Qualifying Individual \$2280.00 individual, \$3077.00 couple – does NOT look at assets**

Benefits:

- Pays for your Part B premium (2023 standard premium = \$164.90/month)
- **Automatically** enrolled in "Extra Help" program, which reduces co-pays for medications.

Extra Help Program 2023 Eligibility - Partial Extra Help

- **Gross monthly income <\$1843 and assets up to \$16,660 (individual)**
- **Gross monthly income <\$2485 and assets up to \$33240 (married couple)**

Benefits:

- Assistance with Medicare Part D (drug) costs (premiums, deductibles, and co-pays)

EPIC (Elderly Pharmaceutical Insurance Coverage Program)

Eligibility:

- at least 65 years old
- resident of NY state
- Enrolled in Part D or Medicare Adv. 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)


Mobile Home Residents: Stay Cool in Summer, Warm in Winter!

A new program from Sustainable Finger Lakes will help 50 low-to-moderate income mobile homeowners in Tompkins County upgrade their homes with high-efficiency heat pumps and electric panel upgrades. These home energy improvements can provide income-qualified mobile home residents with year-round comfortable temperatures, healthier air quality, long-term affordability, and an alternative to fossil fuels. Mobile homeowners in Tompkins County can find out if they are eligible for the program by scheduling a 15-minute phone call with the Project Coordinator <https://calendly.com/sflx>.

For additional information visit <https://sustainablefingerlakes.org/finger-lakes-climate-fund/mhupgrades/> or contact holly@sustainablefingerlakes.org 607-272-1720.


This project is funded in part by the Tompkins County Legislature via the Tompkins Community Recovery Fund.

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. Telephone, 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>

Cooling Assistance Program 

Summertime is on its way, and with warmer temperatures 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), then you might be eligible for the Cooling Assistance Program. The Cooling Assistance Program is a component of the Home Energy Assistance Program and opened on May 1st.

To be eligible-

- 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:	Max. Gross Monthly Income:
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,249

- You are a US citizen or a qualified alien.

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

There is no longer a requirement to have a medical condition to qualify for this program.

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



Got Medicare Questions?

Lifelong's Health Insurance Information Counseling & Assistance Program (HIICAP) offers assistance to persons of all ages who are trying to understand their Medicare coverage. If you have questions about Medicare and related insurance, or if you are having trouble paying for Medicare, or any related problems or issues, please turn to HIICAP.

HIICAP's certified volunteer insurance counselors are currently providing personalized counseling over the phone or via zoom, or in person to individuals who have questions about Medicare.

Frequently HIICAP is helping people understand the framework of Medicare:

Part A is hospital insurance.

Part B is medical insurance.

Part C is the option of a Medicare Advantage Plan (through a private insurance company); and

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

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

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

In each appointment, the starting point is your individual situation, your questions, and concerns.

If you wish to talk with a certified counselor, please call Lifelong at 607-273-1511 and we will get back to you to set up an appointment.

Tompkins County Office for the Aging (COFA) also has HIICAP certified counselors. Call COFA at 607-274-5491.

VOLUNTEER



Looking for a meaningful volunteer placement at a nonprofit in our community?

Many nonprofits rely on volunteers to share their experience, time, and talents to supplement the work that staff do to carry out the mission of the organization.

Whether you're looking for a volunteer opportunity on an occasional basis, for a one-time project, or are able to make this part of your weekly routine, swing by Lifelong for an up-to-date hard copy listing of various nonprofits looking for YOU, or access the listing online at www.tclifelong.org.

Journey to Costa Rica Pura Vida

by Francine Wilson Jasper



Our author against a background of the ocean and mountains.

Travel energizes me. By late February, I have had enough of winter. My bones ache from lack of fresh air and movement. A journey to tropical Costa Rica with Collette Tours and 40 other travelers was the ticket to recovery. When I saw the notice in the Lifelong catalog,

I thought, "Why not?". *Tropical* was the bait for me and not the descriptions of a river cruise with crocodiles. I admit that the choice of activities to zipline over the cloud forest, or walk the hanging bridges, sounded exciting. I just did not see myself doing this, until I did. A 2-mile walk through the forest over eight bridges suspended 4,100 ft above the cloud forest was an adventure and stimulating! While our group was multigenerational, most were seniors and a couple of octogenarians went ziplining. These seniors are awesome! I am inspired to try ziplining or wading in one of the hot springs on my next trip.

Deep in Monteverde Cloud Forest, I am present amongst the living. I am immersed in a wide green spectrum of 134 shades. I am surrounded by a feast of color for my senses. Monteverde was founded by Quakers and tropical research scientists. It is a Garden of Eden with more than 3200 species of plants, 700 species of trees, and 500 species of orchids.

The walk felt like moving through the landscape in a PBS Nature show. Green goodness and grace envelop me. I am at peace. I feel the prosperity of abundance. Sage green, pickle, Granny Smith apple green, myrtle, basil, jungle green, neon, emerald, lime, seafoam, mint, olive, and artichoke are a few greens to be seen. Pura Vida. I feel that I can sleep without a CPAP for respiration out here. The air is so fresh. I spy from the corner of my eye the beauty of a praying mantis camouflaged on a branch. A fellow Ithacan traveler said, "This feels like home."

"Pura Vida" is the motto for Ticos, or Costa Ricans. Literally it means pure life. "Pura Vida" is also a greeting response of any of the following: "I'm cool, doing well, happy, healthy, living simply, balance and harmony with the natural order of life," in answer to the question, "How are you?". I read this quote in the Reader's Digest, from tennis legend Naomi Osaka, which reminds me of Pura Vida: "If you are happy, you are wealthy. If rich humans could buy happiness, they would." Ticos' philosophy of Pura Vida is living life simply and naturally, and names the country as one of five "Blue Zones" globally. Blue Zones are places where people report the happiest, most healthy lifestyles. Members often live past 90.

Our Collette tour guides were phenomenal for their knowledge of the ecology, the people and culture. Martha, born in the U.S., moved to Costa Rica when she was 3 with her family. She was a master storyteller. Pedro, our driver, once stopped our coach-sized bus on a mountainside-winding road to point out a mama sloth and baby, high in the treetops, for us to view. He earned the name "superman" from me for the duration of our trip.

For nine days our caravan covered 600 miles from San Jose, the capital, to Guanacaste. We toured a local coffee plantation, the Monteverde highlands, the cloud forest, and Lake Arenal to see exotic creatures like caimans, howler monkeys, whiteface monkeys, sloths, bats, macaws, toucans and hummingbirds. My favorite was the basilisk lizard, with the unlikely name of "Jesus Christ". This lizard can run on top of water up to 7 mph. All the animals camouflage well with their surroundings, except for colorful birds with loud squawks, like toucans and macaws. The best animal show was the capuchins, or white face monkeys, and the "Jesus Christ" lizard. Our tour guide on the river boat cruise steered the boat close to the shoreline as a band of white face monkeys descended from the treetops for food and a closer look at us. There was a lime green "Jesus Christ" lizard only a few feet away from the marauding monkeys. Hidden well on the branches overhanging the river, the lizard blended in like a leaf. We pulled out our binoculars for a good look. The monkeys spread out, not too far apart but close enough to capture a reptilian meal. The "Jesus Christ" lizard went flying across the water, true to its name like a miracle, too quickly for my camera to capture. It's etched in my memory bank. One or two capuchins turned their attention to us, and one jumped on top of our boat. I ran from the side with my camera to protect my purse sitting close to the window. I knew from experience that monkeys grab humans' belongings and take off with the loot. Our group was delighted with the show. Meanwhile, more drama developed when an alpha male monkey abducted a baby monkey and took off into the forest. Whew! Life is stranger than fiction.

The hotel accommodations for the trip were perfect. My room at the Mountain Paradise Hotel had a full view of Lake Arenal volcano, whose last activity was in 2010. There was also a personal jacuzzi outside my room and the best place for birdwatching, without binoculars. I was accommodated everywhere for my gluten allergy and had many different choices for every meal. My favorite dish of grilled sea bass was served like a work of art, with a delicate tomatillo and pesto sauce and a small stack of thinly sliced zucchini and carrot, that resembled a macaroon. This was served at the Tree House restaurant in Monteverde. The Tree House was built around a Ficus tree in the middle, which is approximately 68 years old now. Costa Rican food is not very spicy and is made with staples like rice, corn, beans, cassava and chicken. You find a few US food chains like KFC, Subway, Papa Johns and the most surprising, a MacDonalds, which served rice and beans for the Happy Meal.

As a solo senior amongst 41 in our tour group, I felt safe and well cared for. Many of the travelers were with family and friends from other U.S. cities. I learned two valuable lessons about Pura Vida while traveling alone.



A group of Lifelong Travelers enjoying a meal together with a toast in Costa Rica in February 2023.

One is to take care of the existing relationships with family and a small circle of friends that I have. A



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 Amy Campbell, Program Director, at acampbell@tclifelong.org to register for any of these events!

A Line from our Executive Director, Liza Burger



While this publication is getting ready for print, we are finalizing last minute details for Lifelong's May 25th event, our first in-person annual meeting and luncheon since 2019! I'm eager to celebrate Lifelong's successes and offerings from this past year with our members and supporters, and looking forward to even more growth in our programs and opportunities for connection still to come! If you're interested in seeing our 2022 annual report, you can find it on Lifelong's website: www.tclifelong.org.

What a fabulous response Lifelong received for our Online Silent Auction which took place from June 1-9! Hopefully you had a chance to bid on the amazing array of items, and if you'd like to see the site again, here's the link: <https://www.32auctions.com/Lifelong2023>.

With summer starting up, we have some "summery" program offerings, of course! Join us for an ice cream social or cool off in our air conditioning and enjoy a picnic as we fire up our grill, then stay for a movie! Our walking group continues every other Wednesday through the summer, the Square, Round and Line Dancing crew is busy on Friday afternoons, and a Conversational French class is kicking off! Take a look at our catalog online, or stop by Lifelong for a hard copy, as our summer catalog is our only issue that is **not** mailed out to current Lifelong members.

Looking forward to seeing you during the lazy, hazy, crazy days of summer!

Warmly, Liza

Hello and hooray!

From Amy Campbell,
Lifelong Program Director



Summer is upon us! Since starting here at Lifelong in March I have been busy happily finding content to fill our summer catalogue. I am slowly, but surely, getting myself acclimated to "life" at Lifelong and putting names to faces. I am happy to be here and feel that I am in the exact place I wanted to be. After spending most of my career in the fitness industry as an exercise instructor, I am now spreading my wings and embracing the art of planning and scheduling. I am excited to be immersed in the local community and to have the opportunity to enrich the lives of seniors here. Each day brings something new and the possibilities are endless. It has been such a pleasure meeting everyone so far. I am excited to grow our program and meet all our members.

By the time you read this, I will be back at my desk rounding up content for our Fall catalogue. I have a lot of ideas, but can always use more. I welcome any input you may have. Is there something you are interested in doing or learning more about? Let me know and I will try to get it scheduled. Do you like to teach or have a project to share? Let's coordinate and get you on our schedule! Just looking for company and conversation? Start a social group. Think Summer is just too hot? Come sit in our cool AC and attend our summer movie series, enjoy a cup of coffee or tea, read a book, or work on a puzzle. I am here for you and want to enhance everyone's enjoyment at Lifelong. I am open to new ideas and program suggestions. If we build it, they will come! Stop into my office, email me, or call Lifelong and we can chat. My door is always open. I hope you like the offerings we have lined up and that you enjoy your Summer!

BENEFITS OF LIFELONG MEMBERSHIP:



- Eligibility to participate in Lifelong Learning classes & onsite activities at 119 W. Court Street (may require additional fees)
- Eligibility for \$30/month unlimited Health & Wellness Activities
- Eligibility for \$30/month unlimited Creative & Language Arts Activities
- Discounted TCAT bus passes
- 25% discount on Cornell Concert series tickets
- 25% discount on Ithaca YMCA membership
- 10% discount on first year of Love Living at Home
- Free Science Center passes
- Free parking while attending Lifelong programs and events (on a first-come, first-served basis)
- Free in-person 1:1 technology assistance by appointment
- Access to the Virtual Senior Center, an easy-to-use website that brings a vibrant community and a wide range of interactive programs straight to you in your home.
- \$20 off coupons at Mary Durham Boutique
- \$50 discount on Lifelong travel bookings with Collette Tours

LIFELONG'S ANNUAL MEMBERSHIP FEES:

Lifelong is committed to making our membership accessible to everyone. We offer a sliding scale for annual membership fees, and trust that you will choose an amount that reflects what you are able to pay and also your desire to support others in joining our community.

Learn more on our website: www.tclifelong.org, by contacting us at 607-273-1511, or stop in!

Keep Cool at Lifelong this Summer!

When the days heat up come to Lifelong to keep cool! We have some great things lined up for the Summer. Join us for one of our Summer BBQs and a movie! Hosted at Lifelong on the second Friday of the month. Have lunch from the grill, see old friends and make some new ones! After lunch enjoy one of our featured summer films yet to be determined!

Do you love Ice Cream? Come out to one of our Ice Cream Socials! We will be hosting one here at Lifelong and another at Titus Towers to be accompanied by a performance of the GIAC Jumpers!!

Meet some of our neighbors around the community and enjoy homemade ice cream from Cayuga Creamery! Yum!

Looking for something educational? Don't miss our four-part series on the Climate and discussions on global warming and other Earth-related topics!

Just want to do something fun? Try one of our ongoing creative arts classes or one of our special summer classes such as Making Garden Dish Art or Creating a slit book! For more information

See our upcoming summer catalogue on our website: www.tclifelong.org.

Lifelong Summer Closures

June 19th- Juneteenth holiday

July 4th - Independence Day holiday

July 10*, 17, 24, 31*, Aug. 7-

summer Mondays- **closed to public**

*note: 7/10 and 7/31 building open **ONLY** for those pre-registered for AARP Safe Driver class

Aug. 14-18- Closed to public for building cleaning/waxing floors



VSC

Stay Connected while Stuck at Home

Join the **Virtual Senior Center (VSC)** where each day is different, interesting, and stimulating while never leaving your home. Use your computer/tablet to...

CONNECT with new friends online, learn and discuss new things, and explore what the internet has to offer

PARTICIPATE in unlimited live, interactive discussions on art, history, current news, exercise, music, museum tours, wellbeing, and more!

ENJOY a flexible class schedule, curated games, offered 7 days/week, 365 days/year including holidays

"Because of VSC, my quality of life has improved."
97% agreed

- Easy-to-use
- All from your home
- Diverse programs weekly
- Relieves boredom & isolation
- Training & technical support available



Open to all Lifelong members!

<http://vsclifelong.org>

Lifelong is Seeking Substitute Fitness Instructors!



As Summer looms we are looking to add some back-ups to our fitness bench! Are you a certified Strength or Yoga instructor? We would love to meet you and add you to our team. Stop in and ask for Amy our Program Director or call Lifelong at (607)-273-1511

Lifelong's Upcoming Trips with Collette Tours!

Take the hassle out of travel. Collette picks you up right at Lifelong and handles all the details on these amazing adventures.

All you need to do is pack!

America's Music Cities,

featuring New Orleans, Memphis & Nashville

October 08 — October 15, 2023 • 8 Days • 10 Meals

French Quarter, Choices on Tour, Swamp Tour, Mardi Gras World, Jazz Revue, Graceland, West Delta Heritage Center, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Studio B, Hands-on Chocolate-making Lesson

To learn more, visit <https://gateway.gocollette.com/link/1151889>



Come Walk with your friends, old and new, at Lifelong!

Lifelong's walk program is a great way to explore the beauty and culture of Tompkins County while increasing your strength, improving your balance and enjoying the company and knowledge of your peers. The walk coordinators are Elke Schofield and Carol Beeman.

Important Information:

- You must be able to walk independently 1-2 miles. (Please bring an assistant for the walks, if you need one).
- Meet outside Lifelong at 9:15 AM and start walking promptly at 9:30 AM
- You will be informed either by e-mail or by phone 2-3 days ahead of the scheduled walk. We will NOT walk if it rains or if the temperature is over 80F
- When carpooling is required, \$2 fee for gasoline and parking is to be given to the driver.

REGISTRATION: Lifelong requires that all walkers must be members of Lifelong. You can register in person at Lifelong, online, or by mail. Membership fees are on a sliding scale.

If you want to sign up for the 2023 Lifelong Walks, please send an Email / phone: Elke Schofield at elke.schofield@icloud.com / (607) 272-9476.

Please include:

- name, home address & telephone (home & cell)
- Put "Lifelong Walks 2023" in the subject line.

LIFELONG WALKS 2023:

- June 14 Stewart Park on Cayuga Waterfront Trail
- June 28 Cornell University Gardens
- July 12 Dryden Rail Trail
- July 26 History Center and Quilt show
- August 9 Kendal of Ithaca
- August 23 Jacques Schickel's Maryhill Farm, Pottery exhibit and Dahlia Garden
- Sept. 6 Cayuga Nature Center
- Sept. 20 Namgyal Monastery, New Learning Center
- Oct. 4 Edible Acres, Trumansburg
- Oct. 18 Beebe Lake

South Pacific Wonders, including New Zealand's North Island and Australia

January 17 — February 03, 2024 • 18 Days • 28 Meals

Auckland, Rotorua, Christchurch, Queenstown, Lake Wakatipu Cruise & Sheepdog Demonstration, Milford Sound, Choice on Tour, Cairns, Great Barrier Reef, Sydney Opera House

To learn more, visit <https://gateway.gocollette.com/link/1151855>

Essence of Thailand

Discovering ancient wonders and natural beauty from Bangkok to Phuket

February 01 — February 16, 2024 • 16 Days • 24 Meals

Bangkok, Reclining Buddha, Emerald Buddha, Bangkok Street Food, Choices on Tour, Sukhothai, Chiang Rai, The Golden Triangle, Chiang Mai, Elephant Experience in Chiang Mai, Lanna Home Visit, Home-Hosted Meal, Phuket, Tuk Tuk Rides

Zip around the buzzing city streets of Bangkok on a tuk tuk. Trek by 4x4 vehicle to an elephant sanctuary where you will prepare tasty treats for these endangered residents. Explore the canals of Bangkok's old town on a boat trip.... And more!

To learn more, visit <https://gateway.gocollette.com/link/1151954>

Learn more about the Essence of Thailand trip at a free informational session at Lifelong on Weds., July 26 at 11am

Memorials of WWII

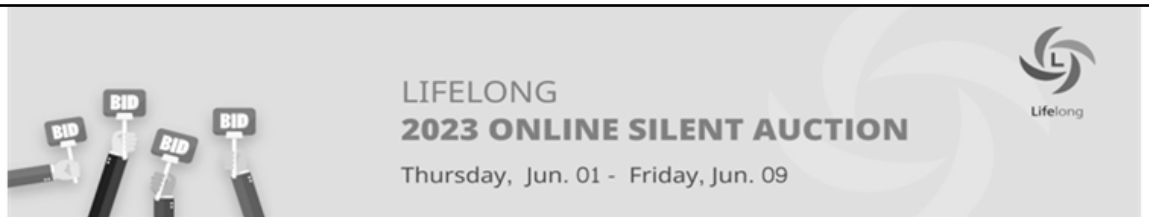
April 08 — April 17, 2024 • 8 Days • 10 Meals

London & Paris WWII-Focused City Tours, Portsmouth, The D-Day Story Museum, English Channel Crossing, Juno Beach, Caen Peace Memorial Museum, Arromanche-les-Bains, Longues-sur-Mer, Apple Cider Farm Visit, Normandy American Cemetery, Omaha Beach, Pointe du Hoc, Airborne Museum, Utah Beach, Giverny Gardens, Seine River Dinner Cruise

Retrace the D-Day preparation efforts at The D-Day Story Museum, dedication to Operation Overload. Navigate the path of the D-Day Landings as you cross the English Channel by ferry. Set foot on the hallowed grounds of the Normandy landing beaches.

To learn more, visit <https://gateway.gocollette.com/link/1151884>

Learn more about the Memorials of WWII trip at a free informational session at Lifelong on Weds., July 26 at 12pm



<https://www.32auctions.com/Lifelong2023>

Many thanks to the sponsors of this year's Online Silent Auction!

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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.

- Pack Light:** The lighter you pack, the lighter you'll be!
- Wheels are a traveler's best friend:** If you need to bring multiple bags, use a rolling suitcase with a smaller one on top.
- Bring Your Extra Pair of Eyes:** If you wear glasses, bring a second pair along in case a pair gets lost or broken.
- 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.
- 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.
- Prepare Your Legs:** Step up your exercise program before your trip to prepare yourself for more walking and standing.
- 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.
- Have an Itinerary:** Mapping out your days ensures that you will have plenty of time to get to your desired destinations.
- Get Travel Insurance:** Travel insurance is usually reasonable and is invaluable toward peace of mind.
- 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.
- 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.
- 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!



Personal Emergency Response System

Personal Emergency Response System (PERS)

"Help! I've fallen and I can't get up!"



GPS Unit

This is an unfortunate reality for many older Americans. This predicament can cause older adults to feel uneasy about living alone. Luckily, there are several steps that can be taken to prevent falls. Some of these steps include-

- Finding a good balance/exercise program.
- Talking with your health care provider and family members.
- Regularly reviewing your medications with your doctor.



Essence Unit

- Getting your vision and hearing checked annually.
- Keeping your home safe.
- Wearing proper footwear.

The Office for the Aging has an Outreach Worker who is a Certified Aging in Place Specialist (CAPS) and can conduct free in-home safety assessments. To schedule an assessment, please call 607-274-5484.

If a fall does occur, the next step is to find the best way to get help if needed. While having a phone nearby at all times is a good option, it is easier to have a wearable pendant that can be pressed in the event of a fall or medical emergency. The Tompkins County Office for the Aging (COFA) has a program that gives out these types of alert pendants which are called Personal Emergency Response Systems (PERS). COFA partners with Doyle Medical Monitoring to provide clients in Tompkins County with PERS 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. GPS Units are also available. 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. Please call our office at 607-274-5482 for more information or to speak with an Outreach Worker who can assist you.



Notary Public Service available at Lifelong

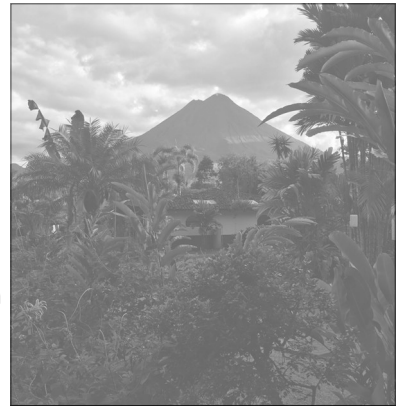
Free of charge

To arrange an appointment email

Liza Burger at lburger@tclifelong.org

(Continued from page 5) **Journey to Costa Rica**

grandson was born prematurely while I was in Costa Rica. The internet connection was spotty and slow while we were in the highlands, so I did not get much news from my family. I wanted to comfort my son and daughter-in-law by sending nature photos I had taken. The second lesson occurred when I met an elderly gentleman the first day while standing in line for the breakfast buffet. He greeted me and offered to pour my coffee, which I took as a friendly gesture. Then he seemed a bit dismissive when I asked if I could join him for breakfast another day and said he was waiting for his family. He was traveling with his son, daughter-in-law and grandson. He told me that he'd been to Costa Rica before but did not remember much about it. I



The Costa Rican countryside.

also learned that he had lost a lot of friends recently. By the end of the trip, I realized that he was not being rude to me. Rather he was just holding on to the best in his life by spending time with his family, despite his fading memory. *Pura Vida*: not fiction, just facts of life. I am grateful for all that has been revealed to me through this travel to Costa Rica.



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 needed 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.

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

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



CAREGIVERS SUPPORT



Tompkins County Caregivers Group

Tuesdays 11am -12pm

- Emotional support
- Education and resources
- Shared experiences

For More Info or to Register:
(607) 274-5486
ajackson@tompkins-co.org

Did you know...
Unpaid caregivers are at a higher risk for physical, emotional, and financial strain?



TOMPKINS COUNTY OFFICE FOR THE AGING
Aging Better. Together

714 W. Martin Luther King/State St.
(607) 274-5482
www.tompkinscountyny.gov/colb

HEALTHY LIVING TIPS

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/AOA.GOV

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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
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- Roof Deck, Gardening, Laundry Facilities, Off Street Parking
- WELCOMES DIVERSITY & ENCOURAGES INDIVIDUALITY



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



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Help for those that want to stay connected through electronic updates and video calls
In-home safety assessments - Medication reminders - 24/7 monitoring and notification
Assistance with daily activities (bathing, dressing and ambulatory assistance)

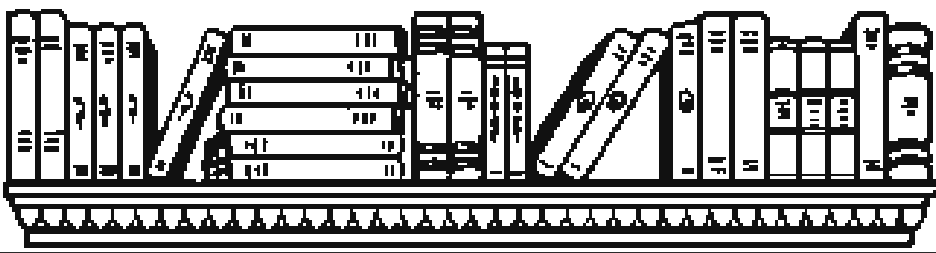


Call 607-272-0444 | teresanix@comfortkeepers.com | comfortkeepers.com

- Customized care plans that fit skill level and personalities
- Continuity of caregiver - Dementia & Alzheimer care and safety
- Providing activities and interactive caregiving, safety solutions
- Personal care, companionship & housekeeping, respite care
- Emphasis on monthly activities such as: newsletters, recipe cards etc. to help stimulate as Covid taught us isolation is detrimental to seniors.

All Caregivers are carefully Screened, Insured and Bonded.

1301 TRUMANSBURG ROAD | SUITE F | ITHACA NY 14850 | 607-272-0444



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!

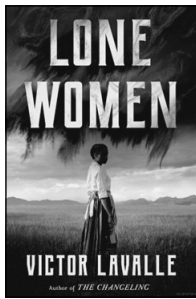
TCPL offers a variety of book clubs for all ages. Find information at www.tcpl.org/book-clubs. All Library programs are free and open to the public.

Correction and apologies! The Spring "Book Nook" column omitted the contributor's name. Alex Ehrhardt, Library Page, reviewed "Everyone Knows Your Mother is a Witch" by Rivka Galchen. Thank you, Alex!

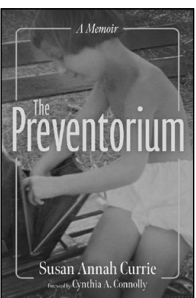
Lone Women by Victor Lavalle

Reviewed by Woody Chichester, Library Assistant

In Victor Lavalle's latest novel, *Lone Women*, we meet Adelaide Henry as she is trying to make an early morning getaway from her family's California farm to Montana in 1915. A Black woman with nothing but her steamer trunk – her "burden" as she calls it, Adelaide plans to travel to Montana to start a new life for herself by sticking it out long enough to earn a land claim. Easier said than done, especially with that "burden" she is dragging along.



Lavalle takes marginalized characters often stereotyped and left in the background and brings them right to center stage in this suspenseful tale of Adelaide Henry's plight to flee her past and start fresh, along with some other "lone women." Can she escape who she is and what she has done? This book is a page turner!



The Preventorium: A Memoir by Susan Annah Currie

Reviewed by Joyce Wheatley, Librarian

Local author, Susan Annah Currie, offers an intimate account of her childhood experiences at the Mississippi Preventorium Hospital for Children, an institution in Magee, Mississippi for the protection of children from the ravages of tuberculosis.

Currie's lyrical prose creates a rich setting in the mid-20th century. She paints startling images of children in white bloomers, like baby swans - "cygnets" – moving in single file, arms akimbo at their waists. She describes dormitories where girls uniformly lie on their backs, arms at their sides, heads turned towards the door. Penalties and humiliation for nonconformity and youthful exuberance stand out, such as a child put in diapers for misbehaving, a child made to suck the dreaded buttermilk out of a baby bottle or the child reprimanded to repeat how she will drink "all her milk" 100 times until her mother arrives at the classroom door and rescues her.

Despite the trauma of her father's death, as well as, her hospitalization at the age of six, Currie writes with compassion – compassion to understand and forgive the painful decisions that dictated her stay at the Preventorium for 1 ½ years, as well as the historical significance of Preventoria during the 20th century's widespread tuberculosis epidemic. A memoir of spirit, vulnerability and courage!

From the Golden Glow Newsletter of Schuyler County Office For the Aging and NY Connects

HAVE YOU HEARD OF "SITTING DISEASE"?

It may be hard to believe but "Sitting Disease" is the term used to link the 34 chronic conditions that are commonly associated with lack of activity or excess sitting. For seniors in particular, sitting disease can be an issue due to some of the physical effects of aging which can make it more difficult to stay active. Now, that's the bad news. The good news is by making simple lifestyle changes we can make big strides to lead healthier lives. Mounting medical research proves that is we choose to stand up, sit less and move more, we can experience a great number of attainable benefits to our health, our minds and our bodies.

It's well known that formal exercise helps with overall health, both physical and mental. However, low intensity "non-exercise" activities like standing and walking are much more important than most realize. In fact, low level activities may play a crucial metabolic role and account for more of our daily energy expenditure than moderate-to-high intensity activities!

The "Just Stand.org", founded by Ergotron, a leading provider of sit-stand workstations, seeks to close the gap in public knowledge about the dangers of excessive sitting. It also hopes to motivate individuals, businesses and organizations to develop a healthier future. ¹ There are a number of attainable benefits to our health, our minds and our bodies if we simple choose to stand up, sit less and move more. For example, standing more can lower your risk of serious health issues, ranging from cancer to early mortality. Furthermore, standing more can help increase your energy and has an effect on productivity, improves mood and lowers stress. In can even boost your metabolism, tone muscles and reduce common aches and pains. ²

Of course, even standing can pose the risk of injury if not done properly. Following are the steps for getting up safely from a chair. This is especially important as we age, though we all benefit from doing things in the right order.

WHAT IS THE PROPER WAY TO STAND UP FROM A CHAIR?

Lean forward so that your nose is over your toes; this helps move your center of gravity forward. Push down through your arms as you help unload your weight from the chair. As you begin to rise, straighten your legs. Let go of the chair and finish straightening your legs. To see how to safely perform these steps, visit <https://www.youtube.com>

While this all may seem overwhelming – and as if it's adding "one more thing" to our busy days, the "cure" for sitting disease is very simple: we just need to sit less and stand more often. A good rule of thumb is to stand once per hour for 5 – 15 minutes. This doesn't mean you have to stand in one place. The second simple step is to just move! Talk a quick walk, do a few stretches, anything that helps you change position! See below for ideas on how to increase movement.

8 Ways to Increase Movement Every Day

- Walk up/down the stairs instead of taking the elevator
- Walk around while talking on the phone
- Change video games into activity promoting games
- Integrating a treadmill desk or bike desk into your office
- Have walk and talk meetings
- Get a walking buddy
- Walk or ride your bike to work or on short errands.

Resources:

<https://www.juststand.org>
<https://thewholeu.uw.edu>
<https://www.verywellhealth.com/lifespanfitness.com/blogs/news>



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Are you looking for an incredible volunteer opportunity?

Become a certified Long-Term Care Ombudsman!



Office of the State Long Term Care Ombudsman

The New York State Long-Term Care Ombudsman Program in Chemung, Schuyler and Tompkins Counties is looking for volunteers to serve as **advocates** for residents in long-term care communities.

Volunteers conduct regular facility visits, help identify and resolve concerns and act as an advocate for residents. *Get involved today!*

Contact your local Long-Term Care Ombudsman Program:
P: 607-274-5498
E: pchevallard@tompkins-co.org

Do you live in **Chemung, Schuyler or Tompkins County?**

Do you have:

- excellent communication skills?
- the ability to problem solve?
- a commitment to dignity and respect?
- two hours a week?
- a desire to make a *REAL* difference?

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We can all choose to make a difference.

Whether you've retired from a long career or spent your time at home raising your family, you can serve with AmeriCorps Seniors by becoming a Respite Volunteer and supporting New York's informal caregivers.

Contact Lisa Richards
 lrichards@lifespan-roch.org
 585-645-1393



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Longview's Social Adult Day Program is currently enrolling!

Older adults in the Ithaca community are invited to join us to socialize and enjoy shared activities and interests with peers. Families find relief (and joy) knowing their loved ones are well cared for in a friendly, supervised setting while away from home.

Friends arrive at 9 a.m. and gather round the table for coffee and conversation, followed by a full day of interesting and engaging things to do together (exercise, news & events, nature walks, crafts, games, cooking, baking, etc.) Lunch and healthy snacks are provided and the program adjourns at 3 p.m.

For more information, contact the Program Coordinator at 607-375-6323, adultday@longviewithaca.org or visit our website www.longviewithaca.org

(Continued from page 1) **Outstanding Volunteers**

The other program Bill and Sherry started is the summer back-to-school backpack program. This program provides children with the basic necessities that they may otherwise not have to begin their school year, such as school supplies and a backpack.

What advice do they have for other senior New Yorkers? "Pick a cause, issue, or population for which you are very interested, impassioned even. There is so much need, and there are so many choices. One good way to search for options is through the website: volunteermatch.org. It enables you to search by location, causes, skills or key word."

Bill and Sherry also shared, "Volunteering can be a wonderful way to spend time. Even just a few hours each week can make a positive difference to others and make you feel good about yourself. We are especially motivated by the thought that there are so many children in Tompkins and surrounding counties that have so little. According to government statistics, about 20% of families in those counties live below the poverty line."

Thank you to Bill and Sherry for all of the incredible work you do!

Organizing Personal Paperwork: Simplifying Your Life

By Sandra Busby, Owner
Simply Organized by Sandra



In today's fast-paced and digitally-driven world, personal paperwork can easily accumulate, leading to a cluttered and disorganized living space. Mismanaged paperwork not only adds unnecessary stress to our lives, but can also result in missed deadlines, lost documents, and can have negative financial implications. Taking the time to organize personal paperwork is a proactive step towards simplifying our lives and ensuring that important documents are readily accessible when needed.

Decluttering and Sorting: The first step in organizing personal paperwork is to go through existing documents, assess their relevance, and sort them into separate piles based on categories. Start by gathering all the paperwork from various areas of your house including drawers, shelves, countertops, folders and closets. Designate separate piles for different categories such as financial records, medical documents, insurance policies, and personal identification documents. Include a discard and shred pile. Assess each document's relevance, discard outdated or unnecessary papers, and sort it all into the designated piles.

Categorizing and Filing: Once you have decluttered your paperwork, categorizing and filing the remaining documents is crucial. Invest in a reliable filing system, such as a file cabinet, folders, or binders, to maintain an organized structure. I strongly suggest a fire box for safekeeping of irreplaceable documents to protect them again fire and flood. Create clearly labeled categories based on the types of documents you possess. Some common categories may include tax documents, bank statements, legal paperwork, and utility bills. Alphabetize or arrange the categories based on your preference, making it easier to locate specific documents later. The key is to create a system that you can maintain as new paperwork comes in.

Establishing a Centralized System: To streamline your paperwork management, establish a centralized system for incoming documents. Designate a dedicated space, such as a desk or a designated drawer, where you can immediately place new documents. Implement a routine of sorting and filing these documents on a regular basis to prevent accumulation and maintain an organized system.

Utilizing Digital Solutions: In today's digital age, transitioning to electronic storage solutions can significantly reduce physical clutter. Scan important documents and save them digitally, utilizing cloud storage or external hard drives. Organize digital files in a similar manner as you organize physical ones, creating folders and subfolders for different categories. Implement a backup system to safeguard against data loss, ensuring redundancy and accessibility of digital documents.

Regular Maintenance and Review: Maintaining an organized system requires regular maintenance and periodic review. Set aside time on a monthly or quarterly basis to review your paperwork, ensuring that documents are up to date and discarding any no longer necessary. Update contact information, renew expiring documents, and shred or dispose of any obsolete papers securely. Contact your bank and ask when their Community Shred Day is to take advantage of their free shredding service.

Document Security and Backup: While organizing personal paperwork, it is essential to prioritize document security. Store sensitive documents, such as passports, social security cards, and birth certificates,

in a secure and fireproof safe. Implement password protection and encryption for sensitive digital files. Additionally, maintain a backup of digital files by using cloud storage or an external hard drive.

Organizing personal paperwork is a valuable investment of time and effort, offering numerous benefits in the long run. An organized system allows for quick and easy access to important documents, reduces stress and anxiety associated with misplaced paperwork, and helps you stay on top of your financial and legal obligations. Remember to create a system that you can maintain, making it easy to review and prioritize documents as you add new ones. Embrace the power of organization and enjoy the peace of mind that comes with an orderly and efficient paperwork management system.

Look for Lifelong's class on Personal Paperwork Organizing where Sandra Busby will present more in-depth information on what personal paperwork we need to keep and for how long, as well as other classes on how to begin organizing and de-cluttering your home or office.

Sandra Busby became a professional organizer after organizing spaces in homes and offices to be more functional and efficient. An accomplished events planner, kid and teenager wrangler, farmer, and vacation home landlord, she enjoys using her calendar management skills to get the most out of life.

Contact Sandra for help with your organizing needs whether it's personal paperwork, your garage, downsizing or any other decluttering and simplifying needs at Sandra.Simply.Organized@gmail.com or 607-592-2386.



Lifelong is proud to be a United Way Agency

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
- *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

AmeriCorps Seniors Demonstration Program Seeks Support in Tompkins County



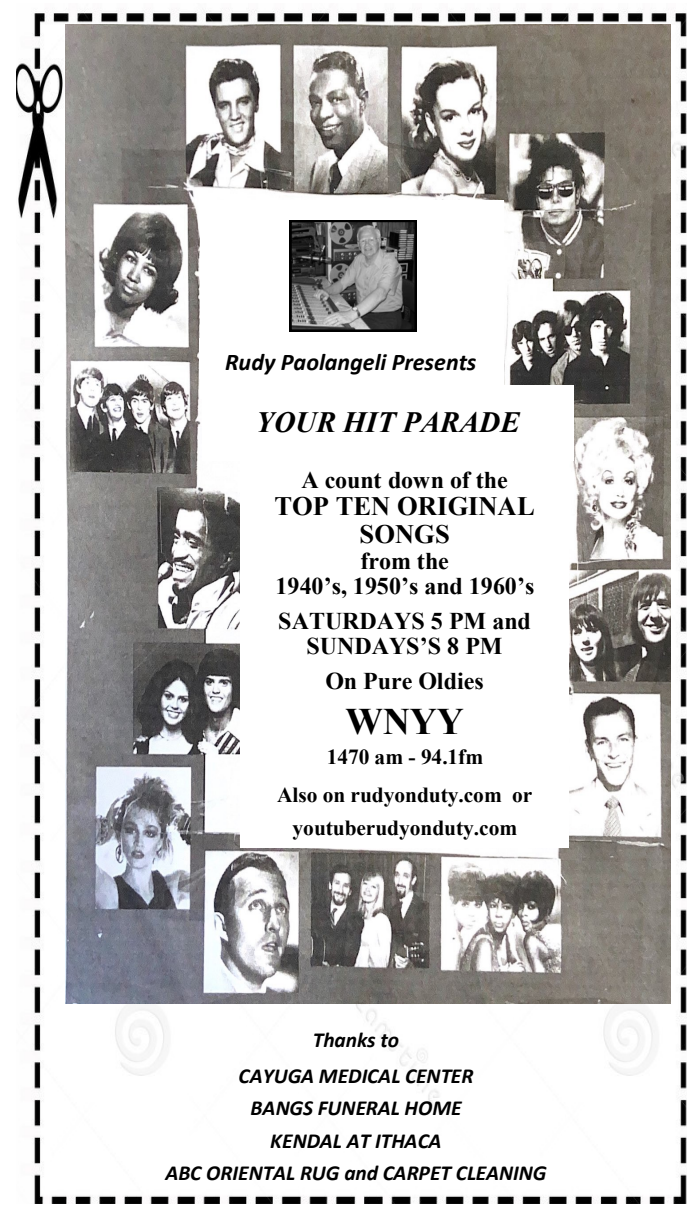
A \$3.1 million volunteer-to-workforce initiative funded by AmeriCorps, the federal agency for national service and volunteerism, was awarded to the New York State Caregiving and Respite Coalition via Lifespan of Greater Rochester.

The project aims to expand support for family caregivers in Tompkins, Cortland, Oneida, Herkimer, Lewis and Jefferson counties. Volunteers aged 55+, most of whom will qualify for a stipend, will be supervised by local organizations and provide much-needed breaks to family caregivers.

Offices for the aging, libraries, developmental disability service centers and others can sign on to manage local volunteers by becoming volunteer stations. Volunteers are matched and supervised by the station in partnership with AmeriCorps Seniors project staff. If volunteers become interested in starting a respite business or charting a career path from this experience, they can work with the project's career development coach.

Volunteer assignments can include providing companionship, homemaking assistance, and personal care. Ongoing training will help ensure that the volunteers and the families feel confident and comfortable with the arrangement. An important component of this project is cultivating a sense of community among volunteers through ongoing educational, social and recognition events.

If you're interested in becoming a volunteer or know of an organization that would make a good volunteer station, contact Lisa Richards at 585-645-1393, lrichards@lifespan-roch.org. She works remotely from Ithaca and is available for in-person meetings.



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