

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

Senior Focus: Barbara Dimock

By: Yann Sylvester, United Way Stephen E. Garner Intern at Lifelong



Barbara Dimock, a founding member of the Tompkins County Quilt Guild

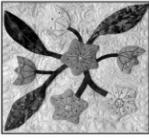
Barbara Dimock was born and raised in West Henrietta, outside of Rochester, NY. She attended Cornell University, where she met her husband Tom, an Ithaca native. The two settled down in Ellis Hollow in 1970 and still live there 49 years later.

Barbara worked at the veterinary college at Cornell for 30 years as a microbiologist in the Department of Clinical Pathology and later in the Diagnostic Lab when the two micro departments were combined.

As any Ithaca resident soon learns, the winters here are harsh and unforgiving. While looking for someplace warm, "someplace where I could wear a t-shirt and shorts every day of the week", she and her husband stumbled upon Jamaica. Barbara and Tom started visiting Jamaica on vacation in the Mid-80s.

TOMPKINS COUNTY QUILTERS GUILD
2019 Traditions & Beyond Quilt Show
October 5-6, 10 am to 5 pm
TC3 Field House, Dryden, New York
Admission: \$6 Under 12 free

- Hundreds of quilts
- Wearable art
- Soft sculpture
- Special exhibits
- Mini workshops for quilters & kids
- Quilt turning & Trunk shows



Raffle quilt
Queen-sized
Blue Mountain
Laurel

- Vendors mall
- Silent auction
- Quilting books & magazines (used)
- Gently used quilts and clothing

tcqg.org

In 2002, they began construction on their retirement home in Jamaica, about an hour and a half away from Montego Bay and half an hour from Negril.

Barbara loves to volunteer. She volunteers in the winter months with the local school children of Jamaica who fondly call her 'Barbs'. The children there are so fond of her company that often they choose to spend their Saturdays with her, while she teaches them the ins and outs of



quilting, one of Barbara's most prominent passions.

Barbara's passion for quilting began in 1974 when she attended a quilt show organized by Jeanne Greene and her sister-in-law Jean Schild and sponsored by the City Federation of Women's Organizations. At the show was a wonderful local woman named Nina Linton who invited her to sit at the old fashioned quilting frame and offered to teach her how to quilt. Instantly Barbara was hooked.

Following that show, Barbara became interested in helping to start a local quilting group. She attended organizational meetings and became

one of the twenty founding members of the Tompkins County Quilters Guild in November, 1974. Since its inception, the Guild has gained traction and ballooned to about 100 members. Barbara and Jeanne Greene are the only founders who remain members, Barbara being the only active member as Jeanne, 93, lives in Rochester.

The guild is now one of the oldest quilter's guilds in the nation and is turning 45 years old this year. Organized during the quilt revival of the 1970s, the Tompkins County Quilters Guild made a name for itself in the quilting world during the nation's bicentennial in 1976. Two years in the making, the event made the dream of a local quilter and first guild president Jeanne Greene

(Continued on page 11)

INSIDE THIS EDITION

Page 2 & 3:

- Senior Services Listings
- Home Energy Assistance Program (HEAP)
- Project Care
- Caregivers Corner - You May Not Think of Yourself as a Family Caregiver

Pages 4 & 5:

- Foodnet Offers Monthly Workshops at Social Dining Sites
- Powerful Tools for Caregivers Class
- Celebrating the Caring Work of Home Health Aides
- Fall Caregiver Workshops
- Stay Steady Wellness Event and CarFit

Pages 6 & 7:

- Medicare Resources
- Your Yearly Opportunity to Review your Healthcare Insurance
- Upcoming Medicare Basics Presentations
- Do You Need Help Paying for Medicare?
- Got Medicare Questions?
- Personal Emergency Response System (PERS)
- Ombudsman Program

Pages 8 & 9:

- Lifelong News and Upcoming Fall Offerings
- From the Director's Desk
- Be Creative, Be Active, Be Social
- Lifelong's Walk Program

Pages 10 & 11

- Lifelong's Aging Mastery Program
- Volunteers Connected

Page 12:

- MEDICARE OPEN ENROLLMENT SCHEDULE
- The Book Nook - Community Read: *The Prince of Los Cocuyos* by Richard Blanco
- HOSPICARE & LIFELONG HOST: The Bem Film Screening: *Into the Night*; Portraits of Life and Death
- AARP Smart Driving Program - Fall Dates
- Fall Book Sale Dates, Senior Day
- Rudy Paolangeli Radio Schedule

Non-Profit
Organization
PAID
Permit No. 375
Ithaca, NY 14850

NY Connects

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

NY connects can provide information about

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

NY Connects staff can assist you either on the phone or in person between 8:30 AM and 4:30 PM, Monday through Friday.

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

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

Or visit us on the web at www.tompkinscountyny.gov/cofa

Free language assistance (interpretation and translation) services available

Longview's Adult Day Program

Longview's Adult Day Program has become the home away from home for many Tompkins County seniors, offering companionship, recreation, safety and security. The daily fee of \$55 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Longview's Adult Day Program is open from 9am to 3pm Monday-Friday. For more information call (607) 375-6320.

The Registry

The Finger Lakes Independence Center administers the Registry Referral Program. The Registry Referral 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 272-2433 or email: registryatFLIC@yahoo.com. This program is made possible through funding from the Tompkins County Office for the Aging.

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 274-5482. Likewise, if you are interested in assisting older adults with yard work, on either a paid or volunteer basis, please call our office at 274-5482.

Home Energy Assistance Program (HEAP)

The regular HEAP season will open **November 12, 2019** and is anticipated to close **March 16, 2020**.



The Home Energy Assistance Program (HEAP) provides assistance with fuel and utility expenses for income-eligible homeowners and renters. The HEAP program may also be able to help with furnace repair or replacement. The Tompkins County Office for the Aging processes HEAP applications for persons over age 60, and for those who receive SSI, or SSD, and do not receive Food Stamps.

The current income eligibility levels for HEAP in 2019-2020 are as follows:

<u>Household Size</u>	<u>Maximum Gross Monthly Income</u>
1.	\$2,494
2.	\$3,262
3.	\$4,030

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

Project CARE

Would you or someone you know benefit from having a volunteer visit you in your home? Seniors living in Tompkins County can request to have a friendly visitor through our Project CARE program.

Weekly visiting option:

Project CARE's **friendly visitor program** provides companionship by matching you with a volunteer who will make a weekly home visit. Many Seniors in our community greatly benefit and find comfort from a weekly visit. Volunteers can go for a walk, provide conversation, play games, work on a puzzle together, read, watch a movie, give a manicure, whip up a recipe with you, and so much more. This service can provide in-home support to homebound older adults, especially those that are socially isolated, as well as family caregivers.

On call option:

Project CARE also provides an **on-call option** for one time or short-term needs such as grocery shopping, light yard work, running an errand, walking a pet, organizing calendars and paperwork, providing a short-term respite period for the caretaker and more. Some services may be subject to a fee.

Telephone Reassurance Option:

The **Telephone Reassurance Program** offers weekly check-in phone calls to Seniors that are socially isolated. This program is in development, please let us know if you are interested.

Project Care Volunteers

We need you! Do you have one-two hours per week to spare to become a friendly visitor or maybe just being an on-call volunteer for a Senior in your community?

Please consider becoming a Project CARE volunteer.

If you are interested in any of the Project CARE options listed; please contact Dawn Sprague, Project CARE Coordinator, at Office for the Aging, by phone at (607)274-5499 or email at dsprague@tompkins-co.org

Medicare Open Enrollment Coming Soon!

Medicare Open Enrollment begins:

October 15th until December 7th.

See Lifelong's schedule on the back page!

During open enrollment, you can change how you receive Medicare. You can switch to a Medicare Advantage plan or back to traditional Medicare, you can change your drug plan, or simply compare plans for 2020 to make sure you're comfortable with the coverage you have. Call the Tompkins County Office for the Aging at 274-5482, or Lifelong at 273-1511, to schedule an appointment with a Medicare Counselor to review your options.

United Way



Lifelong is proud to be a
United Way Agency

Caregiver's Corner

You May Not Think of Yourself as a Family Caregiver

The United Hospital Fund (at www.nextstepincare) invites us to recognize whether we've taken on family caregiving responsibilities and offers the following food for thought:

You may not think of yourself as a family caregiver, or as doing anything special. But ask yourself, do you:

- Care for someone who has a chronic illness?
- Manage medications or talk to health care providers for someone?
- Bathe or dress someone who is frail or disabled?
- Handle chores, meals or bills for someone who needs help?

If you answer "yes" to any of these questions, you are indeed a caregiver. You are not alone. One in five American adults is a caregiver.

Why It's Important to See Yourself as a Caregiver

Caregivers advocate for the person that they are caring for, and for themselves. Caregivers should ask for and expect to receive:

- Medicare information about your family member's condition;
- Involvement in decision-making about your family member's care;
- Training to help provide care.

Hospitals and other health care providers should be asking patients whether they have a caregiver as an advocate and if you are identified as such, you have a right to be informed and included in care planning.

First Steps for Family Caregivers

- Learns all you can about your family member's condition and needs.
- Find out what insurance does or does not pay for.
- Review or help you loved one create legal documents, like a health care proxy, advanced directives and a durable power of attorney for financial decisions. You may want to consult a lawyer.

- Discuss the situation with other family members. Try to find a way to include everyone.
- Make sure to take time for yourself and take breaks.
- Think about how you will balance your work and caregiving.

Pace Yourself for the Long Term

Caregiving over the long term requires patience, resilience, and flexibility. When something changes in your life or your family member's condition, take a "time out," consider what is needed now, and make changes if necessary.

Taking care of your own health is essential. Try to find a reasonable balance between caregiving and exercise, sleep, good nutrition and medical care. You need it. You deserve it.

Additional Caregiving Notes:

Powerful Tools Classes

As of this writing, there are still spaces in the fall "Powerful Tools for Caregivers" classes, scheduled to begin Thursday, September 19 (2:00 - 3:30) and continue for six consecutive classes. They will be held at The Tompkins County Office for the Aging, at 214 W. Martin Luther King Jr. / State St. in Ithaca. If you are struggling to balance self-care with caring for a spouse, parent or other adult needing help, call the Office for the Aging (274-5492) to inquire about this class or be placed on the notification list for future *Powerful Tools* as they are scheduled.

Caregiver Newsletter

Additional workshops, support groups and other supports for family caregivers are announced in the fall issue of *In Support of Caregivers*, the quarterly caregiver newsletter produced by the Tompkins County Office for the Aging. View it online at www.tompkinscountyny.gov/cofa/newsletters or call the Office for the Aging (274-5491) and ask to be mailed free copies of the newsletter as each issue is published.

A warm welcome...

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



CV@ INTERLAKEN

3687 Conifer Drive, Interlaken, NY 14847

(607) 532-9929

coniferlog@interlaken.coniferic.com

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

- Elevator • Intercom Access Entry
- Computer/Fitness Centers
- Wireless Emergency Call System
- Smoke Free Community

ELLIS HOLLOW

1028 Ellis Hollow Road Ithaca, NY 14850

(607) 273-3020

ellishollow@coniferic.com

1 Bedroom Apts. In a peaceful community on the east side of Ithaca for seniors 55 or older.

- Elevator
- Intercom Access Entry
- Computer/Fitness Centers
- Resident Services Coordinator
- Smoke Free Community

SCHOOLHOUSE GARDENS

177 Main Street Groton, NY 13073

(607) 898-4770

schoolhousegardens@coniferic.com

1 & 2 Bedroom Apts. for seniors 62 years or older, or anyone with a disability that is 18 years or older.

- Elevator • Intercom Access Entry
- Emergency Call Buttons in Bath and Bedrooms
- Smoke Free Community

CV@ITHACA SENIOR APTS.

200 Conifer Drive Ithaca, NY 14850

(607) 277-6320

coniferlog@ithaca.coniferic.com

1 & 2 Bedroom Apts. In a peaceful location with incredible views, for seniors 55 or older.

- Balcony/Patio
- Laundry Hook-ups
- Computer/Fitness Centers
- Resident Activities
- Smoke Free Community

CV@CAYUGA MEADOWS

108 Aster Lane Ithaca, NY 14850

(607) 216-9808

cayugameadows@coniferic.com

1 & 2 Bedroom Apts. In a peaceful location with incredible views, for seniors 55 or older.

- Balcony/Patio • Community Garden
- Computer/Fitness Centers
- Smoke Free Community

Preference will be given to displaced victims of a Covered Storm including but not limited to Superstorm Sandy, Hurricane Irene and Tropical Storm Lee.

The **Senior Circle** is published four times a year by Lifelong, 119 West Court Street, Ithaca, NY 14850, and contains information on activities and services which add to the quality of life for older adults and assists them to maintain an independent lifestyle.

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

VISIT WWW.ACONIFERCOMMUNITY.COM TODAY! TDD NY: (800) 662-1220



Foodnet Offers Monthly Workshops at Social Dining Sites



Foodnet Meals on Wheels is partnering with several local community-based organizations to offer wonderful workshops to older adults at our social dining sites located throughout Tompkins County. These workshops provide an opportunity for older adults to gather with others to share a nutritious meal while taking part in educational programming that focuses on their interests.

Recent workshops have included: Talk Works with the Community Dispute Resolution Center, Conversations and Connections with the Office for the Aging, Planned Savings for Older Adults with Alternatives Credit Union, and a Library Information Session with Tompkins County Public Library.

Looking ahead to the fall season, Foodnet will be hosting: Digital Reading with Tompkins County Public Library where attendees can learn using their electronic devices with Overdrive.

Bangs Ambulance will lead a workshop on Emergency Preparedness where professionals at Bangs will talk about Medical Alert Pouches, when to call 911, what information to have available when calling 911, and what to do with pets when first responders arrive.

Also this fall, we look forward to hosting workshops on topics related to Diversity and Inclusion.

All workshops offered through Foodnet are open to the public and available at no cost. If you are interested receiving emails regarding upcoming workshops, contact Linda at ltallman@foodnet.org.

Foodnet's social dining program is available Monday through Friday at Titus Towers (Ithaca), Center Village and Court (Groton), Tuesdays at the Salvation Army (Ithaca), Thursdays at the YMCA (Ithaca). Anyone 60 years of age or over is eligible; spouses can receive the meal regardless of age. Individuals under the age of 60 are welcome to join us for the meal at full cost of \$8.00. Foodnet encourages individuals age 60 and over to make a contribution towards the cost their meals, but no one will ever be turned away because of inability to pay.

Are you interested in joining us for lunch? Call Foodnet to make your reservation 607-266-9553 or visit us at www.foodnet.org

Feeling Stretched?

Let's Face It...

Caring for someone with illnesses such as dementia, heart disease, Parkinson's disease, stroke, or chronic cancer can be stressful physically, emotionally, and financially.



Balance Your Life

Powerful Tools for Caregivers

Fall 2019

Powerful Tools for Caregivers Class

Powerful Tools for Caregivers is a six-week educational program designed to provide you with tools you need to take care of *yourself*.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

The program consists of 90-minute class sessions offered weekly for six consecutive weeks.

This class is offered free of charge to those caring for spouses, parents or other adult relatives/friends. *(It is not intended for professional caregivers.)*

Thursdays, September 19th—October 24th
2:00 PM—3:30 PM

At Tompkins County Office for the Aging
214 W. MLK Jr. / State St.
Ithaca, NY 14850

Register as early as possible as class size is limited.
To register or inquire about the program, call the Tompkins County Office for the Aging:
607-274-5482

Celebrate the Caring Work of Home Health Aides

If you know a home health aide that serves someone you know—a neighbor, friend, relative, or maybe yourself, prepare to celebrate their service during the month of November. The Long Term Care Committee of Tompkins County/the Health Planning Council is collaborating with a wide network of home care agencies, the Office for the Aging, community-based organizations, and health care providers to host an education and celebration event for Home Health Aides.

The event will take place at the Space at Greenstar on Thursday, November 14th 4:30 – 6:30 PM. This year's theme is **Fill Your Plate** and will offer an opportunity to express our gratitude for these frontline workers who are in high demand, and are too often in short supply.

Aides will enjoy yummy hors d'oeuvres and the opportunity to network and earn training credits to inform their work.

So, please help spread the word to home health aides! For more information contact the Office for the Aging at 274-5482.

McGraw House Apartments For Active Senior Living



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

(607) 272-7054 • 221 S. Geneva St., Ithaca

www.mcgrawhouse.org



Carol Bass, Audiologist
ALL EARS AUDIOLOGY
American Academy of Audiology
Award for Professional Excellence

HEAR BETTER. FEEL BETTER. LIVE BETTER.

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

- Audiological Evaluations
- Hearing Aid Evaluations and Fittings
- Hearing Aid Repair
- Latest Digital Technology
- Simple to Sophisticated Technology
- Multi-line Dispenser
- Tinnitus Treatment

ALL EARS AUDIOLOGY
COMMITMENT TO EXCELLENCE AND SERVICE
Complimentary Hearing Aid Consultation

607-257-3903

200 Pleasant Grove Road, Community Corners Plaza, Ithaca NY 14850

Fall 2019 Caregiver Workshops:

Understanding Alzheimer's and Dementia

Monday, September 23rd from Noon-1:00
at the Office for the Aging.

Learn About:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.

Understanding and Responding to Dementia Related Behavior

Monday, October 21st
from 11:00-Noon at the Office for the Aging.

Overview:

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Effective Communication Strategies

Monday, November 4th
from 11:00 – Noon at the Office for the Aging.

Overview:

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

To register for any of these workshops, please contact The Tompkins County Office for the Aging at 274-5491.

Stay Steady Wellness Event: Fall Risk Screening and CarFit

A special wellness day is planned for seniors to proactively ensure their continued safety, mobility, and independence. On Saturday, September 28th at the Cayuga Medical Center Physical Therapy at 10 Brentwood Drive, Suite A, Ithaca, NY, a coalition of agencies will offer a **Stay Steady Wellness Event: Fall Risk Screening and CarFit from 10:00 AM to 2:00 PM.**

Learn more about reducing your risk of falling and join us for a Stay Steady screening with brief balance and mobility tests. Come speak with experts about improving your balance and reducing fall risk including: physical therapists, occupational therapists, registered nurses, pharmacist, Tompkins County Senior Advisors, home safety specialists, and more!

You can also bring your current list of medications to the event to be reviewed. *No appointments are necessary for this part of the Wellness Event.*

Cayuga Medical Center and Cornell Cooperative Extension's Way2Go program will host another CarFit event. Registration is required for the CarFit event portion by calling 607-274-4159 to schedule your 20- minute check between 10am-2pm. CarFit is a national organization created by the American Society on Aging in collaboration with AAA, AARP and the American Occupational Therapy Association. CarFit is a community-based program that focuses on driver fit with their vehicle. The primary focus of the program is to provide active drivers with safety information and education. CarFit is NOT an evaluation for ability to drive. Our bodies change as we age and ill-fitting vehicles can make it uncomfortable and unsafe to drive. The central point of the program is the 12 point CarFit checklist that looks at safety belts, distance between steering wheel and chest, position of airbag, line of sight above the steering column, head rest, positioning to gas pedal and brake pedal, mirrors, vehicle controls and blind spot education.

For additional information regarding CarFit or the Stay Steady Fall Risk Screening contact Eleanor, a Cayuga Medical Center Outpatient Occupational Therapist, Driver Rehab Specialist and CarFit Coordinator or Anne Reilley, DPT, Board Certified Clinical Specialist in Geriatric Physical Therapy at areilley@cayugamed.org, or eliebson@cayugamed.org.

The Centers for Disease Control report that one in four older adults fall each year, and too many of these falls result in serious injuries, hospitalization, loss of independence, or even death. They recommend proactive ways to prevent falls:

- Talk to your healthcare provider about falls and fall prevention (and those on Medicare can discuss assessments during their annual wellness visits).
- Talk to your pharmacist about what medications you take and whether they put you at risk for falls.
- Have your eyes checked by an eye doctor once a year.
- Try exercise classes like Tai Chi that have been shown to improve your balance.
- Make your home safer by eliminating fall hazards.

Take Action to educate yourself and prevent falls now by attending the September 28th event, at which you can pick up a Fall Prevention Resource Guide from Tompkins County Office for the Aging, which lists exercise programs and information about home safety programs.

Submitted by Carolyn Beyers, Project Coordinator, Health Planning Council, Human Services Coalition

ITHACA HOUSING AUTHORITY 1-BEDROOM APARTMENTS FOR ACTIVE SENIORS



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

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

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

www.ithacaha.com

Clean | Safe | Affordable Housing



*Funeral Consumers Alliance
of the Finger Lakes*

FUNERAL PLANNING INFORMATION

Price comparisons, your rights,
advice on affordable arrangements

www.fingerlakesfunerals.org
Email: info@fingerlakesfunerals.org
607-273-8316

Medicare Resources

Liza Burger, Coordinator, Lifelong's Health Insurance Information, Counseling & Assistance Program (HIICAP)

There are a number of resources for individuals who want to learn more about Medicare! Whether one has individual coverage and enrollment questions, or just wants a comprehensive overview of Medicare in general, the following resources cover both levels of interest and concern.

Lifelong's HIICAP (Health Insurance Information, Counseling and Assistance Program): This program helps Medicare recipients, soon-to-be-recipients, and caregivers get a better understanding of how Medicare works, and gives them tools to become educated consumers. If you have Medicare questions of any kind, please give us a call. Some questions may be answered in a phone call, and in many cases an appointment can be made for a one-to-one counseling session with one of our trained and certified volunteer counselors, where your individual situation will be addressed and information will be provided to help you with decision making. HIICAP counselors can assist you in wading through details on Medicare supplements, Medicare Advantage Plans, and Part D Prescription Drug Plans available to you, and can help determine eligibility for programs which provide savings on medications, deductibles, and premiums. Counselors provide free, confidential, unbiased information. Call for an appointment at 607-273-1511.

Tompkins County Office for the Aging: This office provides information about the array of services and programs for senior citizens in Tompkins County. This includes information and assistance with Medicare and related programs. Call 607-274-5482 or visit them at www.tompkinscountyny.gov/cofa.

Annual "Medicare and You" Handbook: The "Medicare and You 2019" publication arrived in mailboxes last Fall. You can also find it online at the medicare.gov website. If you are new to Medicare, this publication can help you understand how Medicare is organized, and can be a handy reference throughout the year.

Medicare has a website. If you are comfortable on a computer, the medicare.gov website is a wonderful resource, and they even have an app for your smartphone! Go to the website's search box and type in the subject of your question. You will generally find a great deal of information on the topic of your choice, including whether an item or service is covered by Medicare.

Medicare Rights Center: This national, nonprofit consumer service organization works to ensure access to affordable health care for older adults and people with disabilities. The Medicare Rights Center is an independent source of Medicare information and assistance throughout the country. In addition, they produce *free* electronic newsletters. *Dear Marci* is an e-newsletter designed to give consumers and professionals the latest Medicare information, resulting in a better understanding of Medicare benefits and options. *Medicare Watch* is an e-newsletter that helps readers remain up-to-date on Medicare policy and advocacy developments, and learn about changes in Medicare benefits and rules. To sign up for electronic newsletters, go to medicarerights.org, choose "Resources" then "Newsletters" and enter your email address. You can take a look around that website for further information, or you can contact their National Helpline at 800-333-4114.

New York Statewide Senior Action Council was organized in 1972 to achieve dignity, well-being and security for all senior citizens in New York State. This membership organization provides free monthly Telephone Teach-Ins on a wide range of topics, information on Medicare and other programs, information on legislation affecting seniors at the federal and state level, and a "Patient Rights Toolkit" which includes a number of educational pamphlets. They have a Patients' Rights Helpline (1-800-333-4374) for those accessing care in a hospital, nursing home or through home care. A local Tompkins County Chapter has been formed. For further information on the local chapter or about Statewide in general, call 607-319-4888 and speak with Sarah Jane Blake. You can also find a wealth of information on their website, nysenior.org.

UPCOMING MEDICARE BASICS PRESENTATIONS



Tuesday Sept. 10, 5:30-6:45pm
at Lansing Library, 27 Auburn Rd., Lansing

OR

Thursday, Sept. 19, 11am-12:15pm
at Groton Public Library, 112 E. Cortland St., Groton

OR

Thursday Sept. 26, 1:00-2:15pm
at Southworth Library, 24 West Main Street, Dryden

OR

Wednesday October 30, 5:30-6:45pm at Lifelong

Description: 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. Whether you're new to Medicare or just want a better understanding of your own coverage options, this presentation will provide you with some clarity on how to be an informed consumer.

Bio: Presented by HIICAP Counselors with Lifelong's Health Insurance Information, Counseling and Assistance Program (HIICAP). HIICAP counselors are certified volunteers who receive updated training to keep abreast of changes on all things Medicare! In addition to offering presentations, certified HIICAP counselors offer free, non-biased 1:1 health insurance counseling at Lifelong.

Please call Lifelong at 607-273-1511 and let us know if you plan to come, so we will have sufficient materials available.

Do You Need Help Paying for Medicare?

One of the most common concerns voiced during HIICAP (Health Insurance Information Counseling and Assistance Program) counseling sessions is **keeping costs down!**

Are you, or someone you know, struggling to make ends meet? If you live in New York and have a limited income (under \$1426 for individuals and \$1923 for couples, per month, in 2019), you may be able to get assistance with your health care costs through the **Medicare Savings Program**, which exists to help individuals and couples pay for their Medicare premiums. You may qualify even if your income is slightly higher.

An additional benefit of being enrolled in the Medicare Savings Program is that you will also automatically get **Extra Help**, the federal program that helps pay your Medicare prescription drug (Part D) plan costs. With Extra Help, individuals should have no Part D deductible or doughnut hole. Their Part D premiums are subsidized, and they pay fixed low copayments for the prescription drugs on their plan's formulary.

If you'd like more information on whether you're eligible for either or both of these cost-saving programs, call Lifelong at 273-1511 or the County Office for the Aging at 274-5482 for a HIICAP appointment. Applications for Medicare Savings Programs are submitted to the Department of Social Services.

Aging is just a number!

Down Load our
FREE App today!

www.ny.gov
800-242-9871

Visit your App Store
Search for NYS Aging



Ness-Sibley Funeral Home



Alison M. Weaver

Pre-arrangement eases the burden

of those you leave behind.

We invite you to learn more and

to begin your planning at

www.ness-sibley.com

There is no cost for this valuable service.

23 South Street, Trumansburg

(607) 387-8151

“Medicare Open Enrollment/Annual Election Period” –

**Your Yearly Opportunity
to Review your Healthcare Insurance**

Are you currently on Medicare? If your answer is yes, the Annual Medicare Open Enrollment/ Annual Election Period (Oct. 15 through Dec. 7) is an opportunity to review and/or make changes in your coverage. Lifelong’s Health Insurance Information, Counseling and Assistance Program (HIICAP) provides Medicare Open Enrollment Walk-in Clinics and appointments where certified HIICAP counselors can answer your questions and explain the choices you have for 2020. **See the list of dates on the back page of this issue.**

Medicare Open Enrollment Period: From October 15 to December 7 you can make changes related to your Medicare insurance coverages for the upcoming year. Options include:

- *Changing from Original Medicare to a Medicare Advantage Plan
- *Changing from a Medicare Advantage Plan back to Original Medicare
- *Switching from a Medicare Advantage Plan to another Medicare Advantage Plan
- *Joining a Medicare Prescription Drug Plan (Part D)
- *Switching from one Medicare Part D Drug Plan to another Part D Drug Plan

If you are in a Medicare drug plan or a Medicare Advantage Plan that is not meeting your needs, Open Enrollment is the time to compare your options and make a change for 2020. Generally speaking, this is the only time during the year that you can enroll or disenroll from a Medicare drug plan. However there are exceptions – times when you might qualify for a “Special Enrollment Period” (SEP)--such as when you first become eligible for Medicare or lose employer coverage or move.

Annual Notice of Change: In September you will begin receiving mailings related to your options, including your current plan’s Annual Notice of Change (ANOC), which will provide you with information on any changes to your plan. If you get a mailing from your current insurer, read it over. Insurance providers can change their premiums, deductibles, cost-sharing, participating doctors or pharmacies, networks, and drug formularies each calendar year. Knowing what changes your current plan will be making for the coming year can inform your decision on whether to stay with your current plan or change plans.

Part D / Prescription Drug Coverage: If you are not in a drug plan and have no prescription coverage, Open Enrollment is an opportune time to enroll. You must be enrolled in Medicare Part A and/or Part B in order to enroll in a Part D prescription drug plan.

Why enroll in Part D if you don’t take many medications now?

You may owe a late enrollment penalty if you go without a Medicare Prescription Drug Plan (Part D), or without a Medicare Advantage Plan (Part C) that offers Medicare prescription drug coverage, or without creditable prescription drug coverage for any continuous period of 63 days or more after your Initial Enrollment Period is over. Simply put, “creditable coverage” means that your prescription drug plan is as good as, or better than, a Medicare drug plan (Part D). Many employer group health plans and retiree plans are considered “creditable coverage” as are the Veterans’ program. If you have an employer or retiree plan that provides a prescription benefit, you should receive an annual notice by October 15 informing you of your plan’s “creditable coverage” status. If you do not receive such a letter, contact your plan’s benefits manager to request a copy. If you receive a letter stating that your coverage is “creditable”, save that letter.

Remember: If you are happy with your current Medicare coverage, whether it is Original Medicare with/without a supplement or a Medicare Advantage Plan, you do not have to make a change. Never feel pressured to sign up with any plan. With all the options out there, it can be a very confusing time for Medicare beneficiaries. We will report any instances of high pressure sales to the Senior Medicare Patrol Fraud Prevention/LiveOn New York. Know your rights, consider your options thoroughly, and if you need someone to help you sort through these options, call Lifelong at 273-1511 to schedule time with a HIICAP certified volunteer counselor, come to one of the Open Enrollment Clinics, or call 274-5482 for the T. C. Office for the Aging.



Office of the State
Long Term Care
Ombudsman

The LTC Ombudsman Program is an advocate and resource for people who reside in long-term care facilities such as nursing homes, assisted living, and adult care facilities. Ombudsmen help residents and their families understand and exercise their rights to quality care and quality of life. The program advocates for residents by receiving, investigating, and working to resolve complaints made by or on behalf of residents.

Ombudsmen respond to a variety of issues about long- term care including:

- Residents' rights
- Environmental concerns
- Discharge and eviction
- Personal care concerns
- Quality of life issues

If you or a loved one is residing in a long-term care facility and would like to speak to an ombudsman, please call 607-274-5498.

If you are interested in volunteering, please contact Trish Chevallard or Kate Lyon at 274-5498..

Personal Emergency Response System (PERS)

Are you concerned about the safety of a family member or a friend? Are you, or someone you know, at risk for falling in their home? Tompkins County Office for the Aging can help! We contract with Doyle Medical Monitoring to provide Personal Emergency Response Systems (PERS) to residents of Tompkins County. Standard pricing starts at \$25 a month and there is no installation fee, no time obligation or cancellation fee, and no service call fee. When you get a PERS through our office, an Outreach Worker will visit your home, explain how our system works, and install and test the device. We offer options including a standard emergency response button and a fall-detection button. With our Personal Emergency Response Systems, you will receive personalized in-home service, peace of mind, services and connections from a local agency, and 24/7 monitoring service. Call the Office for the Aging today at 607-274-5482 to speak with an Outreach Worker about our devices!

AGING TOGETHER INDEPENDENTLY



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



Personal
Well-Being



Transportation



Programs



Home
Maintenance

Contact us for more information
www.lovelivingathome.org
607-319-0162

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 Nigel Mears, Program Director, at nmears@tclifelong.org to register for any of these events!

From the Executive Director's Desk of Lucia Sacco



The calendar indicates it's still Summer but at Lifelong, we're gearing up for our Fall semester!

You may recall in my previous note, I mentioned how much fun we have when the band, *Radio London*, comes to Lifelong. I very excited to report they're coming back for our Fall Fling! Please mark your calendar for Friday, September 27th from 6-8PM and be sure to tell your friends and neighbors. This time, we'll make the dance floor a bit bigger so there's more room for all the dancers. Light refreshments will be served.

Our Program Director, Nigel Mears, has lined up many wonderful classes, events and presentations for you this semester. Of course, we have some of our long time and favorite instructors returning but we are also excited to introduce some new faces to Lifelong. Check out the entire catalog. It is in the mail and on the Lifelong website. Don't forget to register early!

Thanks to support from the Community Foundation of Tompkins County, Tompkins Charitable Gift Fund and the Carolyn McPherson Fund, we've been able to upgrade our data base. This was a long over-due and much needed process. We're still ironing out some kinks so if you haven't received your Fall Lifelong Learning Catalog, please let us know or stop by and pick one up.

If you're not already a member of Lifelong, now is a great time to join. We're holding a membership drive through the end of September. New members will receive a voucher for one free activity class (\$5 value) and one free fee-based Lifelong Learning class (\$10 value). There are many benefits to joining Lifelong...discounts on activities and travel, Sciencenter passes, BorgWarner pool passes (when available), discounted Cornell Concert Series tickets and TCAT bus passes...the list keeps growing!

A reminder about parking - ***IT IS IMPERATIVE THAT YOU ONLY PARK HERE WHEN ATTENDING A LIFELONG FUNCTION.*** This is especially true as our Fall semester ramps up. Thank you for your cooperation.

A few more things to add to your calendar: in the adjoining column and check out details in the catalog or call Lifelong at 273-1511. I sincerely hope we see you this Fall at Lifelong!



During the months of September and October, Kilpatrick's Tuesday Happy Hour will benefit Lifelong!

From 4 – 7:00 pm, 50% of alcoholic beverage sales during the Tuesday Happy Hour will be donated to Lifelong. Hope you drop in for a pint, music, and friends, have a great time, and support Lifelong!

On September 10 from 4:30 – 7:00, you'll be entertained by the music of Acoustic Rust. Keep an eye out for upcoming bands!

Acoustic Rust is a duo with Bugs Bugliosi and Kat Patton, playing a blend of new and old folk, rock

Northside-Southside News

Lifelong membership is not required.

Northside/Southside is a multicultural program open to ALL seniors, providing opportunities to participate with their peers in activities and special events that promote cultural education and awareness. Activities and events take place at various locations, including Cayuga Meadows, Conifer Village, Ellis Hollow, Lifelong, McGraw House, Southside Community Center, Titus Towers, and public community spaces. Activities are free unless otherwise noted. We are grateful to the Tompkins County Office for the Aging for their continued support and funding of some of our programs.

To register for events please call Lifelong at 273-1511 or email Nigel Mears, Program Director at nmears@tclifelong.org

Fall NSSS Gatherings 2:00-3:00pm

Time spent together to socialize, enjoy a light snack, share ideas for future programming and plan for special events. Each session there will be a topic of discussion!

September 18th – Titus Towers
October 2nd – Ellis Hollow
October 16th – Conifer Village
November 13th – Cayuga Meadows
November 20th – McGraw House

UPCOMING @ LIFELONG

Mark Your Calendars TODAY 

FALL FLING

Friday, September 27th 6-8pm

\$10 Admission

Live Music – Door Prizes – Refreshments

Live music by Radio London!

FLU CLINIC

Tuesday, October 1st

9am-12pm

Call the County's Health Department for an appointment

PLAY'S THE THING PERFORMANCE



COFFEEHOUSE EVENT

Thursday, October 24th 3:30pm-5pm

A performance consisting of short plays or monologues written by the members of Lifelong's social group The Play's the Thing.

Light refreshments will be served.

ASIAN AMERICAN WOMEN'S NETWORK

Dish-to-Pass event will be held at Lifelong in November! More details to come.

HARVEST DISH-TO-PASS

Monday, November 4th

5:30pm-7:30pm

All are welcome to attend!

This event is in conjunction with game night:

SCRABBLE NIGHT

5:30pm-7:30pm

Gather together with friends to play everyone's favorite word game!

HOLIDAY CRAFT & COLLECTIBLE SALE

Friday November 15th 10am – 3pm
Saturday November 16th 9am – 1pm

Looking for that special gift? Unique, hand-made items, crafts, collectibles, jewelry, soaps and lotions, photo cards and prints, and much more!

Baked items and lunch will be available for purchase. All proceeds to benefit Lifelong.

Contact Nigel Mears at Lifelong at 273-1511 if interested in being a vendor for this event.

**Lifelong encourages all Seniors to
Be Creative!
Be Active!
Be Social!**

THE PLAY'S THE THING

Last Friday of the month
1:00pm-3:00pm

One-Act plays are a principal form of dramatic stage performances today across the nation. At each meeting our "producers" will present three one-act plays read by members of the group who volunteer for the roles at the prior session. Prepare your role, put yourself "on stage" and join in a discussion of each dramatic or comedic presentation.

WATERCOLOR STUDIO

Tuesdays 9:30am-1:30pm
Suzanne Bakert, Instructor

Bring your paints and join an active class of all abilities, painting still life or an image of your choosing. Class works independently, with suggestions and guidance of the instructor. Every week there is a new set-up, and each session ends with a class critique sharing work finished or in progress from the morning session.

All levels & new participants welcome!

CLAY STUDIO

Mondays 10:00am-12:00pm
Jennifer Brown, Instructor

Come and create clay creations with the guidance of a skilled clay artist!

All levels and new participants welcome!

PIANO PLAYING & OTHER INSTRUMENTS

3rd Thursday of the Month 3:30pm-5:00pm

For those who love playing the piano or any other instrument and for those who enjoy listening. All levels from beginners to advanced, and everything in between, are welcome.

Don't be shy!

LIFELONG WILL BE CLOSED ON:

Indigenous People's Day

Monday October 14

And

Thanksgiving

Thursday and Friday,
November 28 & 29

Lifelong thanks Dryden Mutual for their
generous sponsorship!



15 Thornwood Drive, Ithaca
257-0312

&

12 Ellis Drive, Dryden
844-8106

*Insurance available exclusively
through Local Independent Agents*



Come Walk with Us! Walk when you can!

LIFELONG'S WALK PROGRAM!

A note from Elke Schofield & Jane Zimmerman
Lifelong Walk Program Coordinators:

- Meet at Lifelong at 1:15 pm, promptly departing at 1:30.
- If the temperature is 80 F by 11:00 am, and/or if it's raining at 12:00 noon on the day of the walk, we will not walk.
- Participants must be comfortable walking independently 1-2 miles, or if assistance is needed, you must bring your own assistant.

LIFELONG WALKS! 2019 SCHEDULE

September 11: Walk to Sciencenter,
Mosaic walls, new Hancock Buildings

September 25: Sapsucker Woods

October 9: Beebe Lake

October 23: South Hill Business Campus,
Danby Rd - Artists' Alley including
Metal Smithery, Elean Greenfield &
Linda Luciano

**Not Interested In Walking? Check out
Lifelong's Health & Wellness Program**

CHAIR YOGA:

Lifelong

Wednesdays 10:30 – 11:30 am

Ulysses Philomathic Library

Tues/Thurs 10:15am – 11:15am

ENHANCE YOUR FITNESS:

Brooktondale Volunteer Fire Company

Mon/Wed/Fri 10:00am – 11:00am

Juniper Manor in Trumansburg

Mon/Wed/Fri 9:00am – 10:00am

Lifelong

Mon/Wed/Fri 8:30am – 9:30am

McGraw House

Fridays 2:00pm – 3:00pm

Newfield Public Library

Tues/Thurs 8:30am – 9:30am

SQUARE DANCING:

Lifelong

Fridays 2:00-4:00pm

STRENGTH TRAINING:

Lifelong

Mon/Thurs 12:30pm – 1:30pm

St. Catherine's of Siena

Fridays 9:30am – 10:30am

TAI CHI:

Lansing Community Library

Tuesdays 11:30am – 12:30pm

Thursdays 2:30pm – 3:30pm

Brooktondale Fire Company

Thursdays 12:30 – 1:30pm

Lifelong

Fridays 11:30am – 1:30 pm

(11:30am – 12:30pm class

12:30 – 1:30pm long form & stick)

Titus Towers Apartments

Wednesdays 9:15 – 10:15 am

ZUMBA GOLD:

Lifelong

Wednesdays 12:00pm – 1:00pm

**Look what also is available to
Lifelong Members!**

BRIDGE GROUP - NEW GROUP!

Tuesdays 1:00 – 3:00 pm
Open to all levels!

BRAIN GAMES - NEW GROUP!

3rd Monday of the month - 1:30pm-2:30pm
Challenge yourself to a broad range of brain games in a fun and social setting!
Brain games are known to boost memory, reasoning skills, and executive functions.

SCRABBLE NIGHT

1st Monday of the month - 5:30pm-7:30pm
Gather together with friends to play everyone's favorite word game!

ART DABBLERS - NEW GROUP!

1st & 3rd Thursday of the month
1:00pm-4:00pm

Explore your creativity! Work on current projects or start something new in this social setting.

SECOND MONDAY AFTERNOON BOOK CLUB

2nd Monday of the month - 11:00am-1:00pm
If you're a reader and are looking for a book club to discuss what you've read, this is for you!

MAHJONG

Fridays 1:30pm-3:00pm
All are welcome!

'VIVA LA VEGAN' DISH-TO-PASS

2nd Thursday of the month 3:30pm-6:30pm

Those who love vegan cuisine and would like to share their appreciation of this very healthy way of eating are invited to join our Vegan Dish-to-Pass. MarieAnne Krieg, coordinator

LIVING CONVERSATION

Tuesdays 1:30pm-3:30pm

How wonderful, how amazing is something we do all the time – converse! Together, we will be working & playing with: learning the principles of entering, sustaining, nurturing, and serving conversation – talking and silence – as a work of art.

MEN'S GROUP

Saturdays 9:30am-12:00pm

Here is the opportunity to gather with other men just to "shoot the breeze," a cup of coffee, a snack, and a hand of cards!

WOMEN'S SPIRIT CIRCLE

1st & 3rd Monday of the month 1:00pm-2:30pm
Women gather to share spiritual & philosophical readings, followed by reflection & discussion of the ways the readings resonate & impact them.

KNITTING CIRCLE

Fridays 9:30am-10:30am

This is a fun opportunity to share your knitting experience and to seek limited assistance with projects. Open to all knitters. No knitting lessons are offered.

DRAWING SOCIAL GROUP

Thursdays 10:30am-11:30am

Do you like to sketch and draw? Would you like to get together and share ideas and work on your drawing skills in a friendly atmosphere? This is an informal group. There is no actual teaching, just a chance to draw with some like-minded folks. All skill levels welcome!

CHESS GROUP

1st Thursday of the month 12:00pm-1:30pm
Come play a game or two! Open to all levels!

Lifelong's Aging Mastery Program

New Day and New Time!

Mondays, September 23 – December 2 from 1:30pm-3:00pm

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

What you will gain from the program:

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

What the program requires of you:

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

What is the AMP Curriculum?

Navigating Longer Lives: The Basics of Aging Mastery®

Introduction to the program with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve overall quality of life.

Exercise and You

Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

Sleep

Overview of how sleep patterns change as we age, the importance of the sleep cycle, and simple strategies to improve sleep.

Healthy Eating and Hydration

Review of nutrition with strategies for incorporating healthy eating and hydration into daily routines.

Financial Fitness

Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

Medication Management

Best practices on how to take medications as directed, store them safely, and keep track of them.

Advance Planning

Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

Healthy Relationships

Exploration of the benefits of being socially active and the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections.

Falls Prevention

Overview of the importance of falls prevention along with strategies to prevent falling.

Community Engagement

Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.

Further Details

When: Mondays, September 23 – December 2, (1:30pm-3:00pm)

(No class on No class October 14th)

Where: Lifelong, 119 West Court Street

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

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

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

Volunteers, Connected!

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

LIFELONG'S FREE TAX PROGRAM

TCE (Tax Counseling for the Elderly)

is **LOOKING FOR VOLUNTEERS**

to join us for the tax season in the new year!

Consider volunteering for either of the following:

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

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

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

Interested?? Please contact Lifelong's TCE Coordinator @ 273-1511



Looking for more ???

Check out the listings of opportunities on our website: www.tclifelong.org

Give Joyce a call at Lifelong 273-1511

Or email: jbilling@tclifelong.org

No One Should Face Cancer Alone



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



607-277-0960
www.crcfl.net

Senior Focus: Barbara Dimock *(Continued from page 1)*

come true; attracting 8000 visitors from all around the country, showcasing the talents of quilters in 14 Finger Lakes Counties and showcasing over 600 quilts. The event has since been recognized as influential in the quilting revival.



Barbara is now active in two quilting groups. Barbara started her other quilting group in 2006 when she attended the Pyrotechnic Guild International Fireworks Convention with her husband, a pyrotechnician by avocation. While at the convention, Barbara was fortunate to meet another pyro wife who enjoyed quilting. The two challenged each other to create a quilt for the pyro art show, an event that always takes place as part of the convention. The next year they found other women who were interested in joining the challenge. Now there are about twenty women who participate each year. They also enjoy a "quilter's day out" as Barbara calls it; where they discuss their quilts, go out to lunch and visit local shops to choose fabric for the next year's challenge. The last two years, they have included a small quilt project taught by one of the members.

In 1986 the Tompkins County Quilters Guild incorporated and became a non-profit organization. Their meetings were held at the Women's Community Building before its sale at which point the guild moved into Lifelong. Under the guild's bylaws the goals of the guild are to: educate, promote, encourage and support quilters and the art of quilting in Tompkins County.

The guild has donated around 50 quilts to local organizations such as the Ithaca Youth Bureau, The Advocacy Center, Habitat for Humanity, Women's Community Building, Hospice, Franziska Racker Center, Science Center, and Cayuga Medical Center to name a few. The guild also donated quilts to the chemotherapy treatment room and the pediatrics department of Cayuga Medical Center to brighten the days of patients.

Every year, the guild has a work night to make the ABC quilts for at-risk babies. These quilts are donated to the local foster care program, Teen Pregnancy/Parenting Program, Mira's Movement for Children with Cancer, Galisano Children's Hospital, Economic Opportunity Program in Schuyler County, At-Risk Babies and Children Program out of New York City and other programs as needs arise. To date, they have donated thousands of quilts. The club has since diversified to include bags after being asked by the Cancer Resource Center to make bags for chemotherapy patients. To date, they have delivered around 400 bags.

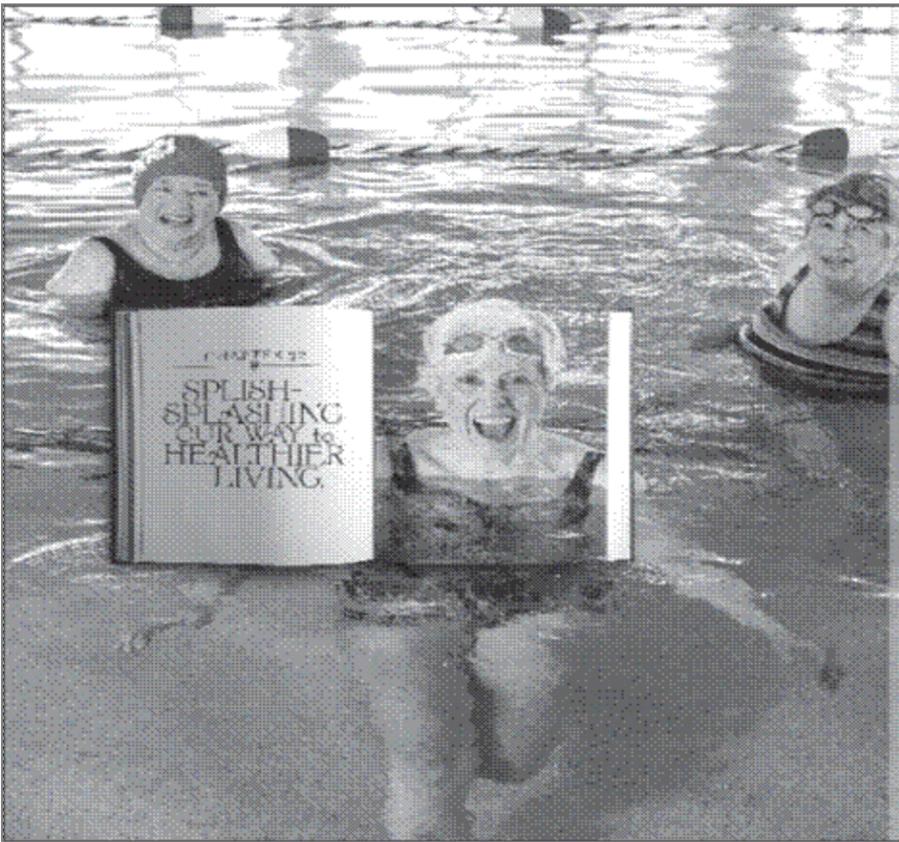
In 1996 and 2000 the Guild hosted the "Quilted with Care" galas to benefit what is now the Cancer Resource Center. Both galas included an auction of over 100 small quilts plus a raffle quilt. Each auction raised around \$25,000.

For those interested in joining the Quilters Guild, meetings are held on the second and fourth Tuesday evenings of the Month, except in December when they just have one meeting due to the holiday season. The first meeting of the month is when they have a program, sometimes featuring a guest or guild member who gives a presentation, and sometimes there are demonstrations on specific techniques/topics of interest. The second meeting is more informal, usually entailing a "show and tell" where group members can choose to share projects they are working on.

Currently, they are preparing for their biennial event at TC3 where area quilters will bring 200-250 quilts ranging in size from miniature to king-sized and visitors can look at quilts. There will be vendors, second-hand rose (which sells new and gently used quilts), and a silent auction for those interested in bidding. The show is called Traditions & Beyond 2019 and will be October 5-6, 2019 10am-5pm in the TC3 Field House, Admission is \$6.

When asked what she does with her quilts, Barbara replied "I give some as gifts to family and friends and donate some to small quilt auctions and other charitable organizations for fundraisers. Others hang on the walls of my home."

- More information about the guild or show at www.tcqg.org.



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

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

Come for a visit and tell us your story. Call 1-800-253-6325 or go to kai.kendal.org to learn more.

KENDAL® at Ithaca
Together, transforming the experience of aging.®

2230 North Triphammer Road, Ithaca 14850

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

Call (607) 277-4500 or visit ithacanh.org/seniorliving



Affordable & Safe Senior Living.
Because that's what you deserve.

OPPORTUNITY #1:

- 1 & 2 bedroom apartments
- 24 hour emergency maintenance
- Off-street parking
- Community rooms
- Interactive activities
- Close to grocery stores, library, and other shops

Locations:

- Newfield Garden Apartments (Newfield)
- Juniper Manor I & II (Trumansburg)

OPPORTUNITY #2:

- 1 bedroom, 1 bath cottage-style home with living area and kitchen



Modular home can be installed next to a family member's home. Perfect for someone looking for the support of family as they age, but would like to maintain their independence.



HOSPICARE & LIFELONG HOST:

The Bem Film Screening
Into the Night; Portraits of Life and Death
Sunday, September 22nd
2:00-4:00pm at Cinemapolis

We don't know how. We don't know when. But death comes for us all. To be human is to wrestle with this truth and with the great unanswered question: How do we live with death in our eye? *Into the Night: Portraits of Life and Death*, is a two-hour feature documentary featuring fascinating, unexpected voices from various walks of life: old and young, believers and non-believers, the dying and the healthy, well-known and obscure.

Free. Open to the public. Everyone who RSVPs gets a FREE small bag of popcorn at the event! Call (607) 272-0212 or email events@hospicare.org.

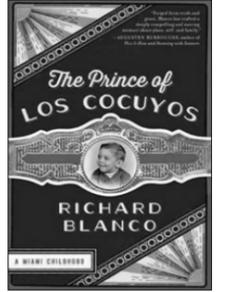


The Book Nook *A feature from the Tompkins Public Library*

Joyce Ann Wheatley and Tom Burns, Information & Learning Services

The Prince of Los Cocuyos by Richard Blanco

Tompkins County Public Library is proud to announce its 2019 Community Read, "The Prince of Los Cocuyos," a memoir by Richard Blanco, the 5th U.S. Inaugural Poet for Obama. Blanco writes beautifully—whether poetry or prose. His strong voice transports the reader back to his years growing up in the Miami community as the youngest son of a Cuban immigrant family. Blanco examines his early life within the social and political landscape of the United States in the 1970s. During this period, he wrestles with his Cuban heritage and desire to become what he considers an "American." Enlightening, funny, compassionate and highly recommended.



TCPL's 4 Seasons Fiction Book Club and the Truth Be Told Nonfiction Book Club meet quarterly from 6:30 to 7:30 PM. (Noon to 1PM on demand.) To reserve a copy of the current selection prior to discussion, contact Joyce for fiction, jwheatley@tcpl.org, or Tom for nonfiction, tburns@tcpl.org. We also offer a Senior Book Club – contact Meghan, mmolloy@tcpl.org and Panel-by-Panel Graphic Novel Club—contact Sophia, smckissick@tcpl.org.

All Library programs are free and open to the public. The TCPL 2019 Community Read is sponsored by the Friends of the Tompkins County Public Library.

AARP SMART DRIVING PROGRAM

AARP's driver-safety course is the nation's first and largest refresher course designed for older drivers but is open to all age groups. The Smart Driver curriculum meets standards for driver improvement based on research and expert opinion. The course, offered over a two-day period for a total of 6 hours of classroom instruction, is dedicated to helping drivers stay safe, educated, and confident behind the wheel. Course participants qualify for a three-year insurance discount after completing the course and could be eligible for point reduction on their driver's license.



WHAT TO BRING:

- Valid Driver's License
- AARP Membership Card (if a member)
- Payment (\$20/AARP member and \$25/non-member, can be paid by check or money order payable to AARP)

2019 SESSIONS:

- September 14th & 21st
- October 12th & 19th
- November 2nd & 9th

2020 SCHEDULE AVAILABLE SOON – CALL FOR DETAILS



The 2019 Medicare Open Enrollment Clinics

Annual Election Period at Lifelong

119 West Court Street, Ithaca



Ask questions about Medicare and Medicare Advantage plans, Medigap, and coordination of benefits. Explore ways to save money on premiums and medications. Compare options and select the best match for YOU!

Certified HIICAP counselors offer **free**, non-biased 1:1 health insurance counseling on a first-come, first-served basis, on the following clinic dates:

- Tuesday, October 15, 1-3 p.m.**
- Thursday, October 31, 1-3p.m.**
- Thursday, November 7, 1-3p.m.**
- Tuesday, November 12, 1-3p.m.**
- Thursday, November 21, 2p.m. -4p.m.**
- Thursday, December 5, 10a.m. to 12p.m.**

NEW WALK-INS NOT ACCEPTED 30 MINUTES BEFORE A CLINIC ENDS

Limited scheduled appointments also available on the following dates:
 10/16, 10/23, 10/30, 11/13, 11/20, 11/25, 12/6

Call Lifelong at 273-1511 for more information.

Please bring the following with you:

- * List of your prescriptions, dosages/frequency
- * Your Medicare card
- * Any other health insurance cards or information
- * Documentation of monthly or annual income

Lifelong's HIICAP Program is funded by the Tompkins County Office for the Aging

The Fall 2019 Book Sale



October
12-14, 19-21,
& 26-29

Hours:
 First day,
 8:00am-8:00pm;
 All Subsequent Days,
 10:00am-8:00pm

509 Esty St., Ithaca, NY
 14850

(607) 272-2223
www.booksale.org

Senior Day

Wednesday, October 23,
 10:00am-4:00pm

- You must be 60 years of age or older to attend **or have a disability which makes it difficult for you to shop on our regular sale days**. Bring your ID.
- \$1.00 is the highest price for items on the main floor. Items in Collector's Corner are 40% off.
- You get 1 free item with a purchase.
- If you need assistance in order to shop, one helper may join you. They may not shop unless they qualify for Senior Day. Chare airs placed around the building for you to rest in.

Accepting donations until Saturday, September 21



Tuesdays, Thursdays, & Saturdays,
 9:00 am – 12 noon

Listen to the Monthly RUDY PAOLANGELI programs on these Radio Stations!



Also available 24/7 coast to coast & around the world by logging on: rudyonduy.com

Brought to you by:

THE CAYUGA MEDICAL CENTER & ELMIRA SAVINGS BANK

Date	Event	WNYY	WHCU
Monday, September 2	Labor Day	10 AM - 12 Noon	7 AM - 9AM
Saturday, October 5	Salute to October	10 AM - 12 Noon	
Saturday, , November 2	Salute to November	10 AM - 12 Noon	
Thursday, November 28	Thanksgiving	10 AM - 12 Noon	7 AM - 9AM
Wednesday, December 25	Christmas	10 AM - 12 Noon	7 AM - 9AM

