

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

SENIOR FOCUS: Irene and Roger Gleason



Roger and Irene Gleason

by Sarah Jane Blake

How many people can claim to be from one area for 60 years? Not many, but Irene and Roger Gleason can! Indeed Roger has lived in the area for 83 years this month. Over the years, Roger recalls attending Cornell, and raising hogs and

chickens and crops on the “Gleason Farm” in Groton. He and Irene maintain their farm connections through memberships in the Dryden Grange and the Farm Bureau. The Empire Farm Days in Syracuse remains high on their list of day trips in the summer. One of

their current projects involves making sure that all recyclable papers become shredded bedding for cattle.

From 1973 to 1991, Irene referred to herself as “the egg lady”. She says: “I fed the chickens; I gathered the eggs; I washed the eggs; I candled the eggs; I packaged the eggs and I delivered the eggs locally, both wholesale and retail.” Roger admits that he fed the chickens only when Irene couldn’t!

In 1972, Irene and Roger brought their two families together. Between them they have eleven children, twenty grandchildren and twenty one great grand children—with 3 more coming this summer. Both have developed an enthusiastic appreciation for local history and are proud to be life members in Groton’s Historical Society. Indeed, they and their families are a part of the local history. In celebration of local photographer Verne Morton’s 100th birthday and the 150th year of Dryden Mutual Insurance, Dryden Mutual Insur-

ance will be displaying many photos of the area including one of Roger and his sister, Peg Hill, standing next to a photo of their mother and one of Irene standing next to a photo of her uncle, Howard Wood.

You may have seen Irene and Roger ringing the bell for the Salvation Army at TOPS in Cortland during the past two holiday seasons. When Roger was ringing the bell, Irene was knitting scarves for the Special Olympics and sweaters for Guidepost, an organization that distributes them worldwide. Irene’s generosity extends far.

Irene’s work history weaves in and out of her many volunteer projects and includes working as a grave-yard shift waitress on the New York State Thruway, for the federal government and a credit bureau, a tourist booth and at local factories and retail stores. When Irene and Roger ran a bed and breakfast, Irene said it was “her way of traveling”. She would listen

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Partial Property Tax Exemption for Seniors

Homeowners who reach the age of 65 at anytime during the calendar year **may be** eligible for Partial Tax Exemption for Senior Citizens (from Town, City, Village & County and School Taxes) or Enhanced STAR Exemptions (an exemption of \$56,800 assessment from School Tax).

However, the application for these exemptions has to be filed in

the office of the Tompkins County Department of Assessment by **March 2, 2009**. The office is located at 128 E. Buffalo St. Ithaca NY, second floor.

Renewal applications for Partial Tax Exemption for Senior Citizens have been already mailed out to Senior Citizens who filed for exemption in the previous year. The Department of Assessment reported that many seniors responded to the renewal application immediately, while others are putting it off for later. They are urging all seniors **to file the renewal application by the March 2, 2009 deadline**. Supporting documentation, such as income tax return forms, can be submitted up until April 15, 2009 as long as the application is filed by March 2, 2009. The application and income information do not have to be submitted at the same time.

Senior citizens, whose total household income exceeds the limit for Partial Tax Exemption for Senior Citizens, may still qualify for Enhanced STAR Exemption if their income is at or below \$73,000. If a property owner is unsure whether they would qualify or not, they are urged to contact the Department of Assessment for

assistance.

A large number of Enhanced STAR recipients signed up for automatic renewal for 2009. The NYS Department of Taxation determined their qualification for the exemption, in most cases with satisfactory approval. Those who need to submit more information and those whose application was denied received a notice in late December from the Department of

Assessment. It is imperative that seniors respond to this notice by **April 15, 2009**, if they want to receive the exemption or contest the denial.

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

Caregiver Classes Are Powerful Tools

Caregiving can be overwhelming. Whether you have just begun the journey or have been an informal caregiver for a number of months or years....

“Powerful Tools for Caregivers” Classes are for YOU. They’ll give you 25 “tools” to make the journey easier.

These classes are offered free of charge to family caregivers. Registration is now open for our Spring Series of Classes and can be accomplished by calling Marilyn R. Chase at the **Tompkins County Office for the Aging @ 274-5488.**

Schedule as follows:

Session I: March 30 - May 4

Mondays 6:00 - 8:30 PM

Old Jail Conference Room

125 E Court St, Ithaca

Session II: March 31- May 5

Tuesdays 1:30 - 4:00 PM

The Gallery at Sterling House

103 Bundy Rd, Ithaca

Session III: March 31 - May 5

Tuesdays 6:00 - 8:30 PM

Large Conference Room, Life-

long, 119 W Court St, Ithaca

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- New RSVP Director

Senior Circle
Lifelong, Enhancing the Second Half
119 W. Court St. • Ithaca, NY 14850
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Ice Storm Safety Tips

Provided by New York State
Emergency Management Office

Carbon Monoxide Poisoning

Carbon Monoxide poisoning is a silent, deadly killer claiming about 1,000 lives each year in the United States. Such common items as automotive exhaust, home heating systems and obstructed chimneys can produce the colorless, odorless gas.

The gas can also be produced by poorly vented generators, kerosene heaters, gas grills and other items used for cooking and heating when used improperly during the winter months.

Never run generators indoors. Open a window slightly when using a kerosene heater.

Never use charcoal to cook indoors.

Never use a gas oven to heat your home.

Symptoms of carbon monoxide poisoning include sleepiness, headaches and dizziness.

If you suspect carbon monoxide poisoning, ventilate the area and get to a hospital.

Kerosene Heaters

If you use kerosene heaters to supplement your regular heating fuel, or as an emergency source of heat, follow these safety tips:

- Follow the manufacturer's instructions.
- Use only the correct fuel for your unit.
- Refuel outdoors **ONLY** and only when the unit is cool.
- Keep the heater at least three feet away from furniture and other flammable objects.
- When using the heater, use fire safeguards and ventilate properly.
- Remember, the fire hazard is greatly increased in the winter because alternate heating sources often are used without following proper safety precautions.

Protecting Water Pipes

To prevent the mess and aggravation of frozen water pipes, protect your home, apartment or business by following the simple steps below.

When It's Cold

Let hot and cold water trickle at night from a faucet on an outside wall.

Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or appliance near an outer wall.

Make sure heat is left on and set no lower than 55 degrees.

If you plan to be away: (1) Have someone check your house daily to make sure the heat is still on to prevent freezing, or (2) drain and shut off the water system (except indoor sprinkler systems).

If Pipes Freeze

Make sure you and your family knows how to shut off the water, in case pipes burst. Stopping water flow minimizes the damage to your home. Call a plumber and contact your insurance agent.

Never try to thaw a pipe with an open flame or torch.

Always be careful of the potential for electric shock in and around standing water.

HEAP: Home Energy Assistance Program



The HEAP program assists income eligible individuals with their heating bills. The HEAP year runs from October 2008 until the spring of 2009.

The Office for the Aging will process your application if you:

- Are **NOT** currently receiving Food Stamps
- Have a heating bill in your name
- Are over the age of 60
- Receive Social Security Disability

New Emergency Benefit

If an individual is over-income for a regular HEAP benefit, they may now qualify for an emergency benefit under certain selected circumstances. Please call Lorraine at the Office for the Aging for more information.

Monthly Income Eligibility Guidelines

Household Size	Income Limits
1	\$1963
2	\$2567
3	\$3172
4	\$3776
5	\$4380
6	\$4984
7	\$5097
8	\$5210
9	\$5324
10	\$5437
11	\$5800
11+	+\$450

continued on next page

Special Senior Services

Information and Referral

The **Office for the Aging** provides information and referral services for individuals and agencies concerning an array of issues effecting seniors. If you have questions, our staff is ready, willing and able to serve your needs. Please call the **Tompkins County Office for the Aging** at 274-5482, or visit us on the web at www.tompkins-co.org/cofa.

The NYSEG Power Partner Program

The NYSEG Power Partner Program combines NYSEG and community resources to help customers gain control of their energy bills. It also helps customers become more financially independent. Being a power partner can help you by:

- Lowering your basic service charge
- Showing you ways to control your energy usage
- Helping you to manage all your household expenses
- Connecting you with community agencies that provide home weatherization services

Once you're a power partner, unpaid balances are placed on hold and NYSEG matches dollar for dollar, up to \$100/year any payments made to reduce the amount in arrears. You do not need to have an unpaid balance to be a power partner. If you receive HEAP, SSI or other public assistance, you will meet the income eligibility for Power Partners. It is definitely worth a phone call. Contact the **Tompkins County Office for the Aging** at 274-5487 for more information.

Let it Snow...

The City of Ithaca code requires property owners, homeowners and landlords to keep sidewalks clear of ice and snow, and fines can be stiff. For many seniors who need some assistance with snow removal, this creates a problem. Seniors who cannot do their own snow shoveling may be able to find folks willing to do this work for pay or as volunteers through the **Tompkins County Office for the Aging** (274-5482) or Lifelong (273-1511). Both agencies keep current listings of volunteer and paid help who are willing to assist seniors in downtown Ithaca as well as in rural

areas of Tompkins County. If you're having difficulty clearing your walk, please call us.

Need a Break? Project CARE Might Help!

The **Office for the Aging's** Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches seniors and their caregivers with volunteers who provide friendly visiting, respite, or might even be able to assist with some light housekeeping, yard work or errands. If you or someone you know would benefit from some help with the difficult work of caregiving, please contact Trina Schickel at the **Office for the Aging**, 274-5491. Additionally, if you are interested in volunteering, please call the **Office for the Aging**, 274-5491, for more information about Project CARE.

An Option for In-Home Help

The Registry is a free service that links individuals in need of in-home help with independent job seekers. If you or you loved one are in need of an experienced housekeeper, personal care aide, certified nurse's aide, LPN or RN, the Registry can provide you with referrals.

The Registry prescreens and checks references for all caregivers. You interview and negotiate the specific terms of employment with the caregiver. For more information, please contact The Registry Program of the Women's Opportunity Center at 277-7686.

Longview Adult Day Care

There are currently openings in Longview's Adult Day Program. This is a program that is particularly helpful to caregivers who either need a break from their responsibilities or need help so that they might go to work or fulfill other responsibilities. The daily \$38.00 fee includes personal supervision, recreational programs and socialization as well as a hot, nutritious lunch in the Longview dining room. Limited financial assistance may be available to those who need help covering the cost of the daily fee. For more information, contact Marilyn Strassberg, Director of Residential Services at Longview, 375-6323.

Tompkins County Office for the Aging • 607-274-5482
320 N. Tioga St., Ithaca, NY 14850 • www.tompkins-co.org/cofa/

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

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

The **SENIOR CIRCLE** is designed by Gary Marsden
Printing and Graphic Arts
607-273-7082

HEAP
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The **Tompkins County Office for the Aging**, 274-5482, will accept HEAP applications and answer any questions you may have.

Receiving Social Security Benefits While You Work

Provided by U.S.

Social Security Administration

When you reach your full retirement age, you may work and earn as much as you want and still receive your full Social Security benefit payment. If you are younger than full retirement age, and if your earnings exceed certain dollar amounts, some of your benefit payments will be withheld. This does not mean you must try to limit your earnings. If Social Security withholds some of your benefits because you continue to work, they will pay you a higher monthly benefit amount when you reach your full retirement age. If you would like to work and earn more than the exempt amount, this should not reduce the total value of lifetime benefits you receive from Social Security – it may actually increase them.

Here is how this works: After you reach full retirement age, Social Security will recalculate your benefit amount to give you credit for any months in which you did not receive some benefit because of your earnings.

As long as you continue to work, Social Security will check your record every year to see whether the additional earnings will increase your monthly benefit.

If you want more information on how earnings affect your retirement benefits, ask for “How Work Affects Your Benefits” (Publication No. 05-10069). The publication lists current annual and monthly earnings limits and is available on the Social Security Web site, www.socialsecurity.gov. If you do not have Internet access, call 800-772-1213 (800-325-0778 TTY).

Worried About Walking Safely on Snow and Ice?

How do I walk safely on snow and ice?

Walking on snow or ice is especially treacherous and wearing proper footwear is essential. A pair of well-insulated boots with good rubber treads is a must for walking during or after a winter storm. Keeping a pair of rubber over-shoes with good treads which fit over your street shoes is a good idea during the winter months.

When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so

you can react quickly to a change in traction.

When walking on a sidewalk



which has not been cleared and you must walk in the street, walk against the traffic and as close to the curb as you can.

Be on the lookout for vehicles which may have lost traction and are slipping towards you. Be aware that approaching vehicles may not be able to stop at crosswalks or traffic signals.

At night, wear bright clothing or reflective gear, as dark clothing will make it difficult for motorists to see you.

During the daytime, wear sunglasses to help you see better and avoid hazards.

Yaktrax, foot cleats, are also a great help when navigating icy terrain. They have biting edges which grip the ice as you walk. They fit easily over your shoes or boots.

Health Benefits of Volunteering

Looking Forward, Rockland County Office for the Aging Nov/Dec 2008, Vol. 33, #6

The August 2008 Johns Hopkins Medical Letter, Health After 50, points out that volunteering doesn't just help others – it also seems to benefit the volunteer's health. Two decades of data from 30 studies showed that volunteers had less depression, reported greater satisfaction with life, and lived longer. One group of adults over 75 who worked or volunteered over 100 hours a

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Who Is a Caregiver? The Need for Balance

Caregivers' Corner



David Stoyell

At the Caregivers' Resource Center, a family (informal) caregiver refers to any relative, partner, friend or neighbor who has a significant personal relationship with, and provides a broad range of assistance for, an older person or an adult with a chronic or disabling condition. These individuals may be primary or secondary caregivers and may live with, or separately from, the person receiving care.

Sometimes caregiving involves keeping a watchful eye over someone who is still independent with most routine activities of daily living. Often it progresses to helping to arrange medical appointments, shopping, home modifications and the like. It can mean more intensive caregiving, helping someone bathe or complete other personal tasks.

We don't own a copyright on the term “caregiver.” There are, of course, various other types of caregivers—including those who care for children and professional caregivers of children, adults with disabilities and the frail elderly.

The origin of the words “care” and “caring” is from the Latin word “caritas” meaning charity or love. So in its original sense, “caring for someone” meant giving out of love. Even today, admittedly it is easier to “care for” someone whom you “care about.”

We also hope that professional caregivers who tend to our loved ones are in the business not only to “care for” but also “care about” their clients.

Some prefer the term “care partner” to “caregiver” to emphasize that the giving is not all one-sided. Someone who is ill or has a debilitating condition is also capable of caring and can give back emotionally to others and can also contribute to a situation or event,

in other ways, even if they cannot do some of the things physically they were once able to do.

It is clear that most family caregivers who contact our office are involved in a labor of love. That is heartwarming and wonderful to witness. But also inspirational are those who are trying their best to care for a parent or other relative from whom they have been estranged for most of their lives. It is more difficult to care for someone whom you think has not been a partner in caring during your life. Yet, even then, some family caregivers have reported amazing stories of how the need for care has been the occasion for reconciliation with an estranged family member and how glad they felt that they were reconciled before their death.

The Need for Balance

Caregivers need to take care of themselves too, or else they will burn out. However, it's one thing to recognize that chronic stress is going to take a physical toll. It's another thing entirely to avoid it or deal with it successfully once we recognize that we are under such stress.

Planning Ahead: Life doesn't necessarily prepare us for the challenges of eldercare. Advance planning includes a discussion of finances, health care decision-making, what kind of an informal support system we have, and how suitable our housing will be with increased frailty and greater caregiving responsibilities.

Absolute promises (“I'll never put you in a nursing home”) need to be avoided. Frank discussions with other family members need to be had to make sure they know our wishes, hopes and needs. Often consultations with professionals at the **Office for the Aging**, elder law attorneys and others can be helpful

in getting a clearer picture of what is to come and planning for it.

Coping with Stress: Of course, everyone's life circumstances are unique to them. Often we have to deal with stress after it surprises us with its severity or persistence. At those times, it is important to recognize when we no longer have a healthy balance in our lives and then do something about it.

Talking about it is the first step: talking with relatives and friends, especially those who can relate to what we're going through because they've “been there.”

We may have learned a lot about childcare because we saw our parents in action. Parents can also readily find other parents to talk to about childcare challenges. However, it's not always easy for caregivers of older adults to find someone among their relatives and friends who can relate to what they're going through. Then it may be helpful to connect with other caregivers or ex-caregivers through support groups or one-on-one contacts facilitated by the Caregivers' Resource Center at the **Office for the Aging**.

If you are a family caregiver, call the Caregivers' Resource at the **Office for the Aging** for specifics about local supports (274-5492) and to be added to our mailing list for our quarterly newsletter, *In Support of Caregivers*.

Also, look for information on our *Powerful Tools for Caregivers* classes elsewhere in this edition of the Senior Circle.

For a free copy of the 64-page booklet, *Resources for Caregivers in Tompkins County*, call the **Office for the Aging** or view it online at www.tompkins-co.org/cofa. (Click on “Gateway to Senior Services.”)

VOLUNTEERING

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year were two-thirds less likely to die during the course of the two-year study and were one-third less likely to report bad health.

Other studies showed people over 65 seem to benefit more than younger participants. The structure and social interactions help avoid depression that can accompany chronic illnesses and major role transitions, including moves into long term care residences. An eight-year study of 1,137 adults found that volunteering before or after the death of a spouse reduced depression.

On a local note, the **Office for the Aging** is always looking for volunteers to visit with older adults in their homes. Volunteers typically visit once a week for an hour or so. A Volunteer can provide companionship, assistance with household chores or respite for a stressed caregiver. If you would like to volunteer, please contact Trina Schickel at 274-5491 or kschickel@tompkins-co.org.

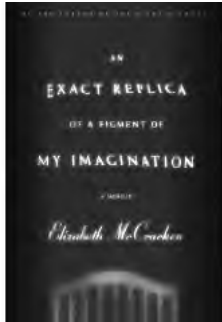
Book Nook

An Exact Replica of a Figment of My Imagination

By Elizabeth McCracken

McCracken writes in her memoir this simple sentence: "This is the happiest story in the world with the saddest ending." She was a successful novelist and writing instructor in her 30's when she met her husband and decided to start a family.

Always resigned to be a spinster, McCracken was surprised when she quickly became pregnant and embraced her growing family.



What happens next is the basis of this beautiful, poignant memoir. Days away from giving birth, she loses her baby and is forced to deliver her stillborn son in a hospital in France, where the new couple is living.

Powerful, bittersweet, but never self-pitying, McCracken explores what her life was like during that horrible time in France.

The memoir is also humorous, uplifting, and happy in the end, when readers learn that McCracken is typing the manuscript with her new son (born a year after losing her first child) in her lap. One of the best examinations of grief, this memoir topped many "must read" lists in 2008, and would be perfect for those who loved *The Year of Magical Thinking* by Joan Didion.

— Sarah Glogowski
Adult Services Librarian
Tompkins County
Public Library

Seasonal Affective Disorder Is Real

By Jeanne Wei, MD, Ph.D.
Reynolds Institute on Aging
Aging Arkansas, December, 2008

Like many people, you may develop "cabin fever" during the winter months or you may find yourself eating more or sleeping more when the temperature drops and it starts getting dark earlier in the evening. While those are common and normal reactions to the changing seasons, people with seasonal affective disorder (SAD) experience a much more serious reaction when summer changes to fall and then fall turns to winter.

With seasonal affective disorder, autumn's shorter days and longer nights may trigger feelings of depression, lethargy, fatigue and other problems. Do not brush this off as simply a case of the "winter blues." SAD is a type of depression and it

can severely impair your daily activities.

Treatment, which may include light-box therapy, can help you manage the disorder. You do not have to dread the dawning of each fall and winter season.

Symptoms of SAD

Seasonal affective disorder is a cyclical, seasonal disorder. This means the symptoms tend to come back and go away about the same time every year. Usually, SAD symptoms appear during late fall or early winter and go away during the warmer, sunnier days of spring and summer. However, some people have opposite pattern, developing SAD with the onset of spring and summer. In either case, problems may start out mild and become more severe as the season progresses.

Symptoms of winter-onset seasonal affective disorder include anxiety, insomnia, irritability, agitation, weight loss, poor appetite and decreased sex drive.

In rare cases, people with SAD do not have depression-like symptoms. Instead, they have symptoms of mania and hypomania during the summer; sometimes called "reverse SAD." Mania means extreme excitement; a violent passion or desire. Hypomania does not include behavior changes.

Symptoms of reverse SAD include persistently elevated mood, increased social activity, hyperactivity and unbridled enthusiasm that is out of proportion to the situation.

Causes

The specific cause of SAD remains unknown. It is likely, as with many mental health conditions, that genetics, age and most importantly, your body's natural chemical make-up all play a role in its development. Specific factors that may contribute to experiencing SAD include:

Your circadian rhythm. Some researchers suspect that the reduced level of sunlight in fall and winter may disrupt the circadian rhythm in certain people. The circadian rhythm is a physiological process that helps regulate your body's internal clock, letting you know when to sleep or wake. Disruption of this natural body clock may cause depression.

Melatonin. Some researchers theorize that SAD may be linked to melatonin, a sleep-related hormone that, in turn, has been linked to depression. The body's production of melatonin usually increases during the long nights of winter.

Serotonin. Still other research suggests that a lack of serotonin, a natural brain chemical (neurotransmitter) that affects mood, may play a role. Reduced sunlight may cause a drop in serotonin, perhaps leading to depression.

SAD risk factors

Although seasonal affective disorder commonly begins in young adulthood, it is uncommon in peo-

ple younger than 20 years old. Some studies show that, while it is diagnosed more often in women, men may have more severe symptoms.

Data about how common SAD is and who is most likely to develop the condition are lacking. Some evidence shows that living in a northern location and family history are factors that may increase the risk of developing SAD. SAD is more common among people who live in higher latitudes or farther from the equator. Also, according to some studies, people with SAD are more likely to have family members with the condition, but research about a potential genetic component has been inconclusive.

Most people experience some days when they feel "down." But if you feel "down" for weeks at a time and you cannot get motivated to do activities that you normally enjoy, see your doctor.

This is particularly important if you notice that your sleep patterns and appetite have changed, if you feel hopeless, think about suicide or find yourself increasingly turning to alcohol for comfort and relaxation.

Like depression, it is often possible to successfully manage SAD. In milder cases, you may be able to take measures on your own, such as spending more time outdoors (especially in the morning) or sitting closer to bright windows while indoors.

You can take action to help cope with SAD. Here are some tips to help you manage the condition in conjunction with your doctor or mental health provider.

Stick to your treatment plan. Take medications as directed and attend therapy sessions.

Let there be light. Make your home sunnier and brighter. Open blinds, add skylights and trim tree branches that block sunlight.

Get outdoors on sunny days, even in the winter. Take a long walk, eat lunch at a nearby park or sit peacefully on a bench and soak up the sun.

Exercise regularly. Physical exercise helps relieve stress and anxiety.

Take care of yourself. Get enough rest, eat a balanced diet and take time to relax. Don't turn to alcohol or unprescribed drugs for relief.

Practice stress management. Learn how to better manage stress. Unmanaged stress can lead to depression, overeating or unhealthy thoughts and behaviors.

Socialize. Stay connected with people whom you enjoy being around. They can offer support, comfort or tell you a joke to give you a boost.

Take a trip. If possible, take winter vacations in sunny, warm locations if you have winter SAD, or summer vacations in cooler locations if you have summer SAD.

OUR SERVICES
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PROVIDING QUALITY CARE
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Ombudsman: Use Your Life Skills to Help Others

Regina McGriff, Aging Services Specialist, Tompkins County Office for the Aging

Would you like to use the skills you have learned throughout your life? Would you like to learn more skills that can help other people? Would you like to hear life stories worthy of note and help wonderful, interesting older people have a better quality of life? Consider becoming a Long Term Care Ombudsman.

The Long Term Care Ombudsman Program advocates for residents of long term care facilities. Ombudsmen try to improve the quality of life of each resident with whom they work. Ombudsmen receive, investigate and resolve issues for residents of nursing homes and other adult care facilities. They monitor the quality of care, help protect residents' rights, ensure treatment with dignity and respect and encourage residents to express their opinions.

Ombudsmen in our program report satisfaction with their positions. They learn of the richness of the resident's life stories while assisting residents to improve their present quality of life. Ombudsmen learn that each resident has interesting life experience: one was a dancer on the stage, another, a decorated veteran, still another traveled the world for his job. Many overcame personal hardship. One Ombudsman said she looked forward to the next story.

All too often we operate as if an older person is someone without a past or future, but reality proves anything but that.

To become a trained, certified

Ombudsman one must be interested in and capable of fulfilling the advocate's role. One should also be a sensitive, caring, open-minded person interested in advocating for residents of long term care facilities. At present the Tompkins County Ombudsman Program is looking for one or two special individuals who are interested in becoming Ombudsmen.

For more information about the Ombudsman Program, please contact Regina McGriff at the **Office for the Aging**, 274-5486.

You Might Live in Upstate NY...

By Jeff Foxworthy

If you consider it a sport to gather your food by drilling through 36 inches of ice and sitting there all day hoping that the food will swim by, you might live in Upstate New York.

If you're proud that your region makes the national news 96 nights a year because Saranac Lake is the coldest spot in the nation, and Syracuse gets more snow than any other major city in the U.S., you might live in Upstate New York.

If your local Dairy Queen is closed from October through May, you might live in Upstate New York.

If you get 131 inches of snow in a week and you comment that "winter's finally here," you might live near Oswego in Upstate New York.

If you instinctively walk like a penguin for six months out of the year, you might live, bundled up in Upstate New York.

If someone in a Home Depot store offers you assistance, and they don't work there, you might live in Upstate New York.

If you dad's suntan stops at a line curving around the middle of his forehead, you might live in Up-

state New York.

If you have worn shorts and a parka on the same day, you might live in Upstate New York.

If you had a lengthy phone conversation with someone who dialed a wrong number, you might live in Upstate New York.

You know you are a true upstate New Yorker when:

"Vacation" means going south past Syracuse for the weekend.

You measure distance in hours.

You know several people who have hit a deer more than once.

You often switch from "heat" to "A/C" in the same day and back again.

You can drive 65 mph through 2 feet of snow during a raging blizzard without flinching.

You install security lights on your house and garage and leave

them both unlocked.

You carry jumper cables in your car and your girlfriend/wife knows how to use them.

You design your kid's Halloween costume to fit over a snow-suit.

Driving is better in the winter because the potholes are filled with snow.

You know all 4 seasons: almost winter, winter, still winter, and road construction.

Down south to you means Corn-ing.

Your neighbor throws a party to celebrate his new shed.

Your 4th of July picnic was moved inside due to frost.

You have more miles on your snow blower than your car.

You find 10 degrees "a little chilly." And 55 is shorts weather.

10- Week English as a Second Language Program for Seniors

Classes Are Free! - All Levels Welcome!

Beginning / Intermediate - Advanced

Thursday, April 23rd - June 25th at 1:30-3:00PM

Lifelong, 119 W. Court Street, Ithaca, NY

Learn English through conversations! The class will speak, listen, read, and write together to improve English skills. The classes will be small, so you'll have lots of time to practice. No textbook is required.

Instructors: D.G. Bancroft-Gowin & Dolina Millar

For more information call Lifelong at: (607) 273-1511

Program Sponsors:



Tompkins Learning Partners, Inc.



Lifelong

ESL Class Registration Form

Name: _____ Date: ___/___/___

Address: _____

City: _____ State: _____ Zip-Code: _____

Email: _____

Home #: _____ Work #: _____ Cell: # _____

Circle Your Class Level Choice: Beginning / Intermediate Advanced

Return completed form to Lifelong, 119 W. Court Street, Ithaca, NY 14850

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SENIOR FOCUS

continued from page 1

to travelers' tales from India, Japan, Germany, England, as well as the USA and in turn shared with them bits of local history. Currently Irene is the bookkeeper for the Carriage House Café in Ithaca. Irene has maintained her volunteer work and part time employment even after Roger was taken ill and thereafter was diagnosed with Alzheimer's.

Roger and Irene have attended classes, presentations and programs at Lifelong for the past three years. Irene's full monthly calendar attests to that and to her claim that she "keeps Roger moving." I am glad that Irene and Roger had time in their schedule to sit and talk with me a while. Thank you, Irene, and Happy Birthday, Roger!

Lifelong Welcomes Melynda Wissar as New RSVP Director



Melynda Wissar became the new RSVP (Retired and Senior Volunteer Program) Director on January 5, 2009. RSVP is a national volunteer program funded in part by the Corporation for National and Community Service and sponsored locally by Lifelong since 1977. RSVP recruits and places over 500 volunteers, aged 55 and older, throughout the county in not-for-profit and community organizations.

Melynda earned her Bachelor of Arts in Sociology with a concen-

tration in Social Gerontology from SUNY Cortland as a non-traditional student, working her way through school while being the mother of two middle-school aged daughters. She has worked as an Assistant to the Alzheimer's Services Coordinator at St. Camillus Health and Rehabilitation Center outside of Syracuse and interned with the Cortland Area Agency on Aging working with a Grandparents Raising Grandchildren support group and with the Caregivers Resource Center. She has had experience running the Senior Lunch Program in Tully, NY, for PEACE, Inc. of Onondaga County working with a volunteer staff. In 2007, she volunteered with International Humanity Foundation and traveled to Kenya to work for five weeks with impoverished children in a remote orphanage.

RSVP and Lifelong are pleased to welcome Melynda to our staff.

Black History Month Recognition

American historian Carter G. Woodson established Black History Week to recognize and celebrate the positive contributions made by African Americans. The first celebration took place on February 12, 1926. February was chosen because it's the birth month of Black abolitionist Frederick Douglass and Abraham Lincoln. In 1976, as part of the nation's bicentennial, Black History Week became Black History Month. Please join us in celebrating!

Wednesday, 2/4, 1pm-3pm, **Performance by Enduring Master London McDaniels** at Lifelong (Free)

Wednesday, 2/11, 1pm-3pm, **Patricia Pesoli – Bishop's Presentation at Lifelong on Ingenious African American Women** (Free)

Wednesday, 2/18, 1pm-3pm, **A Presentation at Lifelong by Paul Carter, Curator from the Harriet Tubman House** (Free)

Wednesday, 2/25, 12pm-5pm, **Trip to the Harriet Tubman**

House, Auburn, NY

Monday 3/2, 10am-12pm Lifelong and the Northside-Southside Group presents **Gurdon Brewster, author of "No Turning Back: My Summer with Daddy King"**

For more information contact: Marie Hall, Northside-Southside Coordinator at 273-1511 or mhall@tclifelong.org.

Space is limited so call to save a seat!!!

Lifelong Learning Opportunities for Spring 2009

(Download our catalog from www.tclifelong.org/llearning.htm or pick up a copy at Lifelong!)

Classes:

Lip Reading Series
Intermediate French II
Beginning Polish I
Ingmar Bergman 103
A Survey of Chinese Medicine Fundamentals
Milestones: readings, discussion, and a workshop on writing about "spots of time"
The Home Library and Archives: Care and Conservation
Knit a Top Down Raglan Sweater: for intermediate to advanced knitters
Current Events / World Affairs; A General Discussion
Eurythmy: the Twelve Soul Exercises
Beginning French I
Beginning French II
Live Your Best Life Now: Prevent & Reverse Chronic Degenerative Disease Through Cellular Nutrition
Bootcamp For Aging Well
Gettysburg: The Beginning of the End
Chinese Sayings and Proverbs
Shakespeare and the English Language
Beginning Mahjong Class
Writing a Life: Putting Our Stories on Paper
Daughters of Hygeia: Women in Medicine and Health
Language and Thought

Life Review through Art
Memoir Writing
Intermediate Spanish I
Waitankung Class
Martial Arts in the Second Half
More Ingenious Women: Inventors and Discoverers
Management Tools : Alzheimer's 101, Managing Behaviors, and Caregiving as a Journey
Introduction to the Floating Classroom Project & the Role of Seniors in the Future of Cayuga Lake
Depression in Later Life: A Workshop for Older Adults & Family Caregivers
Latelife Assertiveness and Sensitivity Training (L.A.S.T.)
English as a Second Language Class
Beginner/Intermediate and Advanced Classes
Foto Fundamentals
101 Ways to Retire—or Not!: How to get the best out of your retirement.
Introductions to Leather Carving and Stamping
Taking Control of Arthritis
My Camera and Its Eye
Down Home Cooking Class
Three Hungarian Embroidery Styles of Transylvania: Kalotaszeg, Torocko, and Szekely, with a brief discussion of the material culture of Hungarians in those areas
Voyages to the Moon

Computer Classes:

My Medicare Matters Navigator
Exploring the Open Source Office Suite
Computers I (For Absolute Beginners)
Discussion Group: Operating Systems
Tips on Searching the Internet
Adobe Photoshop Elements—Introduction
Web Based Email: Setting it up & How to use it
Getting Started with Outlook Express
Adobe Photoshop Elements—Intermediate
Sudoku

continued on next page

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CLASSES

from page 6

The Fine Art of Computer Printing. When Your Computer Slows You Down...

The Joy of Online Dating
Microsoft (MS) Word I
MS Word Q&A

Presentations:

Lifelong Wisdom Circle
Whole Foods, Whole Body, Excellent Health Series

Conversations on Cancer
The Positive Psychology of Monty Berman & Diane Hecht: A Workshop
Plan It!

Safety Awareness for Seniors
Spacecraft Tour of the Solar System

Understanding Health Insurance, Billings, and Medicare Summary Notices
Nutrition

How to Use a Cell Phone
Cooking For One...or Two
How to Talk to Your Doctor
Down Home Cooking Demonstration

My Summer with Daddy King and Dr. King

Meeting Basic Food Needs in an Eco-Friendly Way with the System of Rice Intensification

Enrich Your Life: Explore the Tompkins County Public Library Virtual Collection

Ithaca Academy of Dance Performance

Make Caregiving Fun!

Ready, Set, Medicare! Do You Need to Learn More?

Degenerative Changes of the Knee
How to Stay Toxin-Free in a Toxic World

Advance Planning for Funeral Needs -FREE

Gift Planning 101 - Philanthropic Retirement and Estate Planning

in Troubled Financial Times.
Sleep and Aging: Life Beyond 60
Radiation Medicine and Cancer Care
Advance Care Planning
Northern National Parks

Medical Orders for Life-Sustaining Treatment (MOLST)
Short Cuts to Sewing
Sustainable Footprints
You'll Never Get Lost: Enjoy Re-continued on page 8

Taking Control of Arthritis at Titus Towers

**- FREE Presentation
Wednesdays, 2/4-2/18,
9AM-11:30AM**

Instructors: Joshua Eberle & Jillian Pendleton

This class is designed to help people with arthritis and fibromyalgia learn ways control their condition through exercise, pain management, diet, medication, dealing with depression, relaxation and stress management, problem solving, and goal setting.

Return completed form to: Lifelong at 119 W. Court Street, Ithaca, NY 14850 ;any questions please call (607)273-1511.

**Lifelong Learning @ Titus Towers
Taking Control of Arthritis**

Name: _____ Date: ___/___/___

Address: _____

City: _____ State: _____ Zip-Code: _____

Email: _____ Send Me Email Updates: Yes No

Home #: _____ Work #: _____ Cell: # _____

Signature: _____ Date: ___/___/___

Received: ___/___/___	For official use only	Notes:
Initials: _____		
Entered: ___/___/___	Cost: Free	<input type="checkbox"/> Add to FM; ID:
Initials: _____		

Great News for Opera Lovers!!!

**The Metropolitan Opera, Live in High-Definition
Regal Cinemas Ithaca Mall Stadium 14
The Shops at Ithaca Mall (A.K.A. Pyramid Mall)
40 Catherwood Rd, Ithaca, NY 14850
(607) 257-5337**

Ticket Costs (it is recommended that you purchase tickets ahead of time either online or at the theater):

Pre-Adults (11 and under) \$15.00

Pre-Senior (12-59) \$22.00

Senior Adults (60 and over) \$20.00

The Metropolitan Opera: *La Rondine* - Sat, 1/10, 1PM

The Metropolitan Opera: *La Rondine* Encore - Wed, 1/ 21, 7PM

Gheorghiu plays the kept woman who gambles on true love, and Alagna is the man who makes her question the cost of her glittering existence.

The Metropolitan Opera: *Orfeo ed Euridice* - Sat, 1/24, 1PM

The Metropolitan Opera: *Orfeo ed Euridice* Encore - Wed, 2/4, 7PM

The alluring Danielle de Niese is Orfeo's adored wife, Euridice, who inspires the hero to face the underworld for her sake. Music Director James Levine conducts.

The Metropolitan Opera: *Lucia di Lammermoor* - Sat, 2/7, 1PM

The Metropolitan Opera: *Lucia di Lammermoor* Encore-Wed, 2/18, 7PM

Anna Netrebko stars in the title role of Donizetti's fragile heroine. Tenor Rolando Villazón stars as Lucia's lover, Edgardo. Baritone Mariusz Kwiecien is her tyrannical brother. Mary Zimmerman's hit production is staged as a Victorian ghost story. Marco Armiliato conducts.

The Metropolitan Opera: *Madama Butterfly* - Sat, 3/7, 1PM

The Metropolitan Opera: *Madama Butterfly* Encore - Wed, 3/18, 7PM

Cristina Gallardo-Domàs, the original Butterfly of the production when it opened the 2006-07 Met season, returns to the title role of the late Anthony Minghella's stunning production, a classic of the new Met repertory. Marcello Giordani stars as Pinkerton.

The Metropolitan Opera: *La Sonnambula* - Sat, 3/21, 1PM

The Metropolitan Opera: *La Sonnambula* Encore - Wed, 4/1, 7PM

Mary Zimmerman underlines La Sonnambula's dual elements of sleep and wakefulness in an intriguing staging set in the present.

The Metropolitan Opera: *La Cenerentola* - Sat, 5/9, 12:30PM

The Metropolitan Opera: *La Cenerentola* Encore - Wed, 5/20, 7PM

Elina Garanèa portrays another Rossini charmer in this bel canto Cinderella story. Lawrence Brownlee is her Prince Charming, Don Ramiro. Veteran baritone Alessangro Corbelli demonstrates his impeccable comic timing to match the gravitas of Met favorite John Relyea.

Free Tax Help

February 5 – April 11

Available to Tompkins County residents who are:

- Senior Citizens • Individuals with disabilities
- People with limited to moderate incomes

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THIS YEAR BY APPOINTMENT ONLY

Lifelong

119 West Court Street

Thursdays: 12:00 pm – to 6:00 pm

Fridays: 9:00 am to 1:00 pm

Saturdays: 9:00 am to 1:00 pm

WHAT DO YOU NEED TO BRING?

Wage statements and reports of all types of income, including W-2's & 1099's; last year's state & federal tax returns; social security cards for you and your dependents; medical, charitable contributions, and tax receipts or bills; and PICTURE I.D.

**FOR INFORMATION OR TO
SCHEDULE AN APPOINTMENT CALL**

Lifelong at 273-1511

This Tax Counseling for the Elderly (TCE) program is sponsored by Lifelong and the Retired and Senior Volunteer Program (RSVP) with a grant from the Internal Revenue Service. Tax counselors are trained volunteers with a commitment to supporting those in need of tax assistance.

LEARNING OPPORTUNITIES

from page 7

Taxed Driving with a Portable GPS
Heart Disease Prevention Workshop
Polish Culture and Traditions
Why Don't Some Very Smart People Have Successful Careers?
Cancer 101
Creatively Coping With Stress
Tomato Lightning - Getting Functional With Exercise for Older Adults
Jewish Composers: the French/German Influence — Offenbach, Massenet, Kurt Weill and Meyerbeer
Are You Having Trouble Controlling the Way You Eat?
Aging Well
Elderhostel
Jewish Composers: The Americans — Gershwin, Copland, Bernstein, Diamond and Blitzstein
Where Do All those Numbers Come From, and What do They Mean?
From Fossils to Flying Machines
Climate Changes and Why They Happen
The Pet to Pet Program, Inc.
State of the City

2009 Travel Opportunities

Harriet Tubman Home,
Auburn, NY

Date: Wednesday, February 25th
from 12pm-6pm

Cost: Non-members: \$25.00
Members: \$30.00

Deadline to register and pay:
Friday, January 23rd

The Harriet Tubman Home is located on 26 acres of land. It is

owned and operated by the AME Zion Church. It consists of four buildings; only two were used by Harriet Tubman. Though illegal, Harriet Tubman purchased the home from her friend William H. Seward, a US Senator from New York. She lived there for the remainder of her life, housing 12-15 persons. A few years after her death, the building became vacant and was eventually demolished by the city in 1944.

Years later, Bishop William J. Walls of the AME Zion Church raised enough money for a restoration and the home was dedicated on April 13, 1953, as a memorial to Tubman's life and work.

Gettysburg National Military Park, Gettysburg, PA

Date: Sat - Sun, April 18th -19th

Costs: Double occupancy:
\$167.00 per person
Single occupancy:
\$216.00 per person

The trip cost includes bus fare, hotel adjacent to the national battlefield, a two-hour bus tour of the battlefield, and admission to the museum, a film, and the newly restored cyclorama — all in the new visitor center. Upon arrival at the national park's visitor center, travelers may buy lunch in the café or make use of the picnic area. After lunch, guests will have the opportunity to explore the museum and the extensive book and gift shop. In mid-afternoon, escort Luke Colavito will lead a short introductory walking tour of the main battlefield. The morning of the second day we will have the bus tour of the entire battlefield with a guide from the national park. After lunch, we will view the film and Cyclorama in the visitor center and take a walking tour with Luke in the National Cemetery where Lincoln delivered his Gettysburg Address.

Women's Hall of Fame & Women's Rights National Histor-

ical Park, Seneca Falls, NY

Date: Monday, May 18th
from 9am-6pm

Cost: Non-members: \$30.00
Members: \$35.00

Deadline to register and pay:
Monday, April 13th by 3PM

At the Women's Hall of Fame, learn about American women who have contributed to the arts, athletics, businesses, education, government, humanities, and science. These distinguished American women have been chosen to be honored for their significant national or global contributions.

In the same trip, visit the 1848 Women's Rights Convention Site and learn about the women who took an active role in the struggle for women's rights.

Bakers Acres of North Lansing,
Lansing, NY

Date: Monday, June 8th
from 11am-3:30pm

Cost: Non-members:
\$22.00 per person
Members: \$17.00

Deadline to register and pay:
Monday, June 1st by 3PM

Come enjoy lunch and a self-guided tour of the orchard. Lunch will take place in the Garden Room and will consist of a fruit cup, salad of baby greens, your choice of chicken or broccoli and cheese quiche, apple sauce, dessert (pie or apple cobbler) and refreshments. Afterwards visit their unique gift shop.

Glimmerglass Opera,
Cooperstown, NY

Date: Monday, August 17, 2009

Cost: Non-members \$124.00
Members \$119.00
Deposit: \$25.00

Final Payment Deadline:
Friday, June 26

The weekday date allows Lifelong to upgrade to better seats, in

the center Orchestra section, for a modest increase in cost. The seats that have been reserved offer a much clearer view of the stage and of the English translation.

The opera that Lifelong's group will be attending is *La Cenerentola*, by Gioachino Rossini. Based on the fairy tale of Cinderella, but with some variations on the classic tale to suit the staging technology available at the time (i.e. no "magical" special effects were possible), the opera is considered to have some of Rossini's finest writing for solo voice and ensembles. The opera debuted in Rome's Teatro Valle in 1817, and after some initial unfavorable reviews, became popular throughout Italy and beyond.

This production at Glimmerglass has Kevin Newbury as the Director, with Joseph Colaneri on the podium. The cast features Julie Boulianne, John Tessier, Eduardo Chama, and Keith Phares.

There will be no box lunch choices this year. It will be less complicated and confusing to have everyone pack their own lunch and bring their own beverages.

The picnic pavilion has been reserved for the Lifelong group from 11:00 AM until 12:30 PM, so you can eat at your leisure and have time to walk around the magnificent grounds before going to the pre-performance lecture at 1:00 PM.

The Alice Busch Opera Theater has no heat or air conditioning, so please dress for the weather on the day of the opera.

Northern National Parks

Featuring Yellowstone, Grand Teton and Craters of the Moon National Parks, Salt Lake City, Idaho Falls, Jackson Hole, and Old Faithful.

Dates: October 2-9, 2009

Cost: Double occupancy \$1,999
Single occupancy \$2,549
Triple occupancy \$1,969

Deadline to register:

May 1, 2009 by 3pm;
\$100 deposit due

Final Payment Due:

August 2, 2009

Cost includes air taxes and fees/surcharges of \$50 (subject to increase until paid in full), hotel transfers, round trip air fare from Hancock International Airport (cancellation waiver and insurance of \$140 per person is NOT included in the price).

More End of Summer and Fall Trips Details To Be Announced

continued on page 9



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Write us at Lifelong, attn.: Sue Capista, 119 W Court St, Ithaca, NY 14850 or email us at scapista@tlifelong.org. Thank You!

TRAVEL OPPORTUNITIES from page 8

Sterling, NY - Renaissance Festival: Saturday, August 1
Corning, NY - Rockwell Museum
Onondaga, NY - Festival Of Lights (Museum of Iroquois Christmas Around the World) December 12th, 2009

Lifelong Radio Show on WHCU



Lifelong's radio show has the distinction of being the longest running radio show on WHCU. Here, Sarah Jane Blake (left, Retirement Services Coordinator at Lifelong) and Greta Colavito (right, Lifelong Board Member) sit with Joshua Martin after finishing a recording session. The Cayuga Medical Center and Tompkins Trust Company sponsor Lifelong's radio show which airs each Saturday morning at 9:15 a.m. on WHCU 870 AM Newstalk Radio.

Walk Program for Spring 2009

Call Lifelong at 273-1511 for times.

April

Cayuga Nature Center -
Friday, April 3rd
 Roy H. Park Preserve -
Wednesday, April 8th
 Lindsay-Parsons Preserve -
Friday, April 17th
 Sweedler Preserve at Lick Brook -
Wednesday, April 8th

May

Ellis Hollow Nature Preserve -
Friday, May 1st
 Stevenson Forest Preserve -
Wednesday, May 6th
 Taughannock Falls
 State Park PICNIC -
Friday, May 15th
 Sapsucker Woods -
Wednesday, May 20th

June

Cornell Plantations -
Friday, June 5th
 Bakers Acres PICNIC -
Monday, June 8th 1-5pm.
 \$15.00 per person.
 Luncheon - fruit cup/baby green salad/chicken or broccoli and cheese quiche/applesauce /dessert (pie or apple cobbler) and refreshments. Self guided tour through the orchard. Gift shop.
 Myers Park -

Wednesday, June 10th
 Stewart Park -
 Friday, June 19th
 Gone Fishin' to Taughannock Falls State Park- no license required -
 Saturday, June 27th
 Upper Buttermilk Falls -
 Wednesday, June 24th

Tompkins County Check It! Program

Check It! Volunteers and Lifelong Board members gathered at Lifelong recently for a Check It! Volunteer Recognition Reception. In February of 2009, the Check It! Program begins its fourth year of assisting Tompkins County seniors and disabled individuals with financial management tasks in their homes. Currently, 12 Check It! Volunteers are assisting 12 Check It! clients with a variety of tasks including establishing filing and bill paying systems and balancing bank accounts. Contact Sarah Jane Blake at Lifelong (273-1511) for more information about the Tompkins County Check It! Program.

In Our Own Back Yard: Lifelong Journeys to Ithaca's Museums

Come spend your winter with Lifelong, exploring Ithaca's museums.

All trips will leave from Lifelong at 1pm. The group will walk or take a Gadabout bus. Fees for admission and/or Gadabout may apply.

Community School Music Friday, February 6th at 1pm (walking trip/no admission fee)

Titus Gallery Wednesday, February 11th at 1pm (walking trip/no admission)

Science Center Friday, February 20th at 1pm (Gadabout/no admission fee)

History Center Thursday, February 26th at 1pm (walking trip/no admission fee)

Ithaca Clock Museum Friday, March 6th at 1pm (walking trip/no admission fee)

Johnson Museum Wednesday, March 11th at 1pm (Gadabout \$3.00/ admission fee \$1.50)

Museum of the Earth - Friday, March 20th at 1pm (\$9.00 per person includes admission and Gadabout)

Ulysses Historical Society Wednesday, March 25th (Gadabout \$3.00/ no admission fee)

Enduring Masters Spring 2009 Offerings

Enduring masters are musicians who perform and reflect on their art and aging.

February 4 at Lifelong starts at 1pm:

London McDaniels - Guitarist, blues/reggae/soul

March 4 at Ithaca College (Ford Hall) starts at 8:15pm: Elsa Verdehr Trio - Clarinet, violin and piano trio play modern classical compositions.

March 27 at Ithaca College (Ford)
continued on page 10

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ENDURING MASTERS

continued from page 9

Hall) starts at 8:15pm: Village Vanguard Orchestra - world-famous big band visits Ithaca from New York City.

April 5 at Ithaca College (Ford Hall) starts at 8:15pm: Dick Hyman - Famous jazz pianist to play popular jazz standards.

Reserve Your Table for the Indoor Yard Sale

On Saturday, May 2, 2009, Lifelong will be running its second indoor yard sale. If you have items that you would like to convert to cash, this will be a great opportunity to do so. At the first sale, vendors sold decorative, household, holiday, jewelry, antiques, and craft items.

Tables will be available for \$15 each to benefit the *Senior Circle*. There will be designated table locations in several of the rooms in the building. You can choose the table

location that suits your preferences; the tables will be reserved on a first come, first served basis. Also, the small conference room will be available at \$25 for the entire space.

Sign up now to reserve your table by calling Sarah Jane Blake at 607-273-1511 or emailing her at sjblake@tlifelong.org.

How Does Medicare Cover Diabetes Services & Supplies

Medicare will pay 80% of the Medicare approved amount of all covered diabetes supplies and services after you have paid the annual Part B deductible—\$135 in 2009. A co-payment may apply if you have a Medicare Advantage Plan.

Medicare-Covered Diabetes Services and Supplies:

- **Certain diabetic supplies:** glucose monitors, blood glucose test strips, lancet devices and lancets and glucose control solutions;

- **Diabetes self-management training and education:** first year up to 10 hours;
- **Insulin when used with an insulin pump:** insulin and pump may be covered as Durable Medical Equipment (DME);
- **Foot-care for diabetics with peripheral neuropathy:** once every 6 months as long as you have not seen a foot care specialist for another reason between visits;
- **Therapeutic shoes for people with severe diabetic foot disease:** one pair per calendar year and the fitting must be properly certified, prescribed and provided by a Medicare approved source;
- **Medical Nutritional Therapy:** from a qualified nutritional specialist;
- **Glaucoma Screenings:** properly performed once every 12 months.

Covered by Part D:

- **Insulin when not used with an insulin pump and other medications taken at home to treat diabetes:** when insulin is injected with a syringe, the Medicare Pre-

scription drug benefit—Part D—will cover the insulin and supplies necessary to inject it, including syringes, needles, alcohol swabs and gauze. These items must be on the Part D formulary.

Items Not Covered:

- **Eye exams for glasses, and routine or annual physical exams.**

In order to keep costs manageable, make sure medical service providers and durable medical equipment providers are certified and accept Medicare. Call Medicare at 1-800-633-4227 to request a list of “participating providers” or “doctors who accept Medicare assignment.”

Call the **Tompkins County Office for the Aging** 274-5482 or Lifelong 273-1511 and ask to speak with a HIICAP (Health Insurance Information Counseling and Assistance Program) Counselor to learn more about Medicare coverage in general, including Diabetes-related services and supplies.

Lifelong Ladies Senior Social Golf Program

The Organizational Meeting for



the Lifelong Ladies Senior Social Golf Program is scheduled for Wednesday, April 29, 2009, from 11 a.m. to noon at Lifelong, 119 West Court Street in Ithaca. The weekly Wednesday golf dates from May to August will follow. All levels of ability are welcome. Come and meet the group on the 29th and be one of the first 50 (maximum) ladies to sign up! Call Lifelong 273-1511 for more details.

Medicare Basics: Did You Know....

- That the Social Security Administration handles eligibility requirements for Medicare?
- That Medicare includes Parts A,

continued on next page



Joint Solutions

Pre-operative education and exercise classes that teach prospective joint replacement patients ahead of time what to expect and what is expected of them before surgery.

You'll learn about:

- Replacement surgery with improved recovery time.
- Newer pain management techniques that make it easier for patients to move around more comfortably, which speeds the healing process.
- How physical therapy, in particular aquatic therapy, can significantly reduce recovery time.

To find out more about Joint Solutions, Call Margaret Vence, PT, DPT at Cayuga Medical Center, 607-274-4517.



Cayuga
Medical Center
at Ithaca

MEDICARE BASICS
continued from page 10

- B, C and D?
- That Medicare Part A provides hospital coverage?
- That Medicare Part B provides medical coverage?
- That if you maintain Medicare Parts A and B, you may then consider enrollment in Medicare Part C/Medicare Advantage Plans?
- That Medicare Part D is the prescription drug plan administered by private companies?
- That there are other programs such as Low Income Subsidy/Extra Help and Medicare Savings Programs that assist with paying some Medicare premiums?
- That the New York State EPIC (Elderly Pharmaceutical Insurance Coverage) program can assist in keeping your prescription drug costs down?
- That HIICAP (Health Insurance Information Counseling Assistance Program) Counselors in New York State are available to

assist you with questions about these Medicare Basics?

- That you can contact the **Tompkins County Office for the Aging** 274-5482 or Lifelong 273-1511 and ask to speak with a Tompkins County HIICAP Counselor?

Lifelong Learning Is Seeking Volunteer Instructors & Ideas for Summer and Fall '09 Semesters

The Summer Semester runs from July 1st - August 7th, 2009
Fall Semester runs from September 1st-December 23rd, 2009

Volunteer Opportunity:

Lifelong Learning is made possible by the time and energy generously donated by volunteer instructors. We are currently seeking community members who are knowledgeable with computer applica-

tions that would be interested in working with elders in our community. If you are interested in teaching a course or workshop on computers during our upcoming semester, please contact Jillian Pendleton, Program Director at (607) 273-1511 or jpendleton@tclifelong.org.

My Medicare Matters Navigator Program

What comes in three parts, is run by the National Council on Aging and builds overall familiarity with Medicare websites? The My Medicare Matters Navigator Program, of course! And Lifelong is excited to be one of 150 sites in the country to offer this program. The 5 websites to be explored offer understandable, reliable, accurate resources for learning about Medicare and the program includes:

Part 1: Medicare Basics — This part shows two Web sites, run by national nonprofit organizations, that describe Medicare in easy-to-understand terms. The sites are MyMedicareMatters.org and the Kaiser Family Foundation's "Talking About Medicare."

Part 2: Government Web Sites — This part tells you about two important government Web sites made for people with Medicare. It also will show you how to get personalized information about your use of Medicare. These sites are Medicare.gov and MyMedicare.gov.

Part 3: Find Benefits and Programs for You — This part tells you how to find national, state and local benefit programs. These programs can help you pay Medicare costs and other bills. That information comes from the Benefits Check Up Web site.

Call Lifelong 273-1511 and ask for more information about this hands-on computer program.

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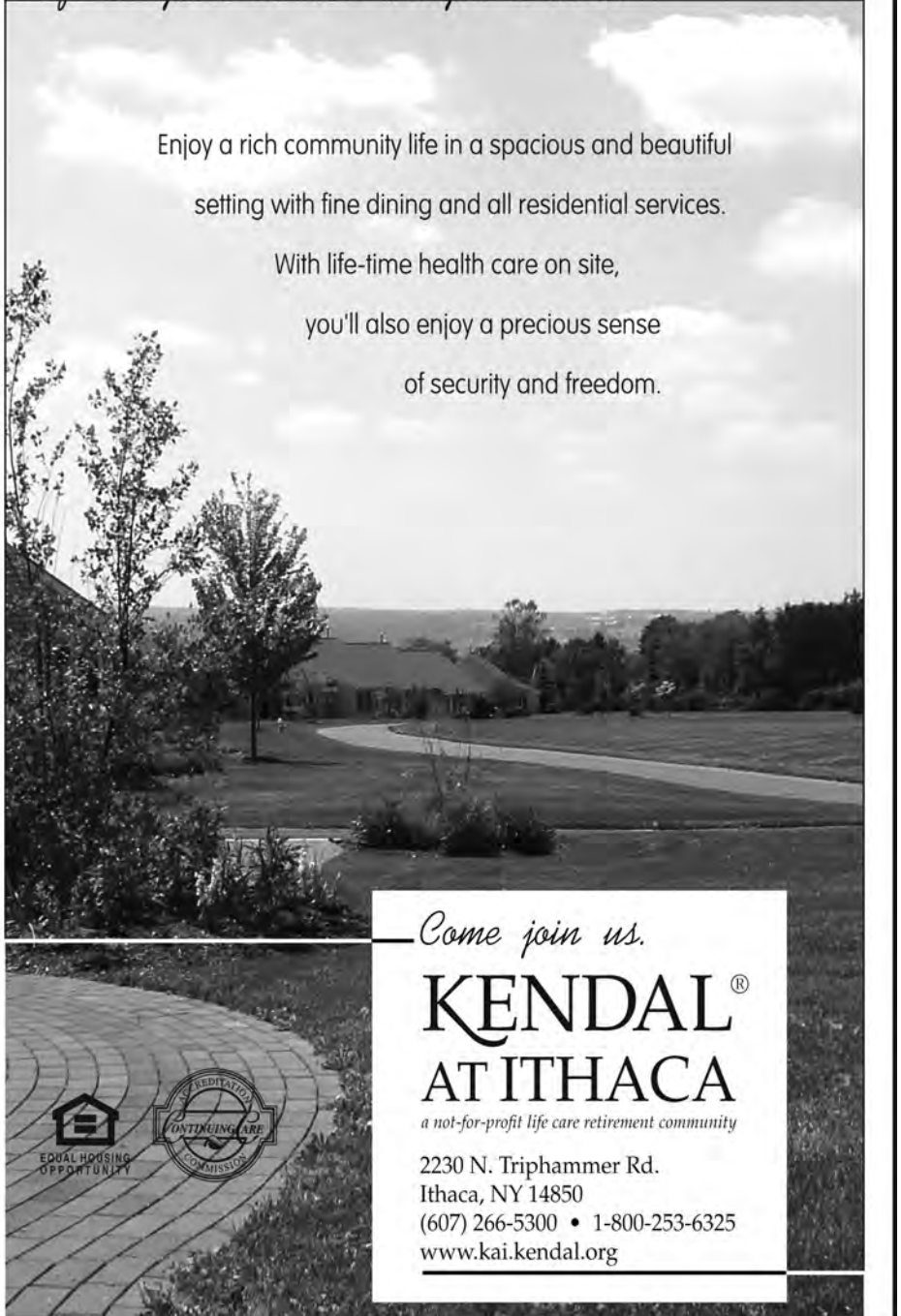
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