

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

SENIOR FOCUS: Harold Mix, An American Experience



Harold Mix, age 29.

by Katrina Schickel

To say that Freeville, NY is a beautiful upstate New York town is a bit of an understatement. This is the kind of place that on a summer day when the rolling hills are lush with green fields and the winding roadsides are punctuated with creeks and spilling waterfalls you remember why it is a gift to live amidst so much beauty. Fifty years ago, if you traveled the country by-ways, you would also see numerous small, working farms, both crop and dairy. These farms were owned and worked by the kind of men and women who understood clearly that hard work and industry were the order of the day. Harold Mix is just such a man.

I recently spent some time with Mr. Mix and his daughter, Sarah at his home in Freeville. This is a home situated at the crest of a hill off one of those wondrously winding and shade covered roads that meander through Freeville. Mr. Mix built this home himself (one of several he has built). We sat and visited at his kitchen table which was nestled between two corner windows overlooking his expansive yard. I love that he understood to place the kitchen, the heart of a home, in this particular spot – overlooking so much of the outdoors.

Sarah, whose pride in her father was evident, had contacted me regarding her Dad's involvement with an unusual movie project for

the United States Department of State back in the early 1950's. She placed before me a copy of the proposed script that a movie scout from NYC had developed. This project was intended to familiarize people in the Far East with the life of a typical, hardworking American man and his family living the 'American Dream.' A movie scout had come to the Ithaca area to find someone who fit that description and he had encountered Harold Mix as he left a local diner. He approached Mr. Mix and, after convincing him that this was all legitimate, had spent several weeks traveling around the countryside with Harold observing his day-to-day existence. He developed the

script based on that experience. Ultimately, the film was never made but the script gives the reader a window into the life of this quintessentially American experience at that time period following the great World War II.

Harold Mix built his trucking business using the same skills he developed while working on his family farm – hard work and ingenuity. He did trucking for Agway for a period of time and then eventually went out on his own and purchased 5 trucks. He married his high school sweetheart, Esther Van Pelt and they had five children. Esther and Harold were married for sixty years until her death about three years ago. "She was a real worker!" exclaimed Harold.

The movie script captures the story of a man and his family who are industrious, honest and generous to neighbors and friends. Harold's acts of kindness towards others in need are sprinkled throughout the story. His gentleness and understated demeanor were noticeable to me that afternoon. Sarah's description of her Dad is telling. "I've never seen my Dad angry. If I wrecked his car,

continued on page 5

Lifelong's 57th Annual Meeting

All are cordially invited to attend Lifelong's 57th Annual Luncheon and Meeting on **Thursday, May 21, 2009 at Noon at the Ramada Inn.**

Local historian, Carol Kammen will be our keynote speaker.

Daisy Sweet will keep the program running smoothly as our Master of Ceremonies.

Each year Lifelong enhances the second half of life of more and more area residents. Come and discover how we've done that this past year.

Menu choices are Chicken Francaise with Lemon Butter Sauce or Eggplant Pramigiana. A donation of \$15.00 per person, payable in advance, includes lunch, gratuity, plus a chance to win great door prizes. **Please RSVP no later than Thursday, May 14** by calling 273-1511 or email frontdesk@tclifelong.org. Reservations and donations for the luncheon may also be mailed to Lifelong at 119 West Court St., Ithaca, NY 14850.

Senior Circle
Lifelong, Enhancing the Second Half
119 W. Court St. • Ithaca, N.Y. 14850
CHANGE SERVICE REQUESTED

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Living Today
for a Better Tomorrow
OLDER AMERICANS MONTHLY MAGAZINE

You are invited to attend
**Tompkins County Office for the Aging
Advisory Committee's
Annual Luncheon 2009**

Keynote Speaker

Dr. William Thomas
Founder of The Eden Alternative
"The Rise of a New Old Age"

Certificates of appreciation to be awarded to "Senior Citizen of the Year" and "Outstanding Contribution by a Senior Citizen"

Wednesday, May 13, 12:00pm
Clarion Hotel, 1 Sheraton Drive, Ithaca

Meal includes choice of Eggplant Parmigian or Chicken Marsala, Spinach Salad, Cheesecake, coffee/tea, for \$17.00 including tax and tip.

Reservations Required!

Please RSVP by Wednesday, May 6, 2009

Make checks payable to:

Office for the Aging, 320 North Tioga Street, Ithaca, NY 14850

Call the Office for the Aging at 274-5490 for more information or email dconte@tompkins-co.org

Name _____
Address _____
Phone _____
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Entree Choice _____

Please make checks payable to:

Office for the Aging, 320 North Tioga Street, Ithaca, NY 14850 by Wednesday, May 6, 2009

NY Prescription Saver Program

Tompkins County
Office for the Aging



Effective April 1, 2009, the New York Prescription Saver Program will provide enrolled individuals a pharmacy discount card sponsored by New York State. The program offers discounts on prescription drugs to New York residents who have limited incomes, and are disabled or between the ages of 50 and 64.

New York residents are eligible if they are not already receiving Medicaid and are:

- Either age 50 up to 65, or persons with a disability who have been determined disabled by the Social Security Administration;
- AND
- Have annual household income less than \$35,000 (single) or \$50,000 (married).

Savings will vary depending on the quality, type and brand of the drug purchased. In general, individuals eligible for the program can expect savings of about 30-40% off

generic drugs, and at least 25% off the full retail price of brands.

Individuals, pharmacies and organizations can learn more about the Prescription Saver Program on the web and individuals can also submit their enrollment application on the website or download an application to submit through the mail.

The New York Prescription Saver Program information and enrollment information is available at: <http://nyprescriptionsaver.fhsc.com>

Call 1-800-788-6917 for assistance if needed.

You will receive a discount card within two weeks after your application is approved. You may use the card at any of the participating pharmacies.

Social Security

In May 2009, Social Security will distribute a one-time payment of \$250 to Social Security and Supplemental Security Income beneficiaries, and Railroad Retirement and Veterans beneficiaries nationwide. The payments are provided under the American Recovery and Reinvestment Act of 2009. If you were eligible for one of these benefits at any time during the months of November 2008, December 2008 or January 2009, you may be eligible for the one-time payment.

To receive the payment, your address of record must be in one of the 50 states, the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, or the Northern Mariana Islands.

You should receive your one-time payment by the end of May 2009. **You don't need to do anything** to receive this payment. Please do not contact Social Security unless you do not receive the payment by June 4, 2009. After June 4, 2009, you can call the toll-free number 1-800-772-1213 or contact your local Social Security office at 256-3651.

Your one-time payment will be delivered the same way we currently deliver your Social Security or SSI benefit is currently delivered. Your one-time economic recovery payment will be sent **separately** from your Social Security or SSI benefit; it will not be included with your monthly benefit payment.

If you and your spouse both receive Social Security or SSI, you will each get the one-time payment.

Ombudsman: Use Your Life Skills to Help Others

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 residents' 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.

Grandparents Scam

Syracuse (WSYR-TV)

The Syracuse Police Department is warning retirees and senior citizens about a grandparent telephone scam that has been affecting Central New Yorkers and other

continued on next page

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

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 affecting 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

Help With Yard Work

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

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 \$38 includes personal supervision, recreational programs, morning and afternoon snacks as well as a hot, nutritious lunch. Limited scholarships are available for those who cannot afford the full program fees. Longview's Adult Day Program is open from 9am to 3pm on Tuesdays, Wednesdays and Thursdays. For more information call (607) 375-6320.

Need a Break?

Project CARE Might Help!

The **Office for the Aging's** Project CARE program is designed to provide caregivers with a much-needed break. Project CARE matches 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.

Options for In-Home 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.

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GRANDPARENTS SCAM

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communities across the United States.

Several reports and complaints filed with the Syracuse Police Department indicate that seniors have been receiving telephone calls from a purported grandchild in need of emergency cash.

Police say the suspect usually begins with the caller telling the victim "Hey, it's your favorite grandson." The caller's goal is to learn the name of a recipient's actual grandchild. Sometimes the caller has learned the name of the grandchildren in advance and claims to be a grandchild during the call.

The grandparent receives a distressed phone call from someone pretending to be his or her grandchild. The supposed grandchild caller explains that he or she is traveling in Canada, been involved in an accident, was arrested, is stranded or in similar trouble and needs money immediately. The 'grandchild' also insists that the victim not tell anyone else — which increases the odds that the fraud will be successful. The con artist pleads with the grandparent to wire money to post bail or pay for damages, usually amounting to a few thousand dollars. By the time the elderly call recipient realizes what happened, the money is long gone.

One Syracuse resident and grandparent who contacted the Syracuse Police Department had wired over \$65,000 to someone she believed was her grandson, supposedly to bail him out of jail. Upon contacting the grandson later, the woman learned she had been scammed and reported the incident.

The money was wired to an unknown location in Ontario, Canada via Western Union and Money Gram.

The scam's not a new one, but it has developed in sophistication over the years.

Scammers used to randomly call the elderly and cunningly "phish" for useful information by asking the call taker to guess which grandkid they are and what kind of trouble they're in. If the con artist was lucky, talented or both, he could be convincing enough to have the grandparents wire money by the thousands in a hurry.

These days, scammers don't have to "phish" for authenticating facts through phone conversations. Information needed to validate their false identity can be easily found on Internet family blogs, genealogy sites and social engineering sites.

Syracuse Police are not certain how perpetrators are obtaining phone numbers for so many senior citizens in Central New York, and across the United States. In this particular scam, the con artist's ba-

sic tactic is to pose as a grandchild and let the unsuspecting grandparent fill in the blanks.

The Syracuse Police Department offers these tips to protect yourself from this scam and others that may use a distressed loved one tactic:

It is strongly advised that seniors or any other persons receiving such requests are asked to confirm the status of their loved one by calling them directly or verifying the story with other family members before taking any further action.

Persons who receive these calls should always exercise some skep-

ticism when they receive telephone calls urgently requesting money. If a relative calls and asks for money, they should verify the identity of the caller with personal questions a stranger would not be able to answer. Any request to wire money through Western Union or MoneyGram should be seen as a red flag and an immediate tip-off that the call may be part of a scam, as these two money wire services have been prevalently used by the scammers as the means by which to obtain the money. Funds sent via wire transfer are hard to track once received by con artists and are usually not recoverable by law enforcement or

banking officials.

Reports can also be filed online through [the PhoneBusters site](#), or by phone at 1-888-495-8501.

The Better Business Bureau first reported of this distressing telephone scam in October of 2008, around the time that the Syracuse Police Department received its first complaints.

Scams!

Below is a scam that was just announced by the SMP (Senior Monitoring Patrol) Resource Center. People should beware this \$150

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Making Tough Caregiving Decisions

Caregivers' Corner



David Stoyell

Having to make tough caregiving decisions can be every bit as stressful as providing actual assistance with activities of daily living, help with medical appointments, bill paying, and other help needed by an elderly relative.

When some change must be considered (such as limiting driving, hiring help, or residential care placement), emotions like anxiety, fear, and perhaps guilt can weigh heavily on a caregiving relative.

One of the classes in the *Powerful Tools for Caregiving* series offered here in Tompkins County deals with making tough caregiving decisions. The text for the class (*The Caregiver Helpbook*, Schmall et. al, *Legacy Health Systems*, 2000) makes some of the following points:

Before making a decision

Before making a decision, it is important for family members to understand their own motives and attitudes about the situation—are their feelings distorting or exaggerating the problem? They need to understand their relative's needs and feelings and show them that they are sensitive to their perspective. And it is often helpful to learn from the experiences of others.

Of course, before making decisions there must be some assessment of how well your family member performs specific tasks such as driving and managing finances. Sometimes some professional evaluation by a nurse, a care manager, or social worker who specializes in such assessments can be helpful. For Tompkins County residents a good starting point is to contact Tompkins Care Connection (formerly Long Term Care Services), at the Department of Social Services, 274-5222, to arrange for an assessment and/or referral to other assessment and care options.

Sometimes family caregivers fail to involve their relative in the decision-making process and then are surprised that the decision they have made is met with resistance. Remember, the goal is to help your relative(s) meet their needs so they can live the life of *their* choosing, not yours. However, including your family member(s) in the decision-making process won't always mean that decisions are left totally up to them. Decisions should not burden others unnecessarily. You can set limits on what you and other family members can do.

Also, some are not able to make appropriate decisions because of reduced mental capacity. Even then, caregivers and other surrogate decision-makers (for example, someone holding power of attorney), have an obligation to try to make decisions consistent with the values and preferences their loved one expressed when, in times past, they had the mental capacity to do so.

The right to risk

A challenge for some family caregivers is recognizing their relative's right to take risks. A desire to avoid feeling guilty should an accident occur can cause some family caregivers to violate that right.

As stated earlier in this column, family caregivers need to get in touch with what is motivating them. It is a mistake for caregivers to let their feelings get in their way of an objective assessment of the degree of risk.

It would be better to communicate those feelings and fears to your relative or, if they are not mentally capable, to a professional. If you are sharing your fears and feelings (rather than what you've decided that they should do), the person may reconsider your suggestions about safety. Then, if they decide against your

advice and your fear of an injury comes true, remember the decision was your relative's, not yours. Bottom line: you cannot force change unless someone is putting others at risk, or they are at imminent risk of serious harm themselves.

Questions to ask:

In the chapter on "Making Tough Caregiving Decisions," the authors of **The Caregiver Helpbook** list these important questions to answer when faced with a decision:

Yes/No

_____ Do I know my relative's current and long-term needs?

_____ Do I understand his capabilities as well as his limitations?

_____ Have I gathered information on all available options to meet my relative's needs?

_____ Am I aware of how my relative feels and thinks about her situation and needs?

_____ Do I know and understand her preferences?

_____ Do I respect her preferences even if they conflict with mine?

_____ Am I willing to allow her to take some risks which may have negative consequences for her alone?

_____ Do I know how other family members will be affected by my relative's risk-taking?

_____ Am I fully informed about my relative's financial situation?

_____ Will he be involved (as much as possible) in making decisions?

_____ Do I know how other family members (e.g., brothers and sisters) feel about the situation?

_____ Do I know how others are willing to help?

The more "yes" answers you have, the better prepared you are to make a decision.

SCAMS

from page 3

Credit asks for account numbers in which to deposit the money.

Customer Satisfaction Survey

You have been chosen by Walmart to take part in our Customer Satisfaction Survey. If you decide to complete this survey, Walmart will send \$15.00 to your confirmed Credit or Debit Card Account, just for your time. Helping us better understand how our customers feel, benefits everyone.

With the information collected we can decide to direct a number of changes to improve and expand our services.

The Survey form is attached to this email. Please download the attachment, open it, and follow the instructions on your screen.

Walmart, as the party who controls the data collected in this survey, may use your responses together with data it has about you to ensure its products and services meet your needs. Walmart will treat data collected from you in accordance with the Walmart privacy policy.

The data submitted by survey will be transmitted over an SSL encrypted connection (128 bit Secure Socket Layer).

Medicare Phone Scam

If you receive a telephone call from someone stating that they need your Medicare number and information because new Medicare cards are being issued.....**Hang Up!**

Medicare does not and will not be calling in this manner to ask for this information.

This situation occurred recently in Chemung County:

With this particular situation the beneficiary's daughter was able to take the call and was smart enough to realize that this was NOT Medicare calling. When she refused to give the caller

the information being requested, the caller became very hostile. The caller identified herself as Sara Martin and would not give a call back phone number when the daughter requested one. Instead she indicated that her supervisor would be giving a call back in a week or so. Unfortunately not all beneficiaries have a caregiver or family member present when that phone call comes in. Remember: Medicare won't be calling asking for this information. If you receive a call like the one explained here, **Just Hang Up!**

For this and other—even suspected- Medicare Fraud and Abuse situations, contact the SMP Hotline at 1-877-678-4697 to report it or locally, call Lifelong, 273-1511 or the Tompkins County Office for the Aging, 274-5482 and ask to speak with a HI-ICAP counselor.

Power Failures and Life-Sustaining Equipment

Some of your loved ones may rely on electricity-powered life sustaining equipment (ventilator, oxygen concentrator, dialysis equipment, suction machine, feeding pump...). NYSEG will code an account so that it can give priority attention during power failures to those who are relying on life-sustaining equipment. Contact Sherry Scott, Consumer Advocate at NYSEG, for information and to be sent a form to be filled out by the physician (607-347-2172).

5 Star Rating System Launched

The Centers for Medicare and Medicaid Services (CMS) has released a new 5 star rating system for Nursing Homes. Facilities are

assigned star ratings from a low of one star to a high of five stars based on health inspection survey, staffing information and quality of care measures. The ratings are publicly available on the agency's Nursing Home Compare Web site at www.medicare.gov.

The goal in developing this quality rating system is to provide families a straightforward assessment of nursing home quality, with meaningful distinctions between high and low performing homes. The new information will also help consumers and families identify important questions to ask nursing homes, and challenge nursing homes to improve their quality of care.

The rating system may be a good tool when researching nursing homes. However, it will not replace visiting a facility and talking to residents and families about their experiences at the facility. One also needs to remember that this new tool

is a snapshot of a facility and individual situations can change rapidly.

Bedside Manner: Advocating for a Relative in the Hospital

Melinda Beck, The Newsletter of Rockland County, Office for the Aging, Jan/Feb 2009

Don't go to the hospital alone, if you can possibly avoid it. A friend of mine slipped on the sidewalk recently and broke her hip. She had surgery in one of the best hospitals in the country. But it was my friend's daughter who noticed that she was having an adverse reaction to a pain medication. And that her IV drip had pulled out of a vein and

continued on next page

NY-Alert: New York State's All-Hazard Alert and Notification System



NY-Alert is New York State's All-Hazards Alert and Notification System. Now you can receive emergency information such as major road closures and weather events at home, work or on the go. And you can receive that information the way you choose: via email; telephone call at home, at work or through your cellular device; Simple Message Service (SMS) text message; fax; pager; and on the web through

your RSS (Really Simple Syndicate) Reader or by visiting the NY-ALERT website at www.nyalert.gov. If you do **not** have access to the worldwide web, you may still sign up for NY-ALERT by calling **1-888-697-6972**

You will also be able to select the locations from which you want to receive the information: your town or village, county, regions of the State or the entire state itself. However, if you select a large geographic area, you will receive all the information regarding those areas.

The information provided by State agencies and local governments can be of pending events, such as National Weather Service alerts of snowstorms, tornados or severe weather; consequential actions such as road closures caused by those events; and protective actions that are recommended by the State, local governments, colleges, universities, and the private sector where appropriate.



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was pumping her arm full of fluid. And that hot compresses to reduce the swelling in her arm had left blisters on her skin. And that the blood-sugar test she was about to be given was meant for her roommate instead.

Having someone with you in a hospital who is alert and asking questions can help stave off all kinds of problems, from the mistaken identity to medication mix-ups to MRSA infections.

A personal advocate can be a valuable resource. It doesn't have to be a relative – and it can be more than one person – as long as they know you and are willing to speak up.

A growing number of hospitals are doing just that – including unlimited visiting hours, letting family members accompany patients to procedures and even staying during emergencies. “We’re drawing on the strength of the family. They’re not out in the waiting room, wondering what’s going on,” says Pat Sodomka, Senior Vice President for Patient and Family-Centered Care at MCG Health, Inc.

Some hospitals now have nurses give change-of-shift reports at the bedside and encourage families to share observations.

Initially, some staffers worried that family involvement would take up valuable time, but in the long run, it saves time because doctors have more information, says Mary Chatman, Chief Nursing Officer of Pitt County Memorial Hospital in Greenville, NC.

Still, it can be difficult for family members to know when to raise an alarm and how.

Suggestions:

- Ask nurses to read drug orders aloud and make sure they match the patient's ID bracelet. If it's a new medication, ask what it's for and what to expect.
- Keep a journal for observations – especially if you're sharing the

watch with others.

- Don't let a patient get in or out of bed by him/herself.
- Be alert for pressure wounds, also known as bedsores, particularly in long hospital stays. Make sure patient is moved often, and lifted, not slid, which can damage fragile tissue. Be respectful and appreciative and remember that other patients may have more urgent needs. But don't hesitate to speak up if you have concerns. Says Ms. Sodomka: “You have knowledge that the caregivers just don't have.”

Senior Community Service Employment Program-SCSEP

It Could Be Your Job Connection

Employers who value the talents older workers bring to the workplace are looking for someone like you. If you are 55 years or older with a low income (less than \$13,538 a year if single or \$18,213 a year if married), this program can help you refresh your job skills and re-enter the workforce.

Funds for the SCSEP program can be used for Home Health Aid Certification (HHA) training. There is a great demand locally for people with this training. HHA jobs afford a great deal of flexibility. People who like to work with people often find HHA work very satisfying.

If you would like to learn more about the SCSEP program and how you may be able to get back into the job market using this program, please call the **Office for the Aging** at 274-5486.

SENIOR FOCUS: HAROLD MIX

continued from page 1

his response would be; “Oh, I guess we'll have to get it fixed.”

After reading the script you understand that Harold Mix is a man of integrity. Early on in his business, he borrowed money from the bank for a truck and paid it back as soon as possible. Harold Mix is also a man of keen intelligence who looks at a problem and figures out a solution. He realized at a certain point that the loading of his trucks was becoming increasingly time consuming and difficult. He invented a mechanical loader bed with a conveyor belt to speed the process and make it easier on his

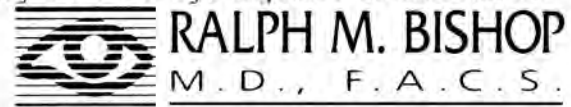
back. Eventually this loader bed caught the attention of his local banker who agreed to obtain a patent for Harold and then promote the device in a small way.

He and Esther have had much to be proud of in their life together. Raising and educating five children is no small task. Being a good friend and neighbor was also an important part of his life and creating a business that contributed to the fabric of the community was important as well. I asked Mr. Mix what he liked about the life that he and Esther built together and his reply seemed to me to be in keeping with his low-key manner. “I guess I liked that I could move from one thing to another. It kept me interested.”

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2009 Travel Opportunities

For details, see Lifelong's web site www.tclifelong.org or call 273-1511

Bakers Acres

North 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.

...

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 opera that Lifelong's group will be attending is *a 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.

...

Northern National Parks -

Trip through Collette Tours Featuring Yellowstone, Grand Tetons and Craters of the Moon National Parks, Salt Lake City, Idaho Falls, Jackson Hole, and Old Faithful

Dates: October 2-9, 2009

...

New Year's Day Rose Parade

A trip through Premier World Discovery

Dates: December 30, 2009- January 4, 2010

Cost: Single Occupancy: \$2599
Double Occupancy: \$2049;
Triple Occupancy: \$2019

Final Payment Due:

October 16, 2009

Cost includes: Roundtrip Airfare, Tour Director, 9 Meals, 5 Breakfasts, 1 Champagne Brunch, 3 Dinners, Motorcoach Transportation, Admissions & Sightseeing per itinerary, 5 Nights First Class Hotel.

...

Northside/Southside

Sponsored Trips

Women's Hall of Fame & Women's Rights National Historical Park - Seneca Falls, NY

Date: Monday, May 18th from 9:00am-6:00pm

Cost (REDUCED PRICE!!!): Lifelong

Non members: \$15.00

Lifelong Members: \$10.00

Deadline to register and pay:

Monday, April 27th by 3PM

Cost includes gas and entrance fee.

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. **The Group will be picnicking so please bring a bagged lunch!**

...

Sterling Renaissance Fair Gypsy Spree - Sterling, NY

Date: Saturday, August 8th from 10:00am-6:00pm

Cost: Lifelong Non members: \$13.00
+ \$24.00 entrance cost***
Lifelong Members: \$8.00
+ \$24.00 entrance cost***

***Entrance cost will be paid when you arrive at the fair Lifelong will not collect this money.

Deadline to register and pay: Friday, April 24th by 3PM

Join NSSS and Lifelong on a

mystical trip to the Sterling Renaissance Fair, Gypsy Spree Weekend. The Gypsies have arrived to share their lust for life! Sidesplitting Gypsy antics, exotic Gypsy dancing, and Gypsy fiddling in the lanes will lure you into their way of life. Dressing up is encouraged. Lunch will not be recommended that you bring extra money for lunch or feel free to bring your own brown bag lunch.

News About Your Economic Recovery Payment

By Elizabeth Wertime
Social Security Public Affairs
Specialist in Upstate, New York

If you're receiving Social Security or Supplemental Security Income (SSI) benefits, don't let anyone fool you regarding your special one-time recovery payment of \$250 from the American Recovery and Reinvestment Act of 2009.

To make sure no one does, we'll state this as clearly as possible:

1. All Social Security and SSI beneficiaries who are eligible for the special one-time recovery payment will have their payment issued in May;

2. The payment is automatic; no action is required on your part; and

3. There are no requests to make, no applications to complete and no fees to pay.

If you receive a visit, call or email from anyone claiming to want to help you obtain your payment, be skeptical. Do not pay anyone to help you receive your payment. And do not reveal any of your personal information to them, such as your full name, date of birth, or Social Security number. If someone requests this information for this purpose, it's more likely they're "out to get you" than out to get your payment for you.

In addition to people who receive Social Security and SSI benefits, people who receive benefits from Veterans Affairs and the Rail-

road Retirement Board will receive one-time payments of \$250. Note, however, that only one payment of \$250 will be made per person, regardless of any combination of benefits that may be received.

How will your recovery payment be made? The same way that your regular monthly payments are made. People with direct deposit will receive their payments electronically. Those who receive paper checks will receive their payments in the mail. People who receive regular payments through the new Direct Express debit card will receive their one-time payments through the card. We will send your one-time payment separately from your Social Security or SSI benefit.

To assist in processing the payments as efficiently as possible, please do not contact Social Security - unless you have not received your payment by June 4. More information is available at www.socialsecurity.gov/payment and will be updated as needed.

Rest assured that your special one-time recovery payment will be sent to you automatically. And if it's not received by June 4, there's only one place you need to contact: Social Security, at your local office, or 1-800-772-1213 (TTY 1-800-325-0778).

To learn more about the American Recovery and Reinvestment Act of 2009, visit www.recovery.gov.

To learn more about Social Security, visit www.socialsecurity.gov.

Medicare Coverage

Will Medicare pay for outpatient physical, occupational or speech therapy.

Yes. Medicare will help pay for outpatient physical and occupational therapy, and speech pathology services if:

- They are medically necessary;
- Your doctor or therapist sets up the plan of treatment; and
- Your doctor periodically reviews

continued on next page

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www.paulyman.com

Home Improvement Tip
When installing new vinyl siding on your home, look for an insulated siding that will increase the home's energy efficiency. Also if your home is poorly insulated to begin with, upgrade the insulation prior to the siding installation.



Edith M. Spaulding,
Associate Broker
Seniors Real Estate Specialist
edie@edie.com

Many seniors have not invested or sold real estate in years and their issues, requirements and needs are special in order to protect and enhance their equity. I'd be happy to provide you with the information you need to guide you through the process of making the best decisions for your particular set of circumstances.

2333 N. Triphammer Road
Ithaca, NY 14850
220-5350 Office
227-3343 Cell



MEDICARE

from page 6

the plan to see how long you will get therapy.

Generally, Medicare will only cover therapy if your condition can improve or if your condition will deteriorate without therapy.

You can get these services as an outpatient of a participating hospital or skilled nursing facility (you must qualify for the skilled nursing facility benefit), or from a participating home health agency (you must qualify for the home health benefit), rehabilitation agency, Comprehensive Outpatient Rehabilitation Facility (CORF) or public health agency. Also, you can get services from a privately practicing, Medicare-approved physical or occupational therapist in his or her office or in your home. (Medicare may not pay for services given by privately practicing speech pathologists.)

In 2009, Medicare will cover up to:

- \$1,840 worth of physical therapy (PT) and speech-language pathology (SLP) combined; and another
- \$1,840 worth of occupational therapy (OT).

After the annual Medicare Part B deductible is paid (\$135 in 2009), Medicare will pay up to 80% of the Medicare-approved amount for each service (up to \$1,472) and you will be responsible for the remainder. After the limit has been reached, you will have to pay the full cost of the services (100%).

Exceptions to the limits are allowed if more therapy is medically necessary. If you think you need more therapy when you are close to meeting the therapy cap, ask your provider whether or not she believes you need more therapy. If she thinks you do, your provider should give you the service and bill Medicare for it, using a special code. (You can find out how close you are to your cap by looking at your Medicare Summary Notice (MSN) or by asking your provider before each appointment.) If Medicare denies the claim, you can appeal through the regular Original Medicare appeals process.

Note: This ability to ask for an exception to the payment limits is set to expire on December 31, 2009.

The therapy limits apply to outpatient therapy received at:

- therapists' or physicians' offices;
- outpatient rehabilitation facilities;
- skilled nursing facilities (SNFs) for outpatients or residents who do not have Medicare-covered stays; and
- home, through therapists connected with home health agencies, when not part of a

Medicare-covered home health benefit.

The limits do not apply if you get outpatient therapy at a hospital's outpatient department.

This information was provided by the Medicare Rights Center (MRC), the largest independent source of health care information and assistance in the United States for people with Medicare. See www.medicareinteractive.org.

Locally, contact the **Tompkins County Office for the Aging** (607) 274-5482 or **Lifelong** (607) 273-1511 and ask to speak with a HIICAP Counselor if you have more questions about how Medicare covers outpatient physical, occupation or speech therapy or other medical services.

The Panigma Steel Band



The Panigma Steel Band has been playing Caribbean music in Upstate New York since 2000. **Remember? We have enjoyed their performances in Lifelong's parking lot each Summer for the past two years!** Their high energy performances feature traditional and popular songs as well as an interactive presentation about the history of the steel drum. They will be returning to Lifelong's parking lot for yet another free outdoor concert this summer. Watch for the posters!

Medicare Fraud

What is Medicare Fraud and What Can You Do to Help Prevent It?

Medicare fraud is when doctors or other providers deceive Medicare into paying when it should not or paying more than it should. This is against the law and should be reported.

Some types of fraud include:

- billing Medicare for services you never received;
- billing Medicare for services that are different than the ones you received (usually more expensive);
- continuing to bill Medicare for rented medical equipment after you have returned it;
- offering or performing services

Harold and Mel are Reunited with Hardy and Zuni



Hardy, an 11-year old beagle, and Zuni, a 7-year old calico cat, were recently reunited with their owner, Senior Citizen and Ithaca resident, Harold Antrum, Jr.

The story that led up to this happy ending is remarkable and involved a group effort of those 2000 miles apart.

Harold and daughter Mel traveled to Florida with pets Hardy and Zuni last January. Harold's unexpected month long-illness there necessitated Hardy and Zuni being boarded at Pets and Vets in Miami Beach. When Harold was able to make the return trip home, Pets and Vets demanded \$800 before Hardy and Zuni would be released, money that the Antrums did not have at the time. Harold and Mel returned to Ithaca without their pets. Upon arriving back in Ithaca, the Antrums sent \$800 to Pets and Vets; the pets were not re-

leased and Pets and Vets demanded more money while also stating that they would not be able to keep the pets much longer.

The Antrums then contacted U.S. Congressman Maurice Hinchey for help, who contacted Lifelong on March 18th, who contacted Abigail Smith of the Tompkins County SPCA. Abigail, by working doggedly with Pets and Vets and contacting the Humane Society of Greater Miami, was able to negotiate the release of the pets and have them flown to Syracuse. Abigail then arranged to have Hardy and Zuni driven from the Syracuse airport back to Ithaca on March 30th. The pets were thoroughly examined by the SPCA. Harold and Mel were reunited with Hardy and Zuni on April 1st at the Tompkins County SPCA to produce the happy, tail-wagging, ending!

that you do not need in order to charge Medicare for more services;

- telling you that Medicare will pay for something when it won't;
- using another person's Medicare number or card.

There are several things you can do to help prevent Medicare fraud.

- **Protect your Medicare number the same way you would protect a credit card number.** Only give your Medicare number or your Social Security number to your doctors and health care providers. Be careful about giving it to people who offer you a service for free and asks for your Medicare number.
- **Protect your medical information.** If people who are not medical professionals want to see your medical records or recommend services, don't let them.
- **Learn more about what Medicare covers.** If a provider tells you how to get Medicare to cover a service that normally is

not covered, be suspicious.

- **Don't accept services you don't need.** Some dishonest providers may try to pressure or scare you into getting unnecessary tests or other services. Don't let them.
- **If it sounds too good to be true...** If a provider promises Medicare will pay for mud treatments, Swedish massages or dance classes (these have all been actual fraud cases), be skeptical. The more you know about what Medicare covers, the less likely you will be to fall into a Medicare fraud trap.

This information is courtesy of the Medicare Rights Center (MRC), the largest independent source of health care information and assistance in the United States for Medicare beneficiaries. You can learn more about MRC at www.medicarerights.org. Locally, you can contact a HIICAP Counselor for Medicare information – **County Office for the Aging** 274-5482 or **Lifelong** 273-1511.

Time for Your Annual Legal Check-up

Are you aware of the legal documents that every New Yorker should know about—the health care proxy, living will, powers of attorney, wills, and more? These documents are useful tools in advance planning. They help each of us, regardless of age, communicate to our loved ones how we wish to be cared for in case of serious illness, and how we wish our affairs to be handled.

Come hear a free presentation by local attorney, **Marcie Finlay, on Thursday, May 7 at 2:30 PM at McGraw House, 221 So. Geneva St, Ithaca.** This annual program is sponsored by the NYS Bar Association's Elder Law Section. Additional information will be provided by **Sharing Your Wishes**, a project of the Human Services Coalition of Tompkins Co. Persons of all ages are welcome. (On street parking only.) For more information, call 272-7054.

Thank You Volunteers

National Volunteer Appreciation Week is held on April 19th through April 26th. As a show of thanks to our wonderful volunteers, RSVP and Lifelong held a reception called "Come and Get Your Just Desserts!" Wonderful treats were donated by Cakes by Amy in Trumansburg, Just Desserts/Queen of Tarts Coffee Shop, Dottie's Ice Cream, Ithaca Bakery, Carriage House Café, Purity Ice Cream, and P&C Bakery. Gift Certificates donated from Wegmans, Tops, Beachtree (for Ithaca Bakery) and Life's So Sweet Chocolates were given as door prizes. We were so happy to be able to honor our hard working volunteers with this lovely event and boy, did they deserve it! In 2008 over 400 RSVP volunteers ages 55 and older gave 61,841 hours of service, saving Ithaca and surrounding towns about one and a half million dollars! Our dedicated volunteers serve in numerous non-profit agencies across the county and engage in such important work as serving the hungry at Loaves and Fishes, Driving the elderly and disabled in Gadabout vans, bringing pets for friendly visits in nursing homes, and counseling seniors in the ever chang-

ing policies of Medicare through the HIICAP program. Another important and valuable program is the Tax Counseling for the Elderly. Our dedicated and knowledgeable TCE counselors served over 800 Tompkins County residents with free tax assistance this year. Way to go TCE volunteers!

Lifelong's Spring 2009 Walk Program

For all walks, meet at Lifelong at 1:00 PM to carpool to walking site, or meet at the site itself by 1:30 PM to join the other walkers. For FREE transportation through Gadabout from Lifelong to the walking site, including return trip to Lifelong, please call Lifelong a minimum of 5 days prior to the walk to reserve a seat at 273-1511.

Ellis Hollow Nature Preserve **Friday, May 1st**

From Ithaca, head NE on Route 366. Turn right onto Mt. Pleasant Road, then right again onto Turkey Hill Road. Turn left onto Ellis Hol-

low Creek Road. The parking area will be on the left, after Genung/Hickory Roads.

Stevenson Forest Preserve **Wednesday, May 6th**

From Ithaca, take Route 13 South to Route 327 North. Trumbull Corners Road is on the left, off of Route 327, and the Stevenson Preserve parking area is located approximately 1/2 mile down the road on the right hand side.

Taughannock Falls State Park & PICNIC **Friday, May 15th**

The park is located about 8 miles North from Ithaca or 4 miles South from Trumansburg along Route 89. From the New York State Thruway, take Exit 41 to 318 East for 4 miles. Head South on Route 89 for 35 miles.

The park is also accessible from Route 96 in the center of Jacksonville. From Jacksonville Road (across from the Exxon Gas Station) head South about 3 miles and take a right onto Park Road just after Gorge Road.

Sapsucker Woods **Wednesday, May 20th**

159 Sapsucker Woods Rd, Ithaca, NY 14850

Cornell Plantations

Friday, June 5th

1 Plantations Rd, Ithaca, NY 14850

Myers Park **Wednesday, June 10th**
29 Auburn Rd, Lansing, NY 14882

Stewart Park **Friday, June 19th**
Stewart Park Exit off Rte 13 in Ithaca, NY

Gone Fishin' to Taughannock Falls State Park - **No license required June 27th**

The park is located about 8 miles North from Ithaca or 4 miles South from Trumansburg along Route 89. From the New York State Thruway, take Exit 41 to 318 East for 4 miles. Head South on Route 89 for 35 miles.

The park is also accessible from Route 96 in the center of Jacksonville. From Jacksonville Road (across from the Exxon Gas Station) head South about 3 miles and take a right onto Park Road just after Gorge Road.

Upper Buttermilk Falls -


continued on page 9

The right choice

WITH SO MANY GREAT SENIOR APARTMENT LOCATIONS TO CHOOSE FROM, WE'RE SURE TO HAVE ONE THAT IS JUST RIGHT FOR YOU!

<p>CONIFER VILLAGE AT ITHACA 200 Conifer Drive Ithaca, NY 14850 607-256-9326 conifervillageithaca@coniferllc.com <i>1 & 2 Bedroom Apts. in a peaceful location with incredible views, for seniors 55 or older.</i></p> <ul style="list-style-type: none"> • Elevator • Balcony/Patio • Computer/Fitness Centers • Laundry Hook-ups 	<p>ELLIS HOLLOW 1028 Ellis Hollow Road Ithaca, NY 14850 607-273-3020 ellishollow@coniferllc.com <i>1 Bedroom Apts. in a peaceful community on the east side of Ithaca for seniors 62 or older.*</i></p> <ul style="list-style-type: none"> • Elevator • Intercom Access Entry • Computer/Fitness Centers • Resident Services Coordinator 	<p>SCHOOLHOUSE GARDENS 177 Main Street Groton, NY 13073 607-898-4770 schoolhousegardens@coniferllc.com <i>1 & 2 Bedroom Apts. as individual as you are in a renovated historical school for seniors 62 or older.</i></p> <ul style="list-style-type: none"> • Elevator • Intercom Access Entry • Emergency Call Buttons in Bath and Bedrooms
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Please take a moment and check your address label and let us know if it's incorrect in any way.

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

Wednesday, June 24th

To reach the upper parking area, take 96B, past Ithaca College, to King Road. Here, turn right, and follow the signs to the upper entrance, which is right before the bridge over Buttermilk Creek on your left.

For more information please

contact Lifelong at 273-1511.

The Digital TV Transition

What you need to know about DTV.

WHAT IS THE DIGITAL TV (DTV) TRANSITION?

Currently, many over-the-air stations are broadcasting in both analog and digital TV formats. By June 12, 2009, all full-power TV stations will broadcast only in digital. The DTV transition will affect those who watch free over-the-air television (through a rooftop antenna or "rabbit ears"). If you watch over-

the-air programs on an analog TV, you must take action now.

WHY ARE BROADCAST STATIONS SWITCHING TO DIGITAL?

Federal law requires the switch, which will free up the airwaves for police, fire, and emergency rescue

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Lifelong Learning Course Catalog for Summer of 2009

Taking A Closer Look at Browsers: Specifically Internet Explorer 7.0 (1352)

Monday, 6/8 & Friday 6/12, 1PM - 3PM, MarieAnne Krieg (2 sessions)

What is a browser and what are its functions? I like to describe it as our ticket and guidepost through the Internet. Here we will discuss some of the functions of the browser that you may already be aware of such as the back button, and the print and favorite's buttons, but we will also demonstrate many additional and helpful functions which you may not know about but which will help make your experience online all the more rewarding.

Discussion Group: Operating Systems -FREE (1353)

Thursdays, 6/11-8/27, 6:30pm-8:30pm, Earl Kaiser (10 sessions) (no class on 7/2 or 8/6)

Think of your computer as an estate with different buildings full of toys and tools can be quite helpful in understanding what you may be able to do with your computer. MS (MS) is not the only operating system. Be prepared to share your experiences, good as well as frustrating. Learn by doing!

Yahoo Answers (1354)

Wednesday, 6/17, 1PM - 3PM, MarieAnne Krieg (1 Session)

The latest rage and one of the fastest growing, addictive sites on the Internet. It can be described as a new way to find and share information. You can ask questions on any topic, get answers from real people, and share your insights and experience. Come see for yourself what all the hullabaloo is about. You'll have the opportunity to register, create an avatar, and ask or answer a question.

The Fine Art of Computer Printing (1355)

Wednesdays, 6/24, 1PM - 3PM, MarieAnne Krieg (1 session)

There's a lot more to printing something from your computer than simply pressing the print button. Learn how to select precisely what you want printed, whether a single sentence, a paragraph, or a few scattered pages from a lengthy manuscript. Also how to cancel printing when you only wanted two pages out of the 100 pages the printer is feverishly turning out. We will learn a little about the printer software: how to change settings for the type

of printing you want, for instance the size of paper or quantity of ink used, how to troubleshoot problems or determine when you need new cartridges.

Any and all printer related questions are welcome.

Creating Murals (1356)

Wednesdays, 7/1-7/29, 10:30AM-12:30AM, Mary Beth Ihnken (5 Sessions)

Learn how to make a mural by local artist Mary Beth Ihnken. You will make two murals one called a floor cloth mural that you can use on your floor at home (yes it's safe to walk on) and another mural that as a group you will assist in creating and will be displayed as a therapeutic art piece for the residents of Clare Bridge of Ithaca. Clare Bridge of Ithaca is a memory care residence facility that cares for seniors suffering from Alzheimer's, dementia, and other memory affected illnesses.

Laughter Yoga (1357)

Tuesdays, 7/7-8/11, 6PM-6:45PM, Diana Leigh (6 Sessions)

No physical "yoga" involved! We will use laughter as a form of aerobic exercise, to improve our physical and mental well-being. Through a series of breathing and laughter exercises, we boost the immune system, lower stress, increase confidence and productivity, and improve our outlook and mood. Its fun, anyone can do it! Diana is a certified Laughter Yoga Leader and professional singer.

Tips on Searching the Internet (1358)

Monday, 7/6 & Wednesday, 7/8, 1PM-3PM, MarieAnne Krieg (2 Sessions)

Did you ever want to kick your computer when you couldn't find what you were looking for on the internet? Learn how to search out information in a more effective and successful way.

Also learn the differences between the address bar, search engine, and a portal--and when to use each.

Computers I (For Absolute Beginners) (1359)

Tuesdays, 7/14 - 8/4, 1PM - 3PM, Jane Jones (4 Sessions)

Absolute Beginning Computing using Word Pad. Learn and practice keyboarding and manipulating the Mouse, Windows, Menus, Buttons. Instruction includes clicking, drag-

ging, scrolling, arrows, insertion point, text and font size, selecting, deleting, moving, copying and correcting text. Participants will be able to successfully write letters and e-mails. (This class is for individuals who have no computer experience).

...

Northside - Southside teams up with Lifelong Learning to offer you...

Wednesday Movies - FREE (1360)

Wednesday, 6/10, 6/24, 7/8, 7/22, 8/5, 1PM - 3PM, Marie Hall & Jillian Pendleton (5 Sessions)

All movies have subtitles. Sign up once; attend as many as you'd like. Please bring a snack to share.

6/10 - Seven Pounds: (2008) PG-13

6/24 - Marley & Me: (2008) PG

7/8 - Last King of Scotland: (2006) R

7/22 - P.S. I Love You: (2007) PG-13

8/5 - Tyler Perry's Meet the Browns: (2008) PG-13

Cards Galore - FREE (1361)

Fridays, 6/12, 6/26, 7/10, 7/24, 8/7, 6PM - 8PM, Marie Hall (5 Sessions)

Come on out and play your favorite card games - from Euchre to Spades, from Bid Whist to Hearts, Bridge and everything in between. Popcorn, drink, and other refreshments available. Feel free to bring friend and a snack to share.

Lifelong Learning Registration Form

Name: _____ Date: ____/____/____

Address: _____

City: _____ State: _____ Zip Code: _____

Please check local municipal residence:

- Caroline Danby Dryden Enfield
 Groton City of Ithaca Town of Ithaca
 Lansing Newfield Ulysses Other:

Email: _____

Send Me Email Updates: Yes No

Home #: _____ Work #: _____

Cell: # _____

What classes or subjects would you like to see offered in the fall 2009 session?

Class Selection:

___ (1352) Taking a Closer Look at Browsers \$20

___ (1353) Discussion Group: Operating Systems - FREE

___ (1354) Yahoo Answers \$10

___ (1355) The Fine Art of Computer Printing \$10

___ (1356) Creating Murals \$40

___ (1357) Laughter Yoga \$40

___ (1358) Tips on Searching the Internet \$20

___ (1359) Computers I (For Absolute Beginners) \$40

___ (1360) Wednesday Movies - FREE

___ (1361) Cards Galore - FREE

TOTAL ENCLOSED: \$ _____ I would like to apply for a scholarship

Please remember to subtract a \$5 discount from the total if you are a Lifelong Member.

The semester fee for an unlimited number of classes is \$80 for Non-Members (\$75 for Members).

Method of Payment: Cash Check MasterCard VISA Discover Exp Date: ____/____/____

Card Number:

Signature: _____ Date: ____/____/____

*Return completed form to Lifelong, 119 W. Court Street, Ithaca, NY 14850
Please Note: Lifelong Stops Making Financial Transitions After 4pm.*

For Office Use Only

Received: _____ Initials: _____	NA \$20 \$30 Card: Y N Copy	Payment Method Cash, Ck#:	Notes:
Entered: _____ Initials: _____	Friends: _____ Initials: _____	VISA/MC/Discover Total: \$ _____	<input type="checkbox"/> Add to FM: ID:

DIGITAL TV TRANSITION

continued from page 9

communications, allow broadcasters to offer programming with better picture and sound quality and offer more programming choices, and allow for advanced wireless services for consumers.

WHAT SHOULD I DO TO BE READY?

You have three choices:

1. Connect your analog TV to digital-to-analog converter box

Your local broadcasters may make the transition before the June 12th deadline, and some already have. So be ready. Digital-to-analog converter boxes are in stores and have a one-time cost of \$40-\$70. To help you pay for the boxes, the U.S. Government is offering two \$40 coupons per household. (Please note that these coupons will expire 90 days after mailing). For more information on the coupons, visit www.DTV2009.gov, or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY). Plus, you should not need a new antenna if you get good

quality reception on analog channels 2-51 with your existing antenna. Or

2. Buy a digital television (a TV with a built-in digital tuner)

You *do not* need a High Definition TV (HDTV) to watch digital broadcast television. You only need a *digital* TV (or an analog TV connected to a digital-to-analog converter box). Plus, you should not need a new antenna if you get good quality reception on analog channels 2-51 with your existing antenna. Or

3. Subscribe to a paid TV service

If your TV set receives local broadcast stations through a paid provider such as cable or satellite TV, it is already prepared for the DTV transition. Cable companies *are not* required to transition or switch any of their channels to digital. However, if you have an analog TV that *does not* receive local broadcast stations through your paid provider, you will need a digital-to-analog converter box to watch digital broadcasts on that TV.

FOR MORE INFORMATION:

1-888-CALL-FCC (Voice)
1-888-TELL-FCC (TTY)

The 2009 Yard Sales at Lifelong

Thank you for contributing to and participating in Lifelong's very successful Yard Sales. The proceeds help fund the publishing of the *Senior Circle*.

The first of Lifelong's two fundraising yard sales this year, the Indoor Yard Sale, will take place on Saturday, May 2nd from 9 to 1 at Lifelong, 119 West Court Street, Ithaca. Over twenty five tables will be filled with dishes, books, puzzles, tools, plants, cloth items, wooden items, stuffed items, entertaining items—a huge variety of items. Please come to browse and buy at the Spring Indoor Yard Sale fundraiser for Lifelong.

Our Third Annual Indoor/Outdoor Yard Sale is scheduled for Saturday, August 22, 2009. If you remember our 2007 and 2008 yard sales, you will recall how jam-packed with treasures they were. We hope our 2009 sale will be the best fund raiser

yet! To make it a success, we will need you to donate items to the sale and, oh, buy other items on the day of the sale. Items such as alarm clocks, holiday items, picture frames, linens, toys, books—many books, stationary, jewelry, lamps, furniture, sports items, craft items, plates, flatware, cups, toaster ovens—something for everyone. Lifelong's Gift Shop will be open for the event, homemade baked items and lemonade will be on hand and a variety of plants will be on sale. Save the date: Saturday, August 22, 2009, Lifelong's Indoor/Outdoor Yard Sale at 119 West Court Street, Ithaca. In the next few months, information will be available to describe how and when you can participate in Lifelong's Summer Yard Sale fund raiser.

Seniors Get Around: Interactive Workshop on Diverse Ways of Getting Around

Join Way2Go transportation educator Chrisophia Somerfeldt for an interactive exploration of how to make the most of all available transportation options and resources. This workshop will be held at Lifelong on Wednesday, May 13, 2009 at 10:00 a.m.

In a two-way learning process,
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.



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SENIORS GET AROUND
continued from page 10

we'll share information, feedback, tips, and actions steps, including:

- Ways of getting help with rides
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- Getting around without a car
- Creative transportation strategies and making an action plan
- Your own transportation experiences, feedback and suggestions.

Way2Go: Getting Around Better & Smarter is a newly developing transportation education program of Cornell Cooperative Extension of Tompkins County, with assistance from organizations and individuals across the community.

Mobile Food Pantry Coming to an Area Near You!

The Mobile Food pantry is a converted beverage truck used to

deliver fresh produce, dairy products, and other food and grocery products directly to distribution sites where people need food.

When the truck arrives at a site, volunteers place the food on tables surrounding the truck. The clients are then able to "shop", choosing items that they need.

Why a Mobile Food Pantry?

We have a mobile food pantry because each day, many of our neighbors in the Southern Tier do not know where their next meal will come from. The areas served by the Food Bank of the Southern Tier spans six counties and 3,849 Square miles. Despite serving over 180 agencies, there remain areas with high levels of need.

If you have further questions about the Mobile Food Pantry and for a list of upcoming Mobile Food Pantry Distributions, please call Mary Parmenter at 607-796-6061.

What Is Modified Check It Service?

Lifelong's Modified Check It! program began in 2005 and continues to offer financial management and bill payer assistance for older adults and disabled persons in Tompkins County.

Trained volunteer Check It! counselors, in consultation with the clients themselves and any caregivers involved, meet with a client in the client's own home.

Modified Check It! volunteers provide one-on-one counseling assistance to—among many other things—make sure bills are paid in a timely manner, review and file records and reconcile bank accounts.

Lifelong is grateful to the Tompkins Trust Company for funding Check It! Please contact Sarah Jane Blake at Lifelong (607) 273-1511, to learn more about the Modified Check It! service.



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