May is Older Americans Month! AGE MY WAY

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

This year, the Area Agency on Aging is excited to celebrate OAM with our partners in the aging community. Follow your local news sources and the Area Agency on Aging website and Facebook throughout the month to find resources on aging in place, participate in the Area Agency on Aging community engagement survey, and be a part of activities offered to help you create your own unique plan to AGE YOUR WAY!

Are You Aging Your Way?

“Getting old is not for sissies” is a commonly heard phrase at the Area Agency on Aging. With each passing year, it seems I gain deeper understanding of these words. As I considered the 2022 theme for Older Americans Month, Age My Way, and the focus on independence and community engagement, it caused me to reflect on my personal life and ask myself...am I aging the way I want? Am I thinking about my future as an older adult making choices that support my overall health and well-being?

I invite you to join me throughout 2022 to make health and well-being a priority in your life. Ask yourself, “what does the best version of me look like, and what am I doing to achieve that?” It’s never too late to incorporate healthy habits. Even small changes can bring about great rewards when it comes to one’s health. Through information and learning, we can be empowered to take control of our lives accessing all resources available to us to support independence and autonomy. Watch for opportunities throughout May to learn ways to take a more active role in your life plan, so you age the way you want to!
\[\text{..continued from page 1}\]

“Aging is not ‘lost youth’ but a new stage of opportunity and strength.” Betty Friedan

**Determining Priorities: Make Your Voice Heard**

Caiya Surrency and Julia Chesnowitz are student interns from SUNY Cortland assisting the Area Agency on Aging with a community engagement project. This survey will help identify areas community members feel are important pieces that must be in place to help support maximum independence for all residents of Cortland County regardless of age.

Access the survey through:

- [https://www.surveymonkey.com/r/QG7Q65T](https://www.surveymonkey.com/r/QG7Q65T)
- Paper copies can be picked up at the Area Agency on Aging or printed from the AAA website [www.cortland-co.org/434/Area-Agency-on-Aging](http://www.cortland-co.org/434/Area-Agency-on-Aging).
- To request a copy by mail, call the agency at 607-753-5060.
- Interpretive services and accommodations for individuals with language barriers or who have hearing or visual impairments are available upon request.
- Email [ccaaa@cortland-co.org](mailto:ccaaa@cortland-co.org) or call 607-753-5060.

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**Older Americans Act Advisory Council of Cortland County Members - 2022**

The purpose and responsibilities of the Older Americans Act Advisory Council of Cortland County is to advise the Cortland County Area Agency on Aging (AAA) on all matters relating to the development and administration of the area plan and operations. The council determines the priorities and programs most needed to assure the older persons of Cortland County a life of dignity, in compliance with the regulations of the Older Americans Act. It assists the AAA in conducting public hearings and in the evaluation of contracted and directly-provided services to ensure that coordination of services occurs and that high quality, cost effective programs are provided.

The Advisory Council also assists the AAA in ensuring that programs are targeted to those with greatest need and that programs are accessible to all members of the senior community, regardless of disability, in keeping with all applicable state and federal regulations. The council advocates for the needs and rights of older persons at the federal, state and local levels.

**The AAA is pleased to introduce you to the Older Americans Act Advisory Council for 2022:**

Mary Ellen Bloodgood  Joanne Brown-Garriinger
Sheila Cohen  Mary Coye-Robillard
Jan Dempsey, Vice President  Maria Dillingham-Purcell
Shawna Grinnell  Eden Harrington-Hall
Bill Hopkins  Mary Kimberly
Dixie Latimer  Chris Newell, Legislator
Barb Nichols, President  Melissa Potter
Beverly Ryan  Sharon Zeches

**Staff:**

Liz Haskins, Director  Amber Giamei, Assistant Director
Melissa Alvord  Matt Kemak
Cyndy VanPatten-Young  Cheryl Kenyon
Discover the Health Benefits of Produce  
Contributor Esther Elis, MS, RDN, LDN

Research suggests eating enough fruits and vegetables is linked to a lower risk of many chronic diseases and may help protect against certain types of cancer. Despite these health benefits, most people don’t eat enough produce. Whether fresh, frozen, canned or dried, fruits and vegetables are major sources of nutrients we need. Since the nutrients in fruits and vegetables vary, it’s important to eat a variety on a regular basis. And be sure to opt for dark green, red and orange vegetables, and beans and peas throughout the week.

The Dietary Guidelines for Americans recommend filling half your plate with vegetables and fruit. Here are some tips on how you can add more produce to your meals:

- Keep frozen, canned and dried fruit and vegetables on hand, especially when fresh produce isn't in season. Buy canned fruit that's packed in 100% juice or its own juices for less added sugars and calories, and choose low-sodium or no salt added canned vegetables.
- Try new types of fruits and vegetables and prepare them in different ways. Texture is everything when it comes to sandwiches, so experiment with veggie toppings such as raw cucumber, avocado slices or pickled carrots. Add flavor to breakfast by topping oatmeal, frozen waffles or cereal with berries or banana slices. Create a naturally sweet dessert with fresh fruit or serve it as a topping on low-fat yogurt.
- In the U.S., a large portion of fruit intake comes from juice, which can often contain a significant amount of added sugar. Instead, try to focus on whole fruits, which contain fiber and other nutrients without the added sugar. When drinking juice, make sure it is 100% juice, without the added sugars.

Source: https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/discover-the-health-benefits-of-produce

Preventing the Spread of Bacteria  
Contributor: Esther Ellis, MS, RDN, LDN

Illness-causing bacteria can survive and spread across your kitchen, so it is important to clean properly to prevent them from spreading to your food. What's the right way to wash up?

Wash hands for at least 20 seconds with soap and running water. Wash hands before preparing or eating food.

Wash surfaces, cutting boards, dishes and cooking utensils with hot soapy water after each use to prevent bacteria from spreading throughout the kitchen.

Rinse produce under running tap water, no soap required. Avoid washing seafood, meat, poultry or eggs as this can actually cause more bacteria to spread.

Sanitize sponges daily and replace frequently. Don't forget to wash dishcloths and towels on a regular basis too.

Source: https://www.eatright.org/homefoodsafety/four-steps/wash/preventing-the-spread-of-bacteria
**Local Community Activities for Older Adults**

<table>
<thead>
<tr>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
</table>
| Homer     | 31N. Main Street, Homer  
Wedgesdays  
Chair Exercise 10:00  
Bingo 10:30  
Bag Lunch 12:00  
Pitch 12:30  
Contact: Sylvia Hammond 607-749-7811 |
| McGraw    | Community Center  
15 Clinton Street, McGraw  
Tuesdays  
12:00 - 3:00 p.m.  
Contact: Lori Aiken at the village office:  
607-836-6294 |
| Cortland  | St. Charles Hotel  
83 Central Ave.  
Shuffleboard:  
Mondays 8:30—11:00 a.m.  
12:30—3:00 p.m.  
Tuesdays 12:30—3:00 p.m.  
Thursdays 8:30—11:00 a.m.  
Contact: Gary Mead 607-753-9945  
**Pitch:**  
Wednesdays 1:00—3:00 p.m.  
Contact: Joan Stewart 607-753-9178 |
| Cortland Center | Temporary Site:  
United Presbyterian Church of Cortland  
25 Church Street  
Tuesdays and Thursdays  
9:00 a.m. to 12:00 p.m.  
Reservations are required.  
Grab and Go Lunches are available  
Reservations are required.  
Please call 607-753-5060 to reserve a spot for activities and/or a Grab and Go Lunch. |

**Age Well Center Update**

Chuck Miller, Superintendent of Buildings and Grounds, reports that he continues to wait for plan approval and the building permit. Once issued, the kitchen plans will be submitted to the health department for approval. It is our hope that we will move into the new site by June if not sooner.
Local Area Satellite Service Sites

**HARFORD**

Creamery Hills Apartments  
355 Creamery Road, Harford  
Open Thursdays  
11:30 a.m. to 2:30 p.m.  
Activities: Chair Yoga, Puzzles, Book Club  
Contact: Felicity Grunewald, 607-844-8229

**PREBLE**

Preble Senior Club  
Preble Fire Station  
1911 Preble Road  
Open Wednesdays, times vary.  
Activities: Luncheons, cards, guest presentations  
Contact: Dave Morse, 315-663-1654

**SCOTT**

Scott Senior Club Inc.  
6816 Route 41  
Open:  
Mondays for Pitch 9:30-11:30 a.m.  
Fridays for Breakfast 7-10 a.m.  
Contact Kay Harvey  
607-842-6871  
607-749-9391

**TRUXTON**

Truxton Living Well Center  
United Methodist Church  
Route 13  
Open Tuesdays, 12-6 p.m.  
Activities include:  
Bingo, chair yoga, art, movies, games, coffee hour, pie cook-offs and more!  
Contact: Jill Kraft, 607-244-1445

**VIRGIL**

Virgil Seniors  
United Methodist Church  
1194 Church Street, Virgil  
Tuesdays & Thursdays 9 a.m. to Noon  
Activities: Puzzles, crafts, computer lab, exercise, guest speakers  
Contact: Pastor Steph Brown, 607-857-3556

**WILLET/CINCINNATUS**

Cortland/Chenango Rural Services  
Currently at Seton Hall  
2704 Lower Cincinnatus Rd.  
Cincinnatus  
Activities Every Tuesday from 9-Noon  
Friday Breakfasts 8:30-10 a.m.  
Call ahead to confirm.  
Contact: Joanne Brown-Garringer  
607-863-3828
Pat’s Retirement Journal
By Pat Walter, a Retiree with ties to Cortland County

Ask anyone who is about to retire what they plan on doing once they no longer have to go to work every day, and it is likely that “travel” is on their list. The concept of travel covers a lot of ground. With more time to schedule longer periods of being away, your travel could take you internationally. The United States has unlimited opportunities, especially when you are comfortable driving yourself. While air and rail travel have some challenges, they are still great options to get where you want to go.

Some of the best experiences George and I have had traveling fall into the day tripping category. Draw a circle on a map with the circumference being a two-hour radius of home, and you have some amazing and fun places to visit. Some tourism spots will have so many attractions that you will want to plan an overnight once in a while. Cortland County is in the middle of the state. You can visit wine country, Revolutionary War battlefields, living history museums, the Baseball Hall of Fame, and numerous state and county parks.

Day tripping doesn’t need the extensive planning that longer trips demand. But if you make some decisions before you leave home, your trip will be more relaxing and fun. Where are you going? Do you want the scenic route or the fastest way? Are you going to pack a picnic lunch or find a local restaurant on your route? Do you want to go alone or invite friends to join you? George and I make plans, then are flexible enough to change them if we see something along the way that looks interesting.

Now let me tell you the hardest part of planning your day trips. It would be committing to the time to do it. We find the best tactic is to put aside a day of the week and commit to traveling like it was a doctor’s appointment. This doesn’t always work, but I know we have been more successful because of that. So, retirees, take a look at your bucket list and make the commitment to have some fun. Safe travels!

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WE NEED YOUR SUPPORT

Because needs are always greater than the resources available to meet them, Cortland County Area Agency on Aging encourages and appreciates financial contributions. Thank you!

Name

Address

Phone

I designate my contribution of $__________ for:

☐ Newsletter  ☐ Use Where Most Needed

☐ Legal Services  ☐ Caregiver Respite Program

☐ Handyman  ☐ In-Home Services

☐ Nutrition Program  ☐ Meals on Wheels

All contributions are tax deductible to the extent of the law.

Clip and return this coupon with your donation to:

Cortland County Area Agency on Aging
60 Central Avenue
Cortland, NY 13045

http://www.comparecom.co.uk/blog/wp-content/uploads/2011/03/1.gif
From John J. McGraw, Truxton native and manager of the New York Giants, to Cortland’s John Gee, tallest pitcher in professional baseball from 1939-1946, holding that title until 1988, to Homer’s Dewey Griggs, baseball scout extraordinaire, signing Hank Aaron in 1952 to the Boston Braves, Cortland County has been long infatuated with baseball.

Back in 1911, local baseball was described by the Cortland Standard’s colorful sports editor Joe Hogan. Prizes were offered to winning players, including cigars, shoes, and a $50.00 stove from the B.E. Widger Hardware Company. Facing off against each other that season on Rambler Field were the Wickwires, better known as the “Wicks”, the Knights of the Maccabees, or “Wasps”, the Knights of Columbus, or “K of C”, and the Ramblers. On opening day, Mayor Lynn R. Lewis gave a speech before 500 excited fans, then threw a strike. The Wasps won and hung their 1910 winning pennant just below the flag on the flagpole, much to the disgust of the K of C.

This was the time of deadball baseball, where pitching and strategy were emphasized over hitting. A good pitcher could twirl the ball, which only a year before had its center replaced with cork. Overhand throwing was the new style, and tossing heat in the form of teasers, dew drops, and spit balls was the goal. The K of C’s Art Dillon was said to make batters “swing like a gate in a windstorm”.

The July 4th series of games were smoking hot in weather as well as pitching. Temperature in the grandstands were said to reach 90 degrees and, on the field, well over 100 degrees. Pitcher Fred Rawley from the Ramblers became sick from the heat, with Joe Hogan descriptively noting his nausea. With no replacement, Rawley kept pitching. The Ramblers fell to the Wicks.

The city championship game was held in late September between the Wicks and the Wasps. In the two hours the game was played, the underdog Wicks “scorched, smashed, and drove the ball to victory”. The 678 fans in the stands and around the field either roared in victory or wrestled with disappointment, no doubt looking ahead to the next season.

Help us help you!
Fill out our Cortland County Community Needs Assessment Survey

Make sure your voice is heard by helping us accurately identify the barriers older Americans face in their community. We are conducting a needs assessment using a survey to reach those who are 60+ in the Cortland County Community. This survey will present available options to improve access to services and develop new ideas to overcome the barriers and gaps faced. Your feedback is necessary for the future of your community. Completing this survey will give you the chance to win the grand prize - $100 Visa Gift Card. Additional prizes will be available.

If you have not yet provided your input, please visit: https://www.surveymonkey.com/r/QG7Q65T to fill out our survey or call 607-753-5060 for additional information.
How to Prepare for any Unexpected Emergencies
By Nicole Beard, Aging Services Specialist

With life ever changing, there might be a time when an emergency will arise. Seniors living independently might find themselves having to go to the hospital due to accident or illness. It is best to prepare ahead to make this event less stressful for the person in need, their families and emergency responders.

Grab and Go Notebooks are a great resource to use when preparing for the unexpected. The notebooks contain important information about the person. Some of the details include emergency contact information, current medications, allergies to medications, advanced directives and much more. The notebook is bright red in color, and first responders know to look for it on top of your refrigerator, which is easily accessible. If you or someone close to you should become unresponsive due to a health emergency, the notebook could aid in saving a life. The Cortland County Area Agency on Aging provides Grab and Go Notebooks for a $6 fee.

Pack an overnight bag with essentials such as a change of clothes, personal products, a book or crossword puzzle, and a cell phone charger. Including a photo of family, pets or someone dear to you could also be comforting while you are away from home.

If you have a trusted neighbor who visits often, give them a tour of your home. In the event of an emergency, someone who lives in close proximity could be helpful in locating important items such as medications or medical equipment. This could further assist emergency responders.

Lastly, if you have any pets in the home, please be sure to have a plan for their care. Our furry companions are just like family and miss us when we are not home. Make sure to have a supply of food and written instructions. Designate someone to provide care; show them where you keep these items in your home.

In summary, being prepared for an unexpected emergency can be lifesaving. Make a plan to get things in order and lessen any chaos during this time.

For more information, or if you would like help making a plan, contact the Cortland County Area Agency on Aging at 607-753-5060.

Go Green!
Alternate Means of Receiving Senior News

Sign up to receive the newsletter delivered electronically by email. Simply email us at ccaa@cortland-co.org. Be sure to provide your name, email, and current mailing address.

CORTLAND COUNTY AREA AGENCY ON AGING CAREGIVERS SUPPORT GROUP
JOIN US ON ZOOM!!!
Every 4th Thursday of the month from 3-4 pm

For more information, call The Caregivers’ Resource Center at 607-753-5060
Older Americans Month 2022
Age My Way
By: Amber Giamei, Assistant Director

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. The Area Agency on Aging joins our nation’s observance of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- Planning: Think about what you will need and want in the future from home and community-based services to community activities that interest you.
- Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

The Area Agency on Aging is excited to celebrate OAM with our partners in the aging community. Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join us in strengthening our community. We urge every resident to recognize the contributions of our older citizens, help to create an inclusive society, and join efforts to support older Americans’ choices about how they age in their communities.

For more information, visit the Area Agency on Aging’s website, and follow us on Facebook and Twitter, and join the conversation using #OlderAmericansMonth.

Source: https://acl.gov/oam/2022/older-americans-month-2022

FUTURE EVENTS

Wednesday, May 4th 10-11 on ZOOM. Tom Tedesco, Director of the Veterans’ Service Agency, will speak about services available to Veterans and their caregivers, qualifications and how to access the services.

Wednesday, June 15th 10-11:30 on ZOOM. Jessica Morley of the Brain Injury Association of NYS will speak on brain changes with normal aging and various common diseases, brain health and disease prevention. Please call 607-753-5060 to register.
Costs are going up for everything from groceries, to housing costs, to prescriptions, to gas. Everyone is looking for some relief! Many people, especially seniors, have fixed incomes with very little wiggle room in their monthly budgets. The Medicare Savings Program (MSP) is available to provide relief for some limited income Medicare beneficiaries. MSP helps pay for Medicare premiums and sometimes, depending on income, coinsurance and deductibles.

There are three separate MSP programs:
- the Qualified Medicare Beneficiary (QMB) Program,
- the Specified Low Income Medicare Beneficiary (SLIMB) Program and
- the Qualified Individual (QI-1) Program.

The chart below describes the three Medicare Savings Programs, the benefits of the programs, and the asset and income guidelines:

<table>
<thead>
<tr>
<th>Medicare Savings Programs</th>
<th>Monthly Income Guidelines</th>
<th>Asset Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program</td>
<td>Individual</td>
<td>Couple</td>
</tr>
<tr>
<td>QMB</td>
<td>Medicaid will pay for the Medicare Part B premium, deductibles, and coinsurances</td>
<td>$973</td>
</tr>
<tr>
<td>SLIMB</td>
<td>Payment of Part B premium only</td>
<td>$1,167</td>
</tr>
<tr>
<td>QI-1</td>
<td>Payment of Part B premium only</td>
<td>$1,313</td>
</tr>
</tbody>
</table>

The following documentation must be submitted with the signed application.

**Proof of Income**
- Earned Income from Employer- 4 consecutive paychecks or a letter from employer
- Self-Employment Income- Current signed income tax return
- Rental Income- Letter from roomer, boarder, tenant or check stub
- Private Pensions/Annuities- Statement from pension/annuity or bank statement
- Social Security- Award letter, benefit check, or bank statement
- Income from a Trust- Trust document

**Medical, dental, and long term care insurance can be used as a deduction from your gross income.**

**Identity and Citizenship**- A copy of the front and back of your and your spouse’s Medicare cards

**Residency**
- Property owner- Tax record, mortgage statement, or utility bill
- Renter- Landlord statement or utility bill

The MSP application process is fairly simple. This process can be completed through your local Department of Social Services, or application assistance can be provided through the Cortland County Area Agency on Aging. If you are on Medicare and are interested in learning more about the Medicare Savings Program or think you might qualify, please contact your Area Agency on Aging HIICAP counselors at (607) 753-5060.
El Programa de Ahorros de Medicare Puede Ayudar a las Personas Mayores a Ahorrar
Por: Sara Hazard, Especialista en Servicios para el Envejecimiento

Los costos están aumentando para todo, desde comestibles hasta costos de vivienda, recetas y gasolina. ¡Todos buscan algo de alivio! Muchas personas, especialmente las personas mayores, tienen ingresos fijos con muy poco margen de maniobra en sus presupuestos mensuales. El Programa de Ahorros de Medicare (MSP, por sus siglas en inglés) está disponible para brindar alivio a algunos beneficiarios de Medicare de ingresos limitados. MSP ayuda a pagar las primas de Medicare y, a veces, dependiendo de los ingresos, el coseguro y los deducibles. Hay tres programas MSP separados: el Programa de Beneficiario Calificado de Medicare (QMB), el Programa de Beneficiario de Medicare de Bajos Ingresos Específicos (SLIMB) y el Programa de Individuo Calificado (QI-1). La siguiente tabla describe los tres Programas de Ahorros de Medicare, los beneficios de los programas y las pautas de activos e ingresos: La siguiente documentación debe enviarse con la solicitud firmada.

<table>
<thead>
<tr>
<th>Programa de Ahorros de Medicare</th>
<th>*Ingresos mensuales Directrices</th>
<th>Directrices sobre activos</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Individual</td>
<td>Pareja</td>
</tr>
<tr>
<td>QMB</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicaid pagará la prima de la</td>
<td>$973</td>
<td>$1,311</td>
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<tr>
<td>Parte B de Medicare, los</td>
<td></td>
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<tr>
<td>deducibles y los coseguros</td>
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<tr>
<td>SLIMB</td>
<td></td>
<td></td>
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<tr>
<td>Pago de la prima de la Parte B</td>
<td>$1,167</td>
<td>$1,573</td>
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<tr>
<td>solamente</td>
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<tr>
<td>QI-1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pago de la prima de la Parte B</td>
<td>$1,313</td>
<td>$1,770</td>
</tr>
<tr>
<td>solamente</td>
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Prueba de ingresos**
- Ingresos del trabajo del empleador- 4 cheques de pago consecutivos o una carta del empleador
- Ingresos del trabajo por cuenta propia - Declaración de impuestos sobre la renta firmada corriente
- Ingresos por alquiler - Carta de roomer, interno, inquilino o talón de cheques
- Pensiones / Anualidades privadas - Declaración de pensión / anualidad o estado de cuenta bancario
- Seguro Social- Carta de adjudicación, cheque de beneficios o estado de cuenta bancario
- Ingresos de un fideicomiso - Documento de fideicomiso ** Médico, El seguro dental y de cuidado a largo plazo se puede usar como una deducción de su ingreso bruto. Identidad y ciudadanía: una copia del anverso y reverso de sus tarjetas de Medicare y las de su cónyuge Residencia
- Propietario de la propiedad- Registro de impuestos, declaración de hipoteca o factura de servicios públicos
- Inquilino- Declaración del propietario o factura de servicios públicos El proceso de solicitud de MSP es bastante simple. Este proceso se puede completar a través de su Departamento de Servicios Sociales local, o se puede proporcionar asistencia para la solicitud a través de la Agencia del Condado de Cortland sobre el Envejecimiento. Si usted está en Medicare y está interesado en le ... o si cree que podría calificar, comuníquese con los consejeros de HIICAP de su Agencia de Área sobre el Envejecimiento al (607) 753-5060.

Este artículo fue traducido al español con servicio de traductor de Microsoft.
**I Am Ok Today Program**
*By: Cathy Caputo, Aging Services Specialist*

“I AM OK TODAY” is a free program that provides telephone reassurance for Cortland County seniors. To be eligible, the senior would need to be homebound, live alone, and have no other means of being checked on daily by family or friends. The Cortland County 911 Center, in cooperation with the Cortland County Area Agency on Aging, sponsors the program. This program provides an increased sense of security and peace of mind for seniors. Once enrolled, the person would phone in to the 911 Call Center between 6 a.m. and 2 p.m. 7 days a week to check-in to let them know that they are OK.

If a program participant does not call in by the designated time, the dispatcher will try to call the person. If there is no answer, then their contact person(s) (i.e. relative, neighbor, or key-holder) is called to check on them. If the contact person(s) is not available to do so, an officer will go to the home to check on the program participant.

Thank you to the Department of Emergency Response and Communications/Cortland County 911 for sponsoring and providing this much-needed program for our Cortland County seniors.

If you or someone you know would like more information on this program, contact the Area Agency on Aging at 607-753-5060 or the Cortland County 911 Call Center at 607-753-3311.

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**Spring Into Wellness!**
*By: Matt Kemak, Aging Services Coordinator*

This year’s winter season has lasted longer than anticipated, but warmth and sunshine are coming. In response to the spring season, we would like to share some community options for your health and wellness goals.

Cortland County Area Agency on Aging: We offer options for our Health and Wellness programs: our evidence-based A Matter of Balance and our popular Bonesaver classes. Led by volunteer coaches, there might be a class for you!

A Matter of Balance helps you learn how to change your thoughts on the fear of falling through a series of 8 classes, with light exercises starting in class 3. This class will teach you that you are in control of your life and should not make changes to the exciting things you want to achieve but are hesitant due to fear of falling. We currently are accepting clients for a waitlist to start a new series. Call 607-753-5060 to sign up today.

Bonesaver will help you build strength and bone density through repetitions of exercises with or without weights, dependent on participant comfort level. Classes are currently running in the Cincinnatus area, and we are looking to start a Cortland site in May. Pre-Covid, the agency held Bonesaver classes throughout the county and are looking to rebuild and restart the program again. We are looking for volunteer leaders to be trained, locations willing to host, and eager participants. If you are interested in Bonesaver, as a leader or participant, give our volunteer program a call at 607-753-5060.

Pickleball and Volleyball have returned to the County Office Building Gymnasium!

Pickleball is held Mondays and Wednesdays from Noon to 2:30, with Wednesdays being drills. Tuesdays, Thursdays, and Fridays it is held from 9 AM to Noon. Starting mid-June, Pickleball will be 9 AM to Noon, weekdays.

Volleyball is currently held from 1-3 PM, Tuesdays, Thursdays and Fridays.
The National Institute on Drug Abuse reports alcohol use disorder is the most commonly used addictive substance in the U.S. for those 65 and older. One in every 12 adults, or 7.6 million people, suffer from alcohol abuse or dependence. It is the third leading cause of preventable death in the United States.

For some, overconsumption of alcohol can start quietly with drinks enjoyed at recreational events, social and work gatherings. Over time, drinking can become a habit and eventually can become a physical addiction that essentially can cause havoc with one’s life. For others, a major life event such as the death of a loved one, a divorce or loss of a job can all trigger overuse. Feelings of depression and isolation can lead one to seek comfort in excessive use of alcohol. As time passes, the craving for alcohol can become overpowering. Attempts to hide slurred speech, forgetfulness, or unsteadiness can be common and increase with time. The user will often deny the evidence of their behavior and often make promises to quit.

The effect of overuse of alcohol can take a toll on family life with increased stress often caused by financial and marital issues. Children/ grandchildren are often embarrassed by drunken behavior and choose to distance themselves. Additionally, overuse of alcohol may easily lead to serious health issues. It can also lead to early death including car crashes involving innocent people.

No one can be forced to quit drinking or even to cut down. Ultimately the decision has to be made by the drinker to make that choice. Family, friends and counselors can offer support and encouragement to help along the way. Breaking the abuse of alcohol can be very difficult, but it can be accomplished. Sometimes one may "fall off the wagon", but there is no reason they can’t get back on, if needed, over and over until reaching success.

The good news is that help is available. For many, the first step may be a discussion with one’s primary care physician.

In Cortland, a number of agencies are available to seek assistance. They include:

- Cortland Prevention Resources 607-756-8970
- Family Counseling Services of Cortland County, Inc. 607-753-0234
- Cortland County Mental Health Clinic 607-758-6100

Trained counselors are available to help break through the cycle of overuse of alcohol. At times the connection between client/counselor is the key to improvement. It may take seeing different counselors to find the person who offers the best fit. There is no problem making changes.

Help can also be sought online with such programs as Substance Abuse and Mental Health Services Administration (SAMHSA), an agency with the U.S. Department of Health and Human Services offers a free confidential National hotline available for callers 24/7, 365 days a year at 1-800-662-HELP (4357). Private practitioners and other rehabilitation centers are available as well.

For more information, you can always call NY Connects at 607-756-3485 or 607-753-5060. We are happy to provide helpful resources.
Nominations Sought for Senior Citizen of the Year
By: Amber Giamei, Assistant Director

The Cortland County Area Agency on Aging is seeking nominations for the 2022 Senior Citizen of the Year Award. The award honors a Cortland County resident age 60 or older who stands out in the community for ongoing devotion of time and talent in a variety of areas.

1. The nominee must be age 60 or older;
2. The nominee must have an ongoing record of community service for which he/she receives no remuneration;
3. Candidates must be nominated by an individual or group; they may not nominate themselves;
4. Only nominations received on the official form will be considered. Judges will only review this form, and no additional documentation will be considered;
5. No employee whose remuneration derives from the Cortland County Area Agency on Aging is eligible for consideration;
6. Nominations will be kept for one year. Individuals who were nominated for consideration the previous year, but who were not selected, will automatically be entered for the following year’s award;
7. The Cortland County award winner will be entered for judging in the NYS Senior of the Year Award contest the following year.

An independent panel of judges selects the winner from among the nominations. The winner will be announced at this year’s Countywide Senior Picnic held later this summer.

Nominations must be received on or before July 8, 2022 and must be mailed to Nancy Hansen, 14 Yong Street, Cortland, NY 13045.

For more information or an application, call the Area Agency on Aging at 607-753-5060.

Medicare Wellness Visits
By Sara Hazard, Aging Services Specialist

Medicare covers a Wellness Visit every 12 months free to Medicare Part B beneficiaries. A Wellness Visit provides your doctor an opportunity to screen for new health issues and monitor previous recognized chronic health concerns. This visit is used by your doctor to develop a personalized prevention plan.

Coming in June.
Empire State Senior Games are Back!
Please view the website below. The Area Agency on Aging will be hosting our wellness fair at the games. More details to come.
http://www.nyseniorgames.com
Over the past couple of months, Cortland Transit has made two improvements to make it easier for riders to get to their destination and bus passes more accessible in Cortland County.

Cortland Transit adopted a transfer-free system which allows riders who need to transfer to another Cortland Transit bus to get to their destination without paying an additional fare. Riders can transfer-free to all routes except Route 7. Riders from Route 7 can transfer-free to any other bus.

Cortland County and Cortland Transit, through our Monthly Bus Pass Partnership Program, has partnered with P&C Fresh, Access to Independence (ATI), Catholic Charities, Tompkins Cortland Community College, and SUNY Cortland to expand the access to purchase Cortland Transit’s monthly bus passes.

A Reduced Fare Monthly Pass does not include Route 7 and is available for persons with disabilities, age 60 and older, and age 18 and under. Bus passes follow the calendar month and can not be prorated if purchased in the middle of the month. Customers can still purchase bus passes at the Cortland Transit location at 21 Squires Street, Cortland, NY 13045, as well as purchase bus tokens or pay exact cash when getting on the bus.

For more information on monthly bus passes or assistance with how to ride the bus, navigate bus maps, bus routes, or assess your best transportation option, contact Melissa Potter, Cortland County Mobility Manager at 607-756-3416 or mpotter@cortland-co.org.

These great improvements are in effect now.

Monthly Bus Pass Fares:
   - All Routes, excluding Route 7: $45.00
   - All Routes, including Route 7: $85.00
   - Reduced Fare Monthly Pass: $22.50

ARE YOU ON MEDICARE AND AT RISK FOR TYPE 2 DIABETES?

Classes starting soon make a change for life!

Topics include:
- Eating well
- Managing stress
- Getting active
- Keeping your heart healthy
- Shopping and cooking to prevent T2

Over $600 value and no out of pocket cost!

For more information please contact:
Aaliyah Camp at (607) 756-4198
or aaliyah@sevenvalleyshealth.org
www.sevenvalleyshealth.org/ndpp

Creamery Hills Apartments
Affordable Independent Living
Seniors & Disabled Persons

NEW SENIOR PROGRAM FOR AREA SENIORS.
LASS
Local Aging Adult Satellite Service
Housing with a Heart

Seven Valleys Health Coalition
Are You Prepared for an Emergency?
By Matt Kemak, Aging Services Coordinator

The Cortland County Area Agency on Aging has an emergency preparedness unit and has compiled information from the Red Cross and the Federal Emergency Management Agency’s ready.gov to help you better prepare for an emergency.

There are 3 basic steps to be prepared: 1) Get a Kit, 2) Make a plan, and 3) Be informed. We will highlight these steps to be prepared in the event of a disaster.

1. **Get a Kit:** Prepare yourself with essential needs
   - Three day supply of nonperishable food, with a manual can opener, and water (1 gallon of water per person)
   - Three day supply of medications
   - Copies of important documents, such as insurance cards, IDs and medication scripts, emergency phone numbers
   - Battery/hand crank radio
   - Flashlight with extra batteries
   - First Aid Kit, sanitation items
   - Cell phone with backup charger
   - Whistle (to attract safety personnel)
   - Blanket, change of clothing
   - Cash and coins
   - Pet supplies if you have one
   - Pack of cards or a book to pass time.

2. **Make a Plan**
   FEMA’s ready.gov lists key steps to making a plan in the event of an emergency.
   - Creating a personal support network: a family communication plan alerting others where you will be located in the event of an evacuation emergency.
   - Deciding when or if you are going to stay or go, depending on news reports and information available. This could also determine if you need transportation in an emergency situation.
   - Consider your pets: have a plan to understand ahead what will need to be done. If you are in a shelter, only service animals could be allowed.
   - Staying put: Some situations will only allow you to stay at home, so sheltering in place becomes an option. Pay attention to the news outlets to become aware when the threat is over.
   - Evacuation/Fire Safety: Have multiple routes of safe evacuation based on your situations in the event you are ordered to leave. Use stairs instead of elevators if you can. Make sure there are no objects obscuring your exit paths.

3. **Be Informed:** Pay attention to local news broadcasts, warnings and storm watches to understand what disasters in the community could be occurring (tornadoes, flooding, snow). You can also register in advance for warnings through the county’s Hyperlink emergency alerts online at www.cortland-co.org and clicking on the Hyperlink picture at the bottom of the page.
Volunteer Opportunities
By: Cindy Stout, Aging Services Specialist

- Receptionist – volunteer coverage at our agency front desk is sought during the lunch hour. Volunteer duties include greeting clients, answering the phone, taking messages, and sometimes light clerical projects. Volunteers choose one day a week or substitute for regular volunteers when they are away. Shifts are 12:00-1:00 pm.

- AAA Newsletter Work Group volunteers are sought for a bimonthly work group who help prepare this newsletter for mailing/distribution. Duties include folding, taping and collating the newsletter with a group of other volunteers. This is generally held on the last Thursday morning, every other month.

- Friendly Visitors – volunteers are sought to become a weekly friendly visitor to a homebound client of the agency. Friendly Visitors provide socialization and company to someone who generally lacks the opportunity to be out of the home often. There is no hands-on care. Day of week and time of day is flexible.

- Shopping Assistance - volunteers are sought to provide grocery shopping to homebound clients of the agency. Volunteers will meet with the client in their home, receive the shopping list and form of payment, and then do the shopping for the client, and return with the groceries. Day of week and time of day is flexible.

- Bonesaver Exercise Program Leaders – volunteers are sought to lead this weekly exercise program. Bonesaver is an hour-long gentle routine providing strength training and is done slowly with wrist and ankle weights. Classes are held twice a week for one hour.

Full explanations and volunteer job duties will be given on all volunteer jobs, as well as any training/orientation needed, upon inquiry.

Interested in Becoming a Volunteer?
A volunteer registration form must be completed, and we perform a search on a public website: National Sex Offender Public Website. It starts with a simple call, and soon you can become a volunteer, making a difference in the lives of others. To learn more, call 607-753-5060 for more details.

“Remember that the happiest people are not those getting more, but those giving more.” — H. Jackson Brown Jr.

Here To Help
At the Cortland County Area Agency on Aging, we specialize in providing the education, information, services and benefits important for enhancing the health and well-being of adults 60 and older. We are always available by phone Monday through Friday from 8:00 to 4:00. If calling after hours, please leave a message. We will get back to you the next business day. Our number is 607-753-5060. We can also be reached by email: ccaaa@cortland-co.org.
Convenient, Tranquil, Affordable Living...

FRIENDSHIP HOUSE APARTMENTS
13 Leon Ave., Cortland
PHONE: 756.6636  TDD: 1.800.421.1220
Senior housing complex nestled among shady trees, colorful flowers, and acres of green lawn. Just minutes from grocery and department stores, banks, restaurants and much more!

- On-Site Laundry Facilities
- Full Service Maintenance Staff
- Secure Front Door Entrance
- Residential Association Activities
  - Beauty Salon
  - Public Transportation
  - Community Room

NOW ACCEPTING APPLICATIONS
To help defray the cost of printing and mailing, the Area Agency on Aging accepts paid advertisements for Senior News. Acceptance of ads does not constitute endorsement of any service, product or business.

We're on the Web:

https://www.facebook.com/CCAreaAgencyonAging

CORTLAND HOUSING AUTHORITY

The Cortland Housing Authority has 380 high quality apartments available in its senior/disabled and family developments throughout Cortland County. A single person could earn up to $40,450; and a family of five up to $62,400 and still qualify to live in one of our apartments.

We have senior/disabled efficiency and one bedroom apartments located in the City of Cortland. We also have one bedroom senior/disabled units in Homer, McGraw, Marathon, Truxton and Cincinnatus. Our large family apartments (3, 4 and 5 bedrooms) are located in the City of Cortland. We also have two and three bedroom family apartments scattered throughout the county in Homer, Truxton, McGraw, Cincinnatus and the City of Cortland. There are short waiting lists for apartments in most of our developments.

Call 607.753.1771 today for an application or email request at info@cortlandha.com.
CHANGING YOUR ADDRESS?
Please Let Us Know

Whether it is temporary or permanent, the Area Agency on Aging appreciates knowing your new address. This will help keep our mailing list up to date and avoid the expense of mail returned to us by the post office (we are charged approximately $1.25 for each newsletter returned).

If your change of address is temporary, or if you do not have second-class mail forwarded, please let us know. We’ll send your newsletter to your temporary address until you notify us of your return.

To notify us of your change of address:
* Call the Area Agency on Aging: (607)753-5060 or
* Use the convenient form below.
We appreciate your help.

CHANGE OF ADDRESS

Name ______________________________________________________________________

Current Address ______________________________________________________________________

New Address ______________________________________________________________________

Effective from (Date) _____________________ If Temporary, to (Date) _____________________

Mail to: Area Agency on Aging
60 Central Avenue
Cortland, NY 13045

Please remove my name from the mailing list.