Individuals 60 and older were asked what the three most important things to them are as they age. Responses were then entered into a word cloud. A word cloud is a graphic representation of words in which the words are arranged so that the more a word is used the larger the font.

What did this cloud tell us? Good health was the most important factor to many of the people who responded. Friends and independence were close seconds. While this was a fun exercise, it provided valuable information to the Area Agency on Aging as the staff plans for the future. Promoting good health is a priority for the agency as we work to provide the education, information and activities to support healthy aging and independence. The Area Agency on Aging offers a variety of programs to help older adults age successfully. The Agency’s Age Well Center and partnership with the LASS sites are an excellent resource for community members as they age. Each site offers exercise, social opportunities, friendship, education, information, access to Area Agency on Aging services such as health insurance counseling and caregiver support. Together, we work to empower older adults with the knowledge and supports to help promote healthy aging. See pages 6 and 7 for information about a site near you!
Older Americans Month  by Liz Haskins, Director

Throughout the month of May, Legislator Sandy Price, Chairperson of the Health and Human Services Committee, and I visited the LASS centers and the Homer Senior Club to celebrate Older Americans Month. Each site has created something new and exciting based on the wishes of the people. Certificates of Recognition were presented to acknowledge the outstanding efforts of community members and the great work they are doing.

Participants were asked to share what they like about their center and the positive impact it has had on their lives. The following comments were received:

- Friendship
- Travel opportunities and day trips
- Socialization
- Seeing people we don’t normally see
- Exercise – getting back in shape
- It’s a safe place to go
- Something to look forward to
- Starts my day off on a good note
- Gives me purpose
- It’s convenient
- Felt like getting out of jail (relative to pandemic)
- Hope
- Sharing ideas
- New opportunities

- Access to services and education
- Way to say good bye to people
- We help each other out
- Warm friendly atmosphere
- Crafts
- Welcoming
- Fun
- No strict guidelines – we can do what we want
- Getting to know my community and neighbors better
- Being a part of my community
- Learning new things - painting, card making
- Meals
- Meals
- Socialization
- Seeing people we don’t normally see
- Hope
- Sharing ideas
- New opportunities

On behalf of Legislator Price, the Older Americans Act Advisory Board Members and staff of the Area Agency on Aging, we are extremely pleased and honored to be a part of a new and innovative type of service delivery for agency programs. Good things are happening!

Cortland County Empowers Adults to “Age My Way”
Dear Staff of Meals on Wheels,  
May 20, 2022
I want to thank you for all the delicious meals you have prepared. There is a nice variety of entrees with an array of vegetables. I enjoy the many kinds of fruit included. The cookies are very special - soft and chewy and always a treat. The hot fruit crisps are the best desserts. The salad plate in May was very tasty and refreshing. All of you are doing a great job, and I appreciate your effort, time and talent. Jamie always has a warm greeting as he delivers my meals. I know I'm eating a nutritious and healthy diet for lunch. The articles are informative to read. Here are a few of my favorite foods - mac and cheese, Swedish meatballs, sweet potatoes, carrot & raisin salad, cornbread & chili, sweet & sour chicken over rice, meatloaf & mashed potatoes, roast pork & stuffing, butternut squash, and mandarin orange sections. Your program is a blessing to my life as I turn 86 soon.
Thank you!  
Sincerely,
Jean Stoker

THANK YOU ROYAL SUBARU!
SUBARU 2021-2022 “SHARE THE LOVE® EVENT”

The Area Agency on Aging Meals on Wheels Program was once again chosen as a “home town” charity by Royal Subaru for the 2021-2022 Subaru “Share the Love”® event.

The Area Agency on Aging received a check from Subaru America in the amount of $11,800 for our participation in the 2021-2022 Subaru “Share the Love”® event. Grant funds will be used to replace older equipment needed for meal delivery and food pantry bags for homebound and vulnerable clients. Funds will also be used to purchase computers and other equipment to provide individuals who are unable to leave their homes with virtual access to senior centers and other social activities.

The Subaru Share the Love® Event gives Meals on Wheels programs across America an opportunity to grow a valuable funding source that supports Meals on Wheels America members all year long by providing unrestricted grant funds through fundraising and awareness campaign efforts.

On behalf of the Area Agency on Aging and the clients we serve, thank you, Mr. Reagan and Subaru for supporting the Meals on Wheels program!
I had the pleasure of meeting Dottie Green about her upcoming 100th birthday. She had such an inviting way about her. The first thing I noticed when entering Dottie’s home were the beautiful landscape paintings scattered on her walls. Dottie had painted these throughout her life. In our short time together, you could really tell Dottie was still full of life. She very much still had that sparkle in her eye, eager to tell the stories of her past. You would never have guessed she was going to be 100.

**When were you born?**

“The same day as the Gettysburg Address, but not the same year,” Dottie said with a smile.

**Where were you born?**

Cortland, NY

**What did you do for a living?**

Dottie went to Cortland State for four years to get her teacher’s certificate. She taught grade school at Homer school until the fire in the early 1940’s. Dottie also taught for a time at the one-room school house in Glen Haven.

**What were your biggest surprises with aging?**

Dottie said, “I still can’t believe I’m going to be 100! Boy, time really flies when you’re having fun.”

Dottie told her father when he was in his early 90’s that she was going to try to outlive him. She never thought she would!

**What do you like about aging?**

“Not having as much responsibility,” Dottie replied happily, “and having time to enjoy the things I love.”

**What were your biggest concerns regarding aging?**

“Living to the age of 100 comes with some costs,” Dottie said. She fears, like many other aging people, losing a child or a grandchild. She tries to not think about it much and tries to stay very positive.

**Greatest life joys?**

Dottie said her great joys and best memories came from the time she lived and taught in Glen Haven, but “my fondest memories come from childhood”.

Dottie commented that she enjoyed the opportunity to travel abroad several times, but remarked that her greatest pride came from being a mother to her son and daughter.

If you see Dottie Green, ask her what happened when she hit the panic button at the bank when she was six years old... rumor has it, she was never left alone at the bank again.

“*The longer I live, the more beautiful life becomes.*”

Frank Lloyd Wright
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.

Nominations must be received on or before July 9, 2022 and must be mailed to Nancy Hansen, 14 Yong Street, Cortland, NY 13045.

<table>
<thead>
<tr>
<th>Year</th>
<th>Nominees</th>
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<tbody>
<tr>
<td>1986</td>
<td>Ruby Bostwick</td>
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<td>1987</td>
<td>Mildred Schellinger</td>
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<td>1988</td>
<td>Betty and Bob Hudson</td>
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<td>1989</td>
<td>Beaulah Pepper</td>
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<td>1990</td>
<td>Beatrice Dawkins</td>
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<td>1991</td>
<td>Selma Calale</td>
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<td>1992</td>
<td>Cena Lloyd</td>
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<td>1993</td>
<td>Dexter Paddock</td>
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<td>1994</td>
<td>Mary Simister</td>
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<td>1995</td>
<td>Carrie Stevens</td>
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<td>1996</td>
<td>Sam Forcucci</td>
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<td>1997</td>
<td>Esther Zion</td>
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<td>1998</td>
<td>Edith Benedict</td>
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<td>1999</td>
<td>Magdalen McGrady</td>
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<td>2000</td>
<td>Arthur Ensign</td>
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<td>2001</td>
<td>Char Baird</td>
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<td>2002</td>
<td>Francis “Bud” Quinlan</td>
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<td>2003</td>
<td>Barbara Withey</td>
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<td>2004</td>
<td>Pat Breed</td>
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<td>2005</td>
<td>Pat Ferro</td>
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<td>2006</td>
<td>Helen Christian</td>
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<td>2007</td>
<td>Max Stoker</td>
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<td>2008</td>
<td>Fritz Downes</td>
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<td>2009</td>
<td>Jim and Pat VanNortwick</td>
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<td>2010</td>
<td>Charlie Dellow</td>
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<td>2011</td>
<td>Dick Menapace</td>
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<td>2012</td>
<td>Pret Goslee</td>
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<td>2013</td>
<td>Sister Kathleen Heffron</td>
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<tr>
<td>2014</td>
<td>Michael McGuire</td>
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<tr>
<td>2015</td>
<td>Phyllis Wainman</td>
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<td>2016</td>
<td>Marion Cary</td>
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<td>2017</td>
<td>Michael Dexter</td>
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<tr>
<td>2018</td>
<td>Richard Stock &amp; Ron Bailie</td>
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<tr>
<td>2019</td>
<td>MJ Uttech</td>
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<tr>
<td>2020</td>
<td></td>
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<tr>
<td>2021</td>
<td>Bill Hopkins</td>
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Local Community Activities for Older Adults

Homer
31 North Main Street, Homer

- Wednesdays
  - Chair Exercise 10:00
  - Bingo 10:30
  - Bag Lunch 12:00
  - Pitch 12:30

Contact: Sylvia Hammond 607-749-7811

Cortland
St. Charles Hotel
83 Central Avenue

- **Shuffleboard:**
  - Mondays 8:30 a.m.-11:00 a.m.
    12:30 p.m.- 3:00 p.m.
  - Tuesdays 12:30 p.m.- 3:00 p.m.
  - Thursdays 8:30 a.m.- 11:00 a.m.

Contact: Gary Mead 607-753-9945

The Age Well Center at Cortland

As of the deadline for this edition of Senior News (June 8), the soft opening for the Age Well Center continues to be a top priority for the Area Agency on Aging and partners. Chuck Miller, Superintendent for Buildings and Grounds, reports that as of June 3, the work to expand the fire safety system is complete. The application for the temporary Certificate of Occupancy (CO) has been submitted, and a few things are needed. Once the CO is issued, a moving company will be hired to bring existing furniture and equipment to the Crescent Commons building located at 165 Main Street.

Meals will be individually packaged and served until the warming kitchen is installed. Once completed, meals will be served cafeteria style consistent with pre-covid operations. We plan to open a few days a week and slowly return to our usual schedule of five days per week. New furniture, exercise apparatus and technology equipment for a computer lab are all being ordered and will be installed when delivered.

We look forward to moving into our new home, seeing old and new friends, and expanding the list of activities offered!

Save the Date!
Countywide Picnic for 60+
Thursday, August 25
Food & Games
*Tickets will be limited
Hope to see you there!
Local Area Satellite Service Sites

**HARFORD**

Creamery Hills Apartments  
355 Creamery Road, Harford  
Open Wednesdays & Fridays 11:30 a.m. to 3:00 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 4-7 p.m.  
Thursdays 8-11 a.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

**WILLETT/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

Kindness: something to which we all aspire. It feels good to give it, and it feels good to receive it. George and I had more than one occasion in the last six months to be the recipients of others’ kindness, and it helped us through some trying times. One important thing we learned is how to accept kindness: to take the kindness gracefully and simply show our gratitude.

When George was in the hospital, I had offers from friends and neighbors to drive me back and forth, especially in the evening; to make me meals; or to pick up dinner and keep it in their refrigerator until I got home to get it. For the first couple of days, I was polite and said, “No, thank you, I’m doing OK”. I didn’t want anyone to have to take on added chores for themselves. As the offers kept coming, I began to realize these friends were seriously anxious to do something to help. I think they were feeling a little vulnerable themselves; and by helping me, they would feel like they had some control over a crisis. I began to accept their offers and witnessed sincere kindness in their expressions as they were able to do something to help.

When COVID took up residence in our household, the offers for assistance started coming again. This time, after learning my lesson from before, we took the offers. One friend sent a text that she had just made pulled pork and was boxing some up for us. When could she deliver it? “Right now,” I responded. After all, we weren’t going anywhere. More than one neighbor offered to pick up groceries or stop at the pharmacy if we needed something. Others just called to see how we were doing and to break up the day.

Extending kindness is reinforced by the reaction received from the recipient. Be grateful for that kindness and accept it gracefully with appreciation. Kindness: take it, and pass it on.

“Kindness is the language which the deaf can hear and the blind can see.”
Mark Twain

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 greatly appreciated.

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

Clip and return this coupon with your contribution to:

Cortland County Area Agency on Aging
60 Central Avenue
Cortland, NY 13045
As a kid, I would look at the sky at night, always hoping to see a shooting star, otherwise known as a meteorite. The National Geographic Society defines meteorites as “space rocks that fall to Earth’s surface”. Space rocks? What a thrill!

Imagine my excitement when I found that one had hit close to my home: The Bear Swamp Impact Structure, accidently discovered by Dan Leiphart. A December 2010 article on AGU’s Geospace Blog (www.blogs.agu.org) reads: “Dan Leiphart from Chesapeake Energy Corporation presented a poster describing the hidden crater...He said finding the crater was totally unexpected, the result of a small-scale, 3-D seismic survey in the area looking for a different geological formation. The seismic survey used dynamite to blast sound waves into the Earth’s crust. The waves bounce around the dark, subterranean environment and return data that Leiphart, a geophysicist, analyzes. “We saw a circular feature. It was not what we were looking for,” he said. “Kind of an accidental stumbling.”

Scientist Charles O’Dale further investigates the Bear Swamp Impact Structure on his blog Crater Explorer (www.craterexplorer.ca) and includes the following information: “Impact structures, or astroblemes, are one of the rarest formations in the geologic record. Presently there are 176 confirmed impact structures on the planet with roughly two-thirds of them evident at the surface. A potential impact structure has been discovered in a 3D seismic survey in the Finger Lakes Region of upstate New York. The Bear Swamp crater is uppermost Ordovician (~444 Ma) in age and is situated within the fluvial-deltaic to shallow marine Queenston Formation. This nearly circular structure measures 3.5 km (2.2 mi) in diameter and is completely buried in the subsurface at a depth of approximately 1,220 m (4,000 ft”). He also lists the coordinates as N 42° 43.187’ W 76° 16.637’.

My great-grandmother lived next to Bear Swamp and had a glassy bluish stone the size of a cantaloupe holding her door open. Her son had found it in their pasture. She always said it was a meteorite. Hmmm...
If you answered yes, you are not alone! According to the National Community Reinvestment Council (NCRC), there are over 2.6 million children in the United States being raised by grandparents/other relatives/friends. These “kinship families” form for many different reasons, and they can be very rewarding as well as challenging. NCRC has created a database of resources to support and assist older adults providing kinship care for their grandchildren.

Providing “kinship care” demands many older adults forego the traditional grandparent/grandchild relationship. The HelpGuide.org offers these tips to make the situation smooth and rewarding.

- **Acknowledge your feelings.** Raising grandchildren is bound to generate a wide range of positive and negative emotions. Acknowledge and accept what you’re feeling. These mixed feelings are very natural.

- **Take care of yourself.** Becoming the kinship caregivers for your grandchildren was probably unexpected, maybe even sudden under emergency circumstances. The new demands will probably feel overwhelming at times. Seek support from family and friends, support group, and counseling professionals. Taking care of yourself is important to do and to model. Be sure to eat nutritiously, exercise regularly, avoid substance use, and get adequate sleep. Include time for yourself doing things you enjoy. Make new friends who are also raising children.

- **Realize your grandchildren will have mixed feelings too.** Moving, decreasing or losing contact with parents, changing schools are huge changes for a child and will require time to adjust. Feelings may come out in many different ways, including behavior. Seek help if needed.

- **Focus on creating a stable environment.** Establish a routine. Encourage grandchildren’s input in their new home. Set clear and appropriate house rules. Enforce them consistently. Ensure each grandchild has a private space. Give your time and attention to each child.

- **Encourage open and honest communication.** Plan time to listen and talk privately with each child. Help them learn to identify their feelings and to share them. Never twist facts or lie to a child. Be honest, at their level of understanding.

Support and additional information is available. If you are a senior and need assistance, contact the Cortland County Area Agency on Aging/NY Connects at 607-753-5060.

Classes help caregivers take better care of themselves while caring for a friend or relative. Caregiving is an important role.

This course is for family caregivers like you! **The classes give you tools to help:**

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources.

Classes are via Zoom on Tuesdays, August 23, 2022 to September 27, 2022 from 6-7:30 pm. For more information or to register, contact the Cortland County Area Agency on Aging at (607)753-5060. Class size is limited, and pre-registration is required.

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**Long Term Care—What are the Options?**

Presentation by
Cyndy VanPatten Young,
Aging Services Coordinator
NY Connects
July 6th 10-11 AM on Zoom
Call 607-753-5060 to register.

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**BRIGHT IDEAS SENIOR CARE TECH PROGRAM**

Are you caring for a loved one over 60 with a chronic illness or early memory loss? We may be able to help. Thanks to a grant from the CNY Community Foundation, the Caregivers Resource Center has items available at discounted prices that make life easier. Digital blood pressure cuffs, Reminder Rosie Pill Dispensers, or an Echo Show 8 incorporate technology useful to those giving or receiving in-home care.
Thinking about retiring? One of the most important things you need to add to your retirement to-do list is to enroll in Medicare Part B. If you worked past age 65, and now you want to retire, please leave yourself ample time to enroll in Medicare Part B. You will thank me later, I promise.

Generally, if you have job-based health insurance through your or your spouse’s CURRENT employment, you do not have to sign up for Medicare while you or your spouse are still working. If you delay enrolling in Part B when you are first eligible because you are covered by an employer health plan, you have 8 months to apply for Part B from the date you or your spouse retire, or the date the Group Health Plan ends, whichever happens first.

Even if you leave your employment with retiree health coverage as a benefit, you still need to enroll in Medicare Part B as soon as you or your spouse are not considered employed any longer. Medicare Part B enrollment is not based on health insurance coverage; it is based on EMPLOYMENT. As soon as you are no longer employed, Medicare Part A and B are considered primary coverage, and your retiree coverage is secondary.

If you retire and are unable to leave with your health insurance benefit, beware it will take Social Security 60 to 90 days to process Medicare Part B forms through the mail.

To sign up for Medicare Part B, you need to fill out application form CMS40B. You will also want to provide your employer with form CMS-L564. You will collect the completed CMS-L564 form from your employer. You will mail or hand deliver your completed CMS40B and CMS-L564 applications together to your local Social Security office.

If mailing these forms to Social Security, the Cortland County Area Agency on Aging recommends you keep a copy of the completed CMS40B and CMS-L564 forms for your records. We also suggest you send your completed Part B enrollment forms to Social Security by certified mail.

The Social Security Administration opened their local offices for in-person meetings in April. Hand delivery to our local Syracuse Social Security Office will guarantee faster Medicare Part B processing times than mailing.

Medicare Parts A and B will need to be effective to sign up for other Medicare products such as Medigaps or Medicare Advantage plans.

If you need more information on Medicare Part B enrollment, retiree benefits comparisons, or your other Medicare options, call the Area Agency on Aging at (607) 753-5060. Our agency has the only New York State certified Medicare counselors in Cortland County.
Lo que necesita saber si retrasa su inscripción en la Parte B de Medicare
Por Sara Hazard, Especialista en Servicios para el Envejecimiento

Una de las cosas más importantes que debe agregar a su lista de tareas pendientes de jubilación es inscribirse en la Parte B de Medicare. Si trabajó después de los 65 años y ahora desea jubilarse, déjese tiempo suficiente para inscribirse en la Parte B de Medicare. Me lo agradecerás más tarde, lo prometo.

En general, si tiene un seguro de salud basado en el trabajo a través de su empleo ACTUAL o el de su cónyuge, no tiene que inscribirse en Medicare mientras usted o su cónyuge todavía están trabajando. Si retrasa la inscripción en la Parte B cuando es elegible por primera vez porque está cubierto por un plan de salud del empleador, tiene 8 meses para solicitar la Parte B a partir de la fecha en que usted o su cónyuge se jubilan, o la fecha en que finaliza el Plan de Salud Grupal, lo que ocurra primero.

Incluso si deja su empleo con cobertura de salud para jubilados como beneficio, aún necesita inscribirse en la Parte B de Medicare tan pronto como usted o su cónyuge ya no se consideren empleados. La inscripción en la Parte B de Medicare no se basa en la cobertura de seguro de salud; se basa en el EMPLEO. Tan pronto como ya no esté empleado, las Partes A y B de Medicare se consideran cobertura primaria, y su cobertura para jubilados es secundaria.

Si se jubila y no puede irse con su beneficio de seguro de salud, tenga en cuenta que el Seguro Social tardará de 60 a 90 días en procesar los formularios de la Parte B de Medicare por correo.

Para inscribirse en la Parte B de Medicare, debe completar el formulario de solicitud CMS40B. También querrá proporcionar a su empleador el formulario CMS-L564E. Usted recogerá el formulario CMS-L564 completo de su empleador. Enviará por correo o entregará en mano sus solicitudes CMS40B y CMS-L564 completadas a su oficina local del Seguro Social.

Si envía estos formularios por correo al Seguro Social, la Agencia del Área del Condado de Cortland sobre el Envejecimiento le recomienda que guarde una copia de los formularios CMS40B y CMS-L564 completados para sus registros. También le sugerimos que envíe sus formularios de inscripción de la Parte B completados al Seguro Social por correo certificado.

La Administración del Seguro Social abrió sus oficinas locales para reuniones en persona en abril. La entrega en mano a nuestra Oficina local del Seguro Social de Syracuse garantizará tiempos de procesamiento de la Parte B de Medicare más rápidos que el envío por correo.

Las Partes A y B de Medicare deberán ser efectivas para inscribirse en otros productos de Medicare, como los planes Medigaps o Medicare Advantage.

Si necesita más información sobre la inscripción en la Parte B de Medicare, las comparaciones de beneficios para jubilados o sus otras opciones de Medicare, llame a la Agencia del Área sobre el Envejecimiento al (607) 753-5060. Nuestra agencia tiene los únicos consejeros de Medicare certificados por el estado de Nueva York en el condado de Cortland.

Este artículo fue traducido al español con servicio de traductor de Microsoft.
Elder Abuse: How to Recognize, Respond and Refer

By Rachael Wood, Aging Services Specialist

Elder abuse can be financial, physical, sexual, emotional, abandonment, and neglect. The abusers are people with whom the victim has an expectation of trust, particularly spouses, intimate partners, adult children, grandchildren, other family members and non-related caregivers. Abuse occurs mostly at home but can also happen at hospitals, nursing homes, and board and care homes.

How do you know if someone is being victimized? Signs of abuse in an elderly individual, according to the National Institute on Aging www.nia.nih.gov, may include: depression, confusion, withdrawing or isolating from friends and family, unexplained bruises, burns, or scars. The individual may appear unkempt, malnourished, dehydrated, over- or under medicated. Additional signs of abuse include: an individual not receiving needed care for medical problems, has bed sores, or other preventable conditions. Recent changes in banking or spending patterns can also signal financial exploitation.

How do I respond to elder abuse? Where can I refer a victim? It is important to know that abuse will not stop on its own. Someone else needs to step in and help. If you think someone you know is being abused, talk with him or her alone. Offer to take him or her to get help. One resource is your local New York Connects/Office of the Aging. Staff can provide options counseling or provide referrals. If the client meets the criteria for Adult Protective Services, they may be able to assist. New York Connects can also connect a client to Aid to Victims of Violence through Cortland YWCA. Aid to Victims of Violence offers many services to assist a victim of abuse including: advocacy, accompaniment, crisis intervention, phone counseling, support groups, and emergency safe housing. Aid to Victims of Violence (AVV) can be reached at 607-753-3639 or the Crisis hotline can be called at 607-756-6363.

Educating, Empowering and Advocating for Long-Term Care Residents

The Ombudsman Program is an effective advocate and resource for older adults and people with disabilities who live in nursing homes, assisted living, and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.

Ombudsmen:

Advocate- Act on behalf of residents to assure rights are not violated, identifying, investigating and working towards resolution of resident complaints

Mediate- Work collaboratively with residents, family members, and staff towards achieving mutually beneficial solutions to the issues they are experiencing in long term care facilities

Educate- Provide information and consultation to residents, families, facility staff, and the community about issues in long term care and specific issues they are experiencing in facilities

Refer- When resolution through the Ombudsman program is not achievable, complaints are referred to the New York State Department of Health or other appropriate agencies.

The Long Term Care Ombudsman Program for Cortland County is available through ARISE in Auburn. Call 315-671-5105 to reach an Ombudsman for Cortland County.

Source: Long Term Care Ombudsman Program | Office for the Aging (ny.gov)
Opioids are a class of drugs to reduce pain. They are often prescribed by doctors to treat moderate to severe pain. Common types are oxycodone (OxyContin), hydrocodone (Vicodin), codeine, morphine, and methadone.

According to Amanda Stout, LCSW, Regional Program Director at Family & Children’s Counseling Services, “substance use disorders can occur at any age; and in older adults, the risks of tolerance, physical side effects, and/or life threatening conditions can be more significant/severe. One reason is that we metabolize medication differently as we age and may have more complicated medical conditions.”

Opioids can have serious risks and bad side effects. Over 40 percent of older adults have chronic pain that is often treated with opioids. Over time, the body gets used to the effect of opioids, and one may need to increase the dose to achieve relief. As a result, it can lead to addiction and could even cause death from overdose.

There are options to avoid opioids. Talk to your doctor about ways to manage your pain that do not involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Depending on the type of pain you are experiencing, options may include:

- **Acetaminophen** (Tylenol®) or Ibuprofen (Advil®)
- Cognitive behavioral therapy – a psychological, goal-directed approach in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress
- **Exercise therapy**, including physical therapy
- **Medications** for depression or for seizures
- Interventional therapies (injections)
- Exercise and weight loss
- Other therapies such as acupuncture and massage.

In 2016 the Center for Disease Control (CDC) determined that an update to the Guideline for Prescribing Opioids for Chronic Pain was warranted. The CDC has stayed up to date on new research and non-opioid treatment of chronic pain. The revised guidelines are due out in late 2022.

If you or someone you know is battling addiction, these agencies can help:

- **Substance Abuse & Mental Health Services** Hotline 1-800-662-4357
- **Family Counseling Services of Cortland** 607-753-0234
- **Syracuse Recovery Service** 607-756-416

**Older Americans overwhelmingly overdose on prescription painkillers**

Sources:
- Cortland Area Communities that Care
- AARP: Public Policy Institute Centers for Disease Control and Prevention

Go Green!
Alternate Means of Receiving Senior News

Sign up to receive the newsletter delivered electronically by email. Simply email us at ccaaa@cortland-co.org. Be sure to provide your name, email, and current mailing address.
Driving is a significant factor when it comes to maintaining independence as we age. But when you or a loved one can no longer drive, it can be challenging. Luckily, there are many alternatives available to help people get to where they need to go and to give independence and freedom to those who can’t drive.

Travel training is one method that has been used successfully to bridge the learning gap for new riders, especially seniors and persons with disabilities. It is the process of learning how to get from one place to another safely on your own. Travel training can give new riders the skills to:

- Read route maps and schedules
- Locate bus stops
- Flag down buses
- Calculate and pay fares
- Obtain and use transit passes
- Recognize when the desired stop has been reached
- Indicate to the bus driver to stop
- Obtain service updates
- Use mobility devices safely on vehicles
- Tell if a vehicle is equipped for mobility devices

Working with a certified travel trainer allows you to build the skills to safely and independently get to your destination through various available transportation services. The program can be provided one-on-one or in small group settings.

The travel training program is completely free, and there is no limit to the use of the program. The goal is to make riders feel fully prepared to use public transportation.

If you are interested in the travel training program, please contact Cortland County Mobility Manager Melissa Potter at 607-756-3416 or mpotter@cortland-co.org.

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**July is National Blueberry Month!**

By Carolyn Allen, MS,RD,CDN

Summer is berry season—starting with strawberry and now the amazing blueberry. July is this berry’s peak harvest time. These small, round, blue bursts are full of great nutrients to help you feel your best.

**One Serving:** 1 cup equals 80 calories: a great low carbohydrate snack for those with diabetes.

**Fat and Salt:** There is almost zero fat and no salt: a great choice for watching your weight and sodium intake.

**Fiber:** 1 cup of blueberries contain 14% of your daily fiber. Fiber helps you feel full and may reduce heart disease and improve bowel function.

**Vitamin C:** 1 cup of blueberries contain 25% of your daily Vitamin C. Vitamin C supports tissue growth and wound healing.

**Antioxidants:** Blueberries are also full of antioxidants which help fight free radicals.

**Manganese:** Blueberries have a good source of manganese which helps process cholesterol, carbohydrates and protein.

**Facts:** Current research is looking at the relationship between blueberries and cardiovascular health, brain health, insulin response and cancer.

Did you know the leading country of blueberry production is the United States? The U.S. produces 263,531 tons annually.

Ronald Reagan requested to have blue jelly beans at his inauguration. This lead to Jelly Belly creating the blueberry flavored jelly bean.

**Harvest:** Check out your local blueberry farms and stores for fresh, local berries. Some farms may have them already picked. However, it is fun to pick a few of your own, while trialing a few as you go! If you visit the farmers’ markets, some farmers may also take farmers’ market coupons to help you stock up on this delicious fruit.

**Store:** Blueberries keep best in the refrigerator. They will last about 10-14 days.

Source: 10 Countries that Produce The Most Blueberries in The World - Insider Monkey
Emergency Shelter Care for Seniors with Dementia
By Mary Ellen Bloodgood, CEO, Menorah Park

One of every ten Americans living at home over the age of 60 will experience elder abuse, according to the CDC. This can range from neglect and financial exploitation to physical and emotional abuse. Particularly vulnerable are seniors with dementia or Alzheimer’s disease. To provide a pathway to better care and a safer environment, the Elder Shelter at Menorah Park, the first of its kind in CNY, provides short-term respite to seniors.

“Not everyone with dementia needs to be in a skilled nursing facility,” says Menorah Park CEO Mary Ellen Bloodgood, “but the family caregiver isn’t always the best partner.” She explains that financial exploitation, neglect, burnout, abuse, and other issues can arise. “Our shelter helps seniors get out of that situation,” says Bloodgood. “Domestic abuse shelters are not set up to deal with the needs of the elderly, but we are.”

The new shelter was constructed and designed to feel and look more like a normal residence rather than a hospital room. The four apartments are deemed sufficient as patients are only expected to stay about 30 days. A case manager immediately assesses their home situation, resources, and benefits eligibility. If Menorah Park’s Elder Shelter is a good fit, they will work with the individual and their family to make it happen. If not, they will explore other more permanent facilities.

Menorah Park’s mission includes extending outreach and support to caregivers. “One of our goals is to let people self-identify: make it okay for a senior or caregiver to say, ‘I can’t do this anymore – I need help,’” Bloodgood said. “Many people don’t want to talk about elder abuse; they don’t want to accept that they are going through this. But if left unaddressed and it continues to deteriorate, it can easily cross the line into abuse. Part of the goal of this dementia program is to intervene before it reaches this level, while also offering a safe space for seniors who are already facing an abusive situation at home.”

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Blueberries

Wound Healing
Antioxidant
Heart Disease
Manganese
Bowel Function
Low Calorie
Vitamin C
Fiber
Carbohydrate
July
Colorectal Cancer is cancer that starts in the colon or rectum from polyps that take a long time to grow. That is why it is important to screen on a regular schedule. According to the American Cancer Society, colorectal cancer is the third leading cause of cancer death among men and women. This cancer is most frequently diagnosed between 65-74 years of age, which is why starting to test at age 45 is important. Most colorectal cancers take 10 years to grow. The risk of developing colorectal cancer increases with age, with 90% of cases present in individuals age 50 years or older. Screening is easy and available; ask your doctor what is right for you. The process doesn’t have to be difficult. This can be achieved through screening kits such as a take home FIT test that you can do in the privacy of your own home. Colorectal cancer caught in early stages is treatable and beatable.

If you do not have health insurance, the Cancer Services Program provides screening and diagnostic services for colorectal, cervical and breast cancer. This is achieved through partnering with regional providers and community based organizations. The program serves those who are uninsured, underinsured, or those who experience barriers to obtain these medical services. If you do not have Medicare or private health insurance, the Cancer Services Program may be able to help cover expenses.

If you have questions about screening and diagnostic services for colorectal cancer, talk to your doctor or the Cancer Services Program of Cayuga, Cortland, and Tompkins Counties at 607-758-5523.


The Cortland County Area Agency on Aging anticipates that it will receive and begin to distribute Senior Farmers’ Market Coupons sometime in the month of July. Individuals should watch for distribution sites and dates in the Cortland Standard, our Facebook page, and at the Cortland County Area Agency on Aging office and website: www.cortland-co.org/434/Area-Agency-on-Aging.

The Senior Farmers’ Market Nutrition Program (SFMNP) provides eligible seniors age 60 and over, free coupons that can be exchanged for eligible foods at participating local farmers’ markets and roadside farm stands. The program encourages individuals to consume fresh fruits and vegetables while supporting local area farmers.

To qualify for this program, individuals must be 60 years of age or older AND have an income at or below the set income guidelines for 2022 ($2096/month-one person household or $2823/month- two person household); or are currently receiving or eligible to receive SSI, public assistance, or Section 8 housing subsidy.

Every older adult in a household is eligible to receive a booklet if they meet the age and income requirements. Eligible individuals must be the person to sign for their coupons. The only exception is an appointed Power of Attorney (POA) may sign and pick up the coupons on behalf of the eligible senior (proof of POA must be shown). Coupons will be available on a first come, first served basis. For more information, please call the Cortland County Area Agency on Aging at 607-753-5060.
Volunteer Engagement Program
By Cindy Stout, Aging Services Specialist

Why Do People Volunteer?

- There might be a personal tie to the cause.
- You enjoy meeting like-minded, motivated, positive people.
- Volunteering can offer unique opportunities.
- “Doing good” is important.
- Volunteering can help you get or stay healthy.
- Volunteering is good for you.

Do you see anything listed that strikes a chord within you? If so, consider contacting the Area Agency on Aging’s Volunteer Engagement Program to learn about various volunteer opportunities within the agency or within our community. Call 607-753-5060 for more details.

Volunteer Opportunities

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.

AAA Newsletter Work Group – Volunteers are sought for a bi-monthly work group to 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 are 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 are 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.

A Matter of Balance Coach – Volunteers are trained in the curriculum of this evidence-based wellness program. Once training is completed, Volunteer Coaches are asked to co-lead this 8-week class series approximately once a year.

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.
Free or Reduced Internet Costs through the Affordable Connectivity Program
By Matt Kemak, Aging Services Coordinator

The Affordable Connectivity Program (ACP), signed into law by Congress and the President, offers either free or reduced internet costs for eligible households. Free internet options have been negotiated through 20 major internet providers, and 1,300 additional providers are participating in the $30 discount.

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
- Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Eligible to participate in the National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

The guidelines for 200% poverty level are $27,180 a year or $2,265 a month gross income for one person. A household of two qualifies if income is less than $36,620 a year or $3,050/month.

Federal Communications Commission Chairwoman Jessica Rosenworcel stated, “No family should have to choose between paying for gas or groceries and their monthly internet bill, especially when a connection is essential for work, school, health care and more. But for far too many, the cost of internet service makes the connections we need for everyday life, out of reach.”

The ACP program also can offer discounts of up to $100 for a laptop, tablet or desktop computer. A full list of providers can be viewed for New York State through this link: https://www.fcc.gov/affordable-connectivity-program-providers#New%20York.

Locally, providers currently offering free or reduced cost services for those who apply for the ACP are: Spectrum, Frontier, Verizon (FIOS) and AT&T. $30 discounts are offered for Assurance Wireless, Hughes Network, TMobile, TracFone and Point Broadband. A chart is provided on the next page with direct links and contacts for each provider.

You can apply online for the ACP through www.getinternet.gov or give the Area Agency on Aging and NY Connects a call at 607-753-5060 to assist in the application. Hard copies are available by request.

Local Companies Offering $30 Discounts through ACP:

- Assurance Wireless
- Hughes Network
- Point Broadband
- TracFone
- T-Mobile

FREE INTERNET PROVIDERS... PAGE 21
The 2022 HEAP Cooling Assistance benefit is open through August 31 or until funding is exhausted.

This HEAP program might assist you to obtain an air conditioner; a doctor’s note to prove a medical need for the cooling benefit is no longer required.

You might be eligible for a Cooling Assistance benefit if:

- You are HEAP/ SNAP (Supplemental Nutrition Assistance Program) eligible;
- You currently do not have a working air conditioner, or the air conditioner you have is five years old or older, and
- You did not receive a HEAP funded air conditioner/fan within the past five years.

If eligible, you may receive one benefit per household - purchased and installed. If an air conditioner cannot be installed safely, a fan will be provided. For applications and/or questions, contact the HEAP office directly at 607-428-5400.

Emergency HEAP is extended through August 31, 2022. Emergency HEAP requests must call 607-428-5400, leave your contact information on the recorded line, and you will be called back in the order messages are received.

The 2022-2023 Regular HEAP season will open in the Fall of 2022. If you received a HEAP benefit for the 2021-2022 season, you should be receiving a new HEAP application by mail by September – SNAP recipients must maintain active status to receive HEAP. Please complete the application and return it to the Area Agency on Aging at 60 Central Avenue, Cortland, NY 13045.

If you do not receive an application by mail, or are a new applicant, you may apply when the HEAP season opens in November. Watch the next newsletter for more HEAP information. If you have any questions, please call the Area Agency on Aging at 607-753-5060.

Applications and assistance when applying for HEAP is available through the Area Agency on Aging to anyone age 60 and over. Both homeowners and renters may apply.

FREE Local Internet Providers

- Must apply online through National Verifier and obtain an Application ID.
- Apply online at: [www.getinternet.gov](http://www.getinternet.gov)

**AT&T**
- Must have application ID ready and contact 1-833-933-2059 to enroll.

**Frontier**
- [https://www.getfrontierfiber.com/acp-offer](https://www.getfrontierfiber.com/acp-offer)
- Must have application ID ready and apply online or call at 1-844-342-7501 to enroll.

**Spectrum**
- Must have application ID ready and call 1-877-959-1748 to enroll.

**Verizon**
- [https://www.verizon.com/home/promo/affordable-connectivity-program/](https://www.verizon.com/home/promo/affordable-connectivity-program/)
- Must have application ID ready and then call 1-800-837-4966, or apply online above.
Hospicare uses a team approach to providing care to patients, families, and caregivers in Cortland & Tompkins counties.

“My mother passed with peace, dignity, and the most amazing care and compassion I have ever seen or heard of! Thank you to all the nurses and aides directly related to my mom’s care. You will never know how much it helped!”

It's never too early to ask questions:
607-272-0212 | info@Hospicare.org
Hospicare.org
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.

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.

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CHANGE OF ADDRESS

Name ____________________________________________
Current Address ______________________________________
New Address ______________________________________
Effective from (Date) ____________________ If Temporary, to (Date) ____________________

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

Please remove my name from the mailing list.