Hello friends,

2023 has arrived bringing with it memories of an entire life span! We have much to be thankful for, and gratitude allows our hearts to be kinder to others. Many have experienced loss and sad events, but also we have experienced joy and love. As a proponent of positive psychology, looking at the glass half full with cognitions moving on the path of the positive bring resilience and happiness to those who focus on these intentions.

As the new Director of the Cortland County Area Agency on Aging, I look forward to working with the compassionate and supportive team in this agency. As a long time adjunct associate psychology professor and nonprofit administrator in diverse human service agencies for many years, I am happy to continue my efforts in the challenges of the director position.

By the year 2030, New York State is projected to have 5.3 million people age 60 and over! At present, NYS is noted to have the 4th largest older adult population in the United States! Governor Hochul created the FIRST EVER Master Plan for Aging for the purpose of provision of dignity and independence for older adults. The NYSOFA Acting Director Greg Olsen stated, “...New York’s caregivers reported at least one mental health symptom during the pandemic due to the stresses of their role.” Due to the continued stigma of mental health, many go untreatedundiagnosed and suffer in silence.

New York State’s Master Plan for Aging (ny.gov)

The following books and articles are consistent with my focus towards healthy mental health for older adults:


Continued Page 2
3. Seven Strategies for Positive aging: A guide for Mental Health Professional and Consumers

I look forward to providing some workshops at our Age Well Center at 165 Main Street, Suite B Cortland, NY 607-753-5060. Dates and times will be published in the next newsletter. I look forward to meeting you, hearing from you and assisting (with my team) to provide state of the art services, information and support for older adults in Cortland County.

Positive quotes provide inspiration!

“Self-care is how you take your power back.”
- Lalah Delia

“Keeping your body healthy is an expression of gratitude to the whole cosmos- the trees, the clouds, everything.”
- Thich Nhat Hanh

“Our bodies are our gardens – our wills are our gardeners.”
- William Shakespeare

“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.”
- Laurette Gagnon Beaulieu

Be the change you want to see. Not only in words but actions. Change is our only constant-make it positive! Dr. Pearl Reed-Klein

---

**Nominations Sought for Senior Citizen of the Year**

By: Amber Giamei, Deputy Director, Aging Services

The Cortland County Area Agency on Aging is seeking nominations for the 2023 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 recognized by the state in Albany on Older New Yorkers Day held in November.

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 in our office at 60 Central Ave. on or before July 7, 2023.

For more information or an application, call the Area Agency on Aging at 607-753-5060.
English as a Second Language – Help Is Available
By Cindy Stout, Aging Services Specialist & JoAnn Dukelow, Volunteer Coordinator, ESL

Question: Is there a program in Cortland that serves adults trying to learn the English language?
Answer: There is a program that serves adults wanting to learn. We say we teach survival English.

Question: What do I need to access this service?
Answer: All you need is a willingness to commit the time to the program.

Question: Where do I go for this service, and when is it offered?
Answer: Classes are held year-round on Monday and Wednesday mornings from 9am-12pm at the Community Center at 90 Central Avenue in Cortland. However, we have students and volunteers that skype and/or meet at different times. Times can be flexible for students and their volunteer teachers.

Question: Does it matter what my first language is?
Answer: We teach English no matter what your mother language is, and you do not need to be literate in your mother language.

Question: Is there a cost to use this program?
Answer: There is no cost to students. We are a 501c3, funded by donations, but not from students. We also supply the materials used to teach.

Question: Who provides this service? Are they volunteers?
Answer: This service is entirely provided by a group of dedicated volunteers. Some are certified and experienced ESL teachers.

Question: Is there a need for more volunteers to teach ESL?
Answer: We are always looking for more volunteers and students. You do not necessarily have to be a certified teacher to volunteer. Some of our most successful volunteers have been instructors from business and industry.

Question: Who do I contact to learn more?
Answer: Contact Mary Van Miller at 607-591-0494 or JoAnn Dukelow at 607-597-9394. You may also drop in on a Monday or Wednesday morning to see if you would like to join our program or to ask questions.

Area Agency on Aging to Honor Centenarians During Older Americans Month

Every year since 1963, May is celebrated as Older Americans Month. In Cortland County, the Area Agency on Aging plans a variety of special events and activities to acknowledge the contributions that older persons make every day to the community. As part of this effort, the Agency will recognize individuals who are 100 years of age or older, or who will be turning 100 during 2023. Members of the Area Agency on Aging’s Older Americans Act Advisory Council will deliver a small gift during the month of May to these centenarians.

If you know of a Cortland County resident who is at least 100 years of age, or will be turning 100 this year, please call the Area Agency on Aging at 607-753-5060.
March is National Nutrition Month. Healthy eating is recommended throughout life; but as we age, certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way to eating right.

- **Make half your plate fruits and vegetables.** Eat a variety of different colored vegetables, including ones that are dark green, red and orange.

- **Make at least your grains whole.** Choose breads, cereals, crackers, and noodles made with 100% whole grains.

- **Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy.

- **Vary your protein choices.** Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas and lentils when planning your meals.

- **Limit sodium, saturated fat and added sugars.** Look out for salt or sodium in foods you eat. Add spices and herbs to season food without adding salt.

- **Stay well-hydrated—Drink plenty of water throughout the day to help prevent dehydration and promote good digestion.**

- **Enjoy your food, but be mindful of portion sizes.** Most older adults need fewer calories.

---

**March For Meals Celebration!**

March for Meals is a national celebration to benefit our local Meals on Wheels program. March is a vital month for the program as it was March of 1972 that President Nixon signed the Older Americans Act of 1965 into law. This created the national nutrition programs we know for seniors 60 and older.

The celebration is an annual month-long event to raise public awareness for senior hunger and isolation and the impact your local Meals on Wheels and senior nutrition programs have on their communities. Our local program wouldn't be possible without the work of our drivers, so we take this month to honor them.

This year we are celebrating March for Meals with the following events, fundraisers and activities starting March 1st! Please consider coming to support our efforts as we support and celebrate the many seniors in our local community.

- **March 1- March 31:** We will have a Non-Perishable Food Drive at the Cortland County Office Building (60 Central Avenue, Cortland) and the Age Well Center (165 South Main Street, Cortland) to benefit the Helping Hands Food Pantry.

- **March 1- March 31:** We will have a 50/50 and raffle tickets available 8:30am-3:30pm in our main office (room B-4) at the County Office Building. Winner will be announced Monday, April 3rd.

- **March 20- March 24** is Champions Week when our Local Officials help us deliver meals to our homebound senior citizens.
Transportation Program
By Carrie Kane, MS, RD, CDN
Deputy Director, Nutrition Services

We are in the beginning stages of launching our transportation program for seniors aged 60 and older in Cortland County. The purchase of our 14-passenger bus will allow us to bridge the gap to bring seniors from rural areas in our county to our central location at the Age Well Center located at 165 South Main Street, Suite B2 in the Crescent Commons Building in Cortland for activities and congregate meals.

Transportation is a service the agency has been working on following the restructuring of the congregate meal program in 2021. It is important that all older adults have access to a well-balanced meal, socialization, health and wellness programs, application assistance, information and education regardless of where they live in our county.

At this time, we are planning the routes and times for the transportation program, and we are interested in gauging interest for this service. Seniors are asked to relay their interest by completing our survey located at Transportation Survey Interest ( surveymonkey.com ) or by calling us at 607-753-5060 with your name, address and phone number, so we can begin mapping the boarding locations in your area.

We look forward to the successful implementation of the program and sharing more information when we are fully operational. Thank you for your interest in our program.

Transportation Outreach
By Carrie Kane, MS, RD, CDN
Deputy Director, Nutrition Services

Transportation Outreach will be providing engagement and education on the transportation resources available for County residents. Melissa Potter, Mobility Manager, will be addressing how to learn, understand, and plan to achieve safe mobility for life. Topics to review will include the impact aging has on driving, changes in driving behavior and common errors, being proactive about safe driving, walking, bicycling, and riding transit skills and practices. We will review how you can plan for your transportation future and life beyond the driver’s seat by learning how to discover and use transportation options in your community. Join us to learn more!

Transportation Outreach Dates:

**Harford:** March 3rd 10:30 AM
Creamery Hills Apartments
355 Creamery Road, Richford

**Preble:** March 1st @ noon with luncheon
Preble Fire Station
1911 Preble Road, Preble

**Scott:** April 5th at 12:30 PM
Scott United Methodist Church
6816 Route 41, Scott

**Truxton:** March 7th 4:00 PM
Truxton Living Well Center
United Methodist Church, Rt. 13, Truxton

**Virgil:** March 2nd 10:30 AM
United Methodist Church
1194 Church Street, Virgil

**Willet:** March 22nd 12:30 PM
Seton Hall
2704 Lower Cincinnatus Rd, Cincinnatus
Cortland County Area Agency on Aging is launching a NEW pilot **communication service** to send reminders for some of our Cortland County Area Agency on Aging activities and programs. Reminders will be sent via text messaging, email, or phone call and in your preferred language. We also use this service to send emergency announcements about program changes, weather-related emergencies, delays in Home Delivered Meals, etc. Communications will be sent from these phone numbers: 607-300-5922 and 607-300-6097. Please store them as “Cortland County Area Agency on Aging”. You can expect to receive these communications after March 1st, 2023. Please reach out to your program staff if you have any questions.

**Below is a press release from the New York State Office for the Aging:**

The New York State Office for the Aging (NYSOFA) and Association on Aging in New York (AgingNY) have partnered with Blooming Health to improve older adults’ awareness and connection to community-based aging services via an inclusive, digital engagement platform being made available through a select group of county-based offices for the aging.

Last year, New York’s offices for the aging served more than 1.3 million older New Yorkers and their family caregivers. This number is expected to increase over 20 percent by 2025, demanding scalable and efficient communication tools that can maximize network capacity to reach older New Yorkers and keep them engaged.

Aging care providers can use Blooming Health’s web application to send personalized and targeted communications to older adults and caregiver clients across text messages, voice calls, or email, and in 25 languages. Clients do not need access to broadband internet or a smart device to receive these communications. Providers can also receive longitudinal data on clients’ needs and outcomes, coordinate care, and better manage their population's health risks.

Blooming Health’s inclusive, digital engagement solution enables aging care providers across New York, Arizona, and California to scalably engage tens of thousands of older adults and caregiver clients. For its existing clients, Blooming Health has contributed to a three-fold increase in older adult engagement with provider services while saving two hours per day in outreach capacity for program staff and garnering an 85 percent satisfaction rate for older adult end-users. Through a recent collaboration with the AARP Foundation and New York City-based community organizations, Blooming Health helped drive a five-fold increase in the number of older adults applying for Supplemental Nutrition Assistance Program (SNAP) benefits (relative to 2021). Blooming Health also helped reduce the time from initial outreach with older adults about SNAP benefits application and their final application submission, from 57 days to 30 days – a 47 percent decrease.

**Call 607-753-5060 or E-mail cccaaa@cortland-co.org to sign up today!**
Senior isolation is one of the biggest threats to the health of America’s seniors, while it remains among the most difficult to recognize.

It is a health risk not often discussed, but at least a quarter of seniors over 65 live with it. Senior Isolation has devastating effects which can be felt physically, mentally, and emotionally.

Some 18 percent of adults age 65 and older in the U.S. live alone, and 43 percent report feeling lonely on a regular basis.

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Studies show that loneliness and social isolation are associated with higher risks for health problems such as heart disease, depression, and cognitive decline.

Adults who are lonely or socially isolated are less healthy, have longer hospital stays, are readmitted to the hospital more often, and are more likely to die earlier than those with meaningful and supportive social connections.

Social isolation and loneliness may also be bad for brain health. Loneliness and social isolation have been linked to poorer cognitive function and higher risk for dementia, including and especially for Alzheimer’s disease. Also, little social activity and being alone most of the time may contribute to a decline in the ability to perform everyday tasks such as driving, paying bills, taking medicine, and cooking.

Becoming more socially active is one obvious solution to combating senior isolation. Here are some options for seniors to consider:

- Volunteerism
- Church involvement
- Finding or rediscovering a hobby
- Part-time jobs
- Group exercise
- Reconnecting with old friends or making new ones
- Technology
- Clubs
- Attending social events
- Pets
- Continuing education
- Making new friends
- Mixing and mingle
- Reconnecting with old friends
- Beat the winter blues
- Meet others with similar interests
- Combat loneliness
- Have fun

For more information and assistance with connecting with others, please call the Area Agency on Aging’s NY Connects program at 607-756-3485 or 607-753-5060. We would love to share specific ideas to meet your interests.

Senior Isolation: America’s Quietest Health Risk (medicareadvantage.com)
Loneliness and Social Isolation — Tips for Staying Connected | National Institute on Aging (nih.gov)
Good things are happening at the Lamont Memorial Free Library in McGraw! Laughter and smiles, storytelling and sharing, learning and reminiscing are all part of our new monthly program offered to senior men and women of our community. Born out of the need for a caring place for our senior citizens to gather after the pandemic, we are now hosting a casual time each month with interesting and varied themes.

To get everyone settled in and comfortable, our time together starts out with an excerpt read from select books about our theme. They are often thought-provoking, sometimes funny, and help us spark a memory or thought about our time together that day. Program Coordinator Christa Boice selects the books to share and provides a comfortable atmosphere for everyone who attends. She personably moderates our time together in a caring and cultivating way, making each one feel welcomed.

Heading into our eighth month of offering the Senior Social, we have had wonderful discussions about our fathers, summertime camping trips, our school days, and home cooking and holidays we loved most. In October, we also had a heritage recipe exchange, and everyone left with a few pages of tried and true, well-loved favorites from our families, newly passed along to our friends.

In November, we spent our time-sharing touching stories about our loved ones who have served in the military and creating thank you and Christmas wishes for our Cortland County veterans. In conjunction with the Office of the Aging, the cards were delivered to about 35 folks with their Meals on Wheels deliveries in early December. Maybe you were a recipient of one of our greetings! We thank you for your service to our country and hope the special card was an encouragement!

December's Senior Social took us back to our favorite Christmas carols of years gone by and those who sung them. We shared our stories from our teen and twenty-something years, learned the origin of a few famous songs we only hear at the holidays, and even played Name That Christmas Tune!

Most recently in January, we had a wonderful crowd with lots to talk about...our hobbies and collections as we celebrated National Hobby Month. We had a variety of interests represented, from writing to photography, crocheting to crafting. For those of us who are more of a collector than a hobbyist, we gave a close up look of our favorites we brought in for everyone to see.

Though some of us are quiet, and some of us like to laugh out loud, we are a social group, one that enjoys our time together each month, and is growing in friendship, but always has room for more. We will be at the Lamont Memorial Free Library at 5 Main Street in McGraw, March 9 & April 13 beginning at 2:00 PM. We hope to see you soon for a good day out!
# LASS Centers’ Contacts for Activities

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HARFORD</strong></td>
<td>Creamery Hills Apartments&lt;br&gt;355 Creamery Road, Richford</td>
<td>Brandy Jackson 607-844-8229</td>
</tr>
<tr>
<td><strong>PREBLE</strong></td>
<td>Preble Fire Station&lt;br&gt;1911 Preble Road, Preble</td>
<td>Dave Morse 315-663-1654</td>
</tr>
<tr>
<td><strong>SCOTT</strong></td>
<td>Scott United Methodist Church&lt;br&gt;6816 Route 41, Scott</td>
<td>Kay Harvey 607-842-6871 or 607-597-9774</td>
</tr>
<tr>
<td><strong>TRUXTON</strong></td>
<td>Truxton Living Well Center&lt;br&gt;United Methodist Church, Route 13, Truxton</td>
<td>Jill Kraft 607-244-1445</td>
</tr>
<tr>
<td><strong>VIRGIL</strong></td>
<td>United Methodist Church&lt;br&gt;1194 Church Street, Virgil</td>
<td>Pastor Steph Brown 607-857-3556</td>
</tr>
<tr>
<td><strong>WILLET/ CINCY</strong></td>
<td>Cortland/Chenango Rural Services&lt;br&gt;Seton Hall, 2704 Lower Cincinnatus Rd, Cincinnatus</td>
<td>Joanne Brown-Garringer 607-863-3828</td>
</tr>
</tbody>
</table>

## Local Community Activities for Older Adults

<table>
<thead>
<tr>
<th>Location</th>
<th>Activity</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MCGRRAW</strong></td>
<td>McGraw Senior Socials&lt;br&gt;Lamont Memorial Free Library 5 Main Street, McGraw</td>
<td>Heather Cobb 607-836-6767</td>
</tr>
<tr>
<td><strong>HOMER</strong></td>
<td>David Harum Senior Center&lt;br&gt;31 North Main Street, Homer</td>
<td>Sylvia Hammond 607-749-7811</td>
</tr>
</tbody>
</table>
Many of my favorite times spent with my granddaughter, Loriana, are when we worked together in the kitchen. Initially, I cooked or baked, and she played in the sink with water and measuring cups. Gradually she took more of a role as baker or chef; and when we made Christmas Wreaths this Christmas season, she did pretty much everything. Not too long ago I promised her a cookbook of family favorites, many of which we have been preparing together for years.

Finding myself with a little extra time on my hands this fall, I decided to make a collection of family heirloom recipes as a Christmas present. Long-time followers of this column may remember the Heirloom Journal that I prepared documenting the family “treasures” that I was currently safeguarding. This Cookbook of Family Favorites serves the same purpose. It preserves another part of our family heritage. It contains recipes from a line of Walter and O’Mara bakers.

I hope she will find, over the years, this cookbook is not just a place to store recipes, but a place she can go to when she needs to be connected to her heritage and the women and men who are her family. I hope she will find comfort and joy in the memories that surround her when she prepares these special dishes. I know she will find satisfaction when her Dad closes his eyes and says “Mmmm, Mmmm, Mmmm” over a piece of Nana’s Chocolate Cake, especially if she frosts it with Peanut Butter Frosting, or when her Grampa eats more than a couple of Gingersnaps.

I had help with the design and construction of the binder from Mary Elliot of Eltimar Design in Marathon. Mary is a friend and an instructor of Zentangle which I practiced by illustrating the recipes in the cookbook. Other friends from Mary’s class heard about the project. These ladies have watched Loriana grow up and wanted to be a part of the project, so they contributed recipes as well.

What do you have that you can share with your children and grandchildren? Recipes? Stories? Poetry? Artwork? Quilting? Don’t let the treasures of your heritage fade on your watch.

“The Love Between Grandparents and Grandkids Knows No Distance.”
Unknown

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
Women’s undergarments have a colorful history in Cortland County with the establishment of the Cortland Corset Company in 1928 by George Wanish, the Vesta Corset Company, located in McGraw and founded in 1913 and reorganized in 1937 by Mr. F.A. Purchas and Mr. C.D. Hammond, and the Crescent Corset Company, organized in 1920 as a subsidiary of J.C. Penney Company. Mr. G.H. Crocker served as president of the company until his death in 1945. An additional Crescent Corset plant was established in Morris in 1943.

Pauline O’Leary, personnel manager at the Crescent Corset Company for many years, maintained a light-hearted bi-monthly newsletter called “The Bustle” and used humor to motivate and inspire the workers. Her signature “Arrivederci” ended each publication.

The March 1958 newsletter featured a section called “We Are Happy to Report” and listed Nina Watrous, Rose Caricato, Florence Consroe and Marion Kenyon all back to the Bandeau Department after battling illnesses. O’Leary’s heading “The Ball And Chain Club” celebrated anniversaries like James and Louise Zampino’s ten-year marriage. The section “Around the Planet” featured the celebration of Washington’s birthday by the ladies of Corset No. 23, and noted Maureen Conant’s nomination for the gold medal of outfits for wearing leopard-printed toreador slacks.

Ten years later, the upbeat tone features the Crescent men’s bowling teams having played in the men’s national leagues. Team No. 2, featuring Captain Reg Wright, Albert Quatro, Gary Mullen, Mike Risavi, Harold Stevens, and Tony Almeida, had placed third that previous season, leading all other company teams.

Mrs. O’Leary lists those traveling for vacations. Lena Pace of the laundry department traveled to Rome, and Mary Denson of the Bandeau Department traveled to the Adirondacks, with Mrs. O’Leary playfully commenting, “Whatever were you looking for, Mary?” Workers whose sons were in Vietnam were listed, as well as the births of children and grandchildren.

A newsletter from the late 1960’s discusses modernization and invites employees to see her with any questions. She signs off with a joke: “Two of the great problems in life: making your money first, then attempting to make it last. Arrivederci”.

I would have loved to have met this amazing woman.

AARP Smart Driver™ Online Course
https://www.aarpdriversafety.org

CORTLAND COUNTY AREA AGENCY ON AGING CAREGIVER SUPPORT GROUP
JOIN US ON ZOOM!!!
Every fourth Thursday of the month from 3-4 pm
For more information, call The Caregiver Resource Center at (607)753-5060
Knowing the Limits
Caring for others is often driven by love. It is common for caregivers to feel their capacity for helping those they love is nearly endless at first. There is a sense of fulfillment that comes along with caring for a loved one. Many find themselves going through the motions of caregiving without taking time out to focus on their own needs—often to the point of exhaustion. As a result, caregivers may feel something they have never experienced before: decreased empathy. This is compassion fatigue.

In decades past, compassion fatigue was seen mostly in healthcare workers. This should hardly come as a surprise as healthcare involves helping patients who are in pain or having less of a quality of life. As the country’s aging population grows, many caregivers are feeling the same way. Caregivers going through compassion fatigue may feel:

- Exhaustion (physical and/or emotional)
- Feelings of dread or guilt
- Irritability, anxiety, or anger
- Trouble sleeping
- Difficulty making decisions
- Feeling detached
- Trouble finding meaning in caregiving
- Self-isolation

The worst symptom of compassion fatigue is denial because it stops caregivers from examining the feelings related to their caregiving situation. If ignored for a long period, caregivers may begin to feel resentment toward their loved one, leading to a communication breakdown and strained relationship.

Outside relationships suffer as well. Those caring for a loved one with a severe illness experience poor emotional health because of their lack of a social life. It is vital for family caregivers to not only accept their compassion fatigue, but also take steps toward self-care. Doing so can indeed help the caregiver, but it will also help mend the relationship with their loved one.

What to Do Next
Below are steps that family caregivers can take to combat compassion fatigue and get back to feeling good about caring for their loved ones.

- Understand the signs of compassion fatigue and acknowledge them if they occur.
- Practice self-care.
- Carve out time to spend with friends and maintain social connections.
- Find a caregiver support program, in the community or online.
- Write your thoughts and feelings related to caregiving in a journal.
- Choose healthy activities during your downtime (go for a walk, meditate, or practice a hobby).
- Discuss your feelings with a counselor or therapist.

The Caregiver Resource Center Can Help
Caring for others, especially those who have raised you, can be rewarding. At the Cortland County Area on Aging, we value family caregivers and their loved ones, and it is our goal to assist them. We offer respite care and other caregiver services that help family caregivers take the time they need to practice self-care, with peace of mind that their loved ones are receiving quality assistance.

Learn more about our respite care and caregiver services by contacting us today.

References:
Romance Scams
An excerpt from AARP article by Patrick J. Kilger

Scammers are like viruses: They continually evolve in response to the latest news and trends, using them for new ways to separate us from our cash.

Adults of all ages are going online in hopes of finding love and companionship. But seeking romantic bliss online can have a major downside: Cyberspace is full of scammers eager to take advantage of lonely hearts, and their ranks are growing.

The con typically works something like this: You post a dating profile, and up pops a promising match — good-looking, smart, funny and personable. Supposed suitors might also reach out on social media; more than a third of people who lost money to a romance scam in 2021 reported that it started on Facebook or Instagram, according to the FTC. They’ll use pictures of an attractive person that they have stolen online.

This potential mate claims to live in another part of the country or to be abroad for business or a military deployment. But he or she seems smitten and eager to get to know you better, and suggests you move your relationship to a private channel like email or a chat app.

Over weeks or months, you feel yourself growing closer. You make plans to meet in person, but for your new love something always comes up. Then you get an urgent request. There’s an emergency (a medical problem, perhaps, or a business crisis), and your online companion needs you to send money fast, usually via gift cards, prepaid debit cards, cryptocurrency, or a bank or wire transfer.

They’ll promise to pay it back, but that will never happen. Instead, they will keep asking for more until you realize it's a scam and cut them off.

How to protect yourself from this scam:
- Take it slowly. Ask a lot of questions and watch for inconsistencies that might reveal an imposter.
- Talk to family and friends and pay attention if they have concerns.
- Cut off contact immediately if you begin to suspect that the individual is a swindler.
- Limit the amount of information you provide.
- Don’t send cash, cryptocurrency or gift cards, or put money on a reloadable debit card for someone you’ve met online.
- Report an online romance scam to the FBI’s Internet Complaint Center and the FTC.
- Contact your local police agency.

Source: www.aarp.org/money/scams-fraud/info

Age Well Center Update

The Age Well Center is open Mondays, Tuesdays, and Thursdays from 9:00am-2:00pm with activities daily. Activities include bingo, Bonesaver, nutrition education, and more to come.

As we await the installation of our new warming kitchen, meals are served Grab and Stay (or Grab and Go) style around 11:00 AM when the Center is open, and meals must be reserved a day in advance in person or by calling 607-753-5084 or 607-218-6284.

New furnishings were delivered in February. Come see the progress we are making as we bring the Center to life. Come see us at the new space located on the first floor within the Crescent Commons at 165 South Main Street in Cortland with the accessible entrance and parking in back on Huntington Street.

Join us at the Age Well Center 3/14, 4/20, and 5/15 from 11:00 AM to 12:00 PM for Nutrition Education with Carrie Kane, Deputy Director of Nutrition Services.
Health Insurance Information, Counseling and Assistance Program (HIICAP)

The Medicare Advantage Open Enrollment is Happening NOW!
By Sara Hazard, Aging Services Specialist

If an individual is enrolled in a Medicare Advantage plan and is not happy with it, it’s not too late to change! The Medicare Advantage Open Enrollment period is happening now. This enrollment period occurs every year between January 1 and March 31.

Medicare consists of several different parts: Medicare A (hospital), Medicare B (doctors), Medicare Part C (Advantage plan), and Medicare Part D (prescription) coverage. Together, Medicare Parts A and B are often referred to as traditional Medicare. Medicare Part D plans are only available through private insurance companies. Medicare Part C, also known as Medicare Advantage plan, are an alternative to traditional Medicare. Advantage plans are also only available through private health insurance companies that contract with Medicare to provide a Medicare recipient the same or better than what traditional Medicare offers.

Medicare Advantage combines Medicare Parts A and B services. Most Advantage plans also include prescription drug coverage. Depending on the plan the beneficiary chooses, it may also cover extras such as dental services, vision coverage, or gym memberships. Medicare Advantage plan premiums, copays, and deductibles vary depending on the plan you select.

During the Medicare Advantage Open Enrollment period: a beneficiary can switch their Medicare Advantage plan to another Advantage plan OR a beneficiary can also decide a Medicare Advantage is not for them, they can drop their Medicare Advantage coverage and go back to traditional Medicare. If an individual drops a Medicare Advantage altogether, and goes back to original Medicare (Part A and Part B), the beneficiary can enroll in a stand-alone Part D prescription drug plan. A Medicare Advantage plan beneficiary should choose wisely; the Medicare Advantage Open Enrollment can only be used ONCE during the January 1 to March 31 time period.

If a Medicare Advantage plan beneficiary has more questions regarding the Medicare Advantage Open Enrollment period or would like a one-on-one appointment comparing the Medicare Advantage plans offered in Cortland County, please call Cortland County’s only New York certified Medicare counselors at (607) 753-5060.

Free Screening...
By Sara Hazard, Aging Services Specialist

Do you feel a little down in the dumps this time of year? Did you know that Medicare covers one depression screening per year? A Medicare beneficiary pays nothing for a depression screening if their doctor accepts Assignment. Doctors who accept assignment can not charge a patient extra for Medicare covered services.

Go Green!
Alternate Means of Receiving Senior News

Sign up to receive the newsletter by email. Simply email us at ccaaa@cortland-co.org. Be sure to provide your name, email, and current mailing address.
The Area Agency on Aging is able to assist individuals and caregivers with limited English proficiency.

Programa de Información, Consejería y Asistencia de Seguros de Salud (HIICAP)

¡La inscripción abierta de Medicare Advantage está sucediendo AHORA!

Por Sara Hazard, especialista en servicios para adultos mayores

Si una persona está inscrita en un plan Medicare Advantage y no está contenta con él, ¡no es demasiado tarde para cambiar! El período de inscripción abierta de Medicare Advantage está sucediendo ahora. Este período de inscripción ocurre cada año entre el 1 de enero y el 31 de marzo.

Medicare consta de varias partes diferentes: Medicare A (hospital), Medicare B (médicos), Medicare Parte C (plan Advantage) y cobertura de Medicare Parte D (receta). Juntas, las Partes A y B de Medicare a menudo se conocen como Medicare tradicional. Los planes de la Parte D de Medicare solo están disponibles a través de compañías de seguros privadas. Medicare Parte C, también conocido como plan Medicare Advantage, es una alternativa al Medicare tradicional. Los planes Advantage también solo están disponibles a través de compañías de seguros de salud privadas que tienen un contrato con Medicare para proporcionar a un beneficiario de Medicare lo mismo o mejor que lo que ofrece Medicare tradicional.

Medicare Advantage combina los servicios de las Partes A y B de Medicare. La mayoría de los planes Advantage también incluyen cobertura de medicamentos recetados. Dependiendo del plan que elija el beneficiario, también puede cubrir extras como servicios dentales, cobertura de la vista o membresías de gimnasios. Las primas, copagos y deducibles del plan Medicare Advantage varían según el plan que seleccione.

Durante el período de inscripción abierta de Medicare Advantage: un beneficiario puede cambiar su plan Medicare Advantage a otro plan Advantage o un beneficiario también puede decidir que Medicare Advantage no es para ellos, puede cancelar su cobertura de Medicare Advantage y volver al Medicare tradicional. Si una persona abandona Medicare Advantage por completo y vuelve al Medicare original (Parte A y Parte B), el beneficiario puede inscribirse en un plan independiente de medicamentos recetados de la Parte D. Un beneficiario del plan Medicare Advantage debe elegir sabiamente; la inscripción abierta de Medicare Advantage solo se puede usar UNA VEZ durante el período del 1 de enero al 31 de marzo.

Si un beneficiario del plan Medicare Advantage tiene más preguntas sobre el período de inscripción abierta de Medicare Advantage o desea una cita individual para comparar los planes Medicare Advantage ofrecidos en el condado de Cortland, llame a los únicos consejeros de Medicare certificados de Nueva York del condado de Cortland al (607) 753-5060.

¿Te sientes un poco deprimido en los vertederos en esta época del año? ¿Sabía que Medicare cubre una prueba de detección de depresión por año? Un beneficiario de Medicare no paga nada por una prueba de detección de depresión si su médico acepta la asignación. Los médicos que aceptan la asignación no pueden cobrar extra a un paciente por los servicios cubiertos por Medicare.

Este artículo fue traducido al español con servicio de traductor de Microsoft.
Over-the-Counter (OTC) Hearing Aids
By Alicia Miller, Aging Services Specialist

According to the National Institute on Deafness and Other Communication Disorders, untreated hearing loss can lead to isolation, high health care costs, and has been associated with depression, anxiety, low self-esteem, dementia, reduced mobility, and falls.

With the average cost for prescription hearing aids being $4,600 a pair, many Americans who could benefit from using hearing aids cannot afford them and go without. However, on October 17, 2022, the U.S. Food and Drug Administration’s (FDA) “OTC Hearing Aids Ruling” went into effect, making it possible to buy hearing aids over-the-counter (OTC) without a medical exam, prescription, or professional fitting. OTC hearing aids use the same technology as prescription hearing aids, yet are significantly lower in price.

OTC hearing aids range from $99-$3,400 per pair and treat mild to moderate hearing loss only. If a person has more severe or sudden hearing loss, an OTC hearing aid will most likely not work; and an audiologist, doctor, or other hearing care professional should evaluate them.

Locally, OTC hearing aids are available at Kinney’s, Walmart, and Walgreens with one or two different styles available. These stores do not offer hearing tests, but several websites do, including www.checkhearing.org. You can also purchase OTC hearing aids online through Amazon or directly from the manufacturer’s website. To ensure you are buying a quality set, look for “OTC” on the label, which means the FDA regulates the hearing aids as a medical device. It might also help to read reviews online of the different OTC hearing aid brands and models available.

There are some things to consider when purchasing OTC hearing aids, including how long the battery life is and whether they are rechargeable. Also, some OTC hearing aids require a smartphone or computer to install, operate, or customize.

It may take 3-4 weeks to adjust to the hearing aids and figure out if they work for you, so it is important to make sure the return policy is at least that long. Since OTC hearing aids are not fitted to your ear by a professional, you must adjust them yourself to find the right fit. AARP points out that wearing hearing aids regularly is crucial in helping to make the most of them, and may even protect from further hearing loss, so buying a look that you are comfortable with is important as well.

Sources:
National Council on Aging- “Over-the-Counter Hearing Aids- What to Know”
www.ncoa.org/advisor/hearing-aids/over-the-counter-hearing-aids

National Institute on Deafness and Other Communication Disorders- “Over-the-Counter Hearing Aids”
www.nidcd.nih.gov/health/over-counter-hearing-aids

AARP- “How to Shop for an Over-the-Counter Hearing Aid”
www.aarp.org/health/conditions-treatments/info-2022/otc-hearing-aids.html

Hearing Loss Association of America- “OTC Hearing Aid Shopping Checklist”

list/#:~:text=Important%20steps%20as%20you%20shop%20for%20an%20OTC%20hearing%20aid%20that%20comfortably%20fits%20your%20ear%20
Governor Hochul announced on December 11, 2022, the federal government allotted extra funding for Home Energy Assistance Program (HEAP). If you have already received 2022-2023 regular HEAP benefit that was lower than the current benefit amount, you will have a credit on your vendor account in March. If you applied for HEAP after December 12, 2022, the new benefit amount has or will be applied.

New Breakdown of amounts:
- Oil, Kerosene, Propane: old base $900 and new base $1,050
- Wood, Coal, Pellets, Corn: old base $635 and new base $685
- NYSEG, National Grid, Marathon Electric: old base $400 and new base $500

**LOOKING AHEAD TO SUMMER:** Did you know HEAP can assist you with cooling assistance? The 2022-2023 Cooling Assistance benefit is scheduled to open May 1st. You would receive one air conditioner or fan plus installation. Your household is allowed one or the other, and the price cannot be more than $800 with installation. To be eligible for the cooling assistance benefit, you need to qualify within HEAP income guidelines (see full guidelines below) and have a note from your doctor stating you have a medical condition that an air conditioner or fan would help.

**HEAP 2022-2023 INCOME GUIDELINES**

<table>
<thead>
<tr>
<th>HH SIZE</th>
<th>TIER 1</th>
<th>TIER 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$0-$1,472</td>
<td>$1,473-$2,852</td>
</tr>
<tr>
<td>2</td>
<td>$0-$1,983</td>
<td>$1,984-$3,730</td>
</tr>
<tr>
<td>3</td>
<td>$0-$2,494</td>
<td>$2,495-$4,608</td>
</tr>
<tr>
<td>4</td>
<td>$0-$3,006</td>
<td>$3,007-$5,485</td>
</tr>
<tr>
<td>5</td>
<td>$0-$3,517</td>
<td>$3,518-$6,363</td>
</tr>
<tr>
<td>6</td>
<td>$0-$4,028</td>
<td>$4,029-$7,241</td>
</tr>
</tbody>
</table>

**VOLUNTEER RECRUITMENT FAIR**

Save the date!
April 17th 1pm-3pm
Age Well Center
165 South Main St., Suite B2, Cortland
Come and visit various agency/organization tables and hear about their volunteer needs.
Check out our new Age Well Center and what it has to offer.
Call the Area Agency on Aging at

**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 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.
The Inflation Reduction Act Benefits Seniors
By Matthew Kemak, Aging Services Coordinator

This past Fall, the federal government signed into law The Inflation Reduction Act. The passage of the bill helped bolster and fine tune aspects of Medicare and Medicaid for many seniors throughout the country. Some important highlights to better understand how the Inflation Reduction Act will help:

1. Starting January 1 of this year, a monthly cap of $35 has been placed for those receiving insulin through traditional Medicare or paying a deductible for their covered insulin products. (1)

2. In 2023, those with Part D will not have to pay out-of-pocket for any vaccines as recommended by the Advisory Committee on Immunization Practices, including Shingles and Tetanus-Diphtheria-Whooping Cough- (ACIP). (1)

3. Medicare and the Department of Health and Human Services (HHS) will be able to negotiate costs on 10 selected drugs for part D, with negotiations starting in 2024, and prices reflected in 2025. (2) The departments of Defense and Veterans Affairs already have this option.

4. In 2024, those enrolled in prescription drug coverage who have higher costs for medications to reach the “catastrophic” level will no longer have to make cost share payments.

5. In 2025, a new manufacturer discount program will be initiated where drug manufacturers will have to provide discounts on regular and catastrophic drug coverages up to 20%. Currently, Medicare pays 80% of drug spending incurred by Part D enrollees with drug spending above the catastrophic coverage threshold. (1)

The New York State Office for the Aging’s Director Greg Olsen recently hosted a livestream webinar with HHS Regional Director Dr. Dara Kass and Dr. April Smith, who is also with HHS, to help clarify the benefits of the Inflation Reduction Act. (3) Dr. Kass said there will be 5-7 million Americans who will see lower drug costs due to the passage. She said the Insulin cap and the no-cost expenses for vaccines will be “significant”. Dr. Kass also brought up that drug manufacturers will not be allowed to raise the cost of drugs higher than inflation. Through the Inflation Reduction Act, many seniors will start noticing declines in their healthcare costs immediately with the additional benefits, such as the vaccines now available.

For more information on a timeline of the changes from the Inflation Reduction Act, please contact the Area Agency on Aging at 607-753-5060.

Sources:
Volunteer Coaches Needed
By Cindy Stout, Aging Services Specialist
Volunteer Engagement Program

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is a proven program designed to help people manage concerns about falls and increase physical activity. The Cortland County Area Agency on Aging is looking for volunteers to help provide this program.

A Matter of Balance: Managing Concerns About Falls is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

A Matter of Balance coaches help participants become more confident about managing falls by believing they can increase their strength, find ways to reduce falls, and protect themselves if they do fall.

A Matter of Balance coaches need good communication and interpersonal skills, enthusiasm, dependability, and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.

An 8-hour training is provided to Coaches before they co-lead a class series.

If you would like more information on becoming a Matter of Balance Volunteer Coach, please contact Cindy Stout or Matt Kemak, A Matter of Balance Master Trainers, at 607-753-5060.

Bonesaver Exercise Program
By Cindy Stout, Aging Services Specialist
Volunteer Engagement Program

Here is what current participants are saying about Bonesaver:

“I have noticed an improvement in my own balance, stamina and flexibility. Our leader encourages everyone to the best, at their own pace and ability.”- Chris C.

“I am 90 years old, and it has helped me in many ways: getting up from sitting positions and making it easier to clean my own house.”- Katharine G.

“I’ve noticed that my legs are stronger, especially hiking uphill. Also, my 7 year old grandson had remarked that my upper arms were getting ‘jiggly’. Last Sunday he said they were getting better, but I should keep doing exercise.”- Mel. R.

“In the two months of taking this class, I can feel my legs have strengthened, and I can get up easier from our deep-seated couch.”- Lorri D.

Looking for an exercise program geared toward people age 60 or older? The Area Agency on Aging is currently offering two class-time opportunities of the Bonesaver Exercise Program. If there is interest, we may start a third class. This exercise program meets twice a week at the new Age Well Center. There is a minimal charge of $5 every three months. Preregistration is required along with completion of paperwork. Contact Cindy Stout at 607-753-5060 or cstout@cortland-co.org for more information.

The Area Agency on Aging recognizes the contributions of all our volunteers during National Volunteer Week: April 16-22.

Thanks for all you do!
March is Colorectal Cancer Awareness Month. Screening and prevention are key to reducing the risk of developing Colorectal Cancer. If it has been awhile since you had your last colorectal cancer screening, talk to your doctor about what screening is right for you.

**Types of Tests**

**Stool Tests**
- The **guaiac-based fecal occult blood test (gFOBT)** uses the chemical guaiac to detect blood in the stool. It is done once a year. For this test, you receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. You return the test kit to the doctor or a lab, where the stool samples are checked for the presence of blood.
- The **fecal immunochemical test (FIT)** uses antibodies to detect blood in the stool. It is also done once a year in the same way as a gFOBT.

The **FIT-DNA test** (also referred to as the stool DNA test) combines the FIT with a test that detects altered DNA in the stool. For this test, you collect an entire bowel movement and send it to a lab, where it is checked for altered DNA and for the presence of blood. It is done once every three years.

**Colonoscopy**

This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the **entire** colon. During the test, the doctor can find and remove most polyps and some cancers. Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

**How often:** Every 10 years (for people who do not have an increased risk of colorectal cancer).

If your doctor recommends one of these tests and you do not have health insurance or have health insurance that does not pay for these colorectal cancer screenings, then the Cancer Services Program of Cayuga, Cortland and Tompkins Counties may be able to help. The program is part of the Cortland County Health Department and can be reached at 607-758-5523.

---

**What Colorectal Cancer Screening is Right for Me?**

By Courtney McCallen, MS
Public Health Educator
Cortland County Health Department

---

CORTLAND BREAKFAST ROTARY’s 31st ANNUAL
Call 607-753-5060 to signup for light Spring Cleaning items.

FREE
spring cleanup

Rake Lawns
Prune Shrubs (light pruning)
Clean Gutters (single story)
Area Agency on Aging Food Pantries

Cortland County Area Agency on Aging (County Office Building, (Room B4))
The Helping Hands Pantry serves seniors 60+ years old. Monday-Friday 10am-2pm. To access the pantry, enter through the newly constructed entrance, and check in with the security guard. (607)-753-5060

Truxton Food Pantry (at Truxton United Methodist Church)
The Truxton Food Pantry is open the 3rd Saturday of every month 10am to 1pm at the Truxton United Methodist Church, 3670 NY-13, Truxton, NY 13158 (607)753-5060.

Willet Food Pantry (at Willet Town Hall/Senior Center)
The Willet Food Pantry is open the 2nd Thursday of each month from 1:00-4:00pm, no appointment needed. The Willet Food Pantry is operated within the Town Hall on Rt. 41 in Willet. (607)753-5060

Important Information for Veterans
Cortland County Veterans who served in the Republic of Vietnam beginning January 9, 1962, and ending on May 7, 1975 and have been diagnosed with coronary artery disease, diabetes, prostate cancer, lung cancer, or any respiratory cancers, should contact the Cortland County Veterans Office immediately for the purpose of filing a claim for service-connected disability compensation with the Veterans Administration.

Surviving spouses of veterans that have died from any of these conditions or complications resulting from any of these conditions may also be entitled to VA benefits.
Honoring our Legacy to Make the Future Accessible!

- Personal and Systems Advocacy
- Information and Referral
- Nursing Home Transition
- Home Modifications
- Independent Living Skills Training
- Peer Counseling

Access To Independence
26 N Main Street, Cortland, NY 13045
(607) 756-7663 | www.atlcortland.org

Looking to make a lifestyle change?

CDSMP & EAT HEALTHY, BE ACTIVE

This 12 week, 2-part class series will help you manage your chronic disease and improve your overall health!

You will learn:
- How to prepare simple, healthy yet tasty dishes at home.
- Decision-making, problem-solving, action planning, and other disease management tools.
- AND MUCH MORE!

CLASSES STARTING SOON!

To register, please contact Aaliyah Camp at (607) 756-4198 or aaliyah@sevenvalleyshealth.org

NEED HELP? GET HELP!

Do you have questions about Housing, Healthcare, or Volunteering?

Simply dial "2-1-1" OR

Text your Zip Code to TXT 211 or 898211 to be connected with a live call specialist

Transportation * Health * Housing Employment * Food * Recreation

Hospicare
Cortland & Tompkins Counties Hospice * Palliative Care * Grief Support

Hospicare uses a team approach to provide care to patients, families, and caregivers in Cortland & Tompkins counties.

Join us, for our Grief Support Group on the first and third Wednesday of the month. Held via Zoom. Contact us for more information and to register.

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 $43,700; and a family of five up to $82,400 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

CORTLAND HOUSING AUTHORITY

The Cortland Housing Authority has a rental assistance program that may be able to help you!

The Section 8 Housing Program helps qualified people meet their monthly rent bills by paying a portion of their rent directly to their landlord.

Interested persons may pick up applications at the Housing Authority offices located at 42 Church St. or 51 Port Waton St. Monday through Friday from 8:30am to 4:30pm. Call 753.9364 or 753.1771 to request an application sent by mail.

Email requests for applications should be sent to info@cortlandha.com or visit our website at www.cortlandha.com

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

NOW ACCEPTING APPLICATIONS

Got Rent?

The Cortland Housing Authority has a rental assistance program that may be able to help you!

The Section 8 Housing Program helps qualified people meet their monthly rent bills by paying a portion of their rent directly to their landlord.

Interested persons may pick up applications at the Housing Authority offices located at 42 Church St. or 51 Port Waton St. Monday through Friday from 8:30am to 4:30pm. Call 753.9364 or 753.1771 to request an application sent by mail.

Email requests for applications should be sent to info@cortlandha.com or visit our website at www.cortlandha.com

Like us on Facebook:

https://www.facebook.com/CCAreaAgencyonAging

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

NOW ACCEPTING APPLICATIONS

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

NOW ACCEPTING APPLICATIONS

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

NOW ACCEPTING APPLICATIONS

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

NOW ACCEPTING APPLICATIONS

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

NOW ACCEPTING APPLICATIONS

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

NOW ACCEPTING APPLICATIONS

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

NOW ACCEPTING APPLICATIONS

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 $43,700; and a family of five up to $82,400 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

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 $43,700; and a family of five up to $82,400 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

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 $43,700; and a family of five up to $82,400 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.