With recognition of May as Older Adult Awareness Month as well as Mental Health for Older Adults Awareness Month, creativity provides a great opportunity for increased personal growth and wellness. In his book, *Aging and Creativity*, Gene Cohen (2000a) wrote about the positive impact the arts have on mental and physical health. He shared once a person retires they often ponder what to do in their next phase of life. I know older adults who engaged in the arts and found a new passion and ability that had been dormant during years of constant obligation. Later life creations were found in painting, writing, music, sculpture, dance, photography, cooking, volunteering, furniture making and numerous other mediums.

The relationship between mental health and physical health is known as Psychoneuroimmunology (PNI). Researchers found that positive feelings trigger a response in the brain creating beneficial immune system cells. The arts have long held a sanctuary for those seeking solace and peace within. This may be a perfect time for you to reach out and take the step towards continued personal growth and wellness. Maduro (1974) stated, “People are in touch with their inner psychological life when they are older more than any other point in the life cycle.” Let’s work to keep our thoughts on the optimistic side of matters by taking a class, going for a walk, meeting new people, taking a new adventure, trying something new. Check out our upcoming opportunities at our Age Well Center! Please send your thoughts on new and interesting ideas for workshops, classes and events. Honor Older Adults Awareness and Mental Health Month by uplifting your own life- in turn you will lift others!

To Celebrate Older Americans Month, the Age Well Center will host an ice cream social following lunch every Monday in May. Please be sure to call for your reservation. 607-218-6284
Area Agency on Aging Volunteer Opportunities
By Cindy Stout, Aging Services Specialist

- Newsletter collating/preparing for mailing
- Shopping Assistance Program
- Friendly Visiting Program
- Receptionist/Clerical
- Bonesaver Exercise Program Leaders
- A Matter of Balance Coaches
- Meals on Wheels Delivery (no driving required)

Training/Orientation is provided for all volunteer jobs. To be eligible to volunteer through our agency, you will need to complete a volunteer registration form, as well as some required forms through the county. Short online training is also required. A staff member is available to help you with the process and navigate your way to a desired volunteer job.

If nothing listed appeals to you, a staff person can also help you find other volunteer opportunities in our community.

To learn more about becoming a volunteer or current volunteer opportunities and needs, call our agency at 607-753-5060.

RAMP and Handyman Program
By Heather Simmons, Aging Services Specialist

Area Agency on Aging is currently accepting referrals for the Make-A-RAMP program. The ramp program is designed to assist people age 60 and older who have mobility issues and for whom a ramp would improve their ability to leave their home. The ramp is a modular aluminum structure that is installed to fit each person’s home and will remain with the home as long as the client is using the ramp. The ramp remains the property of Area Agency on Aging; and once it is no longer used, it will be taken down and restructured for someone else in need. If you or someone you know would benefit from a ramp, please contact Aging Services Specialist Heather Simmons at 607-753-5060.

Area Agency on Aging also offers the Handyman program, which helps enhance the safety and well-being of senior homeowners. The program helps with minor repairs and installs safety devices and equipment.

Eligibility Criteria:
Age 60 or older
Homeowner/Life Use
Income eligible based on current HEAP guidelines (see chart on Page 3)

Example of Repairs:
Installation of grab bars and/or handrails
Repair of broken or rotted steps
Install shower chair
And more

Coming in June.
Empire State Senior Games are Back!
Please view the website below. The Area Agency on Aging will be hosting our Wellness Fair at the games. More details to come.

http://www.nyseniorgames.com

SAVE THE DATE:
COUNTYWIDE PICNIC FOR 60+
THURSDAY, AUGUST 24, 2023
DWYER PARK
MORE INFORMATION IN OUR NEXT NEWSLETTER
Did you know that HEAP (Home Energy Assistance Program) can assist you with cooling assistance? The Cooling Assistance benefit is scheduled to open May 1st.

Eligible participants can 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).

You may be eligible for Cooling Assistance HEAP benefit if:

- Your household’s gross monthly income is at or below the current income guidelines for your household size as shown.
- You receive Supplemental Nutrition Assistance Program (SNAP).
- You did not receive a HEAP funded air conditioner within the past five years.
- Your household contains a vulnerable member based on their age (age 60 or older, or under age of 6) which meet all other component eligibility criteria.
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat.
- You currently do not have a working air conditioner, or the air conditioner you have is five years old or older.

It will be your responsibility to maintain the air conditioner. This includes removing, covering, storing and/or reinstalling the unit.

#### CURRENT HEAP INCOME GUIDELINES

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<th>HH SIZE</th>
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<tr>
<td>2</td>
<td>$1,984-$3,730</td>
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<tr>
<td>3</td>
<td>$2,495-$4,608</td>
</tr>
<tr>
<td>4</td>
<td>$3,007-$5,485</td>
</tr>
<tr>
<td>5</td>
<td>$3,518-$6,363</td>
</tr>
<tr>
<td>6</td>
<td>$4,029-$7,241</td>
</tr>
</tbody>
</table>

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.
Olives are a staple in Mediterranean cuisine. National Olive Day is celebrated June 1st each year. This special fruit (yes, a fruit!) is full of nutrients and health benefits. Despite their meaty texture, olives are considered a fruit because they develop from a flower and contain a seed.

Olives are rich in antioxidants, healthy fats and contain a fair source of fiber. These unique fruits are perfect for a snack that offers satiety - meaning you can feel full for some time. Olives are also high in vitamin E and, depending on variety, can be good sources of vitamin K, potassium and even calcium, so it is important to read your nutrition facts label.

Olives have been grown for over 6,000 years, according to the Olive Oil Times (OOT). Today, there are over 100 varieties to choose from, and many are often used for olive oil production. OOT indicates that 90% of olives are used for olive oil production, with the remaining 10% found as table olives. Olives make a great addition to items such as pizzas, tossed salads, and egg salads - or even on their own as an on-the-go snack. Remember that if you are someone who is monitoring your sodium intake, the curing process adds salt, and moderation or avoidance may be necessary.

The other derivative of olives - olive oil - is well known for its health benefits, making it a healthy choice as a cooking oil. Olive oil contains healthy monounsaturated fats and offers anti-inflammatory properties, making it a heart healthy choice. You can try substituting olive oil for salad dressings, or even as a lubricant for pan frying such as preparing eggs for breakfast.

11 Proven Benefits of Olive Oil (healthline.com)
https://nationaltoday.com/national-olive-day/
How Many Olive Varieties Are There and Which Are the Most Popular?
oliveoiltimes.com

The Cortland County Area Agency on Aging Nutrition Services Program has a new Senior Cook, and his name is Chef Matthew Daly.

Matthew brings many years of experience to the Nutrition Services Program, including serving with the Navy for ten years where he was an Operations Specialist First Class (OS1) and cooked. He studied at Johnson and Wales University, earning a degree in Culinary and Applied Sciences.

A native of Tully, Matthew returned to our area six years ago. Matt describes himself as energetic, willing to work with others and open-minded. In his spare time, he enjoys getting outside for hiking, fishing and kayaking. Others have described him as dependable, knowledgeable, and experienced.

He enjoys making Asian, European and Italian cuisines and looks forward to bringing new flavors to our program as we serve our older adults and soon our County Office Building staff.
Ask the Dietitian
by Carrie Kane, MS, RD, CDN

I was recently asked, “how do we use our food to age healthy?” To delve into the answer to this question, we first have to unpack what our goal is when we are talking about health and our wellness.

Food is a source of comfort for many, often times that connection is what unknowingly enables us to overindulge in our favorite foods. We feel especially satisfied by foods we grew up with, and gravitate towards those foods higher in sugars and fats. That doesn’t make any one food item “bad” or “good” when eaten one time. The detriment to our health comes when those items are the only items we are consuming.

Think about birthday parties, for example. We often have celebrations sporadically throughout the year. That piece of cake or sweet that is typically served in moderation is great to fit into our meal pattern. However, if we ate the whole cake, or had a piece of cake every day throughout the course of a year, we would see health implications arise. Issues such as weight gain, diabetes and fatigue to name a few. Of course, the portion size matters, and our food labels on the packaging are a tool to help keep us informed.

The reason I mention this is if we restrict ourselves, it can often lead to binge eating the foods we crave or desire. When we overindulge in the items that are not high in nutritive value, sometimes referred to as “empty calories”, we limit our ability to consume the foods that will fuel our body. For example, if you had that large piece of cake you may not have room for vegetables, fruits or lean proteins in your meal. Thus, your intake of foods that contain the vitamins, minerals, fiber and protein in the meal are missing.

Focusing on those priority components at meals will enable you to generate lifestyle changes that fuel “healthy” eating as we age. Start by filling half your plate with a non-starchy vegetable at meals such as broccoli or leafy greens. This starts your meal off by filling you with fiber and can keep you feeling full longer. That satiety will lead to less cravings, and less cravings lead to a reduction in over eating. Give it a try this month!

GREAT NEWS!
STARTING JUNE 1ST,
THE AGE WELL CENTER
WILL BE OPEN
MONDAY—FRIDAY 8:00 AM-4:00 PM*
FOR MORE INFORMATION,
PLEASE CALL 607-218-6284.
WE LOOK FORWARD TO SEEING YOU!

*Subject to change pending renovation completion.
Quick Tips on Driver Safety  
and Transportation Resources in Cortland County
By Jennifer Hillman, Health Educator, Cortland County Health Department

As you age and continue to drive, there are several key points to remember to ensure your safety on the road:

- **Fit yourself to the car:** Make sure your vehicle fits you correctly. Adjust the seat, steering wheel, and mirrors to ensure you can see well and reach all the controls comfortably.
- **Use adaptive devices:** If necessary, use adaptive devices such as hand controls, pedal extensions, or seat cushions to make driving more comfortable and safe.
- **Talk to your doctor:** If you are taking medications that may affect your driving ability, talk to your doctor about potential side effects and whether it is safe to continue driving.
- **Stay up-to-date with regular check-ups:** As you age, it is vital to have regular check-ups with your doctor to monitor your overall health and any conditions that may affect your driving ability.
- **Take breaks when necessary:** If you feel tired or sleepy while driving, take a break and rest before continuing your journey.
- **Drive defensively:** Be aware of other drivers on the road, and practice defensive driving techniques to avoid accidents.

It is also a good idea to plan ahead and explore alternative transportation options before you need them. That way, you will be prepared and have a plan in place for when you can no longer drive, even if temporarily.

- **Public transportation:** Check out the local public transportation options in your area. In Cortland County, this would be Cortland Transit. Find out the schedules, fares, and routes to see if it is viable for your needs. Visit way2gocortland.org or contact Mobility Manager at 607-756-3416 for more information.
- **Dial-A-Ride Program:** Try Cortland Transit’s Dial-a-Ride program. This is a curb-to-curb transportation service for individuals within Cortland County traveling to a destination within Cortland County. Book your trip 24 hours in advance by calling 607-758-3383.
- **Ride-sharing services:** Consider using ride-sharing services like Uber or Lyft. These services can provide door-to-door transportation, and you can book a ride using your smartphone.
- **Taxi service:** Taxis can provide on-demand transportation when you need it.
- **Walking or biking:** If you can walk or bike, it is a great way to exercise and save money on transportation. Plan your route and consider using walking or biking paths that are safe and well lit. All Cortland Transit buses are equipped with bike racks.
- **Senior transportation services:** Area Agency on Aging Transportation program is up and running! Operating in conjunction with the Age Well Center, older adults from anywhere in Cortland County can call for a pickup to transport them from their home to the center in Cortland. Days of operation are Mondays, Tuesdays, and Thursdays, with pickups in the morning, and drop offs in the afternoon. Service will be expanded to Monday through Friday starting June 1. Call 607-753-5084 a business day in advance to reserve your spot!
- **Friends and family:** Ask friends or family members if they can provide rides when needed. Consider sharing the cost of a ride when carpooling with a friend in the same direction.

By following these key points, you can help ensure your safety and the safety of others on the road as you continue to drive into your later years.
Friendships can have a major impact on your health and well-being, but it is not always easy to develop or maintain friendships.

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship too. Friends can also:

• Increase your sense of belonging and purpose
• Boost your happiness and reduce your stress
• Improve your self-confidence and self-worth
• Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
• Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

Adults with strong social connections have a reduced risk of many significant health problems, including depression, high blood pressure, and an unhealthy body mass index (BMI). In fact, studies have found that older adults who have meaningful relationships and social support are likely to live longer than their peers with fewer connections.

To meet new people who might become your friends, you have to go to places where others are gathered. Do not limit yourself to one strategy for meeting people. The broader your efforts, the greater your likelihood of success.

The Age Well Center at 165 Main Street, Cortland is hosting Swing into Spring on Friday, May 19th from 5:00pm-8:00pm. Come meet new people, rekindle old friendships, socialize, laugh, and dance.

Remember, it is never too late to develop new friendships or reconnect with old friends. Investing time in making friends and strengthening your friendships can pay off in better health and a brighter outlook for years to come.

Source: Friendships: Enrich your life and improve your health - Mayo Clinic

Swing into Spring
At the
Cortland County
Age Well Center
165 Main St., Cortland, NY
May 19, 2023
5:00-8:00

This will be an event for people 60 and older to:
Meet new people
Rekindle old friendships
Socialize
Mingle
Laugh
Dance
RSVP by: May 12th at (607) 753-5060

The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office for the Aging under Title III of the Older Americans Act of 2020; as amended.
Check Washing: How It Works
By Melissa Alvord, Aging Services Specialist

Crooks steal checks left in mailboxes or remove mail deposited in collection boxes by using keys stolen from mail carriers or by fishing them out with string and something sticky, like rodent glue traps or a glue-covered bottle. Using cheap chemicals like bleach or acetone, they erase the payee name and amount, leaving the signature intact. After drying, checks are rewritten for more money and deposited or cashed at banks, check-cashing businesses or stores that offer check-cashing services. Check washing is soaring because criminals who stole government stimulus checks and unemployment checks during the pandemic are now looking for new sources of income.

A washed check could lead to bigger problems. Some criminals sell washed checks to other criminals for $250 to $600 each. They may also supply buyers with the account holders’ Social Security numbers and the size of their bank balances. Bank account and routing numbers may be used to withdraw even more money electronically. Criminals are also using personal identification information on checks as they take out loans, open bank accounts and set up lines of credit in a victim’s name.

Ways to protect yourself:

- Pay your bills online. As long as you are not on public Wi-Fi, paying bills online is safer than a check through the mail. Your bank account and the payment system are encrypted.
- Deliver your mail to the post office.
- Use a pen with blue or black non-erasable gel ink.
- Do not let mail sit in your mailbox. Collect it as soon as possible. If you are away, ask the post office to hold it until you are back, or ask a trusted friend to collect it for you.
- Monitor your bank account closely; do not wait for the monthly statement. Go online every couple of days to review balances.
- Report incidents quickly. Contact your bank as soon as possible if you suspect something is not right.

Source:
# LASS Centers’ Contacts for Activities

<table>
<thead>
<tr>
<th>Location</th>
<th>Location Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HARFORD</strong></td>
<td>Creamery Hills Apartments 355 Creamery Road, Richford</td>
<td>Contact: Brandy Jackson 607-844-8229</td>
</tr>
<tr>
<td><strong>PREBLE</strong></td>
<td>Preble Fire Station 1911 Preble Road, Preble</td>
<td>Contact: Dave Morse 315-663-1654</td>
</tr>
<tr>
<td><strong>SCOTT</strong></td>
<td>Scott United Methodist Church 6816 Route 41, Scott</td>
<td>Contact: Kay Harvey 607-842-6871 or 607-597-9774</td>
</tr>
<tr>
<td><strong>TRUXTON</strong></td>
<td>Truxton Living Well Center United Methodist Church, Route 13, Truxton</td>
<td>Contact: Jill Kraft 607-244-1445</td>
</tr>
<tr>
<td><strong>VIRGIL</strong></td>
<td>United Methodist Church 1194 Church Street, Virgil</td>
<td>Contact: Pastor Steph Brown 607-857-3556</td>
</tr>
<tr>
<td><strong>WILLET/CINCY</strong></td>
<td>Cortland/Chenango Rural Services Seton Hall, 2704 Lower Cincinnatus Rd, Cincinnatus</td>
<td>Contact: Joanne Brown-Garringer 607-863-3828</td>
</tr>
<tr>
<td><strong>HOMER</strong></td>
<td>David Harum Senior Center 31 North Main Street, Homer</td>
<td>Contact: Sylvia Hammond 607-749-7811</td>
</tr>
</tbody>
</table>

## Local Community Activities for Older Adults

<table>
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<tr>
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<th>Contact Information</th>
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<tbody>
<tr>
<td><strong>MCGRRAW</strong></td>
<td>McGraw Senior Socials Lamont Memorial Free Library 5 Main Street, McGraw</td>
<td>Contact: Heather Cobb 607-836-6767</td>
</tr>
<tr>
<td><strong>HOMER</strong></td>
<td>David Harum Senior Center 31 North Main Street, Homer</td>
<td>Contact: Sylvia Hammond 607-749-7811</td>
</tr>
</tbody>
</table>
At the end of March, I celebrated ten years of retirement. For seven of those years, I shared my experiences with all of you as I wrote and submitted these journal entries. In preparing for this entry, I reviewed all the articles I had submitted and found some reoccurring themes.

We talked a lot about decluttering as the first step to downsizing. I shared with you my idea of an Heirloom Journal as a means of organizing family treasures and leaving behind the stories and history of those items entrusted to you. We talked about decluttering being a step toward being organized and being organized as a means of decreasing stress and allowing yourself to enjoy your retirement.

Because my grandchildren live across the country, I shared ideas of keeping in contact with long distance family. One of those ideas was to give them family history through letters. One entry was to share my Missouri Grands’ Rules for a Club Meeting. Rules that I suggested we could all live by.

Many of the journal entries had to do with ways to spend your time. I encouraged you to try new things, set specific and regular dates to meet friends, go day tripping, write letters, and take regular time for yourself. I suggested ways that you could organize your personal records, and I encouraged you to do some funeral planning. In the last couple of years, I shared the process George and I went through to downsize and move closer to our granddaughters and their parents.

Last fall I wrote about life changes and the importance to being open-minded. As we age, those changes will often relate to physical and cognitive challenges. I encouraged you to embrace those decisions, and continue to live life to your fullest, no matter what it looks like.

In reviewing seven years of entries, it became clear that I have depleted my current supply of sage advice and clever ideas. This is my last Retirement Journal entry. Thanks to all of you who have encouraged me over the years. It was kind of nice to have a fan club, and I thank my friend Kathy Jacobsen for being my head cheerleader. Start each new day with the belief that it is going to be a good day, and you will find that some of them will even be better.

**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
The roots of Cooperative Extension go back to 1862 with the passage of the Morrill Act, which established land-grant colleges emphasizing rural technical instruction. The department itself was established in 1913 when the Smith-Lever Act, using the motto “help people help themselves”, was made into law. Education and hands-on demonstrations were key to better farming. The challenge was how to persuade independent county farmers to accept these changes.

One source of outreach was the printed word. Extension agents kept farmers in Cortland County in touch with each other with the printing of a down-to-earth publication called “The Farm News”. Here are some excerpts from the October 1963 edition:

- “Franklin and Clair Webster of the Scott Road have nothing but praise for their new ‘three-in-one machine’ that mows, conditions, and windrows the hay. Franklin expressed the opinion that greener and leafier hay is the result.”

- “Maurice Ames of Truxton told us about his experiences with putting up oat silage, and Maurice is as convinced as we are that it must be taken in the boot stage, or before heading, if it is to be palatable.”

- “Recently we saw an overhead grain bin starting to come down. In this particular case, an engineer’s advice was not followed. With overhead storage, make sure you have enough support for the weight. A hay mow or grain storage that comes down can be rather costly.”

- “Richard Preston of Freetown has an overhead track in his milkhouse with a pulley attachment. With this he can take milk cans out of the cooler and put them on the platform for milk pickup without any physical lifters.”

Reading shared stories of success could prompt the most isolated farmer into contacting the Extension office with questions, becoming useful grist for an upcoming issue.

From the very first extension agent, E.H. Forrestal, who was “turned loose in the county and told to feel his way and accomplish what he could” 110 years ago, to today’s Cortland County Cooperative Extension Office, which continues to fulfill the early mission of “system and organization wins”, programs emphasizing education and public service remain the priority.

The Cortland County Area Agency on Aging is now offering transportation for ANYONE age 60 and older to our Age Well Center in Cortland. If you are in Cortland County, we can come to you at your home or at a location with your friends. Bus Routes start at 8:30 a.m. Monday through Friday starting June 1st, with the bus now running Monday, Tuesday and Thursday, with return trips starting as early as 1:30 p.m. Participants must be registered through the Area Agency on Aging, and call ahead to reserve their seats ahead of time, for each day, as bus space is limited, and additional routes would be made to accommodate all. Call 607-753-5084 to reserve your space 24 hours in advance.

Any cancellations for rides must be made by 3 p.m. the day before your previously scheduled ride. Call 607-753-5084 to cancel a ride.

There is a suggested one-way contribution of $2.50 for City of Cortland and Village of Homer or $3.00 for all other locations. All contributions are voluntary and confidential. Services will not be denied for inability to contribute.
EISEP enables many frail seniors to remain in their homes by offering minimal assistance with Instrumental Activities of Daily Living (IADLs) and/or Activities of Daily Living (ADLs). The program helps individuals eliminate or delay the need to enter a nursing home or other long-term care facility and to assist family members in the care of the elderly.

To be eligible for the program, a person must be:

- At least 60 years old;
- Functionally impaired, as shown by a need for the assistance of another person in at least one ADL (such as dressing, bathing or hygiene) or in at least two IADLs (such as meal preparation, housekeeping or shopping);
- Able to be maintained safely at home with receiving an average of 2-4 hours per week of assistance.
- Not be a Medicaid recipient or be eligible to receive the same or similar services from another program (i.e. Medicaid, VA). Persons eligible for Medicaid are not eligible for similar services under EISEP.

The monthly current income thresholds are $1,823 for one person and $2,465 for a married couple.

- For those at or below the monthly income threshold amount: No client cost-share will apply.
- For those over the monthly income threshold amount: Housing expenses and income adjustments are calculated. A monthly cost-share may apply based on deductions of excess housing and the amount of adjusted income.

Income information and resource amounts are gathered to screen for potential Medicaid eligibility.

Services may include:

- Case Management to assess needs and develop, implement and maintain an appropriate plan of services and regular monitoring to ensure services are adequately meeting an individual’s changing needs.
- Non-medical In-home Services contracted with a licensed home care agency, companion care agency, or we have the option of consumer-directed in-home services where you can hire an aide or someone you know to take care of you or your loved one. Aide service is provided to assist individuals with housekeeping/chore services, personal care services or both.
- Personal Emergency Response Systems (PERS) to provide an extra safety measure for people who fall frequently.
### 2023 New York Senior Games
#### June 10-17

The New York Senior Games, coordinated through the Cortland Regional Sports Council, are being hosted at SUNY Cortland. Consider taking advantage of a local opportunity to compete with fellow New York State athletes. Anyone turning 50 or older in 2023 is eligible to compete. Interested athletes can go online at [www.nyseniorgames.com](http://www.nyseniorgames.com) for a complete list of sports and registration information to compete in the games.

The Area Agency on Aging is coordinating and participating in the Wellness Fair at the Park Center Ice Arena on Friday, June 16 from 9am-3pm. Stop in to see us and other agencies/organizations who will be displaying services and products for older adults.

### Bonesaver Exercise Program
- **Ongoing exercise program**, offered 2 days/week.
- **Geared toward older adults.**
- Pre-registration is required, along with paperwork completion. Wait lists may form, depending on current class sizes.

### A Matter of Balance
- **8-week class series offered at various times throughout the year.**
- This series teaches people to manage their fear of falling and to set goals to encourage activity.
- Pre-registration is required. Call to find out dates for the next class series or to be put on a wait list.

For more information on either of these programs, call the Area Agency on Aging at 607-753-5060.

### AAA Health & Wellness Programs
#### By Cindy Stout, Aging Services Specialist

#### Spotlight on a Community Volunteer Need: Adult Volunteer Tutors
#### By Katrina Martin, CAPCO staff

The Cortland County Adult Literacy Program at CAPCO forms a community of learning comprised of staff, adult learners and volunteer tutors. Students at CAPCO all have individual goals. Our community helps foster achievement of those goals for success in work and in life.

In order to receive a high school equivalency diploma, a student must demonstrate a high degree of knowledge in four subjects: Science, Social Studies, Math and Reading/Language Arts.

Volunteers are needed as tutors in our program, and all volunteer tutors will be introduced to four Core Educational Values: Respect, Good Mind, Persistence and Curiosity. Tutoring, like learning, is a dynamic process. A tutor needs to be a good listener. Currently, the majority of our students are young (16 years and up) who dropped out of school during the Pandemic or due to bullying. They are working on passing the high school equivalency exam. Our program also has some older students with a variety of learning goals.

Volunteer tutors receive an initial orientation and quarterly trainings throughout the year. Trainings are offered through Zoom or in person. The initial orientation (in person only) takes about 2-3 hours. Quarterly trainings take approximately 45 minutes to 1 hour. Tutors are asked to make arrangements to receive and discuss materials covered in any missed training sessions.

The tutoring service is free to the student and to the volunteer. CAPCO is the local Community Action Program located at 32 North Main Street in Cortland.

For more information, contact Katrina Martin at CAPCO: 607-753-6781, Ext. 1412.
Health Insurance Information, Counseling and Assistance Program (HIICAP)

The Medicare Savings Program, By Sara Hazard, Aging Services Specialist

Everything from groceries, to housing costs, to prescriptions, to gas has skyrocketed in the last few years. Everyone is looking for some relief! Many people, especially seniors, have fixed incomes with very little wiggle room in their monthly budgets. The Medicare Savings Program (MSP) is available to provide relief for some limited income Medicare beneficiaries. MSP helps pay for Medicare premiums and sometimes, depending on income, coinsurance and deductibles. There are two separate MSP programs: the Qualified Medicare Beneficiary (QMB) Program and the Qualified Individual (QI-1) Program. The chart below describes the two Medicare Savings Programs, the benefits of the programs, and the asset and income guidelines:

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<td>Couples</td>
</tr>
<tr>
<td>QMB</td>
<td>Pays Part B premium, deductibles, and coinsurances. Extra Help automatically</td>
<td>$1,677</td>
<td>$2,268</td>
</tr>
<tr>
<td>QI-1</td>
<td>Pays ONLY Part B premium. Extra Help automatically</td>
<td>$2,260</td>
<td>$3,057</td>
</tr>
</tbody>
</table>

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

The following documentation must be submitted along with the signed application at time of completion.

**Proof of Income**

- Earned Income from Employer: 4 consecutive paychecks or a letter from employer
- Self-Employment Income: Current signed income tax return or a letter
- Rental Income: Letter from roomer, boarder, tenant or check stub
- Private Pensions/Annuities: Statement from Pension/Annuity or Bank Statement
- Social Security: Award letter, benefit check, or Bank Statement
- Income from a Trust: Trust document

**Identity and Citizenship**

A copy of the front and back of your and your spouse’s Medicare cards

**Residency**

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

The MSP application process is fairly simple. This process can be completed through your local Department of Social Services or application assistance can be provided through the Cortland County Area Agency on Aging. If you are on Medicare and are interested in learning more about the Medicare Savings Program and its benefits or think you may qualify, please contact your Area Agency on Aging’s HIICAP counselors at (607) 753-5060.
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)

**Programa de Ahorros de Medicare (MSP)**, Por Sara Hazard, especialista en servicios para adultos mayores

Todo, desde comestibles hasta costos de vivienda, recetas y gasolina, se ha disparado en los últimos años. ¡Todos buscan un poco de alivio! Muchas personas, especialmente las personas mayores, tienen ingresos fijos con muy poco margen de maniobra en sus presupuestos mensuales. El Programa de Ahorros de Medicare (MSP) está disponible para proporcionar alivio a algunos beneficiarios de Medicare de ingresos limitados. MSP ayuda a pagar las primas de Medicare y, a veces, dependiendo de los ingresos, el coseguro y los deducibles. Hay dos programas MSP separados: el Programa de Beneficiarios Calificados de Medicare (QMB) y el Programa de Individuos Calificados (QI-1). La siguiente tabla describe los dos Programas de Ahorros de Medicare, los beneficios de los programas y las pautas de activos e ingresos:

<table>
<thead>
<tr>
<th>Programa</th>
<th>Beneficios</th>
<th>Individual</th>
<th>Parejas</th>
<th>Activo Límites</th>
<th>Individual</th>
<th>Parejas</th>
</tr>
</thead>
<tbody>
<tr>
<td>QMB</td>
<td>Paga la prima, los deducibles y los coseguros de la Parte B. Ayuda adicional automáticamente</td>
<td>$ 1.677</td>
<td>$ 2.268</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>QI-1</td>
<td>Paga SOLO la prima de la Parte B. Ayuda adicional automáticamente</td>
<td>$ 2.260</td>
<td>$ 3.057</td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>

**El seguro médico, dental y de cuidado a largo plazo se puede usar como una deducción de su ingreso bruto.**

La siguiente documentación debe presentarse junto con la solicitud firmada en el momento de la finalización.

**Comprobante de ingresos**
- Ingresos del trabajo del empleador: 4 cheques de pago consecutivos o una carta del empleador
- Ingresos por trabajo por cuenta propia: Declaración de impuestos sobre la renta firmada vigente o una carta
- Ingresos por alquiler: Carta del roomer, boarder, tenant o talón de cheque
- Pensiones/Rentas Públicas Privadas: Estado de cuenta de pensión/anualidad o extracto bancario
- Seguridad social: Carta de adjudicación, cheque de beneficios o extracto bancario
- Ingresos de un fideicomiso: Documento de confianza

**Identidad y ciudadanía**
- Una copia del anverso y reverso de sus tarjetas de Medicare y las de su cónyuge
- Una copia del anverso y reverso de sus tarjetas de Medicare y las de su cónyuge

**Residencia**
- Propietario: Registro de impuestos, declaración de hipoteca o factura de servicios públicos
- Inquilino: Declaración del propietario o factura de servicios públicos

El proceso de solicitud de MSP es bastante simple. Este proceso se puede completar a través de su Departamento de Servicios Sociales local o se puede proporcionar asistencia para la solicitud a través de la Agencia del Área del Condado de Cortland sobre el Envejecimiento. Si está en Medicare y está interesado en obtener más información sobre el Programa de Ahorros de Medicare y sus beneficios o cree que puede calificar, comuníquese con los consejeros de HIICAP de su Agencia de Área sobre el Envejecimiento al (607) 753-5060.
Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year’s theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in Aging Unbound:

- **Embrace the opportunity to change.** Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

- **Explore the rewards of growing older.** With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

- **Stay engaged in your community.** Everyone benefits when everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities at your local senior center or elsewhere in the community.

- **Form relationships.** As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

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

Source: https://acl.gov/oam/2023/older-americans-month-2023

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**Notice of Public Hearing**

Notice is hereby given that a public hearing will be held to receive comments on annual updates to the Area Agency on Aging Four Year Plan for 2020-2024 to be submitted to the NYS Office for the Aging pursuant to Section 541 of the Executive Law of New York State and regulations promulgated there under. The public hearing will be held on Thursday, May 18 at 12:00 p.m. at the Age Well Center, 165 Main Street, Suite B2 (Crescent Commons), Cortland, NY 13045.

Accommodations for individuals with hearing or visual impairments are available upon request with advanced notice of at least 72 hours. This site is accessible.
Older Americans Act Advisory Council of Cortland County Members - 2023

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

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

The AAA is pleased to introduce you to the Older Americans Act Advisory Council for 2023:

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

Staff:

Pearl Reed-Klein, Ph.D., Director  Amber Giamei, Deputy Director, Aging Services
Melissa Alvord  Matt Kemak
Cyndy VanPatten-Young  Cheryl Kenyon
Carrie Kane, Deputy Director, Nutrition

Don’t Forget to Nominate For Senior Citizen of the Year!

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.

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.
Access To Independence of Cortland County, Inc.

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) 753-7363 | www.aticortland.org

Creamery Hills Apartments
Affordable Independent Living
Seniors & Disabled Persons

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

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.
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

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

SHERBROOK APARTMENTS

Not Just an Apartment, But A Home

One & Two Bedroom Apartments

$20 Senior Citizen Discount
607-756-6145

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 Watson 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

We’re on the Web:

Like us on Facebook:

www.cortland-co.org/434/Area-Agency-on-Aging
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

<table>
<thead>
<tr>
<th>Name</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Address</td>
<td></td>
</tr>
<tr>
<td>New Address</td>
<td></td>
</tr>
</tbody>
</table>

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.