Our celebration for Older Americans’ Month, presenting the theme “Aging Unbound”, hosted speakers Greg Olsen and Becky Preve from NYS Office for Aging (NYSOFA) and AgingNY. In attendance was the Cortland County Legislature, Cortland County AAA Advisory Council and AAA staff members. It is imperative that we understand how we all work together towards service provision of older adults. This event provided support, recognition and appreciation for our staff.

NYSOFA Director Greg Olsen said, "Older adults are important to their families, communities, and the state’s economy. Our goal is to help them age successfully and keep their enormous contributions in New York State. We need older adults to provide us with feedback as we build on New York's promise as the first age-friendly state in the nation."

Please listen to Greg at [https://www.youtube.com/watch?v=BkzVu0rdMys](https://www.youtube.com/watch?v=BkzVu0rdMys)!

AgingNY Executive Director Becky Preve said, “Data is imperative in the creation and implementation of policy and funding needs of older New Yorkers. This survey provides an opportunity for federal, state, and local governments to hear directly from residents on current and future needs to support the older population. We strongly encourage participation in this free, anonymous survey, as the results will be paramount in planning for the future.”

The survey’s results will inform the priorities of NYSOFA as it prepares its four-year plan to the federal government. NYSOFA’s Four-Year Plan guides service delivery and policy development for aging services that support New York’s 4.6 million older adults.

The survey covered the following areas which will be included in the state Four-Year Aging Plan:

**Overall community quality**— assessing the community as a place to live and retire, whether individuals recommend the community to others, and residential stability.

Continued Page 2
**Community and belonging**— assessing views about community safety, the belief that older residents are valued in the community, and concerns about crime victimization and abuse.

**Community information**— assessing the availability of information about older adult resources and financial or legal services.

**Productive activities**— assessing civic engagement, such as volunteering, voting, social engagement, social and religious activities, recreation, personal enrichment, caregiving, and economic contributions.

**Health and wellness**— physical health, physical fitness, mental health, emotional wellbeing, quality of life, health care, independent living, activities of daily living, and hospitalizations.

**Community design and land use**— housing variety and availability, ease of travel (by car, foot, and bus), access to daily needs, overall quality of life.

Please go to the NYSOFA website and listen to the NYSOFA’s 4 Year Plan to learn what this means for you! Greg Olsen presents in his usual articulate and insightful manner. We are excited to engage with the NYSOFA’s NYS 4 Year Plan and the Governor’s NYS Master Plan for Aging.

We also held a Public Hearing at our Age Well Center that was well attended, and resourceful questions were asked. We continue to ask YOU for your ideas for new programming and services for adults in Cortland County. The activities of the past are not suited to all older adults, so we are seeking your input towards our own agency’s future plans.

Remember, mental health is related to physical health. This summer please get fresh air and Vitamin D, sing in the sunshine, listen to the birds, walk at the lakes, and start a new activity. This is great advice for all families to create a healthy and happy life!

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**Centenarians Honored**

As part of the #OlderAmericansmonth, the Cortland County Area Agency on Aging celebrated by honoring our centenarians of Cortland County. Eden Harrington Hall, of the Older Americans Advisory Board, presented Mr. McNeil with a small token of our gratitude.

The Older Americans’ Advisory Board annually celebrates our centenarians every May as part of Older Americans Month. Mr. McNeil was one of eight seniors recognized by the agency’s board members.

"It's taken me a long time to get here." - Dan McNeil Jr.
Clean and Tune
By Heather Simmons, Aging Services Specialist

With the summer months here, now is the time to think about taking advantage of HEAP’s Clean and Tune Program. You can get your heating equipment cleaned, chimney cleaned, or if needed, minor repairs to your furnace to allow for safe and efficient operation of your heating equipment come the colder months.

To be eligible:

- You are the homeowner.
- Your heating equipment is more than 12 months old.
- Your heating equipment or chimney has not been cleaned in the last 12 months.
- You do not have a service contract with a vendor for regular clean and tunes.
- Your household income falls between the HEAP Income Guidelines.

<table>
<thead>
<tr>
<th>HH Size</th>
<th>Monthly Income</th>
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<tbody>
<tr>
<td>1</td>
<td>$1,473-$2,852</td>
</tr>
<tr>
<td>2</td>
<td>$1,984-$3,730</td>
</tr>
<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>

To see if you qualify, fill out a HEAP application. If you have never had HEAP before, you will need to provide necessary documentation. You can either mail your application to the Department of Social Services, Attention: HEAP Dept., or you can drop it off in the reception area at the Main Entrance of the County Office Building. If you have any questions or need assistance filling out the application, please call 607-753-5060.

HEAP heating season will be here before we know it. Those who had HEAP this past year can expect a 2023-2024 HEAP application to come in your mail around the end of August. You can fill it out and either mail it in or drop it off at our office. If you are new to HEAP and would like an application, you can call 607-753-5060 to be put on the mailing list for when the application becomes available to new applicants.

Save the Date!
Countywide Picnic for 60+
Thursday, August 24
Food & Games
*Tickets will be limited
Hope to see you there!
National Avocado Day is celebrated July 31st each year. Avocados are a staple in Latinx cuisine. Avocados are sometimes called “alligator pears” as a nod to their outside skin texture and shape. Grown on trees, avocados are technically a berry. One avocado tree can produce upwards of 400 fruit annually.

This pear shaped fruit is full of savory nourishment. Avocados have multiple nutrients and health benefits including containing monounsaturated fats, Vitamin B6, Vitamin C, and Vitamin E. Avocados are a good source of magnesium, fiber, potassium and folate. They are the fruit containing the most protein and fiber with over 1,000 varieties available.

Although this fruit is not grown or native to New York State, we are lucky to have access to these at many local grocery stores. In the United States, avocados are grown in California and imported from Mexico.

Avocados are known as the main ingredient in guacamole, but also make a fantastic butter replacement – avocado toast anyone?!! The creamy texture of an avocado lends itself as a great additive for salads, spread on toast and sandwiches, and in place of sour cream.

Avocados are a low carbohydrate friendly ingredient often found in the Mediterranean and DASH Diets due to the contents of healthy fats. As a bonus, avocados can double as a facemask when mashed due to the hydrating oils it contains. One-half of an avocado is a serving, and the silky smooth flesh of an avocado contains more potassium than a banana! Reach for one this summer!

Where to Access a Cortland Transit Bus Pass?
By Melissa Potter, Cortland County Mobility Manager

Whether catching a bus is part of your daily routine or simply considered as an occasional mode of transport used in replacement of a car, having a bus pass is incredibly beneficial. Not only are they reliable and inexpensive, but they are now more accessible and offer convenience and savings.

Cortland County and Cortland Transit partners with P&C Fresh, Grand Union, Access to Independence, Catholic Charities, Tompkins Cortland Community College, and SUNY Cortland to expand the access to purchase Cortland Transit’s monthly bus passes.

Customers can still purchase bus passes at the Cortland Transit location on 21 Squires Street, Cortland, NY 13045, as well as purchase bus tokens or pay exact cash when getting on the bus.

Monthly Bus Pass Fares:

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

A reduced fare monthly pass is available for persons with disabilities, persons age 60 and older, and youth age 18 and under. A reduced fare pass does not include Route 7. Bus passes follow the calendar month and can not be prorated if purchased in the middle of the month.

For more information on monthly bus passes or assistance with how to ride the bus, navigate bus maps and bus routes, or assess your best transportation option, contact Melissa Potter, Cortland County Mobility Manager at 607-756-3416 or mpotter@cortland-co.org.
It’s Hot! How Can I Stay Hydrated? Ask the Dietitian
by Carrie Kane, MS, RD, CDN

Now that we are finally seeing the warm weather we have all been craving, how do we keep ourselves from getting dehydrated? Your body may even be telling you it’s on the dehydrated side if you’re noticing your urine is dark yellow or even golden brown. Water has many health benefits including helping to lubricate our joints, remove waste from our system and regulate our body temperature.

There are a few easy tips to get more water to stay in a hydrated state. First, the easiest can be to set an alarm. If every hour on the hour you decide to drink an 8 oz. glass of water, by the end of the day, you will be well onto the way to meeting your unique fluid needs. Remember, if your medical provider has imposed a fluid restriction to stick to that level.

Second, try adding flavor to your water. Switching up basic water for fruit infused (just placing a few pieces of fruit in the water), adding some pizazz with lemon or lime juice (personally I use the concentrate bottles) or even sugar free flavoring additives can make a big difference on how much you drink. The more fun it is or more enjoyable, the more likely you will be to stick to it!

My last tip is to find a bottle you like. There are so many bottles on the market today. Some flavor the water while you drink (like the Cirkul); some have convenient carrying handles or straps, and some have the graduated markings on the sides to help you track. Find a vessel that excites you, that allows you to take it with you on the go, and that you enjoy, and you will be on your way to hydration in no time!

Remember, the lighter the color of your urine, the better hydrated you are. Light yellow to clear is the goal.

Water: How much should you drink every day? - Mayo Clinic

Age Well Center Update

There is so much happening at our Center! We are open 8:00 am to 4:00 pm Monday through Friday with programming 9:00 am to 3:00 pm. Currently we have bingo daily at 9:30 am with other fun activities including puzzles, cards, Wii bowling, shuffleboard, billiards and our new smart room! We are looking forward to offering computer skills classes and activities moving forward. Our calendar is ever evolving, and we are always looking for ideas for activities of interest. Come meet our new Age Well Center Manager Christine Elliott and Age Well Center Aide Colleen Sebring and share your ideas! Lunch continues at 11:00 AM daily, providing a congregate meal for socialization and comradery.

GAME TIME

A new activity on Wednesdays from noon-2pm at the Age Well Center is Game Time! Learn a new game or play an all-time favorite. This will be a competitive social time to learn and have some fun. Play games such as Phase 10, Yahtzee, Uno, Monopoly, Mancala, and Sorry! to name a few, or teach others your favorite.

There are no fees or sign up requirements. We hope you will join us!
FARMERS MARKET WORD SEARCH

Apple  Asparagus  Beans  Beet  Broccoli  Cabbage
Cantaloupe  Carrot  Celery  Corn  Cucumber  Eggs  Honey
Jelly  Kale  Lettuce  Onion  Oregano  Peas  Pepper  Potato
Pumpkin  Raspberry  Salsa  Spinach  Strawberry  Tomato
Watermelon  Yam  Zucchini

Wordmint.com
The number one call we receive at NY Connects is someone seeking home care services either for themselves or for a loved one. At times, services can be sought rather easily through private agencies/individuals, the Veterans Administration system, or if one has a pre-existing long-term care policy with coverage. Many callers, unfortunately, have limited incomes/assets and do not have the means to secure home care services.

There is good news, however, for many New Yorkers! In January of this year, the New York State government raised the eligibility for Medicaid from $934 Individual/ $1367 Couple per month to $1,677 Individual/ $2,268 Couple. Many more New Yorkers are now eligible for home care services when they were not eligible in the past.

Like all states in the U.S., New York has a Medicaid home care program to assist individuals with limited monthly incomes. New York’s program is called Managed Long Term Care (MLTC). Cortland County has three agencies that provide in-home care under Medicaid. These programs include Nascentia, iCircle and Fidelis (Wellcare).

To pursue a MLTC, one must first be approved for Medicaid as well as having home care services approved by NYIA (NY Independent Assessor). Once approved, a client may then pursue a MLTC.

This all sounds simple enough, however, the process is often more complicated and lengthy than anticipated. Like everywhere else in the United States, there is a tremendous shortage of home care aides. Finding service is much quicker when an individual has a family member, friend or someone they have heard of by word of mouth. The current hourly wage is $16.20 an hour. This program, known as the Consumer Directed Personal Assistance Program (CDPAP), allows an individual to hire/supervise anyone other than a spouse to be a caregiver.

The Area Agency on Aging’s NY Connects specialists have experience in assisting clients through this process from start to finish. If you are interested in learning more, please do not hesitate to call us at 607-753-5060 or email us at nyconnects@cortland-co.org. Our staff will be more than happy to assist you.

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**Easy Three Bean Salad**

1 cup cherry tomatoes (cut in half)  
1 cup chickpeas  
1 cup cooked kidney beans  
¼ cup fresh cilantro  
1 cup frozen shelled edamame  
4 medium scallions (sliced)  
1 cup sweet corn

**Dressing:**

½ tsp. black pepper  
½ tsp. sea salt (optional)  
2 tbsp. extra virgin olive oil  
2 tbsp. red wine vinegar  
Squeeze of fresh lemon or lime

**Directions:**

- Add all the salad ingredients to a big bowl and mix well.  
- In a small bowl mix the ingredients for the dressing.  
- Add the dressing to the salad; mix well. Enjoy!
The Area Agency on Aging Meals on Wheels Program was once again chosen as a “home town” charity by Royal Subaru for the 2022-2023 Subaru “Share the Love”® event.

The Area Agency on Aging received a check from Subaru America in the amount of $8,596.40 for our participation in the 2022-2023 Subaru “Share the Love”® event. Grant funds will be used to replace older equipment needed for meal delivery and food pantry bags for homebound and vulnerable clients. Funds will also be used to purchase computers and other equipment to provide individuals who are unable to leave their homes with virtual access to senior centers and other social activities.

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

On behalf of the Area Agency on Aging and the clients we serve, thank you, Mr. Reagan and Subaru for supporting the Meals on Wheels program!

The Cortland County Area Agency on Aging would like to thank everyone who attended our Swing into Spring Social Night, at the Age Well Center. There were over 40 attendees who came to socialize, dance, and have fun!

We also would like to thank our sponsors for the event:

- Michael Sills Insurance
- Bailey-Place Insurance
- Max Graphics Printing & Signs
- Pita Gourmet
- Coffee Mania
- Cortland Flower Shop
- Crown City Cinemas
- Walmart Cortland - Bennie Rd.
# LASS Centers’ Contacts for Activities

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Address</th>
<th>Contact Person</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HARFORD</strong></td>
<td>Creamery Hills Apartments, 355 Creamery Road, Richford</td>
<td>Brandy Jackson</td>
<td>607-844-8229</td>
</tr>
<tr>
<td><strong>PREBLE</strong></td>
<td>Preble Fire Station, 1911 Preble Road, Preble</td>
<td>Dave Morse</td>
<td>315-663-1654</td>
</tr>
<tr>
<td><strong>SCOTT</strong></td>
<td>Scott United Methodist Church, 6816 Route 41, Scott</td>
<td>Kay Harvey</td>
<td>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>Jill Kraft</td>
<td>607-244-1445</td>
</tr>
<tr>
<td><strong>VIRGIL</strong></td>
<td>United Methodist Church, 1194 Church Street, Virgil</td>
<td>Pastor Steph Brown</td>
<td>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>Joanne Brown-Garringer</td>
<td>607-863-3828</td>
</tr>
</tbody>
</table>

## Local Community Activities for Older Adults

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Address</th>
<th>Contact Person</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MCGRaw</strong></td>
<td>McGraw Senior Socials, Lamont Memorial Free Library, 5 Main Street, McGraw</td>
<td>Heather Cobb</td>
<td>607-836-6767</td>
</tr>
<tr>
<td><strong>HOMER</strong></td>
<td>David Harum Senior Center, 31 North Main Street, Homer</td>
<td>Sylvia Hammond</td>
<td>607-749-7811</td>
</tr>
</tbody>
</table>
2023 March for Meals

A special thank you to all of our area businesses and community members who supported us during the month of March with donation in kind, baskets for our raffle or food for our pantry. We raised over $3,000 this year to support our mission.

Amy A. Winters, CPA, PLLC
Burger King
Cazenovia Equipment
Clark, CPA P.C.
Classy Chass
CNY Farm Supply
Coffee Mania
Common Grounds
Cortland Elks Lodge #748
Cortland Repertory Theatre
CP Cash & Carry
CrossFit in Cortland
Crown City Movie Theater
Daniel & Patricia Mones
Dave Morse
Dedrick's Farm Market
Fairfield by Marriott in Cortland
Family Care Medical Group, PC
First National Bank of Dryden
First National Bank of Groton
Geared2 Sports
Global Heart Healing Massage

Gorgers
Hill Top Scentsations
Hollywood Restaurant
Homer Elks Lodge #2506
Homer Men and Boys
Hummel's Office Plus
JoAnn Fabrics
John Bardsley, Attorney-At-Law
John O. Reagan, CPA, P.C.
Mangia e Statti Zitto
Mavis Tire
McDonald's Restaurant
NBT Bank
Pudgie's Pizza
Riverside Liquor Warehouse
Save-A-Lot
Song & Labrador Mountain Resorts
SV Auto Supply, Inc
Tractor Supply Company
Walmart
WonderWorks
YWCA

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 ability to control and use fire was, to put it mildly, a game-changer for early mankind. The ability to be warmed, to cook one’s food, and to gather together as a group helped to develop language and put in place social structures. On the other hand, out of control fire caused death and destruction. Learning to fight these dangerous conflagrations became key to survival.

The earliest tool to battle fire is said to be a rudimentary water pump developed in Egypt around 3 B.C. In the colonies, the first organized company was founded by none other than Benjamin Franklin in Philadelphia in 1736.

The Village of Homer addressed firefighting early when the Board of Trustees passed a resolution shortly after the village was incorporated to build an engine house large enough to hold two engines on the public green. A small hand engine was also purchased, which was used for decades and considered very efficient at fighting fires. The Homer Fire Department was officially formed in 1873 with the organization of the Triumph Hose Co. No. 1. Later, three more companies were formed: the Tioughnioga Hose Co. No. 2, the West Side Hose Co. No. 3, and the Homer Hook and Ladder Co. Each company had its own captain and lieutenant as administrative officers and had a limit of 30 firefighters each.

By mid-19th century, firefighting was established in nearby Cortland Village. Several companies were formed, using military-type discipline in training. On March 16, 1900, President Theodore Roosevelt signed the paperwork changing the village to a city, and the business of firefighting progressed as well. The Water Witch Company merged with the Excelsior Hook and Ladder Company and was stationed at Fireman’s Hall. The Emeralds called the corner of Church Street and Central Avenue (then Railroad Avenue) home. The Hitchcock Station was on Elm Street, and the Orris Hose Company was on the corner of Orchard Street and Main.

A smaller population and less funding meant rural areas were behind in firefighting, with the tools used comprised mainly of bucket brigades and hooks used to pull down burning walls.

Next: Alarms, whistles and catching up

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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, August 24 at 11:30 a.m. during the Countywide Picnic at Dwyer Memorial Park, 6799 Little York Lake Road, Preble, NY 13141.

Accommodations for individuals with hearing or visual impairments are available upon request with advanced notice of at least 72 hours. This site is accessible.
Sundowning is when older adults become confused in the afternoon or evening and start to show agitated, aggressive, or wandering behaviors. No one knows why sundowning happens. The good news is there are things you can do to lessen the effects of sundowning.

Often difficult behaviors are your care recipient’s way of communicating they have an unmet need, are overstimulated, or are uncomfortable. By identifying what is wrong, you can help prevent difficult behaviors by reducing these triggers.

If you are not sure what the trigger is, you can try things to see if they help. For example:

- They might be cold. Offer them a warm blanket.
- They might be hungry. Offer them a snack.
- They might be scared of the dark. Turn on a night light or lamp.
- They might be tired. Invite them to take a break and rest.

A stable routine means that on most days, your care recipient will do the same activities at the same time. Routines can give your care recipient a sense of comfort and safety, and help them cope with their day. When routines are unstable, your care recipient has to use their energy to deal with changes for which they are not prepared. Often this will result in unwanted behaviors or withdrawing. Here are some things to consider when establishing a routine:

- Schedule a regular bedtime and wake up time
- Schedule regular meals, hydration, and medication
- Schedule regular toileting
- Include enough downtime and rest throughout their day
- Include enjoyable activities like reading the newspaper or listening to music
- Include purposeful activities like chores, spiritual practices, or calling their children
- Include time spent outdoors and physical activity, such as a walk or stretches

If your care recipient struggles with sundowning, make sure they are actively engaged earlier in the day. Be mindful of not exhausting them. Give them time to wind down and rest as needed. You can help them wind down by eliminating caffeine after lunchtime, limiting alcohol, and scheduling bedtime earlier.

Your care recipient might be triggered by things in their environment. Often simple changes to their environment can make a big difference. You can do this by:

- Reducing noise and turning off the TV or radio
- Moving your care recipient to another room with less people
- Turning on the lights and opening the curtains during the day
- Turning down the lights and closing the curtains during the evening
- Giving your care recipient enough personal space

If your care recipient’s behavior is escalating and they are becoming aggressive, set up the environment to help them calm down. You can do this by:

- Turning down the lights
- Playing soft music
- Using lavender scented products or comforting scents specific to your care recipient
- Giving your care recipient enough personal space
- Moving your care recipient to another room with less people
• Removing items that might become dangerous
Redirecting your care recipient to an engaging activity can help them get into a different state of mind and reduce unwanted behaviors. Many people respond well to repetitive tasks, such as:
• Sorting or folding laundry
• Opening the mail
• Drying dishes
• Organizing items by color, size, or shape
This article and many others on caregiving can be found on TRUALTA; see below for details:  

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**Caregivers Support Group**

The Caregivers Resource Center hosts a free monthly support group for family caregivers the 4th Thursday of the month via Zoom from 12-1 pm. Open to those who provide care and support for a loved one, friend or neighbor who is 60 or older.

Call 607-753-5060 to be sent the link.

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**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: ccaa@cortland-co.org.
It is more vital than ever that we ensure our older adults can age with the dignity, security, and appreciation that every person deserves. Yet every year, many Americans aged 60 and older experience abuse and neglect. According to New York State Office of Child and Family Services, Elder Abuse is a general term defined as “intentional or unintentional actions that cause harm or create a serious risk of harm (whether or not harm is intended) to a vulnerable elder by a caregiver or other person who stands in a trust relationship to the elder”.

Elder Abuse is often divided into six categories:

- **Physical Abuse**
- **Sexual Abuse**
- **Emotional Abuse**
- **Neglect**
- **Abandonment**
- **Financial Abuse**

**Physical Abuse** occurs when an elderly person is injured, assaulted or threatened with a weapon or inappropriately restrained.

**Sexual Abuse** is any sexual contact against an elder’s will. This includes acts in which the elder is unable to understand the act or is unable to communicate.

**Emotional Abuse** occurs when an elderly person experiences trauma after exposure to threatening acts or coercive tactics. Examples include humiliation, embarrassment, controlling behavior, social isolation, disregarding needs, or damaging or destroying property.

**Neglect** is the failure or refusal of a caregiver or other responsible person to provide for an elderly person’s basic physical, emotional, or social needs, or failure to protect them from harm. Examples include not providing adequate nutrition, hygiene, clothing, shelter, or access to necessary health care. Self-neglect is the adult's inability, due to physical and/or mental impairments, to perform tasks essential to caring for oneself. Self-neglect is one of the most frequently reported concerns brought to the Cortland County Department of Social Services’ Adult Protective Unit. Oftentimes, the problem is paired with declining health, isolation, Alzheimer's disease or dementia, or drug and alcohol dependency.

**Abandonment** is the willful desertion of an elderly person by a caregiver or other responsible person.

**Financial Abuse** is the unauthorized or improper use of the resources of an elder for monetary or personal benefit, profit, or gain. Unfortunately, we simply do not know how many people are suffering from elder abuse and neglect in our community. Elder Abuse is a crime perpetrated on our most vulnerable population often by the people they trust the most or are the most dependent: caregivers, family members, and aides. This is why it is so important for the community to be vigilant for signs of elder abuse.

It is important not to ignore signs of abuse. Please file a report right away. With the right intervention, the older person can be connected to supports within the community that might allow them to continue living on their own or, in some cases, to remove the elderly person from an abusive situation.

If you suspect elder abuse or have been a victim of elder abuse, you should contact the Cortland County Sheriff’s Department, City Police Department, or the Cortland County Department of Social Services (Adult Services). Nursing home cases may be reported to the assigned Ombudsman or by contacting the NY State Department of Health Nursing Home Complaint Hotline at 1-888-201-4563. If you need help navigating the system or would like guidance in reporting abuse, please contact the Area Agency on Aging/NY Connects at (607) 753-5060.
Es más vital que nunca que nos aseguremos de que nuestros adultos mayores puedan envejecer con la dignidad, la seguridad y el aprecio que cada persona merece. Sin embargo, cada año, muchos estadounidenses de 60 años o más experimentan abuso y negligencia. Según la Oficina de Servicios para Niños y Familias del Estado de Nueva York, el abuso de ancianos es un término general definido como "acciones intencionales o no intencionales que causan daño o crean un riesgo grave de daño (ya sea que se pretenda o no hacer daño) a un anciano vulnerable por parte de un cuidador u otra persona que mantiene una relación de confianza con el anciano".

El abuso de ancianos a menudo se divide en seis categorías:

- **Abuso físico**
- **Abuso sexual**
- **Abuso emocional**
- **Negligencia**
- **Abandono**
- **Abuso financiero**

**El abuso físico** ocurre cuando una persona mayor es lesionada, agredida o amenazada con un arma o inapropiadamente restringida.

**El abuso sexual** es cualquier contacto sexual contra la voluntad de un anciano. Esto incluye actos en los que el anciano es incapaz de entender el acto o es incapaz de comunicarse.

**El abuso emocional** ocurre cuando una persona mayor experimenta un trauma después de la exposición a actos amenazantes o tácticas coercitivas. Los ejemplos incluyen humillación, vergüenza, comportamiento controlador, aislamiento social, ignorar las necesidades o dañar o destruir la propiedad.

**La negligencia** es el fracaso o la negativa de un cuidador u otra persona responsable a satisfacer las necesidades físicas, emocionales o sociales básicas de una persona mayor, o la falta de protección de cualquier daño. Los ejemplos incluyen no proporcionar nutrición, higiene, ropa, refugio o acceso adecuados a la atención médica necesaria. El autoabandono es la incapacidad del adulto, debido a deficiencias físicas y / o mentales, para realizar tareas esenciales para cuidarse a sí mismo. La autonegligencia es una de las preocupaciones más frecuentemente reportadas al Departamento de Servicios Sociales del Condado de Cortland a la Unidad de Protección para Adultos del Departamento de Servicios Sociales del Condado de Cortland. A menudo, el problema se combina con el deterioro de la salud, el aislamiento, la enfermedad de Alzheimer o la demencia, o la dependencia de drogas y alcohol.

**El abandono** es la deserción deliberada de una persona mayor por un cuidador u otra persona responsable.

**El abuso financiero** es el uso no autorizado o inadecuado de los recursos de un anciano para beneficio monetario o personal, ganancia o ganancia.

Desafortunadamente, simplemente no sabemos cuántas personas están sufriendo de abuso y negligencia de ancianos en nuestra comunidad. El abuso de ancianos es un crimen perpetrado en nuestra población más vulnerable a menudo por las personas en las que más confían o son más dependientes: cuidadores, familiares y ayudantes. Es por eso que es tan importante que la comunidad esté atenta a los signos de abuso de ancianos.

Es importante no ignorar los signos de abuso. Por favor, presente un informe de inmediato. Con la intervención adecuada, la persona mayor puede conectarse a apoyos dentro de la comunidad que podrían permitirle continuar viviendo por su cuenta o, en algunos casos, sacar a la persona mayor de una situación abusiva.

Si sospecha de abuso de ancianos o ha sido víctima de abuso de ancianos, debe comunicarse con el Departamento del Sheriff del Condado de Cortland, el Departamento de Policía de la Ciudad o el Departamento de Servicios Sociales del Condado de Cortland (Servicios para Adultos). Los casos de hogares de ancianos pueden ser reportados al Ombudsman asignado o comunicándose con la Línea Directa de Quejas de Hogares de Ancianos del Departamento de Salud del Estado de Nueva York al 1-888-201-4563. Si necesita ayuda para navegar por el sistema o desea orientación para denunciar abusos, comuníquese con la Agencia del Área sobre el Envejecimiento/NY Connects al (607) 753-5060.
Farmers’ Market Coupons in July!

The Cortland County Area Agency on Aging will again distribute Farmers’ Market Coupons this summer, starting in July through mid-August. Full outreach schedule can be viewed online on our social media accounts and our website at http://www.cortland-co.org/434/Area-Agency-on-Aging.

The Senior Farmers’ Market Nutrition Program (SFMNP) is designed to provide low-income older adults with access to locally grown fruits, vegetables, and herbs. Those who are eligible are provided coupons to redeem for fresh fruits and vegetables at participating farmers’ markets and farm stands. The program’s purpose is to promote improved nutrition through increased consumption of locally grown fresh fruits and vegetables and to expand sales at farmers’ markets and farm stands. The coupons can be used from date of issue through November 30th.

To qualify for this program, individuals must be 60 years of age or older AND have an income at or below the set income guidelines for 2023 ($2,248/month-one person household or $3,041/month-two person household); or are currently receiving or eligible to receive SSI, public assistance, or Section 8 housing subsidy.

Community Volunteer Spotlight

Person to Person: Citizen Advocacy (PPCA) is a nonprofit organization serving Onondaga, Oswego, and Cortland County. Our mission is to reduce the risk of social isolation for adults with developmental disabilities (protégés) by creating meaningful relationships rooted in one-on-one connections and community support.

PPCA creates one-on-one matches between a protégé and a community volunteer (advocate) who wish to share their talents, gifts, and friendship with each other. Some matches have enjoyed chatting on the phone, going out for a cup of coffee, shopping, going for a walk, or coming to a PPCA event together.

In addition to creating matches, PPCA extends invitations to its members for fun, meaningful events. Some favorite pastimes include arts and crafts, bowling, picnics, etc. PPCA members also look forward to an annual Erie Canal boat ride, complete with strawberry shortcake! These events are great opportunities for neighbors to enjoy life experiences together.

America’s former children’s TV show host, Mister Fred Rogers, once said, "Because deep down, we know that what matters in this life is more than winning for ourselves. What really matters is helping others win too. Even if it means slowing down and changing our course now and then.” This encapsulates the heart of PPCA, a place where neighbors are helping neighbors.

If you are looking for a way to be the encouraging friend someone needs, come learn more about PPCA! We are currently seeking volunteers who would like to share some time bringing joy to their neighbor, even if it is just two hours a month. To learn more about volunteering at PPCA, please contact Cortland Coordinator, Laura Spencer, by calling 315-480-6142 or by emailing lspencer@ppcadvocacy.org.
New Volunteer Job Opportunities  
By Cindy Stout, Aging Services Specialist

Lunch Cashier: The Area Agency on Aging is looking for volunteers to staff a simple cashier/money box weekdays during the lunch hour in the County Office Building. County employees will be purchasing lunches through our central kitchen, and volunteers are needed to receive the payment and make change as needed. Volunteers can choose a day of the week for this job, or choose to be a substitute for regular volunteers when they are not available.

Age Well Center: The Area Agency on Aging is looking for volunteers to assist at the Age Well Center during various programs. Assisting one-on-one with teaching new computer skills, leading a craft or a knitting/crocheting group, calling bingo, assisting with a wellness program, to name a few. The opportunities are endless, depending on your skills and willingness. The Age Well Center is open Monday-Friday 8am-4pm.

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 the agency at 607-753-5060.

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Health & Wellness Activities Offered  
By Cindy Stout, Aging Services Specialist

Recreational Volleyball and Pickle Ball are ongoing activities offered in the County Office Building Gym to people 60 or older, coordinated through the Area Agency on Aging.

- Pickle Ball is offered five days a week at various times.
- Volleyball is offered Tuesdays, Thursdays, and Fridays from approximately 1:00pm-2:30pm.

Both activities are co-ed and welcome all skill levels. Attendance is not required, so you can attend whenever it fits your schedule.

To learn more about the Pickle Ball schedule or how to get involved in either activity, contact Cindy Stout at 607-753-5060 or email cstout@cortland-co.org.

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LAST CHANCE TO NOMINATE FOR SENIOR CITIZEN OF THE YEAR!

Nominations must be received in our office at 60 Central Avenue by July 7, 2023. For more information or to get an application, please call the Area Agency on Aging at 607-753-5060.
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

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28 N Main Street, Cortland, NY 13045
(607) 753-7363 | www.aticortland.org

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Affordable
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Seniors & Disabled Persons

NEW SENIOR PROGRAM FOR AREA SENIORS.

LASS
Local Aging Adult Satellite Service

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

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
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.

SHERBROOK APARTMENTS
Not Just an Apartment, But A Home
One & Two Bedroom Apartments
$20 Senior Citizen Discount
607-756-6145

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

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

Like us on Facebook:

Go Green!
Alternate Means of Receiving Senior News
Sign up to receive the newsletter delivered electronically by email. Simply email us at ccaaa@cortland-co.org. Be sure to provide your name, email, and current mailing address.

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

We're on the Web:
https://www.facebook.com/CCAreaAgencyonAging
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

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

Please remove my name from the mailing list.