A New Day...
The words of Eleanor Roosevelt seem most appropriate as the agency begins the New Year looking a bit different than it has in the past. The agency clients, volunteers, and staff experienced a rather challenging time through the last few months of 2019 as program modifications were adopted for 2020.
The two most notable changes include:
♦ Implementation of an agency run volunteer program
♦ Separation from the national sponsor for the Retired Senior and Volunteer Program
♦ Days and hours of operation for the eight senior centers
While these are significant, the agency is thankful that volunteer opportunities will continue with the Area Agency on Aging, and all county funded senior centers remain open.

New Strength and New Thoughts...
Every day, 10,000 boomers turn age 65, and adults age 85+ are growing at the fastest rate. By 2030, just 11 years from now, one in every five people in America will be 65 or older. The year 2035 marks the first time in our nation’s history, when the population of adults age 60 and older will outnumber people younger than 20.
As the population in the United States is growing older, the agency is seeing a significant shift in trends, requests for assistance and programming. In recent years, funding streams are placing greater emphasis on increasing supports that help older adults and individuals with disabilities remain in their homes and communities and out of institutional settings such as nursing homes.
Much has changed since the Older Americans Act became law 55 years ago. Delayed retirement age and the advancement of technology alone have drastically changed... Continued on page 3
Planning a Shopping Trip?
Dial-a-Ride Can Help!
By Catherine Wilde, Contributing Writer,
Seven Valleys Health Coalition

If you’re like me, there are never enough shopping bags for a trip to the store. I bring three then wish I’d brought more. And all my environmentally-friendly efforts at using re-usable shopping bags go to waste as I grab a plastic bag from the store.

But if you use public transportation to get around, you’re limited to just two grocery bags, or as many as you can comfortably fit in your lap. First Transit has this rule for safety reasons and to be fair to all passengers, to ensure seats aren’t taken up by bags.

However, it can be a limiting restriction if your shopping trips are infrequent—and that’s where a service First Transit offers, called Dial-a-Ride, can help.

All you have to do is plan out your trip at least 48-hours in advance, call First Transit at 607-758-3383, and explain you’re looking to schedule a dial-a-ride trip. This means that you can give the day and approximate time you need a bus to come get you, and then you call to be picked up on that day.

It’s like a cab service, only cheaper:$2.50 within city limits and $3 outside of the city. Because of a bus driver shortage First Transit is currently

experiencing, the trips are reserved for residents of the City of Cortland and its outlying areas like Cortlandville, the village of Homer and Marathon. And while the bus system operates from 6 a.m. to 6 p.m., the dial-a-ride service is currently only offered from 8 a.m. to 1:30 p.m.

It may not be the answer, you may find that a cab or riding with a friend is your preferred solution, but it’s another option to keep in mind when planning a shopping trip.

Other facts about First Transit:
• It’s a flag down system, which means it does not have designated stops, rather travelers can wave down the bus from anywhere along the routes.
• It operates 6 a.m. to 6 p.m. Monday through Friday.
• Routes 1-4 cost $1.50, $0.75 for seniors
• The local office is 21 Squires Street, Cortland.

They are our storytellers—our elderly are meant to be those who share the secrets of wisdom and knowledge and life with our youth.

Cameron Diaz

Newsletter Attempting to Go Green!
Alternate Means of Receiving Senior News

In efforts to Go Green, the Senior News offers alternate ways to receive the newsletter.

Sign up to receive the newsletter delivered electronically by email. Simply email us at cccaa@cortland-co.org. Be sure to provide your name, email address, and current mailing address, so we can remove your name from our postal delivery mailing list.

Don’t have email? You can still help our newsletter Go Green by picking up a copy at your local Senior Center or the Area Agency on Aging office located at 60 Central Avenue, Room B4, Cortland, NY 13045.

If you are willing to Go Green, please give your current mailing address to the Secretary or Center Manager, so we can remove you from the postal delivery mailing list.
STAR and Enhanced STAR
By Matt Kemak, Aging Services Specialist

School Tax Relief Programs (STAR) is a New York State program designed to provide a partial exemption from school property taxes for owner occupied, primary residences. The STAR benefit applies only to school district taxes; it does not apply to county, town, or city taxes.

Basic STAR
♦ Available for owner-occupied, primary residences;
♦ The income limit for the Basic STAR credit is $500,000 (the income limit for the Basic STAR exemption is $250,000);
♦ Based on the first $30,000 of the full value of a home

Enhanced STAR
♦ Provides an increased benefit for the primary residence of people age 65 and older with qualifying incomes ($88,050 or less for the 2020-2021 school year)
♦ Based on the first $69,800 of the full value of a home for the 2020-2021 school year.

Deadline to apply: March 1
for exemptions (both new and renewal). New homeowners need to apply for STAR online at www.tax.ny.gov.

Source: NYS Department of Taxation and Finance
The Cortland County Area Agency on Aging encourages seniors to contact their local assessor’s office for application assistance:

<table>
<thead>
<tr>
<th>City of Cortland, Homer and Virgil</th>
<th>Brian Fitts</th>
<th>607.749.3153</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cortlandville</td>
<td>David Briggs</td>
<td>607.756.7306</td>
</tr>
<tr>
<td>Cincinnatus, Freetown, Marathon, Lapeer, Taylor, and Willet</td>
<td>Frances Butler</td>
<td>607.849.6966</td>
</tr>
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<td></td>
<td><a href="mailto:town.assessor@gmail.com">town.assessor@gmail.com</a></td>
<td></td>
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<tr>
<td>Cuyler, Preble, Scott, and Truxton</td>
<td>William Bearup</td>
<td>607.842.6289</td>
</tr>
<tr>
<td>Harford and Solon</td>
<td>Larry Fitts</td>
<td>607.749.3473</td>
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<td><a href="mailto:fittsoffice@twcny.rr.com">fittsoffice@twcny.rr.com</a></td>
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A Matter of Balance is an 8-week class series designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Cortland County Area Agency on Aging will be offering a Spring A Matter of Balance: Managing Concerns About Falls class series at a location to be determined. Pre-Registration is required for this 8-week class series. To learn more about location, dates and times, call 753.5060.

Bonesaver Exercise Class
Cincinnatus Mon. & Wed. 9:00am-10:00am
Cortland Mon. & Wed. 1:00pm- 2:00pm
Harford Mon. & Thurs. 9:30am-10:30am
Homer Wed. & Fri. 1:30pm- 2:30pm
McGraw Tues.& Thurs. 10:00am-11:00am

Registration is required, including a physician’s release.
Contact the Area Agency on Aging for more information or to register.
753.5060

A New Day … Continued from page 1
the manner in which older adults access services such as Social Security and Medicare. It is difficult for some to embrace change; however, it is apparent the activities and ideas that brought past successes are no longer producing the same results. A new day has dawned. We look forward to working with our clients and partner agencies to rise up with new strength and introduce thoughts and ideas reflective of the here and now.
March for Meals
By Julia Chavoustie, Nutrition Program Supervisor

It’s that time of year again: March for Meals! Each year the Nutrition Program is proud to be a part of the Meals on Wheels’ March for Meals Campaign. Meals on Wheels improves self-reported health, reduces feelings of loneliness and isolation, decreases the rate of falls and fear of falling, helps seniors feel more safe and secure, and reduces worry about being able to remain in one’s own home. On average, a program can deliver Meals on Wheels to a senior for an entire year for about the same cost as just one day in the hospital or 10 days in a nursing home. (Source: 2018 Meals on Wheels America)

March for Meals is our biggest fundraiser of the year. Some of the events this year include a canned food drive to benefit the Helping Hands Food Pantry and our Annual Strike Out Hunger Bowl-A-Thon in March. The Bowl-A-Thon is held at Cort-Lanes from 1:00pm-4:00pm, there will be a bake sale, 50/50 raffle, basket raffle, canned food drive, pizza and drinks for the 24 bowling teams that register. Raffle baskets are donated by local businesses; the baskets are filled with gift cards, free hotel stays, wine and chocolates, gym memberships and various other goodies. Tickets for the raffles will be available in the Nutrition office (B12)

starting mid-February. Basket and 50/50 winners will be drawn at the end of the Bowl-A-Thon.

Last year the Nutrition Program was able to raise over $6,500 during March for Meals and over 1500 canned goods for the Helping Hands Food Pantry. All donations, canned goods, and funds raised stay right here in Cortland County to help our community. This successful campaign is all thanks to generous donations from local businesses and the assistance of many hard-working volunteers. We look forward to another prosperous year, and thank you in advance for your continued support.

For any questions, to get dates of events, to donate a basket, or to purchase raffle tickets, please call 607.753.5061.
Ask the Dietitian
By Carolyn Allen, MS, RDN, CDN

Q: I see all these ads about how older adults should be drinking supplements like Boost or Ensure. Do you think we need this?

A: As usual, my answer is...it depends! Liquid supplements have their place, but the industry displays them as a “cure-all” and advertises this is something you must have in your diet. Keep in mind, companies are making money by selling their products, and the key to selling their products is to make you believe you need this and spend your money on it.

Let us take a close look at what liquid supplements are. They are called supplements for a reason. They are created to help supplement what you are already eating and drinking. They are not intended to replace meals. These drinks should be consumed only as a snack and not as part of a meal. If you are drinking these as a meal, they could fill you up and deter you from eating your food. This does not help increase your nutrients, nor your calories you need.

Ask yourself, why do you think you need a liquid supplement? Are you losing weight and having a hard time maintaining or gaining weight? Are you having trouble with your teeth or ill-fitting dentures? Do you have mouth sores, decreased sense of smell or taste? Are you suffering from an ulcer, cancer, dementia, thyroid disease, trouble swallowing, or depression? Or are you over restricting your calories?

If you are experiencing any of the above, it is important to discuss with your doctor and your dietitian what is going on and what the best action for you is as an individual. Your dietitian will not blindly recommend a liquid supplement without taking into account your current food intake, weight, disease state, cooking skills, ability to shop and buy food, etc. You may only need a few changes in order to be successful with your health before expensive supplements come into play.

So, before you buy, ask yourself why you think you need this and ask your dietitian if it is absolutely necessary.
Pat’s Retirement Journal
By Pat Walter, a Retiree living in Cortland County

At a recent gathering of the Every Other Wednesday Morning Breakfast Club, the discussion turned to prospects that members had for surviving the next three months of Winter in Central New York. The fact that we are all retirees gives you a clue to our age group and the fact that we are quite experienced in doing our best to get through this challenging time. I must say, I was inspired and motivated by the conversation and some of the ideas that were shared.

See other people. If you live alone, you may have a well-developed plan for socializing on a regular basis, and you can continue to work that plan with adjustments for the inclement weather. If you have companions in your household and you are no longer able to spread your living space out to the yard or porch or garage, you might be thinking that it would be nice to see some other faces and hear some other stories.

Our group came up with some great ideas: join an exercise class, visit a museum, explore the Finger Lakes wineries, attend the $5 Tuesday movie that some theaters offer, follow the local school sports teams, check your library for craft or art classes or, my favorite, meet for a meal.

The key to success of this social activity is that you schedule a regular day to meet with your group and take turns planning the itinerary. Once a week, once a month…whatever. Just plan it, schedule it and reschedule it when the weather messes with you. Several of the ladies in our group admitted looking forward to having an excuse to stay home more. Some had books piling up that they want to read. Others had craft projects or puzzles they have been saving for the Winter. One lady collects comfort food recipes to try out during the colder months. Some of us use this time to sort and declutter.

Winter in Central New York does not have to be something to dread. Make it a time for respite and connecting with yourself and your friends at a slower pace. Before you know it, Spring will be here!

“Winter in Central New York does not have to be something to dread.”

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 donations are greatly appreciated. All contributions are tax deductible to the extent of the law.

Clip and return this coupon with your donation to: Cortland County Area Agency on Aging
60 Central Avenue
Cortland, NY 13045
“I do this for the smiles I get to see on people’s faces,” said Mike McGuire, Home Delivered Meals (HDM) driver for the Cortland County Area Agency on Aging (AAA).

McGuire, 78, a lifelong Cortland resident, said he has been delivering meals for the AAA for 11 years and enjoys walking in to deliver the nutritious meals to homebound seniors on his daily route. “For some people, I might be the only person they get to see in the day, and although I don’t smile for pictures, seeing their smiles and greeting me with a ‘good to see you Mike’ just makes my day.”

Mike was raised in Cortland, attending Saint Mary’s School from “bottom to top”, referring to when St. Mary’s was a full school. Mike lives with his wife and has raised 2 daughters in the City of Cortland. He is a NAVY Veteran, and was employed with National Grid for 28 years after service. He then worked as an environmental dispatcher for an environmental company for 13 years, helping facilitate the excavation of toxic materials in Central New York. Mike came to the AAA after the job for cleaning up the waste materials was completed. “I’ve been doing it ever since.”

The Home-Delivered Meals Program is special in the community because “we have a lot of seniors out there that cannot get out, and others that are recovering from injuries, and the food not only gives them a good meal, but it gives them contact with the outside.”

Mike said he “really enjoys” his job and that the most difficult part is winter. “You have to go out and scrape and clean the vans, drive on the bad roads; but it’s all worth it, because you know you are helping people.”

Mike said there is no specific instance he can remember that sticks out for making a difference. “I have a good route with great people. Just don’t be five minutes late because they will let you know!”

No stage mails arrived on Monday from the notoriously snowy areas of Scott, Glen Haven, Spafford, Dresserville or Como. The stage driver from Spafford could not get home until Tuesday.

Chimneys were blown down, and a tree fell across streetcar tracks. Milkmen struggled to deliver their goods, with the delivery taking all day because of the drifted streets. The new school term began on Monday with few children in attendance. The walks were cleared in the afternoon—perhaps by teachers- and more children were able to come.

The storm would subside, and stalwart people would dig out sidewalks, railroad tracks, and other paths for transportation. Considering the incredible amount of work that must have taken, it makes one very thankful for today’s modern snow fighting equipment.
Many people have medical conditions that must be closely monitored and take numerous prescription medications. Caregivers tend to get a crash course in nursing and managing medical care once they begin helping a loved one. The biggest lesson many learn is that organization is key. This is especially true when there is an emergency.

It is important to know where all important health information is. Caregivers and seniors should have an emergency “book” of medical information that can quickly be given to caregivers, paramedics, and emergency room staff that has all vital information in one place. For your convenience, our agency has these books available for a fee of $6.00. Detailed contents include:

**Personal Information** such as:
- Name, Address, Phone
- Date of Birth
- Spouse’s Name, Address and Phone
- Diagnoses
- Health Care Providers
- Allergies
- Prosthesis- including restrictions on taking blood pressure and blood draws
- Personal Facts:
  - Optional for emergency situations
  - Good information if hospitalized or placed in a nursing home
  - Helps staff see the person as a person, not just a patient

**Contacts**
- Emergency contacts
- Family members

**ID Cards (copies)**
- Driver's License or NY State ID Card
- Medicare Card or Medicare Advantage Plan Card
- Supplemental Insurance Card
- Part D Prescription Drug Plan Card
- **Not Social Security card**

**Medications**- Updated list:
- Name of medications
- Dosage
- Time taken
- Prescribing provider
- Reason for taking

**Health Records**
- Notes of visits to Health Care Providers
- Notes of diagnostic testing
- Keep a running history

**Advance Directives (Copies)**
- Health Care Proxy
- Living Will
- DNR (if one has been issued)
- Power of Attorney
- MOLST Form

**Notes w/ date, title, your initials/signature**
- ER note:
  - Names of attending provider
  - Tests being done
  - Comments made by provider
- Care Plan Meeting note:
  - Who was there
  - What was said
  - What changes in plan were advised
- Placement Interview note:
  - Questions you want to ask
  - What you need to do, bring in, etc.
- Keep the notes in place for a history.

Be aware and careful to secure this book; it has a lot of vital information in it. And keep it updated!

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**Cortland County Area Agency on Aging**

**Caregivers Support Group**

Every 4th Thursday of the month 3:00pm-4:00pm
at the Guthrie Cortland Medical Center in the basement, Conference Room B

**or**

If you can’t make this, ask about our online support group!

For more information, call the Caregivers Resource Center at 753.5060.

Walk-Ins Welcome!
Know the 10 Signs:
Early Detection Matters
Thursday, February 13
2:00pm-3:30pm

The warning signs of Alzheimer’s disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this training to learn the 10 Warning Signs of Alzheimer’s disease. We’ll separate myth from reality and address commonly-held fears about Alzheimer’s in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Understanding and Responding to Dementia-Related Behaviors
Thursday, March 12
2:00pm-3:30pm

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer’s disease.

Please join us for these free events hosted by our agency’s Caregiver Resource Center in Room 302 at the County Office Building.

Call (607)753.5060 to register.
Can I Make Changes to my Medicare Coverage after December 7th?

Between January 1 and March 31 each year, you can make these changes during the Medicare Advantage Open Enrollment Period:

♦ If you’re in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).

♦ You can drop your Medicare Advantage Plan and return to Original Medicare. You’ll also be able to join a Medicare Prescription Drug Plan.

♦ During this period, you can’t:

♦ Switch from Original Medicare to a Medicare Advantage Plan.

♦ Join Medicare Prescription Drug Plan if you’re in Original Medicare.

♦ Switch from one Medicare Prescription Drug Plan to another if you’re in Original Medicare.

You can only make one change during this period, and any changes you make will be effective the first of the month after the plan gets your request. If you are returning to Original Medicare and join a drug plan, you don’t need to contact your Medicare Advantage Plan to disenroll. The disenrollment will happen automatically when you join the drug plan.

Note: If you enrolled in a Medicare Advantage Plan during your Initial Enrollment Period, you can change to another Medicare Advantage Plan (with or without a drug plan) within the first 3 months you have Medicare.

Source: Medicare and You 2020 Handbook

Medicare Diabetes Prevention Program

Medicare covers a once-per-lifetime health behavior change program to help you prevent type 2 diabetes. You pay nothing for these services if you are eligible.

The program begins with 16 core sessions offered in a group setting over a 6-month period.

Sessions include:

♦ Training to make realistic, lasting behavior changes around diet and exercise

♦ Tips on how to get more exercise

♦ Strategies to control weight

♦ A coach, specially trained to help keep you motivated

♦ Support from people with similar goals and challenges

Once you complete the core sessions, you’ll get:

♦ 6 months of follow-up sessions

♦ An additional 12 months of ongoing maintenance sessions for people who meet certain thresholds

To be eligible, you must have:

♦ Medicare Part B (or a Medicare Advantage Plan)

♦ A hemoglobin A1c test result between 5.7 and 6.4%, a fasting plasma glucose of 110-125mg/dL, or a 2-hour plasma glucose of 140-199 mg/dL (oral glucose tolerance test) within 12 months prior to attending the first core session

♦ A body mass index (BMI) of 25 or more (BMI of 23 or more if you’re Asian)

♦ Never been diagnosed with type 1 or type 2 diabetes or End-Stage Renal Disease (ESRD)

♦ Never participated in the Medicare Diabetes Prevention Program

Please contact your physician for more information on how to get started.

Source: Medicare and You 2020 Handbook
Social Security Updates for 2020
By Cyndy Vanpatten-Young, Aging Services Coordinator

Social Security and Supplemental Security Income (SSI) benefits for more than 69 million Americans will increase 1.6 percent in 2020.

The 1.6 percent cost-of-living adjustment (COLA) will begin in January 2020 with benefits payable to more than 63 million Social Security beneficiaries. Increased payment to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: Some people receive both Social Security and SSI benefits.)

Other changes to note:

- The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to $137,700 (up from $132,900 in 2019).
- The earnings limit for workers who are younger than “full” retirement (age 66 for people born in 1943 through 1954) will increase to $18,240 (up from $17,640 in 2019). (SSA deducts $1 from benefits for each $2 earned over $18,240.)
- The earnings limit for people turning 66 in 2020 will increase to $48,600 (up from $46,920 in 2019). (SSA deducts $1 from benefits for each $3 earned over $48,600 until the month the worker turns 66.)
- There is no limit on earnings for workers who are “full” retirement age or older for the entire year.

Final 2020 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice or online at my Social Security.com. Online notices will not be available to representative payees, individuals with foreign mailing address, or those who pay higher Medicare premiums to their income.

Source: Social Security Administration website

2020 Medicare Costs
Hospital and Skilled Nursing Stays

Part A (Hospital Insurance Cost) Hospital Stay. In 2020, you pay:
- $1408 deductible per benefit period (up from $1364 from 2019) for the first 60 days of each benefit period
- $352 per day for days 61-90 of each benefit period (up from $341 in 2019)
- $704 per “lifetime reserve day” after day 90 of each benefit period (up to a maximum of 60 days over your lifetime) (up from $682 in 2019)

Skilled Nursing Facility Stay (Nursing Home) In 2020, of each benefit period, you will pay:
- $0 for the first 20 days
- $176 per day for days 21-100 (up from $170.50 in 2019)
- All costs for each day after day 100

Source: Center for Medicare and Medicaid Services (CMS)

Did you know?

Replacing Your Medicare Card

If you need to replace your Medicare card because it’s damaged or lost, sign in to your MyMedicare.gov account to print an official copy. If you don’t have an account, please visit MyMedicare.gov to create one. It’s easier than you might think! If you do not use a computer/Internet you may call 1-800-Medicare (1-800-633-4227) to request a replacement. If you have reason to believe someone else is using your Medicare number, please report it by calling 1-800-633-4227. TTY users can call 1-877-486-2048.
What is NY Connects?
By Kathy Hammond,
Aging Services Specialist
NY Connects

NY Connects is a single point of entry for accessing long term services and supports. “Long term services and supports include medical and non-medical services a person needs to improve or maintain health and independence.” (NYS Office for Aging/NYSOFA)

NY Connects networks with agencies and providers in the community in an effort to assist in accessing long term care resources and supports that are needed by an individual or their caregiver. Long term care services include homecare, caregiver supports, care coordination, respite care, transportation, home delivered meals, health insurance information, subsidized housing, assistive devices, services for people with disabilities, employment services, mental health services, and others.

NY Connects provides person-centered options counseling. “Options Counseling is an interactive, person-centered process whereby individuals are supported in making informed long-term support decisions based on their preferences, strengths, values, abilities and resources. It includes exploring options, assisting with accessing supports/services, following-up with the individual, and may result in the development of an action plan.” (NYSOFA)

NY Connects provides application assistance for public benefit programs such as Food Stamps, Medicaid, and HEAP.

NY Connects provides public presentations and outreaches to educate both the community and professionals on long term care supports and resource. These presentations increase awareness of the program and inform the public that long term services and supports can be delivered in the community as well as an institutional setting. Long term care supports in the community/home are usually preferred by patients and their caregivers and much less costly than institutional long term care.

NY Connects is a free service and serves children or adults of any age who have a disability, older adults, family members/caregivers of those needing long term care, grandparents raising grandchildren, friends and neighbors of those needing long term care, and helping professionals.

Cortland County NY Connects is administered by the Area Agency on Aging and is located at 60 Central Avenue, Cortland (756.3485). Our agency partners with the local Independent Living Center, Access to Independence of Cortland County, located at 26 North Main Street, Cortland (607.423.0345). NY Connects services can be received at either of these locations.

WE WANT TO HELP YOU

The Agency staff each specializes in a variety of subjects. While walk-ins can sometimes be seen, the Agency staff person who can best assist you might be with someone, out of the office, or doing a home visit.

To make sure that you are served by the person whose expertise is in your area of need, we encourage you to call to make an appointment.

753.5060
The Area Agency on Aging is able to assist individuals and caregivers with limited English proficiency. Telephonic interpretation is available. Call 753.5060.

¿Qué es NY Connects?

NY Connects es un único punto de entrada para acceder a servicios y soportes a largo plazo. "Los servicios y apoyos a largo plazo incluyen servicios médicos y no médicos que una persona necesita para mejorar o mantener la salud y la independencia" (Oficina de Envejecimiento de la NYS/NYSOFA). NY Conecta las redes con agencias y proveedores de la comunidad en un esfuerzo por ayudar a acceder a los recursos de cuidado a largo plazo y los apoyos que necesitan un individuo o su cuidador. Los servicios de cuidado a largo plazo incluyen cuidado en el hogar, apoyo s Después de información de seguro médico, vivienda subsidiada, dispositivos de asistencia, servicios para personas con discapacidades, empleo servicios de salud mental y otros.

NY Connects ofrece asesoramiento sobre opciones centradas en la persona.

"Options Counseling es un proceso interactivo y centrado en la persona mediante el cual las personas reciben apoyo para tomar decisiones de apoyo informadas a largo plazo basadas en sus preferencias, fortalezas, valores, habilidades y recursos. Incluye explorar opciones, ayudar a acceder a los soportes/servicios, dar seguimiento a la persona y puede dar lugar a la elaboración de un plan de acción". (NYSOFA)

NY Connects proporciona asistencia para solicitudes para programas de beneficios públicos como cupones de alimentos, Medicaid y HEAP.

NY Connects ofrece presentaciones públicas y divulgaciones para educar tanto a la comunidad como a los profesionales sobre los apoyos y recursos de cuidado a largo plazo. Estas presentaciones aumentan el conocimiento del programa e informan al público que los servicios y apoyos a largo plazo pueden ser entregados en la comunidad, así como un entorno institucional. Los apoyos de cuidado a largo plazo en la comunidad/hogar son generalmente preferidos por los pacientes y sus cuidadores y mucho menos costosos que la atención institucional a largo plazo.

NY Connects es un servicio gratuito y sirve a niños o adultos de cualquier edad que tienen una discapacidad, adultos mayores, familiares / cuidadores de aquellos que necesitan cuidados a largo plazo, abuelos criando nietos, amigos y vecinos de aquellos que necesitan cuidados a largo plazo, y ayudando a los profesionales.

Cortland County NY Connects es administrado por la Agencia de Área sobre el Envejecimiento y se encuentra en 60 Central Ave en Cortland (607.756.3485). Nuestra agencia se asocia con el Centro de Vida Independiente local, Acceso a la Independencia del Condado de Cortland, ubicado en 26 North Main St. (607.423.0345) en Cortland. Los servicios de NY Connects se pueden recibir en cualquiera de estos lugares.

Este artículo fue traducido al español con servicio de traductor de Microsoft.
“Smart Driver” 6-Hour Classes
You must register in advance through the County Health Department at 758.5509

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<td>9:00am-12:00pm</td>
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<td>Cortland Community Center</td>
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Open to drivers of any age, but geared for drivers age 55+
Approved by NYS Department of Motor Vehicles for points and insurance reductions.
Class Fee is $25 or $20 with current AARP Membership Card at class.

Spring Clean-up
By Matt Kemak,
Aging Services Specialist

Cortland Rotary Breakfast Club, in cooperation with the Area Agency on Aging, wants to help senior homeowners in the City of Cortland, Town of Cortlandville and Village of Homer with spring clean-up chores. As part of their service commitment to the community, the Rotarians will designate an evening or a Saturday this Spring to assist with your outdoor clean-up chores, at no cost.

Please note this project is limited to homeowners with no other means of having the work completed. Clean-up consists of: raking lawns, light shrub pruning, removal of storm windows on a one story house, and gutter cleaning on a one story house.

For more information or to sign up, contact the Area Agency on Aging at 607.753.5060 by March 30.

HAPPY RETIREMENT!
The Cortland County Area Agency on Aging
Would like to express our gratitude and say thank you for your dedication
Laurie Snyder-18 years
Deb Walls-14 years
The Cortland County Retired and Senior Volunteer Program (RSVP) closed its doors as a program of the Area Agency on Aging as of December 31, 2019, due to county budget cuts. The program has provided volunteer service to our county from 1972-2019, a total of 47 years. Over that time, 2,464,646 volunteer hours have been donated to many non-profit agencies and organizations, local schools, and county and city government offices.

Volunteering has offered help to people in need and served worthwhile causes in our community, but the benefits have also been very good for the RSVP volunteers. The right match has helped our volunteers make friends and connect with the community.

As the last staff to work directly with the program and our RSVP volunteers, Pia Tucker and I have seen so many great examples of how people 55 years or older have shared their skills, talents, time, and their generosity of spirit in such a positive way. We feel truly blessed by the experience.

We would like to thank all our RSVP volunteers, past and present, for their dedication to helping make Cortland County a better place to live, and their support of RSVP.

The need for volunteering does not end with RSVP, though. Our local agencies will still have a need for volunteers. We hope that your dedication to helping others will provide the drive for you to continue volunteering directly with the agency you happen to serve. We encourage you to reach out to your agency, and inquire about volunteer opportunities directly through them.

The Area Agency on Aging will still have a need for volunteers and will be continuing and developing its own volunteer job opportunities, as well as recruiting volunteers for other county departments. We hope those volunteers who already serve in a volunteer role for our agency will continue, whether it be at one of our Senior Centers, leading one of our Health and Wellness Programs, serving in our In-Home Support Programs, or in the office assisting staff in various ways.

When one door closes, another one opens. As we go through this transition, we encourage you to contact us about volunteer jobs that we may be able to offer. Look for future opportunities in this newsletter, our Facebook page, and our website.

HAPPY RETIREMENT!

The Cortland County Area Agency on Aging
Would like to express our gratitude and say thank you for your 30 plus years of dedicated service.

Joyce VanDeWeert - 35 years
Danny Ferris - 31 years

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 Street or 51 Port Watson Street Monday through Friday from 8:30am to 4:30pm or call 607.753.9364 or 607.753.1771 and request to have an application sent by mail.
A friend just emailed me a photo of her butterfly raising project. I inquired whether this was something she could share with the first graders where she volunteers. “I learned it from them!” she gleefully exclaimed.

Whenever I speak with her about her school experiences, she just beams. It brings her so much joy and just plain fun. Plus she’s learning as she brainstorms and researches possible projects for the kids. She also enjoys the exchanges and camaraderie she shares with the teacher.

If something has the potential for making you feel good about yourself and the world around you, why would you ignore or avoid it? Why would you not want to feel warm and fuzzy?

Sadly, thousands of people do. According to the U.S. Department of Labor there has been a steady decline in the number of volunteers since 2011. This makes no sense since there are more retired people than ever, and they’re living longer than ever.

Here’s a shopping list of reasons why people choose not to volunteer. Do any of these apply to you?

- Don’t know who to contact or what the process is for volunteering.
- Don’t know anything about volunteer opportunities.
- Don’t know what you qualify for or would want to do as a volunteer.
- Health issues and/or physical limitations make it impossible to help.
- You lack accessible and dependable transportation.
- Family commitments and responsibilities dominate your time.
- Not interested in kinds of volunteer activities available.
- Prefer to travel and socialize.
- Prefer to be free of responsibilities and commitments.
- Not comfortable meeting new people.
- Not comfortable trying new experiences.
- Spend free time pursuing hobbies and other interests.
- Do not want to be tied down to regular commitment.
- Volunteering too much like having a job.
- Do not believe in volunteering, not part of your value system.
- Concerned some aspect of volunteering will cause a financial strain on your budget.
- Uncomfortable with training or prerequisites for assignment.
- Uncomfortable with amount of time commitment required for assignment.
- Had bad volunteer experience in past.

Well, if you don’t want to volunteer, you don’t have to volunteer; and no one is going to harass you to do so.

On the other hand, if you’re open to possibilities and you’re at least curious about some of the answers, why not engage in a mental exercise of what if? That is, if you were to actually consider volunteering, would you prefer working with an individual or group? Would you prefer working with children, adolescents, or the elderly? What about working with people who are immigrants or illiterate? Would you enjoy working with the disabled or homebound? What about food or technology? Outdoors or in an office? Would you like to be able to work on a project or assignment from...
Some Opportunities to Volunteer
Contact Cortland County Area Agency on Aging
753.5060

Person to Person: Citizen Advocacy Assoc., Inc. seeks volunteers who are patient and empathetic to mentor and to advocate for a person with a developmental disability. After the required fingerprint background check is successfully completed, the volunteer is mentored by the program coordinator before meeting independently with a client in a community setting.

Disabled American Veteran (D.A.V.) could use more people to drive an agency-provided van or SUV to transport veterans to and from medical appointments at VA facilities in Syracuse or Freeville. Time commitment is approximately 4 hours for Freeville trips or 6-8 hours for Syracuse trips. You determine how frequently and where you are willing to drive. A background check and a health physical at the VA Hospital in Syracuse are required.

AARP’S “Smart Driver” 6-Hour Driver Refresher Classes would like additional people to present its class materials about three times a year. Classes are usually held in two 3 hour sessions with class size limited to 20-30 people. Thorough training is provided, including being mentored by another presenter before presenting a class independently.

Hospicare and Palliative Care Services welcomes volunteers in Cortland County to provide companionship for patients in private residences or residential facilities, to provide shopping or light housekeeping, or to provide respite for in-home caregivers. Volunteers attend 20 hours of training and pass a background check. Volunteers need to be available and willing to commit to volunteering 2-4 hours/week for 1 year.

The Area Agency on Aging’s In-Home Support Programs needs both male and female volunteers to be paired with a client of our agency when staff determines the client would benefit from this service. There is no hands-on care involved; these are social programs only. Frequency of this service is determined mutually by the client and volunteer.

Friendly Visitor Program. Our agency staff has visited the client in their home and determined they would benefit from some socialization and companionship. The volunteer goes to the client’s home on a regular basis to provide some friendly visiting.

Telephone Reassurance Program. Our client would benefit from some socialization, so the volunteer calls the client weekly to provide some conversation.

Respite Program. A volunteer stays with our agency’s client while the client’s family caregiver needs to be elsewhere for a couple hours.

Shopping Assistance Program. Our agency staff has visited the client in their home and determined they would benefit from assistance to get groceries. The volunteer would go to the client’s home, receive payment and a grocery list, and then return the groceries and balance of funds to the client. There is no transporting the client.

Before a volunteer makes their decision to engage, an agency staff person will review the location of the client’s residence, particular interests of the client, etc., to help make the match more successful.
home? Do you enjoy working with the public and, therefore, would love working on some aspect of special events? Would you like to try something you’ve never done before? Or, is there something you love to do and are wondering if it can be done on a volunteer basis? That’s what Marge Baldassarre does, and she’s been doing it for years.

If this mental review has aroused your curiosity even more, why not take the next step and speak with someone in the Area Agency on Aging? They’re easily reached at 607.753.5060, and you can arrange to either stop by the office to get a feel for the ambiance or receive the one-page application form in the mail.

If you’re not ready for this step, start asking around to find out who in your social circle and beyond takes part in volunteering. You might also try doing what volunteer Lilli Krawklis did with her husband, which was to take him with her, so he could observe what she was doing. He’s well on his way to being hooked into volunteerism and better understands why she does it. Or, you could follow the example of volunteer Kay Zaharis and sign up for special events like the Senior Olympics or IRT.

So many possibilities. So many ways to experience life, to learn, to share, to help others. How could you possibly resist?

---

**Represented Volunteer Sites**

CAPCO
Communities that Care Health Department
Family Counseling Hospicare
Walden Place

**Ex-Officio**

Agency Director
RSVP Project Coordinator
Volunteer Program Assistant
County Legislator

**Our Agency’s Food Pantries**

Cortland County Office Bldg. Room B-23
1st & 3rd Fri. 9:00am-12:00pm

Truxton Senior Center

Tues. 12:00pm-7:30pm
1st & 3rd Thurs. 6:00am-1:30pm
2nd & 4th Thurs. 8:00am-3:30pm

Willet Senior Center

Mon. & Wed. 8:00am-3:30pm
Fri. 6:00am-1:30pm

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**2019 RSVP Advisory Council**

We would like to thank these individuals who served on the Advisory Council in 2019. Their support and guidance were especially helpful as we closed our program doors and started to make plans for our own volunteer program run directly through our agency. Thank you all!

**Represented Volunteers**

Marge Baldassarre
Connie Brown
Susan Connelly, Vice-Chair
Irene Gleason
Bev Heath
Michael Jacobs
Kay Johnson
Susan McNeill, Treasurer
Lenore Schwager
Linda Stock
Richard Stock
Gordon Wheelock

Joyce Allen
Matt Whitman
Courtney McCallen
Linda Barbin
Wendy Yettru
Amie Underwood

Elizabeth Haskins
Cindy Stout
Pia Tucker
Donnell Boyden
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 $39,550; and a family of five up to $61,050 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. Currently, there is no waiting list for the 5 bedroom apartments, and there are short waiting lists for other size apartments in our developments.

Call 607.753.1771 today for an application.

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

Access To Independence

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.aticcortland.org

Like us on Facebook:

https://www.facebook.com/Cortland-County-Area-Agency-on-Aging-1560052194239124/

NOT JUST AN APARTMENT, BUT A HOME

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One & Two BEDROOM APARTMENTS (640–830 SQ. FT.)

$20.00 SENIOR CITIZEN DISCOUNT

756-6145

www.sherbrookapt.com
# CHANGE OF ADDRESS

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<th>Name</th>
<th>Current Address</th>
<th>New Address</th>
<th>Effective from (Date)</th>
<th>If Temporary, to (Date)</th>
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<th>Please remove my name from the mailing list.</th>
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## CHANGING YOUR ADDRESS?
**Please Let Us Know**

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

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

To notify us of your change of address:

* Call the Area Agency on Aging: (607)753.5060 or
* Use the convenient form below.

We appreciate your help.

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