From the desk of: Elizabeth Haskins, Director

You Are Speaking, We Are Listening

The Area Agency on Aging continues to seek input from the public as part of the agency’s Community Needs Assessment. The information gathered from this process helps the agency gain a deeper understanding of programs and services needed most in order to provide maximum support and resources to individuals as they age in place. The agency is using surveys, focus groups throughout the county and 1:1 conversations.

Surveys: As of September 4, 2019, 674 surveys have been completed. Our goal is 1,000 responses. If you have not yet provided input, please visit the agency website at www.cortland-co.org/434/Area-Agency-on-Aging or stop by the office to pick up a paper copy.

Focus Groups: The feedback obtained from eleven focus groups held prior to the publishing deadline for this article has been very informative. Common issues brought forward including the following:

Senior Housing – the 60 plus population desires affordable and accessible housing exclusive to older adults.

Transportation – Aging individuals and caregivers living in rural parts of the county state that lack of transportation is a barrier to getting to medical appointments, affordable grocery shopping, access to medications and social events.

Internet – Individuals expressed concern that they are without internet options or cell phone service where they live limiting communication options, access to supports and shopping options.

Rising cost of health care and medications – Older adults must sometimes choose between purchasing food or paying

The Cortland County Area Agency on Aging is a member of the National Association of Area Agencies on Aging and is supported by the NYS Office for the Aging, the Cortland County Legislature, and donations from individuals and organizations.
for medications.

**Outmigration of family members** – Aging individuals are beginning to experience the impact of family members moving out of state leaving them without intermittent and/or long-term supports such as transportation to medical appointments and assistance with meals and personal care.

**Needs Assessment Clarification:**
The Needs Assessment is not exclusive for Area Agency on Aging clients only. The agency is seeking input from everyone living in Cortland County. We are all aging and many people provide some type of care for someone over 60.

On behalf of the Area Agency on Aging, we wish you all a very Happy Holiday Season!

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**ATTENTION: BUS TOKENS**

The Area Agency on Aging distributes bus tokens as funding allows with the expectation that once used, they will be returned to the agency by Cortland Transit so they can be used again by individuals 60 and older. Unfortunately, the number of bus tokens distributed are not being used and returned. At this time, there are over 3,000 tokens in the community somewhere.

This program is vital to individuals who cannot drive and depend on Cortland Transit for transportation to medical appointments, grocery shopping and social activities.

If you have received tokens in the past and are not using them, please return them to the Area Agency on Aging so we can continue to offer this much needed service.

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**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 cccaaacortland-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.

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**CAREGIVER APPRECIATION EVENT**

November is National Family Caregivers Month when we take time to remember the people who lovingly give baths, clean houses, shop for, provide transportation for and comfort the millions of elderly and ill people who are friends and loved ones.

**SAVE THE DATE**

11-8-19

Cortland County Area Agency on Aging

Caregivers Resource Center

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.
The cold weather will be here once again before you know it. Along with the snow and ice, winter will bring higher heating bills. The Home Energy Assistance Program (HEAP) is a federally funded program that may assist you with a one-time payment. The payment will be sent directly to your heating company to help supplement your heating expenses. The 2019-2020 HEAP season will open in November. Assistance with the HEAP application is available through the Area Agency on Aging, to anyone age 60 and over who meets the income requirements. Both homeowners and renters may be eligible. At press time, the monthly income guidelines for the 2019-2020 HEAP season have not yet been released.

If you received a HEAP benefit for the 2018-2019, you should be receiving a HEAP application for this upcoming season by mail in September. Please complete the application and return it to the Area Agency on Aging at 60 Central Avenue, Cortland NY 13045. If you do not receive an application by mail, you may still apply when the HEAP season opens in November. If you have any questions please call the Area Agency on Aging at 607 753-5060.

The Staff of the Area Agency on Aging wishes everyone a happy holiday season.
Nutrition Program

CORTLAND
County Office Building
60 Central Avenue
8:00am-3:00pm M, T, W & F
8:00am-7:30pm Th
Breakfast:
M & Th 8:00am-9:00am
753.5166

McGRAW
Community Building
Clinton Street
9:00am-3:00pm M,T,W, Th
Pancake Brunch:
1st Wed. 8:30-11:30am
836.8916

HARFORD
Creamery Hills
Senior Living Center
Creamery Road
8:30am-2:30pm M, T, W & Th
Pancake Brunch:
1st & 3rd T 10:00am-12:15pm
844.3808

SCOTT
United Methodist Church
Route 41, Scott Road
8:30am-2:30pm M,T,W,Th
6:00am-12:00pm Fri.
Breakfast: Fri. 7:30-9:30am
749.7973

HOMER
Town Hall
31 North Main Street
2:00pm-7:30pm Mon
9:00am-2:30pm T, W & Th
749.2362

TRUXTON
United Methodist Church
Route 13
8:30am-2:30pm M, W, Th
2:00pm-7:00pm Tues.
Brunch: 1st & 3rd Th
7:30am-10:30am
842.6253

MARATHON
Civic Center
Brink Street
8:00am-3:00pm M,T,W,Th, F
Brunch: 2nd Tu & 4th Th
9:00am-12:00pm
849.3884

WILLET
Town Hall
Route 41
8:00am-3:00pm M, T, W, Th
Breakfast: Fri. 8:00-10:00am
863.4887

Weather Closings
For Meals on Wheels
And Senior Centers
TV: Channel 3,5,9,10,12
Radio-AM: 870, 1470
Radio-FM: 95.5, 97.3, 97.7, 98.7, 99.9, 101.5, 103.7
Ask Our Dietitian
By Carolyn Allen, MS, RDN, CDN

Q: How can I increase my protein?
A: Protein is an important nutrient for our bodies to function properly. It helps create hormones, chemicals, enzymes, hair, bones, muscle, skin, and blood. If you want to increase your protein, ask yourself: Why do you want to? Is there a health issue that requires a greater protein need? In our American diet, we get more protein than we think.

It is also important to make sure you are getting enough complex carbohydrates and healthy fats as well. Are you eating enough fruits and vegetables? Keep in mind, protein is only one of the five food groups that should be on your plate!

The recommendations for protein are 56 grams per day for men and 46 grams per day for women over 60. This means, for every ounce, you get about 7 grams of protein. For example, if you eat 3oz of chicken, you get 21 grams of protein. Sometimes, you need to increase protein to help heal wounds, broken bones, or recover from an illness or surgery.

Below are examples of protein foods that can be included in your diet. Throw a handful of seeds, nuts, egg, cheese, or beans into salads, soups, casseroles, or replace as a snack. If you are a vegetarian, vegan, or do not like certain animal foods, your Area Agency on Aging Dietitian can help you analyze your current diet and fit in other plant-based sources to meet your needs.

You Can Ask Our Dietitian
Individual Counseling
Appointments Available
Call 753.5060

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th>Grams of Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg</td>
<td>1 item</td>
<td>7 grams</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>1 tablespoon</td>
<td>7 grams</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 oz (4 dice)</td>
<td>7 grams</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>8 grams</td>
</tr>
<tr>
<td>Yogurt</td>
<td>1 cup</td>
<td>8 grams</td>
</tr>
<tr>
<td>Red meat, poultry, pork, any</td>
<td>3 oz (palm of hand)</td>
<td>21 grams</td>
</tr>
<tr>
<td>Bacon</td>
<td>2 slices</td>
<td>7 grams</td>
</tr>
<tr>
<td>Fish, any kind</td>
<td>3 oz (palm of hand)</td>
<td>21 grams</td>
</tr>
<tr>
<td>Nuts, any kind</td>
<td>1 oz (14 walnut halves, 24 almonds, 16 cashews, 28 peanuts, 45 pistachios)</td>
<td>7 grams</td>
</tr>
<tr>
<td>Seeds (sunflower, chia, flax, pumpkin, hemp, sesame, etc.)</td>
<td>1 oz</td>
<td>7 grams</td>
</tr>
<tr>
<td>Beans (black, pinto, kidney,</td>
<td>1/2 cup</td>
<td>7 grams</td>
</tr>
<tr>
<td>Hummus</td>
<td>1/3 cup</td>
<td>7 grams</td>
</tr>
</tbody>
</table>
Dear Boys,

Dad and I are looking forward to your visits over the holidays. This would be a good time, as long-distance caregivers, for you to make some observations to assess our current health and wellness status. I know, you saw us this summer and we appeared to be healthy, wealthy and wise. That may still be the case but you need to get in the habit of checking us out when you visit. You are in a position to notice things that we might not. Consider this summer as a baseline.

When you drive in, notice the house and yard. Is the snow removed in the appropriate walk and drive ways? Are the step rails all secure? Once you come inside look around. Do you see my usual standard of housekeeping or have we started to let things go and have we started adding clutter? Are the stairs uncluttered? Is there unopened mail laying around?

When you work with us in the kitchen observe what kind of food is in the cupboard. Are there cleaning supplies stored in unusual places, like with the food. Is there any long-expired food in the refrigerator? Be aware. Are there items that are missing? Family heirlooms, pieces of furniture, recreational equipment?

How are we doing? Do we communicate in our usual manner? Are we dressed appropriately? Have we lost or gained a lot of weight? Do you notice any unexplained bruises? Are there any significant behavioral changes? Is there someone new in our lives that appears to be overly familiar with us? The bottom line...what, if anything, is significantly different?

If you become worried, ask us what is going on. We may have a good explanation. Maybe you just need to let it ride and keep your eyes open when you visit next time. We look forward to your visits and feel secure knowing that fresh eyes are watching us.

Love,
Mom and Dad

A note to my readers. Visit your parents with fresh eyes and feel free to copy this and send to your long-distance caregivers, whether they are in Syracuse or Wyoming.
My name is Kathy Bilodeau and I am the Sr. Account Clerk for the Area Agency on Aging. I have worked for the Agency since 2013. I previously worked for over 30 years in the Banking Industry in Cortland and Homer starting out as a teller and then working in the Consumer Loan Department, Escrow Department, and ending up as an Assistant Branch Manager for 10 of those years. After my last position was eliminated, I decided it was time to start fresh in a new career. It was then that I was offered the position with the Agency. This position was right up my alley as I was still working with numbers and getting to interact with clients on a daily basis.

My husband of 36 years and I have 2 adult children, 1 son-in-law and 1 granddaughter, with a second grandchild on the way. This fall will bring us a wedding and a daughter-in-law. We really enjoy spending time with our family, and not traveling very far from home.

I would like to thank the amazing people that I work with at the Agency, and only wish I had started my new career many years ago. I am so thankful to be doing my part in helping this wonderful Agency that does so much for all our clients.

The Cortland County Area Agency on Aging encourages and appreciates financial contributions as an effort to extend services to older adults and caregivers.

All contributions are VOLUNTARY and confidential. Services will NOT be denied for inability to contribute.

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>SUGGESTED CONTRIBUTIONS*</th>
<th>AVERAGE COST OF SERVICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Care</td>
<td>$5.00 per hour</td>
<td>$25.00 per hour</td>
</tr>
<tr>
<td>Personal Emergency Response System</td>
<td>$5.00 per month</td>
<td>$25.00 per month</td>
</tr>
<tr>
<td>Insurance Counseling</td>
<td>$6.00 per hour</td>
<td>$32.00 per hour</td>
</tr>
<tr>
<td>Legal Assistance</td>
<td>$10.00 per hour</td>
<td>$75.00 per hour</td>
</tr>
<tr>
<td>Home Delivered Meals</td>
<td>$3.00 per meal</td>
<td>$8.50 per meal</td>
</tr>
<tr>
<td>Congregate Meals</td>
<td>$3.00 per breakfast, brunch and lunch $4.00 per supper</td>
<td>$8.50 per meal</td>
</tr>
<tr>
<td>Nutrition Counseling</td>
<td>$6.00 per session</td>
<td>$38.00 per hour</td>
</tr>
<tr>
<td>Caregiver Support Services</td>
<td>$6.00 per session</td>
<td>$31.00 per hour</td>
</tr>
</tbody>
</table>

*A suggested contribution level equal to the actual cost of the service for participants who self-disclose income at or above the 185% Federal Poverty Level (FPL).

185% Federal Poverty Guidelines

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<thead>
<tr>
<th>Family Size</th>
<th>Monthly Income</th>
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<tr>
<td>1</td>
<td>$1,926</td>
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<tr>
<td>2</td>
<td>$2,607</td>
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<tr>
<td>3</td>
<td>$3,288</td>
</tr>
<tr>
<td>4</td>
<td>$3,970</td>
</tr>
<tr>
<td>5</td>
<td>$4,651</td>
</tr>
</tbody>
</table>
The Coalition of Center Councils of Cortland County Inc. has been awarded a $5,000 grant from the Central New York Community Foundation. This funding will be used to purchase Reminder Rosies and digital blood pressure cuffs to be offered to eligible caregivers. This technology will enhance services provided to caregivers in Cortland County by the Area Agency on Aging’s Caregiver Resource Center.

Reminder Rosie is a device that is like an alarm clock, however, the alarm is replaced by reminders recorded in a familiar voice. This device can remind care receivers of appointments, to take their medication, or any other message that the caregiver needs to convey. Reminder Rosie will be provided on a “loan” basis. A deposit is required and a monthly fee based on income is asked for.

Digital blood pressure cuffs increase the independence of the care receiver while relieving the caregiver of the stress of taking the blood pressure regularly. The cuffs have memory to store the readings, giving the caregiver and medical provider accurate information which support improved health outcomes. The blood pressure cuff will be the property of the care receiver and/or caregiver and have a one-time fee based on income.

Referrals for the program can come from doctors, caregivers, and other agencies involved with the care receiver. When a referral is received, a Certified Case Manager with the Area Agency on Aging schedules a home visit to complete a comprehensive assessment. This assessment determines eligibility for the device as well as services and supports that may be beneficial to the care receiver and caregiver.

Eligibility will follow these guidelines:
1. The care recipient must be 60 or older and live in Cortland County.
2. Caregiver involvement (caregiver does not have to be over 60).
3. Care recipient must need assistance with two activities of daily living such as: Bathing, hygiene, dressing, mobility, transferring, toileting and eating.

A Certified Case Manager from the Area Agency on Aging will work with the care receiver, caregiver and medical provider to determine the effectiveness of the program for improving independence, health and wellness for the older person and reducing caregiver stress.

For more information call Cortland County Area Agency on Aging, Caregiver Resource Center at (607)-753-5060.

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**Technology for Senior Citizens at Home**

**By Melissa Alvord**

Aging Services Specialist
Cortland County Area Agency on Aging

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**Cortland County Area Agency on Aging**

**Caregivers Support Group**

**Every 4th Thursday of the month from 3-4 pm**
(November & December will be the 2nd Thursday of the month)

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-IN’S WELCOME!
Understanding and Responding to Dementia-Related Behavior
Tuesday, 10/15/19 2-3:30 pm in Rm. 302 of the County Office Building

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 to manage. 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.

Effective Communication
Tuesday, 12/10/19 2-3 pm in Rm. 302 of the County Office Building

Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Please join us for these free events hosted by the Cortland County Area Agency on Aging’s Caregiver Resource Center, Call (607)753-5060 to register.
**It’s Time to Review your Medicare Health Coverage**

By Sara Hazard, Aging Services Specialist

Every year Medicare, Medicare Advantage plans, Medicare Prescription Drug plans, and Medigaps have changes. These changes can include premiums, copays, coinsurance, and/or even coverage. Medicare offers an Annual Medicare Open Enrollment so beneficiaries have a chance to review their plans and make changes if needed. This Annual Open Enrollment occurs from October 15 to December 7 every year. If a beneficiary enrolls in a plan during this Annual Open Enrollment period, their new coverage will start January 1 the following year.

In late September, beneficiaries should receive an Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC) from their plan. It’s important to review these notices for any changes in the plan’s costs, benefits, and/or rules for the upcoming year. If the plan’s member is dissatisfied with any upcoming changes, the member has the ability to change during Medicare’s Annual Open Enrollment period.

Even if a beneficiary is satisfied with their current Medicare coverage, this Annual Open Enrollment period gives them the opportunity to review and compare other Medicare plans for the upcoming year.

If you miss Annual Medicare Open Enrollment and are dissatisfied with your Medicare Advantage Plan, a new enrollment period for Medicare Advantage plan members began in 2019. January 1 – March 31 allows Medicare Advantage Plan members to disenroll from their current plan and/or switch to a different Medicare Advantage plan one time only within this three month period. This gives Medicare Advantage plan members more time to change.

New Medicare enrollees on or after January 1, 2020, will no longer have the option of Medigap Plan C or Plan F. Anyone enrolled in a Medigap Plan C or Medigap Plan F as of December 31, 2019 or before, will be “grandfathered” and able to continue with their plan as long as the beneficiary wants. This means if you currently have a plan C or F, you will be able to keep it. This change for 2020 increases the importance to review your Medigap plan.

Since the Affordable Care Act was passed in 2010, the coverage gap prescriptions had begun slowly closing for a 2020 end date. For the years 2020 and beyond, seniors will pay 25% for both generic and brand-name drug purchases in the coverage gap. Medicare considers the Coverage Gap "closed" at this point because based on the CMS Standard Model Medicare Part D plan, you would be paying the same cost-sharing (25%) for purchases made while in the Initial Coverage Phase AND in the Coverage Gap so you have the same coverage through both phases of coverage.

Confused? Don’t worry, we are here to help! The Cortland County Area Agency on Aging – Health Insurance Information Counseling & Assistance Program (HIICAP) has New York State Certified Medicare Counselors who are available for individual, unbiased appointments during this time of year. Listed below is the process for getting an Open Enrollment appointment:
Medicare Preventive Services for Mental Health Screening

By Debbie Walls, Aging Services Specialist

Medicare pays for many preventive services. Preventive care is the care you receive to prevent illnesses or disease. One of the screenings that Medicare will pay for is a mental health screening. Preventive care can help identify patients who are at risk for mental health problems, so that they get necessary treatment sooner. Medicare covers many benefits to care for your mental well-being, including psychological counseling, preventive screenings, and outpatient treatment programs.

The New 2019 Medicare Plan Finder

By Debbie Walls, Aging Services Specialist

What is the Medicare Plan Finder? The Medicare Plan Finder provides tools to help beneficiaries compare Medicare plans with or without prescription drug plans, and stand-alone prescription drug plans.

Starting in 2019, beneficiaries will be required to have or set up a MyMedicare account in order to use the Plan Finder during the Medicare Annual Enrollment Period. It will be extremely helpful to set up a MyMedicare account prior to your Annual Enrollment appointment. Here is a brief summary of the steps you take to set up a MyMedicare account.

1. Go to Medicare.gov
2. Click on the Tab at the top that says Manage Your Health
3. From the drop down window select Login to MyMedicare.gov

4. The Login window will pop up for you to either sign in, or if you scroll down you will be able to select Create Account.

In order to create a MyMedicare account you will need a username and password. It is important to keep the username and password in a secure location that you are able to access in the future. This information will be needed to access your personal information in the future.

Medication Drop Boxes Year-Round

- Guthrie Cortland Medical Center
- Cortland City Police Department
- County Sheriff’s Department
- Homer Police Department
- NYS University Cortland Police B7 Van Hoesen Hall, Cortland
“Smart Driver” 6-Hour Classes
You must register in advance
through the County Health Department at 758.5509

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>Th</th>
<th>F</th>
<th>Sat</th>
<th>Time</th>
<th>Location</th>
<th>Additional Information</th>
</tr>
</thead>
</table>
| OCT | 9 | 10 |  |  |  | 1:30pm-4:30pm | Scott Senior Center
United Methodist Church
Route 41, Scott
Park and enter in back. | For Lunch 11:30-12:30, call 749-7973 by the weekday before. Bring sweater or jacket. |
| NOV | | | | | | | No Classes | |
| DEC | 7 |  |  |  |  | 9:00am-4:00pm | Cortland Community Center
Former Train Station
90 Central Avenue, Cortland | Okay to bring refreshments; 1 hour lunch break; Bring sweater or jacket |

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.

Wellness Watch
by Jennifer Hamilton
Public Health Educator
County Health Department

Taking care of our bodies through exercise is important at any age, but as we get older, being active becomes all the more critical. Exercising, especially on a daily basis, boosts our metabolism and strengthens muscles, which can help you burn more calories and lose unwanted pounds. However, are you aware that regular exercise can provide much more than trimming your waistline?

The benefits of exercise are plenty! Physical activity helps maintain the ability to live independently and reduces the risk of falling and breaking bones. It can also prevent and reduce high blood pressure, control joint swelling and pain associated with arthritis, minimize your risk of developing diseases such as colon cancer and diabetes, as well as help people with chronic, disabling conditions improve their stamina and muscle strength. Furthermore, exercise is great for the mind. Regular activity doesn’t only improve you physically, it works wonders on your mental health too. Exercise reduces symptoms of anxiety and depression and boosts mood and feelings of well-being.

Physical activity does not need to be strenuous to achieve health benefits. Set aside chunks of time throughout the day to get your body moving. If you aren’t used to being physically active, start with short intervals of activity such as setting aside 10 minutes in the morning to walk, and then another 10 minutes after dinner. It’s important to talk with your healthcare provider before starting a new exercise program. Keep in mind if you are starting a new activity or planning to increase your level of physical activity, risk of injury increases. It won’t help if you’re sidelined for a while with an injury, while your friends and family are reaping the benefits of exercise without you!
Elmer Sperry  
By Cathy Barber  
Town of Scott Historian

On October 12, 1860, a child was born in Cincinnatus who would go on to become a pioneer in the fields of electricity and navigational technology. Sadly, his mother died a day after his birth, and his father's job at the Cortland Wagon Company would quickly move him to that city. That child was Elmer Ambrose Sperry.

Sperry’s scientific curiosity showed early. At the age of six, he invented a horseradish grater for his aunt, a practical solution for an unpleasant job. He walked around Cortland to where machinery was being used to get an idea of the inner workings of the mechanical world. He would go on to attend the Cortland Normal School and Cornell University, where at the latter he constructed a ring armature dynamo. The dynamo was said by some to be the first outdoor lighting of its kind around, lighting up the Cornell University. He would be further known in the field of electricity by 1885, when, at the age of 20, he owned his own factory which provided the lighting for the beacon on the Board of Trade Tower in Chicago. The kid from Cortland County was on a roll.

Of the many inventions developed by Sperry, he is probably best known for his co-invention of the gyro-compass, which revolutionized marine navigation and would go on to aid aviation. In fact, Sperry was known as the “Father of Modern Navigation”. After forming the Sperry Electric Railway Company in the late 1890’s, he would go on to develop an electric car, driving the first American-made car in Paris.

Sperry died at the age of 69, after complications from gall bladder surgery. His obituary stated that he was awarded nearly 400 patents, roughly double that of Thomas Edison. SUNY Cortland and Cornell University both have buildings bearing Sperry’s name. His boyhood home is located on South Main Street in Cortland.

Wellness Watch—continued

Cortland County has many opportunities to keep us active, including community walking trails, recreation centers, bike share program, and community gardens. Take advantage of the Bonesaver Exercise Program offered through the Area Agency on Aging and the Retired Senior Volunteer Program. In addition, our local 211 Cortland website (www.211cortland.org), or calling 2-1-1 is a great resource to connect with various community opportunities.

Bonesaver Exercise Class now available in Cortland

The Cortland County Area Agency on Aging and its Retired and Senior Volunteer Program started a new class in Cortland for its Bonesaver Exercise Program. It’s offered Mondays and Wednesdays from 1:00pm–2:00pm at the Cortland Senior Center located in the County Office Building at 60 Central Avenue, Cortland.

Registration is required, including a physician’s release. Contact the Area Agency on Aging at 753-5060 for more information or to register.
Did you know that in addition to calling or visiting the NY Connects office to obtain free and unbiased information and assistance for long term services and supports, you can research information on the online NY Connects Resource Directory? NY Connects has an online resource directory located at www.nyconnects.ny.gov.

The NY Connects Resource Directory provides three simple ways for searching or finding long term services and supports, both medical and non-medical, that may provide the means for one to continue living safely and independently in the community:

**Keyword Search**: If you know what you are looking for you may choose this option (located on the Resource Directory Home page). When you enter the keyword and location you are interested in, your search results will provide resource information related to that keyword for that location.

**Guided Search**: If you are not sure what you need, you may select this option for a list of suggested services to choose from. After selecting a suggested service, a list of topics for that service will appear. Select as many topics as you want and a list of services, programs, and supports that match those selections will be provided in the search results.

**Category Search**: Selecting the category search will give you general information about New York’s available programs and services in the area and will search for providers or programs by topic.

The NY Connects Resource Directory also gives the option of creating an account for you. By creating an account, you will be able to save your search results or favorites for quick and easy access later.

If you need further assistance you can click onto the “contact us” link at the bottom of the home page under the “site map”. This will allow the option of sending your request to your local NY Connects office over the internet and they will get back to you to offer assistance.

Information for this article was found on the www.nyconnects.ny.gov website.

For more information contact NY Connects at the Cortland County Area Agency on Aging, 756-3485.

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**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. Call 753.5060.

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**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.
“What do you do all day?” Wow, I’m thinking, he’s really puzzled. Where do I even begin and will he understand.

As a child I was curious; as a young adult I explored the world around and within me. As I aged I saw life as an adventure and still do. Of course, it’s all about how you view adventure. As you grow older, it’s not about climbing Mt. Everest but more about discovering a new flavor of ice cream or attending a talk on UFOs or driving down a road you’ve never been on before. It’s a heightened awareness of the world around you, and a greater appreciation of how precious life is.

Now my puzzled friend is of a far more traditional ilk, having earned assorted degrees, and working well into his retirement years. He honestly doesn’t know what one does with blocks of free time. Similarly, it has taken my brother, another fairly traditional man, years to slowly acclimate himself to free time and develop a number of personal interests rather than working 60-80 hours per week as well as holidays.

Well, one way to transition into retirement and enhance it is to volunteer your time for as little or as much as you want – a feature long-time RSVP volunteer Kay Zaharis loves. It provides you with structure so you aren’t faced with a blank calendar – one of the features RSVP volunteer Marge Baldassarre loves and she’s been volunteering even longer than Kay. It provides you with a new impetus, replacing your former decades-long goal of economic survival and professional success. It keeps you socially and physically active, preventing you from succumbing to a truly unhealthy outlook and lifestyle. And, as RSVP volunteer Lilli Krauklis says, it “opens you to whole new worlds”.

When we leave the workplace, we leave behind our colleagues. Even if we really dislike some of those people, they have been part of our normal, weekday world for years if not decades. Suddenly they’re not there, and a void has opened in terms of people and routine.

Who does that leave? Well, the kids are scattered everywhere and are focused on their own lives. If we’re lucky enough to have a partner, that person may be happily pursuing interests of no interest to you. A great many friends may have migrated to warmer climates at least part of the year. Another chunk of our personal circle has passed on or is in residential care. Some of them are cogent, while others aren’t so lucky. After age 60, if not before, our lives are plagued by loss.

Senior years have the potential of being lonely, debilitating, and/or depressing if we allow it to happen. Smart seniors don’t let it happen. They view this phase of life, regardless of personal limitations, as a wonderful opportunity. Some rediscover interests that they had abandoned in the past. My brother, for instance, has returned to drawing, something he...
Some Opportunities to Volunteer

Contact our Retired and Senior Volunteer Program (RSVP)
rsvp@cortland-co.org or 607.753.5057

Cortland County Area Agency on Aging seeks volunteers to visit periodically with homebound clients of our agency as Friendly Visitors when the need arises. We currently need Friendly Visitors for two female clients who reside in separate residences in Cortlandville toward the Virgil area.

AARP and our County Health Department are looking for additional volunteers to present the course material for the six-hour Smart Driver refresher course. Thorough training is provided. Class content and materials are also provided. It is hoped volunteer presenters could commit to present three classes during the year at your convenience.

The American Cancer Society hopes for additional volunteer drivers in Cortland County for its Road to Recovery® program. Volunteers drive cancer patients in the volunteer’s vehicle to and from the patient’s appointment for treatment.

Community Action Program (CAPCO) could use additional volunteer drivers to transport county residents in the volunteer’s vehicle to non-emergency medical appointments in Cortland County or adjacent counties if the volunteer is willing. Drivers are eligible for mileage reimbursement.

Hospicare and Palliative Care Services needs more volunteers in Cortland County. See article on page 17 for more information.

Cortland County Area Agency on Aging welcomes volunteers who would enjoy working at our agency’s Reception Desk on a substitute basis for current and future needs, primarily during lunch time, answering the phone, taking messages, greeting clients, and doing clerical work when available.

You Can Ask Our Dietitian

Individual Counseling Appointments Available
Call 753.5060
hasn’t done since high school, and he’s reveling in it, his confidence growing daily.

Others develop new interests. A friend in Michigan attends Elderwise classes in the fall, volunteers at her local library in New Mexico in the winter, heads south in August to attend an arts and crafts school, and heads north in October to polio camp.

Others dabble. One friend helps out at Foodnet for an hour three times a week, assists an elementary school teacher for three hours once a week, aqua exercises two to three times a week, explores flea markets, goes to auctions, attends workshops and plays, and provides occasional caregiving to two friends. Not everyone has her energy level or range of interests but she loves what she’s doing and when she doesn’t love something, she stops and does something else. And when she needs a nap, she takes it.

Now I’m not advocating that anyone retire one day and tackle a challenging activities list the following day. Retirement requires a shifting of gears, as does preparing for retirement. Some people meticulously plan the next phase of life, while others want to just sit and do absolutely nothing for a while.

The key here is a while because the day will come when you realize you’ve gained a chunk of weight, or you move slower because you’ve become stiff from sitting too much, or you’ve been sick a lot since retirement. You could be bored, angry, depressed, restless, unhappy, lonely, or anxious. You may feel like you don’t have a good reason for getting up in the morning because it’s just same-old same-old. Now could be the ideal time to recharge your retirement phase of life – starting with volunteering.

Next time we’ll talk about all the roadblocks you and others have erected so you don’t volunteer.

The Beginning, Not the End
Continued from page 15

From July 11-20, well over 100 volunteers in the Cortland community donated their time at the Innovative Readiness Training/Healthy Cortland event that took place at the Homer Intermediate School. This was a no-cost medical event where military medical providers offered free services such as dental, veterinary, eye exams, and physicals to anyone in the county or beyond. It also served as a training for the military. This same event took place in Homer in 2016, as well.

To make this event successful, the organizers and the military depended on the volunteers, which included RSVP volunteers. 49 RSVP volunteers donated 860 hours of assistance at this event, with many volunteering multiple days over this span of time.

Organizers of the event stated they saw an increase in the number of people served and the number of procedures done, compared to the event held in 2016. Over 2,400 were served with over 15,000 procedures done. Though numbers are still being compiled, currently the estimate for the value of these services equals over $768,000.

Thank you to all our RSVP volunteers who helped to make this a successful event in Cortland County!
Holiday Project 2019

Donate handmade knit or crochet items for residents/clients at local non-profit organizations during this holiday season.

Donation Day: Cortland Senior Center
December 6 Dining Room
10:00am-12:00pm County Office Building, 60 Central Ave

Contact the volunteer Holiday Project Coordinator for more information, with questions, or to volunteer to help organize or deliver the donations:
RSVP Volunteer
607-299-0553
607-379-3137
Kayak4me2@gmail.com

Remember:
Donation of new stuffed animal are welcome.
Our agency has no storage room for early donations of finished items or yarn.

Receptionist Volunteers Needed

RSVP is recruiting interested volunteers to assist the Area Agency on Aging with receptionist duties during lunch hours, on an on-going basis from 11:30am-1pm. Volunteers can choose the day of week they are interested. If an on-going commitment doesn’t interest you, but you would like to be on a sub list when a regular volunteer can’t make it, you can choose this option, too. Volunteers will greet clients, answer phones, and perform other light clerical duties. Contact RSVP at 753-5057 or rsvp@cortland-co.org to learn more.

2020 “SaveAround” Coupon Books
Available through RSVP. $25.00
Discounts to restaurants, stores, and entertainment using a phone app or coupons. Stop by Room B4 in the County Office Building to purchase yours.

Our Food Pantries
Cortland County Office Bldg. B23
1st & 3rd Fridays 9:00am-12:00pm

Truxton Senior Center
Mon, Wed, Thurs. 8:30am-2:30pm
Tues. 2:00pm-7:30pm

Willet Senior Center
Mon-Thurs 8:00am-3:30pm
Fri. 6:00am-1:30pm

CHAFOUSTIES’ Auto Body & Repair
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3997 Wedge Rd
McGraw NY 13101
ph/fx 607 836-8777
cell 607 283-1516
chavoustitesbodyshop@yahoo.com
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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 $38,400; and a family of five up to $59,200 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.

Call 607-753-1771 today for an application.

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

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One & Two BEDROOM APARTMENTS
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$15.00 SENIOR CITIZEN DISCOUNT
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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 avoid the expense of mail returned to us by the post office (we are charged approximately $1.25 for each newsletter returned) and help keep our mailing list up to date.

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 at (607)753-5060; write us at 60 Central Avenue, Cortland, NY 13045; or use the convenient form below. We appreciate your help.

CHANGE OF ADDRESS

Name ______________________________________________________
Current Address _________________________________________________
New Address ___________________________________________________
Effective from (Date) ____________________ If Temporary, to (Date) _______________

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

Please remove my name from the mailing list.