Did you know?

♦ 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.

The National Association for Area Agencies on Aging states that, “These demographic milestones are not simply blips on the U.S. Census radar. They are mile-markers on a longer road toward a significantly older nation…”

If ever there is a time for individuals to make their voices heard, it is now. The agency is in the midst of conducting a community needs assessment. The data gathered from this study is an essential piece of the process that evaluates available resources and supports and identifies gaps in services experienced by older adults and their caregivers. Information gathered through the needs assessment process serves as the foundation for the next planning period that runs from 2020-2024. Ideally, the “Four Year Plan” captures the voices of our public service area and designates funding in the areas most important to the population served by the agency.

Surveys are available at the Area Agency on Aging, your local senior center, and other locations throughout the county. A complete list can be found on the agency website. Return completed surveys to a senior center near you, the Area Agency on Aging, or by mail to 60 Central Ave., Cortland, NY. You can also complete the survey through a link on the agency website http://www.cortland-co.org/434/Area-Agency-on-Aging.

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.
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 ccc@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.

Healthy Cortland: No Cost Medical Event Innovative Readiness Training (I.R.T.)
by Cindy Stout, Aging Services Supervisor

Cortland County will once again be hosting Healthy Cortland during July 12-20. Similar to the same event held here in 2016, Healthy Cortland offers free medical services from our military service members to our community. I.R.T. provides real world opportunities for our military service members and units to prepare them for their wartime missions while supporting the needs of America's underserved communities. Medical services provided include dental, medical, optometry, and veterinary.

Call 211 or 877-211-8667 Monday through Friday 8:30am-5:00pm to schedule your appointment.

Where is it held?

All medical procedures (including dental, optometry and veterinary) will take place throughout the Homer Intermediate/Junior High School.

Hours of Operation?
8:00am-5:00pm

Is there an age limit?

No, there will be pediatric services available. Children under age 18 must be accompanied by a legal parent/guardian.

Do I need to have health insurance?
No health insurance information will be collected; and, in fact, we can help you sign up for health insurance at the event if you do not currently have it! No fees of any kind will be charged at the event.

Do I have to live in Homer?
No, there is no residency requirement to receive treatment or care.

If I don't have an appointment, should I still come?
Yes! All services (with the exception of spay/neuter surgeries) will have walk-in availability.

How long should I expect to wait?
Even with an appointment, there is no way to estimate in advance how busy we will be at any given time for appointments or walk-ins. Please remember this is a service provided both to assist community members with needed healthcare and to enable our service members to practice for an emergency deployment.

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 Cortland County Area Agency on Aging anticipates that it will receive and begin to distribute Senior Farmers Market Coupons sometime in the month of July. Individuals should watch for distribution sites and dates in the Cortland Standard, at the Cortland County Senior Centers, our Facebook page, and at the Cortland County Area Agency on Aging office and website: www.cortland-co.org/434/Area-Agency-on-Aging.

The Senior Farmers’ Market Nutrition Program (SFMNP) provides eligible seniors age 60 and over, free coupons that can be exchanged for eligible foods at participating local farmers’ markets and roadside farm stands. The program encourages individuals to consume fresh fruits and vegetables while supporting local area farmers.

To qualify for this program, individuals must be 60 years of age or older AND have an income at or below the set income guidelines for 2019 or are currently receiving or eligible to receive SSI, public assistance, or Section 8 housing subsidy.

The change from previous years ago remains in effect this year: each older adult in a household is eligible to receive a booklet if they meet the age and income requirements. In past years, distribution was limited to one booklet per household. Eligible individuals must be the person to sign for their coupons. The only exception is an appointed Power of Attorney (POA) may sign and pick up the coupons on behalf of the eligible senior (proof of POA must be shown).

Coupons will be available on a first come, first served basis. For more information, please call the Cortland County Area Agency on Aging at 607.753.5060.

### Easy Vegetarian Summer Chili

**Source:** www.jaroflemons.com

- **Servings:** 6 servings
- **Cook Time:** 30 minutes
- **Prep Time:** 5 minutes
- **Calories:** 236

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>3 medium Summer Squash</td>
<td></td>
</tr>
<tr>
<td>3 medium Zucchini</td>
<td></td>
</tr>
<tr>
<td>1 Tbs. Olive Oil</td>
<td></td>
</tr>
<tr>
<td>15 oz. Canned Diced Tomatoes</td>
<td></td>
</tr>
<tr>
<td>15 oz. Canned Tomato Sauce</td>
<td></td>
</tr>
<tr>
<td>1 cup Vegetable Broth</td>
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<tr>
<td>1 Head of Broccoli</td>
<td></td>
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<tr>
<td>15 oz. Canned Chick Peas</td>
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<tr>
<td>1/4 Cup Corn</td>
<td></td>
</tr>
<tr>
<td>2 tsp. Cumin</td>
<td></td>
</tr>
<tr>
<td>3 tsp. Chili Powder</td>
<td></td>
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<tr>
<td>1/2 tsp. Paprika</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp. Cayenne</td>
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</tr>
<tr>
<td>Add Salt, Pepper and Basil to Taste</td>
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</table>

**Instructions:**

Cook the cubed summer squash & zucchini in the oil over medium-high heat in a stock pot for about 10 minutes (or until soft).

Add in the diced tomatoes, tomato sauce, and broth, cooking for another 10 minutes.

Add in the broccoli, chick peas, corn and spices. Continue cooking for another 10 minutes.

Top with fresh basil (optional); serve and enjoy!
# Nutrition Program

- **Food Pantry**
- **Meals at Senior Centers and Delivered to Homebound**
- **Nutrition Counseling with Registered Dietitian**
- **Senior Centers with Activities and Events**

## 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

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## Summer Picnics

**By Julia Chavoustie, Nutrition Program Supervisor**

It’s finally summer time, and that means picnic time at the Cortland County Senior Centers! Join any of our eight Senior Centers for an afternoon picnic at one of the parks in Cortland County. Our local Centers are filled with friendly participants, fun activities, and delicious food. During the summer we take our program outdoors, enjoy the sunshine, and eat some of the favorite foods of the season. Each Center has two picnics during the summer, and meals vary. Picnic meal options include hamburgers or hotdogs with macaroni salad, three bean salad, or fruit salad, and cookies. The Center Manager chooses the meal and sides depending on the Center participants’ request. Reservations are requested at least three days in advance. For more details, please contact your local Center Manager. Any questions, please call 607.753.5061.

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**SAVE THE DATE:**

- **Countywide Picnic**
  - August 16
  - Tickets on Sale
  - July 15
Q: What is the best diet for weight loss?
A: I am asked this question all the time. When I give my answer, the response is usually wide eyes and open mouths. I do not recommend any specific diet for weight loss. Diets are about severely limiting calories and removing one or more food groups, usually starches/grains. When we remove food groups and decrease our calories too much, we put a lot of stress on our body, which makes it harder for it to work. We need nutrients for proper body functions, especially our brain. We need all of the five food groups: grains/starches, fruit, vegetables, protein, and dairy, for all the nutrients we need (vitamins, minerals, water, fiber, antioxidants, phytochemicals, and energy/calories).

So what is a better option than a diet? My answer is simple. You need to watch your portions and you need to move. By using the MyPlate model, you are naturally decreasing your portion sizes, increasing fruits and veggies, and getting more fiber, vitamins, and minerals. All of these help us feel better, sleep better, have more energy, and improve digestion. What is the MyPlate? It is a tool created by the USDA. The idea is this: take your plate and divide it into four equal parts. One quarter holds your protein. The other quarter holds your grains/starches. The last two quarters (half your plate) holds your vegetables and fruit. Then add a side of dairy (a glass of milk).

Now, there are times we need a specific diet if we have a chronic disease, like heart disease, hypertension, diabetes, and/or high cholesterol. These diets are structured to improve these specific conditions.

I also mentioned moving more. It does not matter what it is, just keep moving. Walk in place in front of the television during commercials or, if you feel up to it, jog or do jumping jacks. Make sure you doctor says it is ok to exercise. Doing this will increase your energy and mood, and help burn the extra calories we have stored, leading to weight loss.

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**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

**Centers’ Evening Meals in Summer**

Cortland  Thursdays 5:00  McGraw  4th Thurs.4:30
Harford  2nd Wed.  4:30  Scott  4th Wed.  4:30
Homer  Mondays 4:30  Truxton  Tuesdays 4:00

Coming? Please call the Center the prior day.

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**Ask Our Dietitian**

By Carolyn Allen, MS, RDN, CDN

**You Can Ask Our Dietitian**

Individual Counseling
Appointments Available
Call 753.5060

**Meals at Senior Centers**

<table>
<thead>
<tr>
<th>Suggested Contribution</th>
<th>Age 60+</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast/Lunch</td>
<td>$3</td>
<td>$6</td>
</tr>
<tr>
<td>Evening Meal</td>
<td>$4</td>
<td>$7</td>
</tr>
</tbody>
</table>
I recently overheard a conversation my husband George was having with his buddies. “I’m worried, guys. Pat has been asking me some strange questions lately. What is my favorite flower? Do I have a bible verse that means a lot to me? What are my favorite hymns? It sounds like she is planning a funeral…mine! You guys need to keep close tabs on me.” Apparently, I wasn’t being very subtle. He was right, though. I have been thinking about his funeral, and mine. I have been starting the funeral pre-planning process. This is not a fun retirement topic, but one we of retirement age would do well to consider.

I have recently experienced the value of funeral pre-planning with the passing of my mother. Mom had chosen the readings and hymns that were important to her to have as part of her funeral Mass. When my sister and I sat down with the funeral minister to plan Mom’s service, we were able to make those plans, confident it was what Mom wanted.

In addition to the funeral service, we had also chosen and paid for the casket and vault, the cemetery arrangements, the calling hours, and all other services and charges related to the funeral. At the time of Mom’s passing, while we were grieving, the decisions we needed to make were minimal. We had also established a relationship with the funeral director, which helped when we needed his services.

Perhaps the hardest part of the whole process is introducing the pre-planning subject to your parents or your spouse. Clearly, I should have been more straightforward with George, so he wouldn’t have to ask his buddies to watch his back. The conversation we had with Mom centered on our desire to make sure her wishes were going to be met. Actually, we found that she had already given her service a lot of thought.

If you do your own funeral plan and share it with your family, they may find the subject less morbid and intimidating and be more open to plan their own.

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
□ RSVP

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

Although I don’t work in restaurants or catering any more, I still enjoy culinary arts. This interest came from watching and helping my mother and great grandmother in the kitchen as a child; I still enjoy cooking with my mother.

When I was younger, my mother was a Center Manager at the Homer Senior Center. My brothers and I would volunteer to help with special events and spend time with the participants. We had a great time; and today, as an adult, I find myself interacting with the same friendly participants either through the Senior Centers or RSVP.

I joined the Area Agency on Aging at the end of August 2018. As Nutrition Program Supervisor, I oversee the eight Senior Centers in Cortland County, three Helping Hands food pantries, and eight Meals on Wheels routes. I am still learning about my position day by day. The agency staff has been so helpful and friendly. I truly feel welcome and proud to be part of the Area Agency on Aging and hope to help and serve my community to the best of my ability.

**Staff Spotlight:**
**Julia Chavoustie**
By Julia Chavoustie, Nutrition Program Supervisor

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**Home Energy Assistance Program (HEAP)**
By Matt Kemak, Aging Services Specialist

It may be summer, but HEAP is heating up to help cool you down this summer and warm you in the coming winter.

**The Home Energy Assistance Program (HEAP)** is a federally funded program that may assist you with obtaining an air conditioner this summer (with physician’s note to prove need for the cooling benefit) and a one-time payment this winter sent directly to your heating company to help supplement your heating expenses.

The 2019-2020 Regular 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.

Income guidelines for the 2019-2020 HEAP season have not yet been released. If you received a HEAP benefit for the 2018-2019 season, 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.

Watch the next newsletter for more HEAP information. If you have any questions, please call the Area Agency on Aging at 753.5060.
Caregiving takes on many forms. A caregiver can be a partner, spouse, child, parent, friend, neighbor, or anyone who provides care such as buying groceries, cooking, cleaning, laundry, providing transportation, helping with medications or doctor appointments, helping with showering and getting dressed. Even just checking in on someone to see about their well-being and seeing if they need anything is a form of caregiving. A vast majority of caregivers care for a relative or other loved one.

Caregivers face many challenges. The job can be physically, mentally and emotionally straining; it can cause family disagreements and strains on other relationships; the caregiver can feel a lack of support; social isolation, and it can also cause a financial burden on both the caregiver and care receiver.

The first stages are often the most difficult as caregivers are learning what is needed, what is expected, and what resources are out there. Caregivers often have higher rates of mortality, physical injury, sleep deprivation, and depression. Often times they ignore their own health needs due to being overwhelmed with their caregiving duties. It is important to remember to maintain a life outside of caregiving (breaks are essential), to be able to say no, to ask for help, and to take care of your own needs.

It is important for caregivers to know how to connect with services and programs that offer help with caregiving. The Cortland County Area Agency on Aging’s Caregivers Resource Center (CRC) assists family caregivers by providing information, education, support, and respite services which include:

- Personal Counseling
- Caregiver Assessments and Referrals
- Caregiver Workshops
- Caregiver Support Group on the 4th Thursday of every month from 3:00pm-4:00pm at Guthrie Cortland Medical Center
- Respite programs/Health Care aide
- Caregiver Resource Library
- Personal Emergency Response System (PERS) – limited availability
- Support to grandparents raising grandchildren and adult children with a disability
- I Am Okay Today program
- Project Lifesaver
- Grab & Go Books for $6.00

The Caregivers Resource Center is open Monday through Friday 8:00am-4:00pm at 60 Central Avenue, Room B4 of the County Office Building in Cortland. Call 607.753.5060 for more information.

***Caregivers Support Group***

Meet with others who are also coping with caregiving issues.

- Meets monthly on the 4th Thursday from 3:00pm-4:00pm
- Open to those who provide care and support for anyone who is 60 or older
- Meets at Guthrie Cortland Medical Center in Conference Room B in the basement
- Walk-ins are welcome
- Or if you can’t make it to this, ask about our online support group!
- Sponsored by Cortland County Area Agency on Aging’s Caregivers Resource Center
- For more information, call the Caregivers Resource Center at 607.753.5060.
Please join us for these free events with Speakers from Alzheimer’s Association Central New York Chapter Hosted by Cortland County Area Agency on Aging’s Caregiver Resource Center

Understanding Alzheimer’s and Dementia

Tuesday, September 17
2:00pm-3:00pm
County Office Building, Room 302

This program covers the basics of Alzheimer’s and dementia, explores the relationship between Alzheimer’s disease and dementia, examines what happens in a brain affected by Alzheimer’s, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available to treat some symptoms, looks ahead to what is on the horizon for Alzheimer’s research, and offers helpful Alzheimer’s Association resources. Please join us for this free event hosted by the Cortland County Area Agency on Aging’s Caregiver Resource Center. Call 607.753.5060 to register.

Convenient, Tranquil, Affordable Living...

FRIENDSHIP HOUSE APARTMENTS
13 Leon Ave., Cortland PHONE: 756.6636
TDD: 1.800.421.1220
Senior housing complex nestled among shady trees, colorful flowers, and acres of green lawn. Just minutes from grocery and department stores, banks, restaurants and much more!
• On-Site Laundry Facilities
• Full Service Maintenance Staff
• Secure Front Door Entrance
• Residential Association Activities
  • Beauty Salon
  • Public Transportation
  • Community Room

Medication Drop Boxes Year-Round
⇒ Guthrie Cortland Medical Center
  134 Homer Avenue, Cortland
⇒ Cortland Police Department
  25 Court Street, Cortland
⇒ County Sheriff’s Department
  54 Greenbush Street, Cortland
⇒ Homer Police Department
  43½ James Street, Homer
⇒ NYS University Police
  100 Graham Avenue
  B7 Van Hoesen Hall, Cortland

NOW ACCEPTING APPLICATIONS
Medicare’s Home Health Benefits
By Deb Walls,
Aging Services Specialist
and NYS Certified HIICAP Counselor

Did you know that traditional Medicare can provide home health services and skilled nursing services to help you recover from a health event or to maintain your current level of functioning? Traditional Medicare can cover intermittent skilled nursing care, physical, speech and occupational therapy, medical social services, and intermittent home health aide services. To be eligible for services, you must be under the care of a physician who will create and review a care plan on a regular basis.

Other requirements that are necessary to receive these services include:

→ Your condition must be expected to improve in a reasonable and generally predictable period of time.

→ You need a skilled therapist to safely and effectively make a maintenance program for your condition.

→ You are receiving services through a Medicare certified agency.

You must also be certified as “home bound” by a doctor by meeting one of the following conditions:

→ Due to illness or injury, to leave your home you need the aid of supportive devices (crutches, canes, wheelchairs and walkers), the use of special transportation, or the assistance of another person.

→ You have a condition that is medically contraindicated to leave home.

You are considered confined to your home if absences from your home are:

→ infrequent
→ for periods of relatively short duration
→ for the need to receive health care treatment
→ for religious services
→ to attend adult daycare programs
→ or other unique or infrequent events.

The doctor’s written certification plan for the skilled services can contain prescribed “unskilled” services only in conjunction with skilled nursing services. Medicare Advantage plans may also offer additional “unskilled” services for in-home care while recovering from a health event, such as home delivered meals. Check with your plan to see what other services they may provide.

Before you start getting your home health care, the home health agency should tell you how much Medicare/Medicare Advantage Plan will pay. They should also tell you if any items or services aren’t covered by insurance.

If you would like more information on home health services and Medicare, contact the Area Agency on Agency to speak to one of our State Certified Health Insurance Counselors.

Health Insurance Information, Counseling and Assistance Program (HIICAP)

Did you know . . .

Medicare covers a variety of preventive services at 100%?
If you are in a Medicare Advantage Plan (i.e. Excellus, Wellcare, Aetna, Humana, Fidelis, MVP, United Healthcare), your plan will not be able to charge you for preventive care services that are free for people with Original Medicare as long as you see in-network providers. If you see providers that are not in your plan’s network, charges will typically apply.
Do not enter contests. Not only do marketers collect information like name, age and address, etc., but they know you believe in luck. That could make you a target.

Do not mail in warranty cards. It is likely that your information is being sold to others, either legitimately or as part of a scam.

Do not fill out surveys. Selling survey data is big business, and marketing firms and even criminals can learn a lot about you.

Do not share personal updates on Facebook. Scammers turn to social media postings to learn more about those they’ve targeted. Don’t post personal information; narrow who can see your posts, and avoid posting real-time updates about your whereabouts.

Do not toss your mail. Shred all mail that has your name and address, account numbers, or other personal data.

The Bonesaver Exercise Program is offered through the Area Agency on Aging and the Retired and Senior Volunteer Program (RSVP). Through the Strong Women Program developed by Miriam Nelson, PhD from Tufts University, this exercise program was born. Research shows that a program of weight-bearing strength training can potentially improve bone density, reduce falls, improve bone and joint health, and increase flexibility and strength.

Strength training generally refers to exercises in which muscles in the body move against some type of opposing force, such as weights. Through this weight-bearing exercise program, men and women can improve strength and muscle mass, as well as bone health and density.

The program is generally 60 minutes in duration, and it includes a series of different exercises, done slowly to a count of eight. To receive the full impact, the exercise routine should be done 2-3 times a week, with at least one day off in between. It is considered a gentle exercise routine geared towards people 60 or older, and is done sitting or standing behind a chair for balance.

There are currently four different weekly class sites in Cortland County, with waiting lists existing for some of these sites. With this in mind, potential new sites may be possible with the interest of volunteers willing to be trained and available to lead a class twice weekly. A new site in the city of Cortland is currently being developed.

To learn more about how you can become active as a volunteer leader, or to hear more about how you can become registered for an existing site, call RSVP at 753.5060 for more details.

**Bonesaver: Call 607.753.5060 to register**

<table>
<thead>
<tr>
<th>Location</th>
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<th>Time</th>
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<tr>
<td>Cincinnatus</td>
<td>Mon. and Wed.</td>
<td>9:00am-10:00am</td>
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<tr>
<td>Harford</td>
<td>Mon. and Thurs.</td>
<td>9:30am-10:30am</td>
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<tr>
<td>Homer</td>
<td>Wed. and Fri.</td>
<td>1:30pm-2:30pm</td>
</tr>
<tr>
<td>McGraw</td>
<td>Tues. and Thurs.</td>
<td>10:00am-11:00am</td>
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### “Smart Driver” 6-Hour Classes

You must register in advance through the County Health Department at 758.5509

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<th>Sat</th>
<th>Time</th>
<th>Location</th>
<th>Additional Information</th>
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<tr>
<td>JULY</td>
<td>10</td>
<td>11</td>
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<td>1:30pm-4:30pm</td>
<td>Truxton Senior Center United Methodist Church 3670 Route 13, Truxton Rear Entrance to Basement Level</td>
<td>For Lunch 11:30-12:30, call 842.6253 by the weekday before. Bring sweater or jacket.</td>
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<td>JULY</td>
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<td>25</td>
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<td>1:30pm-4:30pm</td>
<td>Harford Senior Center Creamery Hills Apartment Building 355 Creamery Road, Harford</td>
<td>For Lunch 11:30-12:30, call 844.3808 by the weekday before. Bring sweater or jacket.</td>
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<tr>
<td>AUG</td>
<td>21</td>
<td>22</td>
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<td>1:30pm-4:30pm</td>
<td>Willet Senior Center Town Hall 5492 Route 41, Willet</td>
<td>For Lunch 11:30-12:30, call 863.4887 by the weekday before. Bring sweater or jacket.</td>
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<td>SEPT</td>
<td>10</td>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td>5:30pm-8:30pm</td>
<td>Preble Fire Station 1911 Preble Road, Preble</td>
<td>OK to bring refreshments; Bring sweater or jacket.</td>
</tr>
<tr>
<td>SEPT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14</td>
<td>9:00am-4:00pm</td>
<td>Cortland Community Center Former Train Station 90 Central Avenue, Cortland</td>
<td>Okay to bring refreshments; 1 hour lunch break; Bring sweater or jacket.</td>
</tr>
</tbody>
</table>

Open to drivers of any age, but geared for senior drivers.
Approved by NYS DMV for points and insurance reductions.

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2018 Senior Citizens of the Year Ron Bailer and Richard Stock were recognized at Older New Yorkers Day held in Albany on May 21. Pictured left to right are Senator James Seward, Ron Bailer, Older Americans Act Advisory Board member, and Richard Stock, Legislator.

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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.
SUNY Cortland recently celebrated its Sesquicentennial (150 years) celebration and, through that time, has enriched our county immensely.

The roots of the school go back even further, when the Cortlandville Academy was established in 1842. The school flourished until 1866, when an act of state legislature provided for the creation of normal schools around the state. Cortland Village sensed an opportunity to one-up its old rival Homer, the latter’s Cortland Academy holding the standard for excellence for years.

The term “normal school” comes from the French “Ecole Normale Superieure”, a school built to serve as a standard for teaching schools. These promoted teacher education and teaching applications. Some state officials felt Cortland Village was too small, but were overridden by former Secretary of State Horatio Ballard, who lobbied hard for that location. The Cortlandville Academy, sensing the normal school was the future, offered its attractive lot, location of today’s county courthouse. This spot was a selling point for the state. The academy’s library, geological collection, scientific apparatus, bell, and furniture were offered to the new normal school. A promise from the state for free tuition to the children of Cortland Village was contingent upon these gifts.

By 1868, the Cortland Normal School was a reality. Free tuition and books were offered to local residents at least 16 years of age with good moral character. By 1882, Cortland Normal School outranked all other normal schools in the state in terms of attendance, with a student body drawn from nearly every county in the state. The departments of teaching theory and teaching practice were organized.

Physical education began its storied history in Cortland before the 20th century. By 1890, all students were doing repetitions of exercises each day. In 1916, the NYS Physical Education Law stated competent teachers needed to spend 20 minutes daily on physical training of all students over the age of 8.

In 1941, the normal school became a college offering bachelor degrees and in 1948 became part of the new SUNY system.

And the rest, as they say, is history.
You may have seen some of the ads on television that portray a person talking about how their caregiver is someone they know and trust and is getting paid for providing their homecare. Many people who find they need help with their daily living activities in order to remain in their own home prefer this option over a certified/licensed agency or person to provide in home care. This is called consumer directed care.

Consumer directed care is provided under the Consumer Directed Personal Assistance Program (CDPAP) and is funded by Medicaid. Those who have Medicare and Medicaid are able to choose consumer directed care if they qualify for Managed Long Term Care (MLTC). Those who do not have Medicare, but have Medicaid and qualify for personal long term care services, may also choose this option.

The Consumer Directed Personal Assistance Program “empowers seniors and people with disabilities (or their designated representative) to recruit, hire, train, and supervise a person of their choice as a personal care aide/assistant” (www.health.ny.gov). The person hired does not need to be certified, licensed, or professionally trained, but can perform all the tasks usually performed by a professional home health aide, and in addition, may perform many tasks that are usually performed by a home health nurse.

The New York Department of Health lists several advantages of having Consumer Directed Personal Assistance Program which include:

→ Consumers have complete choice as to who the worker is, resulting in a much higher level of satisfaction;

→ Consumers are able to schedule their care to suit their personal situation such as the time to get out of or get into bed;

→ There is a much larger pool of potential workers because there is no certification required;

→ Consumers may train their personal assistants to perform tasks that fall under the scope of nursing;

→ Costs are substantially less expensive than other forms of home care.”

Consumer Directed Caregivers can be most anyone other than a legal spouse, parent of a child under 21, or a designated representative.

For more information on CDPAP or the qualifications, call NY Connects at 607.756.3485.
Here in Cortland we’re used to garden variety emergencies: spring flooding, power outages, car crashes, barn burnings, the occasional robbery. So far, though, we’ve been spared the headline-grabbing stuff involving multiple deaths and destruction. If we’re smart, we’ve educated ourselves about what to do in these “normal” emergencies and what plans are in place.

Most of what you need to know to prepare for displacement events can be found in the state’s Emergency Information Handbook. This booklet takes you by the hand and step-by-step guides you through the process and even provides you with checklists and forms. For the shorter version, refer to the Emergency Supplies Kit Checklist.

Unfortunately, here remains the nasty “what if” category that falls under the broad heading of terrorism. Rather than praying that it doesn’t happen here, it’s smarter to prepare to automatically respond if it does.

For starters, review a state brochure called Safeguard New York: If You See Something, Say Something. It’s handed out during classroom training and is also available online. The PDF version is available at Safeguard New York, while the app is available at www.dhsses.ny.gov. It tells you the 8 Signs of Terrorism and how you can help prevent it. It also provides guidelines for describing and reporting suspicious behavior. Most importantly, it tells you what to do and not to do if you observe suspicious activity:

⇒ DO NOT take direct action.
⇒ DO NOT confront the individual(s).
⇒ DO NOT reveal your suspicions.
⇒ DO record as many details as possible.
⇒ DO notify appropriate authorities as soon as possible.

Finally, if you are unfortunate enough to find yourself in an active shooter situation:

⇒ Get out as soon as possible if there is a safe escape route; do not take anything with you; just GO.
⇒ Encourage others to go with you as well, but DO NOT stop to engage in conversation with anyone who is in any way reluctant to leave.
⇒ Once outside, find a safe place to hide and call 911; also discourage others from entering the premises.
⇒ If you cannot escape, find a place to hide, and turn off your cell phone.
⇒ If cornered, grab anything you can use as a weapon, and put all of your strength behind it to fend off the aggressor.
⇒ If you are safely outside and responders arrive, remember that their priority is to neutralize the shooter, so be sure to follow their instructions.
⇒ Once the situation is normalized, remain available for interviewing; if injured, obtain medical assistance from the EMTs.

While the likelihood of a mass shooting is small, plenty of mass shootings have occurred in unlikely places, places we’ve never heard of until the incident...
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.

Holiday Project is coming again

If you want to participate, please save your homemade knit and crochet items for the Donation Date in December to be listed in our next newsletter.

Thank You to Kiwanis Club of Cortland and to our RSVP Advisory Council for sponsoring our Spring Recognition Event for 325 RSVP Volunteers for their collective 26,000+ hours of community service. This Spring Event and our December Holiday Happening are annual celebrations hosted by RSVP’s staff and Advisory Council to benefit and to thank our valued Volunteers.
For most of us hospice is a vague concept involving end of life care. Precisely what that care is, we don’t really know. Mostly we hope we’ll never need it, either for ourselves or our loved ones, because it means that the end of the road, our mortality, is coming up fast, and we had planned to live forever. Since immortality currently isn’t an option, it makes sense to find out what other choices are available. A good place to start is with hospice.

The Hospicare & Palliative Care Services organization has been operating in Tompkins County for 35 years and in Cortland County for 4 years. The facility in Tompkins County includes a six-bed residence overlooking an ornamental pond and beautifully landscaped grounds that exude a feeling of peace and tranquility. The adjacent wing of the building holds administrative and clinical offices.

The former home of Caring Community Hospice of Cortland County, which is owned by the Cortland Hospice Foundation, is currently used by Hospicare for office and meeting space.

All hospice programs operate under strict state and federal guidelines and are subject to periodic surveys by government representatives.

An extensive menu of services is available for patients and their loved ones to choose from, whether they’re at home, in a nursing facility, or at the Hospicare residence. The care team includes a physician, nurses, home health aides, social workers, and spiritual care providers. Volunteers are also available for companionship, errands, and caregiver relief.

Hospicare would like to increase the number of volunteers it has available to assist patients in Cortland County. Becoming a volunteer involves a number of steps to ensure that the individual is fully informed about the organization and the role s/he will play. These steps include:

- Submitting a completed application form and interviewing with the Manager of Volunteer Services
- Successfully passing a background check
- Possessing the ability to maintain appropriate boundaries
- Being reliable and prompt when performing assignments
- Agreeing to
  - Commit 2-4 hours per week for a minimum of one year
  - Attend a 20-hour training session, as well as attend continuing education and support meetings to enhance skills and knowledge of hospice
  - Participate in an annual review
  - Comply with the policies and procedures of the organization.

Conni Bentley is a Hospicare volunteer serving Cortland County. When she first considered signing up as a volunteer, she was concerned about how the experience would affect her emotionally. Would she become depressed and find herself crying a lot? Would there be other adverse effects on her life and well-being?

Then she began thinking about her background, her experience working at DSS, and volunteering with dementia patients in various settings around Cortland. Hospice was simply another setting for end-of-life care.

Plus, Conni knew what a difference a little time,
Cortland County RSVP recently renewed its partnership with the Cortland Regional Sports Council (CRSC), bringing new volunteer opportunities to RSVP and its volunteers.

The Cortland Regional Sports Council was formed as a result of hosting sporting events in Cortland for the 2002 Empire State Games. The economic impact these events had on the Cortland community was tremendous; and thanks to a partnership between SUNY Cortland, TC3, and local community members, a focus on attracting sporting events to our community was launched.

The mission of CRSC is to promote Cortland County for sports-related business, events, competition, and education. CRSC continues to coordinate the Empire State Senior Games and many other events throughout the year, having a positive economic impact on Cortland County.

Volunteer opportunities include the Empire State Senior Games held each year in June and ongoing volunteer jobs at local concession stands related to sporting events. If you enjoy the atmosphere of sporting events, enjoy interacting with people, and want to help with the economic impact these sporting events bring to our community, then these volunteer jobs are for you.

The Area Agency on Aging and its Health Insurance Information Counseling and Assistance Program (HIICAP) is in need of a volunteer interested in data entry for a short term project starting in September and ending in November. Volunteer will assist during the Annual Medicare Open Enrollment Period by helping to enter medication listings in the Medicare Plan Finder. Training will be provided, and the time commitment will be approximately 2-4 hours once a week. Call RSVP for more details at 753.5057.

To schedule a classroom training on emergency preparedness, contact Master Sergeant Brian Bennett, NYS Citizen Preparedness Corps, at 315.802.2117 or brian.j.bennett6.mil@mail.mil.
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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SHERBROOK APARTMENTS

One & Two BEDROOM APARTMENTS
(640–850 SQ. FT.)

$15.00 SENIOR CITIZEN DISCOUNT

756-6145
www.sherbrookapt.com
CHANGING YOUR ADDRESS?
Please Let Us Know

Whether it is temporary or permanent, the Area Agency on Aging appreciates knowing your new address. This will 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.