Inside this issue:

<table>
<thead>
<tr>
<th>AARP</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driving Classes</td>
<td>12</td>
</tr>
<tr>
<td>Caregivers</td>
<td>8-9</td>
</tr>
<tr>
<td>Clean-up for Spring</td>
<td>7</td>
</tr>
<tr>
<td>Health Insurance</td>
<td>10-11</td>
</tr>
<tr>
<td>NY Connects</td>
<td>14</td>
</tr>
<tr>
<td>Nutrition</td>
<td>4-5</td>
</tr>
<tr>
<td>Pat’s Journal</td>
<td>6</td>
</tr>
<tr>
<td>Retired and Senior Volunteer Program (RSVP)</td>
<td>15-18</td>
</tr>
<tr>
<td>Senior Centers</td>
<td>4</td>
</tr>
</tbody>
</table>

From the desk of: Elizabeth Haskins, Director

Happy New Year! Many individuals consider the New Year a great time to set goals and make changes. According to Albrecht Powell, the top 10 New Year’s Resolutions are:

1. Spend more time with family and friends
2. Fit in fitness
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organized

If any of the ten are on your list of resolutions, the Area Agency on Aging can help!

1. **Family and Friends**: The eight senior centers throughout the county are open to people age 60 and older. Centers are more than a meal site. Friendships are formed, and participants become part of a family that cares and watches out for each other.

2. **Fit in Fitness**: Many of the senior centers offer exercise programs such as walking, Pickle Ball, and Wii. The agency also offers *A Matter of Balance* fall prevention program and the *Bone-Savers* exercise program.

3. **Losing Weight**: In addition to exercise programs stated above, individuals over 60 can schedule an appointment with our Registered Dietitian to discuss healthy eating patterns and specific diet interventions for certain diseases or conditions.

4. **Quit Smoking**: Staff with the Health Insurance Information Counseling and Assistance Program (HIICAP) will discuss the Smoking Cessation benefit available to Medicare beneficiaries and how to take advantage of this preventive service.

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.
5. Enjoy Life: Take time to stop and smell the roses. Demands on our daily lives can become overwhelming at times. You may need to learn how to say the word “NO”. Making time for yourself so you can do the things you enjoy should be a priority.

6. Quit Drinking: Agency staff can help you find resources throughout the County that provide help and support.

7. Debt: Agency staff will provide resources available for debt counseling.

8. Learning new things: The agency offers educational programming throughout the year. We also have a wonderful resource library that has materials available at no cost. Senior Centers offer activities such as movies and popcorn, cards, pool, shuffle board and many others. You are never too old to learn new things!

9. Help Others: The Retired and Senior Volunteer Program (RSVP) offers meaningful volunteer opportunities. Assistance with delivering meals or helping with grocery shopping are examples of assignments that mean so much to a person in need.

10. Get Organized: Several years ago, Pat Walter, a former staff member and contributing writer for Senior News, wrote a series of articles to help individuals declutter and organize. Pat’s tips and strategies were very popular and can be provided upon request.

For more information on programs and services available through the Area Agency on Aging, call 753-5060. Have a wonderful year!

Tax Exemptions Offer Relief to Property Owners

School Tax Relief Programs (STAR) is a New York State program designed to provide a partial exemption from school property taxes for owner-occupied, primary residences.

ENHANCED STAR

♦ For individuals who are 65 or older in the year they are applying.
♦ Property must be applicant’s primary residence.
♦ Eligibility in 2019 is based on income information from the 2017 tax year.
♦ Total household income of owners and spouses from the year 2017 must be $86,000 or less.
♦ Proof of age, 2017 income, and property ownership will be required.

♦ Beginning in 2019, to receive the Enhanced STAR exemption, you MUST enroll in the Income Verification Program (IVP).

BASIC STAR

♦ For residents of all ages.
♦ Property must be applicant’s primary residence.
♦ Total household income of owners and spouses from the year 2017 must be $500,000 or less.

New homeowners need to apply for STAR online. Please visit the New York State Department of Taxation and Finance website at www.tax.ny.gov for details.

EXEMPTION FILING DEADLINE: Residents applying for exemptions (both new and renewals) must apply by March 1.

For questions and assistance, please contact your assessor’s office or the Area Agency on Aging at 753-5060. You may also visit NYS Department of Taxation and Finance at www.tax.ny.gov for further information.

Source: NYS Department of Taxation and Finance, www.tax.ny.gov
Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019. The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries began on December 31, 2018. (Note: Some people receive both Social Security and SSI benefits.)

Other changes to note:

→ The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to $132,900.

→ The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to $17,640. (SSA deducts $1 from benefits for each $2 earned over $17,640.)

→ The earnings limit for people turning 66 in 2019 will increase to $46,920. (SSA deducts $1 from benefits for each $3 earned over $46,920 until the month the worker turns age 66.)

→ There is no limit on earnings for workers who are "full" retirement age or older for the entire year.

Want to know your new benefit amount as soon as possible? In December 2018, SSA posted Social Security COLA notices online for retirement, survivors, and disability beneficiaries who have a my Social Security account. You will be able to view and save these COLA notices securely via the Message Center inside my Social Security.

Sign up for or log in to your personal my Social Security account today, and choose email or text under “Message Center Preferences” to receive courtesy notifications.

This year, you will still receive your COLA notice by mail. In the future, you will be able to choose whether you receive your notice online instead of on paper. Online notices will not be available to representative payees, individuals with foreign mailing addresses, or those who pay higher Medicare premiums due to their income.

Source: Social Security Administration website

To help defray the cost of printing and mailing, the Area Agency accepts paid advertisements for Senior News. Acceptance of ads does not constitute endorsement of any service, product or business.

In efforts to Go Green, the Senior News offers alternate ways of receiving the newsletter. Sign up to receive the newsletter delivered electronically by email. Simply email us at cccaaa@cortland-co.org. Be sure to provide your name, email address, and current mailing address, so we can remove your name from our postal delivery mailing list.

Don’t have email? You can still help our newsletter Go Green by picking up a copy at your local Senior Center or the Area Agency on Aging office located at 60 Central Avenue, Room B4, Cortland, NY 13045. If you are willing to Go Green, please give your current mailing address to the secretary or Center Manager, so we can delete you from the postal delivery mailing list.
### CORTLAND
Cortland Senior Center  
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

### HARFORD
Harford Senior Center  
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

### HOMER
David Harum Senior Center  
Town Hall  
31 North Main Street  
2:00pm-7:30pm Mon  
9:00am-2:30pm T, W & Th  
749-2362

### MARATHON
Maple Leaf Senior Center  
Civic Center  
Brink Street  
8:00am-3:00pm M,T,W,Th,F  
Brunch: 2nd T & 4th Th  
9:00am-12:00pm  
849-3884

### McGRAW
McGraw Senior Center  
Community Building  
Clinton Street  
9:00am-3:00pm M,T,W, Th  
Pancake Brunch:  
1st Wed. 8:30-11:30am  
836-8916

### SCOTT
Scott Senior Center  
United Methodist Church  
Route 41, Scott Road  
8:30am-2:30pm M,T,W,Th  
6:00am-Noon Fri  
Breakfast: Fri 7:30-9:30am  
749-7973

### TRUXTON
Truxton Senior Center  
United Methodist Church  
Route 13  
8:30am-2:30pm M, W, Th  
2:00pm-7:00pm Tues  
Brunch: 1st & 3rd Th  
7:30-10:30am  
842-6253

### WILLET
Willet/Cincinnatus Area Senior Center  
Town Hall  
Route 41, Willet  
8:00am-3:00pm M, T, W, Th  
Breakfast: Fri 8:00-10:00am  
863-4887

### EVENING MEALS
<table>
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<tr>
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<tr>
<td>Harford</td>
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<tr>
<td>Homer</td>
<td>Each Mon</td>
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<tr>
<td>Marathon</td>
<td>n/a</td>
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<tr>
<td>McGraw</td>
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<tr>
<td>Scott</td>
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<tr>
<td>Truxton</td>
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<tr>
<td>Willet</td>
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**March for Meals**  
By Julia Chavoustie,  
Nutrition Program Supervisor

The 13th Annual “Strike-Out-Hunger” Bowl-a-Thon will be held on Saturday, March 16 at Cort-Lanes in Cortland from 1:00-4:00pm. Participants in the Bowl-a-thon include local businesses, county employees and family members, senior bowlers and local organizations. Saturday is not only about the bowling. We will also have raffle baskets, a bake sale, and food drive.

Different events have been planned throughout the month of March to help raise awareness about senior hunger, recruiting volunteers, and fundraising for the Meals on Wheels program and food pantries.

Family Fun Night at Friendly’s Riverside Plaza Restaurant is scheduled for Friday, March 8.

If you would like more information or would like to sponsor a bowling team, call 753-5061. The Nutrition Program would like to thank John and Donna Partigianoni at Cort-Lanes for their support of our 2019 March for Meals campaign.
Q: I just turned 60, and some older friends of mine tell me I should join them at our local Senior Center. I do not feel this is for me. Why would going there benefit someone like me?

A: First, it is not just a place to go to eat. Our Center Managers put a lot of time into creating special events throughout the months, more than just bingo and cards. There is live entertainment, holiday meals, special evening meals, guest speakers, picnics, and outings. Some Centers even offer exercise classes. Centers sometimes join together for activities and events.

In addition to socialization, the Area Agency on Aging offers balanced meals. Depending on the day, we serve breakfast, lunch, and dinner at the Centers. A Registered Dietitian analyzes every meal to ensure it meets one-third of the Dietary Reference Intakes (DRI’s). This is a requirement under Federal and State program guidelines.

The Area Agency on Aging offers a regular diet that follows the consistent carbohydrate, no added salt, low saturated fat and low cholesterol diet extensions. This means that in addition to being a healthy choice, meals follow many diets’ recommendations to help reduce many chronic diseases.

The Dietitian, Senior Cook, and Nutrition Program Supervisor take great pride in creating meals that are delicious, colorful, and cater to participants’ preferences. We offer a daily salad bar to supplement our meals. On holidays, we offer special meals with delicious desserts, and once a month we celebrate birthdays with cake.

A few of the meals that are favorites include: Danny’s famous macaroni and cheese; roast beef and gravy with mashed potatoes; broccoli cheese soup or garden vegetable soup with turkey sandwich; deluxe cheeseburger; hearty chili with cornbread; baked chicken parmesan; taco salad; wraps; and cold plates during the summer: chef salad and chicken salad with side salads of cucumber tomato, three bean, pasta, and potato.

The tasty meals, the family atmosphere, and activities for everyone make our Centers worth visiting. For more information, call the Area Agency on Aging Nutrition Program at 753-5061.

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.

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

$15.00 SENIOR CITIZEN DISCOUNT

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www.sherbrookapt.com
I have an organizer on my desk. Periodically I wish to find something I know I have stuck in it for safekeeping and, consequently, I am forced to clean it out. I did this recently, and it took me far longer to accomplish the task than it should have because I found my stash of “feel good notes”, and I had to read them all. My “feel good notes” are a collection of cards and notes that help me realize that I have touched someone else in a positive way.

I have two cards from my youngest son. One is of Snoopy telling me I am the world’s greatest Mom (given to me in his teenage years), and one is of a stick figure standing on a bridge watching all his friends jump off the bridge. A caption shows: “My friends all jumping off a bridge”, and a second caption points to him: “Me, not doing it”. The inside says, “And you thought I didn’t listen to you!” Any parent can relate to that.

There are a number of cards from my oldest son sent in recent years telling me how he has finally recognized how much I have supported him and how my guidance has helped him during some difficult decisions. It is nice when your children recognize your contribution to their lives.

I have several cards from my husband. Some are funny; some are uplifting; some are downright romantic, but they all remind me of his constant support and love.

Some very special cards are from coworkers or friends. They came at times that may have been challenging for me and reminded me of their caring thoughts. I even have a note from a new friend who reads this column and expressed her enjoyment of the content and her success using some of my decluttering ideas.

My point is: that a kind word, expressed permanently in writing, will last forever and bring enjoyment for many years to come. My challenge to you is to send a kind note to someone this week. Make someone’s day and life better.

---

**WE NEED YOUR SUPPORT**

Because needs are always greater than the resources available to meet them, the 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.
Staff Spotlight: Allie Conway
By Allie Conway, Aging Services Specialist

My name is Allie Conway, and I am an Aging Services Specialist with Cortland County Area Agency on Aging. I came to the agency in July of 2017, fresh out of college with my Bachelor’s Degree in Social Work from Syracuse University.

I work in the Meals on Wheels and the New York Connects programs.

In regards to Meals on Wheels, I have many various responsibilities. Primarily, I handle making changes to route delivery plans each morning, taking calls from clients who will not be home or need to change their routine delivery options. When clients have not called to cancel and do not answer their door, the drivers alert our office, and I work together with other staff to verify their wellbeing. I also go on home visits for Meals on Wheels clients, conducting a full assessment to determine eligibility for the program and assist in accessing resources to meet other needs.

Additionally, I handle the authorization process for those clients whose meal service is authorized through a Managed Long Term Care (MLTC) plan; this means requesting new authorizations before current ones expire, keeping logs, counting and recording numbers of delivered meals for claims, and advocating on behalf of clients when the MLTC discontinues Meals on Wheels.

My work in New York Connects is mostly concentrated in community presentations and outreach.

I work, together with other New York Connects staff from our agency and Access to Independence, in order to visit sites such as the local Senior Centers and community-based agencies to give introductory presentations for the purpose of spreading awareness about the program and its services provided. I am also involved in the planning of and marketing for the New York Connects Resource Fair for the past two years.

Although the aging population is not one that I had a particular interest in serving during my education, I am so thankful that my experience in this job has sparked a new passion.

For more information regarding either of these programs, please contact the Area Agency on Aging at (607) 753-5060 or New York Connects at (607) 758-3485.

Spring Clean-Up for Seniors
By Pam Winn Miller, Aging Services Coordinator

Cortland Rotary Breakfast Club, in cooperation with the Area Agency on Aging, wants to help senior homeowners in the City of Cortland, Town of Cortlandville and Village of Homer with spring clean-up chores! As part of their service to the community, Rotarians will designate an evening or a Saturday, from late April to late May depending on the weather.

Please note this project is limited to homeowners with no other means of having the work done:

- Rake Lawns
- Prune Shrubs—light only
- Remove Storm Windows: one-story houses only
- Clean Gutters: one-story houses only

For more information or to sign up for the Spring Clean-up, please call the Area Agency on Aging at (607) 753-5060. You must register by March 29, 2019.
Caring for Yourself = Caring for Others
By Melissa Alvord, Aging Services Specialist

“An empty lantern provides no light.
Self-care is the fuel that allows your light to shine brightly.”
– Unknown

As a caregiver, it is important you find the time and resources to take care of yourself.

♦ Learn about the illness your loved one has. Find out about what is happening now and what will happen in the future with this illness. Explore the resources that may be able to help. The more you know, the more you will be able to plan.

♦ Use community resources. The more you let these services help you, the less you have to do. There are places to get help:
  * Area Agency on Aging
  * Access to Independence
  * Day care programs
  * Support groups

♦ Take a break. Go to the movies, take a walk, meet a friend for lunch. Everyone needs to get out of the house once in a while. Do something unrelated to caregiving.

♦ Get support. Attend a support group, have a friend you can call just to let off steam and complain. Depression is treatable. Talk to your doctor. Seek counseling.

♦ Practice communication and behavior management skills. This will make your job easier. Learn how by taking a class or researching online. The best communication strategies often do not come naturally.

♦ Relax. Read a book, meditate, pray, garden, knit, get a massage, take a long bath.

♦ Take care of your health. Go to the doctor, get routine exams and flu shots, get enough sleep, and eat your fruits and vegetables.

♦ Ask for and accept help when offered. No one can do this alone.

♦ Change “guilt” to “regret.” Guilt means you did something wrong; regret means you are in a difficult situation and sometimes have to make difficult decisions, but they are not wrong.

♦ Forgive yourself - often. You cannot be a perfect caregiver, all day, every day.

♦ Laugh. Find ways to keep your sense of humor on a daily basis. Watch comedies, practice yoga, share jokes with friends.

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

Come join us! 

Caregivers Support Group

Meet with others who are also coping with caregiving issues.

Continued at the bottom of Page 9.
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.

**Effective Communication Strategies**
Speaker from Alzheimer’s Association
Central New York Chapter

Monday, January 7
10:00-11:00am
County Office Building, Room 304

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

**Understanding Alzheimer’s and Dementia**
Speaker from Alzheimer’s Association
Central New York Chapter

Tuesday, February 5
2:00-3:00pm
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’s on the horizon for Alzheimer’s research, and offers helpful Alzheimer’s Association resources.

**Legal & Financial Planning**
Speaker from Alzheimer’s Association
Central New York Chapter

Monday, March 18
10:00am-12:00pm
County Office Building, Room 302

The diagnosis of Alzheimer’s disease makes planning for the future more important than ever. This is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer’s disease or a related dementia. Topics covered will include: Making legal plans that fit your needs; Legal documents you’ll need and what they mean for all of you; How to find legal and financial assistance; and Practical strategies for making a long-term plan of care.

- Meets 3:00-4:00pm every 4th Thursday/month, except November & December-5th Thursday,
- At the Cortland Regional Medical Center’s Conference Room B in the basement,
- Open to those who provide care and support for anyone who is 60 or older,
- Walk-ins are welcome.
- Sponsored by the Cortland County Area Agency on Aging,
- For more information, call the Caregivers Resource Center at (607) 753-5060.

**Caregivers Support Group**
### What's New in Medicare for 2019?

By Debbie Walls,
NYS Certified HIICAP Counselor
and Aging Services Specialist

The Center for Medicare and Medicaid Services (CMS) has made several important changes to the Medicare program for 2019. A few of the key changes affect enrollment periods.

Medicare Advantage plan members will have a continuous Medicare Advantage Open Enrollment Period from January 1 through March 31 each year. During this period, eligible Medicare Advantage members will be able to switch to a different Medicare Advantage plan or drop their Medicare Advantage Plan and return to Original Medicare and coverage under a stand-alone Part D drug plan.

CMS has also changed the Extra Help Special Enrollment Period (SEP) for Medicare Part D Low-Income Subsidy (LIS) and Dual-eligible beneficiaries. These beneficiaries can no longer change their plans monthly. In 2019, these beneficiaries are limited to change once per quarter for the first three quarters and rely on the Fall Open Enrollment for the last quarter.

The Part D Low-Income Subsidy (LIS) for New York State in 2019 is $39.33. Medicare beneficiaries receiving the Full Low Income Subsidy (Extra Help), including those with both Medicare and Medicaid and/or a Medicare Savings Program, will receive this amount toward a Basic Part D plan premium.

There is a new income bracket for beneficiaries with income over $500,000 single/$750,000 couple; they will pay a monthly surcharge of $77.40. People with Medicare who pay a higher Part B premium based on income will also pay a higher premium for Part D. They will pay the standard Part B premium and a surcharge, which will range from $12.40 to $70.90 in 2019; this is a small decrease from 2018.

In 2019, the Medicare Part B Therapy Cap was eliminated. This includes physical, speech and occupational therapy services that will now be covered, as most Part B services are covered, as medically necessary. Claims in excess of $3,000 may be subject to a medical review.

If you have any questions about Medicare or would like more information on the above changes, you can contact the Cortland County Area Agency on Aging to speak to one of our NY State Certified HIICAP Specialists at 753-5060.

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### Health Insurance Information, Counseling and Assistance Program (HIICAP)

24 Hour On-Call Maintenance
Laundry Facilities • Community Room
Elevators • Parking
Secure Buildings • Senior Centers

**Whitney Point**
- 24 One Bedroom Apartments
- Rental Assistance

**Creamery Hills**
- 10 One Bedroom Apartments
- 10 Two Bedroom Apartments
- 4 Three Bedroom Apartments

**Contact Information**
- Phone: 607-723-8989
- TDD: 607-677-0080
- seppinc.com
2019 Medicare Costs
By Cindy Stout,
NYS Certified HIICAP Counselor
and Aging Services Supervisor

Part A (Hospital Insurance) Costs
Hospital Stay: In 2019, you pay:
■ $1,364 deductible per benefit period
■ $0 for the first 60 days of each benefit period
■ $341 per day for days 61–90 of each benefit period
■ $682 per “lifetime reserve day” after day 90 of each benefit period (up to a maximum of 60 days over your lifetime)

Skilled Nursing Facility Stay
In 2019, of each benefit period, you pay:
■ $0 for the first 20 days
■ $170.50 per day for days 21–100
■ All costs for each day after day 100

Medicare Part B (Medical Insurance) Costs
Part B Monthly Premium
The standard monthly premium for Medicare Part B will be $135.50 for 2019.

Part B Deductible—$185 per year
Source: Excerpted from Centers for Medicare & Medicaid Services

Did you know?
All Medicare beneficiaries in New York State should have already received their NEW Medicare card. If you have not received your New Medicare card, you should contact Social Security at 1-800-772-1213 or visit ssa.gov/myaccount.

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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

NOW ACCEPTING APPLICATIONS

By Sara Hazard,
NYS Certified HIICAP Counselor
and Aging Services Specialist

By Sara Hazard,
NYS Certified HIICAP Counselor
and Aging Services Specialist
“Smart Driver” 6-Hour Classes
You must register in advance
through the Cortland County Health Dept. at 758-5509

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</table>
| JAN | 21 | 22 | | | 9:00-12:00 | Virgil Town Hall
1176 Church Street, Virgil | Okay to bring refreshments;
1 hour lunch break;
Bring sweater or jacket |
| FEB | | | | | | No Class | |
| MAR | 9 | | | | 9:00-4:00 | Cortland Community Center
Former Train Station
90 Central Avenue, Cortland | Okay to bring refreshments;
1 hour lunch break;
Bring sweater or jacket |
| MAR | | 23 | | | 9:00-4:00 | Regional Training Center
Next to Cortlandville Town Hall
3577 Terrace Road, Cortland | Okay to bring refreshments;
1 hour lunch break;
Bring sweater or jacket |

Open to drivers of any age, but geared for senior drivers.
Approved by NYS DMV for points and insurance reductions.
Class Fee is $25 or $20 with current AARP Membership Card at class

Highlights in History:
Early History of the County Health Dept.
By Cathy Barber,
Town of Scott Historian

After the pandemic of 1918, public health became a critical topic. Cortland County’s Board of Supervisors would be the third in the state to set up a county health department, passing the resolution in November of 1929. A county Board of Health comprised of seven members was put in place to oversee the new department. Two members had to be physicians and one a county supervisor.

The City of Cortland had established its own Board of Health after the large influx of immigrants from eastern and southern Europe in the early part of the 20th century. Overcrowding and poor sanitation had led to outbreaks of communicable disease. A sanitary inspector would inspect everything from outdoor toilets to the milk being peddled door-to-door. Citations were given for piled garbage and dead animals near homes and businesses. Meat sales were regulated. Slowly, behaviors began to change for better health.

Rural municipalities around the county had their share of problems too. Open burning on dumps was done, sometimes near homes. Contaminated wells led to outbreaks such as diphtheria, typhoid and hepatitis. Tuberculosis became a scourge in the early 1900’s and was the leading cause of death by disease at that time. Red Cross Christmas Seal sales funded the cost to pay a nurse to visit infected patients around Cortland County. Clinics were set up to test for and treat venereal diseases. Both cleanliness and moral behavior was emphasized in local as well as national campaigns. The need for immunizations was emphasized; and in 1945, Cortland County would be the first upstate county to...
The Area Agency on Aging is able to assist individuals and caregivers with limited English proficiency. Telephonic interpretation is available. Call 753-5060.

Servicios de entrega de comestibles
By Kathy Hammond, NY se conecta

¿No ha podido salir y hacer sus compras? Siguiente es una lista de empresas que ofrecen servicios de entrega:

**Instacart.** Instacart es una empresa de terceros que proporciona servicios para farmacias y tiendas de abarrotes. Instacart es sitio web basado en - www.instacart.com. A través de este sitio web que configurar tu cuenta, elegir la tienda que desea comprar en, selecciona los artículos que desea comprar y hacer su pedido.

Para aquellos que no tienen acceso a internet, puedes realizar tu pedido con Instacart llamando al 1-888-317-8968. La única estipulación a esto es que necesitas tener una cuenta creada en primer lugar, en línea con su número de tarjeta de crédito adjunta a su cuenta porque no tienen su número de tarjeta de crédito por teléfono. Para aquellos que no tienen acceso en línea, puede que necesite obtener ayuda de alguien de que confianza que puede ayudar a configurar una cuenta en línea.

Actualmente las tiendas de nuestra comunidad que utilizan Instacart para sus servicios de entrega son CVS Pharmacy, tapas y Chopper precio.

**IGA Homero Foodliner.** (607-749-3311). ofrece el jueves solamente a Homer y a Cortland. costo de entrega $3.00. Llame de 9:00 el jueves.

**Mercado de Gregg.** (607-849-3277) - entrega gratis dentro de la aldea de maratón.

**Bill Bros Dairy.** Mediodía de entrega gratis dentro de la aldea de McGraw, el lunes al viernes, 6:00 – (607-836-4012).


**P & C Fresco.** (607-753-8479) – en la tienda de servicio de recogida solamente. No hay servicio de entrega. Llame para hacer su pedido y luego recogerlo (11:00-19:00 todos los días). Cargo por servicio de $3,99.

**Kinney Drogas, Rte 281.** (607-753-9359). libre entrega de receta. Honorario de entrega de productos sin receta es de $2.00 si entregado sin receta. Ofrece áreas de Cortland/Homero/Cortlandville el lunes al viernes por la tarde. Entrega al área de maratón y Cincinatus en el Lun, el Mié y el Vie por la tarde.

**Kinney Drogas, Clinton Ave.** (607-753-1591). libre entrega de receta. Honorario de entrega de productos sin receta es de $2.00 si entregado sin receta. Entrega al área de Cortland/Homer el lunes a sábado ofrece a McGraw el viernes.

Otras opciones para entregas a domicilio son de Schwan Food Co (756-8016) o Amazon.com y Walmart.com para entrega de correo de los productos no perecederos.

Este artículo fue traducido al español con servicio de traductor de Microsoft.

**Highlights in History - Continued from page 12**

offer a clinic for rheumatic fever, a cause of chronic heart problems.

Nurses working for the Health Department were the faces of good health, on the front lines of both care and education for county residents. They put themselves at risk to help others, as seen with a Miss Light, who went to the Town of Virgil during the height of the 1918 flu epidemic and advised a large group to close the school. They complied.
Grocery Delivery Services
By Kathy Hammond,
Aging Services Specialist,
NY Connects

Not able to get out and do your shopping? The following businesses provide delivery services:

**Instacart.** Instacart is a third party company that provides delivery services for pharmacies and grocery stores. Instacart is website based: www.instacart.com. Through this website you set up your account, choose the store you want to shop at, select the items you want to purchase, and place your order.

For those who do not have internet access, you can place your order with Instacart by calling 1-888-317-8968. The only stipulation to this is that you need to have an account created online first with your credit card number attached to your account because they cannot take your credit card number over the phone. For those who do not have online access, you may need to get assistance from someone you trust who can help you set up an online account.

Currently the stores in our community that use Instacart for their delivery services are CVS Pharmacy, Price Chopper, and Tops.

**Homer IGA Foodliner** (607-749-3311). Delivers on Thursday only to Homer and Cortland. Call by 9:00am Thursday. $3.00 delivery fee.

**Marathon- Gregg’s Market** (607-849-3277). Free delivery within the Village of Marathon.


**Cincinnatus Home Center (Shurefine Market)** (607-863-4175). Delivers to Cincinnatus/Willet area. Delivery fee starts at $15.

**P&C Fresh** (607-753-8479). In store pickup service only. No delivery service. Call to place your order, and then pick it up (11:00am-7:00pm daily). Service fee of $3.99.

**Kinney Drugs, Route 281** (607-753-9359). Free prescription delivery. Delivery fee of non-prescription items is $2.00 if delivered without prescription. Delivers to Cortland/Homer/Cortlandville areas Monday-Friday afternoons. Delivers to Marathon and Cincinnatus area on Monday, Wednesday, and Friday afternoons.

**Kinney Drugs, Clinton Ave.** (607-753-1591). Free prescription delivery. Delivery fee of non-prescription items is $2.00 if delivered without prescription. Delivers to Cortland/Homer area Monday-Saturday. Delivers to McGraw on Fridays.

Other options for home deliveries are Schwan’s Food Co (756-8016) or Amazon.com and Walmart.com for mail delivery of non-perishables.

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.
What a Relief!
By Ruth Lewis, RSVP Volunteer

Clothes washing. Such a routine task we don’t even think about it; we just do it, however begrudgingly.

Introduce a hurricane, the threat of tornados, never-ending rain, rising rivers, and the routine disappears fast-to be replaced by survival mode. Worse, the fear of never returning to normal threatens to take over.

In Topsail, NC, in the middle of Hurricane Florence chaos, a glimmer of hope appeared in two forms. The first was a contingent of local teachers who organized a laundry brigade among themselves—picking up, washing, and returning clothes to people staying in shelters. Besides boosting morale and hopefully reducing the threat of disease, it meant that when someone emerged from the mobile pod housing a half dozen shower stalls, s/he could change into clean clothes. It might even qualify as an “Amen!” and “Hallelujah!” moment.

Witnessing this wonderful act of kindness was RSVP Volunteer Mary Jane, aka “MJ”, Uttech of Marathon. MJ and her fellow Red Cross volunteers were another glimmer of hope for thousands of North Carolina residents. Prior to her deployment, MJ and her husband had spent years assisting with Cortland area blood drives as well as engaging in several other voluntary activities. This was MJ’s first deployment, although she had signed up on two previous occasions, but never went because of reduced need.

One of the first things MJ learned about The American Red Cross in this context is how highly organized and efficient they are in their disaster relief operations.

Once you notify them of your availability, you must be ready to depart within 24 hours. While you are madly dashing about doing this, they are emailing you a “Disaster Relief Operation Assignment Record,” which also serves as your work sheet for additional information and instructions that you receive on-site.

Continued on page 17
Senior Corps Programs Asked to Address Nation’s Opioid Crisis
By Cindy Stout, RSVP Project Coordinator

The Corporation for National and Community Service (CNCS), the federal agency for volunteering and service (RSVP’s federal funding source), is asking volunteer service programs to help address the current opioid epidemic.

“The opioid epidemic will take an all-hands-on-deck effort, and everyone has a role to play,” said Barbara Stewart, CEO of the Corporation for National and Community Service. “By using our nation’s greatest resource (the American people), we can begin to make an impact on this costly crisis, one small step at a time. I’m proud that national service is a part of the solution to this public health emergency.”

Locally, Cortland County Retired and Senior Volunteer Program (RSVP) would like to work with our partnering nonprofits, faith-based, and community organizations to expand the reach and impact of substance abuse education, prevention, and recovery efforts. Currently, RSVP volunteers have been assisting with the two annual Drug Take Back Days, which offers safe disposal of medication.

RSVP volunteers could potentially assist with drug abuse education, clerical assistance to partnering organizations who are currently dealing with the opioid crisis, and more.

If you are an agency or organization that could benefit from volunteer assistance in this area, please reach out to our local program at rsvp@cortland-co.org or call us at 753-5057.

If you are a volunteer who would like to donate your time in this area, please contact us to learn more about our current involvement with the Drug Take Back Days, or to be put on a call list when volunteer opportunities might arise in the area of dealing with our opioid epidemic.

Drug Take-Back Days Success Stories
By Cindy Stout, RSVP Project Coordinator

The Drug Take-Back Days happen on the last Saturdays in April and September at four locations in the county: Marathon, Homer, Cincinnatus, and Cortland.

The 2018 Drug Take Back Days were both big successes. The Spring date collected 886 pounds of medication from more than 365 vehicles, and the Fall event had 247 vehicles contribute 1,200 pounds of medication. Since these Drug Take-Back Days began in 2010, Cortland County has collected over 19,583 pounds of medication that were destroyed safely.

RSVP is proud to be a collaborating partner by recruiting volunteers to help make these bi-annual events successful.

Did you know this event falls in one of RSVP’s required Focus Areas of Environmental Stewardship?

The next Drug Take-Back Day in the Spring is Saturday, April 27 at:
Cincinnatus Fire Department 9:00am-Noon
Cortlandville Fire Department 9:00am-1:00pm
Homer Town Hall 9:00am-Noon
Marathon High School 9:00am-Noon
Some Opportunities to Volunteer
Contact RSVP
rsvp@cortland-co.org or (607) 753-5057

Barry School Indoor Walking Program. Volunteers are needed to check-in senior community members who participate in an indoor walking program for exercise available at Barry School on Tuesdays, Wednesdays, or Thursdays from 4:30–7:00 PM through March 28th when school is in session. Volunteers can specify which day, time, and how frequently you wish to volunteer.

Cortland County Innovative Readiness Training (I.R.T.) will come to Cortland County again in July to provide no-cost medical, vision, dental and veterinary services for local residents, regardless of age, income, residency, or insurance coverage. Many volunteers will be needed, and RSVP anticipates recruiting volunteers to assist at this large-scale event. While ongoing details are still being worked out, RSVP seeks volunteers to be placed on a list to receive more information when it becomes available.

What a Relief!
Continued from page 15

an American Legion, and a Jewish Center.

The situation was fluid at all times, and the Red Cross quickly reacted to changing conditions by busing people in and out of shelters, opening and closing shelters as the need arose and receded, and shifting personnel and supplies to where they were needed, while at the same time making sure they weren’t in danger from the ravages of the storm.

When they opened or closed a shelter, nurses were responsible for safely packing and unpacking supplies in the tote bins provided and transferring them to and from their assigned vehicle of the moment. On several occasions they were lucky enough and eternally grateful to have national guardsmen available to relieve them of the hefting and hauling.

Thankfully, amidst all of the pain and suffering of natural disasters, there are usually at least one or two heart-warming stories. One of the Hurricane Florence stories involves a young man, a dog, a truck, and an elderly, debilitated woman. When they arrived at the shelter, the woman and her dog had been living in her truck for three days. They were filthy, and the truck was unusable due to stench and insects. During the woman’s stay at the shelter, a young man befriended her, walked her dog every day, at the end of her stay hired a cleaning service to thoroughly clean her truck, and then made arrangements for her and her dog to go home with her truck.

MJ’s story has a happy ending as well. On the 29th of September she flew out of Wilmington to Syracuse, happy to have helped the people of North Carolina and even happier to return to her family and other local volunteer activities.

If you’d like more information about volunteer opportunities with the local chapter of The American Red Cross, please contact the Cortland County RSVP staff at (607) 753-5057 or rsvp@cortland-co.org.
Chances are you know someone who has fallen or who is afraid of falling. *A Matter of Balance* is a proven program designed to help people manage concerns about falls and increase physical activity. Cortland County Area Agency on Aging and our Retired and Senior Volunteer Program are looking for volunteers to continue to provide this program. Interested volunteers are trained and then co-lead the class series.

*A Matter of Balance*: Managing Concerns About Falls class series is conducted in eight two-hour sessions and uses group discussion, problem-solving strategies, videos and gentle physical exercise. Participants learn positive coping methods to reduce their fear of falling and to remain active and independent.

*A Matter of Balance* volunteer coaches help participants become more confident about managing falls by believing they can increase their strength, find ways to reduce falls, and protect themselves if they do fall. In addition, participants report they have increased the amount they exercise on a regular basis.

*A Matter of Balance* coaches need good communication and interpersonal skills, enthusiasm, dependability, and a willingness to lead small groups of adults who are at least age 60. Coaches also need to be able to lead low to moderate level exercise.

An eight hour training is provided to interested volunteers to become coaches of this program. A Spring 2019 training is being planned.

If you would like more information on becoming *A Matter of Balance* Volunteer Coach or to learn about the training, please contact Cindy Stout, *A Matter of Balance* Coordinator, at 753-5057 or cstout@cortland-co.org.

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$25 Gift Card Winners

Please continue to sign and submit your timesheets each month (or remind your volunteer sites to send them), so you are eligible to win each month you volunteer.

<table>
<thead>
<tr>
<th>Month</th>
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<tr>
<td>January</td>
<td>Weldena Halstead</td>
<td>Carlene Maxwell</td>
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<tr>
<td>February</td>
<td>Linda Bamberry</td>
<td>Mike Wells</td>
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<tr>
<td>March</td>
<td>Maxine Cleveland</td>
<td>Leslie Fladd</td>
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<td>April</td>
<td>Pat Haviland</td>
<td>Linda Stock</td>
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<td>May</td>
<td>Jeff Kmetz</td>
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<td>June</td>
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<td>Deborah Carley</td>
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<td>September</td>
<td>Melinda Cross</td>
<td>Carole Leach</td>
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Thank you to our 369 volunteers through our Cortland County Retired and Senior Volunteer Program who, collectively, have contributed 20,609.75 hours of service in Cortland County during 2018 through the end of October.
To help defray the cost of printing and mailing, the Area Agency accepts paid advertisements for Senior News. Acceptance of ads does not constitute endorsement of any service, product or business.

We're on the Web:

Visit www.sevenvalleyshealth.org for a comprehensive list of free, indoor walking locations in Cortland County.

Volunteers still needed for the Barry School Senior Walking Program!

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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.

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Call 607-753-1771 today for an application.
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 undeliverable newsletter) and help keep our mailing list up to date.

If your change of address is temporary, or 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 ______________________________________  
Mail to: Area Agency on Aging  
Current Address _____________________________  
60 Central Ave  
New Address _______________________________  
Cortland, NY 13045  
Effective from (Date) ______________________  
□ Please remove my name  
If temporary, to (Date) ______________________  
from the mailing list