Dedication Before, During and After Covid-19

While much of our world has changed since Covid-19 altered most every area of our lives, the work of the Area Agency on Aging continues to be instrumental in assisting older adults access to supports and services to ensure they are receiving whatever may be needed to live with maximum independence and dignity. Through this time, the agency moved quickly with the help of Cortland County Information Technology Department to set up remote access for several of the staff who are able to assist clients over the phone. At the time of this writing, the staff are unable to conduct home and office visits, senior centers are closed and activities such as A Matter of Balance classes are on hold. We look forward to the day when we resume some level of normal but until that time, know that the dedicated staff at the Area Agency on Aging will continue to rise above the challenges to ensure timely service delivery.

I am pleased to share some of the work accomplished between March 16 and May 31, 2020:

- The caregiver on-line support group expanded to a Zoom format.
- Case Managers continue to coordinate medical visits, home visits, shopping, banking and other needs to support 64 older adults under the Expanded In-Home Services for the Elderly program helping to keep them in their homes and prevent long-term care placement.
- The Home Delivered meal program served over 19,000 meals to 197 clients.
- Aging Services Staff have conducted over 3,000 wellness calls to

Continued on page 3
Surviving Hardships, from War to COVID
An interview with Ken Coleman, by Matthew Kemak

CORTLAND— “Keep pressing on, don’t quit.” Clear advice given by Ken Coleman, 92, of Cortland. Ken reflected on his time growing up from 1927 to 2020, “I was never a quitter, I’m not the person to give up, so my advice is to not quit no matter what.”

COVID-19 has changed a lot for the WWII veteran, Quartermaster-US ARMY, but his willingness to keep going has kept him strong. “I never dreamed I would live this long,” said Coleman as he is currently homebound due to the current pandemic. The hardest part of the whole pandemic, is “missing my visitors.” Ken enjoys seeing people and said that is what he misses the most.

Ken’s experience with any type of pandemic was previously felt with Polio when he was 15 years old. “When we moved to our place in Endicott, our neighbor’s kids had the Polio. We just weren’t allowed to go near the house.” Ken added that he never had or was asked to ever wear a mask during that time.

Being born in 1927, Ken grew up also not knowing anything about the Spanish Flu that hit roughly a decade earlier. Brenda Sweeney, his daughter said, “It goes to show how quickly something like this (COVID) can come up, but also interesting how quickly it was forgot. I don’t expect it to not be forgotten this time around, 20 years from now.”

Coleman said finding a job was extremely hard after the war. He had multiple short term jobs until getting married and moving to Cortland, where he worked for Overhead Door for 12-15 years. He then worked for Carrier, Brockway, and retired at Carrier at 58 years old. His favorite job was his retirement job at the Byrne gas station (now Walgreens) where he filled car gas tanks.

Ken was “about 24” when he was released from service, and holding just his 8th grade diploma, had harder times finding jobs. Ken talked about how he worked for Thatcher Glass in Elmira before the war, then after the war it took some time to come back to that, working at Artistic Cards for “about a year.” He then got offered a job at Corning Glass, where “I lost about 30 lbs in a month and decided to find something else.”

Ken then decided to try Ford Motor Company in Buffalo, with a few of his friends, where he lasted 6 months. “They (Ford) decided to bring in displaced Europeans from the war, and split 33,000 people to be trained in the local plants. It was train them for our jobs or quit,” said Ken. He asked around and found different construction jobs after that.

Ken was 34 when he married and moved to Cortland in 1954 and got a job with the Overhead Door Company where he worked for the next 12-15 years. Together with his wife Rita, they raised two daughters, Brenda and Nancy. Soon Ken was on the move again, Ken was working for Carrier, then Brockway, and back to Carrier after Brockway closed down. Ken retired at Carrier due to health concerns at 58 years old, but picked up a part time job at the Byrne/Atlantic (Arco) gas station where Walgreens is today on 281. Brenda said she had never seen her dad the happiest than when he was working at the gas station. “Dad is a people person, and he got to know everyone and they him.”

Ken said that the COVID-19 pandemic is one of the hardest things he has faced, because, “there is so much unknown and I am old now, so I am at home most of the time.” He added, “My daughter keeps me here and protected. Used to go shopping in the store to walk around more, but now I stay in the car just to get out. That was my exercise, walking around the store looking.”

Ken now spends his time listening to audio books, and hasn’t watched news since mid April, because it all is “too much and confusing.” He added, “I like being home and love my Meals on Wheels because it makes it easier to keep going.”

“Faith gives us hope,” said Ken addressing the current situation. “I pray every night and it helps me to keep going.” Ken will turn 93 soon.

-Photos provided by Brenda Sweeney
homebound older persons.
- Over 50 new home delivered meal clients have been started due to COVID-19.
- Six animatronic pets have been distributed to older persons to reduce feelings of loneliness and isolation.
- Social Media presence has expanded significantly and now include Facebook, Instagram and Twitter. Find us at:

Facebook: [https://www.facebook.com/CCAreaAgencyonAging/](https://www.facebook.com/CCAreaAgencyonAging/)

Twitter: [https://twitter.com/CortlandAAA](https://twitter.com/CortlandAAA)

Instagram: [https://www.instagram.com/cortlandaaa/](https://www.instagram.com/cortlandaaa/)

- 180% increase in page views
- 192% increase in engagement
- 100% increase in video views
- 75% increase in page likes
- The agency website includes a Community Resource Guide created and maintained by NY Connects. This resource is updated daily.
- Staff and volunteers are providing social calls to Senior Center Participants totaling over 2,000 contacts.
- Over 2,000 care packages including sanitizer, masks and resource material have been distributed to the older population in Cortland County.
- In partnership with the Emergency Operation Center, the agency has distributed over 1000 cloth masks to people under age 60.
- The agency developed and is coordinating a community Volunteer Exchange List, and sharing it with seniors in need of grocery shopping, transportation, and more.
- A social connection program called Pen Friends was launched. This program connects individuals 60 or older with a pen pal.
- The three food pantries operated by the agency served 169 households.
- The Willet food pantry offers a drive through pantry the second and fourth Thursday of the month.
- The Truxton food pantry can be accessed by appointment. Call the agency at 753-5060.
- The Helping Hands food pantry located in the county office building provides emergency meals to those in need.
- The agency provided 50 food pantry bags to the Town of Cuyler that were distributed during Amnesty Day.
- State certified Medicare Counselors worked with 240 clients assisting with Medicare enrollment, insurance option counseling, applying for Medicare Cost Savings programs and billing issues.
- Agency administration is responding to new changes in federal, state and county regulations/legislation as a result of COVID-19 and works to ensure all staff are notified of impact and related procedural changes.

I would be remiss if I did not recognize the incredible support from the County Legislature, County Administrator, community partners and individuals whose financial contributions helped meet a growing need during challenging times. The agency is extremely grateful.

The dedication of the Area Agency on Aging team was strong before Covid-19, is growing during this pandemic and will remain when this is finally over.
**Nutrition Program**  
*Food Pantry*  
*Meals Delivered to Homebound*

**Nutrition Program Update**  
*By Julia Chavoustie,  
Nutrition Program Supervisor*

Summer is officially here and I hope everyone is enjoying the warm sunny weather. I miss seeing all of your smiling faces at the Senior Centers and on the Meals on Wheels routes. I am so excited to see everyone again but I know we must return safely and that is what the Agency is working towards every day.

Meals on Wheels drivers began wearing masks and gloves before they were required and were delivering frozen meals on a Monday/ Thursday or Tuesday/ Friday schedule during the spring in an effort to minimize exposure to both clients and staff. I am happy to tell you that at the time of this writing, hot meal delivery is once again Monday through Friday. Meal delivery is available to any senior not just home bound individuals. The drivers are still taking an abundance of caution including wearing masks, social distancing and changing their gloves after each delivery. The kitchen staff is doing a great job as well practicing social distancing while producing delicious homemade meals. The kitchen split into two teams on March 16, staff worked Monday/ Wednesday/ Friday or Tuesday/ Thursday to reduce exposure and returned to the original Monday - Friday schedule starting May 18. Staying home during this time is difficult for all of us, and our clients remain our priority. We are doing all we can in this uncharted and ever changing time to remain safe, combat social isolation, and continue to provide meals to the community.

Our three local pantries have also made a few changes in an effort to keep everyone safe. Emergency food is available through the Helping Hands Food Pantry available in the County Office Building at the gym entrance. The Willet Pantry is open the 2nd and 4th Thursday of each month from 1-4pm. The Truxton Pantry is available Monday through Friday 9-3 pm by appointment only. To schedule an appointment for the pantry or if you have any questions please call 753-5060. Thank you and have a great summer.

I am excited to share the results of the 19-20 Share the Love Event fundraiser. Thanks to the continued support of Joe Reagan and his team at Royal Nissan, we were selected as the “Hometown Charity” allowing us to participate and receive a donation of $4308.33 from Royal Subaru and Subaru of America. We earned an additional $2972.29 through Meals on Wheels of America for our involvement in the Share the Love Event. A total of $7280.62 was raised to support and elevate the Meals on Wheels program in Cortland County.
Hypertension and Diet
By: Carolyn Allen, MS, RDN, CDN, CLC

Hypertension (HTN), or high blood pressure, increases the risk of cardiovascular disease. Do you already have HTN or think you are at risk? Age, ethnicity, family history, lower socioeconomic status, being overweight, low physical activity and diet are all risk factors.

What can you do to help reduce your risk or even improve your blood pressure to reduce your medication? Making positive nutrition lifestyle changes are some of the best things you can do.

First, get moving! Go for walks, park your car farther away from the store, take the stairs, do more activities at home like cleaning or in-home exercise programs, or participate in activities offered at the Cortland County Area Agency on Aging. If you start an exercise program, make sure you get the OK from your physician. Remember to start slow and be careful.

Next, look at your diet. Your Area Agency on Aging Dietitian can help you go through the foods you are eating and help you figure out what changes would work best for you. Below are some tips on how to get started with these changes.

- Reduce your sodium intake. It is recommended to take in less than 2,400mg of sodium (salt) every day. That is about 1tsp of salt!
- Limit the amount of processed foods you consume. This could mean by portion size or purchasing lower sodium options or even replacing certain foods with less processed foods. This includes lower sodium cheeses and deli meats.
- Include more raw fruits and veggies. If they are canned or frozen, purchase them without seasonings, cheeses, or sauces. Including these will help you naturally decrease the processed foods on your plate, like boxed rice or pasta dishes.
- Drain and rinse canned veggies and beans to reduce up to 40% of the salt.
- Become familiar with ingredients that add salt into different foods: baking soda/sodium bicarbonate, soy sauce, monosodium glutamate (MSG), brine.
- Look for the Heart-Check mark from the American Heart Association on food labels. This indicates that a food must meet certain nutrition requirements, including sodium. For more information on the nutrition requirements, visit: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Heart-CheckMarkCertification/Heart-Check-Food-Certification-Program-Nutrition-Requirements_UCM_300914_Article.jsp#.WbvalvkrlIU.
- Do not add salt to your foods from the saltshaker during food preparation, cooking or serving. Hide the saltshaker!

Sources: https://www.nutritioncaremanual.org/topic.cfm?ncm_category_id=1&lv1=272984&lv2=8480&ncm_toc_id=8480&ncm_heading=&
As I write this article, we have finished week 11 of social isolation due to COVID-19 virus. I have taken advantage of this time to address projects that I had been too busy for before. I continued to work on my downsizing project but after three weeks of cleaning out, I turned to a long-delayed sewing project.

Many of my long-time readers may remember that I have referred to my apple core pattern quilting project. I was inspired to make this quilt six years ago while visiting my son’s family and seeing a quilt that my daughter-in-law’s great grandmother had made. I knew it would be a challenge because all the piecing is done with curves. There are no straight stitches. Over the years I have collected the tools and materials to make the quilt, but lacked the time to make it. COVID-19 isolation presented me with the perfect opportunity.

I worked for two weeks on the quilt and during that time I spent countless hours thinking of people in my life who have touched me through quilting. My daughter-in-law, Tara, who encouraged me to try this challenging pattern and who praised each step along the way. My Grandmother O’Mara who taught me to quilt. When it came time to tie the quilt, I used her quilting frame and heard her whispering “right over left, left over right” as I made each square knot. My Mom, who was an avid quilter having made one for each of her eighteen grandchildren and countless others for family members to wrap up in. My daughter-in-law Lorrell, who I taught to quilt and who spent many hours with me as we made quilts for her home.

After I finished the quilt, I turned to that hope chest project I referred to in my last article. As I sorted through the contents, I once again was reminded of family members who were so creative and talented as they made linens and bedding for their households. This time, with family that has passed, was a bonus of the quarantine that I am grateful for.

“I once again was reminded of family members who were so creative and talented...”

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**Pat’s Retirement Journal**  
By Pat Walter, a Retiree living in Cortland County

WE NEED YOUR SUPPORT

Because needs are always greater than the resources available to meet them, Cortland County Area Agency on Aging encourages and appreciates financial contributions. Thank you!

Name ____________________________ Address _____________________________________________________________________ Phone ________

I designate my contribution of $ __________ for:  ___ Newsletter  ___ Use Where Most Needed  
___ Legal Services  ___ Caregiver Respite Program  
___ Handyman  ___ In-Home Services  
___ Nutrition Program  ___ Meals on Wheels  

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

Clip and return this coupon with your donation to:  Cortland County Area Agency on Aging  
60 Central Avenue, Cortland, NY 13045
It may be summer, but HEAP wants to help cool you down now and keep warm this 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 2020-2021 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 2020-2021 HEAP season have not yet been released.

If you received a HEAP benefit for the 2019-2020 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.

The Area Agency on Aging is able to assist individuals and caregivers with limited English proficiency. Telephonic interpretation is available. Call 753-5060.

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Watch the next newsletter for more HEAP information. If you have any questions, please call the Area Agency on Aging at 753-5060.
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 cccaaa@cortland-co.org. Be sure to provide your name, email address, and current mailing address with zip code so we can remove your name from our postal delivery mailing list.

Pets bring excitement into a person’s everyday life. Pets give a person purpose and something to look forward to when they are home. Pets are there during the good, the bad and see you at your worst and still give you unconditional love. Many older Americans are no longer able to care for all of the needs of pet care, such as feeding them, picking up after them, walking them, cleaning their messes, not to mention the costs of care such as veterinarian bills, food etc. Despite all this the companionship and love of a pet is something animal lovers and pet owners everywhere never forget.

The Cortland County Area Agency on Aging (CCAAA) along with the New York State Office for Aging (NYSOFA) recognize this. NYSOFA provided the CCAAA with animatronic cats and dogs to distribute to our older population who are at risk of the complications from loneliness and social isolation due to mobility impairments, sensory impairments and many other issues affecting their ability to get out and be socially active.

The animatronic pets have the ability to get people engaged, bring joy, provide significant connection, companionship, and promote happiness. They have a positive impact on isolation, loneliness and all forms of cognitive decline, they can also calm anxiety and relax those that are agitated.

“My Mother-in-law absolutely loves this cat. Honestly, I cannot believe how much she loves this kitty. She is mostly in her own little world and her little world just got bigger, because now Precious is a part of that world. Thank you all again for making this possible. Precious was exactly what Mama Jo needed.”

Here is Joanie “Mama Jo” Grant and her cat “Precious.”
Please join us for this free event

Hosted by Cortland County Area Agency on Aging’s Caregiver Resource Center
Call (315) 472-4201 x227 to register

Understanding Alzheimer’s and Dementia

Thursday, September 10
2:00 p.m.-3:00 p.m.

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.

Call (315) 472-4201 x227 to register. Please note this program will be held virtually by the Alzheimer’s Association, Central NY Chapter. When you register you will be given instructions and sent an email on how to join.

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

FOR MORE INFORMATION CALL
THE CAREGIVERS’ RESOURCE CENTER
753-5060

Caregivers Support GROUP
JOIN US ON ZOOM
Every 4th Thursday of the month
from 3-4 pm
Meet with others who are also coping with caregiving issues.

NOW ACCEPTING APPLICATIONS

Handicap Accessible
The Medicare Savings Program (MSP) can assist individuals with limited income in paying for their Medicare premiums. If your monthly income is less than $1456 you may be eligible! The MSP may also pay for other cost-sharing expenses as well. When you enroll in an MSP, you will also automatically get Extra Help, the federal program that helps pay most of your Medicare prescription drug (Part D) plan costs. There is no resource test for the MSP programs. This means many Medicare beneficiaries who may not qualify for Medicaid because of excess resources can qualify for a MSP. Call the Area Agency on Aging for more details and assistance in applying. Reference: NY State Department of Health/ Medicare Savings Program

Without a doubt these past months have been a stressful and challenging time for all but especially for Medicare beneficiaries. With so many falling into the category of being “high risk” for contracting the Coronavirus, it is with relief that Medicare has been approved to cover many of the costs surrounding the illness.

Medicare.gov reports that Medicare coverage is available for the following:

- FDA-authorized COVID-19 antibody tests if you are diagnosed with a known current or known prior COVID-19 infection or suspected current or suspected past COVID-19 infection.
- All medically necessary hospitalizations related to COVID-19. This includes if you’re diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.
- Expanded telehealth services. During this time, you will be able to receive a specific set of services including evaluation and common office visits, mental health counseling and preventive health screenings without a copayment if you have Original Medicare.
- “Virtual check-ins” (briefs visits) under certain circumstances.
- Communication with your doctors using online patient portals without going into the doctor’s office.
- Some do not have access to interactive audio-video technology. So Medicare is allowing the use of audio-only phone.
- Waiving certain requirements for skilled nursing care (nursing home).

HIICAP counselors have made contact with several local physicians’ offices and other health care providers and have learned that a number of older adults are taking advantage of the telehealth visits. They say many are finding this method of “visiting” the doctor saves time, decreases stress and is much easier than they thought it would be.

For questions about Medicare covered benefits, please call 753-5060 to speak with a New York State Certified Medicare Counselor.
The New York State Attorney General’s Office receives thousands of reports from consumers each month complaining about a scam they have fallen victim to. New York Attorney General Letitia James released a list of the top 10 consumer fraud complaints received by her office. According to the Attorney General the most popular scams in New York State are:

- **Internet-Related** (internet services and service providers, data privacy and security, digital media, data breaches, frauds through internet manipulation)
- **Consumer-Related** (security systems, tech repairs, immigration services, consignment shops)
- **Automobile** (buying, leasing, repair, service contracts, rentals)
- **Landlord/Tenant Disputes** (security deposit releases, tenant-harassment)
- **Utilities** (wireless and residential phones, energy services and suppliers, cable and satellite)
- **Credit** (debt collection, credit card billing, debt settlement and debt relief, payday loans, credit repair, credit reporting agencies, identity theft)
- **Retail Sales** (any sale of goods: food, clothing, rent-to-own, online orders)
- **Home Repair/Construction** (home improvement services not delivered or done poorly)
- **Mail Order and Online Catalogs** (purchases made via mail order or online catalog)
- **Mortgage** (mortgage modifications, mortgage and loan broker fraud, foreclosures)

With so many kinds of scams and fraud, it's hard to figure out where to report each type. Use the information below to learn where to report scams.

If you have lost money or property from what you believe to be a scam, report it to your local police department. Contact the Homer Village Police Department (607) 749-2022, Cortland City Department (607) 756-2811, or Cortland County Sheriff’s Department (607) 758-5599.

Aid to Victims of Violence (AVV) provides comprehensive services to victims of violence, assault, abuse and other crimes. AVV advocates are available to help victims of scams or frauds to fill out compensation applications. Contact Aid to Victims of Violence at (607) 753-3639.

Report the scam to the New York State Division of Consumer Protection. Their consumer helpline is 1 (800) 697-1220. Or, there is a Consumer Protection Complaint Form available at https://www.dos.ny.gov/consumerprotection/form/ComplaintForm.

You can also report scams to the Federal Trade Commission. To report fraud or identity theft visit ftc.gov/complaint.

To report coronavirus scams contact the National Center for Disaster Fraud at 866-720-5721 or disaster@leo.gov.
The Cortland County Area Agency on Aging, through a grant from the Central New York Community Foundation, has Reminder Rosies and digital blood pressure cuffs to be offered to eligible caregivers.

Reminder Rosie is a device that is like an alarm clock. However, the alarm is replaced by reminders recorded in a familiar voice. This device can remind care receivers of appointments, to take their medication, or any other message that the caregiver needs to convey.

Digital blood pressure cuffs increase the independence of the care receiver while relieving the caregiver of the stress of taking the blood pressure regularly. The cuffs have memory to store the readings, giving the caregiver and medical provider accurate information which improves health outcomes.

Referrals for the program can come from doctors, caregivers, and other agencies involved with the care receiver. When a referral is received an Aging Services Specialist will contact the caregiver to complete a comprehensive assessment. This assessment determines eligibility for the device as well as for other services and supports that may be beneficial to the care receiver and caregiver.

Eligibility will follow these guidelines:
- The care recipient must be 60 or older and live in Cortland County.
- There must be a caregiver (does not have to be over 60).
- Must need assistance with two activities of daily living such as: bathing, hygiene, dressing, mobility, transferring, toileting and eating.
- A small fee will be charged based on Federal Poverty Income Guidelines.

The Aging Services Specialist will work with the care receiver, caregiver and medical provider to determine the effectiveness of the program for improving independence, health and wellness for the older person and reducing caregiver stress.

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

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**Senior Farmer’s Market Coupons to be distributed in July and August**

Call 607-753-5060 or visit our website at [http://www.cortland-co.org/434/Area-Agency-on-Aging](http://www.cortland-co.org/434/Area-Agency-on-Aging) to view details on the 2020 distribution schedule to claim your $20.00 coupon booklet. Income guidelines apply.
The Cortland County Area Agency on Aging is seeking nominations for the 2020 Senior Citizen of the Year Award. The award honors a Cortland County resident age 60 or older, who stands out in the community for ongoing devotion of time and talent in a variety of areas.

An independent panel of judges selects the winner from among the nominations. An individual need not be a member of a club, Senior Center, or other organization to be eligible for the award. Nominations must be received on or before September 18, 2020, and must be mailed to Nancy Hansen, 14 Yong Street, Cortland, NY 13045.

Staff members agree that we cannot let this year go by without naming one of the many volunteers who regularly go above and beyond in their efforts to make life a little better for those around them.

The Older Americans Month Committee of the Area Agency on Aging’s Advisory Council has established the following guidelines for the Award:

1. The nominee must be age 60 or older;
2. The nominee must have an ongoing record of community service for which he/she receives no remuneration;
3. Candidates must be nominated by an individual or group – they may not nominate themselves;
4. Only nominations received on the official form will be considered – judges will only review this form and no additional documentation will be considered;
5. No employee whose remuneration derives from the Cortland County Area Agency on Aging is eligible for consideration;
6. Nominations will be kept for one year. Individuals who were nominated for consideration the previous year, but who were not selected, will automatically be entered for the following year’s award;
7. The Cortland County award winner will be entered for judging in the NYS Senior of the Year Award contest the following year.

For more information, or an application, call the Area Agency on Aging at 753-5060 or visit our website at http://www.cortland-co.org/434/Area-Agency-on-Aging.

Nominations Sought for Senior Citizen of the Year

Senior Zoom Social Hour
Presented by the Cortland County Area Agency on Aging

The Cortland County Area Agency on Aging wishes to connect seniors who want to talk and see others!

This is an opportunity to discuss how we all are working through the pandemic and help answer any questions/concerns about aging, but also to have fun!

Every Wednesday!
10 AM to 11 AM

Video or phone call in options now available!

Become a ZOOMER with us!

If you are interested, please contact the Cortland County Area Agency on Aging today at 607-753-5060 or email mkemak@cortland-co.org

The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office for the Aging under Title III of the Older Americans Act of 2016, as amended.
Long Term Care Options In Cortland County
By Rachael Wood, Aging Services Specialist, NY Connects

The essential part of making a decision about long term care is knowing your options. What are the options for long term care in Cortland County? Long term services and supports can be provided in the home, a residential or community based setting, or a skilled nursing facility to help an individual to stay healthy and independent.

Do you want to hire a family member or friend or just someone you choose yourself? This is called Consumer Directed Personal Assistance Program or CDPAP. This is a Medicaid funded program and there are agencies that will assist you with this. NY Connects can help connect you to these and walk you through the process.

Another option for long term care is hiring an aid through a managed long term care agency (MLTC). This is for the individuals who have Medicaid and a long lasting health problem or disability. There are currently three agencies approved to provide services in Cortland County.

Hiring from a certified or licensed home health care agency is another option for individuals. A certified home health agency (CHHA) helps to provide skilled nursing care, physical therapy, speech therapy, occupational therapy, nutritional counseling, medical social work and home health aides.

Another type of agency to consider is a licensed home health care agency. Licensed home health care agencies provide trained personal care aides, home health aides, and nurses on a private pay basis and under contract to other community agencies.

If a loved one is in need of 24 hour supervision and non-medical care then adult homes and enriched housing are an option. Both provide 24 hour supervision and a variety of non-medical services. Skilled nursing facilities are another option for 24 hour care. Skilled nursing facilities provide 24 hour supervision and a variety of medical and non-medical services.

When a decision about long term care needs to be made, it is crucial to know what your options are. For assistance with learning more about your choices and connecting to long term care providers in Cortland County please Contact NY Connects for assistance at 607-756-3485 or 607-753-5060.
“What can I do!” The current COVID-19 pandemic has brought light to new vocabulary. Social distancing? What is social distancing? Social distancing, defined by the Center for Disease Control, is keeping space between yourself and other people outside of your home. So with social distancing and safety in mind, the Cortland County Area Agency on Aging (AAA) has come up with a few online and offline suggestions to help you pass your time.

Get outside………………
Yes, outside activities are allowed! If you practice safe social distancing, which is keeping 6 feet away from others, go for a walk, mow your lawn, or garden. Keep doing the outdoor activities you love! If you cannot properly social distance yourself, and there others around, it is advised to wear a mask. If your walk gets redundant, you can always go walk trails at the Lime Hollow Nature Center, or visit Dwyer Park on Little York Lake.

Try something old/new…. The AAA is starting its new Pen Friend Program, where two people can become pen pals and socialize through sharing stories and ideas on pen and paper. If you are interested in becoming a Pen Friend, email Debbie Chavoustie at dchavoustie@cortland-co.org or call our agency to learn more.

The Cortland County Agency on Aging is hosting ZOOM Social Hour for our seniors.

Go online………………
More activities that were in person are now being offered via video calls in programs such as Zoom, Facetime, Webex and Facebook. These calls have allowed people to still be “seen” through their computers or mobile devices. The AAA is hosting ZOOM social hour for our seniors, in an effort to connect and see how they are doing. Starting as a coffee break or tea time, the meetings will adjust to what the participants want them to be. In addition to the social time, the AAA will provide important agency programs on Medicare, Caregiving and Energy Assistance to name a few!

Visit via the internet………
Many vacations have been cancelled, but did you know that you can visit your favorite museums online? Want to visit Paris and the Louvre to see the Mona Lisa? Type this into your browser and click enter: https://www.louvre.fr/en/visites-en-ligne#tabs How about the Smithsonian? https://naturalhistory.si.edu/visit/virtual-tour Or the Vatican? http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html. These are all great options to consider spending multiple days viewing as their collections are immense!

If you remember to follow the rules of social distancing and wearing a mask where appropriate, you can still enjoy most everything you used to. Simple precautions can help you to continue to enjoy your life the fullest, offline and online.
A Matter of Balance – Managing Concerns About Falls

This evidenced-based program has been unable to be offered during the COVID-19 emergency situation with social distancing and with no gatherings of more than 10 people present. Our agency owns the license to run this particular program, so we are required to maintain the fidelity of the program. A Matter of Balance is an in-person class. It requires two volunteer coaches to lead the classes, particularly for safety considerations during the exercises. This is key to this evidence-based program and demonstrated outcomes.

Until restrictions are lifted and we can ensure the safety of our volunteer coaches and the participants of the class, we will keep this program on hold until we can resume safely. In the meantime, feel free to call the agency to learn more about this program and future offerings or to add your name to a wait list.

Bonesaver Exercise Program

This twice weekly exercise program has been offered at five different sites throughout the county, but is also on hold for the same reasoning, due to the restrictions and safety concerns during COVID-19 emergency. Our agency has a link on the agency website so that individuals who have been registered and actively participating in the past, can continue with the exercises in the comfort of their own home.

This exercise program is geared towards people 60 or older and is considered a gentle weight-bearing exercise program. The full cycle of exercises is an hour in length.

If you are interested in learning more or would like to register for this class, whether participating online or in person when it is safe to do so, call the agency to learn more details.

Volunteer Engagement Program

Due to the Covid-19 virus and restrictions in place regarding social distancing, all volunteer programming offered through our agency has been suspended since mid-March. Some of the volunteer jobs affected include: Meals on Wheels delivery, Senior Center Assistance, Grocery Shopping Assistance, Health & Wellness leadership, Friendly Visiting, and Clerical/Receptionist.

The only volunteer job being offered at the time of this writing is wellness calls that volunteers can do from the safety of their home. Volunteers have made over 2000 phone calls to senior center participants in the past couple of months. These calls were very much appreciated by agency staff, due to the concern we have for the well-being of older adults in our county.

Our annual Volunteer Recognition Celebration was scheduled to occur during Older American’s Month in May, and unfortunately had to be cancelled. Please know that we recognize all our volunteers for the dedication and time they devote to our agency year-round. We appreciate each and every one of you!

We will be in touch with our volunteers when any volunteer programming can resume.
End-of-life. Dying. Death. These words make people so uncomfortable that we often soften them to explain when a loved one has “passed away” or “gone to heaven.”

If there is a silver lining to COVID-19, it is that people are thinking about their end-of-life wishes, and – I hope – becoming more comfortable with death as a part of life.

In hospice, every patient develops a personalized care plan to outline their preferences for physical, emotional, social, and spiritual care. Every person is unique, and there is no “one size fits all” approach to end-of-life care.

You don’t need to be sick or in crisis to have these conversations. My advice is to think of this process as creating peace of mind and offering a gift to the people who love you most.

Some resources to get started:

A **Health Care Proxy** legally designates a person who will make health care decisions if you are unable to make them yourself. Choosing a health care proxy is the most important thing you can do.

A **Living Will** is not a legal document, but it can help explain your decisions to loved ones.

A **Medical Orders for Life Sustaining Treatment (MOLST)** form outlines your wishes for the end of life in the event you cannot make this decision yourself.

A **Durable Power of Attorney** names someone to make financial decisions when you can no longer do so.

A will indicates how your belongings will be distributed.

Put together important information (bank accounts, passwords and phone numbers) so they are easy to access in times of stress.

Dying is not something we can – or should -- soften. Death is a part of life, and planning for it can make all the difference to the emotional health of those you leave behind.

Hospicare is here to support residents of Cortland and Tompkins counties. If you need more information or help connecting to specific resources, please contact us at info@hospicare.org or 607-272-0212.

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### “PEN FRIENDS”

This brand new program is being coordinated through our agency, and is geared towards anyone 60 or older who wishes to participate and connect with another individual within our county, who also expresses interest in becoming a pen friend. The only requirement or obligation is to have a willingness to write letters with their assigned pen friend. If interested, a person 60 or older will be matched with someone of any age, who is also interested. There are minimal guidelines to the program and these can be mailed to you by calling our office and expressing an interest. Our desire is to give everyone a chance to socially connect during these difficult times of limiting our social interactions in person.

You don’t need internet connection, a computer or any other technological gadget besides a pen and paper. Call the agency to learn more details and how you can become a Pen Friend.
The COVID-19 pandemic has everyone spending more time indoors, raising the question of how can we stay mobile when we’re not getting around as much as we once were?

Dr. Philip Buckenmeyer, chair of the Kinesiology Department at SUNY Cortland and a certified athletic trainer, has a few suggestions.

Little things add up, he says—like routine stretching, deep breathing and light activity.

At 65, Buckenmeyer said he increasingly notices the importance of flexibility.

“And I’ve always told students this is one of the things we don’t think about that becomes more relevant in terms of how we move,” he said. “Just turning to one side or another to reach for something becomes more difficult.”

Yoga or stretching can help, he said. Stretching your arms to the sky and turning your head slowly from one side to the other can improve neck flexibility. Even simple exercises that can be done from a chair can help stave off muscle loss. “Hold up one leg or another and pattern out the a, b, c’s with your ankle or whole leg,” he said.

Be creative. Drape a beanbag over your foot to add weight, grab marbles with your toes to improve toe flexibility, scrunch wash cloths under your toes to strengthen tendons or squeeze a ball to work the hands.

Ehren Heyer, a physical therapist in Homer, has simple advice. “Get off the couch. Literally and figuratively,” said Heyer. “Literally getting up and down from a chair while watching a T.V. program. That’s one of the no equipment necessary, simple things to do.”

Standing and sitting forces the buttocks and hips back, working the hips and knees and getting blood flow to the legs, he explained. Heyer compares the body to a car engine. Movement is necessary to increase synovial fluid in the joints; a body will stiffen if not used.

“The same as an engine, you are trying to keep the oil lubricating the pieces and parts,” he said. Focusing on respiratory health is also important now, said Heyer, recommending taking a few deep breaths a few times a day. “When you take a deep breath, expand the ribs to the side and try to get taller with the motion,” he said. And as so many are finding now, a walk around the block is always enjoyable.

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**Stay Mobile, Even from Home**

*By Catherine Wilde, Mobility Management Coordinator, Seven Valleys Health Coalition*

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

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SHERBROOK APARTMENTS
One & Two BEDROOM APARTMENTS (640–850 SQ. FT.)
$20.00 SENIOR CITIZEN DISCOUNT
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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 $39,550; and a family of five up to $61,050 and still qualify to live in one of our apartments.

We have senior/disabled efficiency and one bedroom apartments located in the City of Cortland. We also have one bedroom senior/disabled units in Homer, McGraw, Marathon, Truxton and Cincinnatus.

Our large family apartments (3, 4 and 5 bedrooms) are located in the City of Cortland. We also have two and three bedroom family apartments scattered throughout the county in Homer, Truxton, McGraw, Cincinnatus, and the City of Cortland.

Currently, there is no waiting list for the 5 bedroom apartments, and there are short waiting

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

https://www.facebook.com/CCAreaAgencyonAging/

Is a one-stop shop for transportation

Have you considered taking the bus to see your friends, visit the senior centers, shop, or just be adventurous? Would you like someone to assist you? Ask us about our Bus Buddy program!

Like us on Facebook:

Please Call (607)756-4198 for more information or visit: way2gocortland.org
FOR YOUR CHANGE OF ADDRESS, WE NEED YOUR NAME, ADDRESS, CITY, STATE, ZIP CODE

Name  ______________________________________________ (Please Print)

Current Address  ________________________________________

New Address  __________________________________________

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          60 Central Avenue
          Cortland, NY 13045

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