From the desk of: Elizabeth Haskins, Director

On March 28, Kinney Drugs in partnership with the Cortland County Area Agency on Aging (AAA) brought 1,100 doses of Covid-19 vaccine to Homer High School to vaccinate adults over 60 years of age. Words cannot express the depth of gratitude felt by AAA and Kinney Drugs staff for the incredible community support and volunteerism that made this clinic a success. The impact on the lives of older individuals participating in the clinic is beyond measure. For some, it was the first time out of their homes in over a year. Many tearfully expressed their appreciation for having the opportunity to receive their first vaccine. When asked what they want to do most once fully vaccinated, a common response was “hug my grandchildren and family members again”.

The staff of the Area Agency on Aging thank our partners and all involved: Kinney Drugs, Homer High School, Homer Police Department, Willowbrook Golf Club, over 90 outstanding volunteers, Cortland County Leadership Team, Cortland County COVID Hotline staff, Cortland County Emergency Response and Communications, Cortland County Grant Administration, Cortland County Cookies for Caregivers, TLC, First Transit, Homer Fire Department, ASC SUNY Cortland, Cortland County Highway Department, and Cortland County Buildings and Grounds for their role in making the day a success. There were 1078 vaccines administered! Thank you!!

A big thank you to Rite Aid, Grace Christian Fellowship Church and a core of amazing volunteers for partnering with the agency to vaccinate 190 older adults on February and March 19th. These clinics were offered when vaccines and appointments for older adults were limited and extremely difficult to schedule. The recipients were so appreciative for the opportunity to receive the vaccine and were grateful to the church for hosting the clinic.
Thank you also to Price Chopper and Walgreens for working with AAA staff to reach older adults as soon as vaccines arrived at their stores.

The staff of the AAA want to also recognize and thank the Cortland County Health Department who have worked incredibly hard over the past year to lead the County through this pandemic.

Lastly but certainly not least, I need to recognize the incredible team at the Area Agency on Aging. The agency has been through a lot this past year. Several people have retired and we look much different than we did one year ago. The agency has had to shift priorities many times in response to the greatest need at any given moment. From toilet paper, monthly calls, mask distribution to vaccine clinics, the team pulled together along with our dedicated volunteers to ensure needs were met for older adults and people with disabilities.

Liz

**Covid Vaccine Questions & Answers**

**Question:** How long does protection from COVID-19 vaccine last?

**Answer:** It is unknown how long protection lasts for those who are vaccinated. Experts are working to learn more about both natural immunity and vaccine-induced immunity. CDC will keep the public informed as new evidence becomes available.

**Question:** Do I need to wear a mask and avoid close contact with others if I have gotten two doses of vaccine?

**Answer:** Yes. To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

**Question:** If I already had COVID-19 and recovered, do I still need to be vaccinated with the COVID-19 vaccine?

**Answer:** Yes, you should be vaccinated regardless of whether you already had COVID-19. That’s because experts do not yet know how long you are protected from getting sick again after recovering from COVID-19. Even if you have already recovered from COVID-19, it is possible—although rare—that you could be infected with the virus that causes COVID-19 again.

**Question:** Who is paying for the COVID-19 vaccines?

**Answer:** The federal government is providing the vaccine free of charge to all people living in the United States. Vaccination providers can be reimbursed for vaccine administration fees by the patient’s public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration’s Provider Relief Fund. No one can be denied a vaccine if they are unable to pay a vaccine administration fee.

Retirement and the Pandemic
By Carole Leach, Contributing Writer

After just four years, I'm a bit of a retirement "newbie". Like most people, I REALLY looked forward to retiring. I'm happy to say I have not been disappointed. After all, what's not to love about unrushed mornings, coffee on the porch all summer, shopping when stores are less crowded, unhurried dinner preparations, and staying home when it snows?

Retirement enabled me to catch up on extended visits to out-of-state family without worries about vacation time used, and without stress about catching up on work when I got back.

Retirement allowed me to join a hiking group, which provided exercise, a chance to visit beautiful local parks and trails, and make new friends. Retirement let me refresh longtime friendships over amid-morning coffee or a leisurely lunch.

After a few months I was ready for more. I accepted several volunteer opportunities through the Area Agency on Aging, and even worked a few hours a week helping an elderly county resident. I found the balance I wanted. I was free from work-related pressures, but still had the satisfaction of meaningful commitments which gave me a sense of purpose.

Of course, the pandemic has changed almost everything. My leisurely mornings have merged with leisurely afternoons and leisurely evenings. But I still enjoy them. I now shop mostly online and shop less in-person. But my needs are met. (Although I'm still a little nervous about my toilet paper supply!)

My volunteer activities and my job are on pause, as are my stay-over visits to out-of-state family. Friendships and family ties now depend on telephone calls, texts, and video chats. But we stay in touch and communicate as often as before or maybe a little more.

Hiking adventures are now with just one or two friends at a time, no carpooling, no lunches afterward. But we can still exercise and enjoy the amazing natural beauty of our area.

Despite the pandemic, I love retirement. I'm looking forward to whatever the next four years bring, and the four after that, and the four after that...

Congregate Meal Programming Update

It has been over a year since programming and services offered at congregate meal sites were temporarily suspended due to the pandemic. The agency has maintained regular contact with center participants to check on them and address any issues they may be facing. This contact will continue until nutrition programming can begin.

Since last March, County leadership has met with center representatives to gather information as part of the planning process to implement nutrition services that consider input from our clientele. Beginning in January of this year, the Director and Nutrition Program Manager began holding monthly calls with center presidents as an effort to keep the community informed through senior center council members.

Much data has been gathered and new ideas are emerging. Next steps will include presentations and input from community members. Visit the agency website and Facebook along with other media outlets for more information. We look forward to hearing from you!
Decline In Appetite
Among The Older Adult
By Jessica Planer, RDN, CDN

Did you know that 15-20% of older adults have what is known as anorexia of aging? Anorexia of aging is defined as a decrease in appetite and/or food intake. Unfortunately, decrease in appetite is a major contributing factor to poor nutrition and negative health outcomes, among the older adult population. Some of these negative health outcomes are weight loss and nutrient deficiencies, which in turn may lead to frequent falls, non-healing wounds, poor blood glucose control, and bone loss.

Appetite may decline due to digestive system changes, which may cause food to empty slower from your stomach to intestines. This symptom may be worse in some medical conditions, such as diabetes.

This delay in gastric emptying may cause nausea and constipation. Changes in sense of smell, taste, and vision can contribute to lack of enjoyment of eating. Poor dental health may cause the inability to chew certain foods, such as tough meat. Depression may cause an older adult to lose interest in food. Certain medications also contribute to decline in appetite. For example, antibiotics can alter taste and smell. Helpful tips that may help increase appetite are:

- Practice good oral hygiene.
- Use spices and herbs to flavor food. Avoid using salt and sugar.
- Meals consumed under good lighting and served on non-skid placemats may help keep your plate from moving while eating. Finger foods may also help ease the task of eating.
- Serve most liked foods in a regular pattern.
- Use nutritional supplements when a meal/snack cannot be consumed. Your dietitian can recommend an appropriate supplement to purchase.
- Fortify smaller meals by adding nutrient rich calories, such as ground meats, chopped egg, and cottage cheese.
- Monitor your weight. If you notice unintentional weight loss of more than 2-3lbs in a week, or 5% of your weight over 3-6 months, consult your medical doctor.

Anorexia of aging is a condition that can lead to an overall decline in health. Help can be found at the Cortland County Area Agency on Aging Nutrition Program. Call 607-753-5060 to schedule an appointment with our registered dietitian.

References:
Ncbi.nlm.nih.gov/pmc/articles

Staff Spotlight: Colin Brackett
By Duncan Sproule, Nutrition Manager

Colin Brackett has been a welcome addition, as a cook, to the Area Agency on Aging, Nutrition Program since August 2020.

Colin was born and raised in Cortland. Upon graduating from high school, he headed west. Aiming for California he did a pit-stop in Dallas. It turned into a long-term love for the city. Colin worked for several years in the restaurant business, as a manager, bartender and chef, between Dallas and Houston. He then spent several more years in and around Nashville.

After another dozen years or so back in Dallas were spent employed in sales and collections. Colin returned to his hometown in 2017, where worked as a catering chef for SUNY Cortland Dining Services. The Cortland County Nutrition Program is lucky to have him.
The Meals on Wheels (MOW) program is offered through both units of the Area Agency on Aging. Case Managers in the Aging Services Unit conduct comprehensive assessments to determine program eligibility and provide case management to our clients. The Nutrition unit is responsible for the preparation and delivery of the meals. There are many moving parts to this program and I will try to briefly summarize what it takes to get the meal from our kitchen to your table.

Starting at 6:30 in the morning, the culinary staff arrives to begin meal preparation. Chef Justen and his team, Colin, Alice, Carol and Tina, work diligently each day to prepare a healthy, nutritious and delicious meal. Meal assembly and packaging begins at 9:30 with the kitchen crew and MOW drivers working together to make sure each of eight routes has the correct number of meals as communicated through the Aging Services Unit. Depending on the need as determined by the Case Managers and the client, individuals may receive a hot noon meal, cold supper bag and weekend frozen meals. Meals are placed in coolers and special hot boxes to make sure the hot meal arrives hot, and the cold meal arrives cold. Once loaded into the vans, MOW drivers deliver to all areas of the county. The driver is not only responsible for delivering the meal, but also checks to make sure the client is feeling well. When someone is not their usual self or not feeling good, the driver calls the Aging Services Unit to inform the Case Manager who notifies the emergency contact.

When indicated, the MOW driver will call the ambulance and stay with the client until help arrives.

There have been several occasions since I joined the Area Agency on Aging, that I have driven a MOW delivery route. It has been a learning experience to say the least. The first few times I was given a Google Map of the route and very SLOWLY made my way around parts of Cortland County that I didn’t know existed. I did assure each and every client that their regular driver would be back as soon as possible, to which I know they gave a very happy response.

I quickly learned that there is so much more to delivering Meals on Wheels than most people realize.

Colin's stories and variety of experiences add spice to the daily grind in the kitchen. Some of the memorable conversations start with “That time I was this close to being an extra in the Oliver Stone film JFK, to the time “I was just hanging out with the Stanley Cup Champions, or the Dallas Stars,” to the almost mundane reflection about climbing a two hundred foot broadcast antenna tower to replace the antenna’s dish while hanging on for dear life—Just because “it had to get done.”

Colin has lived in different states and has experienced multiple careers. In doing so, he has met new people and created long lasting friendships.

Like the City of Cortland sign says, “Welcome Home”. We say, “Welcome, to the Area Agency on Aging, Colin. We are so glad to have you as a part of our team!”
I have two granddaughters who live in Missouri. Josie is 11 and Maura is 9. They are sisters. At one point during the winter, they found themselves home from school together for three weeks. About mid-vacation I received a text from them. They had formed a club and shared with me the rules they had made to make their meetings run smoothly. As I read them to grampa, he remarked that they ought to be our rules too and upon further study I agreed that they were rules that all of us would benefit to live by. Here, as they sent them, and with their permission to share, are their rules:

1. No watching YouTube during meetings.
2. No playing Nintendo games
3. No playing any phone or iPad games
4. Listen to the speaker
5. Do not talk over each other
6. Have spirit
7. Respect everyone
8. No Goofing off
9. Do not throw a fit
10. Be organized

Now, aren’t those rules that could govern any personal interaction? They are guidelines for family conversations, dinner with friends, volunteer workgroups, social clubs and Zoom meetings. These rules are certainly good workplace etiquette.

My personal favorite is number 6. Have spirit. What meeting leader wouldn’t love to see the participants attending with spirit. After the trials of the last year, we all need to show spirit. Not only in meetings, but in life.

Back in January, as I faced a new year, I didn’t feel much like making New Year Resolutions. When I received this text from my wise grandchildren, my heart was lifted. I copied the rules, placed them on my refrigerator and called them my Resolutions for 2021. I highlighted number 8, No Goofing off and number 9, Do not throw a fit. Rules I particularly need to give my attention to.

Thank you, Josie and Maura, for sharing your very excellent rules.
The Flu of 1918  
By Cathy Barber,  
Town of Scott Historian, Retired

Nearly twenty years ago, I wrote an article on the Spanish Flu. With the present pandemic in mind, I thought it deserved a second run. Here is an edited version:

In March 1918, reports of a flu-like illness at Fort Riley, Kansas was reported. Within a shockingly short time, this lethal flu had spread to Europe. The morbidity affected the young, rather than the old. Experts were puzzled. In the end, “La Grippe” would kill around 675,000 in the United States in one year.

Local reports of a generally mild flu began in the spring of 1918. By September, the virus hit again with a fury. Victims seemed to rally and then suddenly die, or have symptoms for just a day or two before death. It was an invisible enemy, and who it would strike next was cause for fear. Children jumped rope to the rhyme “I had a little bird/ its name was Enza/ I opened the window/ and in-flu-Enza!”

Public officials stepped in, trying to curtail the epidemic. Mayor Hoagland ordered all theaters and picture houses closed and shortly after closed city schools and the Normal School. Spitting on the sidewalk was discouraged and sneezing into handkerchiefs was promoted.

County Nurse Miss Light met with a group in Virgil, advised closing Virgil schools and urged parents to be proactive by having their children spend time in the sunshine and drink at least three glasses of milk daily. The Board of Health issued a statement to close schools and churches countywide. Of the 1,600 children enrolled in higher grades, 1,200 were reported ill. Some death notices involved entire families. Panic set in.

Editorials in the Cortland Standard urged against fear, and advised seeing a doctor as soon as symptoms set in. Calmness was in short supply. By late October 1918, it was reported with relief that the crest of the epidemic in Cortland County had passed.

The last line of the article reads: “In studying this baffling illness, researchers hope to be better prepared should a pandemic happen again”.

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Got Rent?
The Cortland Housing Authority has a rental assistance program that may be able to help you!
The Section 8 Housing Program helps qualified people meet their monthly rent bills by paying a portion of their rent directly to their landlord.

Interested persons may pick up applications at the Housing Authority offices located at 42 Church St. or 51 Port Watson St. Monday through Friday from 8:30am to 4:30pm; or call 753.9364 or 753.1771 and request to have an application sent by mail. Email requests for applications should be sent to info@cortlandha.com
Caregiving is not an easy feat. Caring for someone can be both physically and emotionally exhausting. Taking care of a loved one that has once taken care of you can have an impact not only on you as a caregiver, but to the person/family member receiving the care as well. Self-care is one of the most important key aspects to caregiving. Multiple individuals in the caregiving field have stated that; “if you do not take care of yourself first, then you are not able to care for others effectively”.

People may ask themselves “How do I find the time to care for myself when I care for someone else 24/7?” There are a few simple things that you can do on a daily basis, at home, work, or wherever you see fit. The first one is tell yourself that you are doing a great job! Affirmation of hard work is something that we all seek. Next, take 10 minutes out of your day to practice breathing and just slow down. It can be whenever you have a moment to yourself however, taking those 10 minutes to settle your mind and body will help combat burnout and stress cultivation.

Staying socially connected is important. Joining your local support group for caregivers, speaking to friends or family daily are all really good ways of staying socially connected. Getting outside perspectives will help with questions you may have. Knowing that you are not alone will really help with stress and burn out.

Isolation is not easy on the caregiver or the person receiving care. Right now going through COVID-19, isolation plays a big role in all of our lives. Staying socially connected to family, friends, and support groups through technology will combat isolation. Using social media to stay connected to loved ones, friends, and a support system is extremely important not only for the person being cared for but also for the caregiver.

For more information on Caregiver Support – contact the Caregivers Resource Center at the Cortland County Area Agency on Aging 607-753-5060.

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**BRIGHT IDEAS SENIOR CARE TECH PROGRAM**

Are you caring for a loved one over 60 with a chronic illness or early memory loss? We may be able to help. Thanks to a grant from the CNY Community Foundation, the Caregivers Resource Center has items available, at discounted prices that make life easier. Digital blood pressure cuffs, Reminder Rosie, Pill Dispensers or an Echo Show 8 incorporate technology useful to those giving or receiving in-home care.
Powerful Tools for Caregivers is a 6-week class via Zoom designed to help family caregivers take better care of themselves while caring for a family member or friend. During the course, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their need to family members and healthcare and service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions.

**Coming in June!**
**Call the Caregivers Resource Center at 607-753-5060 for more information.**

**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.

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

**Engagement Activities**
Cortland County Area Agency on Aging

**Social Hour**—Currently Postponed
Looking for volunteer hosts

**Pen Friends**—Ongoing
Become a pen pal with a local senior!

**Caregivers’ Resource Center Support Group**—Monthly meeting for caregivers.

**Education and Outreach**—Ongoing
Learn the ins and outs of programs benefitting seniors.

**Call 753-5060 today to sign up!**

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Here To Help
At the Cortland County Area Agency on Aging, we specialize in providing the education, information, services and benefits important for enhancing the health and well-being of adults 60 and older. Though we are currently unable to see visitors in our offices, we are always available by phone Monday through Friday from 8.30 to 4.30. If calling after hours, please leave a message. We will get back to you the next business day. Our number is 607-753-5060. We can also be reached by email: ccaaa@cortland-co.org
Medicare Part B, which covers medical costs like doctor visits and outpatient procedures, includes coverage for a number of preventive health screenings, tests, and vaccines at no cost to the Medicare beneficiary. Now is the time to get the most out of your Medicare benefits. As most of us know, the best way to stay healthy is to live a healthy lifestyle. Eat well, stress reduction practices, good sleeping habits, belonging, purpose and reflection are just a few common components of a healthy lifestyle. Even more of us understand, some days overall healthy living seems more attainable than others. The risk for chronic health conditions increase with age, and by preventing problems or identifying them early, seniors can enjoy longer, healthier lives. According to the Medicare & You handbook, if you have Original Medicare the preventive services listed below are covered by Medicare at 100%:

- Annual Wellness Exam
- “Welcome to Medicare” Preventive Visit
- Alcohol Misuse Screening and Counseling
- Abdominal Aortic Aneurysm Screening
- Bone Mass Measurement
- Cardiovascular Disease - Behavioral Therapy
- Cardiovascular Disease Screening
- Cervical Cancer Screening
- Depression Screening
- Colorectal Cancer Screening
- Coronavirus Vaccine
- Diabetes Prevention
- Program Diabetes Screening
- Flu Shot
- Hepatitis B Shot & Screening
- Hepatitis C Screening
- HIV Screening
- Lung Cancer Screening
- Mammogram Screening
- Medical Nutrition Therapy
- Obesity Screening and Counseling
- Pneumococcal Shot
- Prostate Cancer Screening (PSA)
- Smoking & Tobacco Cessation
- Sexually Transmitted Infection (STI) Screening/Counseling

Medicare Advantage plans also provide coverage for preventative care services, though coverage details vary widely from one plan to another. Before enrolling in a plan, potential enrollees should understand a plan’s preventative care coverage, particularly if they are at an increased risk for chronic health conditions.

Medicare beneficiaries should also be aware of how often each preventive service is covered. People in higher risk categories for a chronic health conditions, Medicare may offer additional screenings or more frequent screening opportunities. If you are interested in learning more about the Medicare’s preventive services, coverage, requirements, and frequency of screenings, please contact your Area Agency on Aging at (607) 753-5060.
COVID has limited almost everyone’s opportunity for social involvement, especially those aged 60 and more, we are directed to take extra precautions to stay safe by staying at home. Staying connected and engaged can become more difficult. People are social creatures by nature. We are designed to want to connect with others; not isolate. Volunteering has been shown to improve physical/mental health and cognitive function. Unite with others; share your experience and skills. Some safe options for volunteering with us include:

**Telephone Reassurance** - Do you enjoy meeting and getting to know people? Do you enjoy a good conversation, and are you a good listener? Consider connecting with older adults, some of which were isolated and lonely prior to COVID 19; with the pandemic intensifying the problem. Interested volunteers are paired with an agency client or a resident of an assisted living or long-term care facility. The volunteer calls the client weekly, providing socialization and companionship.

**Wellness calls** - Senior Center Participants - As part of the Home Delivered Meals program – we are calling as a wellness check to make sure you are okay, i.e. “Do you have heat, electric?” “Interested in Pen Friends?”

**Pen Friend Program** - Any senior can become a Pen Friend. This is our way of reaching all seniors, despite inabilities to connect with internet, etc. Any willing, able bodied person interested in the tried and true art of letter writing can contact this agency. Geared towards age 60+ a match involves at least one senior, but an intergenerational match would be nice, i.e. a 4H’er, student, etc.

**Technology** - Coach A Matter of Balance to teach class virtually. Lead a ZOOM Social hour. If you are up to snuff on technology, you could put your skills to use leading older adults.

**Food Distribution with Home-Delivered Meals** – COVID Safe protocols used with training volunteers - needed on substitute basis for MOW delivery at The Friendship House or Cortland Housing Authority’s 42 Church St. or 51 Port Watson. Drivers deliver to buildings, volunteers distribute to residents who receive Meals on Wheels.

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**Medicare Offers Preventive Services**

According to the Medicare & You handbook, “You are eligible for one Medicare covered diabetes screening every 12 months if you have hypertension, dyslipidemia, prior blood test showing low glucose, obesity; or meet at least two of the following: you are overweight, you have a family history of diabetes, you have a history of diabetes during pregnancy or you are 65 years of age or older. “

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**You make a living by what you get.
You make a life by what you give.”
~Winston Churchill
Elder abuse is an often under reported crime that affects the most vulnerable population. According to the American Psychological Association apa.org, there are 8 categories of abuse which include physical, sexual, emotional, financial, material exploitation, neglect, abandonment, and self-neglect. Based on demographics, a majority of perpetrators are male adult children, followed by other family members and then spouses. Most elder abuse victims are female. Abuse occurs mostly at home but can also happen at hospitals, nursing homes, and board-and-care homes.

How do you know if someone is being victimized? Signs of abuse in an elderly individual according to the National Institute on Aging www.nia.nih.gov, may include: depression, confusion, withdrawing or isolating from friends and family, unexplained bruises, burns, or scars. The individual may appear unkempt, malnourished, dehydrated, over-or under medicated. When an individual is not receiving needed care for medical problems, has bed sores or other preventable conditions can also be a sign of abuse. Recent changes in banking or spending patterns can also signal financial exploitation.

How do I report elder abuse? It is important to know that abuse will not stop on its own. Someone else needs to step in and help. If you think someone you know is being abused, talk with him alone. Offer to take her to get help.

Your local Office of the Aging 607-753-5060, Adult Protective Services 607-753-5265, or your local law enforcement agency can all assist. After abuse is reported there are case management, social, legal, and financial services able to help the victim. www.nia.nih.gov

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Nominations Sought For Senior Of The Year

The Cortland County Area Agency on Aging is seeking nominations for the 2020 and 2021 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.

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.
El abuso de ancianos es un crimen a menudo bajo denuncia que afecta a la población más vulnerable. Según la Asociación Americana de Psicología apa.org, hay 8 categorías de abuso que incluyen explotación física, sexual, emocional, financiera, material, negligencia, abandono y auto-negligencia. Según la demografía, la mayoría de los perpetradores son hijos adultos varones, seguidos por otros miembros de la familia y luego cónyuges. La mayoría de las víctimas de abuso de ancianos son mujeres. El abuso ocurre principalmente en el hogar, pero también puede ocurrir en hospitales, residencias de ancianos y hogares de comida y cuidado.

¿Cómo sabes si alguien está siendo víctima? Los signos de abuso en un individuo de edad avanzada según el Instituto Nacional sobre el Envejecimiento www.nia.nih.gov, pueden incluir: depresión, confusión, retiro o aislamiento de amigos y familiares, moretones inexplicables, quemaduras o cicatrices. El individuo puede parecer descuidado, desnudado, deshidratado, sobre o bajo medicado. Cuando una persona no está recibiendo la atención necesaria para problemas médicos, tiene llagas en la cama u otras condiciones prevenibles también puede ser un signo de abuso. Los cambios recientes en los patrones bancarios o de gasto también pueden indicar explotación financiera.

¿Cómo denuncio el abuso de ancianos? Es importante saber que el abuso no se detendrá por sí solo. Alguien más necesita intervenir y ayudar. Si crees que alguien que conoces está siendo abusado, habla con él solo. Ofrézcalo a buscar ayuda. Su Oficina local del Envejecimiento 607-753-5060, Servicios de Protección para Adultos 607-753-5265, o su agencia policial local pueden ayudar. Después de que se denuncia el abuso hay servicios de gestión de casos, sociales, legales y financieros capaces de ayudar a la víctima. www.nia.nih.gov

Este artículo fue traducido al español con servicio de traductor de Microsoft.
Sixty-seven-year-old Greg Gotham, of Tully, lives in the donut hole of eligibility that exists for people in upstate New York who lack a reliable form of transportation, are not financially secure enough to be able to afford routine and costly taxi trips, yet have too much income to qualify for Medicaid.

This became a life-changing hurdle for Greg after his truck broke down and his eyesight diminished about a year ago. He recalls a single taxi ride home from Upstate Medical Center in Syracuse once cost him nearly $200—a fee of service that simply wasn’t feasible in the long run.

Luckily for Greg, he qualified for a subsidized transportation service through a program known as Supports for Health (SFH), offered by Seven Valleys Health Coalition (SVHC).

Although the program prefers a referral through a healthcare provider or caseworker, interested individuals can call SVHC directly to determine eligibility. The first criterion is some economic hardship demonstrated a variety of ways including receiving assistance such as Medicaid, food SNAP, HEAP, etc..

The new expanded SFH program will allow SVHC to assist with a wider range of needs than just transportation, including food access and healthy lifestyle supports through additional funding provided by the Mother Cabrini Health Foundation’s 2021 statewide grants program. The transportation element of SFH helped more than 70 people get connected to over 240 rides just in 2020.

As SFH is intended as a temporary solution while the SVHC community health worker helps you identify more sustainable, long-term solutions to your needs, qualifying individuals can receive up to 8 rides.

For Greg, who is now using Cortland Transit’s Dial-a-Ride service while he also establishes other long-term solutions, he is grateful for how the Supports for Health’s subsidized transportation service assisted in his time of need.

“They’ve helped me out immensely on my different visits,” said Greg, noting the service has saved him plenty of much-needed money in this time of crisis.

For Supports for Health eligibility information call: (607) 319-2449

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Go Green!
Alternate Means of Receiving Senior News

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, and current mailing address.

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Call Before You Come
Save Time and Frustration

We are still unable to meet face to face. Need an application from us or to drop-off paperwork? Before making a trip to our offices for any reason, please, call us at 607-753-5060. If something can’t be mailed, sent electronically or delivered, we’ll arrange a time and place to meet you.
The Cortland County Sheriff’s Department is reporting increased scams regarding unemployment. Captain Rob Derksen states that victims IDs are being used to apply for unemployment benefits.

The NYS Department of Labor (NYS DOL) reports that unemployment insurance fraud rings often target New Yorkers who are employed and not collecting unemployment benefits because those individuals are less likely to have an active claim that would prevent the criminals from filing a fraudulent claim.

Anyone who receives a monetary determination letter from the Department of Labor, but did not apply for unemployment benefits, should immediately report it to the DOL at on.ny.gov/uifraud.

Since March, the NYS DOL has found over 425,000 cases of fraudulent claims and worth over $5.5 billion that would have been paid. Cases were cancelled after fraud was detected. NYS DOL info provided by labor.ny.gov

**Coronavirus Vaccination Scam**

Lifespan of Greater Rochester is reporting that scammers are calling seniors to book appointments at local clinics. Scammers are using the language, “for a small fee.” After the person agrees to pay the fee, the caller gives information of date and time of the appointment saying they are scheduled.

The person arrives to the vaccination site, only to find out that they have no appointment scheduled. Financial losses of up to $100 have been reported, but the emotional losses are much greater, with seniors calling the agency in tears.

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**Scam and Fraud Alerts**

By Captain Rob Dersken, Cortland County Sheriff’s Department, Matthew Kemak, Aging Services Coordinator

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**Three Ways to Avoid COVID-19 Vaccine Scams**

While vaccination details are getting worked out, here’s what you can be sure of:

- You can’t pay to put your name on a list to get the vaccine. **That’s a scam.**
- You can’t pay to get early access to the vaccine. **That’s a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That’s a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at ftc.gov/coronavirus/scams

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**IMPORTANT SCAM CONTACT INFORMATION**

Federal Trade Commission
1-877-382-4357

New York State Attorney General
1-800-771-7755

National Do Not Call Registry
1-888-382-1222

Register to reduce the calls you receive from telemarketers for your home phone.
OLDER AMERICANS MONTH

COMMUNITY
SHARING
JOYS
SERVICE
WISDOM
GENERATIONS
INVOLVEMENT
CREATIVE
LEGACY
STRENGTH
SUCCESSES
CONNECTED
INSPIRATION
ACTIVE
SUPPORT

Play this puzzle online at: https://thewordsearch.com/puzzle/1882789/
This May, the Area Agency on Aging celebrates older adults and their contributions to our local communities across this country. Since 1963 when President John F. Kennedy led our nation in designating May as “Senior Citizens Month”, which eventually became “Older Americans Month” (OAM), this month has become a time to recognize and celebrate the resilience and strength of all our older adults.

In 2021, the theme for this month is “Communities of Strength”. Older adults have taught us through their successes, failures, joys and difficulties, how we can strengthen our communities by contributing and inspiring others.

This OAM, we celebrate the strength of older adults with special emphasis on the power of connection and engagement in building stronger communities. By committing to connect, we can stay engaged and combat social isolation and loneliness during this time of the COVID-19 pandemic.

Commit to connect by helping yourself – staying active and engaged is critical to our own health. Create a plan that includes activities and routines that allow contact with others.

Commit to connect with loved ones – reach out to those in your life who may be feeling the effects of social distancing and isolation. Make sure your friends and neighbors are ok, and help them to connect to services that might be available by calling the Area Agency on Aging.

Commit to connect through technology – technology has opened many virtual doors, making it possible for people to share experiences, even while physically apart. Don’t have a computer or internet? Many Zoom opportunities allow for a call-in number to connect to the activity.

Commit through our networks – aging networks, including the Area Agency on Aging, are partnering with local businesses, non-profit organizations, as well as community members, to find new and innovative ways to assist older adults and offer services.

Join the Area Agency on Aging in celebrating and encouraging all older adults to continue to be our “communities of strength” by staying engaged and committed to connecting in their local communities.


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**Centenarians Honored in May**

The Older Americans Act Advisory Board will be recognizing individuals who are 100 years of age or older and those who will be 100 years old in 2021. If you fall into this age group or know someone who does, please contact the Area Agency on Aging at 753-5060.

*The longer I live the more beautiful life becomes.*

*Frank Lloyd Wright*
The COVID-19 pandemic has brought a halt to more than a few programs here at the Cortland County Area Agency on Aging. Our Health and Wellness Unit has also been affected, with Bonesavers and A Matter of Balance (AMOB) classes being postponed. With the new year, there is a glimmer of hope shining on us all for a return to normal with our programs returning, in a modified format, while local fitness centers have also reopened and have discounts and new classes for seniors either in person or virtually.

Approval has been given by the national office to allow A Matter of Balance to offer classes via the internet and through video conferencing platforms. AMOB is recognized nationally as one of the top evidence based fall prevention courses in the country.

Training classes will be offered to current AMOB coaches on how to deliver the program virtually, and to reach seniors who would benefit from a fall prevention program.

AMOB is also currently recruiting for new coaches interested in learning how to teach an in-person as well as the previously mentioned virtual classes. Contact the AAA at 753-5060 if you are interested in participating or coaching! Local fitness centers have slowly reopened to limited capacities, and are welcoming seniors to their facilities.

Cortland YMCA- The YMCA offers seniors discounts in memberships through Silver and Fit, Silver Sneakers, AARP Medicare supplement, and Renew Active. They will be jumpstarting the Walk with Ease program through the Arthritis Foundation in April, virtually and/or in person for no cost. Call 756-2893 for more information.

Cortland YWCA- The YWCA offers discounts in memberships and programming through Silver and Fit, Silver Sneakers and AARP Medicare supplement. They are currently hosting a Boomer Nation fitness class, Mondays, Wednesdays, and Fridays from 10:30-11:30 AM, with reduced enrollment for social distancing. Call 753-9651 for additional details.

The Fitness Gap- offers seniors discounts in membership through Silver and Fit and Silver Sneakers. Discounts also given to seniors on memberships monthly, quarterly, and annually. No classes are offered specifically to seniors.

Planet Fitness- Corporate has been contacted but no reply at time of print.

Vine Health and Fitness- The Vine participates in Silver and Fit, and offers seniors a $10 a month discount off their regular membership cost. They are looking forward to adding senior fitness classes to their schedules with proper social distancing guidelines. Call 756-4905 for details.

DON’T FORGET!!!
2021 SENIOR OF THE YEAR NOMINATIONS NOW BEING ACCEPTED!! SEE PAGE 12 FOR DETAILS
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.

We're on the Web:

www.sherbrookapt.com

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 $40,500; and a family of five up to $62,500 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. There are short waiting lists for apartments in most of our developments.

Call 607.753.1771 today for an application or email request at info@cortlandha.com
CHANGING YOUR ADDRESS?
Please Let Us Know

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

To notify us of your change of address:
* Call the Area Agency on Aging: (607)753.5060 or
* Use the convenient form below.

We appreciate your help.

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

Please remove my name from the mailing list.