

A circle is a group of people in which everyone has a front seat.

Senior Focus: 2025 Tompkins County Outstanding Volunteers

MARY CHAPMAN

Mary Chapman was nominated as one of two New York State Seniors of the Year for Tompkins County!



From L to R: Chloe Moore, Representative from Senator Lea Webb’s office, Mary Chapman, Outstanding Volunteer Awardee.

Mary was born in Michigan and moved to a few different states before settling in New York, particularly in Ithaca, in the 1970’s. She worked as a social worker with a focus on domestic violence offenders. She also was an English as a Second Language (ESL) teacher, helping non-native speakers integrate and thrive.

Mary currently volunteers at least twice a week at Loaves & Fishes, where she is described as an “indispensable volunteer.” She does a variety of tasks that include various aspects of food preparation and engaging in conversation with program participants. This conversation, according to two of her colleagues at Loaves & Fishes, “fosters a welcoming and supportive environment.” Mary also delivers meals on her way home to shut-in friends, who may otherwise go without nutritious meals.

In addition to Loaves & Fishes, she also volunteers with Open Doors English, Tompkins Learning Partners, and Tompkins County Public Library. She is also part of a group that knits hats for those in need. Mary believes in building community where she lives, and in the general, broader community.

When asked how she chose the places she volunteers, Mary responded that she holds “much respect for those whose early life challenges may have prevented them from a successful educational path – this includes the incarcerated population.” She stated that she feels very connected to the immigrant and refugee population and has “always had a fascination with the miracle of learning a second language.”

What makes Mary an outstanding volunteer?

She thrives on partnering with those who want to learn, and from learning from them. While Mary noted that scheduling can be a challenge in adult lives, “sharing laughter in all venues is such a big gift for me.”

In her free time, Mary loves to walk, read, garden, listen to classical, blues and jazz music, and watch foreign movies, as well as cook and eat.

When asked what advice Mary has for other New Yorkers about volunteering, she stated, “Choose carefully, as volunteering is a really big commitment.” She also noted that no matter where someone volunteers, they need to respect the boundaries of the organization and personal interactions.

We want to thank Mary for all of the incredible work she does! Her volunteer work is so valuable and needed in the community. Mary touches many lives with her selfless character!

WILMA “WIL” LAWRENCE

Wilma (who prefers to be called Wil), is one of two New York State Seniors of the Year for Tompkins County!



From L to R: Jonathan Lawrence, Wil Lawrence, Outstanding Volunteer Awardee, Mary Holland-Bavis, Representative from Assemblymember Anna Kelles’ office.

Wil started out in Olean, NY, on a dairy farm, but lived all over central New York. She spent several years (on and off) in India, where she was a graduate student in Anthropology. In India, she enjoyed learning about the culture and about the people in general, and she made many lasting connections. She and her husband moved to Caroline in 2009, when she retired from her career as an engineer. They chose the Ithaca area because they had friends here.

Wil has been very busy since retirement! She has volunteered at many, many local organizations, including Lifelong (the HICAP and RSVP programs), Brooktondale Food Pantry, Brooktondale Community Center, StateWide Senior Action Council, and Cornell Cooperative Extension, just to name a few. She has

participated in advocacy surrounding long-term care and food security. Wil also served on several boards, including the Tompkins County Office for the Aging Advisory Board and Town of Caroline Planning Board and Agriculture Committee.

Wil is committed to helping others and has a deep sense of community. She feels it’s her responsibility to help those who need it. She thinks of volunteering as a connection to where

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Services for Older Adults

NY Connects

NY Connects Tompkins County Office for the Aging provides information, assistance, and referrals for Long Term Services and Supports for people of any age and any income. Long Term Services and Supports are for medical and non-medical needs.

NY connects can provide information about:

- Personal Care Services
- Caregiver Supports
- Respite Care
- Financial Benefits
- Education and Counseling
- Care Coordination
- Transportation
- Health and Wellness
- Plus, other services to help you remain as independent as possible

NY Connects staff can assist you between 8:30 AM - 4:30 PM, Monday through Friday. By phone: (607) 274-5482 or 1-800-342-9871
Or visit us on the web at www.tompkinscountyny.gov/All-Departments/Aging

Free language assistance (interpretation and translation) services available.

ElliQ

ElliQ is a digital care companion that helps older adults remain active, engaged, and independent. ElliQ proactively offers health and wellness support, entertainment, communication features, and a concierge service to help with daily activities. If you or someone you know would be interested in an ElliQ, please contact the Office for the Aging at 607-274-5482.

The Registry

The Finger Lakes Independence Center administers the Registry Program. The Registry is a free referral service linking individuals seeking independent employment to people who need care in their home. Opportunities include elder companion, housekeeper, run errands, do yardwork, cook, personal care aide, home care aide, LPN, RN. People looking for help can call and receive names of people who are willing to provide services. Payment and other arrangements are made by the person seeking help, with the person willing to provide the services.

If you either need assistance, or if you would be interested in listing your name as a caregiver, please call FLIC at 607-272-2433 or email: info@fliconline.org. This program is made possible through funding from the Tompkins County Office for the Aging.

COFA Monthly Newsletter

The Office for the Aging distributes a monthly newsletter with information on upcoming events, issues affecting older adults, community events/programming, and much more. This newsletter is available electronically only. To sign up please visit: www.tompkinscountyny.gov/all-Departments/Aging

Help with yard work

The Office for the Aging/ NY Connects maintains a listing of people who are willing to do yard work for older adults on either a paid or volunteer basis. If you need some help with your yard work, please give us a call at 607-274-5482.

SAVE the DATE!



TOMPKINS COUNTY
OFFICE FOR THE AGING

50TH
ANNIVERSARY
CELEBRATION
EXPO

Join us in celebrating COFA's 50th anniversary and the relaunch of our annual Senior Living Expo. Vendors from over 20 community agencies will be present for this **FREE** event.

Event Date:
25 JULY, 2025

Event Hours:
2:00PM - 5:00PM

Event Location:
HOTEL ITHACA
222 S CAYUGA ST

**CALL 607-274-5482
FOR MORE DETAILS**

Each May, we celebrate Older Americans Month (OAM). Established in 1963, and led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

As part of the celebration, the Office for the Aging held an Annual Luncheon and honored two Outstanding Volunteers. We also completed our 2024 Annual Report. The following is an excerpt from the report by the Office for the Aging Director, Lisa Monroe.

“It is my privilege to present the Tompkins County Office for the Aging’s Annual Report for 2024. Serving Tompkins County since 1975, and celebrating our 50th anniversary this year, the Office for the Aging, our contractors, and our local network of service providers work together to make Tompkins County a great place to live, work, retire, and age in community.

This year’s theme, "Flip the Script on Aging," focuses on transforming how society perceives, talks about, and approaches aging. Ageism is one of the last socially accepted prejudices and this year’s theme encourages individuals and communities to challenge stereotypes and dispel misconceptions.

This May, individuals, community groups, businesses, and organizations can make a mark on Older Americans Month by spreading the word about fighting against ageism. We can accomplish this by challenging our own biases, speaking up against ageism, educating others about the harm of ageism, challenging negative stereotypes of older adults, celebrating diversity in aging, promoting connections between different generations, and advocating for policies that help older adults. Find more strategies and tools to end ageism at <https://www.reframingaging.org>.

This Annual Report shares the programmatic highlights and the core services provided by the Office for the Aging in 2024. Our work is made possible through dedicated staff, volunteers, subcontractors, and community partners. It is through these collaborative endeavors that we maintain a network of home and community-based services for older adults in Tompkins County. Together, we strive to support older adults to remain in and be involved with their communities as they choose. We thank the Tompkins County Legislature for their ongoing support for our programs, and the community members to whom we are responsible.

Sincerely, Lisa Monroe

To read the report in its entirety please visit www.tompkinscountyny.gov/All-Departments/Aging. Hard copies are available at our office: 214 W. Martin Luther King Jr./State St. in Ithaca.

Caregiver’s Corner

4 Signs Your Loved One Might Need a Companion

This article is a republishing of the original May 6, 2022 article found on NCOA’s website, ncoa.org

The impact of the pandemic’s forced isolation has been profound for older adults, affecting their mental and physical health, and in many cases, their living environment and routines. *More than 12 million older Americans currently live alone.*¹

And with families relying on technology to virtually celebrate birthdays, holidays and other events, the pandemic created a gap in face-to-face “check-ins” with aging family members—the opportunity to see how things are going, assist with errands, or tackle a home repair.

Millions of older Americans are in the category of not needing the round-the-clock services of a skilled nursing facility, or even the clinical services of a visiting nurse, but would benefit from assistance with aspects of their home lives that do contribute to their physical and mental health. This may include:

- Technology assistance
- Meal preparation
- Light housework
- Transportation to and from doctor’s appointments
- Perhaps most crucially, social interaction

It may be hard to decide when and where a second set of hands is needed. How can adult children ensure our parents and grandparents receive a helping hand when we’re not around?

Below are four signs that additional help, in the form of a companion, could be useful to improve the health and overall well-being of a loved one.

Caregiver checklist - Signs your loved one could need additional help:

Repeated comments about loneliness—Some older adults may not outrightly express feelings of despair, but according to the University of Michigan’s National Poll on Healthy Aging, one in five older adults reported experiencing worse depression or sadness since the start of the pandemic.² Whether due to a decline in social interactions, the passing away of peers, or less frequent trips outside the house, loneliness can significantly impact a person’s health, increasing their risk of heart disease, stroke, diabetes, depression and dementia, among other impacts.

Lack of nutritious food in the home—Having consistent access to healthy food is critical, as food insecurities contribute to an additional 11% in annual health care costs and increase the likelihood of emergency department visits and hospital admissions by 50%.³ Check the refrigerator and cupboard of your loved one for healthy food options. A lack of fresh options, like vegetables, or a pantry with lots of expired items, could be a sign they’re having difficulty getting to the grocery store on a consistent basis, something a companion could help arrange.

Neglected housekeeping and home maintenance—As we age, general housekeeping and home repairs can become more difficult. Even something as simple as changing a light bulb can be a burdensome and potentially dangerous, task for those living alone. If your loved one expresses difficulty in keeping up with chores, a companion may be

able to assist with light cleaning around the house, helping with things like grabbing the mail or hanging a picture on the wall. Companions can also provide an extra set of eyes, checking for fall hazards like uneven floorboards.

Increased isolation due to lack of consistent transportation—Coordinating rides to medical appointments, the grocery store or simply to see a friend, can be challenging for older family members. Logistics can also be stressful for a primary caregiver, who can often end up as the main or only source of transportation. If a loved one is spending more time at home, a companion could help ensure he or she is able to get out, sharing the burden of providing a ride or coordinating logistics.

What kinds of services can help fill the caregiver gap?

Caregiving is a challenging role—even when it’s done for those we love most. If one or more of these signs exist for an older adult in your life, there are services that can help fill this gap in companionship and in-home support.

Many health plans have recognized the need to address loneliness, and use companionship to identify and solve for social determinants of health, like loneliness or lack of transportation access, and are working with companies, such as Papa, to support their members. Papa matches seniors with a Papa Pal, a companion to provide assistance with errands, transportation, and technology, as well as to provide needed human connection. For more information on Papa’s services, or to learn more about how companion care can be beneficial, visit <https://www.papa.com/>.

NCOA hosts the annual *Older Adult Mental Health Awareness Day* to highlight critical issues in addressing mental health needs as we age.

Sources

1. By the numbers: Older adults living alone. May 2016. American Psychological Association. Found on the internet at <https://www.apa.org/monitor/2016/05/numbers>
2. National Poll on Healthy Aging. University of Michigan. Found on the internet at <https://www.healthyagingpoll.org/>
3. Berkowitz SA, Seligman HK, Meigs JB, Basu S. Food insecurity, healthcare utilization, and high cost: a longitudinal cohort study. *Am J Manag Care*. 2018;24(9):399-404. Found on the internet at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6426124/>

The Caregiver Resource Center at the Tompkins County Office for the Aging has several caregiver services to help.

If you are a family caregiver, call the Caregivers’ Resource at the Office for the Aging for specifics about local supports (607-274-5486) and to be added to our mailing list for our quarterly newsletter, *In Support of Caregivers*.

For a free copy of the booklet, *Resources for Caregivers in Tompkins County*, call the **Office for the Aging** or view it online at <https://www.tompkinscountyny.gov/All-Departments/Aging>. (Click on the orange *Resources for Caregivers* booklet cover about two thirds down on the home page.)

The *Senior Circle* is published four times a year by Lifelong, 119 West Court Street, Ithaca, NY 14850, and contains information on activities and services which add to the quality of life for older adults and assists them to maintain an independent lifestyle.

The *Senior Circle* is partially funded by the **Tompkins County Office for the Aging**.

Second Street Reiki

Dianne Ferriss Ithaca, New York

Reiki Master Practitioner

607/339-3277

2ndst.reiki@earthlink.net

deep relaxation through gentle touch

practice dedicated to women only



POWERFUL TOOLS FOR CAREGIVERS

Feeling Overwhelmed?

Caring for someone with a chronic illness such as dementia, Parkinson’s disease, stroke, or cancer can be stressful physically, emotionally, and financially.

PTC is an interactive, evidence-based course designed to equip caregivers with the tools they need to balance caregiving with self-care.

When you take care of yourself, everyone benefits.

REGISTER NOW FOR UPCOMING CLASSES

Next In-Person Session:


Tuesdays for 6 weeks
Sept. 9 - Oct. 14
10:30 am -12:00 pm

CALL ANDREA TO REGISTER:
607-274-5484



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together

Cooling Assistance Program



Summertime is on its way, and warmer temps brings the need for air conditioning. If you do not have a working air conditioner (or the air conditioner is 5 years old or more), and you have a medical condition that is exacerbated by heat, then you might be eligible for the Cooling Assistance Program. The Cooling Assistance Program is a component of the Home Energy Assistance Program and was opened on April 15th

To be eligible:

- You are a US citizen or a qualified alien.
- You cannot have received an air conditioner through HEAP in the last 5 years.
- Your income is within the HEAP guidelines (see below)

Household Size	Maximum Gross Monthly Income
1	\$3,322
2	\$4,345
3	\$5,367

Eligible clients can receive a free air conditioner and have it installed.

Please call the DSS HEAP Unit at 607-274-5264 for more information, or to apply.

Personal Emergency Response System (PERS)

Tompkins County Office for the Aging offers three Personal Emergency Response System (PERS) unit options to assist in keeping falls-prone (and other medically vulnerable individuals), safe at home and in the community.

We partner with Doyle Medical Monitoring, a security company that was founded in 1919, and expanded into Medical Monitoring in 2008. Ranging from \$25 to \$50 monthly, Doyle offers systems that work solely in (and in close proximity to) the home, as well as a GPS unit that works anywhere in the 48 contiguous United States where there’s a reliable cellular signal. For an additional \$5 monthly, fall detection can be added to any of these systems.

These home-based and GPS PERS come with pendant and wristband options. These pendants and wrist-worn buttons are lightweight, can be worn in the shower, and have an easily identifiable button that can be pressed if the client has a fall or a medical emergency. When the button is pushed, an alert is activated on the unit, and the Doyle response center is contacted. Within 10-90 seconds, A Doyle response center representative will respond through the console or GPS unit and can then call emergency services (or a designated relative, friend, or neighbor, depending on the seriousness of the fall or medical emergency).

Interested individuals can call the Office for the Aging at 607-274-5482. Low income individuals may be eligible for a discounted landline or cellular, home-based console system.




Yard Work and Handy Man Services Needed to Assist Older Adults

The Tompkins County Office for the Aging maintains a list of individuals who would be willing to do yard work, and/or Handy Man services , for older adults. With Summer rapidly approaching, lawn mowing, gardening, and general yard work is needed. Many older adults are unable to maintain their yards or may have small tasks that need to be completed around the house.

The Office is currently updating its list and we are in need of more workers. Specifically, we need individuals who are willing to work in places outside the City of Ithaca and in rural areas. If you are interested in assisting older adults with general yard work or handy man services, on either a paid or volunteer basis, please call the Tompkins County Office for the Aging at 607-274-5482.

Senior Farmers Market Nutrition Program



We are right at summer’s doorstep, and summer brings a wide variety of fruits and vegetables that are available at local Farmer’s Markets. Summer also brings the start of the Senior Farmers Market Nutrition Program (SFMNP). SFMNP is a federally funded program that starts in July and runs until September. The SFMNP gives eligible recipients a \$25 coupon booklet that they can use at participating farmers markets to purchase fresh, local, unprocessed fruits and vegetables. To be eligible for the SFMNP, clients must be 60 or over, and meet the income guidelines that are set by the government in June. The Office for the Aging typically has the SFMNP coupons available for pickup in July. Clients can contact the Office for the Aging to be placed on a notify-list to be called when the coupon booklets are available. The coupon booklets can be picked up at the Office for the Aging during normal business hours and are first come first serve. Staff from the Office table at several distribution sites across the county to hand out these coupons as well. For more information, to have your name put on the notify list, or to check to see if there is a distribution site near you, please give the Office for the Aging a call at 607-274-5482.



Office of the State Long Term Care Ombudsman



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together

Advocates for the rights of residents of skilled nursing homes, assisted living facilities, & other adult care facilities



For more information on our services or to volunteer:

Call: 607-274-5498

Email: klyon@tompkins-co.org

Web: aging.ny.gov/long-term-care-ombudsman-program

WWW.CLEARPATHFINDERS.COM



Melynda Johnson Wissar
NYS Lis. R.E.
Salesperson at
Warren Real Estate,
Project Coordinator &
Business Manager



Enrique Wissar
Estate Processing &
Tangible Property
Evaluations

Our mission at Clear Path Finders is to help you realize all the value and equity in your real estate sale.

- Prepare Your Home For Sale On The Market
- Downsizing & Estate Liquidation
- Home Preparation & Staging

From preparation to staging and listing to closing, the team at Clear Path Finders is your single stop for getting the most from your household & real estate holdings.

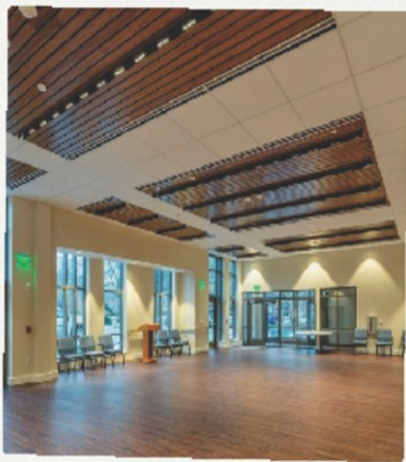
clearpathfinders@gmail.com

315-729-5072

PO Box 421 • Newfield, NY



- Activity Room
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- Large Conference Room
- Fully Equipped Kitchen
- Community Room
- Lounge
- Free Parking



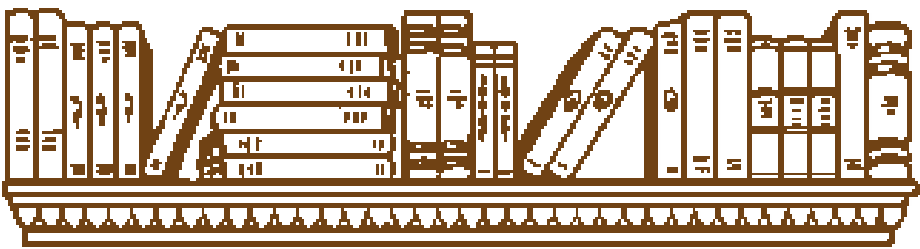
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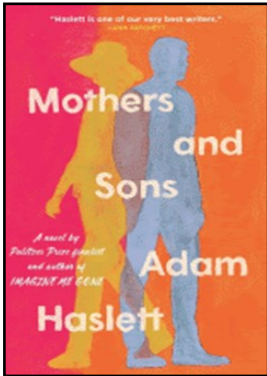
The Book Nook

A feature from the Tompkins Public Library

Find out what’s happening at Tompkins County Public Library!
Visit www.tcpl.org or call 607-272-4557.
Browse and borrow our digital books anytime!

TCPL offers a variety of book clubs for all ages! Check out www.tcpl.org/book-clubs. All Library programs are free and open to the public.

The 4 Seasons Adult Fiction Book Club meets on Thursday, May 15th, 2025, to discuss **Mothers and Sons**. Contact Joyce jwheatley@tcpl.org if interested in this or future book clubs.



Mothers and Sons by Adam Haslett

Socially and emotionally isolated, Peter Fischer, an overworked New York City asylum lawyer and advocate for immigrants’ rights, represents a young man who faces deportation and brutality for being gay if sent back to his homeland in Albania. For 40-year-old Peter, the case triggers memories of his first love, Jared, as it reopens deep wounds

and uncovers secrets. Peter’s relationship with his mother, Ann, who left his father and the Episcopalian priesthood to open a spiritual center in Vermont with her long-time partner, Clare, and the events of the past lie at the heart of this novel.

Modern, complex family relationships in this turbulent political era of immigration and deportation cases, as well as the freedom to love whom you choose, make this novel particularly relevant for reading and discussion. **Review by Joyce Wheatley, TCPL Librarian**

The River Has Roots by Amal El-Mohtar

Amal El-Mohtar’s novella, **The River Has Roots**, is an understated fantasy based on folklore of the British Isles. Incorporating elements of folktales and the spirit of songs such as ‘Tam Lin’ or ‘John Barleycorn,’ this is a story of two sisters, Esther and Ysabel, who live in a small town on a river with mysterious properties whose “waters brim with grammar.” In this setting, grammar is a sort of magic that can change the world the way changing the tense of a verb changes a statement. Each sister falls for a different suitor; Ysabel for the condescending Samuel Pollard, and Esther for a magical being called Rin, and this powerful experience of first love risks driving them apart. There are strange transformations, magical other-worlds, and the threat of drowning.



Notable for its lyrical prose and measured, mature tone, this novel finds a middle route between self-conscious whimsy and Brothers Grimm darkness, which are common poles of modern ‘fairytales for adults.’ El-Mohtar succeeds at evoking wonder and respecting her readers’ adulthood in equal measure. This short, thoughtful read will reward anyone who enjoys a lyrical story of sisterhood and love and is willing to accept some magical leaps of logic. **Review by Alex Ehrhardt**

Project CARE / Project Generations
Friendly Visiting Program

"I define connection as the energy that exists between two people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." --Dr. Brene Brown



Project CARE is a free, friendly visiting program, that helps to alleviate loneliness and social isolation among Tompkins County residents, aged 60 and over. Community volunteers provide older adults with companionship and assistance, while sharing a unique bond. Participants are matched one-on-one with a volunteer. Volunteers are Tompkins County community members. **Project Generations** is the same program as Project CARE, but volunteers are local undergraduate college students from the surrounding educational institutions.

Program participants are matched with a volunteer for the following services:

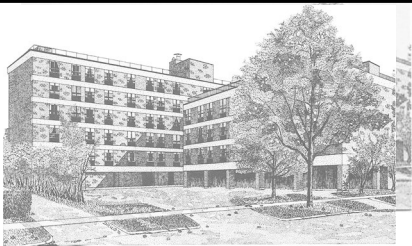
- Weekly friendly visits (conversation, games/crafts, walks, gardening, and more)
- Telephone-friendly reassurance calls
- Caregiver respite
- Running errands
- Organization
- Light housekeeping
- Technology assistance
- One-time special requests

Become a Project CARE/Project Generations Volunteer!

Volunteer commitment is 1-3 hours per week. Volunteers are matched one-on-one with an older adult based on preferences. Volunteering increases self-esteem, wellbeing, and confidence, while alleviating stress and depression. Volunteering has many other personal benefits including making a positive impact on your community.

For more information or to enroll in the program via phone or email contact Dawn Sprague, Project CARE Coordinator dsprague@tompkins-co.org / 607 -274-5499 OR visit our website at <https://www.tompkinscountyny.gov/All-Departments/Aging/Services-of-Our-Office/Project-CARE> to complete a friendly visiting volunteer request or to apply to become a volunteer.

McGraw House
Senior
Apartments



- Studio & One Bedroom Apartments for Income Eligible Seniors (age 62 and older)
- Located in Downtown Ithaca - close to shopping, library, restaurants, places of worship, medical offices, etc.
- Access to Public Transportation
- Dining Facility with Evening Meals
- Preference provided to eligible Veterans/Surviving Spouses residing in NYS
- Roof Deck, Gardening, Laundry Facilities, Off Street Parking
- WELCOMES DIVERSITY & ENCOURAGES INDIVIDUALITY



(607)-272-7054
221 S. Geneva Street, Ithaca
www.mcgrawhouse.org



A smile for today

LOOKING GOOD

My face in the mirror isn’t wrinkled or drawn.
My house isn’t dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on.

-anonymous



Lifelong’s Upcoming Trips with Collette Tours!



Lifelong members are traveling! Take the hassle out of travel. Collette picks you up right at Lifelong and handles all the details on these amazing adventures. All you have to do is pack!

Feedback on Collette trips has been favorable and we’re excited to add more to these offerings moving forward. Have a trip you’d like to see us offer? Please reach out and let us know! On-demand webinars available for other trips! Contact lburger@tclifelong.org to have a link emailed to you!

National Parks of America



September 29-October 10, 2025 12 days and 15 meals

Scottsdale, Grand Canyon, Lake Powell, Zion, Bryce Canyon, Salt Lake City, Jackson Hole, Grand Teton & Yellowstone, Old Faithful, Sheridan, Bighorn Mtns, Crazy Horse Memorial, Mount Rushmore

To learn more, visit: <https://gateway.gocollette.com/link/1239089>

Costa Rica: A World of Nature

featuring Tortuguero National Park, Arenal Volcano & Manuel Antonio National Park



January 17-28, 2026 12 days and 23 meals

Tortuguero National Park, Cooking Demonstration, Sarapiquí, Ti-rimbina Rainforest Center, Chocolate-Making Demonstration & Tasting, River Safari, Forest Reserve Guided Walk, Hanging Bridges, Arenal Volcano, Choice of Zip Lining or Volcano Lava Field Hike, Manuel Antonio Natl Park, Jungle Crocodile Safari & Bird Watching

For more information and to register: <https://gateway.gocollette.com/link/1239095>

Exploring South Africa, Victoria Falls & Botswana



March 9-23, 2026 15 days and 29 meals

Victoria Falls, Chobe National Park, Pilanesberg National Park, 8 Wild-life Safaris, Choice on Tour: Chobe Game Viewing by 4x4 or by Cruise, Cape Winelands, Cape Town, Table Mountain

To learn more, visit: <https://gateway.gocollette.com/link/1239093>

Southern Italy and Sicily

featuring Taormina, Matera and the Amalfi Coast



April 10 -22, 2026 13 days and 20 meals

Palermo, Monreale, Agrigento, Valley of the Temples, Piazza Armerina, Giardini Naxos, Taormina, Strait of Messina, Winery Tour & Tasting, Matera, Sorrento, Positano, Pompeii

For more information and to register: <https://gateway.gocollette.com/link/1268089>

Discover Switzerland, Austria & Bavaria



May 13-22, 2026 10 days and 13 meals

Bern, Alphorn Maker, Yodeling Demo, Fondue, Lucerne, Austrian Alps, Innsbruck, Salzburg, Mirabell Gardens, St. Peter’s Restaurant, Bavaria, Linderhof Palace, Tyrolean Folklore Show

For more information and to register: <https://gateway.gocollette.com/link/1239097>

Iceland’s Midnight Sun: Glaciers, Geysers, and the Golden Circle



August 23-September 1, 2026 10 days and 15 meals

Reykjavik, Golden Circle, Thingvellir Natl Park, Akranes, Breidafjordur Bay Cruise, Lava Exhibition Center, Vik, Jokulsarlon Glacial Lagoon, Sky Lagoon

For more information and to register: <https://gateway.gocollette.com/link/1239099>



Lifelong News

All events listed are held at Lifelong unless noted.

For more information and full listings of programs please check our website at www.tclifelong.org
Please call Lifelong at 607-273-1511, register for classes and events online, or email frontdesk@tclifelong.org to register!

A Line from our Executive Director, Liza Burger



As we step into the warmth and sunshine of summer, I want to take a moment to reflect on the incredible energy and community spirit that continues to thrive here at Lifelong. This season reminds us of the

importance of connection, laughter, and the simple joy of spending time together.

Over the past few months, we’ve welcomed new members, hosted vibrant events, and continued to expand our programs to meet the evolving needs of older adults in our community. From expanded health & wellness programs to clay classes, *Play it Again Theatre Troupe* performances to day trips, it's been heartening to see so many folks engaging, learning, and supporting one another.

Looking ahead, we’re excited to launch several summer initiatives, including a minor league baseball outing (join many of our staff at this fun game featuring the Mets vs. Red Sox!), and the return of the much-loved Ice Cream Social and Fall Catalog Launch in August. We’re also exploring ways to strengthen our partnerships with local organizations to better serve our community in the months to come. In fact, we’re excited to partner with Love Living at Home for our picnic this summer and hope you’ll join us at Stewart Park!

Thank you for being the heart of Lifelong! Your participation, feedback, and generous spirit fuel everything we do. I encourage you to stay connected, try something new, and most importantly—enjoy the sweet, sometimes lazy days of summer. I’m going to try to do the same!

Warmly, Liza



Lifelong - Enhancing the lives of older adults in Tompkins County

Lifelong has a commitment to making membership accessible to everyone. We offer a sliding scale for annual membership fees along with scholarships supported by the Triad Foundation.

Lifelong: A Meaningful Place

When I joined Lifelong as Program Manager last summer, I did not know that creating classes would be so fulfilling. Offering programs that expand knowledge, encourage experiences, and build social connections has been so rewarding on so many levels.



Susan Weiner,
Lifelong Program
Manager

What surprised me even more is what Lifelong members have given me: The realization that growing older can be joyous and fulfilling. Spending time with so many remarkable folks has lessened the fear of time passing and given me hope for all of us.

This summer, I hope you can make time to enjoy exceptional Lifelong offerings. Take a break from the heat for *Laughter Yoga: Find Joy, Conquer Pain*. Learn to live better and longer with *Healthy at 100: Lessons from the Blue Zones*, taught by a nurse practitioner and longevity expert. Curious how you can apply AI to your life? Sign up for *Artificial Intelligence 101: A Friendly First Step*.

Drop in for popcorn and a film on *Cinematic Mondays*, celebrate the solstice with a gong bath, or sign up for a crafted road trip to Sonnenberg Gardens & Mansion Historic State Park. Take in a MiLB Mets vs. Red Sox game, connect with nature at our annual Summer Cookout, or sail Cayuga Lake on an Osprey Eco Cruise.

Lifelong is a meaningful place to stay active, develop skills, and foster community, regardless of the season. Looking forward to seeing you this summer!

Lifelong Summer Closures

Thursday, June 19-Juneteenth
Friday, July 4-Independence Day
Monday, September 1- Labor Day
Lifelong’s building is closed to the public
August 11-14 for maintenance



Looking for something to do this summer? Check out Lifelong’s SOCIAL GROUPS

Meet new people with common interests. Lifelong Social Groups are open to all Lifelong members. There is a \$2 drop-in fee, unless otherwise noted.

MahJong | Mondays | 11:00 a.m. - 1:00 p.m.
Beginners welcome. Weekly.

Scrabble | Mondays | 1:30 - 2:30 p.m. For all Scrabble enthusiasts. Weekly.

Second Monday Book Club | 2nd Monday monthly 11:15 a.m. - 12:45 p.m. Want to discuss what you’ve read? Second Monday Book Club is open to new members.

Open Studio Mixed Media | Tuesdays | 9:00 a.m. - 12:30 p.m. Bring your own supplies to work on art. All media and experience levels welcome.

Bridge Club | Tuesdays | 1:00 - 3:00 p.m. Friendly and competitive. Open to beginners. Weekly.

Writing Group | Wednesdays | 10:00 - 11:30 a.m.
Write using a prompt, then feel free to share your work.

Second Wednesday Book Club 2nd Wednesday monthly | 4:30 - 6:00 p.m. Choose from a list of fiction and non-fiction books every six months. More info at 2ndwednesday.blogspot.com.

Women’s Social Group | Thursdays | 11:30 a.m. - 1:00 p.m. An opportunity to laugh, chat, and socialize.

Viva La Vegan | 3rd Thursday monthly | 5:00 - 7:00 p.m. Bring a vegan dish to pass. Kitchen opens at 4:00 p.m., group dinner at 5:00 p.m.

Conversational Hungarian | Fridays | 9:30 - 10:30 a.m. Practice speaking Hungarian in a relaxed setting. Open to all levels.

Conversational French | Fridays | 11:00 a.m. - 12:00 p.m. Opportunity to speak French with others who are learning the language. Weekly.

Pinochle | Fridays | 1:30 - 3:30 p.m. Open to all levels of players.

Men’s Group | Saturdays | 10:00 a.m. - 12:00 p.m. Join other men to drink coffee, play cards, plan projects, and discuss interests.

These Social Groups do not require Lifelong membership:

Alzheimer’s Support Group FREE 1st Wednesday monthly | 5:30 - 7:00 p.m. For caregivers and individuals with Alzheimer’s and dementia, provides info and emotional support. Facilitated by a trained leader.

Grief & Loss Support Group FREE 2nd and 4th Thursday monthly | 1:30 - 2:30 p.m. FREE bereavement group facilitated by Hospicare. Please preregister by contacting bereavement@hospicare.org or call Liz Wood at 607-272-0212.

Ithaca Lesbian Discussion Group FREE 1st & 3rd Sunday monthly | 1:00 - 2:30 p.m. A chance for lesbians and allies to get together for presentations and socialization.

Ithaca Lesbian Coffee House FREE 3rd Saturday monthly | 2:00 - 4:30 p.m.

Lesbian Widows Support Group FREE 2nd Saturday monthly | 1:00 - 2:30 p.m.

Cinematic Mondays

Mondays, June 23 - August 25

1:30 - 3:30 p.m.

\$40 for series or \$5 per movie

Take a break from the heat and join us for a film every Monday. We’ll play a variety of movies across different genres, including staff favorites, on our brand-new AV system. We’ll announce the title the week prior. Preregister or drop in. Includes popcorn!

25SUM400



2025 Barbara J. Hulbert Volunteer Award Winner:
Dolores Dewbury *Nominated by Karen Brown*

Dolores is not only a member of Lifelong—she is a visionary and a connector. As a Program Manager in 2021 at Lifelong, I had the pleasure of speaking with Dolores when she first came to me with an idea: to create a space for women, aged 50 and older, to gather, talk, and connect. Importantly, this group wasn’t meant to be a support group in the traditional sense—it was something more organic and affirming. Dolores envisioned a community where women could come together weekly to laugh, share life’s challenges, talk about aging, celebrate joys, and just enjoy each other’s company.

At the time Dolores launched the group, it was just a small handful of women. Today, it has grown into a thriving, dynamic community of nearly 50 members. Under Dolores’s guidance, this group has become a lifeline for many. I’ve seen it firsthand. The women who attend support each other in ways that are deeply moving—visiting one another in the hospital, celebrating birthdays with lunches out, alerting each other of local volunteer opportunities, and even collaborating with the Gerontology Institute’s programs at Ithaca College.

Dolores has been the quiet engine behind all of this. She devotes countless hours to carefully planning topics, curating conversations, and fostering a welcoming and respectful space. She skillfully navigates the group to ensure it remains inclusive and uplifting—avoiding overly political or therapeutic directions while still allowing space for real, meaningful conversation.

The impact of this group is profound. My own wife is a member, and I can say with complete sincerity that this group has changed her life. She has new friendships, people who truly care about her, and a place to go every Thursday where she is seen, heard, and valued. That sense of connection and belonging is priceless—and it’s thanks to Dolores.

Dolores Dewbery embodies the spirit of volunteerism. Her commitment, creativity, and care have brought joy and meaning to the lives of so many. She created something from scratch that now sustains and uplifts nearly 50 women every week. The ripple effect of her efforts is immeasurable.

For all she has done—and continues to do—Dolores is more than deserving of this recognition.

This leadership award was presented May 29, 2025 at Lifelong’s Annual Meeting.



FREE! Musical Memories Café is a compassionate musical experience designed to enrich the lives of caregivers and care-receivers, as well as isolated adults. We offer a simple meal, professional musical entertainment, and a welcoming space.

**July 15th from 12:30-2pm.
Doors open at noon.**

Musical Memories is free and open to all,
but please register in advance by calling Lifelong at
607-273-1511.

Made possible with support from the Health Foundation of Western NY.

Square Dancing on a Friday Afternoon

Are you looking for a social event that offers wonderful old style music as well? Give Lifelong’s Square Dancing Group a try! Pair up movement with music and people for a rip-roaring two hours of fun, Fridays, 2:00-4:00 PM, at Lifelong.



This is a friendly group, welcoming to all, including non-dancers who would rather watch on the sidelines and just enjoy the music. If you’ve done a little square dancing back in grade school, and haven’t even thought about it since then, you’d be surprised how fast it comes back. The dances are taught in a non-threatening manner, as drill corps precision is not expected. Mess-ups are routine and bring understanding chuckles. Most do not attend with a partner, and everyone dances with everybody. Regulars make sure newcomers get to dance as much as they’d like. The group understands that all are aging and won’t fret if you need to rest, or if you have a specific ache or pain. The square dance caller does not call strenuously athletic moves. Iced tea, lemonade, and snacks (sometimes healthy, but mostly not), are served halfway through the event.

Katy Heine, the caller, is excellent at her craft! She does not make it about herself, but rather about facilitating what the group wants to do, as well as generating a good time. The focus may be square dancing, but the group also does line dances, round dances (couples), waltzes, and swing dancing, in between squares. The event usually ends with the Last Waltz.

Check out this weekly oasis of fun offered at Lifelong (Fridays, 2:00-4:00 PM). Lifelong membership is required to attend and there is a \$5.00 drop-in fee each week. Sliding scale memberships are available online at www.tclifelong.org, or by stopping in at our Lifelong Office at 119 W. Court Street.



Lifelong Walks: Simple Steps, Big Impact

Want to stay active, improve your health, and make new friends while enjoying beautiful Tompkins County? Join Lifelong Walks every other Wednesday from May through October!

Walking is a simple way to get your body moving and it’s recommended as a daily exercise for seniors. Walking is also a great social and learning activity. It doesn’t cost any money or require a structured plan, yet it offers significant benefits.

Studies show that folks who walk regularly live longer and healthier lives compared to those who are sedentary. Walking helps to maintain healthy body weight, reduces high blood pressure, decreases the risk for type-2 diabetes, and promotes a strong musculoskeletal system. For those with joint problems or low back pain, walking helps decrease symptoms of chronic pain.

Walking isn’t just beneficial for your body. Taking walks is also a mood enhancer and can produce a natural painkilling effect. Walking decreases symptoms of stress like anxiety, fatigue, and depression. Studies suggest that walking with friends boosts motivation and mood-enhancing benefits.

Lifelong Walks meet outside of Lifelong at 9:15 a.m. every other Wednesday. Participants must be current Lifelong members and able to walk one to two miles independently or bring an assistant. For more information, contact walk coordinator Carol Beeman at



Lifelong Walkers 2024

cibeeman@rocketmail.com or by phone at (248) 875-8822.

Exercise doesn’t need to be intense or complicated. *Happy walking!*

DAY TRIP | OPEN TO PUBLIC

Sonnenberg Gardens & Mansion State Historic Park

Plus Lunch & Shopping at Sauders Store

TUESDAY, AUGUST 5

8:15 A.M. 'TIL 4:00 P.M.


\$99 Lifelong Members

\$109 Non-members


Bus departs from/
returns to BJ's

25SUM903

Take a guided tour of Sonnenberg Gardens & Mansion State Historic Park. Explore gardens, greenhouses, and 40-room Queen Ann-style mansion built in 1887. We'll stop at Sauders Store for lunch and shopping, featuring the Dutch Country Bakery, Swiss Deli & Cheese Shoppe, and Country Cookin' Café. Trip includes bus with bathroom, admission and tour at Sonnenberg Gardens, and \$15 lunch voucher. There are a limited number of Sonnenberg Gardens tram spots for individuals with mobility limitations.



Foodnet Meals on Wheels




Invites you to

COMMUNITY DINING

Are you 60 years old or older?
If so, join us for a fresh-cooked, nutritious

HOT LUNCH



Monday-Friday at Titus Towers 798 S. Plain St.
Tuesdays at the Slaterville Springs Fire Company.



TOMPKINS COUNTY
OFFICE FOR THE AGING
Aging Better, Together

Registration in advance is required.
Call us today to reserve a spot!
607-266-9553

Sponsored by
The US Department of Health
and Human Services,
New York State Office for the Aging, and
Tompkins County Office for the Aging



Doors open at 11am
Lunch Served 12-12:30pm

Learn more and view our menus at foodnet.org

(Continued from page 1) **Volunteer Awards**

you live. Wil noted it is a privilege to volunteer, and it is a safe way to step outside your comfort zone. However, she noted that there are “no protections, you have to have a skill set; you are not the director, you are an ambassador.”


It's clear in talking to Wil that she is a truly caring individual. She enjoys social learning and just “hanging out” talking to people. She pointed out that “People’s stories are better than a novel.” Everyone has a story to tell. Wil has also learned to creatively deal with challenging circumstances through volunteering, and has always tried to respond to what is needed, wherever she is.

When asked what advice she has for those looking for a volunteer opportunity, she stated, “The more you volunteer, the more you get to know people.” She also stated that the best part of volunteering are the circles of connections. Wil stated, “Here’s your opportunity, step outside your comfort zone! You can always walk away if it doesn’t work out.” She encourages others to volunteer because they can learn about what they thought was discomfort in their lives. That takes on a whole new meaning when you meet others in situations different than yours.

Wil is a truly inspiring volunteer who is modest about all she has done and continues to do. She doesn’t look at volunteering as something that deserves recognition and reward; she just enjoys the connections and learning about others.

When asked what she likes to do in her free time, she mentioned a couple of things such as art and reading nonfiction. But Wil stated that she would always choose volunteering over leisure activities. When talking to Wil even for a short time, you can easily see that’s who she is – kind, social, and giving.

Wil is the perfect picture of an outstanding senior volunteer, and we want to recognize and thank her for all that she does!



Free! **Ice Cream Sundaes at Titus Towers** **Tuesday, July 8 from 1-3pm**

Join Lifelong and GIAC at Titus Towers for an afternoon of free ice cream sundaes and entertainment by the GIAC Jumpers.

Titus Towers is located at 798 South Plain Street , Ithaca

Pre-registration is encouraged Call 607-273-1511



25SUM004
THURSDAY, JULY 31 | 12 P.M. 'TIL 2 P.M.
Stewart Park, Small Pavilion

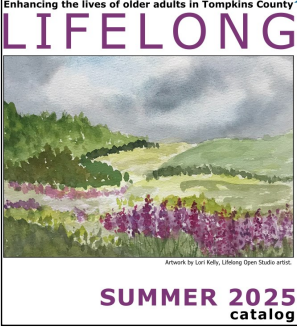
JOIN **LIFELONG** & **LOVE LIVING AT HOME** FOR A

SUMMER COOKOUT


Relax, connect with nature, and share a meal at our annual summer Stewart Park picnic! Lifelong and Love Living at Home will grill up the hot dogs and burgers, including veggie options. Please bring a dish to pass! Free but preregistration encouraged.

Summer Catalogs are available at Lifelong. Stop in and pick up a copy!

Join Lifelong while you are here!




LIFELONG
Enhancing the lives of older adults in Tompkins County
SUMMER 2025 catalog



25SUM006
WEDNESDAY, AUGUST 27 | 2 P.M. 'TIL 4 P.M.

FREE
ICE CREAM
Social & Fall Catalog Preview

Cool off with FREE ice cream and get the scoop on upcoming Fall programs at Lifelong’s Ice Cream Social & Fall Catalog Preview! Preregistration encouraged. Generously sponsored by Brookdale Senior Living.





Brain Health and Older Adults

From the National Institute on Health, February 2025

Brain health refers to how well a person’s brain functions across several areas. These include:

- Cognitive Health:** How well you think, learn, and remember
- Motor Function:** How well you make and control movements, including balance
- Emotional Function:** How well you interpret and respond to emotions (pleasant/unpleasant)
- Tactile Function:** How well you feel and respond to sensations of touch, like pressure, pain and temperature
- Sensory Function:** How well you see, hear, taste, and smell

Brain health can be affected by various things, such as age-related brain changes, brain injuries (like stroke or traumatic brain injury), mood disorders, substance use disorder or addiction, and diseases such as Alzheimer’s. Some factors affecting brain health cannot be changed, but there are many lifestyle changes that might make a difference.

Growing scientific research suggests that the following are linked to cognitive health. Try making these following suggestions part of your routine. A cumulation of small changes may add up and could help you to function better as you age.

Take Care of Your Physical Health:

1. Getting regular recommended health screenings and consulting with your healthcare providers is a good place to start.
2. Limit alcohol use.
3. If you currently smoke, try quitting, or at least cutting back.
4. Manage chronic health problems like diabetes, high blood pressure, and depression.
5. Try to regularly get the recommended amount of sleep of 7-8 hours per night.

Eat Healthy Foods:

In general, a healthy diet consists of fruits and vegetables, whole grains, lean meats, fish, and poultry, and lowfat or nonfat dairy products. Limiting solid fats, sugar, and salt is also important. Portion control is an easy thing to overlook, but is important. Water and fluid intake is very important for keeping our body functions running smoothly.

Be Physically Active:

Regular exercise can help maintain and improve your strength, have more energy, improve your balance, and prevent or delay heart disease and diabetes. Federal guidelines recommend that all adults get at least 2.5 hours of physical activity each week. Walking is a good start and there are many classes available for various activities.

Keep Your Mind Active:

Being intellectually engaged may benefit the brain. Additional research is needed in large numbers of diverse older adults, to be able to say definitively whether these activities may help reduce decline or maintain healthy cognition. However, learning new skills, volunteering, and hobbies are fun ways to spend time. People who engage in meaningful activities say they feel happier and healthier.

Stay Socially Active:

Interaction between friends and family also contributes to a sense of purpose and connection. Socialization is a vital part of maintaining cognitive brain health. If you would like to strengthen your social connections, consider volunteering for a local organization or joining a group focused on an activity you enjoy, such as walking.

Being Aware of Changes in Your Senses:

Understand how medicines can affect the brain

Some medicines and combinations of medicines can cause confusion, memory loss, hallucinations, and delusions in older adults.

Medicines can also interact with food, dietary supplements, alcohol, and other substances. Some of these interactions can affect how your brain functions. Drugs that can impair older adults’ cognition include:

- Antihistamines for allergy relief
- Sleep aids
- Antipsychotics
- Muscle relaxants
- Drugs that treat urinary incontinence
- Medications for relief of cramps in the stomach, intestines, and bladder

Talk with your doctor if you have any concerns about your medications or possible side effects. Do not stop taking any prescribed medications without consulting your healthcare provider first.

This content is provided by the NIH National Institute on Aging (NIA). NIA scientists and other experts review this content to ensure it is accurate and up to date. Content reviewed: June 11, 2024

For More Information About Cognitive Health:

NIA Alzheimer’s and related Dementias Education and Referral (ADEAR) Center Call: 800-438-4380
adear@nia.nih.gov
www.nia.nih.gov/alzheimers

The NIA ADEAR Center offers information and free print publications about Alzheimer’s and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.

Alzheimers.gov
www.alzheimers.gov

Explore the Alzheimers.gov website for information and resources on Alzheimer’s and related dementias from across the federal government.

Alzheimer's Association
800-272-3900
866-403-3073 (TTY)
info@alz.org
www.alz.org

Alzheimer’s Foundation of America
866-232-8484
info@alzfdn.org
www.alzfdn.org

DAY TRIP | OPEN TO PUBLIC

SUNDAY, JULY 6
10:30 a.m.- 5:15 p.m.

BASEBALL

Syracuse Mets vs. Worcester Red Sox

\$155 Lifelong member | \$160 nonmember

- Comfortable charter bus & stadium ticket
- Full day in luxury climate-controlled, indoor/outdoor suite
- Outdoor balcony seats, easy access to bar and restrooms
- All-you-can-eat buffet featuring appetizers, sides, and entrées, plus desserts and drinks

Reserve your spot online
at www.tclifelong.org
or call 607-273-1511 or email
frontdesk@tclifelong.org

Bus departs BJs at 10:30 a.m., returns 5:15 p.m.

