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O2 THE CORTLAND AREA TRIBUNE

February 26 – March 10, 2020

WELCOME TO OUR SENIOR CITIZEN ISSUE

The Cortland Area Tribune, nicknamed The CAT is published and distributed every other Wednesday. Look for it at 100's of area businesses in Cortland, Dryden, Whitney Point, Groton, Homer, Marathon, Moravia, Ithaca, Tully & LaFayette. Here's some upcoming issues for you to look forward to!

March 11 – Spring Antiques & St. Patrick's Day Issue

Deadline 3/6

March 25 - Spring Home Improvement, Real Estate, Think Spring & Fishing Issue

Deadline 3/20

April 8 – Spring Motorcycle/Car Care, 50th CNY Maple Fest & Easter Issue

PLUS Spring/Summer Travel Guide Deadline 4/3

April 22 - Pre-Mother's Day, Lawn & Garden Issue

Deadline 4/17

May 6 - Mother's Day, Pre-Memorial Day & Airbnb Issue

Deadline 5/1

May 20 - Memorial Day & Dairy Days Issue

Deadline 5/15

June 3 - Summer Car Care, Local Race Tracks & Pre-Grad/Dad Issue Dea dline 5/29

June 17 – Grad/Dad, Summer Music, 4th of July & Local Wine/Brewery Issue Deadline 6/12

July 22 - BBQ & Outdoor Recreation & HOT Weather Car Care Issue Deadline 7/17

August 5 - Need for "Speed" (Motorcycles/Cars/Race Tracks) Issue Deadline 7/31

Like us on Facebook Want more timely local news & community events? Search for us: "The Cortland Area Tribune"

BUMPER STICKER OF THE ISSUE CAUTION STUDENT DRIVER (AND SCREAMING PARENT)

Have you ever seen a clever bumper sticker on someone's car in front of you at the red light or fast food drive-thru and thought, "That's a good one"! Do you have one on your car that's worth sharing?! The newest addition to The CAT is quotes from Bumper Stickers! If you have one to share with our readers, please email it to tcatribune@gmail.com or call them in to 607-844-8228

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PHOTOGRAPHY



TRIVIA QUESTIONS

 $See {\it if you know the answer without looking it up! Answers in the back.}$

- 1. Who married fellow country star George Jones in 1969?
- 2. Who was US President at the start of the 20th century?

3. Which London theater used to claim that "we never closed?"

4. What U.S. aircraft flies for the first time in 1952?

CHECK OUT THE BUSINESS SERVICE GUIDE!

Easily accessible at the back of the paper! Growing with every Issue! Take this handy pull-out 4 page directory with you in your car and leave it in your glove box for quick reference! Area businesses are listed alphabetically by services. When you patronize the businesses listed in the directory, please tell them you saw them listed in The CAT! *Shop local and save gas*!

CORTLANDAREATRIBUNE.COM

Visit our newspaper online! Each issue is posted online, along with additional content we couldn't squeeze into the printed issue! *Also find us on Facebook and Twitter (@tcatribune)*!

SAVE A TREE—RECEIVE EACH ISSUE IN YOUR EMAIL INBOX

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THE CORTLAND AREA TRIBUNE

Mail to: THE CORTLAND AREA TRIBUNE PO BOX 67 DRYDEN, NY 13053 The Gortland Area Tribune, nicknamed The CAT, is a free bi-weekly newspaper offering affordable advertising rates since 2002. 24 to 32 pages per issue! Distributed every other Wednesday in Cortland, Tully, Lafayette, Groton, Homer, Dyrden, Marathon, Whitney Point, Moravia and Ithaca. Each issue has a new theme to go with the season or suggested topics – such as DADY GRAD, EASTER, CHRISTMAS, NEED FOR SPEED, PAMPER YOUR PETS, CAR CARE MONTH, BRIDAL and more! and more!

The CAT's popular 4 pg pull-out biz/ service guide only \$99/4 months per listing. Includes 1 FREE 1/16th pg black & white ad inside with new and/ or renewed listings! Plus discounted advertising rates while listed in

A Bit About The Cortland Area Tribune...

the biz/service guide. Biz are listed alphabetically by services. Full color ads also available!

FREE online classifieds (articles for sale only) e-mailed- a gift to our readers!

Community events, local happenings, business profiles & more are featured in The CAT.

Front page advertisements include a FREE article and pictures printed inside about their biz! It's like getting 2 ads for the price of one!

Don't miss out! Inform the community about YOUR business! Folks are curious about what's inside The CAT call or email for a rate brochure plus upcoming dates and deadlines

Judy Kilmer, Publisher

TRAVEL GUIDE WILL ALSO BE ONLINE AT CORTLANDAREATRIBUNE.COM

TEXT/CALI 607.227.0606 for advertising info!

CONTACT

JUDY KILMER

PUBLISHER

FESTIVALS!

FAIRS!

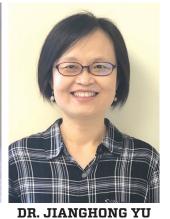
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DR. EDUARDO BONILLA-TREJOS





DR. SHEETAL RAYANCHA

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> we have you covered. We also offer a wide selection of tires from trusted names like Yokohama, General, Continental, and Mastercraft. If you're

s looking for a different vehicle at an affordable price, we also ;, sell used cars.

We invite you to try our service center at 233 Elmira Road in Ithaca Monday through Friday 8AM to 5PM and Saturday 8AM to 12PM. Proudly serving the surrounding communities including Ithaca and Cortland. Gift certificates available. A great idea for the hard-to-buy for person.

Stop by and say HI to the team at the front desk – Steve, Tom and John! Check us out on the web <u>www.willcoxtirecenter</u>. <u>com</u> and like us on Facebook! Or give them a call 607-273-6310.





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FINGER LAKES DERMATOLOGY, DR. YENTZER is conveniently located on route 13/Dryden Road (2141 Dryden Rd, Freeville) between Ithaca and Dryden. To make an appointment, please call our office at 607-708-1330, email us at info@ fingerlakesderm.com. We accept most traditional insurance plans. Please contact our office to verify acceptance of your plan prior to your appointment.

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What is a dermatologist? A dermatologist is a physician who specializes in the treatment of skin conditions and diseases. Dermatologists are certified by the American Board of Dermatology after extensive education and medical residency. They treat everything from minor skin rashes, like hives, to chronic skin diseases, such as eczema or psoriasis. Dermatologists are experts in the field of skin biology, and provide advice based on scientific evidence to treat skin disease, optimize skin health and improve the overall appearance of skin as we age.

1330

If you have any questions, please call our office at 607-708-

Article by Margie Manthey

Creamery Hills Apts.

Are you 55 years of age or older? You may qualify to live in this building senior living community in the Town of Richford. 1, 2 and 3 bedroom apartments in this building provide decent affordable housing for seniors. Community room ~ Elevator ~ Laundry ~ Parking ~ Secured Entry System ~ 24 hour on call emergency maintenance and more. Must meet income eligibility.



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THE CORTLAND AREA TRIBUNE *February 26 – March 10, 2020*

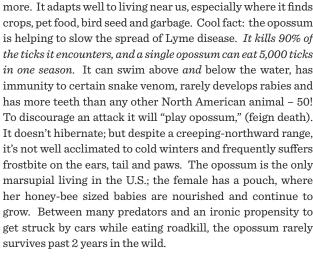
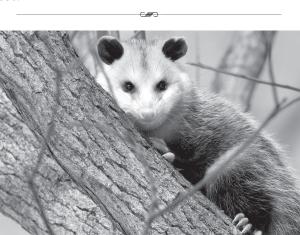


Photo: Pixabay



CREATURE FEATURE THE VIRGINIA OPOSSUM

THE OPOSSUM IS HOMELY BUT remarkable. It's mostly grayish-- white, with dark legs, a pointy snout and hairless ears. Its long, naked tail is functional -- it can be wrapped around a branch or used to clutch and carry leaves. A young opossum may even dangle upside down from its tail. Opposable "thumbs" help it to climb. The opossum ambles along woodlands at night, eating insects, worms, eggs, carrion, fruits, nuts and

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Falls are the most common cause of injury among older adults. The CDC reports that one out of three people, ages 65 and older fall each year. About 30% of these falls result in injury: ranging from minor skin injury or bruise to fracture or head injury. A fall can also lead to fear of falling and avoidance of participation in social and physical activity which further increases risk for falling. Here are some ways that you can reduce your risk for sustaining an injurious fall.

o **Know your Risk:** Everyone faces some risk for falling, but the risk increased for those > 65 years old or have a history of falling. It is recommended that all adults who have fallen in the last year OR feel concerned or afraid of falling, consult with your medical provider or a physical therapist for an individualized balance and fall risk assessment.

a. **Speak Up:** Talk with your medical and health care providers, family and friends about your balance and any concerns about falling.

b. **Make your home safer**: Complete a home safety checklist, remove home safety hazards and clutter, keep stairwells and hallways well- lit, use grab bars and non-slip bath mats and



rugs in the bathroom. For more information on home safety, consult with a Physical or Occupational Therapist.

c. Prioritize eye health with annual vision examinations.

d. Take care of your feet and wear supportive, well-fitting footwear.

e. **Get moving:** Participation in regular exercise, specifically strength and balance training activities, is key to improving your balance and reducing fall risk. Seek advice from a Physical Therapist if you are not sure how to get started on an activity program that will improve your balance.

If you have a history of falls, difficulty walking or moving around, unsteadiness or dizziness, or fear of falling, it is recommended that you consult with your medical provider for a referral for a Physical Therapy Evaluation for a detailed, individualized Balance and Fall risk assessment.

Anne Reilley, PT, DPT, MS, GCS Board Certified Clinical Specialist in Geriatric Physical Therapy 10 Brentwood Dr. Ithaca, NY (607) 274-4159



TIM TILLSON GOT YOUR PICS PHOTOGRAPHY

18 Auburn Road Lansing, NY 14882 607-227-6757 Istarted taking photos with a professional camera back in 2014. It started out just as something to do, But! Then about a year into it, I found myself feeling a passion toward photography. I remember going out almost every day just to find the most interesting shots I could find. Since then, I started, Got Your Pics Photography page on Facebook, I had some business cards made up, as well as some shirts with a logo on the front and back. I have done different craft shows, small flea markets and holiday bazaars. I am currently displaying my photos around the Ithaca area at local businesses, banks, town halls and libraries. I have also shot a bridal shower and have shot 3 weddings, with a 4th one in August. Email me at timothytillson14882@yahoo.com Find us on Facebook.





2016 Dodge Grand Caravan SE • 2014 Subaru Legacy 1 2014 Volkswagen Jetta Sportwagen • 2012 Toyota Camry Sedan SE 2011 GMC Savana Cargo 3500 • 2010 Hyundai Elantra 2010 Toyota Sienna XLE • 2015 Hyundai Tucson GLS 2014 Subaru Forester Base • 2012 Chevrolet Traverse LTZ 2011 Chevrolet Traverse LT • 2011 Subaru Forester Premium 2007 Subaru Impreza 1 • 2007 Dodge Ram 1500

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> 101 MAIN ST GROTON Corner of Rt 222 and Main St

MIKE'S FISH TANK PEACOCK CICHLIDS

GET A LOT OF people wanting peacock cichlids. Malawi Peacocks are arguably some of the prettiest African Cichlids offered in the trade.

Because of their high tolerance to changes in water chemistry, they are an easy beginner species. Peacock Cichlids offer a relatively low maintenance aquarium fish to keep. Like other African Cichlids, Peacocks require tropical temperatures, 72-82° F.

It should be noted that Cichlids will sometimes eat plants. It should also be noted that Cichlids dig caves and disrupt plants and decorations.

This is simply their way. They should be provided with plenty of hiding places. In order to maintain their brilliant coloration, you will need to offer your Peacock Cichlid with a diverse diet. Standard fish food diets usually include a healthy mix of plant and animal matter. However you can also feed frozen bloodworms, freeze dried or frozen brine shrimp. A high-quality varied diet will also help your fish to display their brightest colors and African Cichlids can rival saltwater fish for their beautiful colorations.

Peacocks can be mixed with other peaceful Cichlids from Lake Malawi and Victoria, like small, peaceful Malawi Haps.

Rainbowfish, Congo Tetra, Silver Dollars, Tin Foil Barbs and Giant Danio's also work well in a Peacock Tank as these are decent sized fish. The peacock cichlids are very colorful, many have shades of blue, red, yellow and even pink.

As long as all of their basic care requirements are met, it is not difficult to breed Peacock Cichlids. A single male to several females is ideal.

If there are not enough females in your breeding tank, the male will harass the females until they are too stressed and weak to breed.

We stock peacock cichlids and they are gorgeous.

Ο

Pets A Plenty is located in the Blockbuster Video Plaza, Rte 281 Cortland, 753-9213. Open 7 days a week. We now have a website. WWW. PETSAPLENTY.BIZ. check it out. I post care sheets, coupons. new animal arrivals. contests and more. Any questions, email me at friskyy@hotmail.com

CNY SNAP ST. CATRICK'S ADOPTATHON

Sunday, March 8 12PM to 4PM 17 Salisbury St, Cortland • (607) 756-2561

OME MEET OUR CATS LOOKING for their forever home. Our Umission is provide low cost spay and neuter assistance. Alongside adequate, loving, long term forever families for cats whom have found themselves without. An adoption applicationcan be found on our website https://cnysnap.shutterfly.com/ adoption! Please, fill out and email to cnysnap@hotmail.com

COMFORT KEEPERS ELEVATING THE HUMAN SPIRIT

1301 Trumansburg Rd. Ste. A, Ithaca, NY $607 - 272 - 0444 \bullet 607 - 423 - 7390$

ONSUMER RESEARCH ILLUMINATED THE PRINCIPLE that seniors \checkmark desire in their lives the same things that we all do – connectedness, love, purpose, hope and joy. This doesn't change from what we wanted throughout our younger years. It's fundamental to how we define quality of life, going beyond keeping them safe and secure at home.

Talking about Love vs. Fear

Every decision in life is motivated by one of two emotions. At the most basic level, it boils down to love and fear. When it comes to senior care, that's an extremely emotional decision. People are motivated by love or fear for that too, and unfortunately the industry, tends to lean toward worry, or fear. Make sure you keep them safe and secure so nothing bad happens.

No wonder families can take over a year before they decide on home care for their loved ones! There are all kinds of emotional barriers that need to come down first... so what if we helped them along? Comfort Keepers is going to change the conversation about caring for our seniors. We are going to be talking about love... not

fear.



New Brand Promise

Comfort Keepers elevates the human spirit for today's seniors and their families through a unique, individualized approach to care that helps seniors thrive and achieve greater wellbeing by fostering everyday positive moments, connection and a more purposeful life no matter their age or acuity.

Our Comfort Keepers brand promise is that we elevate the human spirit for today's seniors and their families. We know that people want the same things no matter how old they are - connectedness,

love, purpose, hope and joy. Everyone is so focused on safety and security but what both seniors and their families want even more is how to help them thrive and live their lives regardless of physical condition or mental state. That's why Comfort Keepers is all about Elevating the Human Spirit.

We help our clients reclaim all that life has to offer and focus on daily doses of joy that can make all the difference. We employ Interactive Caregiving as well as technology and other services that help our clients connect with themselves, with others and with the outside world, helping them thrive both mentally and physically no matter their level of acuity.

- Our approach to caring for our elders is rooted in science and medicine
- Seniors who feel better can live healthier and longer.
- Social isolation and loneliness is health equivalent of 15 cigarettes
- Volunteering = lower depression, higher wellbeing
- Elderly people who feel younger than their age show less brain aging, better memory and less depression
- Socially isolated seniors have a much greater risk of mental and physical decline
- Lower depression = less falls
- Socialization and interaction slow Alzheimer's and Dementia patients' decline
- Social isolation and loneliness is health equivalent of 15 cigs/day (AARP.org)
- As little as 2 hours per week of volunteering is associated with a lower risk of depression and a higher feeling of well-being (Psychology Today)
- Elderly people who feel younger than their age show less brain aging, better memory and less depression (thirdage. com)
- Social engaged seniors have higher levels of physical, mental, and cognitive functioning (Stanford Center on Longevity)
- Socially isolated seniors have a 59 percent greater risk of mental and physical decline than those who do not experience social isolation. (Forbes)
- There is a correlation between depression in seniors and the number of falls that a senior may experience.
- Socialization and interaction slow Alzheimer's and Dementia patients' decline. A study analyzing the correlation between loneliness and risk of developing AD revealed that lonely persons had higher risk of AD compared with persons who were not lonely. On the other hand, it has been reported that we can prevent cognitive decline and delay the onset of AD if we keep mentally active and frequently participate in social activities. (NIH.gov)



Teresa Nix

PROTECT



MANOR Senior Citizen Housing

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A FAMILY TREE WITH DEEP ROOTS

Shute's WATER SYSTEMS AND SHUTE'S LaFayette Well Drilling has been a family-run business serving Central New York for more than 50 years, drilling wells, installing pumps and treating problem water.

Originally known as LaFayette Well Drilling, established in 1963 by Howard Shute, and brother-in-law, Warren Shetler, both the business and their reputation grew over the years. Shute continued on with the business after Shetler decided to pursue other interests.

Shute was then joined by his sons, Mark, Neil and Scott. Howard Shute retired at nearly 80 years of age while his sons continued the family tradition of providing safe and pure water to the community.

Today, Shute's Water Systems is run by Scott Shute and Matt Farkas, and Shute's Excavation is run by Todd Shute. Scott's wife Becky runs the office with Mark Shute's daughter Jill. The family attributes the majority of its continued success from recommendations it receives from satisfied customers.

Shute said many municipal water systems contain calcium and magnesium, which as "hard" substances, form scale and create problems in water heaters, dish washers and plumbing systems.

Water purification can include the removal of iron, sulfur, chlorine and bacteria in a chemical-free process. Softening the water is also important and has many benefits, not only for family members, but for plumbing systems and appliances too. "Uncontaminated water is essential for good health," Shute said. "Foul-smelling or unusual odors from your water should make you question your water's quality and safety."

Many families throughout Central New York use well water as a source of drinking water and for all its household needs. Unfortunately, water containing hydrogen sulfide gas has a distinctive "rotten egg" odor which is especially noticeable when running hot water.

Shute said the danger lies in a gradual chemical reaction

"Hydrogen sulfide gas will corrode plumbing metals such as iron, steel, copper and brass, and the exposed metal parts in appliances such as dish washers and washing machines" Shute said. "Also, corrosion of iron and steel pipes from ferrous sulfide, or 'black water,' that can darken everyday tableware, discolor copper and brass utensils and alter the appearance and taste of cooked foods."

Additionally, Shute said, sulfur water can make washing clothes more difficult.

Shute's Water Systems can assure customers that these hazards and more can be avoided or remedied using its time-tested, ecological systems

Shute's offers a free water analysis that will help lead to greattasting and healthy water from the tap. Located in LaFayette, Shute's Water Systems can be reached at (315) 677-5552, or visit <u>ShutesWaterSystems.com</u>.

See its ad on the front page of this edition of the Cortland Area Tribune.





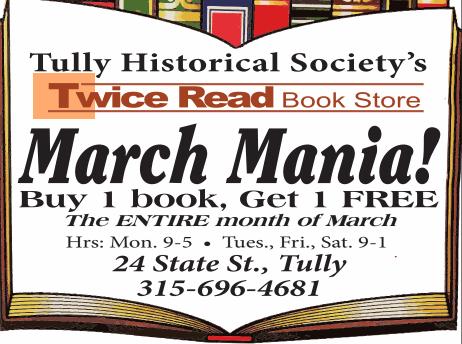
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Five: because they are a locally-owned business with 2 locations to serve you. Ron's Body & Paint, on Cortland Street in Marathon, and on Route 13, across from Elm Tree golf course in Cortland.

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Family (up to 5 people): \$25; Non- Members: Adults: \$12, Seniors: \$10, Children: \$7, Age 3 and under: Free, Family (up to 5 people): \$35; YNAP member families receive free admission. cayuganaturecenter.org

CHILL-A-BRATION: SAMPLE DRINKS & FOOD DOWNTOWN ON LEAP DAY (2/29)

Saturday, February 29 at 12PM to 4:30PM Main Street in Cortland Hosted by Cortland Voice Tickets \$10 www.eventbrite.com Sample food and beverages from businesses located in downtown Cortland.

There will be a chill contest with the winning business participant crowned with the "Best Chili" trophy. Each sampler serves as a judge. You'll want to sample and make sure that you cast your vote (you are given tickets for each sample, a spoon, and a card and pen to record your votes), because one of the cards will be pulled (your contact info will be on it) and that person will win a prize.

You'll be able to enjoy the samples from 12PM-4PM and then get your votes in by 4:15PM. The winner will be announced on the corner of Main Street and Tompkins Street/Port Watson Street at 4:30PM on Main Street in Cortland.

Samples are given until the businesses run out, so get there as close to 12PM as possible!

This year, we have:

- Garcia's Mexican Restaurant
- The Squeeze Juice Bar
- Hollywood Restaurant
- New York Bagel Cafe & Deli
- VFW Tioughnioga Post #2354
- and more

The full list of businesses involved and where to get advanced tickets will be announced on the Cortland Voice Facebook page on their event page.

Studio 34 NVNY – 9 N Main Street – Newark Valley – (607) 642-3535 We are looking to add to our talented team at Studio 34 at our newly updated booth rental salon that offers a wide array of services. Candidates are licensed cosmetologists, must also provide booth rental license and insurance before start date. Day to day or weekly rental options, make your own hours!

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5325 Rte. 281 Homer, NY 13077 S111 ERIE[®] insurance services are provided by one or more of the following insurers: Erie Insurance Company, Erie Insurance Property & Casualty Company and Flagship City Insurance Company (home offices: Erie, Pennsylvania) or Erie Insurance Company of New York (home office: Rochester, New York). Not all companies are licensed or operate in all states. Not all products are offered in all states. Go to *erieinsurance.com* for company licensure and territory informatik Equal opportunity insurer.



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Cortland Senior Center 60 Central Ave., County Office Bldg. Phone (607) 753-5166 Mon., Wed., Fri. 836-8916 Tues., Thurs. Hours: Mon.-Fri. 8am-3:30pm Center Manager: Sue Preston

WEEKLY ACTIVITIES: NOTE: All activities are held in the Activity Room (B1) unless noted otherwise; DR=Dining Room; Gym =Youth Bureau Gym Monday: Breakfast served 8-9am; Shuffleboard 8:15am; Bingo 10:30am; Pickleball (Gym) noon; Bonesaver Exercises 1pm Tues.; Fourscore (80+Club) 10am; Pickleball (Gym) 9am; Shuffleboard 12:30pm Wed.; Billiards & Senior Club Coffee Hour 8am; Senior Club Meeting 10am; Pickleball (Gym) noon; Pitch League (DR) 12:30pm; Bonesaver Exercises 1pm Thurs.; Shuffleboard 8:30am; Pickleball (Gym) 9am; Pinochle 12:30pm; Billiards 12:30pm Fri.; Wii Bowling League 8:15am; Pickleball (Gym) 9am For Information Regarding Snow Closings: 753-5061 (Nutrition Program Office) Reminder: When Cortland Schools are closed on Wednesdays, the Cortland Senior Club will be cancelled.

Harford Senior Center Creamery Hills Living Complex Phone (607) 844-3808 Tues., Thurs. 849-3884 Mon., Wed., Fri. Hours: Tues. & Thurs. 8am-3:30pm 1st & 3rd Tues. 7am-2:30pm Center Manager: Anita Doty

WEEKLY ACTIVITIES: Daily: Coffee Hour 9:30am; Walking & Chair Exercises 10:30-11:30am; Cards & Puzzles 1st & 3rd Tues.; Pancake Brunch 10am-12:15pm; 1st Thursday: Open House for new participants, Tea Social 9:30am; Center Council Meeting 1:30pm David Harum Senior Center Town Hall, Homer, NY Phone (607) 749-2362 Hours: Monday - 12-7:30pm Wednesday, Thursday - 8am -3:30pm Center Manager: Kay Harvey

WEEKLY ACTIVITIES: Mon.; Painting 10am-12pm; Wii 2:30-4:15pm Every Monday. Monday Night Out (MNO) Dinner 4:30pm; Pitch 5:30pm; Wed.; Share a Reading, a Funny Story or Poem 11-11:30am; Bonesaver Exercises 1-3pm 4th Wed.; Pancake Brunch 10am-12pm Thurs.; Quilting 9am; Coffee Hour/Stretching 9:30am; Senior Club Mtg. 10am; Bingo 10:30am Friday; Bonesaver Exercises 1:30-3pm

Marathon Maple Leaf Senior Center Civic Center, Brink Street Phone: (607) 849-3884 Mon., Wed., Fri. 844-3808 Tues., Thurs. Hours: Mon., Wed., Fri. 8am-3:30pm 2nd & 4th Friday 7am-2:30pm Center Manager: Anita Doty

WEEKLY ACTIVITIES: Daily:

Regular Roasted Coffee & Tea

Hour 9am; Cards, Puzzles, Sharpen your Mind w/Games;

Billiards; Read the daily news

Mon.; Penny Bingo, Pay-me,

Pinochle, Pitch, Dominoes

12:30pm Wed.; Billiard Games w/partners 10am; Wii Bowling

10am Fri.; Open Activities 10am;

Wii Bowling 10:30am 2nd & 4th

Senior

Community Building, Clinton

Center

Fri.; Pancake Brunch 9-12pm

McGraw

7) St. Phone (607) 836-8916, 753-5166 Hours: Tues., Thurs. 8-3:30pm
a - 1st Thursday 6am-1:30pm Center Manager: Sue Preston

WEEKLY ACTIVITIES: Tues.; Dominos, pool, puzzle table, cards, games, shuffleboard; Wii games, Laughter Therapy; Bonesaver Exercises 10-11am; Pitch1pm Thurs.; Dominos, pool, puzzle table, cards, games, shuffleboard; Wii games, Laughter Therapy; Bonesaver Exercises 10-11am; Games 1pm

Scott Senior Center United Methodist Church, Route 41 Phone (607) 749-7973, 749-2362 Hours: Tues. 8am-3:30pm Fri.: 6am-1:30pm Center Manager: Kay Harvey

WEEKLY ACTIVITIES: Tues.; Ice Cream Sundaes after Lunch; Bingo 1pm Friday; Pancake Breakfast every Friday 7:30-9:30am



All non-perishable food items will be collected at your local Senior Center and distributed to your local food pantry. If there are any questions, please contact your local

Senior Center Manager.

Area Agency on Aging Nutrition Program 60 Central Ave Cortland NY 13045 Phone: (607)753-5061 Email:ccaaa@cortland-co.org

The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office for the Aging under Title III of the Older Americans Act of 2016, as amended.

CORTLAND COUNTY AREA AGENCY ON AGING CAREGIVERS SUPPORT GROUP

Every 4th Thursday of the month from 3-4 pm



AT THE GUTHRIE CORTLAND MEDICAL CENTER IN THE BASEMENT,





REMINDER: As of March 1, 2020 -PLASTIC BAGS will not be provided for your use. We ask that you bring your own re-usable cloth or paper bags to carry your selected items.

Thank you

CONFERENCE ROOM B OR, IF YOU CAN'T MAKE THIS, ASK ABOUT OUR ONLINE SUPPORT GROUP!!

FOR MORE INFORMATION CALL THE CAREGIVERS' RESOURCE CENTER AT 753-5060 WALK-INS WELCOME!

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The Cortland County Area Agency on Aging is sponsored by the Cortland County Legislature in conjunction with the New York State Office of the Aging under the Title III of The Older Americans Act of 2016, as amended.



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HOW TO PAY FOR CARE IN THE HOME

TRYING TO FIND YOUR WAY through the maze of home care and how to pay for this care can make anyone confused, here are some things to know:

Medicare

• Pays for short term care only when deemed a medical necessity as ordered by a doctor (acute care not chronic care) Medicare does not pay for non-medical care, period. Therefore, Medicare is of no assistance for non-medical home care.

Private paid home care

• Averages \$25 per hour.

• Can hire directly (employed by the family-usually cheaper)

• Can use a licensed Home Health Agency (agency handles everything)

Medicaid (state & federally funded)

• An insurance program for low income people, pays for nonmedical home care, home health care and other in-home supports to help individuals remain living in their homes. The current monthly income limit for 1 person is \$843 per month.

Veterans Benefits

• If you are a veteran overwhelmed with the high cost of longterm home care, such as home care aides, adult daycare, or skilled nursing, the Veterans Aid and Attendance benefit could help offset these rising care costs. A wartime veteran or their surviving spouse with limited income may be eligible to receive a non-service connected pension (this means that the need for care does not have to result from one's military service).

Life Insurance Policy Conversions

 Life insurances holders have a variety of ways of converting their policy into cash or home care services prior to the policyholder's passing.

Long Term Care Insurance

• Individuals with long term care insurance can use the benefits to pay for home care.

Reverse Mortgage (Home Equity Conversion Mortgage or HECM)

• The reverse mortgage is a loan that enables borrowers 62 and over to convert part of the equity in their homes into taxfree income, without having to sell the home, give up the title, or take on a new monthly mortgage. population due to healthcare advances, and the baby boomer generation coming of age.

In this decade, the number of caregivers age 45 to 65 will increase by 1 percent, while the number of older adults (age 80 and older) will increase by 79 percent. This trend will continue for the next two decades, resulting in a decrease in the caregiver-to-care-receiver ratio from 4.1 to 2.9. It is currently very difficult to find caregivers for our elderly population whether it is family or professional help, just imagine what the future holds!

The value of services provided by informal caregivers has steadily increased over the last decade, with an estimated economic value of \$470 billion in 2013, up from \$450 billion in 2009 and \$375 billion in 2007. Some fail to see family caregivers as helping our economy, but if it weren't for these caregivers, most would end up in a facility using federal & state tax dollars.

More than half of the 65 million Americans living in rural areas are over the age of 50. Elders in rural areas (like Cortland and the surrounding areas) are more likely to reside alone, near or at the poverty level, and suffer from a chronic condition or physical disability. About 51% of caregivers in rural areas use community-based services.

This is why we need to continue to support our family caregivers and support the programs such as the Cortland County Area Agency on Aging's Caregiver Resource Center that gives support to our much needed caregivers.

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

 $1\,National\,Alliance$ for Caregiving and AARP. (2015). Caregiving in the U.S.

2 Redfoot, Feinberg, and Houser, 2013.

3 AARP Public Policy Institute. (2015). Valuing the Invaluable: 2015 Update. 4 U.S. Department of Health and Human Services Rural Task Force. (2002). HHS Rural Task Force Report.

5 Buckwalter, K. C., & Davis, L. L. (2009). Elder Caregiving in Rural Communities.

6 Caregiver Alliance, Family. "Caregiver Statistics: Demographics." Selected Long-Term Care Statistics/Family Caregiver Alliance, Family Caregiver Alliance, 2016, www.caregiver.org/caregiver-statistics-demographics.



By Matthew Kemak - Aging Services Specialist

 $N_{\rm season:}^{\rm YS}$ allows for discounts on the upcoming property tax

School Tax Relief Programs (STAR) is a state program designed to provide a partial exemption from school property taxes for owner occupied, primary residences. New homeowners need to apply for STAR online. Please visit the New York State Department of Taxation and Finance website at www.tax.ny.gov.

Basic STAR

- available for owner-occupied, primary residences;
- the income limit for the Basic STAR credit is \$500,000 (the income limit for the Basic

The Cortland County Area Agency on Aging encourages seniors to contact their local assessors for application assistance. Assessor offices are listed below:

City of Cortland, Homer and Virgil Brian Fitts 31 North Main Street Homer, NY 13077 Phone: 607 749-3153

Cortlandville David Briggs 3577 Terrace Road Cortland, NY 13045 Phone: 607 756-7306

Cincinnatus, Freetown, Marathon, Lapeer, Taylor, Willet Frances Butler 40 West Main Street PO Box 366 Marathon, NY 13803 Phone: 607 849-6966 Fax: 607-849-6381 Email: town.assessor@gmail.com Cuyler, Preble, Scott ,

Truxton William Bearup 6361 Prospect Terrace PO Box 37 Truxton, NY 13158 Phone: 607 842-6289

Harford, Solon Larry Fitts 31 North Main Street PO Box 315 Homer, NY 13077 Phone: 607 749-3473 Fax: 607 749-3461 Email: fittsoffice@twcny.rr.com

"A MATTER OF BALANCE" CLASS

Contact: Cindy Stout Phone: (607) 753-5060 Fax: (607) 758-5528 E-mail: cstout@cortland-co.org

Managing Concerns about Falls

TF YOU OR SOMEONE YOU know is limiting activity because of fear of falling, the Cortland County Area Agency on Aging has an informational class series that might help. "A Matter of Balance: Managing Concerns about Falls" can help older adults remain more independent and improve their quality of life.

This eight week class series is an evidence-based program designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

Fear of falling can be as dangerous as falling. Limiting activities can result in physical weakness, making the risk of falling even greater. Also, many older adults experience isolation or depression when they limit their interactions with family and friends.

However you plan to pay for care, you should start planning now, it is never too soon.

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

The Current State of Family Caregiving

In the United States approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months. Most people know or have been a caregiver, even if some wouldn't call themselves a "caregiver". The average age of a caregiver is 49.2 years old, and the average age of a care recipient is 69.4 years of age.

It is unrealistic to continue to rely as much on family caregivers in the future because of a decline in the number of children people are having, and the increase of the elderly STAR exemption is \$250,000);

• based on the first \$30,000 of the full value of a home

Enhanced STAR

- provides an increased benefit for the primary residences of senior citizens (age 65 and older) with qualifying incomes (\$88,050 or less for the 2020-2021 school year)
- based on the first \$69,800 of the full value of a home for the 2020-2021 school year.

The STAR benefit applies only to school district taxes. It doesn't apply to county, town, or city taxes.

EXEMPTION FILING DEADLINE:

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

Source: NYS Department of Taxation and Finance

This class series will be held on Mondays from April 6 through June 1 from 2:30pm-4:30pm at the Cortland Senior Center in the County Office Building, 60 Central Avenue, Cortland. Parking and the main entrance are at the side of the building.

Prescreening and preregistration are required. Call the Area Agency on Aging at (607) 753-5060 to register and for more information. This class series is sponsored by the Cortland County Area Agency on Aging.



Caregiving takes on MANY FORMS. A caregiver can be a partner, spouse, child, parent, friend, neighbor or anyone who provides care such as buying groceries, cooking, cleaning, laundry, transportation, help with medications & doctor

appointments, helping with showering and getting dressed. Even just checking in on someone to see about their wellbeing and seeing if they need anything is a form of caregiving. A vast majority of caregivers care for a relative or other loved one.

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

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

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

- Personal Counseling
- Caregiver Assessments and Referrals
- Caregiver workshops
- Caregiver support group The 4th Thursday of every month from 3-4pm at GCMC
- Respite programs/Health Care aide
- Caregiver Resource Library
- Personal Emergency Response System (PERS) limited availability
- Support to grandparents raising grandchildren & adult children with a disability
- I am okay today program
- Project Lifesaver
- Grab & Go Books for \$6

The Caregivers Resource Center is open Monday through Friday from 8:00 a.m. to 4:00 p.m. at 60 Central Avenue, Room B4 of the County Office Building in Cortland. Call 753-5060 for more information.

BRIGHT IDEAS GRANT – SENIOR CARE TECH TECHNOLOGY FOR SENIOR CITIZENS AT HOME

The Coalition of Center Councils of Cortland County Inc. has been awarded a \$5,000 grant from the Central New York Community Foundation. This funding will be used to purchase Reminder Rosie's and digital blood pressure cuffs to be offered to eligible caregivers. This technology will enhance services provided to caregiver's in Cortland County by the Area Agency on Aging schedules a home visit to complete a comprehensive assessment. This assessment determines eligibility for the device as well and services and supports that may be beneficial to the care receiver and caregiver.

Eligibility will follow these guidelines:

1. The care recipient must be 60 or older and live in Cortland County.

2. Caregiver involvement (caregiver does not have to be over 60).

3. Care recipient must need assistance with two activities of daily living such as: Bathing, hygiene, dressing, mobility, transferring, toileting and eating.

A Certified Case Manager from the Area Agency on Aging will work with the care receiver, caregiver and medical provider to determine the effectiveness of the program for improving independence, health and wellness for the older person and reducing caregiver stress.

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

IS A MEDICARE ADVANTAGE PLAN THE RIGHT CHOICE FOR ME?

By Sara Hazard

Medicare beneficiaries are bombarded with advertisements of both Original Medicare and Medicare Advantage plans options. The information can be confusing and at times a little misleading. You will hear words like "free dental", "free glasses", "free hearing aids" and even "free meals". A wise consumer would ask themselves, "Sounds great, but what is the real deal?" What's the true cost and coverage?"

Medicare Advantage Plans are offered by private companies that are approved by Medicare. Medicare pays these companies to cover your Medicare benefits. If you join a Medicare Advantage Plan, the plan will provide all of your Medicare Part A (Hospital Insurance), Medicare Part B (Medical Insurance), and Medicare Part D coverage (Prescription drug) in one plan.

Medicare Advantage plans are required to offer beneficiaries "as good as" or "better than" what Medicare covers. Advantage plans usually offer a zero monthly premium and the beneficiaries continue to pay their Medicare part B premiums. Medicare Advantage Plans have copays associated with physician visits, hospitalizations, surgical procedures, and imaging. Copays very depending on the Advantage Plan the beneficiary chooses. Most Advantage plans have networks (a group of doctors, hospitals and clinics that have agreed to provide plan members with health care services) and require prior authorization (approval for certain health services).

Original Medicare does not cover routine eye exams or prescription eye glasses except in certain limited situations. Some of the Medicare Advantage Plans do provide benefits for these services. Many Medicare Advantage Plans cover routine dental exams twice a year (Original Medicare does not cover dental care.) Some Advantage Plans may even have a small monetary benefit that can be used towards fillings, root canals, and crowns or dentures. Routine hearing exams and hearing aids generally are not covered under Original Medicare, but some Medicare Advantage Plans do include these services. Some Advantage Plans may include a fitness benefit, prepared meals after a hospitalization, and an over the counter card. Some Advantage Plans have networks, reimbursement procedures, or preferred mail orders for diabetic supplies, hearing aids, and prescriptions.

NY CONNECTS HIRING HOMECARE

Whether it is for yourself or for a loved one, recognizing that you need additional help and having the willingness to accept it is the first step in hiring a homecare provider. There are several levels of homecare services you should be familiar with in order to match the services to the needs of the care receiver.

Licensed Home Care can provide non-medical care such as companionship, homemaking services, and personal care services. Certified Home Health Care can provide skilled nursing care and other care such as speech therapy, physical therapy, and occupational therapy, in addition to licensed home care services.

A Companion/Housekeeper or Personal Care Aide (PCA 1) provides services such as light housekeeping, meal preparation and clean up, making and changing beds, shopping, laundry services, incidental transportation, and escort for appointments. A Personal Care Aide (PCA 2) can perform all the duties of a companion plus additional duties such as assisting with bathing, assistance with walking, feedings, transferring the patient (with or without equipment), assistance with toileting, bed pan or commode use, lifting and turning of the patient in bed or chair, and reminding the patient of medications.

A Home Health Aide (HHA) includes all duties of the PCA1 and the PCA 2, but can offer the patient a little more assistance. Some of the additional tasks the HHA can perform include taking vital signs, helping with dietary restrictions, and assisting with prescribed exercise routines, oxygen equipment, and special skin care.

When hiring a licensed or certified caregiver/agency, make a list of questions and concerns you have prior to speaking to the homecare provider. Some of the questions you may consider are: What types of training does the staff receive and how often? How are the aides screened before hiring? Do the aides have training for special medical conditions such as dementia, etc.? Ask questions about supervision of the aides, pay rates, how they handle complaints, flexibility of hours/days, other services the agency provides, and any other concerns you may have.

When you hire a homecare agency, they will send a nurse to your home to evaluate the patient's condition and determine the amount and type of services needed. This is also a good time to ask questions and express concerns. You should have a signed agreement for services and a care plan before starting services.

Hiring someone who does not work for an agency is also an option for homecare. If you do this, ask the same questions you would ask an agency. If you hire outside of an agency, you will also be taking on the role of supervisor and financial manager. The rate you pay someone who does not work for an agency may be less than what an agency charges because the private caregiver does not pay all of the taxes and insurances an agency has to pay. You become the employer and should have some type of worker's compensation through your homeowners' insurance to cover any liabilities that may arise. Another consideration you need to take into account, should you hire outside an agency, is that you will need a backup plan if the person calls in sick, has an emergency, or needs personal time off.

Resources used for this article include Cortland County Area Agency on Aging Homecare Agencies List, and www. nextstepincare.org.

Area Agency on Aging's Caregiver Resource Center.

Reminder Rosie is a device that is like an alarm clock however, the alarm is replaced by reminders recorded in a familiar voice. This device can remind care receivers of appointments, to take their medication, or any other message that the caregiver needs to convey. Reminder Rosie will be provided on a "loan" basis. A deposit is required and a monthly fee based on income.

Digital blood pressure cuffs increase the independence of the care receiver while relieving the caregiver of the stress of taking the blood pressure regularly. The cuffs have memory to store the readings, giving the caregiver and medical provider accurate information which support improved health outcomes. The blood pressure cuff will be the property of the care receiver and/or caregiver and have a one-time fee based on income.

Referrals for the program can come from Doctors, caregivers, and other agencies involved with the care receiver. When a referral is received, a Certified Case Manager with the Although the extras are great, before signing up for a particular Medicare Advantage plan, read the fine print. Make sure all of your doctors participate with the plan you choose. Check your prescriptions to make sure that they are on the Medicare Advantage Plan's formulary (a list of prescription drugs that are covered by a specific health care plan).

The Cortland County Area Agency on Aging is the only agency in Cortland that has New York certified health insurance counselors. These counselors provide an unbiased review of all of your Medicare options. Please call the office at (607) 753-5060 to set up your appointment to get your unbiased review of what Cortland County has to offer Medicare beneficiaries.

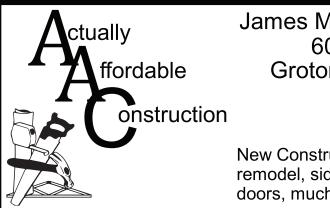


DAYLIGHT SAVING TIME SUNDAY, MARCH 8-SPRING FORWARD!

WELCOME SPRING WEATHER WITH THE Start of Daylight Saving Time. At 2 a.m. on Sunday, Sunday, March 8, most U.S. residents will set their clocks ahead one hour for the beginning of Daylight Saving Time. However, not all states observe the time change. Residents of Arizona, Hawaii and U.S. territories Puerto Rico and the Virgin Islands will remain on their time normal schedules.

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COMMUNITY CALENDAR

February 29 - Pulled Pork Takeout Lunch 11am to 2pm (or gone) McLean Community Church 50 Church St. McLean Pulled Pork Sandwich, Cole Slaw, Mac & Cheese and Bar Cookie. Hosted by McLean Community Church Women's Fellowship.

February 29 – Family Fun Night

3PM to 7PM Cortland Elks Lodge 748 9 Groton Ave, Cortland (607) 756-9748 cortlandelkslodge748@ gmail.com

Please join us for another fun filled night with lots of fun, food, and prizes. There is no cost and all members, guests and children are invited! This could be the best year yet! DJ Shawn is coming back for more games and fun!

February 29 – Chicken BBQ

11AM till GONE Groton American Legion \$8 HALF \$10 DINNER Eat in or take out Music by: Adam Parker 1PM - 4PM Rules have changed for Legion eligibility. Anyone who served and was honorably discharged may now become a member. Stop in and see what the American Legion is all about.

March 7 – Steak Dinner

4-7PM Slaterville Fire Hall - Rt. 79 To benefit the Fire Co. Reservations needed by March 4th. \$18 per person. Call 607-539-7193 to reserve.

March 7 – Fabius Historical Society Meeting

1PM: THE FABIUS HISTORICAL SOCIETY will meet at the Fabius Community Center (7786 Main St., Rt. 80). Dale Vedder will portray a Revolutionary War Minuteman. Free and open to the public. Refreshments will follow the program. Please join us.

March 8 – Pancake Breakfast

8am to 11am Lisle Fire Company 9990 Main Street, Lisle All you can eat pancake breakfast. Serving pancakes, sausage, eggs, sausage gravy w/ biscuit. Coffee, tea, hot chocolate, OJ and milk. Free will offering at the door.

March 9 – Dryden Senior Citizens Lunch

The Dryden Senior Citizens will meet for lunch on Monday, March 9, 2020 at the Dryden Veterans Home just outside the Dryden Village toward Ithaca on Route 13. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Table service is provided. The meal cost for members is \$7.00 and \$8.00 for non-members. The meal will be corned beef and cabbage, boiled potatoes, carrots. onions, tossed salad, roll and sherbet. Our entertainment will be Mr. Aaron Karpalla who will sing a variety of songs including love, gospel and standard songs.

March 20 & 21 - The Finger Lakes Thaw March 20 at 4PM through March 21 at 11:59PM Downtown Ithaca, Ithaca Tickets available at flt. eventbrite.com TICKETS ON SALE NOW! -- #THAW2020 featuring: Driftwood. Maybird, Aubrey Haddard, Bella's Bartok, Joey Harkum, Dingonek Street Band, Annie in the Water, Juge Greenspun, Lazy Bones, Siamese Bikes, The Comb Down, TATTAT, Kyra Skye, RootsCollider, Rye Makepeace and Straw Hat, QUAIL, Noon Fifteen, Kitestring, Kurt Riley+praxis, Shag Horns, The Long Now Trio, WINGNU T, Alexander Bradshaw Band, Cozmic Theo, The Small Kings, Swamp Kids, Sabouyouma, The Saplings, Charlie Lindner & The Pickle Mafia, Aaron Lipp & The Slack Tones, Max Childs, Anamon, Metasequoia and Mr. McBean + Matthew Cornwell - more artists to be announced!!!

March 23 – Dryden Senior Citizens Lunch The Drvden Senior Citizens Lunch will meet on Monday, March 23, 2020 at the Dryden Veterans Home just outside the Dryden Village toward Ithaca on Route 13. Lunch is served at 12:15 pm with announcements starting at 11:45 am. Table service is provided. The meal cost for members is \$7.00 and \$8.00 for non-members. The meal will be chicken and biscuits, tossed salad, squash, and lemon bars. Our speaker will be Senator James Seward who will talk about current political topics.

March 27 & 28 – Mary Chase's Harvey

United Presbyterian Church 25 Church St. Cortland 7:30 PM Local dramatic troupe presents Mary Chase's Pulitzer Prize-winning comedy, Harvey, as part of the church's arts series, Sanctuary Seasonings. Fully accessible facility. Reception at 7 pm before Friday performance. Free, with voluntary gifts directed to the Cortland Memorial Foundation in support of Guthrie Cortland Medical Center.

April 10 & 12 – Good Friday & Easter Services

This year the Little Methodist Church in Varna will have a Good Friday service on April 10th beginning at 6PM and our Easter Service will be at 11AM on the 12th. Everyone is invited to join us for one service or both. You are invited to join us on any given Sunday. Our church is "The Little Church With W Big Heart."

April 24 – Phil Jordan

7pm Lisle Fire Co. Aux 9990 Main Street, Lisle Price presale \$16 at door \$18. Contact Amy 607-727-1932. Kathy 607-725-5122.



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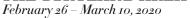


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3			7					8
	2				6			7
		9	5	8				
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	7	8					9	



SUDOKU

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3	4	5	8	2	6	7	9	1				

THIS ISSUE'S TRIVIA ANSWERS

- 1. Tammy Wynette
- 2. William McKinley
- 3. Windmill
- 4. The United States B-52 Stratofortress



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