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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 10 – Spring Antiques & St. Patrick's Day Issue

Deadline 3/5

March 24 – Spring Home Improvement, Think Spring, Go Fishing & Easter Issue Deadline 3/19

April 7 - Spring Motorcycle & Car Care Issue Deadline 4/2

April 21 - Pre-Mother's Day, Lawn/Garden Issue

PLUS Spring & Summer Travel Guide Insert Deadline 4/16

May 5 – Mother's Day, Pre-Memorial Day & AirBNB Issue Deadline 4/30

May 19 - Memorial Day & Dairy Days Issue

Deadline 5/14

June 2 – Summer Car Care, Local Race Tracks & Pre-Grad/Dad Issue

Deadline 5/28

June 16 – Grad/Dad, Summer Music, 4th of July & Local Wine/Brewery Issue

Deadline 6/11

July 21 – BBQ & Outdoor Recreation & HOT Weather Car Care Issue

Deadline 7/16

August 4 – Need for "Speed" (Motorcycles, Cars & Race Tracks) Issue

Deadline 7/30

August 18 – Pamper Your Pets, Back to School & Pre-Labor Day Issue

Deadline 8/13



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

BUMPER STICKER OF THE ISSUE

COMMONSENSE IS LIKE DEODORANT— PEOPLE WHO NEED IT MOST NEVER USE IT

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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TRIVIA QUESTIONS

See if you know the answer without looking it up! Answers in the back.

- 1. What type of skirt was the main fashion style of the 60s?
- 2. The first moon landing was on July 21, 1969, but what date did the astronauts return to Earth?
- 3. Which years did WWII start and end?
- 4. What did the US Postal Service add in 1963 that is part of every address today?

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!

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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)!

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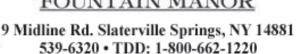
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TESTLED IN THE HILLS OF Otisco New York, The View is a hidden destination well worth the visit. With views that reach out over the valleys, and jaw dropping sunsets that cast across the mountains, it has become a must see attraction. With the incredible support of its patrons, The View continues to expand and create an everlasting experience. The establishment currently features an indoor sports bar with a large section of seating to enjoy the big game, as well as an outdoor bar for the warm months while golfers tee off on the infamous 9th hole, and to top it off, a walkway over the bridge to the newly constructed Event Center.



The golf course has been host to incredible tournaments. leagues, and benefits to support local causes. The course consists of nine par 3 holes, great for any age to enjoy the beautiful game of golf.

The sports bar features an environment like no other. With an incredible selection of drinks, and delicious food, there is no better place to enjoy great company.





What's better than a business? A family business. From picking rocks, to mowing the grass, to building the buildings... It has been a Schoemaker project. It all started in 1999 when Mike and Rolanda Schoemaker broke ground on the project with their three children: Heather, Christopher, and Stephen. It has since expanded further and further past what they would have imagined.

Lastly, the event center is the newest addition. Surrounded by 8 foot windows, a beautiful wood finish theme, topped off with picturesque views, the Event Center creates a lifelong memory for your event. Whether you are interested in a venue for a Wedding, Bridal Shower, Baby shower, Holiday Party, Family Reunions, etc. The Event center is a must see when deciding. Check us out on Facebook! And online at Theviewatsunsetpines.com.

CAYUGA HEALTH IMPROVES PREVENTION EFFORTS TO **PROTECT PATIENTS AND COMMUNITY FROM COVID-19**

By Douglas MacQueen, MD



THE RECENT APPROVAL OF TWO **⊥** vaccines for COVID-19 and other vaccine approvals expected in 2021 are major accomplishments in health care. These tools may end the COVID-19 pandemic, but until then it is essential we continue practices for preventing the spread of the virus: frequent hand washing, wearing a mask in public, practicing social distancing and monitoring your health each day.

 $Even \, with \, vaccinations \, starting \, in \, our \, region, it \, will \, be \, months$ before residents can be safe from contracting the COVID-19 virus. To prepare for the vaccination effort while preventing the spread of the disease, Cayuga Health System has improved procedures in its hospitals and medical offices to protect patients from the virus while a community vaccination plan is developed.

What is Cayuga Health doing to prevent COVID infections?

Preventing the spread COVID infections in our community $has \, been \, a \, major \, initiative \, by \, Cayuga \, Health \, and \, the \, Tompkins$ County Health Department. We were among the first counties in New York to open a mass sampling center. There are now two sites, one at the Shops at Ithaca Mall parking lot and the second at 412 North Tioga St., Ithaca. Additional sites are scheduled to open soon at the back parking lot of Cayuga Medical Center, Gutchess Lumber Sports Complex Park, 3111 Byrne Hollow Crossing in Cortland and at the CNY Regional Market F-Shed, 2100 Park St. in Syracuse To make an appointment at these locations for a COVID test, visit www. cayugahealth.org or call 607-319-5708.

Where are the samples tested?

We process test samples at the Cayuga Medical Center Laboratory that has more than tripled its testing capacity since spring. Cayuga Health opened a dedicated COVID Processing Center & Laboratory at Brown Road this fall, and the new facility can test 15,000 samples each week. The Lab plans to increase testing capacity in 2021 and continue delivering results in less than two days.

Why is testing important?

Expanding COVID-19 testing and delivering rapid results are essential to limit the spread of the disease. When a sample shows a patient has a COVID-19 infection, outreach nurses at Cayuga Health or the Tompkins County Health Department notify the person within a day so they can quarantine and get treatment. Nurses also ask the infected patients about people and places where they may have spread the virus so we can test others for COVID-19.

Has the COVID testing effort been effective?

Since the pandemic began last spring, the CMC Laboratory has processed over 700,000 test samples. About 80 percent of those samples were from Tompkins County, which continues to have the lowest infection rate in the state. The testing program along with residents using masks and following other COVID-19 prevention recommendations all contribute to the community's low infection rate.

How is Cayuga Health protecting patients from coronavirus infection?

We continue to upgrade prevention procedures. Creating isolation rooms at Cayuga Medical Center for treating COVID patients last spring were among the earliest efforts, and we have added more rooms this fall. We separate those rooms from other parts of the hospital and maintain negative pressure that pulls air into the room and prevents air containing coronavirus from escaping into the building. A ventilation and filtration system separate from the hospital's system treats exhaust air from the COVID patient rooms before being released outside the hospital. We now have portable ventilation and filtration units that can rapidly convert a hospital room into an isolation room. That gives us more flexibility to handle a surge in COVID cases. The filters in these units can remove the virus from the air.

How have hospital procedures changed to prevent infections?

We screen all employees and patients for COVID symptoms or contacts before they are allowed to enter either Cayuga Medical Center or Schuyler Hospital, Convenient Care locations and medical office buildings. Patients admitted to the hospitals or having same day-surgery are all tested for the

Employees receive regular tests for coronavirus infections, and our cafes and cafeterias have been closed to the public to reduce virus transmission risk. Additional cleaning and

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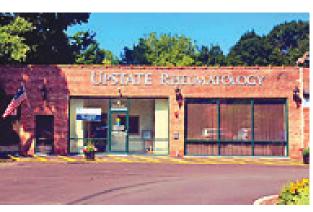
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disinfecting of all our facilities minimize the spread of the virus. We disinfect all examination and procedure rooms after we see each patient. Visitors are not currently allowed at our hospitals or the Seneca View Nursing Home at Schuyler

Dr. MacQueen is board certified in internal medicine and infectious diseases. He is the Medical Director of Cayuga Medical Center's Antimicrobial Stewardship Program and the Infection Prevention Program that has most recently focused on coronavirus care and prevention in the Cayuga Health System. He can be reached at the Cayuga Center for Infectious Diseases at (607) 257-2920.



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WHO SHOULD PREPARE MY TAXES?

F YOU NEED YOUR INCOME taxes prepared and filed, there are a number of options in which to complete this yearly task. The level of service you need depends on what you are looking for in a tax advisor.

There are two directions to go in. If your tax situation is simple and you just want your tax returns prepared, you could use just about anybody who puts out a shingle. If you are looking for more than that, especially if you have a business or rental property, then you may want to build a relationship with a tax professional who can provide you trusted advice year-round

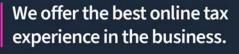
There are two groups of tax advisors - those with professional credentials and those without. You could choose a local tax preparer who has been performing a seasonal tax service for many years and is more than adequate for you. You might head to one of the national tax franchises. These part-time folks enter your data by going through a question and answer program, similar to what is offered by TurboTax software. There is very little personal professional judgment offered and they are available just a few months of the year.

Then there are professional tax and accounting practices employing CPAs, EAs and tax attorneys who can represent you before the Internal Revenue Service.

A CPA is a Certified Public Accountant licensed by the state in which they practice. CPAs have completed a Bachelor's degree and likely a Master's degree in accounting and tax, have passed a state multi-day exam on accounting

principles, tax law and its applications, and completed an experience requirement with an established CPA firm. CPAs provide a broad-based approach to your tax and accounting circumstances.

An EA is an Enrolled Agent, a person who has taken and passed a comprehensive IRS exam or has been employed by the IRS for five years. All unlicensed tax preparers should aspire to complete this exam.



A tax attorney would be necessary in working with legal arrangements and tax court cases.

Fees for tax advice and tax return preparation will vary with the complexity and length of time it takes to perform any tax research and for preparing your return. It comes down to what you value - the commodity of tax preparation or the relationship with a trusted advisor who also prepares your

Are you looking for a new tax advisor, especially with the complexities in the new tax law dealing with the CARES Act and its updates? Ask to meet with the prospective tax professional. Do you feel comfortable with them? It's okay to gauge their fee, but don't make price your first criteria. It costs a lot to be in business and to maintain professional

Review our website and get in touch when you are ready to talk to us.

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OLD WEATHER HAS ARRIVED AND the snow is here for awhile. Need snow tires or a tune up or an oil change? Call Ron's Body & Paint in Cortland for all of your automotive services at 362 Route 13 to schedule your appointment at the Cortland location 607-662-4543. Since 1989, Ron Stanley and family have been offering the absolute finest in contemporary automotive services at their one-stop vehicle service center in Marathon at 31 Cortland Street (607-849-6898) and both locations are providing the same great services Ron's Body & Paint has been known





for. They are also now a Tesla Certified Repair Shop! Why would you ever need to call Ron's Body & Paint? Here are five reasons to call!

One: they are the biggest body shop in the area, and the place to call for body and paint work done using a state-of-the-art downdraft paint booth and waterborne paint. Plus, loaner cars are available.

Two: they are a full-service center that handles everything from brakes, inspections, and oil changes.

Three: 24-hour towing for all vehicles, tractors, and heavy and light vehicles. Complete with AAA roadside service.

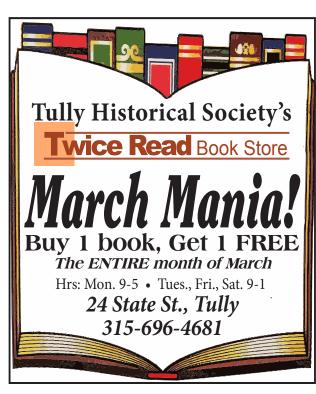
Four: they have 31+ years of experience, featuring mechanics who are all licensed.

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.

And of course, your satisfaction is always guaranteed. ASK RONABOUTALOANER CARWHILE YOUR COLLISION REPAIR WORK IS DONE! Like them on Facebook! Or on

the web <u>ronsbodyandpaint</u>. <u>com</u>.

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CREATURE FEATURE SNUGGLY SNOOZERS

"NLIKE SOME ANIMALS, STRIPED SKUNKS don't stockpile food for the winter months. Instead, they eat as much as they can each fall to build up fatty layers under the skin that act as insulation. Skunks choose den sites based on the time of year, so their winter dens differ from those used to raise young, for example. Although they can excavate their own burrow, skunks often use abandoned fox or groundhog holes, as well as hollow logs, for winter homes. Those living near people may den beneath decks or porches. Once settled into their winter quarters, skunks block the entry with grass and leaves to help keep out the cold. Some folks are surprised to learn that skunks don't enter a full state of hibernation but instead experience 'torpor'. They'll sleep deeply but awaken now and then in response to temperature or the need to forage for food as those valuable layers of fat are metabolized over the course of the season. It isn't unusual for skunks to bunk together in winter, and their combined body heat helps them stay warm. This survival tactic is known as 'social thermoregulation'. Simply put, they are "skunk snuggling." Let's just hope they use air fresheners.

Article by Margie Manthey Photo from Wikimedia Commons



CHACING THE CHANGE"

N FEB 27TH AT 1:00 PM a Community Outreach and Awareness Event on the Drug Epidemic we face in Cortland will be hosted by #BentleyStrong members. This event will take place on Carter's Tree Removal Lot located on Owego St. There is plenty of space for social distancing to take place and mask will be required to participate. We will have a fire to keep you toasty, some snack foods as well as cocoa and coffee. We are asking our community to come together, to show support, continue the talk and jump on board with making the changes that are much needed. This includes supporting "Laree's Law" which would allow for our DA to prosecute when a death occurs from an illicit substance that causes lethal overdose. We have the District Attorney Patrick Perfetti standing up with us so lets' all make our voices heard together in unison. Together we can make a difference.

Please bring signs to show your support, possibly pictures of your loved that have been effected or lost by the epidemic. We are also willing to host anyone that wants to be a guest speaker that may have knowledge that could be informational to the group! Media will also be welcome to bring attention to the forefront of our community. For more information you can email BentleyStrong2021@gmail.com.



HOMEMADE DOUGHNUTS

Heat oil to 375 degrees.

- Sift 5 c. flour
- 4 teaspoons baking powder
- 1-1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

BLEND in another bowl

- 1 cup mashed potatoes
- 1-1/2 c sugar
- 2 eggs
- 1/4 c melted Butter (or 2 Tablespoons Veg
- 1 cup sour milk (buttermilk = 1 cup milk +1 teaspoon of lemon juice)
- 1 teaspoon vanilla

Add the flour mixture (do not overmix)

Turn out onto a floured board and cut out the donuts with a donut cutter.

Drop carefully into oil 1 at a time. Do not overcrowd the pan.

Drain on a rack or paper towel

Roll in cinnamon sugar or powder sugar while hot.



CORTLAND COUNTY TRIVIA

 $D^{\mbox{\tiny ID}}$ you guess the answer to our last trivia question? The six original towns in Cortland County were Preble, Truxton, Homer, Solon, Virgil, and Cincinnatus. These towns were later divided into the fifteen towns we have today.

The Cortland County courthouse was built in 1924 and was designed by renowned architect James Riley Gordon. The courthouse was built in its current location because the Cortland Normal School (SUNY Cortland) had been destroyed by fire in 1919 and was rebuilt where the college is today. There was a need for a larger courthouse which could centralize all the public offices.

The three-story building is constructed of Indiana limestone and constructed in the shape of a Latin cross. The cupola is the most stunning feature with its octagonal base and 24 Corinthian columns. A four-inch concrete dome overlaid with copper features a figure of Justice.

The World War I monument in Courthouse Park was also designed by James Riley Gordon. It perfectly complements the courthouse.

Do you know how many courthouses Cortland County has had since 1808?

MIKE'S FISH TANK DWARF GOURAMIS

ost dwarf gouramis live for about four years; with proper care, they can live longer. Dwarf gouramis are generally peaceful fish-unlike the much larger standard gourami, which can become aggressive. Dwarf gouramis do well in most community aquariums and are compatible with most fish, such as Platies, Mollies, Plecostomus, Catfish, Tetras, and other docile fish. They require a tank that can hold at least ten gallons. They are usually found swimming in the middle or top regions of the aquarium. Dwarf gouramis do not do well with large, aggressive fish. Dwarf gouramis are so docile that they will allow themselves to be bullied to death rather than fight back.

If a Dwarf gourami is put with faster swimming top swimmers like guppies, you should drop the fish food in a more spread out area so that the Dwarf gourami has a higher chance to snatch the food before the other fish do. Dwarf gouramis tolerate fairly high temperatures. Temperatures of 80 °F are

A varied diet is very important to the dwarf gourami, which is an omnivore that prefers both algae-based foods and meaty foods. An algae-based flake food, along with freeze-dried bloodworms, tubifex, and brine shrimp, will provide these fish with proper nutrition.

There are a wide range of colors when it comes to dwarf gouramis. Rainbow, powder blue, turquoise, fire, and a few other morphs. They are extremely popular fish and do very well in the community tank.



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



SUNDAY, MARCH 14-SPRING FORWARD!

T TELCOME SPRING WEATHER WITH THE Start of Daylight VV Saving Time. At 2 a.m. on Sunday, Sunday, March 14, 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.





Monday 6-1 · Tuesday 6-1 · Thursday 6-2 Friday 6-2 · Saturday 6:30-2 · Sunday 6:30-1 Closed Wed · Check our Facebook for updates





COMFORT KEEPERS

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OMFORT KEEPERS OF ITHACA, THAT SERVICES ITHACA, CORTLAND, Schuyler and Chemung Counties has been busy during the COVID Pandemic. Throughout the Pandemic, Comfort Keepers has had many calls requesting additional services such as; Care Management and Professional Homemaker services. Therefore, they have listened to the community and have added additional services:

Care Management is assisting clients with advocacy, transportation to medical appointments and checking in on clients via phone or in person during this challenging time of isolations.

Professional Homemaker Services – allows busy adults to have a professional homemaker at a reasonable price to assist with light housekeeping, laundry, doing dishes, shopping, running errands, etc. With so many juggling work, working from home, home schooling, etc. this has been a very popular program.

Companion/Homemaking Services – This program is geared towards our Senior Population assisting with all domestic services, errands, medication reminders and companionship and activities that is no needed especially now.

Concierge Service – this program is designed around college students that provides assistance with errands, housekeeping, and laundry.

Our staff is bonded and have training in COVID prevention. Please contact us for additional information and rates. teresanix@comfortkeepers.com

Photo: Teresa Nix, CSA



PERSON CENTERED APPROACH

Here at NY Connects, we focus our attention on the "Person Centered" approach. It is important to us to foster strong bonds with our clients with the goal of empowering individuals to be as independent and active as possible. We take this model from the Institute of Medicine (IOM) which defines person centered care as "providing care that is respectful of and responsive to individual preferences, needs and values". Spending time with clients and listening to how they feel helps to individualize the guidance we give to educate our clients on the long term services and supports available to them within the Cortland community.

The concept of person centered approach is not new but in a world filled with regulation, bureaucracy and red tape it can be difficult to achieve. It, however, is vital in providing quality services that have a direct impact on the quality of life of those we serve. Taking the time to view the client holistically and to determine what is most important to the individual client leads to a higher level of life satisfaction and overall feelings of well-being and self-control.

To support the "Person Centered" approach, NY State is developing a standardized comprehensive assessment process to determine services eligibility through a "no wrong door" approach. One of the functions of this process is to help the client and the support team to develop innovative and non-traditional ways to meet the needs/preferences of the client. A concerted effort to revitalize this self-directed concept is being seen here in NY as well as across the nation.

For more information about NY Connects and Long Term Care services please don't hesitate to call 756-3485.

CONSUMER DIRECTED CARE

Kathy Hammond NY Connects

You may have seen some of the ads on television that portray a person talking about how their caregiver is someone they know and trust and is getting paid for providing their homecare. Many people who find they need help with their daily living activities in order to remain in their own home prefer this option over a certified/licensed agency or person

to provide in home care.

This is called consumer directed care.

Consumer directed care is provided under the Consumer Directed Personal Assistance Program (CDPAP) and is funded by Medicaid. Those who have Medicare and Medicaid are able to choose consumer directed care if they qualify for Managed Long Term Care (MLTC). Those who do not have Medicare but have Medicaid and qualify for personal long term care services may also choose this option.

The Consumer Directed
Personal Assistance
Program "empowers

seniors and people with disabilities (or their designated representative) to recruit, hire, train, and supervise a person of their choice as a personal care aide/assistant" (www. health.ny.gov). The person hired does not need to be certified, licensed, or professionally trained, but can perform all the tasks usually performed by a professional home health aide, and in addition, may perform many tasks that are usually performed by a home health nurse.

The NY Department of Health lists several advantages of having CDPAP which include:

- "Consumers have complete choice as to who the worker is, resulting in a much higher level of satisfaction;
- Consumers are able to schedule their care to suit their personal situation such as the time to get out of or get into bed;
- There is a much larger pool of potential workers because there is no certification required;
- Consumers may train their personal assistants to perform tasks that fall under the scope of nursing;
- Costs are substantially less expensive than other forms of home care."

Consumer Directed Caregivers can be most anyone other than a legal spouse, parent of a child under 21, or a designated representative.

For more information on CDPAP or the qualifications, call NY Connects at 607-756-3485.

DID YOU KNOW....

To you find it difficult to afford Medicare premiums or other medical costs, you may be able to get help. The Medicare Saving Program (MSP) may help pay Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) premiums, deductibles, coinsurance and copayments. To qualify for a Medicare Savings program, your monthly income must be at or below \$1457 for a single individual. For a married couple your combined monthly income must be at or below \$1960. There is no limit to asset totals.

If you enroll in a MSP, you will also automatically get Extra Help, the federal program that helps you pay your Medicare prescription drug (Part D) plan costs.

For more information along with assistance applying, contact the HIICAP unit at the Area Agency on Aging at (607) 753-5060, the Cortland County Department of Social Services (607) 753-5320, 1-800-Medicare (1-800-633-4227) or online at Medicare.gov.

EMERGENCY PREPAREDNESS FOR SENIORS

Kathy Hammond

Have this year's inclement weather conditions and the news of disasters caused by storms and unpredictable events given you cause to reflect on just how prepared you are for an emergency? If a disaster were to strike and you were cut off from the supplies and necessities you need, would you be able to survive?

Emergencies and disasters can strike quickly and without warning. Being prepared ahead of time will make coping with the situation more manageable and could save lives. FEMA, the Red Cross, and many government agencies have encouraged citizens to prepare for emergencies with 72-hour emergency kits and a plan of action. Each of these organizations have published valuable information on how and what to prepare for a disaster or emergency.

In 2007 the Red Cross published an excellent pamphlet entitled "Disaster Preparedness for Seniors by Seniors". This pamphlet breaks preparedness into three steps; "Get a Kit", "Make a Plan", and "Be Informed". Following are suggestions from "Disaster Preparedness for Srs by Srs" of supplies needed for a 72 hour emergency kit (for evacuation or for sheltering in place during an emergency):

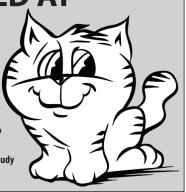
- Three-day supply of nonperishable food (preferably foods that do not need cooking)
- Three-day supply of water (one gallon per day, per person)
- Medications (three+ days' supply)

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- Medical insurance card and information
- A photocopy of medication script in case you need to purchase more medication
- Battery-powered radio
- Flashlight with extra batteries and bulbs
- First aid kit and manual
- Sanitation and hygiene items
- Matches in a water proof container
- Cell phone with extra battery and charger
- Whistle (to attract attention of emergency personnel)
- One change of clothing
- Blanket
- Manual can opener
- Photocopies of personal documents/identification
- Cash and coins (ATMs may not be accessible)
- Pet supplies if you have a pet with you
- Plastic garbage bags
- Family and friends' emergency contact information
- Pack of cards (or reading material) to provide entertainment and pass the time

In addition to the above list, keep assistive devices such a wheel chair, walker, hearing aids, etc. in a convenient location during the night, or when they are not in use, so you can access them quickly and easily in the event of evacuation.

Having a plan of action in place (the second step in "Disaster Preparedness for Srs by Srs") is also vital in the event of an emergency. This should include making arrangements with a key family, friend, or relative, for checking in with (or for checking in on you) to make sure someone knows your whereabouts and if you are okay. Make arrangements for where you will go and how you will get there in the event of evacuation. In addition to this, don't forget your pets. Make arrangements for where you will take your pet. If you go to a shelter, your pet (except service animals) will not be able to come. Also, have an escape route planned of the quickest and best way out of your home, with a second escape route as

If you will require special assistance during an emergency situation, the Cortland County Office of Emergency Management in conjunction with local human services agencies has created a Special Needs Registry of those in need. To register, the form can be found online at the Cortland County website under the Emergency Management Office, at the Cortland County Area Agency on Aging, or at the Red

Be informed of possible disasters (the third step of emergency preparedness from "Disaster Preparedness for Srs by Srs"). Pay attention to news broadcasts, warnings, and storm watches. Be aware of what types of disasters your community could have (tornados, ice storms, flooding, power outage, chemical spills, etc.) and know how and what to do in the event of each.

Take action. Don't just sit and wait. But don't become overwhelmed with all there is to do in order to be prepared for an emergency. Take it one step at a time, but get started. If the time comes when you need to put your emergency preparedness plan into action, it could save yours and your loved one's lives!

For more information, call the Area Agency on Aging at (607) 753-5060 or write to the Agency at 60 Central Ave., Cortland, N.Y., 13045.

FRAUDS & SCAMS

THE NEW YORK STATE ATTORNEY General's Office receives L thousands of reports from consumers each month complaining about a scam they have fallen victim to. Some of the scams only involve a few dollars, others have cost people their entire life savings. New York Attorney General, Letitia James, released a list of the top 10 consumer fraud complaints received by her office. According to the Attorney General the most popular scams in New York State are:

- Internet-Related (Internet services and service providers, data privacy and security, digital media, data breaches, frauds through internet manipulation)
- Consumer-Related (security systems, tech repairs, immigration services, consignment shops)
- Automobile (buying, leasing, repair, service contracts, rentals)
- Landlord/Tenant Disputes (security deposit releases, tenant-harassment)

- · Utilities (wireless and residential phones, energy services and suppliers, cable and satellite)
- Credit (debt collection, credit card billing, debt settlement and debt relief, payday loans, credit repair, credit reporting agencies, identity theft)
- Retail Sales (any sale of goods: food, clothing, rent-toown, online orders)
- Home Repair/Construction (home improvement services not delivered or done poorly)
- Mail Order and Online Catalogs (purchases made via mail order or online catalog)
- Mortgage (mortgage modifications, mortgage and loan broker fraud, foreclosures)

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

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

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

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

You can also report scams to the Federal Trade Commission. Your report may keep others from being a victim of a scam. To report fraud or identity theft visit ftc.gov/complaint, click on the FTC Complaint Assistant icon, and answer the questions. Federal agencies use reports of scams to track scam patterns. However, Federal agencies usually do not follow up after you report and can't recover lost money.

To report coronavirus scams and other scams about disasters and emergencies contact the National Center for Disaster Fraud at 866-720-5721 or disaster@leo.gov.

GRANDPARENTS RAISING GRANDCHILDREN **"SECOND TIME AROUND** PARENTS"

Kathy Hammond

THE CHILDREN HAVE GROWN AND you are now an empty nester $oldsymbol{\perp}$ with the freedom to pursue those dreams of having time and the home to yourself. Or so you think. For many, this new found freedom has been interrupted with the responsibility of raising grandchildren or becoming "second time around parents". Having become of the age of grandparenting myself, I am noticing more and more that this is the case for many of my own peers. I see them parenting for the second time around with the responsibility of raising their grandchildren. These are exceptional grandparents who have taken on this responsibility and the challenges, difficulties, and sacrifices that come with it.

The number of grandparents raising their grandchildren has continually increased over the past few decades. The US Census Bureau showed a 30% increase in the number of children living in households maintained by grandparents from 1990 to 2000. The US Census Bureau showed another increase from 2.4 million grandparent caregivers to 2.7 million from 2000 to 2010. Statistics show that the number of grandparents raising grandchildren continues to grow.

There are a number of reasons grandparents are raising their grandchildren including parent alcohol/drug abuse, mental health issues, physical disabilities, abuse and neglect, teen pregnancy, death of the parent(s), or other traumatic events. In some cases, grandparents are caring for the children of a parent(s) who is serving in the military and has been deployed for active duty. Whatever the case may be, grandparents, out of love and concern for the grandchildren, have stepped up to the plate and taken on the responsibility of raising the

Parenting the second time around is not without challenges. Grandparent caregivers may run into legal difficulties related to guardianship when trying to enroll the grandchildren in school or obtaining medical records. In many cases, the grandparents have not had time to preplan or prepare

financially or emotionally for an unexpected second time around of parenting. Because of limited income and financial resources, grandparents may find paying for food, clothing, furnishings, and added shelter expenses difficult. Transitioning from the traditional role of grandparent to that of parent may be a challenge. Being older the second time around, grandparents find that they have limited energy and may have physical or health issues that make it difficult. Often, the grandchildren may present behavior issues as a result of feelings of insecurity, stress, or anxiety due separation from the parents.

Despite the challenges, there are many benefits to having grandparents assume the role of parenting their grandchildren. Because the grandchildren are not being placed in foster care (one of the alternatives), they have the chance to remain with their siblings and are not moved around from place to place. The grandchildren may also have more of an opportunity to have contact with their parents. The grandchildren are more comfortable in a familiar environment with family and people they know. "The Benefits of Parenting a Second Time Around" by Emi DiSciullo and Rachel Dunifon from Cornell University College of Human Ecology reports that "grandparents who act as primary caregivers have considerable strengths, such as wisdom and maturity that comes with age and experience, religion, increased time to spend with the children in their care, a sense of relaxation that is common when parenting the second time, and the opportunity to develop a close relationship with their grandchildren." This article refers to a study done by Dunifon and Kopko in 2011 which showed religion to be one of the biggest sources of strengths. According to Dunifon and Kopko, "Grandparents who were very religious were found to be less angry with defiant children, had a better relationship with teens, and received social support and a sense of community from their religious involvement."

Help and assistance is something that grandparents raising grandchildren should not be too proud or embarrassed to ask for. No matter how much they love their grandchildren, taking on the responsibility of raising them can be life changing and stressful. There are many resources available that can assist in relieving some of the stress. Local support groups, religious communities, friends and other family are just a few places that can be reached out to for assistance, emotional support, and respite care. Benefit programs such as WIC, Temporary Assistance for Needy Families (TANF), SNAP/FS, Medicaid, Social Security/SSI, and Legal Aide are all resources that can assist those who qualify, with the financial challenges of raising grandchildren.

If you have a friend or relative who has taken on the responsibility of raising their grandchildren, don't be afraid to reach out with a helping hand by offering emotional support, respite care, or providing any other resources that may be able to offer.

To find more information on resources available for "second time around parents" contact the Cortland County Area Agency on Aging at 607-753-5060.

(Resources for this article include: raisingyourgrandchildren.com "Grandparents Grandchildren"; Cornell University College of Human Ecology, Parenting In Context, "The Benefits of Parenting a Second Time Around"; http://www.womenshealth.gov "Raising Children again"; and American Association for Marriage and Family Therapy, https://www.aamft.org, "Grandparents Raising Grandchildren")

Kathy Hammond is an Aging Services Specialist with the Cortland County Area Agency on Aging.

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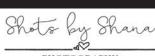
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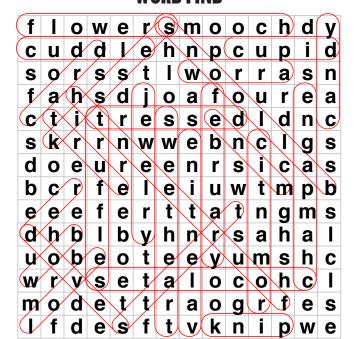
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