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February 19 - March 4, 2025

Senior Citizens' Issue

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WELCOME TO OUR SENIOR CITIZENS' 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 5 – Spring Antiques & St. Patrick's Day

Deadline 2/28

March 19 – Spring Home Improvement, Think Spring & Go Fishing PLUS 53rd CNY Maple Fest Insert

ADDITIONAL DISTRIBUTION To be handed out at the Cortland Area Chamber Business Showcase—come find our booth March 29th!

Deadline 3/14

April 2 – Spring Motorcycle/Car Care

Deadline 3/28

April 16 – Pre-Mother's Day, Lawn/Garden & Easter

Deadline 4/11

April 30 – Mother's Day & Pre-Memorial Day

PLUS Spring & Summer Travel Guide

Deadline 4/26

May 14 – Memorial Day & Dairy Days

Deadline 5/9

May 28 – Summer Car Care, Local Race Tracks & Pre-Grad/Dad

Deadline 5/23

June 11 – Grad/Dad, Summer Music, 4th of July & Local Wine/Brewery

Deadline 6/6



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



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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!

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BUMPER STICKER OF THE ISSUE

I CAN'T BELIEVE I GOT FIRED FROM THE CALENDAR FACTORY.
ALL I DID WAS TAKE A DAY OFF.

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

The Cortland Area Tribune
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TRIVIA QUESTIONS

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

1. Which iconic movie starring Humphrey Bogart and Ingrid Bergman was released in 1942?
2. What international organization was founded in 1945 to maintain world peace and security?
3. What toy was introduced in the 1950s and quickly became a popular craze?
4. Who painted the iconic artwork "Campbell's Soup Cans" in the 1960s?

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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DRYDEN SENIORS

THE NEXT SEMI-MONTHLY LUNCHEON MEETING of the Dryden seniors will be held on Monday, February 24th, at the Dryden Veterans Memorial Home, Rte 13 Dryden Road, one-half mile west of the village.

The meeting will begin at 11:45 am, followed by lunch at 12:15 pm. The meeting will start off with the pledge of allegiance and a patriotic song and later close with a prayer. The format will include announcements by the president, as well as reports by the secretary, treasurer, membership chairperson, sunshine chairperson, birthday chairperson, travel coordinator, and program coordinator.

The entrée on February 24th will be macaroni and cheese. Lunch will be immediately followed at 1:00 pm by a classic rock performance by the Elderly Brothers of Homer.

Lunch is \$10 for members and \$12 for guests, and paid for at the luncheon table; reservations are not necessary. The

annual membership fee is \$10; members need not be Dryden residents.

New members are always welcome. Current membership level is 120 active and life members. Luncheon attendance averages 60 people.

Anyone wishing to become a member should speak with Sue Ford, Membership Chairperson, prior to the beginning of the meeting. After completing a basic information sheet indicating name, address, contact information, and birthdate (optional), and then paying annual dues, a membership card will be issued.

Members are also provided with a list of fellow members, which is updated regularly, as well as annual lists of officers, bus trip information, and the luncheon menu for the year.

Both members and guests are welcome to participate in the \$2 raffle and any of the items on the Giveaway Table.

For questions or additional information, contact Ruth Lewis at 607-749-4541 or at otiscolake2@yahoo.com.

PANCAKES MAKE MONEY

THE CNY MAPLE FESTIVAL, APRIL 5 & 6 wants to help Not For Profit organizations and clubs, raise money to balance budgets or do a special project. It is a fun way to bring attention and do something that benefits the club or organization.

Contestants with their organization's membership seek pledges per pancake. The Maple Festival even pledges \$2 for every pancake eaten too! "It is our way of giving back to those who support us" said Co-Chair Paige Parker.

To enter, send a post card or letter to CNY Pancake Eating Contest, P.O. Box 291, Marathon, NY 13803. Only 10 seats at the pancake eating table, which is in the Marathon High School Auditorium, so get your entry in now. Include contestant's name, address, phone, the sponsoring organization and it's address, with a contact person and phone. Those accepted will be contacted.

Last year's contestants earned over \$8,000 in pledges for their sponsors. Eating pancakes with real maple syrup is a great way to make everyone happy, especially if \$ is benefiting a Not For Profit too!

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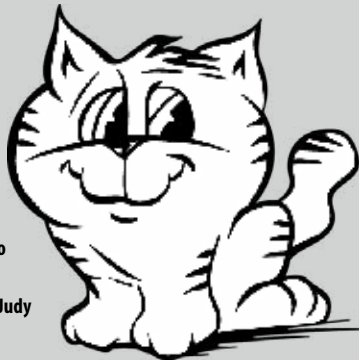
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CORTLAND COUNTY HISTORICAL SOCIETY TRIVIA
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DID YOU KNOW THAT ONCE upon a time, there was an organization that provided a home for children who needed a place to live? That place was the King's Daughters Children's Home, and it was officially opened on May 17, 1906.

Members of the King's Daughter's recognized that there was a need in the community for children who needed care. They raised the funds needed to create a safe place and purchased the 1806 hotel located on Port

Watson Street where the BOCES facility is today. The building was a historic one, having been "The Grand Hotel" in the village of Port Watson. It was a stagecoach stop in the early years of Cortland County and served the boatmen who traveled the Tioughnioga River. In the late 1800s, it was a home for aged women.

The first children to live at the home were two little boys, and during that first year, it provided a home to eighteen children. Children came to live at the home for a variety of reasons. Some were placed there by social agencies for unstable home conditions, through emergencies (like house fires), or by their parents or relatives who simply could not care for them. Some children stayed briefly while others stayed for years. There were often as many as 80-100 children living there at one time. The home was closed in 1958 due to the development of the foster care system which placed children in foster homes to keep them in a family environment. In the 52 years that the Children's Home was open, more than 1200 children passed through those doors. While it wasn't a perfect solution, it provided help to the youngest and most vulnerable members of our community when they needed it most.

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Initiating a conversation. Positive and productive. These are the two words to keep in mind when discussing your loved ones' need for care. Instead of approaching it as "The Conversation," treat it as an ongoing series of chats. Remember to address one issue at a time rather than trying

to resolve everything at once. Below are additional tips for starting discussions:

- Begin early when your parents' health allows them to fully share their wants, needs, and preferences.
- Choose a time and place that makes everyone comfortable. Avoid special family occasions or events with time constraints so that you can have a relaxed, unhurried conversation.
- Make the experience non-threatening by letting your parents know you're concerned for their wellbeing and want to help.
- Offer options, not advice. Pose questions, listen, and offer more than one acceptable solution. Maintaining peace, joy, and comfort at home.

It's normal if your first thought is to move your loved ones to a facility. But it's important to know that moving seniors against their wishes can lead to frustration and depression. Formerly independent adults suddenly find themselves in unfamiliar and stressful environments, forced to comply with pre-set schedules. By contrast, helping them remain in their homes allows them to feel better and live fuller, happier lives. Aging in place has other benefits, not the least of which is cost savings. For those who already own their homes, growing old is often much less of a financial burden. Residence in an assisted living facility can cost hundreds of dollars per day. On the other hand, with the help of a caregiver or private duty nurse, care dollars stretch much further.

For more information about Comfort Keepers—please call 607-272-0444 or visit us at 165 South Main Street in Cortland.



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were finalist in the national Interstate Music Video Contest in 2021, chosen from over 500 entries submitted nationwide! With a total of 6 CD releases since 1998 and topping over six thousand CD's sold during that time, Tailor Made continues to be a sought after group in the region!

The talented group includes lead vocalist and guitarist Tink Bennett, who was inducted into the New York State Country Music Association Hall of Honor for his accomplishments in the past 40 years, complemented and completed by other members including Derek Gasque on vocals and keyboards, Chris Harris on drums, and Mike McMullin on Bass and vocals

About

Tink Bennett and Tailor Made is a five-piece high energy act that mixes classic Rock driven styles with Country music. The band was formed in 1992 and has been growing strong ever since. Based out of Central NY, they have become a regional act and a favorite with fans from Watertown to Binghamton and Buffalo to Albany. They are known not only for great performances of covers and originals, but also for the extensive sound and lighting production they bring to every gig! Their production is perfect for outdoor venues as well, with sound and lighting for up to 2000 guests!

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well. With driving arrangements and audience involvement, Tailor Made stands out in the crowd!

Melding and marrying rich sounds and beats to ensure that the perfect and most palatable musical compositions are fashioned, Tink Bennett & Tailor Made create characteristic Country mixes. Describing their work as something that takes country music and then “adds a kick”, driving a sound that appeals not only to new and budding modern Country fans but also fans of the original classical genre, the band aims to mix and merge Rock and Country genres effortlessly and with grace.

Tink Bennett & Tailor Made are following up the release of their last two successful CD's “Hate The Game” and “Collaborations” with another brand new CD release entitled “It Is What It Is”, which has garnered the band their third Syracuse SAMMY award nomination for “Best Country Recording”. Their CD release, “Hate The Game”, won the 2021 Syracuse SAMMY award for “Best Country recording”, while the 2023 release of “Collaborations” garnered a nomination in the same category as well. They also



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SELF-CARE IS AN ESSENTIAL ASPECT of healthy aging, and seniors can greatly benefit from holistic approaches to maintain physical, emotional, and mental well-being. The aging process can often bring about a variety of challenges, including chronic pain, stress, memory issues, anxiety, and emotional instability. Some gentle, non-invasive, holistic approaches of bodywork/ energy healing and flower essences are Biodynamic Craniosacral Therapy, Polarity Therapy, Chakra Balancing, and Bach Flower Remedies. By adding regular bodywork/ energy healing sessions to your routine, it can significantly reduce pain levels such as chronic pain, reduce stress, enhance the body's natural healing abilities, address the physical symptoms and the underlying energetic imbalances. These therapies focus on physical, emotional and spiritual balance, support healing, help seniors develop a deeper sense of awareness and connection to their bodies and emotions, promote relaxation, inner peace, and enhance overall quality of life. Each therapy offers a unique perspective on well-being and blend well together. These therapies are rooted in the idea that healing occurs when the body's energies are balanced and restored.

Biodynamic Craniosacral Therapy is very gentle, relaxing, and settles the parasympathetic nervous system where healing takes place. It goes very deep to heal at a cellular level, reorganizes our cells, organs, nervous system, cerebral spinal fluid, our whole being adjusts to health and well-being. It's especially effective for seniors, as it offers a gentle approach to improving mobility, alleviating pain, reducing stress, anxiety, improves sleep, enhances cognition, etc.

Polarity therapy is referred to as "energy medicine". The human body is a comprehensive system of energy fields, and, techniques are used to balance these fields to promote healing influencing energy flow and energy balance in the body. As energy blockages can accumulate with age, this therapy is particularly beneficial for seniors as it addresses both physical and emotional imbalances, increases vitality and energy, relieve muscle tension, supports emotional well-being, improve circulation, etc.



Chakra Balancing helps seniors by restoring balance to the body's energy centers, which can be particularly helpful as aging may lead to emotional or physical imbalances. In older adults, the chakras can become blocked due to stress, unresolved emotions, or trauma accumulated over a lifetime.

Bach Flower Remedies are an excellent choice for seniors looking to address emotional imbalances that often accompany aging, such as feelings of sadness, fear, loneliness, confusion, emotional distress, grief and loss, anxiety, stress, etc. These natural flower remedies target specific emotional states and help restore inner harmony.

Emmanuella Grossman is a Licensed Bodywork Therapist, Registered Craniosacral Therapist, Polarity Therapy Practitioner, Usui Reiki Master, Registered Bach Flower Practitioner

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ST. JOHN MEMORIALS

ST. JOHN MEMORIALS STARTED ITS roots in 1929 in Moravia, NY. 95 years and 3 generations later it carries on the tradition of a full-service monument business supplying families with quality handcrafted memorials throughout Central New York Ty and Doreen St John, owners of St. John Memorials have been running the family business since 1993, after Ty grew up in business and was taught the “old school way” by his grandfather, Howard who started the business in Moravia back in 1929. Together they have combined old school and modern technology to create lasting family memorials and civic monuments while still being a full-service company, engraving the monuments we sell. Most monument companies don’t do any of the hands-on work anymore, Ty explains, they are mainly a middleman, selling you the monument and ordering it from a manufacturer already lettered and designed. It comes in a box and the monument company delivers it to the location. The family has no recourse if something is wrong, without waiting months for a replacement, if at all. Another major flaw in having it done at a factory, is there are many monument companies with orders in and it could take months to get your memorial and they charge per design and letter so there is no set price. When we sell a memorial and tell you the price, it includes all the lettering, design work and delivery, no hidden charges, we feel that is the fair way to do business, the family shouldn’t be charged because their last name is three letters longer than the average. We design and engrave what we sell, along with offering on site lettering such as a final date, in cemeteries across Central New York. We have a large display at our main office in Scipio, and after looking for some time, found a perfect location in Cortland to open a sales office to service our families in our eastern service area at 1027 NY-13 (Tompkins St.) Cortland, right on the corner of Munson and Route 13. Since 2020, I am in constant communication with my wholesalers and have been to Vermont numerous times last year buying inventory to stay well stocked on our most popular monuments, we currently have over 500 monuments in stock and I am proud to say that we have the largest display in the area with this year will be no exception, in fact we will be expanding our Cortland office display this Spring, with some new granite colors that are quite appealing. We are open by appointment throughout the winter and invite you to call so we can set up an appointment at your convenience to discuss your needs for Spring delivery. This assures that we have plenty of time to have the granite completed to be delivered when the weather permits. Depending on weather conditions we will be opening for regular business hours in



HAVE YOU HEARD OF NY CONNECTS?

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69 North Main Street, Cortland • 607-753-7363
nyconnects.ny.gov
nyconnects@cortlandcountyny.gov

WHEN NY CONNECTS STAFF MEETS with groups, we often start our presentations by asking “Have you heard of NY Connects”? The response from the audience is often, “I have heard of it but that’s about all I know.”? So, to increase awareness of the NY Connects program we are delighted to have a spot on the front page of The Cortland Tribune! We aim for you to have a better understanding of what NY Connects offers.

To give some background, NY Connects is not new. It was first established in 2006 as a key component of long-term care reform in New York State. It has only grown since this time. At present, there are NY Connects programs in nearly every county. Between April 2023 and March 2024 some 322,000 contacts/follow-ups were made to NY Connects across New York State. NY Connects partners with Access to Independence and to a lesser degree with the Department of Social Services, Mental Health and the Office of People with Disabilities. NY Connects functions as the hub of the “No Wrong Door” system that services individuals of all ages, regardless of income or background. Resource information is readily available for such needs as transportation, housing, home care, home delivered meals, insurance/benefit information and more. Contact can be made in various ways including telephone access, face to face meetings or my email. Additionally, there is an online resource directory of providers which can be found at nyconnects.ny.gov. NY Connects not only provides information and assistance it also offers person-centered options counseling. This is an interactive, goal driven person-centered process whereby individuals are supported in making informed long-term support decisions based on preferences, strengths, values, abilities and resources. It includes exploring options, assisting with accessing support/services, and follow-up with the individual. We aim to empower individuals to make their own long-term decisions and to live as independently as possible.

For more information, please contact our NY Connects office please call 607-756-3485 or 607-753-5060 or email nyconnects@cortlandcountyny.gov. We are located within the Office for Aging department at the County Office Building, 60 Central Avenue in Cortland. NY Connects with Access to Independence is located at 69 North Main Street, Cortland. They may be reached at 607-753-7363. We look forward to hearing from you!



CREATURE FEATURE FAMILIAR FRIENDS

OVER THE WINTER, THE BIRDS we see with regularity often become our backyard favorites: cardinals, chickadees, titmice, finches, and woodpeckers, to name a handful. As familiar as they may be, it’s fun to learn new things about our feathered friends.

For example, although **cardinals** are common visitors to our feeders, they prefer to forage on the ground. In fact, one study revealed that cardinals spent 77% of their foraging time on the ground.

Did you know that **chickadees** usually mate for life? In the winter, chickadees live in small groups with a “pecking order” reflecting a dominance hierarchy, and each bird tends to sleep in its own roosting cavity.

You might be surprised to learn that **goldfinches** are 100% vegetarian, even in the summer months. As we edge towards spring, the male finches will begin to turn bright yellow, while the females stay dressed in subdued plumage.

Downy woodpeckers are North America’s smallest variety of woodpeckers. They have special feathers around their nostrils to keep wood chips out. Also, their bill is smaller than other woodpeckers – more like forceps at the tip – which enables them to extract insects and their eggs and larvae from within stems and other tight spaces.

Tufted titmice are among the first birds to warn others of a predator’s presence. The alarm call of a titmouse fades in volume to make it sound as though it is moving away, proving that this familiar feathered friend is more than just a pretty face!

Article & photo by Margie Manthey

VOLUNTEERS NEEDED!

Seeking Volunteers to help distribute home-delivered meals at Creamery Hills Apartments in Harford.

Call 753-5060
Cortland County Office for Aging’s Volunteer Program for more details.

The Cortland County Office for 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 2020, as amended.

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There is a suggested one-way contribution of \$2.50 for City of Cortland, and Village of Homer or \$3.00 all other locations. All contributions are voluntary and confidential. Services will not be denied for inability to contribute.

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 2020 as amended.



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PUZZLES & GAMES

WORD FIND

Find the 'Senior' related words below! Can you find them all?
Good luck! Check our next issue for the solution!

j	n	s	a	n	c	a	s	g	c	e	u	r	d	r	n	u
n	i	a	i	i	n	c	s	g	k	r	o	i	n	e	s	s
s	t	g	o	l	f	a	d	c	t	r	i	v	i	a	e	n
o	r	i	s	e	v	i	y	r	s	d	r	f	e	s	g	
y	t	e	f	a	s	e	v	c	r	o	g	n	d	e	v	e
u	u	g	v	c	w	r	r	l	i	r	s	a	r	s	w	n
g	s	i	o	i	l	p	i	i	a	t	f	s	o	u	e	y
i	n	u	l	d	g	i	l	n	t	k	e	s	w	d	s	l
s	n	i	u	n	t	e	d	g	s	e	d	i	a	o	c	r
t	s	u	n	w	g	p	r	e	a	u	r	s	d	k	r	e
s	l	r	t	e	a	n	l	a	e	a	r	t	r	u	a	d
c	a	n	e	r	d	l	i	h	c	d	n	a	r	g	b	l
i	d	s	e	k	i	r	k	s	a	i	r	n	n	m	b	e
o	u	n	r	l	a	t	a	e	u	r	d	c	g	c	l	v
a	t	f	s	i	e	i	g	r	o	i	e	n	t	e	a	
l	l	g	o	l	d	e	n	o	t	l	h	w	m	l	i	r
h	l	p	u	z	z	l	e	s	n	f	d	c	d	a	g	t

sudoku • puzzles • nutrition • volunteers • senior • discount • insurance • gardening
retire • florida • grandparent • grandchildren • silver • golden • caregiver
safety • medicare • dietician • assistance • housing • trivia • crossword • jigsaw
word find • elderly • travel • scrabble • golf • cycling • cane • walker • sneakers

SUDOKU

It's easy to play Sudoku! Simply fill every column, row and 3x3 box so they contain every number between 1 and 9. Don't go too fast! The game is easy to play but difficult to master!

			9			1		
	1			4		6	8	
3			1		2			
1	5				9	7	3	
	8						2	
	2	7	4				5	1
			2		3			7
	3	6		5			1	
		5			1			

LAST ISSUE'S PUZZLES

SUDOKU

4	1	5	2	9	7	3	8	6
8	7	9	6	3	4	1	5	2
6	3	2	1	8	5	7	4	9
1	2	3	5	7	8	6	9	4
5	6	7	9	4	2	8	3	1
9	4	8	3	6	1	5	2	7
3	8	1	7	2	9	4	6	5
7	9	6	4	5	3	2	1	8
2	5	4	8	1	6	9	7	3

THIS ISSUE'S TRIVIA ANSWERS

1. Casablanca
2. United Nations (UN)
3. Hula Hoop
4. Andy Warhol

WORD FIND

c	d	b	e	g	s	w	e	e	t	s	i	a	k
a	n	v	c	n	a	r	e	l	l	e	r	n	s
n	e	n	g	a	p	m	a	h	c	p	i	n	c
d	i	n	n	e	r	t	g	d	i	p	u	c	u
y	r	s	i	t	s	d	s	k	i	s	s	o	p
d	f	e	d	t	r	o	m	a	n	t	i	c	
a	l	t	n	c	n	a	e	s	o	o	e	r	a
t	r	a	e	h	t	e	e	w	s	o	e	o	k
e	i	l	i	r	m	b	l	h	o	l	c	y	e
n	g	o	r	o	e	y	d	a	v	l	o	h	v
g	s	c	f	s	o	d	e	u	v	a	f	v	d
n	u	o	y	e	l	d	d	u	c	b	s	e	e
h	r	h	o	s	j	e	w	e	l	r	y	e	a
a	k	c	b	l	e	t	r	e	s	s	e	d	y

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- Marathon – Ron's Body & Paint • Laundromat • Mijos**
- Marathon/Whitney Point – Gregg's Markets**
- Whitney Point – Aiello's • Midway Sales • The 5&10 Variety Store**
- Dryden – Clarks Food Market • Kinney Drugs • Walgreens**
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