



Elder E-News

October 28, 2009

Cornell Wellbeing Programs

Celebrate November as National Family Caregivers Month!

Seminar: Financial and Legal Concerns for Elders

Thursday, November 19

Noon-1:00 p.m.

354 Duffield Hall

Attend a lunchtime seminar presented by Joy Blumkin, a local attorney with Blumkin, Finlay & Bixler. Joy will address common legal and financial concerns of the elderly and their caregivers such as planning for incapacity (advance directives, guardianship, and trusts) and the expense of long term care.

To register please contact: Eileen McCoy Whang: emw76@cornell.edu, 5-1917.

Caregiver Support & Education Network

Are you providing care for an adult family member, spouse, or friend? If so, you are invited to attend meetings of the Caregiver Support & Education Network. Participants are welcome to attend when their schedule allows. The facilitators will share strategies, tools, and resources for coping with stress, caregiver guilt, and burnout as well as information on local/national resources that may assist you. This is an opportunity for sharing and connecting with others.

- November 19, 12-1 p.m., 354 Duffield Hall. Topic: Financial and Legal Concerns for Elders. This topic, presented by Joy Blumkin, attorney with Blumkin, Finlay & Bixler LLP, will address common legal and financial concerns of the elderly and their caregivers such as planning for the expense of long-term care and planning for incapacity (advance directives, guardianship, and trusts).
- December 17, 12-1 p.m., 354 Duffield Hall. Topic: General discussion
- January 21, 12-1 p.m., 354 Duffield Hall. Topic: Senior Housing
- February 18, 12-1 p.m., 354 Duffield Hall. Topic: General discussion
- March 18, 12-1 p.m., 354 Duffield Hall. Topic: Geriatric Massage. This presentation will focus on the benefits of massage; touch combined with compassion. You will be offered tools to add to your tool kit as you care for your elders, and will also cover the benefits of massage for you as the caregiver.
- April 15, 12-1 p.m., 354 Duffield Hall. Topic: General discussion
- May 20, 12-1 p.m., 354 Duffield Hall. Topic: Life Stories

Facilitator: Eileen Whang, Dependent Care Consultant for the Office of Workforce Diversity and Inclusion and Cindy Glanville, Senior Clinician and Workplace Consultant, FSAP.

Tips for Telecommuters: Setting Up an Effective Workspace - WEBINAR - [Register Here](#)

November 4, 2009, 1-1:40 p.m.

Home offices are not typically designed with the same ergonomic principles and furnishings as the traditional workspaces provided by Cornell University. As utilization of telecommuting increases, so too can the risk for costly and disabling Work Related Musculoskeletal Disorders (WRMD). Learning to establish home workspaces with sound ergonomics principles will reduce your risk for discomfort/injury and ensure consistent productivity while telecommuting.

Participants will gain the following resources from this webinar: an awareness of essential computing ergonomic principles, desktop and laptop solutions, and tips for making (almost) every room a healthier workspace.

Presenter: Todd Baker, OTR/L, CEES, Musculoskeletal Injury Prevention Program

Adopting a New Pet: Strategies for Ensuring a Good Fit - [Register Here](#)

November 17, 2009, 12-1 p.m., Hagen Room, Shurman Hall

This workshop will discuss why you should consider adopting a shelter or rescue animal and how to make the best fit for your family.

Presenter: Kelley Bollen, MS, CABC. Kelley is the Director of Behavior Programs for Maddie's Shelter Medicine Program at Cornell University's College of Veterinary Medicine. In this role she teaches veterinary residents and veterinary students about behavior and consults with area animal shelters about the importance of behavioral health for their animals.

Emotional Wellbeing Workshops offered by the Faculty and Staff Assistance Program (FSAP)

The following upcoming programs provide tools and strategies related to topics on emotional wellbeing and are offered to the Cornell community (faculty, staff, students, and retirees) at no charge. Programs are facilitated by the [Faculty and Staff Assistance Program \(FSAP\)](#) within the Office of Workforce Diversity and Inclusion (WDI) unless otherwise noted.

[Online registration form](#)

Questions? Contact WDI at wellbeing@cornell.edu or 255-5298.

Defusing Conflict and Controlling Anger in the Workplace - [Register Here](#)

- November 12, 3-3:45 p.m.; 163 Day Hall

Is conflict in the workplace inevitable? Should we expect or demand a conflict-free environment? Should anger be expressed or controlled in the office? This workshop takes a look at those questions and more. Participants will learn about what is positive and what is negative about workplace conflict. Learn what defusing/controlling choices we have when we're confronted with conflict/anger, and learn some anger control techniques

The Power of Words: Healthy vs. Unhealthy Self-Talk - [Register Here](#)

- November 16, 3-3:45 p.m.; 163 Day Hall

It is the nature of the human mind to be full of "self-talk" – the stream of thoughts that run through our brain almost non-stop, commenting endlessly on the state of self, others, life and

the world at large. Our self-talk has a tremendous influence over how we think, feel and behave. Often, our self talk is distorted and overly negative; and, for the most part, we are not even aware of our self-talk. The good news is that we can learn how to replace distorted and negative self-talk with more balanced, accurate, and realistic thinking patterns. This workshop will present information about identifying and changing distorted or negative self-talk.

Cornell Wellness Healthy Aging Program

The Cornell Wellness Program offers classes specifically designed for retirees and includes resistance training, Jazzercise Lite, Dance, water exercise, gentle yoga and aerobics. Classes are open to Cornell retirees and their spouses or same sex partners. To participate in classes you must be a Wellness Program member. For information about offerings for retirees and joining the Wellness Program, call Christa at 255-3886 or visit:

<http://wellness.cornell.edu/healthyaging.htm>

If you are a participant in the Wellness Program's Healthy Aging classes, please re-bookmark the web site. The URL has changed to <http://wellness.cornell.edu/healthyaging.htm>

Wellness Program Offerings: <http://wellness.cornell.edu/Fall2009Offerings.htm>

Information on the community programs listed below has been obtained from various community based listservs, newspapers, newsletter, and by submission of the sponsoring agency. Please contact the listed agency or individual for more information on each program.

Community Activities

United We Ride National Online Dialog

From Nov. 2-13, there will be a national online dialogue about **how to increase transportation access for people with disabilities, older adults, and individuals with limited incomes.**

The 11 federal agencies that make up the Coordinating Council on Access and Mobility (CCAM) and its United We Ride (UWR) initiative want participants to submit comments and rate ideas that will inform future policy decisions.

As part of a Federal effort to gather your innovative ideas about transportation access for people with disabilities, older adults and persons of limited income, we are asking your members, staff and constituencies to participate in an online dialogue that will occur between November 2nd and November 13th. Your participation is crucial to ensuring that the next federal plan is everyone's plan! For more information and to register please visit

www.UWRdialogue.org.

Sheryl Gross-Glaser, Coordination Specialist, National Resource Center for Human Service Transportation Coordination, Community Transportation Association of America in her invitation says "It is important that 2-1-1s, United Ways, your networks, volunteers, and the millions of people we help are well represented. You lend a unique voice about the information and referral ramifications of the transportation challenges confronting people who are unable

to drive due to financial and other barriers. Please help us shape a new agenda to increase livability and accessibility for everyone.”

To promote the dialogue, please post a note on your homepage or send out an email or listserv blast, and put a notice in your next newsletter.

Many thanks,

Linda

Linda Daily / Director, 2-1-1 CIL/CCL / United Way Worldwide

701 N. Fairfax St., Alexandria, VA 22314, USA / tel: +1 703.836.7112 x 474 / fax: +1 703.549.9152

GIVE. | ADVOCATE. | VOLUNTEER. | LIVE UNITED™

www.liveunited.org

Mighty Yoga

I thought you might be interested in hearing about MIGHTY YOGA the new Power Yoga studio that opened in 2 months ago in downtown Ithaca. We're located at 106 West State Street, across from the State Street Theater and above Handwork.

We are having a FREE Open House this SUNDAY, November 1 from 4-6PM. Our teachers will be in house and available to talk with, as well as provide some great tips and techniques for STRESS RELIEF and RELAXATION. In addition, there will be a SALE on Mighty Yoga classes and we will even be raffling off FREE CLASS PASSES and other great gifts!

Please consider stopping by Sunday to check the space out and stop in for one of our classes.

We love to see new faces!

We're also interested in having some community outreach classes. We are so looking forward to extending our yoga further into the community and giving back! Please contact studio owner Heather if you have some ideas or suggestions.

Thanks so much! We're looking forward to seeing you on the mat :)

Best wishes,

Heather Wakeley

Mighty Yoga

607-272-0682

www.mightyyoga.com

The 41st Saint James Fair/Bazaar

Saturday November 7th 9am-3pm

17 Whig Street, Trumansburg.

It's time for fall fun at St. James 41st annual bazaar.

Pack your freezer with delicious homemade baked goods.

Look over holiday crafts, and local merchant goods.

Check out toys and gifts in the Crazy Auction

Uncover a gem in our famous garage sale, this time in the churches Garage.

Enjoy a hot lunch and takeout food.

Take a chance on the gorgeous hand-tied quilt named "Trade-winds"

All are welcome

Saint James is handicapped accessible.

Save the date, Saturday November 7th, for Empty Bowls!

Loaves' and Fishes 14th annual Empty Bowls fundraiser will feature bowls made and donated by local potters, which are displayed and then chosen by ticket holders to be used for a meal of food donated by local restaurants, and then taken home to keep. Doors will open at 6:15 for seating at 6:30. Tickets will be available at Handwork starting October 17th. Ticket price is \$35. Local restaurants, wineries, and musicians will provide food, wine, and entertainment. The meal will be served by Loaves & Fishes' very own chefs and volunteers, together with college students and community members who help with this event. Come enjoy, and celebrate this signature event!

Visit our website, www.loaves.org, or call 272-5457.

THE OFFICE IS STAFFED MONDAY, WEDNESDAY AND FRIDAY FROM 9AM TO 2PM. IF YOU NEED TO CONTACT US, PLEASE ALLOW FOR THIS SCHEDULE.

assistant@loaves.org

272-5457

loaves.org

Lifelong Learning is Now Seeking Volunteers for this spring semester!

Volunteer Opportunities:

Lifelong Learning is made possible by the time and energy generously donated by volunteer instructors. We are currently seeking community members who are interested in working with elders in our community. If you are interested in teaching a course or workshop during our next semester, Spring 2010, please contact Jillian Pendleton, Program Director at (607) 273-1511 or jpendleton@tclifleng.org.

Instructor/Volunteer Topic Needs are: (but not limited to)

- Computer Basics
- Microsoft Word
- PowerPoint
- Musical or Theatrical Performances
- Art / Music / Theater Education
- Services available in Tompkins County
- Memoir Writing/ Personal Expression
- Culture education
- Finding Friends and Family online
- How to use a cell phone
- Pole walking
- Games on the computer or online
- What are Electromagnetic Fields?
- What are different light bulbs used for?
- Whatever you are passionate about; someone wants to learn about!

Come share your passions...

Statement of Purpose: Since 1952 Lifelong has advocated for a vibrant community through the active involvement of older adults. Lifelong seeks to promote wellness in later life by celebrating our rich cultural values and unique experiences by strengthening connections with others through community life. Lifelong Learning has established the reputation for developing

innovative and volunteer-taught programs. Lifelong values an experience-centered learning environment, shared knowledge and aims to link communities with one another.

History: In the spring of 1998 Lifelong (then known as Tompkins County Senior Citizens' Council) created a program called Senior Circuit which seeks to provide opportunities of intellectual and cultural exploration through collaborative learning workshops. In 1998 the program began with 15 classes and 139 people participating. Since that time the program (now known as Lifelong Learning) offers over a 150 classes each year with over 500 people participating. The Spring Semester runs from February 1st - June 30th, 2010.

Women Singin'

Women Singin', a singing circle which meets on the first Monday of each month, will be changing to the **first TUESDAY of each month.**

This group meets monthly from **5:30 - 7:00 p.m. at the Nina K. Miller Hospicare Center, 172 East King Road, Town of Ithaca** to bring musical voice to the Hospicare Residence.

All women who like to sing are welcome and we suggest a \$3 donation towards Hospicare's music program.

Musical selections include rounds, chants, sacred music and more.

Please join us or help spread the word.

Saoirse McClory

(607) 272-0212

smcclory@hospicare.org

www.hospicare.org

Community Workshops/Lectures/Classes

Ithaca College Gerontology Institute

Final Fall 2009 Workshop

November 4, 2009. **Registration Deadline October 28th, 2009**

Eden at Home: Creating Collaborative Care Partner Teams at the Grassroots Level

Presenter: Laura Beck, MPAff,

Program Director, Eden at Home, The Eden Alternative

The workshop will be held from 2:00 p.m. to 4:30 p.m. at Longview, 1 Bella Vista Drive, Ithaca.

Registration fee is \$20. Retiree's registration fee is \$12. For a description of the workshop and

to register visit <http://www.ithaca.edu/gps/gerontology/registration/> or contact Marilyn Kinner

email mkinner@ithaca.edu, voice 607-274-1967. Registration deadline is one week before the workshop.

16th Annual Conference on Depression: Living in Difficult Times

Tuesday, November 10, 9:00 – 3:30 (registration, 8:30), at the Tompkins County Public Library

Keynote address: The Rev. Rebecca W. Dolch, "Living in Difficult Times: 5 Spiritual Principles"

This is a free conference with workshops, a keynote, and a panel, all focused on addressing depression and the stressful, difficult times we are all living in. It is open to the public

To register call David Bulkley, The Mental Health Association in Tompkins County, 273 - 9250

To request an ASL interpreter or for An accommodation for a disability, call Larry Roberts at FLIC, 272-2433. Call By Friday, November 6.

Cayuga Medical Center Siler Service Lecture Series

You are all invited to take advantage of our free upcoming lectures - all open to the public:

Silver Service Lecture Series -- Kendal at Ithaca

2pm - 3pm in the Dewitt Clinton Auditorium

light refreshments served

November 13, 2009

"The Cayuga Heart Institute and Accredited Chest Pain Center at CMC"

Amit Singh, MD, Cardiologist

Ithaca Cardiology Associates

December 11, 2009

"Colorectal Cancer: What You Need to Know"

Carl West, MD, Gastroenterologist

Gastroenterology Associates of Ithaca

January 2010 -- No Lecture

February 12, 2010

"The Importance of Touch: Benefits to the Body"

Rachel Hogancamp, LMT

Rasa Spa, Managing Partner

Island Health Center

Please join us - feel free to pass the word and bring a friend!

Elizabeth Heath

Public Relations Specialist

Cayuga Medical Center

101 Dates Drive

Ithaca, NY 14850

607.274.4498 ext. 4104

607.274.4627 fax

Workshop offered by the Caregivers' Resource Center

The following workshop is offered free of charge at the Cooperative Extension Education Center (615 Willow Avenue, Ithaca). Call the Office for the Aging to register or for details (274-5492).

Pre registration is encouraged, but not required.

- **Alzheimer's 101**
Friday, November 20
Noon-1:30 PM

Michael Massurin, Director of Programs and Services for the CNY Chapter of the Alzheimer's Association, will cover essential topics including, a general overview of Alzheimer's and dementia, symptoms and stages of the disease, communicating with someone who has Alzheimer's, and behaviors related to Alzheimer's. It will conclude with a discussion of available programs and a question and answer session. Free. Bring your brown bag lunch if you wish. Beverages provided.

Articles

Modern Technology helps the Tradition of "Snow Birds": Today's Caregiver:

http://www.caregiver.com/channels/tech/articles/snow_birds.htm

Caring for the Elderly, Online Resources: New York Times:

http://www.nytimes.com/ref/health/noa_resources.html

Support Groups

See Wellbeing Programs above for the Cornell Caregiver Support and Education Network

Grandparents Raising Grandchildren

Free Support Group

Meets the 4th Monday of the month

November 23

December 21

6:30- 8:30 p.m., Family & Children's Service of Ithaca, 127 West State Street

Free childcare available upon request, refreshments served

Call 273-7494 to register

Finger Lakes Independence Center Support Groups

- **Depression Support Group** meets weekly, Thursday at FLIC at 5:30pm
Peer-led self-help group
Contact Larry at 272-2433 for more info
- **Visual Support Group**
Open to anyone who has vision impairment
Meets 1st Tuesday of month at FLIC 1 - 2:30pm
Contact Sherry at 272-2433 for more info
- **"Do Da" Support Group** (all disabilities welcome)
Meets 2nd Wednesday of month at Titus Towers 1 - 2:30pm
Contact Sherry at 272-2433 for more info
- **Hard of Hearing Networking Group**
Meets 3rd Wednesday of month at Longview 1 - 2:30pm
Contact Sherry at 272-2433 for more info
- **Acquired Brain Injury**

Meets 2nd Tuesday of month at FLIC 7 - 9pm
Contact Dr. Richard Maxwell, PhD at 256-5076 for more info

Fall Support Groups: Caregivers Resource center

The Caregivers' Resource Center facilitates the following caregiver support groups. Call 274-5492 for details.

- **Caring for Aging Parents**
Open to those caring for parents or other elderly relatives or friends. Meets on the 3rd Wednesday of each month: (Nov. 18) from 5:00 - 6:30 PM at Lifelong, 119 W. Court St., Ithaca
- **Alzheimer's & Other Dementia Caregiver Support Group**
Open to those caring for loved ones with Alzheimer's or other cognitive impairments. Meets on the 4th Tuesday of the month (Nov. 24) from 1:00-2:30pm at the Office for the Aging, 320 N. Tioga St., Ithaca
- **Parkinson's Support Group**
Open to Parkinsonians and their Caregivers. Meets quarterly: 2:00 PM - 3:30 PM at Cooperative Extension, 615 Willow Ave., Ithaca
- **Another Alzheimer's Group:** In addition to the daytime group, people caring for loved ones with Alzheimer's or other dementia can attend a group at 5:30 PM on the 1st Wednesday of every month. It meets at Lifelong, 119 W. Court St. Sponsored by the Alzheimer's Association of CNY. For info., call 330-1647.

"Friends and Family" Cancer Group

The Cancer Resource Center holds a meeting for friends and family of someone with cancer on the 2nd Tuesday of each month, 7:00-8:30 pm. It provides an opportunity for adult caregivers to "let their hair down and connect with others in similar situations." For information on the group and other educational programs for people with cancer and/or their friends and family, call 277-0960.

Pet Loss Group Re-Forms with Additional Facilitator and New Location

The pet loss support group is a monthly drop-in group for anyone who is coping with the loss of a pet. The group will be held at the Colonial Veterinary Hospital at 2369 North Triphammer Road from 7 to 9 p.m. The group will be held on the 4th Tuesday of every month.

The Coping With the Loss of Your Pet Group, a self-help, professionally facilitated gathering that has provided education about coping with loss and emotional support at no charge for more than four years, has reorganized.

Jane Baker Segelken, MA, MSW, who has been facilitating the group since its inception in 2005, will be joined by co-facilitator Cathie Simpson, Ph.D., an Ithaca psychotherapist who specializes in helping people get over grief, anxiety, and depression. "Jane and I have known the despair of losing a beloved pet," Simpson explained. It was wonderful for me to be able to talk about my loss in a safe and supported environment." Together they will offer the group on the 4th Tuesday of each month from 7:00 to 9:00 p.m. at Simpson's downtown Ithaca office at 316

Court Street in Ithaca. There is no charge for participation.

“The canine or feline with whom we’ve had a special relationship and shared our home is often a cherished member of the family,” said Baker Segelken. “When that companion dies, the grief we feel may be difficult to handle. One way to cope is by being with others who are also grieving a similar loss.”

For additional information or for answers to questions about the group, please call Jane Baker Segelken at 607-257-9598 or Cathie Simpson at 607-273-3063.

Hospicare and Palliative Care Services host the following bereavement support opportunities

All groups meet at the Nina K. Miller Center, 172 East King Road, Ithaca unless otherwise specified. For more information contact Donna George at 272-0212 or dgeorge@hospicare.org.

Evening Bereavement Group

Meets the first and third Wednesdays of every month from 5:30 - 7:00 p.m.
For ALL BEREAVED adults no matter when the loss occurred.

Bereaved Parents Group

Meets the second Tuesday of every month from 5:30 - 7:00 p.m.
A peer-run support group for bereaved PARENTS OR GRANDPARENTS. For more information, contact Carlo Troise at 255-9470. (No registration or fee; donations appreciated.)

Wednesday Breakfast Club

Meets the fourth Wednesday of every month at 8:00 a.m.
An informal breakfast get-together at Friendly’s Restaurant at 323 Elmira Road (Route 13), Ithaca. (No registration necessary. Individuals pay for their own food/beverage.)

Tuesday Lunch Club

Meets the second Tuesday of every month at 12:00 Noon
An informal lunch get-together at Royal Court Restaurant at 529 S. Meadow Street (Route 13), Ithaca. (No registration necessary. Individuals pay for their own food/beverage.)

For information about Hospicare and Palliative Care Services, please call 607-272-0212 or visit www.hospicare.org.

Community Resources

HOW TO APPLY FOR THE HOME ENERGY ASSISTANCE PROGRAM (HEAP)

*****2009-2010 HEAP SEASON OPENS MONDAY, 11/2/2009*****

IF YOU ARE A RECIPIENT (RECEIVING RECURRING MONTHLY BENEFITS) OF TEMPORARY ASSISTANCE (CASH ASSISTANCE) AND/OR FOOD STAMPS, YOU MAY APPLY THROUGH THE HEAP UNIT AT DSS.

TOMPKINS COUNTY DEPARTMENT OF SOCIAL SERVICES – HEAP

PHONE: (607) 274-5264 FAX: (607) 274-5693

320 W. State Street, Ithaca, NY 14850

IF YOU ARE NOT A RECIPIENT OF TEMPORARY ASSISTANCE AND/OR FOOD STAMPS YOU NEED TO APPLY FOR HEAP AT ONE OF THE FOLLOWING OUTREACH AGENCIES:

TOMPKINS COUNTY HEAP OUTREACH AGENCIES

Applicants: Households **not** receiving **recurring monthly** Public Assistance or Food Stamps, but that are aged 60 and over, **or** in receipt of SSI, Social Security Disability or Veteran’s Benefits need to apply at:

TOMPKINS COUNTY OFFICE FOR THE AGING

PHONE: (607) 274-5482 FAX: (607) 274-5495

320 N. Tioga Street, Ithaca, NY 14850

Applicants: Households **not** receiving **recurring monthly** Public Assistance or Food Stamps **and** that don’t meet the applicant requirements for Office for the Aging need to apply at:

TOMPKINS COMMUNITY ACTION

PHONE: (607) 273-8816 FAX: (607) 273-3293

701 Spencer Road, Ithaca, NY 14850

Hospicare’s New Website

www.hospicare.org

Are you considering turning to hospice for help for yourself, a family member, friend or client? Have you or someone you care about suffered a loss? Are you a medical professional considering a referral?

We invite you to explore our new website, download and share articles, use the site when you have questions and recommend the site to others so that it becomes a valued community resource for those dealing with serious illness or living with loss.

Hospicare’s new website may have answers to your questions...www.hospicare.org

Hospicare’s redesigned website features lots of valuable information. We encourage you to let people know that they can easily use the “**Search**” feature on the site to find information that may be supportive to their situation.

The site features three main navigational links: **Is Hospice Right for You? Are You Grieving a Loss? Are You a Medical Professional?**

On the new website, you can:

- Find out what kind of **care Hospicare provides**
- **Get support** if you are grieving
- Learn how to **get involved**
- Check out our **event calendar**
- Download a **volunteer application**
- Read our **newsletters**
- Make a **donation**

- Review current **job openings**
- Discover our **music** and intergenerational **nature** programs
- Download **articles**
- Watch Hospicare's **video** featuring interviews with patients, family members, volunteers and staff
- **Link to resources** on facing serious illness, grief and loss, and advance care planning
- Download **prognosis guidelines**
- See a list of **board** and **staff** members

Today's Caregiver Family Checklist

Taken from Today's Caregiver, www.caregiver.com

The most loving gift a person can give to one's family is to put your affairs in order before a disaster or medical emergency. To assist in providing that gift, Today's Caregiver has compiled the following list. The information and documents you should have prepared:

- All bank accounts, account numbers and types of accounts and the location of banks.
- Insurance Company, policy number, beneficiary as stated on the policies and type of insurance (health, life, long term care, automobile, etc).
- Deed and titles to ALL property.
- Loan/lien information, who holds them and if there are any death provisions.
- Social Security and Medicare numbers.
- Military history, affiliations and papers (including discharge papers).
- Up-to-date will in a safe place (inform family where the Will is located).
- Living Will or other Advanced Directive appropriate to your state of residence.
- Durable Power of Attorney.
- Instructions for funeral services and burial (if arrangements have been secured, name and location of funeral home).

Lifelong 2009 Fall Semester

Lifelong offers 38 courses, 12 computer classes, 35 presentation and several off site opportunities. You may download a complete catalog at www.tclifelong.org, or stop in at Lifelong at 119 West Court Street to pick up a catalog.

Cancer Resource Center

The Cancer Resource Center of the Finger Lakes is pleased to unveil its new website:

<http://www.crcfl.net/>

Of particular interest to our human services community are the pages that address:

[Help Paying for Care](#)

[Practical Resources](#) (Local)

[Help by Type of Cancer](#)

Please take a look! Suggestions and comments are always welcome.

Bob Riter

Associate Director

Cancer Resource Center of the Finger Lakes

612 W. State St., Ithaca, NY 14850

Office (607) 277-0960 Cell (607) 229-5133 Fax (607) 275-0632

www.crcfl.net

.....because no one should face cancer alone.

Next Step In Care Website

www.nextstepincare.org, features information, guides and other tools for caregivers

In 2006, the United Hospital Fund started work on Next Step In Care: Family Caregivers and Health Care Professionals Working Together, a multi-year, multi-dimensional campaign to change practice so that family caregivers are routinely involved in planning, decision making, and coordinating care, particularly around transitions in care settings. The campaign aims to make transitions in care smoother and more efficient. To better enable family caregivers to manage transitions in cooperation with professionals, a series of guides, checklists and information have been created.

Ithaca College Rehabilitation Program for Stroke Survivors

Ithaca College's Center for Life Skills is inviting individuals who have experienced a stroke to participate in its fall, 2009 session.

The program is intended for individuals who have been discharged from a formal rehabilitation program but deem it necessary to continue post rehabilitation services to improve the quality of their everyday life.

This highly individualized goal-setting program provided by Ithaca College faculty and students from a variety of allied health disciplines, including occupational therapy, physical therapy, therapeutic recreation, and speech-language pathology and audiology. These share efforts focus on the integration of therapies to provide the best combination of services for each participant.

For more information or to arrange for an evaluation please call program director Catherine Gooch at (607) 375.6312 or: cgooch@ithaca.edu by August 13th. Visit our website at www.ithaca.edu/lifeskills

The National Caregivers Library...

...is one of the most extensive online libraries for Caregivers that exists today. It contains hundreds of articles, forms, checklists and links to topic specific resources. They are organized into logical categories to help you find the topic about which you are concerned. Visit the library at www.caregiverslibrary.org.

Bishop Sheen Ecumenical Housing Foundation Grant

Access to Home Grant-This grant assists frail and elderly people with disabilities with modifications to their homes. This includes both interior and exterior modifications, for example: installation of ramps, lifts, handrails, expanded doorways for wheelchairs or walkers. All grants are distributed on a first come, first served basis. For information call the Office for the Aging, 274-5482.

Free Disability Advisement and Public Assistance Information for People with Disabilities

Do you have a disability? Are you finding it difficult to make ends meet? Did you know you may

be eligible for Disability Benefits or Public Assistance?

Supplemental Security Income (SSI) is a federally funded program designed to help people who are disabled, blind, or older who have little or no income, and it provides cash to meet your basic needs: food, clothing, and shelter.

Social Security Disability Insurance (SSDI) is a monthly benefit for people who have worked and paid Social Security taxes. SSDI is paid to people who are unable to work because of their disability. If you need help filling out your SSI or SSDI application online, we can help you with that process.

The Finger Lakes Independence Center also can advise you on applying for Section 8 rent assistance, Medicaid, Medicare, and programs such as HEAP (Home Energy Assistance Program), Food Stamps, or Cash and Emergency Assistance, and refer you to the Tompkins County Department of Social Services.

If you think you are eligible and would like more information, call the Finger Lakes Independence Center at 272-2433, Monday through Friday, 9:00 am – 5:00 pm.

A Guide for Talking With Your Healthcare Provider

The brochure 'A Guide For Talking with Your Healthcare Providers' is available from the Finger Lakes Independence Center. It offers helpful hints and questions that patients might ask when meeting with physicians and other healthcare providers.

The guide is provided as a public service by the Women with Disabilities Health Group. The Women with Disabilities Health Group is a collaborative effort including the Finger Lakes Independence Center, The Mental health Association in Tompkins County, the Health Planning Council, a program of the Tompkins County Human Services Coalition, and the Tompkins County Office for the Aging.

To get a copy contact:

Larry Roberts

Program Director

Finger Lakes Independence Center

215 Fifth Street

Ithaca, NY 14850

272-2433

272-0902

larryroberts@hotmail.com

www.fliconline.org

Tompkins County Supports for Family Caregivers

The Caregivers' Resource Center and Alzheimer's Support Unit

Please call or visit us at the Tompkins County Office for the Aging in the County Courthouse basement, 320 North Tioga St., Ithaca. Open weekdays, 8:30 AM - 4:30 PM.

David Stoyell, CRC Coordinator and Newsletter Editor

Telephone: (607) 274-5492

E-mail: dstoyell@tompkins-co.org

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- **The Caregivers' Resource Center and Alzheimer's Support Unit at Office for the Aging** (320, N. Tioga St., Ithaca- in the county courthouse) -- offers family caregivers information and consultation services, support groups, workshops, this newsletter, *Powerful Tools for Caregivers* classes and a lending library of books and videos on caregiving topics. Volunteers from *Project CARE* give caregivers a needed break and help out in other ways as needed. Project CARE may also be able to arrange for paid home care services or short-term respite for stressed caregivers who are having difficulty paying for those services. Staff: David Stoyell, Katrina Schickel, and Marilyn Roberts Chase. Stop by or call 274-5482 for an appointment.

- **Caregiver Counseling and Respite Program of Family and Children's Service** (204 N. Cayuga St.). A caregiver counselor will meet family caregivers in their home or other location and help them work through complex caregiving issues or for emotional support. This program also offers grant-funded home health aide respite service to give caregivers a needed break. Jessica Gosa, MSW, is the Caregiver Counselor for the program. Call 273-7495.

- **Adult Day Community at Longview** (1 Bella Vista Drive, Ithaca). Longview's Adult Day Program on Ithaca's South Hill is currently accepting new participants age 60 or older. The program operates 3 days/week, Tuesday, Wednesday & Thursday, from 9 a.m. 3 p.m. and participants can come 1, 2 or all 3 days! The day includes coffee & discussion, exercise, crafts, lunch in their beautiful dining room overlooking Cayuga Lake and much more. Cost is \$38/day but scholarship money is available through the Tompkins County Office for the Aging. For more information, please contact Marilyn Strassberg at 375-6320.

Medicare Basics for Caregivers: <http://nihseniorhealth.gov/medicare/toc.html>

Help With Yard Work

The Office for the Aging maintains a listing of people who are willing to do yard work for seniors on either a paid or volunteer basis. If you are in need of some help with your yard work, please give them a call at 274-5482.

The Cornell Family Helper List also maintains a list of people willing to do the same. You can access this list with your Cornell ID by going to

<http://www.ohr.cornell.edu/workLife/balancing/babysitter>.

Online Advance Directive Registry

Did you know that through Cayuga Medical Center and Assuring YourWishes.org you can – for free – now store your NY State Health Care Proxy form and other advance directives on a secure on-line service at: www.AssuringYourWishes.org. By filing your advance directive on the

Assuring Your Wishes registry, you can assure that it will be available to individuals to whom you give your pass code and all health care providers involved in your medical care. It is safely and securely online and password protected.

An Option for In-Home Help

The Registry is a free service that links individuals in need of in-home help with independent job seekers. If you or your loved one are in need of an experienced housekeeper, personal care aid, certified nurse's aide, LPN or RN, The Registry can provide you with referrals. The Registry prescreens and checks references for all caregivers. YO interview and negotiate the specific terms of employment with the caregiver. For more information, please contact The Registry Program of the Women's Opportunity Center at 607-277-7686.

AARP Online Caregiving Community

Gail Sheehy, author of the best-selling book, *Passages*, has been traveling around the country to film the stories of caregiving families. She has joined with AARP to develop a new caregiving portal on the AARP website which features interactive web casts, personal blogs and online chats. For more information visit www.aarp.org/caregiving.

Lifelong Radio Show

Lifelong's radio show has the distinction of being the longest running radio show on WHCU. The Cayuga Medical Center and Tompkins County Trust Company sponsor Lifelong's radio show which airs each Saturday morning at 9:15am on WHCU 870 AM Newstalk Radio.

In Home Counseling & Respite Service

Family and Children's Service (273-7494-new number)

A Caregiver counselor will visit family caregivers and help them work through complex caregiving issues or for emotional support. This program also offers grant funded home health aide respite service to give caregivers a needed break.

Help With Veteran's Concerns

If the person for whom you are caring for is a veteran, the Veteran's Counseling Center can help with questions regarding benefits and how to apply for them. Call Ed Tenerio at 272-1084.

About this Newsletter

Elder E-News is a service provided by the Office of Workforce Diversity and Inclusion at Cornell University. This monthly newsletter provides e-list members with information on campus and community related events, programs, and resources that may interest caregivers and those they provide care for.

If there is information that you think would be helpful to include in this email, please feel free to send it to Eileen Whang, Dependent Care consultant, at emw76@cornell.edu. You may forward this newsletter and encourage them to join.

To join the list, email elder-l-request@cornell.edu with “join” written in the dialog box.
To leave the list, email elder-l-request@cornell.edu with “leave” written in the dialog box.