Cornell Activities

School of Continuing Education and Summer Sessions Events
607.255.8226

- Wednesday lectures at Bailey Hall, 7:00 p.m.
  July 30: Allen Guelzo: "'Little Note or Long Remember': Why Do We Remember the Gettysburg Address?"
- Friday concerts on the Cornell Arts Quad, 7:00 p.m.
  August 1: Panache Quartet

Caregiver Support & Education Network

Thursday, August 21, 221 Weill Hall, 12:15-1:15
August’s topic: General discussion and sharing

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, and attendees, 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.

Caregiver Support & Education Network Welcome Back Lunch!

September 18, 12:15-1:15 p.m.
221 Weill Hall

Whether you’ve been here before or this will be your first time joining us, welcome to the Caregiver Support & Education Network! Let’s get to know one another and look forward to a supportive and educational year together. Lunch provided! Please RSVP here: https://cornell.qualtrics.com/SE/?SID=SV_8HRJporQTRSXQfr_. Thank you!

Future dates of the Network will be: October 16 (121 Weill Hall), November 20, December 18.

We are looking forward to you joining us! For any questions or for more information contact Eileen McCoy Whang, emw76@cornell.edu.
Medicare Basics
Thursday, October 2, 12:00-1:00 pm, 221 Weill Hall, Speaker: Diane Dawson, Executive Director of Lifelong
Learn the basics of Medicare Parts A and B, Medicare Advantage Plans, as well as the Medicare Supplement or “Medigap” plans. Part D prescription drug plans and EPIC (New York State’s Elderly Pharmaceutical Insurance Coverage) also will be discussed. Learn about insurance premiums for Medicare and how Medicare works with Social Security, retiree health benefit plans, Veteran’s benefits, etc. Information will be shared about Medicare Savings Plans which help pay Medicare premiums, if you income qualify, and Extra Help which assists with premiums and co-pays for prescription drug coverage. Familiarizing yourself with Medicare resources and identifying programs that may assist in reducing health care costs are the objectives. This workshop is particularly designed for those who will be age 65 in the next few years. Along with our presenter, there will be representatives from the Cornell Benefits Office available to answer your questions.

Navigating Decisions in the Caregiving Context
October 16, 12:15-1:15, 121 Weill (note change in room this month)
This program is offered as part of the Cornell Caregiver Support & Education Network Register here: https://cornell.qualtrics.com/SE/?SID=SV_4Plq5ttxDIbks9
Family caregiving often involves difficult choices surrounding the care and well-being of older adults. Disagreements within the family or between families and medical professionals can be particularly challenging. This workshop will present a summary of recent research on aging and decision-making. Such findings can help caregivers understand what factors make decisions more difficult and develop strategies to better navigate their choices.
Presenter: Corinna Loeckenhoff is an Associate Professor in Human Development. Her research focuses on age differences in time horizons, personality, and emotional experience and their influence on mental and physical health across the life span. A central goal is to understand how age groups differ in their approach to health-related choices and to explore ways to optimize such choices across the life span.

Fiduciary Responsibilities of Family Caregivers
Thursday, November 6, 12-1:30 pm, 224 Weill Hall
Speaker: Joy Blumkin of Blumkin, Finlay & Bixler, LLP
Topics covered will be: What is a fiduciary? Power of Attorney, Trustees, Beneficiaries, Guardians and Executors.

Cornell University/Weill Cornell Medical College Research Study
Are you 40 years of age or older? Considering hip or knee replacement? Then you are eligible to participate in a NEW Cornell University/Weill Cornell Medical College Research Study. As a thank you, participants will receive $20 for the initial interview and $5 for a follow-up interview!
Physicians working in the field of Aging Health are trying to understand when and why people turn to others for help with treatment decisions. Some people talk to their spouses, adult children, friends or doctors while others do not. The research team wants to learn about YOUR communication with close others and what you expect from your joint replacement. Participant interviews will be conducted at a time most convenient for each individual over the phone. If you have any questions regarding this study or are interested in participating, please contact the Healthy Aging Laboratory at (607)-255-3288.

http://www.human.cornell.edu/hd/healthyaging/

Library Announces 2014 Community Read
Tompkins County Public Library, in partnership with Cornell University's New Student Reading Project, has announced the selection of "Clash of Civilizations Over an Elevator in Piazza Vittorio," by Amara Lakhous, as the 2014 Community Read. Winner of Italy's prestigious Flaiano Prize, "Clash of Civilizations" uses social satire and murder mystery to tell the story of a mixed community thrown into chaos as police investigate the murder of a neighbor.

Copies of "Clash of Civilizations" will be available for circulation at TCPL beginning July 1. Now in its 13th year, the Community Read encourages community members to experience the bond of literature by reading and discussing the same title. Programs related to the 2014 Community Read will be announced in the coming weeks. For more information, or to request free copies of the book for a book group or community agency, contact Community Read Coordinator Teresa Vadakin at (607) 272-4557 extension 272 or tvadakin@tcpl.org

Botanical Garden Tours
Enjoy a guided tour through the Botanical Gardens on Saturday, June 14 and discover the beauty and diversity of our numerous theme gardens. Actual tour content will vary from week to week, depending on the plants, season, interests of the group, and whim of the docent. Cost is $5, free for members and students.

For information: http://www.ssreg.com/cornellplantations/classes/classes.asp?catID=4421

Cornell Wellness
www.wellness.cornell.edu

Pathways to Your Encore e-List
The encore-pathways-l e-List gives employees information about programs, workshops, articles, and resources that may be of significance to Cornell mid-career and pre-retirement employees. It focuses on workplace, work/life, community, and global information and resources of interest to the Baby Boomers and Gen Xers in the Cornell community. encore-pathways-l is a component of Cornell’s newly launched “Pathways to Your Encore” programming designed for those who are exploring, dreaming about,
planning for, or ready to embark upon the many possibilities the encore stage of life affords. To join this e-list, send an email to: Encore-Pathways-L-request@cornell.edu (Email Subject: join, Body: blank). Visit https://www.hr.cornell.edu/retirees/encore_pathways.html or contact encore@cornell.edu for more information.

Retirees

- Cornell Retirees Association (CRA): http://www.hr.cornell.edu/retirees/cra.html
- Cornell Association of Professor Emeriti (CAPE): http://www.emeritus.cornell.edu
- Cornell Recreation Connection (CRC): http://www.crc.cornell.edu

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

Community Activities

Library’s 4 Seasons Book Club
The Club, which meets from 6:30 to 7:30 p.m. in the BorgWarner Community Room-West. The Library's "4 Seasons Book Club" is free and open to the public; however, advance registration is required. The Club will meet quarterly, with additional meetings planned for August 7 and October 2.

In an effort to provide dynamic and accessible programming to all readers, the Library will also offer online access to the "4 Seasons Book Club." To register for the virtual club, sign-up for Goodreads at https://www.goodreads.com<https://www.goodreads.com/about/how_it_works>, email Adult Services Librarian Teresa Vadakin at tvadakin@tcpl.org<mailto:tvadakin@tcpl.org> to request an invitation to the online book club and follow the instructions in her reply email.
For more information or to register for the on-site version of the club, contact Vadakin at (607) 272-4557 extension 272 or tvadakin@tcpl.org<mailto:tvadakin@tcpl.org>.

Let’s Go to the NY State Fair Senior Day with Lifelong!

Tuesday, August 26 is Senior Day

Admission to the fair is free
Join us on the bus and don’t worry about parking
$32 for Lifelong members
$37 for non-members
Sign up at Lifelong or call 273-1511

Payments due by August 11

Moving Through Grief- Yoga Event @ Hospicare
Wednesday, August 13th
9 AM- 10:30 AM
Hospicare Gardens-172 E King Road, Ithaca
Restorative yoga session led by certified yoga instructor exploring the interconnectedness of the physical & emotional experience of grief.
Counselor-led group discussion to follow.
This event is open to any adult who has experienced a loss, regardless of when the loss occurred or the relationship to the deceased.
All levels of physical fitness are welcomed to participate.
Bring a yoga mat (if you have one), towel, and water bottle.
Please register by email JWilliamee@hospicare.org, or phone (607) 272-0212
Jen Hoffmann Williamee, LMSW, Hospice & Community Bereavement Counselor
Hospicare and Palliative Care Services of Tompkins County
www.hospicare.org

Lifelong’s 2014 Walk Program
Come walk with your friends, old or new, at Lifelong! Lifelong’s walk program is a great way to explore the beauty and culture of Tompkins County while increasing your strength, improving your balance and enjoying the company and knowledge of your peers. Our walk program coordinators, Elke Schofield and Jane Zimmer, are looking forward to sharing the walks they have planned for you. We will walk every other week on Wednesdays and will meet in the Lifelong Lounge at 1:15 PM, promptly starting to walk at 1:30 PM. You must be able to walk 1-2 miles. When carpooling is necessary, a $1-2 fee will be required for gasoline and parking, to be given to the driver. You will be informed either by e-mail or by phone 2-3 days ahead of the scheduled walk.

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<th>Date</th>
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<tr>
<td>Aug. 6</td>
<td>Carla’s Jewelry</td>
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<td>Aug. 20</td>
<td>Cornell Plantations and Nevins Welcome Center</td>
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<td>Sep. 3</td>
<td>Discovering the Commons beginning w/ the Sagan Planet Marker in Bank Alley</td>
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<td>Sep. 17</td>
<td>Immaculate Conception Church</td>
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<td>City Cemetery</td>
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<td>Oct. 15</td>
<td>Beebe Lake - Fall leaves</td>
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<td>Oct. 29</td>
<td>Tibetan Monastery</td>
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REGISTRATION: If you want to sign up for the Lifelong walks for 2014, please send an e-mail to Elke Schofield elke@schophoto.com or call her in the afternoon (607) 272-9476: Please include your name, e-mail address, home address, and home tel # and cell phone #. Please put in the e-mail subject line: Lifelong WALK PROGRAM. All walkers have to fill out a Participant Waiver Form. You may fill out the form prior to our first
walk (April 16), please come to the Lifelong Lounge a little bit earlier. (Walkers who walked with us last year, can update the existing Participant and Waiver Form and initial it.) Membership is not required but encouraged.

**Powerful Tools for Caregivers Fall Course**

Are you caring for a spouse, a parent or loved one and feeling stressed emotionally, financially or physically due to the challenges of this care? Many caregivers share a similar experience as they juggle the demands of work, family and caring for their loved one. Too often, in trying to meet the demands of all these interests, they neglect to care for themselves!

Powerful Tools for Caregivers, a six-week educational program designed to provide family caregivers the tools needed for taking care of themselves will be offered this spring beginning Monday, March 25th.

During six, 90 minute sessions held weekly, caregivers learn to reduce stress, improve self-confidence, better communicate feelings, and access local resources. Attendees also learn how to balance the demands in their lives and to increase their ability to make tough decisions.

Classes will be held Tuesday, September 23 through October 28, 2014 at 10:00 AM at Kendal at Ithaca, 2230 N. Triphammer Rd., Conference Room C

Pre-Registration is required: call 274-5482 to register. These classes are available to family caregivers at no cost.

You may contact Katrina Schickel at kschickel@tompkins-co.org or 274-5491 for more information about the Powerful Tools for Caregivers classes.

Powerful Tools for Caregivers is co-sponsored by the Tompkins County Office for the Aging, Cornell University and NY Connects Long Term Care Services.

**Longview Offers Trial Stay Program**

Longview, an Ithacare Community, is offering seniors age 55+ an opportunity for a trial stay.

Believing that there’s no better way to find out if a community is right for you than experiencing it first-hand, Longview is offering a two-night stay in a furnished one-bedroom apartment or studio apartment, meals included. Participants will be able to take part in activities and enjoy amenities such as the indoor pool and fitness room while learning about what Longview has to offer. Seniors will also get the opportunity to meet and spend time with current Longview residents to ask questions and share experiences.

To discuss rates and book a stay, contact Nicole Cokely, Independent Services Coordinator, at (607) 375-6320 or ncokely1@ithaca.edu.

Longview, an Ithacare community, is a senior residential community offering its residents an active and stimulating life while enjoying the beauty of the Finger Lakes in Central New York. Longview is committed to its mission to develop and operate residential living communities to provide older adults with affordable high quality
housing, services and continuing care options that enhance quality of life, independence, health, safety, security and personal growth while preserving individual rights to privacy, dignity and respect.

Kerry A. Barnes, Director of Development & Community Relations
Longview, an Ithacare Community, 1 Bella Vista Drive, Ithaca, NY 14850
(607) 375-6315, www.ithacarelongview.com

Articles
Driving Dilemmas: Risk vs Independence: Caregivers.com:
http://www.caregiver.com/articles/print/driving_dilemmas.htm

Loss of Appetite in the Elderly: Causes and How to Cope: A Place for Mom:

Communication and Dementia: 10 Simple Tips: A Place for Mom:
http://www.aplaceformom.com/blog/communication-with-a-loved-one-with-dementia/

5 Causes of Foot Pain and How to Avoid Them: PBS Next Avenue:

Surprising Factors Affecting Workout Energy After 50: PBS Next Avenue:

27 Ways to Trick Yourself Into Saving Money: PBS Next Avenue:

Support Groups
Caregiver Speaker Meetings
1st Thursday of each month, 6:30-8:00 pm at the Office for the Aging
Monthly meetings with a guest speaker presenting on a topic of interest to family caregivers. Note: This is not a support group. It is open to anyone interested in the topic.
Call David Stoyell, Aging Services Specialist, Tompkins County Office for the Aging, 274-5492

**Caregiver Support Group**
For carers of older adults
3rd Tuesday of each month, 6:30-8:00 pm at Family and Children’s Service, 127 W. State Street, Ithaca
For information call 607-273-7494

**Alzheimer’s Support Group**
Meets the 4th Tuesday of the month, 1:00-2:30 pm at the Office for the Aging.
Open to those caring for loved ones with Alzheimer’s or other cognitive impairments

**Alzheimer’s Caregiver Group**
1st Wednesday of each month, 6:00 pm at Lifelong, 119 W. Court Street, Ithaca
For information call the Alzheimer’s Association: 607-330-1647.

**Early Stage Alzheimer’s Support Group**
Meets the 3rd Wednesday of the month, 3:30 to 4:30 pm at Longview off of Rte. 96B.
Group participants are those with a diagnosis of early stage Alzheimer’s disease or who have symptoms but haven’t been diagnosed. Please call for a pre-screen phone interview. For more information, please contact Kim Owen, LMSW at 607-375-6320 or kowen@ithaca.edu

**Alzheimer’s Caregiver Support Group**
Last Thursday of the month, 5:30 pm Dinner, 6:00-7:00 meeting at Clare Bridge, 101 Bundy Road, Ithaca
RSVP to Clare Bridge, 607-351-7857

**Alzheimer’s Caregiver Support Group**
3rd Wednesday of the month, 12:30-1:30 pm
Companion care for your loved one available during the meeting
Walden Place, 839 Bennie Road, Cortland

**Feeling Alone in Your Fight Against Alzheimer’s?**
Join the Alzheimer’s Association support group and learn how the power of your peers can help you navigate your journey.
Please contact (607) 330-1647 x. 119 or 1-800-272-3900 for more information
Stroke Recovery Group
Meets every First Thursday of the month from 1:30-3:00 PM at the Finger Lakes Independence Center in Ithaca. These meetings are for Stroke Survivors and their families/allies. For more information email Dana Murray Cooper at Coop1663@aol.com or phone Joe Zanfordino at 227-0143.

Finger Lakes Independence Center Support Groups
- Depression Support Group, Contact Larry at 272-2433 for more info
- Visual Support Group, Contact Sherry at 272-2433 for more info
- "Do Da" Support Group (all disabilities welcome), Contact Sherry at 272-2433 for more info
- Hard of Hearing Networking Group, Contact Sherry at 272-2433 for more info
- Acquired Brain Injury, Contact Dr. Richard Maxwell, PhD at 256-5076 for more info

Cancer Resource Center Support Groups
For more information about any of the groups, contact the Cancer Resource Center at 277-0960, www.crcfl.net
- Friday Brown Bag Lunch for Women
- Men’s Breakfast Club
- Young Adult Group
- Living with Cancer as a Chronic Disease
- Tompkins Prostate Support Group
- New to Cancer Group

Groups sponsored by other organizations:
- Pediatric Cancer Group (sponsored by Mira’s Movement). For parents with a child in treatment or recently out of treatment for cancer, children with cancer or recently out of treatment, and their siblings. Meets at the Mira’s Movement offices, 120 E. State Street. Call 607-319-4804 or email support@mirasmovement.org
- On-line Support Groups: http://www.acor.org A wide range of internet-based support groups is now available. People with even very rare cancers can connect with each other in this manner. One online group is targeted to people in central New York.
- Other area support groups: We’d be happy to help you find a group in Cortland, Syracuse, Elmira, or elsewhere. Please email info@crcfl.net or call 607-277-0960.

Hospicare and Palliative Care Services host the following bereavement support opportunities
For more information contact Donna George at 272-0212 or dgeorge@hospicare.org. For information about Hospicare and Palliative Care Services, please call 607-272-0212 or visit www.hospicare.org.
- Hospicare’s drop-in Evening Bereavement Support Group
Family & Children’s Service of Ithaca is offering an educational support group for grandparents who are raising their grandchildren. Please register before attending by calling Family & Children’s Service at 273-7494. To learn more about Family & Children’s Service of Ithaca, please visit us at www.wheretoturnithaca.org

Adults (18+) with Asperger’s Syndrome Support Group
For more information, contact Douglas at movieguy@twcny.rr.com or (607) 592 0510

Traumatic Brain Injury Support Group
For further information, please contact Daniela Hess Scholl at (607) 539.1114 or email: DanielaHS@twcny.rr.com.

Pet Loss Group
For 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.

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 McCoy 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.

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