



News and Notes – March 2021 GIAC Senior Program



March is almost upon us; I hope we get more lamb and less of the lion! Before I go into the March calendar, let me talk about COVID vaccinations. On Friday, February 19th, a pop-up vaccination clinic was scheduled at BJM. I am happy to say that we were able to help many of you get your first shot. I attempted to contact everyone in the group, but a few of you might have had a non-functional voicemail, or some other issue, and all the spots were quickly claimed. As of right now, I am not aware of any specific opportunities to get a shot, but I have heard that another clinic is a possibility. If you missed out on the first round, let me know of your interest and I will register you if I get the chance. (You should continue to look for a vaccine opportunity on your own, as I do not know if/when another clinic might occur.)

Second order of business...I have received donations (2021 program fees) from some of you. If you have not contributed yet this year, please consider doing so...we need to fulfill \$5,000 in revenue to remain in good standing with the city.

Along with the continuation of our regular Zoom schedule (***Meditation & Yoga*** and ***Crafts Group***), there are a couple other repeating/workshop-style dates on the calendar. Not to be morbid, but there are two end-of-life related events: ***The Ultimate Last Word: Write Your Own Obituary*** should be very interesting since our instructor worked for a time with the New York Times doing this very thing. ***Compassion & Choices*** will talk about end-of-life decisions...perhaps issues that you would prefer not to think about, but certainly important to have a plan.

Sue Perlcut, director of the Senior Troupe of Lifelong, will build from last month's Senior Breakfast (on YouTube here: <https://www.youtube.com/watch?v=dwBIAykzbbw&feature=youtu.be>) with this storytelling workshop. Please note, she has asked for you to write out a short story

in advance (about 250 words) and have it ready for the workshop on March 3. Of course, we have the **Hot Tea & Poetry** gathering to share poetry with the group, either your own or someone else's poem that appeals to you. If you have not, give this a try...it is interesting to hear what others bring to the table. Breakfast will feature Regi Carpenter, a return guest who told an excellent story last time around.

That leaves two final virtual offerings. This year's Martin Luther King, Jr. Commemorative Lecture will feature Ijeoma Oluo. This is a Cornell event, so you will need to preregister with them to participate. Let me know if you have any issues...I will be happy to assist you. Last of the virtual events is an interesting combination of photo exhibit and informational seminar on the Erie Canal. Frank Forte is an award-winning photographer, and he will be joined by Derrick Pratt, Museum Educator from the Erie Canal Museum.

There are a few things on the calendar that are not virtual. I am available for Southside shopping if you would like to go out in-person. March 17th is St. Patrick's Day, so you might like to indulge in a traditional dinner from the Eagle's, which we can deliver (\$9 seems like a bargain). You could always have a breakfast delivered, whether or not you join in the virtual program (on 3/26). The final dining option maybe unlikely for March. If the weather cooperates, we can meet up at the Glenwood Lines for an outdoor, socially distanced lunch. I recommend that you bring a folding chair and order ahead, their menu can be found on-line. Admittedly, quite likely the weather will not be conducive to outside dining, in which case we will cancel...but you never know, we might get lucky!

Remember, virtual programming is available on a computer using the Zoom app, but also to anyone that has a phone. If you are interested but have not been able use either your computer or your phone to access this type of program, get in touch with me in advance...it is not too difficult, I will give you a tutorial. I have already helped a few people successfully connect. *To join Zoom meetings via your telephone: Dial 1-929-205-6099; Enter the Meeting ID and password (see above), followed by the “#” sign; Enter the “#” sign again to skip the participant ID.*

- **Mindfulness, Meditation & Chair Yoga, Mondays at 1 pm.** The purpose of our class will be to calm and center our minds, to provide a way to manage stress, and have clarity and to use gentle movements to stretch. To participate: <https://us02web.zoom.us/j/88613136156?pwd=aEhKZVRpTXZyRDJlL2pVM0lYNXU5QT09>, 1-929-436-2866 (for phone); Meeting ID: **886 1313 6156**; Password: **GIAC2020**
- **Virtual Event, Monday, 3/1 at 7 pm** – Martin Luther King, Jr. Commemorative Lecture Featuring Ijeoma Oluo - Join in a Cornell sponsored conversation with Ijeoma Oluo during which she will explore racism in the U.S. and consider how to engage in productive anti-racist action. The conversation will be led by Edward Baptist, professor of history and include Q&A to follow. Ijeoma Oluo is a Seattle-based Writer, Speaker and Internet Yeller. Her work on social issues such as race and gender has been published in The Guardian, The Stranger, Washington Post, ELLE magazine, NBC News and more. Her NYT bestselling first book, *So You Want to Talk About Race*, was released January 2018 with Seal Press. Her most recent book, *Mediocre: The Dangerous Legacy of White Male America*, was released in 2020.
To participate [Click here](#) or check Cornell Events page to register (https://events.cornell.edu/event/martin_luther_king_jr_commemorative_lecture_featuring_ijeoma_oluo).
- **Senior Troupe Workshop, Wednesday, 3/3 at 10 am** – Join Sue Perlgut, director of the Senior Troupe of Lifelong for improv and storytelling, she will lead a workshop to read the stories from our lives, you should write one before March 3 on the theme of “school.” Please keep the stories to about 250 words—short. To participate on a computer: <https://us02web.zoom.us/j/84507954000?pwd=M0FrZGtPdkY0a0FuUERkRUxDMEtOZz09> : Meeting ID: **845 0795 4000**; Password: **GIAC2021**
- **Zoom Craft Group, Tuesdays at 12 noon.** A group of 5-10 people have been getting together to talk crafts and just check in. Everyone is welcome. To join: <https://us02web.zoom.us/j/278922636?pwd=QTRXTStaR1dBcVRDRFlOcUoxMjdVUT09>, 1-929-436-2866 (for phone); Meeting ID: **278 922 636**; Password: **007992**
- **The Ultimate Last Word: Write Your Own Obituary, Tuesdays (9, 16, 23, & 30th) at 3 pm.** Do you trust next-of-kin to get your story straight? Former New York

Times obituary writer Roger Segelken will guide you through the process of documenting your life so far—while there still time! To join:

<https://us02web.zoom.us/j/85031089268?pwd=UIVZWU5sVW1vQXBoQUh5SW15dTdMQT09> , 1-929-436-2866 (for phone); Meeting ID: 850 3108 9268;
Password: GIAC2021

- **Movie discussion: “Stray”**, Wednesday, 3/10 at 3 pm— Virtual Cinemapolis screenings begin 3/5, go to their website. Watch on your own prior to the discussion gathering. Through the eyes of three stray dogs wandering the streets of Istanbul, *STRAY* explores what it means to live as a being without status or security. As they search for food and shelter, Zeytin, Nazar and Kartal embark on inconspicuous journeys through Turkish society that allow us an unvarnished portrait of human life — and their own canine culture. Zeytin, fiercely independent, embarks on solitary adventures through the city at night; Nazar, nurturing and protective, easily befriends the humans around her; while Kartal, a shy puppy living on the outskirts of a construction site, finds refuge with the security guards who care for her. To participate on a computer: <https://us02web.zoom.us/j/86355733938?pwd=aUNVV2paZ0lwNXRJTCtvMFR6TzFnQT09> : Meeting ID: 863 5573 3938; Password: GIAC2021
- **Compassion & Choices**, Thursday, 3/11 at 11 am— Compassion & Choices improves care, expands options and empowers everyone to chart their end-of-life journey. We envision a society that affirms life and accepts the inevitability of death, embraces expanded options for compassionate dying, and empowers everyone to choose end-of-life care that reflects their values, priorities, and beliefs. One in five Americans currently have the ability to make a choice often referred to as medical aid in dying or death with dignity should they receive a terminal prognosis. Unfortunately, Empire State residents do not have the same rights. Join us to learn more about what options New Yorkers do have at the end-of-life as well as the work that is being done to make sure that NY becomes the 10th state to authorize compassionate choices at life's end. To participate on a computer: <https://us02web.zoom.us/j/87050667863?pwd=UWU3SzZFB1Yd3FV2JiV2FXTzZnQT09> : Meeting ID: 870 5066 7863; Password: GIAC2021
- **Hot Tea and Poetry**, Friday, 3/12 at 10 am— Grab a cup of your favorite beverage and enjoy listening to poems written by members and guests. Please

feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun. To participate on a computer:

<https://us02web.zoom.us/j/83924855677?pwd=REVLeHZLZm1mQ09FaXhlemtLbXprQT09> : Meeting ID: **839 2485 5677**; Password: **GIAC2021**

- **Erie Canal Photography Tour with Frank Forte, Wednesday, 3/24 at 10 am** – The Photographs of Frank Forte opened in the Erie Canal Museum Gallery last fall. In this exhibit, award-winning photographer Frank Forte shares pictures that depict communities, structures, boats, people, and activities along the canals of New York State. About a year ago, Forte started photographing parts of the canal system. During that time, he traveled from the Champlain Canal to the Cayuga-Seneca Canal. He will share photos from the exhibit, which depict the first part of his self-commissioned mission to visit and photograph New York's entire canal system. To participate on a computer:

<https://us02web.zoom.us/j/86982701737?pwd=d2NSeUZjYjdva09pRW1aa25XeE9EQT09> : Meeting ID: **869 8270 1737**; Password: **GIAC2021**

- **Zoom Breakfast with guest Regi Carpenter: Friday, 3/26, 10 am** – Regi performed for us a few months ago and she was great.

As usual, we will deliver breakfast from Shortstop Deli to your door for \$4. You have the choice of an English muffin sandwich with egg & cheese, egg/cheese & bacon, or egg/cheese & sausage. Please **let me know your choice by 3/24**. To participate on a computer:

<https://us02web.zoom.us/j/84512935535?pwd=U1JTV0JUVUUXYmpZS05CODhZK3g3UT09> : Meeting ID: **845 1293 5535**; Password: **GIAC2021**

- **Outdoor, socially distanced lunch at the Glenwood Pines, Wednesday, 3/31 at 12noon** – Outdoor dining in March? Maybe...if the weather looks good, bring a folding chair and order ahead. If the weather does not cooperate, we'll cancel and try again next month. It's not impossible that it will be nice.
- **Grocery Delivery** – Since the beginning of the pandemic, I have been facilitating the delivery of groceries to members' homes. Interested participants should contact me. I will submit your order through the Walmart website and set the delivery time (usually within two days). There is a \$35 minimum order for any delivery. I get a message when the delivery departs Walmart and I alert the

recipient to be ready to meet the delivery. GIAC will bill you directly, there is no need for payment at the time of the delivery.

- **FYI, Diabetes Prevention Program Lifestyle Coach Training:** HealthConnections is hosting a free virtual Lifestyle Coach Training for the Diabetes Prevention Program (DPP) on March 2, 3, 9, and 10th from 9 am- 12 noon. The DPP is a great way to encourage healthy lifestyle changes that can prevent type 2 diabetes. Additionally, the DPP: Is covered by both Medicare and Medicaid. Is evidence-based and effective, especially for people ages 65 and older. Can lower a participant's risk of having a heart attack or stroke and even reverse their prediabetes diagnosis. To register for the training, please visit: <https://dppmarch2021.eventbrite.com>. Participants must attend all 4 days of the training to receive a certificate. Space is limited and registration is required to attend.
- Help GIAC win \$5000 in the Give A Chance Grant Lottery -- Vote Daily For GIAC Through March 3rd
Voting link: <https://poll.app.do/6th-annual-give-a-chance-contest/BeBmMRL0>
You can help GIAC win one of three grant prizes -- \$5,000, \$1,500 or \$500 - just by clicking the voting link attached and choosing the GIAC logo daily. Be sure to scroll to the bottom of the voting page and hit the SEND button so your vote is counted. Please vote daily through March 3rd using the link. Each vote counts as an entry in the grant lottery so the more votes GIAC receives, the more votes we will get in the drawing to receive one of the grants to help fund GIAC's new gymnasium renovations and programs. If you have questions about voting, contact GIAC Deputy Director, Kerry Phillips at 272-3622 or email kphillips@cityofithaca.org.
- **Where to watch for vaccination scheduling:**
- Tompkins County Health Department Announces COVID-19 Vaccine Registry, Encouraging All Eligible Individuals to Fill Out Form:
<https://tompkinscountyny.gov/health/covid19vaccineform>
- Kinney Drugs: <https://secure.kinneydrugs.com/pharmacy/covid-19/vaccination-scheduling/ny/>

- Rite Aid: <https://reportsonline.queue-it.net/?c=reportsonline&e=RITEAIDNYS2021>
- TOPS: <https://www.topsmarkets.com/Covid19Vaccinations/>
- Other pharmacies without scheduling websites currently, but may soon:
Wegmans, Walmart, Walgreens

Please do not hesitate to contact me for information and clarification, allow me to be a resource. Stay well! Zack

March 2021



GIAC Senior Program

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Zoom mindfulness & meditation MLK, Jr. Commemorative Lecture Featuring Ijeoma Oluo	2 Zoom Craft Group	3 Senior Troupe Workshop	4	5	6
7	8 Zoom mindfulness & meditation	9 Zoom Craft Group with SewGreen Writing Your own Obituary	10 Movie discussion: <i>Stray</i>	11 Compassion & Choices Zoom presentation	12 Hot Tea & Poetry	13
14	15 Zoom mindfulness & meditation	16 Zoom Craft Group Writing Your own Obituary	17 St. Patrick's Day meal from the Eagles	18 Southside shopping	19	20
21	22 Zoom mindfulness & meditation	23 Zoom Craft Group Writing Your own Obituary	24 Erie Canal photo tour with Frank Forte	25	26 Senior Breakfast with guest Regi Carpenter	27
28	29 Zoom mindfulness & meditation	30 Zoom Craft Group Writing Your own Obituary	31 Outdoor, socially distanced lunch at the Glenwood Pines	 United Way of Tompkins County Funded Partner		

See reverse side for program details. See the newsletter for information about Mindfulness & Meditation and Arts & Crafts groups.

Monday, March 1st, 7 pm MLK Lecture Featuring Ijeoma Oluo

Cornell sponsors this conversation with Ijeoma Oluo which will explore racism in the US & consider how to engage in action. [Click here](#) or check Cornell Events page to register.

Wednesday, March 3rd, 10 am Senior Troupe Workshop

Theatre on zoom? You bet! Join Sue Perlgut, director of the Senior Troupe of Lifelong for improv and storytelling, and to read the stories from our lives that you will write before March 3 on the theme of “school” (keep the stories to about 250 words—short: *Meeting ID: 845 0795 4000; Password: GIAC2021*

Tuesday, March 9, 16, 23, & 30th, 3 pm The Ultimate Last Word: Write Your Own Obituary

Do you trust next-of-kin to get your story straight? Former New York Times obituary writer Roger Segelken will guide you through the process of documenting your life so far—while there still time! *Please let me know you will attend in advance. Meeting ID: 850 3108 9268, password: GIAC2021*

Wednesday, March 10th, 3 pm Movie discussion: “Stray”

Miss going to the movies? While we cannot watch together in the theater, here is an opportunity to chat about a movie that we watch on our own. Check out the newsletter for details: *Meeting ID: 863 5573 3938, password: GIAC2021*

Thursday, March 11th, 11 am Compassion & Choices Virtual Program

Compassion & Choices improves care, expands options and empowers everyone to chart their end-of-life journey: *Meeting ID: 870 5066 7863; Password: GIAC2021*

Friday, March 12th, 10 am Hot Tea & Poetry

Join us to share both original and favorite poems and writings. Poems can be funny, sad, or just strike you as worth sharing. It's a friendly supportive atmosphere, everyone is welcome: *Meeting ID: 839 2485 5677, password: GIAC2021*

Wednesday, March 17th, 5 pm Eagle's St. Patrick's Day Dinner

We'll deliver a takeout dinner from the Eagles (or you can pick it up yourself). This special holiday dinner includes corned beef brisket, cabbage, bread, vegetable, and dessert. Please order with me by 2/16, \$9 paid at delivery.

Thursday, March 18th, 11 am-1 pm Southside Shopping

Shopping (your choice where) on the southside of town, call to get a pick-up.

Wed., March 24th, 1 pm Erie Canal Photography Tour with Frank Forte

Join us for a virtual presentation of Erie Canal Photography with freelancer Frank Forte, with context by Derrick Pratt of the Erie Canal Museum: *Meeting ID: 869 8270 1737; Password: GIAC2021*

Friday, March 26th, 10 am Virtual Senior Breakfast

Join us for a performance by IC professor and professional storyteller Regi Carpenter, breakfast delivery is an option: *Meeting ID: 845 1293 5535; Password: GIAC2021*

Wednesday, March 31st, 12 noon Lunch at the Glenwood Pine

If it is nice, we will have an outdoor, socially distanced lunch; bring a folding chair. If the weather does not cooperate, we'll try again next month.