

# October 2021



## GIAC Senior Program

Zack Nelson, 272-3622 x 2233

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| Sun  | Mon  | Tue   | Wed   | Thu   | Fri   | Sat                     |
|--|--|---|---|---|---|-------------------------|
|  <p>Minimal walking, walker accessible<br/>           Moderate leisure walking<br/>           Long walks required<br/>           At least one flight of stairs, no elevator</p> |  |   |   |   |   |                         |
| 3  | 4  | 5 Craft Group<br><br>(Zoom) Health Department Presentation on COVID | 6 Bike ride starting from the Children's Garden   | 7   | 8   | 9                       |
| 10   | 11 <b>Indigenous People's Day — City Holiday</b> | 12 Zoom Craft Group   | 13 Drinks & snacks at Liquid State Brewing  | 14 Guided hike at Bock-Harvey Preserve  | 15 Hot Tea & Poetry   | 16                      |
| 17   | 18 Zoom mindfulness & meditation                 | 19 Zoom Craft Group   | 20 Birthday Lunch at the Royal Court       | 21  | 22 Zoom Intro to Johnson Show <i>Art and Environmental Struggle</i> Exhibit | 23                      |
| 24<br><br>31   | 25 Zoom mindfulness & meditation                 | 26 Zoom Craft Group, meet an artist Tony Serviente                  | 27 (Zoom) Meet this public servant: J.R. Clairborne, Department of Veterans Services  | 28 Southside shopping   | 29 (Zoom) Senior Breakfast with Robert Morgan                               | 30 Eagles BBQ Delivered |

See reverse side for program details.

***Mondays, 1-2 pm Zoom Mindfulness & Meditation***

Marie Vitucci instructed this group for several months during the spring, we'll recommence the group for a while. *Meeting ID: 847 3308 6665; GIAC2021*

***Tuesday, October 5<sup>th</sup>, 2 pm (Zoom) Health Dept. COVID Presentation***

Samantha Hillson, Director of Health Promotion, and Dr. Klepack, TC Medical Director will present a zoom discussion of COVID in Tompkins County with an emphasis on the senior population and description of the roll out of the booster. If you have questions, let me know in advance. *Meeting ID: 845 7507 0730; Password: GIAC2021*

***Monday, October 6<sup>th</sup>, 11 am Group bike ride, Ithaca Children's Garden***

We'll meet up at the ICG for the last ride of the year. Please let me know in advance that you plan to attend so I know how many bikes we'll need.

***Wednesday, October 13<sup>th</sup>, 3 pm Drinks & snacks at Liquid State Brewing***

If it is a nice day, it will be fun to get together for "socially distanced" refreshments at Liquid State. Food is available at an on-site food truck. Pay for your own.

***Thursday, October 14<sup>th</sup>, 11 am Guided hike at Bock-Harvey Preserve***

Our friend Myra Joy Shulman will lead us on a hike at the Bock-Harvey Preserve, a 1.1-mile loop trail located near Newfield. Bring a lunch to enjoy while we are on our walk.

***Friday, October 15<sup>th</sup>, 10 am (Zoom) Hot Tea & Poetry***

Join us to share both original and favorite poems and writings. It's a friendly supportive atmosphere, everyone is welcome: *Meeting ID: 864 0485 7841; Password: GIAC2021*

***Wednesday, October 20<sup>th</sup>, 11:30 am Lunch at Royal Court***

We'll get together at the Royal Court; they have both outdoor and inside dining. Remember social distancing and masks. Burgers start at \$9.

***Friday, October 22<sup>nd</sup>, 11 am (Zoom) Intro to Johnson Show "Art and Environmental Struggle" Exhibit***

Carol Hockett of the Johnson Museum will give an introductory talk about this current exhibit. Come learn about the exhibit virtually, then visit it on your own. *Meeting ID: 818 7486 4590; Password: GIAC2021*

***Wednesday, October 27<sup>th</sup>, 2 pm Meet this public servant: J.R. Clairborne***

JR is the Director of the Tompkins County Department of Veterans Services. *Meeting ID: 878 0406 0063; Password: GIAC2021*

***Thursday, October 28<sup>th</sup>, 11 am-1 pm Southside Shopping***

Give me a call if you'd like to do some shopping anywhere on the southside of town.

***Friday, Oct. 29<sup>th</sup>, 10 am (Zoom) Virtual Senior Breakfast with Robert Morgan***

Join us for a story by noted Cornell professor and storyteller, Robert Morgan, over Zoom. As usual, we will deliver breakfast from Shortstop Deli (**\$4**), please let me know your choice by 10/26. *Meeting ID: 818 3553 2482; Password: GIAC2021*

***Sat., October 30<sup>th</sup>, 12 noon Eagles Chicken BBQ (delivered or pick-up)***

The Eagles put on a good BBQ, here's another chance to enjoy. Meals consist of half chicken, and sides. Please order with me by 10/26, **\$10**.



## News and Notes – October 2021 GIAC Senior Program



I hope this newsletter finds you all well. The emergence of the Delta variant certainly has been a setback for the program, and the community in general. By the end of summer, we had almost returned to normal program operations. I apologize to you all that GIAC felt it necessary to pull back to limited programming and suspend transportation. As of the time of this writing (end of September), we have not yet begun transporting participants to programs...I am hopeful that we will be able to start that service again sometime during this month. If you would like to attend any of the in-person dates like the lunch at the Royal Court or the hike, let me know and I will get in touch if it becomes a possibility. As always, I appreciate it if you can walk or drive yourself.

Please let me know if you plan to participate so I can better plan each date. Also, remember that we ask participants to be masked and socially distanced while we are together (of course you can eat without the mask!). Please reach out to me if I can be of assistance, questions are always welcome!

- **Zoom Craft Group, Tuesdays at 12 noon.** A group has been getting together to talk crafts and just check in. Everyone is welcome; **to join:** <https://us02web.zoom.us/j/278922636?pwd=QTRXTStaR1dBcVRDRFI0cUoxMjdVUT09> ; Meeting ID: 278 922 636; Password: 007992  
**Craft Group Virtual talk with artist Tony Serviente (10/26)** – Serviente has been working with glass for more than 30 years, and teaching glass techniques to students of all ages for more than 25. He has built stained glass windows and lamps, and created vases, dishes, bowls, and sculpture.
- **Chair Yoga and Mindfulness, Mondays at 1 pm.** Marie Vitucci is back to instruct this mindfulness/seated yoga/meditation class again, like she was doing last fall. Our class will be 45 minutes in duration, and you should wear loose and comfy clothing. 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 and become a bit more flexible. Both of these will combine to support our bodies and our minds, most especially through these challenging times. You will need to be seated in a chair that is stable so you can move in GENTLE chair yoga poses, I also suggest you make yourself as comfy as you can, a quiet place is best. Never do any movement if it feels TOO much, you are the best judge of your body. We will begin with 15 minutes of centering and quieting our minds thru meditation, move on to 15 minutes of chair yoga and finish with ten minutes of relaxing visualization to help support balance of body and mind. That leaves five minutes for us to check-in. *Meeting ID: 847 3308 6665; GIAC2021*

- ***Health Department Presentation on COVID and Senior Citizens, Tuesday, 10/5 at 2 pm*** – Samantha Hillson, Director of Health Promotion, and Dr. Klepack, TC Medical Director will present on COVID in Tompkins County with an emphasis on the senior citizen population. They will also discuss the current situation and the newly approved booster shot. There will be time for Q&A, but if you know a question in advance, let me know so it can be included in the presentation. To participate on a computer:  
<https://us02web.zoom.us/j/84575070730?pwd=UUtrSklnMVNROVBwdmF6ZERybWh6QT09>: *Meeting ID: 845 7507 0730; Password: GIAC2021*
- ***Group bike ride, Wednesday, October 6 at 11am*** – I added this date after last month's ride was so enjoyable. For this ride, we will meet at the Ithaca Children's Garden (121 Turtle Ln, Ithaca) and ride for a while in Cass Park. Bring your bike if you have one; recumbents, tricycles, and tandem and regular bicycles will also be available from the IYB and Bike Walk Tompkins. Come for a ride, please let me know that you are joining us so I can plan to have the right number of bikes. *Don't forget your helmet if you have one.*
- ***Drinks & snacks at Liquid State Brewing, Wednesday, October 13, 3 pm*** – We'll have a table for the group to get together and try out some of Liquid State's beer and food from the Silo Food Truck.
- ***Bock-Harvey Preserve guided walk, Thursday, October 14 at 11 am*** – Our friends from the Cayuga Trails Club will lead us on a hike in the Bock-Harvey Preserve this month, with a focus on tree identification. A highlight of the 585-mile Finger Lakes Trail, this wooded 48-acre preserve in Enfield – just

west of Ithaca – offers ideal options for an easy walk or connection to a much longer, more challenging hike. Remember to bring your face mask. Give me a call for directions, if you need them.

- ***ZOOM Iced Tea & Poetry, Friday, October 15 at 10am*** – Grab a cup of your favorite beverage and enjoy listening to poems recited 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. We have had small numbers of people show up for the past couple of meetings, I hope to have a good number this month! To participate on a computer:  
<https://us02web.zoom.us/j/86404857841?pwd=OWEybHVCbWE3Sks4bEZ1ZU9WR0J5QT09> : Meeting ID: **864 0485 7841**; Password: **GIAC2021**
- ***Lunch at the Royal Court, Wednesday, October 20, 11:30am*** – October Birthday Lunch (529 S Meadow St, Ithaca) ...we'll try to be outdoors (optional seating inside as well). Remember to bring your face mask.
- ***Zoom Intro to Johnson Show “Art and Environmental Struggle” Exhibit, Friday, October 22 at 11am*** – Carol Hockett of the Johnson Museum will give an introductory talk about this current exhibit. Come learn about the exhibit virtually, then visit it on your own. *Art and Environmental Struggle* brings together the work of twenty artists responding to environmental challenges occurring in their countries and communities. Presented in conjunction with an international conference at Cornell, this exhibition features artists from regions experiencing some of the most acute consequences of resource extraction and climate variation. Emphasizing the effects of colonialism and neocolonialism, the exhibition presents works of art that call attention to the consequences of environmental damage on the food production, security, cultural independence, and general well-being of communities that have historically contributed the least to the current crisis. It explores specific, local impacts of geopolitical forces and extractive industries, as well as Indigenous concepts of the value and personhood of all living things. To participate:  
<https://us02web.zoom.us/j/81874864590?pwd=d1RFQ2tBVVVReFh5dE1WR1dFVUMvQT09> , Meeting ID: 818 7486 4590, Passcode: GIAC2021
- ***Meet this public servant: J.R. Clairborne, Department of Veterans Services, Wednesday, October 27, 2 pm*** – I am gratified that a good number of you are

attending these Zoom meetings with local public officials. It has been interesting to learn about these people's backgrounds and about their work. Tompkins County Department of Veterans Services exists to connect local Veterans of the U.S. Armed Forces – and their families – with federal, state, and local resources, JR is the Director. To participate on a computer:

<https://us02web.zoom.us/j/87804060063?pwd=SGtRQjVOejRINGNqWkRRa0ZQTUdRUT09> , Meeting ID: 878 0406 0063, Passcode: GIAC2021

- **Southside Shopping, Thursday, October 28** – If you want to go shopping at any of the downtown shopping locations (Walmart, Wegmans, Lowes, Agway, etc.), let me know and I will arrange for your itinerary. We will set up transportation so that only one passenger is in the van at a time.
- **Senior Breakfast on Zoom, Friday, October 29<sup>th</sup>, 10 am** – Robert Morgan joined us last January for a zoom story, which was well-received, so I've invited him back. Professor Morgan grew up in a small town in the Blue Ridge Mountains of North Carolina. He attended the University of North Carolina, where he studied with the poet Fred Chappell. After working as a salesman, housepainter, and farmer, he joined the faculty of Cornell University where he teaches English and creative writing. Although some consider Morgan an Appalachian regional writer, Morgan has lived for most of his adult life in central NY, where he has taught at Cornell University since the early 1970s. In both his poetry and prose, Morgan explores Appalachian culture, often drawing on strange and haunting family legends as a starting point. His work avoids condescension or caricature as it portrays the lives of poor families in the Blue Ridge Mountains. In recent years Morgan has gained wide recognition as a prose writer, in large part due to the fact that Oprah Winfrey selected his novel *Gap Creek* for her book club in 2000. He is the author of a biography of Daniel Boone.

Like last month, 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 the Wednesday prior to the breakfast (10/26). To participate on a computer: <https://us02web.zoom.us/j/81835532482?pwd=ZDNsOXAwOGFQK0FROHRtZStlbE03QT09> , Meeting ID: 818 3553 2482, Passcode: GIAC2021

- **Grocery Delivery** – We are again offering free delivery of groceries from Walmart, because of the uptick in COVID. 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. GIAC will bill you directly, there is no need for payment at the time of the delivery.

**Medicare's Open Enrollment** period allows Medicare recipients to review their Medicare coverage and make changes for the following year to better meet their needs if necessary. Lifelong's certified HIICAP counselors can help you review your coverage, provide unbiased information about new or existing plans, and explore ways to save money on Medicare premiums and medication costs. Any changes you make in your coverage during fall open enrollment (Oct. 15 – Dec. 7) will be effective January 1, 2022. Lifelong's HIICAP Program is partially funded by the Tompkins County Office for the Aging Certified HIICAP counselors will offer in-person and zoom counseling by appointment only. Be your own advocate and call: 607-273-1511 or email [tdunn@tclifelong.org](mailto:tdunn@tclifelong.org) after 10/1/21 to set up your HIICAP appointment during the open enrollment period. HIICAP services are rendered free of charge. Check what document to bring to your appointment.

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