

# November 2021



**GIAC Senior Program**  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Zoom mindfulness & meditation	2 Zoom craft group	3 Guided hike at the Stevenson Preserve 	4 (Zoom) Reimaging Public Safety Community Engagement Session	5 Bike ride at IYB	6	
7	8 (Zoom) Johnson Museum Program  Zoom mindfulness & meditation	9 Zoom craft group	10	11 <b>Veteran's Day — GIAC Closed</b>	12 (Zoom) Hot Tea & Poetry	13	
14	15 Zoom mindfulness & meditation	16 Craft group Charter bus trip - Seneca Allegany Casino— <i>Cash &amp; Cline Music Show</i> 	17 (Zoom) Meet This Public Servant: David George, Town of Ithaca Historian	18 (Zoom) Senior Breakfast with Joe Doolittle	19 Harvest Festival Community Dinner (takeout or delivery)	20	
21	22 Zoom mindfulness & meditation	23 Zoom craft group	24 Birthday lunch at Kelly's 	25 <b>Thanksgiving — GIAC Closed</b>	26 <b>GIAC Closed</b>	27	
28	29 Zoom mindfulness & meditation  Southside Shopping	30 Zoom craft group, meet an artist Tony Serviente	 <p>Minimal walking, walker accessible                      Moderate leisure walking                      Long walks required                      At least one flight of stairs, no elevator</p>			 United Way of Tompkins County Funded Partner	

See reverse side for program details.



## News and Notes – November 2021 GIAC Senior Program



We are well into the fall and there is reason for optimism, hopefully the Delta surge will continue to abate and set us up for a more normal spring. In the meantime, we have a full slate of activities...both virtual and in-person. Here's some good news as well, the program will once again provide limited transportation to activities on the calendar. Please keep in mind that we do not have a full stable of drivers, so I appreciate it if you can walk or drive yourself. Additionally, the number of people allowed in each vehicle will be limited to 50% capacity. 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 while in buildings or vehicles, as well as adhering to social distancing recommendations (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=QTRXTStaR1dBcVRDRFIocUoxMjdVUT09> ; Meeting ID: 278 922 636; Password: 007992  
**Craft Group Virtual talk with artist Tony Serviente** (on 11/30) – 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, as 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*

- ***Stevenson Forest Preserve guided walk, Wednesday, November 3 at 11 am*** – Our friend Myra Shuman from the Cayuga Trails Club (and possibly Jason Gorman of the Finger Lakes Land Trust) will lead us on a hike in the Stevenson Forest Preserve this month. Twenty-five acres of the Stevenson Forest Preserve had been owned by the Stevenson family of Enfield since after the Revolutionary War. In 1995, this fine old forest became the first parcel of the preserve that would eventually grow to 83 acres. Today, visitors can enjoy a 1.2 mile hiking trail that ends in an impressive view of the Enfield Valley. The history of the Stevenson Preserve is visible not only as paragraphs of a deed, but also in the grandeur of its trees. The original 25-acre parcel is a patch of undisturbed forest that is quickly becoming a rarity. A number of the trees that create a dense canopy had their start at least 150 years ago. Unlike their counterparts in most regions of the northeast, these trees have only a faint memory of the mass felling that occurred in the rush to turn forest to farmland. The preserve has several vernal ponds that support a variety of aquatic life. Remember to bring a lunch to enjoy somewhere along the hike. If the weather is not conducive, we may end up delaying the hike for a week until 11/10. Give me a call for directions, if you need them.
- ***Reimagining Public Safety Community Engagement Session, Thursday, 11/4 at 10 am*** – Deanna Carrithers, Tompkins County Chief Equity and Diversity Officer will lead a discussion of the Reimagining Public Safety process. The Reimagining Public Safety Collaborative invites the community to share their input on plans to transform public safety in the City of Ithaca and Tompkins County through the newly launched [www.publicsafetyreimagined.org](http://www.publicsafetyreimagined.org)

website. The launch of the community engagement website follows several months of planning and implementation work carried out by the Collaborative, and the passage of plans at both the City and County level earlier this year. This tool is a great resource for understanding the process, updates, engagement and feedback (older adults have not had as many opportunities to have their voices heard on this topic). To participate:

<https://us02web.zoom.us/j/88999354130?pwd=Uit5cEl3VE82ekRQdTZtL094NStHQ09>

- **Group bike ride, Friday, November 5 at 11am** – For this ride, we will meet at the Ithaca Youth Bureau and ride for a while along the Waterfront Trail. 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.*
- **Zoom Johnson Museum “Face to Face: Photography and Portraiture for the Last 150 Years”, Monday, November 8 at 11am** – Carol Hockett of the Johnson Museum will (via Zoom) explore major 19<sup>th</sup> and 20<sup>th</sup> century figures in the arts, politics, and sports through photographers from Alfred Stieglitz's portraits of Georgia O'Keeffe to Gordon Parks features on Muhammad Ali. To participate:  
<https://us02web.zoom.us/j/88623659877?pwd=eWtpeENPcXZhZ3FjUExwSlVHaG5MQT09> , Meeting ID: 886 2365 9877, Passcode: GIAC2021
- **ZOOM Hot Tea & Poetry, Friday, November 12 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/84610909166?pwd=VzY5aGtxc21RbkpPNnVscEVPdHNSUT09> : **Meeting ID: 846 1090 9166; Password: GIAC2021**
- **Charter bus trip to Seneca Allegany Casino with the option of Cash & Cline Music Show, Tuesday, November 16 (all day)**– We have been given permission to take a charter bus trip! We will visit a casino that we have not

visited before, the Seneca Allegany Casino in Salamanca, NY. Our group will be eligible for group benefits, probably \$25 in free plays and a meal coupon. The base price (just to go to the casino) is \$10. If you wish, there is a show titled *Cash & Cline - Together Again*, make sure to include an additional \$35 for the cost of the tickets. Everyone going must be vaccinated for COVID and wear a facemask on the bus.

- **Meet this public servant: David George, Town of Ithaca Historian, Wednesday, November 17, 7 pm** – To participate on a computer: <https://us02web.zoom.us/j/84610909166?pwd=VzY5aGtxc21RbkpPNnVscEVPdHN SUT09> , Meeting ID: 846 1090 9166, Passcode: GIAC2021
- **Senior Breakfast on Zoom, Thursday, November 18<sup>th</sup>, 10 am** – Joe Doolittle will join us for a zoom story. Alden (Joe) Doolittle is entering his third generation as a storyteller and producer. He has applied his humorous, good-natured style with audiences throughout upstate New York. He loves to tell personal and family stories and has developed many historically based tales about the early history of the Hudson and Mohawk Valleys and the Erie Canal. Joe is also co-producer of Story Circle at Proctors, a resident company offering a variety of programs at the Theater and throughout the region, including Story Sundays at the Glen Sanders Mansion, the annual Tellabration at Proctors & Story by Story on Public Access TV. 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 Tuesday prior to the breakfast (11/16). To participate on a computer: <https://us02web.zoom.us/j/89306637356?pwd=eVRnOWI3RTBDQ1A3YS8rbGdyNG 1Bdz09> , Meeting ID: 893 0663 7356, Passcode: GIAC2021
- **Harvest Festival Community Dinner, Friday, November 19** – GIAC will be preparing our annual fall celebratory feast for pick-up or delivery (the usual in-person meal at BJM is canceled again because of COVID). There are several options, both vegetarian and traditional turkey dinners. Contact me for menus and pick-up/delivery details; of course everything is free.
- **Lunch at Kelly's Dockside Café, Wednesday, November 24, 11:30am** – November's Birthday Lunch will be held at Kelly's this month (319 Old

Taughannock Blvd, Ithaca)...we'll try to be outdoors (optional seating inside as well). Remember to bring your face mask.

- ***Southside Shopping, Monday, November 29*** – 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.
- **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. I need to have enough people using the program to warrant to cost of a subscription, so please feel free to take advantage of the option!

**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***

## Would you like company while you dine?

Would you like a smart device and training to video chat?



**Join the Cornell VideoDining study and receive a FREE**

Echo Show device, assistance with set-up and training on how to video chat!

**Who can participate?** Anyone over the age of 60 who typically eats their lunch or dinner meal alone in their home.

**How do you get the Echo Show?** We will give you the Amazon Echo Show device, help you set it up at your house, and teach you how to use it.

**What do you do in the study?** You will Video chat with a paired dining partner once a week for 6 weeks using the Echo Show, complete food logs, and surveys and one interview.

**How long is the study?** About 2-3 months.

**Who is doing the study?** Dr. Laura Barré in the Division of Nutritional Sciences at Cornell University.

**Compensation:** Keep the Echo Show device!

Interested? Call the research study staff at 607-255-0968 and leave a message or email [VideoDineResearch@gmail.com](mailto:VideoDineResearch@gmail.com)

**Wednesday, November 3<sup>rd</sup>, 11 am Guided hike at Stevenson Preserve**

Our friend Myra Shulman will lead us on a hike at the Stevenson Preserve, a 25-acre parcel of undisturbed forest located in Enfield. Bring a lunch to enjoy during the hike.

**Thursday, November 4<sup>th</sup>, 10 am (Zoom) Reimaging Public Safety  
Community Engagement Session**

Deanna Carrithers, Tompkins County Chief Equity and Diversity Officer, will discuss the Reimaging Public Safety work that she has been a part of and to share how to use their Community Engagement Tool. *Zoom link will be shared as the date approaches.*

**Friday, November 5<sup>th</sup>, 11 am Group bike ride, Ithaca Youth Bureau**

We'll try for a meet-up at the IYB for another ride. Please let me know in advance that you plan to attend, so I know how many bikes we'll need (and so I can update you if we have to change the plan because of weather).

**Monday, November 8<sup>th</sup>, 11 am Johnson Museum "Face to Face: Photography and Portraiture for the Last 150 Years"**

Carol Hockett of the Johnson Museum will (via Zoom) explore major 19<sup>th</sup> and 20<sup>th</sup> century figures in the arts, politics, and sports through photographers from Alfred Stieglitz's portraits of Georgia O'Keeffe to Gordon Parks features on Muhammad Ali. *Meeting ID: 886 2365 9877; Password: GIAC2021*

**Friday, November 12<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: 846 1090 9166; Password: GIAC2021*

**Tuesday, Nov. 16<sup>th</sup>, 9 am-6 pm Charter bus trip to Seneca Allegany Casino**

We have the go ahead to take a trip to Salamaca to visit the casino. You may come just to gamble/eat for **\$10 (paid to GIAC)**. We should be eligible for free plays and other group benefits. *If you would like to go to the **Cash And Cline** show, add \$35 to your check.*

**Wednesday, November 17<sup>th</sup>, 7 pm Meet this public servant: David George**

Join us for a talk by the Town of Ithaca Historian on his background and experiences in the position. *Meeting ID: 890 8841 2727; Password: GIAC2021*

**Thursday, November 18<sup>th</sup>, 10 am Virtual Senior Breakfast with Joe Doolittle**

Join us for storyteller, Joe Doolittle, over Zoom. As usual, we will deliver breakfast from Shortstop Deli (**\$4**), please let me know your choice by 11/16. *Meeting ID: 893 0663 7356; Password: GIAC2021*

**Friday, Nov. 19<sup>th</sup>, 4 pm Harvest Festival Comm. Dinner (delivered or pick-up)**

We'll be holding our annual fall celebratory feast without the usual in-person meal again this month. There are several options, both vegetarian and traditional turkey dinners. Contact me for menus and pick-up/delivery details, **free**.

**Wednesday, November 24<sup>th</sup>, 11:30 am Lunch at Kelly's Dock-Side Cafe**

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

**Thursday, November 29<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.