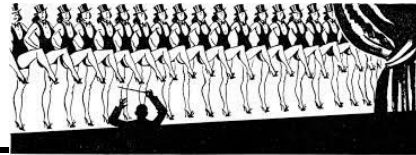


November 2022



GIAC Senior Program
 Zack Nelson, 272-3622 x 2233
 301 W. Court St.
 Ithaca, NY 14850
 znelson@cityofithaca.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 United Way of Tompkins County Funded Partner		1 Zoom Craft Group IC Gerontology Institute hosts <i>Gen Silent</i>	2 Visit to Johnson Museum on Art	3	4	5
6	7 Senior Bike Ride	8 Zoom Craft Group	9	10 Guided Hike at Smith Woods	11 Veteran's Day — GIAC Closed	12
13	14 Waterloo Outlet Mall & Sauders Shopping Trip	15 Zoom Craft Group	16 Apple Hill Binghamton	17 Poetry in the Park (or at GIAC)	18 Harvest Festival Dinner	19
20	21 Bus Trip to see the Rockettes at Radio City	22 Zoom Craft Group	23	24 Thanksgiving — GIAC Closed	25 GIAC Closed	26
27	28 Birthday Lunch at Little Venice T-burg	29 Zoom Craft Group	30 Southside Shopping	Dec 1 Senior Breakfast with Jay Leeming	Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking	

See reverse side for program details.

Tuesday, November 1st, 2 pm IC Gerontology Institute hosts “All the Lonely People”

This event features a film and panel discussion (including the creators of *Gen Silent*) on social isolation and loneliness among seniors.

Wednesday, November 2nd, 1 pm Exhibit Tour at Johnson Museum

There are two modest exhibits that our guide Carol Hockett will share: the partition of India with Margaret Bourke White photos and a contemporary Chinese scroll installation.

Monday, November 7th, 11 am Group Bike Ride, Ithaca Youth Bureau

One more bike ride on the Water Front Trail. All sorts of bikes (regular/trikes/recumbent/tandems) will be available, people of all abilities are welcome. Maybe we'll celebrate our year of rides with a mini party afterwards.

Thursday, November 10th, 11 am Guided Hike at Smith Woods, T-burg

Myra won't be able to join us, but the extremely knowledgeable guide Marvin Pritts will lead us through Smith Woods. He'll build upon our last visit and learn about local ecology in late autumn. Meet the group at the gate on Cemetery Rd.

Monday, November 14th, 10 am-4 pm Waterloo Outlet Mall and Sauder's Shopping Trip

This a chance to spend some time at the Outlet Mall (where you can grab lunch too), as well as some time at the popular Sauder's store.

Wednesday, Nov. 16th, 10 am-3 pm Visit to Apple Hill, Binghamton

A farm store with produce and other products (like baked goods, jams, cheeses), as well as the Apple Dumpling Café, where you can have lunch.

Thursday, November 17th, 10 am Poetry in the Park

Join us to share both original and favorite poems and writings. We'll meet at the usual pavilion or at GIAC if it is too cold/wet. Check in with me if the day looks unappealing.

Friday, Nov. 18th, 4 pm Harvest Festival Community (Free) Dinner

We'll be holding our annual fall celebratory feast as a pick-up or delivery event (no in-person service). There are several options, both vegetarian and traditional turkey dinners. Contact me for menus/delivery details. Contact the front desk if you will be picking up your dinner.

Mon., Nov. 21st 7 am-10 pm Radio City Music Hall Christmas Spectacular

It's our big trip to NYC to see the Rockettes! The deadlines have come and gone, so all the seats are taken. We'll be doing pick-ups from: Conifer, Titus, McGraw and Ellis Hollow...stay tuned for the times. Bring snacks for the bus.

Monday, Nov 28th 11:30 am Birthday Lunch at Little Venice in T-burg

Join us to celebrate November's birthdays at this nice Italian place; I'll bring cake!

Wednesday, November 30th, 10 am-12 noon Southside Shopping

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

Thursday, December 1st, 9-11 am Senior Breakfast, GIAC

Join us for French toast, bacon, eggs, and the usual fare; \$4 (pay at door). Storyteller Jay Leeming will join us in-person (after several virtual dates during COVID).



News and Notes – November 2022 GIAC Senior Program



Welcome new members: Marie Benedetti, Karen Cariddi, Mary Davenport, Bonnie Griffin, Carol Keegan

I will be communicating the logistics of the NYC trip (11/21) via email as the date approaches. Feel free to contact me if you have questions.

I am doing some advance planning for the new year, here's something that we will be offering in January. Earlier this year, former New York Times obituary writer Roger Segelken led a workshop called ***The Ultimate Last Word: Write Your Own Obituary***. Does this sound morbid to you? Actually, it was a lot of fun and a stimulating exercise. The class will take place on four consecutive Tuesdays over Zoom from 2 to 4 pm (1/10, 1/17, 1/24, & 1/31); make sure you can attend each class. Do you trust next-of-kin to get your story straight? Roger will guide you through the process of documenting your life so far—while there still time! If you are interested, please contact me soon; there are only a limited number of spaces available.

November Events – Expanded Descriptions

- ***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=QTRXTStaR1dBcVRDRFIcUoxMjdVUT09> ; Meeting ID: 278 922 636; Password: 007992
- ***IC Gerontology Institute hosts “All the Lonely People”***, Tuesday, November 1 at 2 pm – Film & Discussion, Come meet and talk with the creators of Gen Silent for a screening of their new documentary about the hidden epidemic of social isolation and loneliness. Built on hope, it shares the latest research and interventions for individuals and communities and leaves audiences feeling empowered and reconnected. This event is a screening of the film followed by a discussion with the filmmakers. Sponsored by the Ithaca College Gerontology Institute and the offices of New York State and Tompkins County Office for the Aging. At 102 Textor Hall, there's no cost to attend.

- **Exhibit Tour at Johnson Museum, Wednesday, November 2 at 1 pm** – On the occasion of the seventy-fifth anniversary of the Partition of India, this exhibition explores the legacy of the British colonialism on the modern-day countries of Pakistan, India, Sri Lanka, and Bangladesh. Photographs by the American photojournalist Margaret Bourke-White, Cornell Class of 1927, and contemporary works by South Asian artists underscore the shared history and connection between different religious, ethnic, and socioeconomic groups, and highlight the arbitrary nature of borders in the Indian subcontinent.

Xu Bing, an A. D. White Professor-at-Large, has created a new work based on a centuries-old Chinese painting in the Johnson Museum’s collection for his series Background Story. Through the manipulation of recycled plastic and miscellaneous trash from daily life, the artist dilutes or intensifies light to “draw” an inklike image on glass that conveys traditional Chinese reverence for nature while serving as a warning about humans’ ongoing mistreatment of the environment.

- **Group bike ride, Monday, November 7 at 11 am** – Anyone up for a bike ride?...How many more can we get in for this year!? Let’s meet at the Ithaca Youth Bureau, if you have a bicycle, you are good to go, if not, you can get one from the IYB. The IYB has regular bikes, trikes, and a tandem (I’m willing to take people for a ride on that), and our friends from Bike Walk Tompkins will also be along with their recumbents. Come for a ride, please let me know that you are joining us so I can plan the right number of bikes (if everyone wants a recumbent, we’ll probably have to share).
- **Guided Hike at Smith Woods, Thursday, November 10 at 11 am** – Henry A. Smith Woods is a 32-acre old-growth forest located in Trumansburg, New York. Henry Atterbury Smith (1822-1891) was a businessman from New York City who had purchased this parcel of land as a summer residence and although he visited the property sparingly, he was a well-known member of the Trumansburg community. In 1909, this undeveloped forest fragment was left to the Village of Trumansburg by Henry A Smith’s sons to be preserved as a public park forever. The purpose of the park is “to execute and carry out the terms of the trust in the spirit of the grant, namely the preservation of the park in its natural state and for educational and recreational purposes”. In 2007, ownership of this forest was transferred to Cayuga Nature Center to continue its use as an educational site. Since the transfer, a loop trail was created, and the Cayuga Nature Center staff have continued to uphold the mission of the park through school visits and public hikes. Smith Woods is open to

the public year-round. Marvin Pritts is a professor at Cornell University with a strong interest in how plants can be used to improve the well-being of Earth and its inhabitants. From serving on a board of directors for the local nature center and Museum of the Earth, to teaching classes in horticulture, to conducting research on fruit crop production, to cultivating the gardens around my home, my passion is plants and people.

- ***Visit to Apple Hill, Binghamton, Wednesday, November 16 at 10 am-3 pm*** – The farm market is open year-round and features fresh fruit, vegetables, cider, wide variety of baked goods made on premises, jams, cheeses, syrup and more. There are also unique gift items also available. Apple Dumpling Café with its outside porch, serves breakfast and lunch daily.
- ***Iced Tea & Poetry, Thursday, November 17 at 10 am*** – We'll meet up in person at the pavilion just north of the Ithaca Children's Garden or at GIAC if it's not appealing outside. You'll notice that we'll be meeting a day before we normally would for poetry. Please feel free to share a favorite poem or one that you wrote yourself. It is a friendly supportive atmosphere, so join the fun.
- ***Birthday Lunch at Little Venice in T-burg, Monday, November 28, 11:30 am*** – Burgers ~ Wings ~ Appetizers ~ Submarines ~ Brick Oven Pizza ~ Fresh Homemade Pasta ~ Salad Bar
- ***Southside Shopping, Wednesday, November 30*** – 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.
- ***Senior Breakfast with guest Jay Leeming, Thursday, December 1 at 9 am*** – Jay Leeming joined us several times while we were in COVID virtual breakfast phase during the last couple years, so I'm excited to see him in-person. Jay Leeming is a performance storyteller adept at bringing ancient myths and stories alive through the power of the spoken word. A regular performer in theaters, schools, libraries, and National Parks, he is the creator of the Crane Bag Storytelling Podcast, the author of three books of poetry and the recipient of a fellowship from the National Endowment for the arts.

Of Interest to Seniors and the GIAC Community...

- INHS would like to spread the word about its Major Repair Program and funds it recently received to help low- to moderate-income homeowners throughout Tompkins and Tioga Counties make major home repairs and upgrades to their homes. The Affordable Housing Corporation (AHC) has awarded INHS \$412,000 to rehabilitate 15 single-family homes, including mobile homes on owned land, in need of major repairs and upgrades. Homeowners who live in Tompkins County and Tioga Counties that fall within the income limits listed here may be eligible to apply for an average of \$26,000 in assistance. Use of funds includes deferred maintenance, health and safety issues, code violations, structural defects, energy upgrades, septic systems, roofs, siding, and accessibility modifications. *For more information, contact Loan Officer Patrick Mitchell at pmitchell@ithacanhs.org or visit ithacanhs.org/home-repairs.*
- In an effort to reduce breast cancer disparities in the African American community Tompkins County in conjunction with Cayuga Health Partners, Cayuga Medical Center, the Cancer Resource Center, and the Cornell Master of Public Health program are conducting focus groups to uncover barriers to breast cancer screenings in the African American community. *Why are these focus groups important?* Black women are less likely to have their imaging performed at a facility with the most current technology and have a longer time between abnormal results and follow-up. The American Cancer Society guidelines recommend that women at average risk begin screening at 45 years of age. This is especially important for Black women, who are at a higher risk of being diagnosed at a younger age and with more aggressive breast cancer subtypes. In an effort to spread the word about our breast cancer screening focus group, I am delivering flyers and cards throughout Tompkins County. Attached is a preview of the flyer we developed. Please email her at dboller@cayugamed.org or call me directly at 585-943-3531.

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