

April 2022



GIAC Senior Program
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|--|---|--|-----|
|  <p>United Way of Tompkins County Funded Partner</p> | | | | | | |
|  <p>Minimal walking, walker accessible Moderate leisure walking Long walks required Rough trail walking</p> | | | | | | |
| 3 | 4 Steel Band & Logo Reveal Party, Bernie Milton Pavilion  | 5 Zoom Crafts Group | 6 GIAC Online Registration Introduction Session, 11am | 7 Zoom Meet This Public Servant with Delia Yarrow of INHS | 8 Visit to the Johnson Museum of Art  | 9 |
| 10 | 11 | 12 Zoom Crafts Group | 13 | 14 (Zoom) The Ultimate Last Word: Writing Your Own Obituary Class | 15 Visit to <i>Dressing the Circus</i> Exhibit at Cornell  | 16 |
| 17 | 18 GIAC Online Registration Introduction, 2pm (see 4/6 for description) | 19 Zoom Crafts Group with guest presenter Saundra Goodman | 20 Guided Hike at (upper) Tremans Park  | 21 (Zoom) The Ultimate Last Word: Writing Your Own Obituary Class | 22 Hot Tea & Poetry | 23 |
| 24 Elks Chicken BBQ | 25 Southside Shopping | 26 Zoom Crafts Group | 27 Birthday Lunch at Sunset Grill  | 28 (Zoom) The Ultimate Last Word: Writing Your Own Obituary Class | 29 Senior Breakfast at GIAC  | 30 |

See reverse side for program details. See the newsletter for information about Arts & Crafts group.



News and Notes – April 2022 GIAC Senior Program



Things are looking up! No, the pandemic is not over, but spring is here, days are longer and warmer, and COVID numbers are down...so, all and all, an improvement. I don't consider it "business as usual," but let's start to do some in-person dates and see each other in the flesh. As the situation requires, we can still wear a mask and social distance and be vigilant of current conditions. Remember, GIAC will provide transportation for programs on the calendar.

For the first time in a long time, this month has more in-person dates than virtual. Remember the fun of the Senior Breakfast? I'm looking forward to having a meal together and an in-person story by Regi Carpenter. During the pandemic, Regi joined us a couple of times over Zoom, so it will be nice to actually meet her in person. This year is also GIAC's 50th Birthday; we will be sponsoring a series of events over the next 12 months. Our first event is new logo reveal party that will feature the Oberlin Steel Drum performance at Bernie Milton Pavilion.

There are also a couple of exhibits at Cornell that we will visit. The first is at the Johnson Museum of Art, and we'll have the opportunity to see Carol Hockett (again, in-person...she has become a favorite zoom lecture for the past nine months). The following week, PhD Candidate Jenny Leigh Du Puis ('22, Apparel Design) will guide us through the exhibit she created and is curating, *Dressing the Circus* Costume Exhibition. I'm excited about this one, check out the description below. We will continue our monthly walks with the Cayuga Trails Club, this time at upper Treman Park. In addition to Myra and Jim's ecological and botanical knowledge, we will be joined by Tony Ingraham. Tony is the President of the Friends of Treman organization and knows much about the

history and geology of the upper park. All three of these dates are going to be fun!

There continue to be a few things on Zoom. I hope we can reinvigorate the poetry group. I missed one date while I was traveling out west and last month no one showed up...let's make a concerted effort to get together this time! We will do our weekly craft group virtually again in April (and consider doing it at GIAC soon). As part of this group, we have been having a guest artist join us once a month...this time it is Sandra Goodman. "Meet this Public Servant" has been an interesting program for a while. Delia Yarrow, Ithaca Neighborhood Housing Services Director of Homeownership will join us. Last 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 seemed like a good exercise. Let me know if you want to join (space is limited).

Reminder about dues for the year. We have again automatically renewed all 2021 members. That said, we do need revenue so the program will continue to have city support. Several of you have made that contribution, but we need more of you to make a payment in support of the program. Please step up with a donation, this will ensure the program continues through the pandemic and can return to normal later this year. Send a check to 301 W. Court St, Ithaca or donate online:

https://www.paypal.com/donate/?hosted_button_id=S7VZSPXRVL2VW . Also, spread the word about the program, it is always good to introduce people to the group and develop the senior citizen community!

Remember, ***GIAC can provide limited transportation to activities on the calendar***. The number of people allowed in each van will be limited to 60% capacity. Please let me know if you plan to participate so I can better plan each date. Also, remember that we still 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!).

- **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
- **GIAC Online Registration Introduction, Wednesday, April 6 at 10:30 am OR Monday, April 18 at 2 pm.** This program has been rescheduled from back in February...learn how to interact and register for program dates through our on-line portal. Please come to the Zoom meeting to learn how to use this new tool. Although this will be a new option for signing up for dates, you can always fall back to the usual ways we have been signing up (by emailing me or phone message). To participate: <https://us02web.zoom.us/j/82766570175?pwd=VXM5ai9wRnJYaU9YWwHNXUUVPTzRvdz09> , Meeting ID: 827 6657 0175, Passcode: GIAC2022
- **Meet this public servant: Delia Yarrow Director of Homeownership at INHS, Wednesday, April 7, 1 pm** – Delia grew up on Hancock Street in Ithaca and went to BJM and LACS. She has been working in affordable housing since 1999, first in New York City and then with INHS since 2013. She works with the department that helps people get ready to purchase homes and to repair their homes once they have purchased. Come to the program to hear about Delia’s work with INHS, some background about INHS’s projects around the city, and the grants and programs that Delia administers. To participate on a computer: <https://us02web.zoom.us/j/85496672311?pwd=Yi9sQWgvMDVQOTNXV25xQnFxb0VNUT09> , Meeting ID: 854 9667 2311, Passcode: GIAC2022
- **Visit to Johnson Art Museum program, Friday, April 8 at 1 pm** – Carol Hockett of the Johnson Art Museum will host us in person at the museum! Let me know you intend to participate, so I can keep you apprised of the most current Cornell safety protocol.
- **The Ultimate Last Word: Writing Your Own Obituary Class, Thursdays at 2-3:30 pm; (4/14, 4/21, 4/28, & 5/5) at 2-3:30 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/88298366967?pwd=b21CT2hRRVV3QjZNRkp3SE95dE00dz09> , Meeting ID: 882 9836 6967; Password: GIAC2022

- **Visit to College for Human Ecology, Friday, April 15 at 1 pm** – Another visit to Cornell, this time to the College for Human Ecology for a guided tour of the exhibit “Dressing the Circus” Costume Exhibition with curator Jenny Leigh Du Puis (Phd Candidate, '22, Apparel Design). This exhibit explores the history, fashion, function, and labor behind circus costume. Items in this exhibition include garments from circus performers, showstopping costumes loaned from the Ringling Brothers and Barnum & Bailey Circus, Circus Smirkus, the John and Mable Ringling Museum of Art Archives, and the Cornell Fashion + Textile Collection. The physical installation is accompanied by a digital exhibition, hosted through the Cornell University Library system. Let me know you intend to participate, so I can keep you apprised of the most current Cornell safety protocol.
- **Guest Artist Talk, Tuesday, February 19, 12 noon** – Sandra Goodman is a professional artist living and working on her family farm in Freeville NY. Born in 1948 in New York City, Sandra Elizabeth Goodman is a former Woman Marine, having served during the Vietnam War. She was graduated from University of North Florida in 1996, where she received a degree in Psychology. Goodman also took drawing and painting classes at the School of Visual Art in New York City. As a child, Goodman always had a fascination of sewing, knitting and crochet. The idea to using crochet as a medium to express artistic feelings was a natural evolution, after years of honing her skills, and experimenting with sculptural form, as well as freestyle and pictorials. Goodman currently resides in Ithaca, New York.
- **Guided Hike at Upper Treman State Park, Wednesday, April 20 at 11 am** – We’ll walk at upper Treman learning about the geology/early settlements. Myra will be joined by Tony Ingraham as hike guide. Tony Ingraham is President of The Friends of Robert H. Treman State Park. The organization’s purpose is to conduct educational and history-related programs, services, and

activities in keeping with the nature of the park, to assist in fund raising activities, the purchase of objects, equipment, and supplies for the benefit of the park, and to support this park for the benefit of the local community, the residents of the State of New York, and the general public. We're meet at the upper park parking area (129 Upper Park Rd, Newfield, NY 14867).

- **ZOOM Hot Tea & Poetry, Friday, April 22 at 10 am** – 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. Perhaps this program has run its course, last month I was the only one to show. I hope there's still potential...please come and keep the group alive! To participate on a computer:
<https://us02web.zoom.us/j/82425489674?pwd=MEpkUURMUWtZRUgzYWlXWEp3TkhMdz09> : **Meeting ID: 824 2548 9674; Password: GIAC2022**
- **Southside Shopping, Monday, April 25** – 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.
- **Lunch at the Sunset Grill, Wednesday, April 27, 11:30am** – Since We'll get together at a place we used to visit often, the Sunset Grill (823 Danby Rd, Ithaca). Remember to bring your face mask and to maintain social distancing. Remember, I can now transport a limited number of people in the GIAC vans.
- **Senior Breakfast at GIAC, Friday, April 29, 10 am** – Regi Carpenter is a solo performance artist, writer, teacher, and performance coach. An award-winning performer, Regi has toured her solo shows and workshops in theaters, festivals, and schools both nationally and internationally. Her writings and blogs about storytelling, ancestry, and identity have been published in various print and online publications. Regi holds a BFA from Ithaca College where she currently teaches storytelling. Regi is the recipient of the JJ Reneaux Emerging Artist Award, a Leonard Bernstein Teaching Fellowship Award, the Parent's Choice Gold Award, the Parents's Guide to Children's Media Award, and the Storytelling World Award. Her performance piece "Snap!" won the 2012 Boston StorySlam. "Snap!" is a featured listen story on The Moth website. In addition, she recently raised the funds from

fans across the country to make a CD and DVD of "Snap!" Along with her work as a performer, coach, and writer, Regi is also the founder of Stories with Spirit, a creative initiative dedicated to bringing songs of joy and stories of hope to grieving children and the people who love and care for them in homes, hospices, and hospitals. Her high school storytelling curriculum, "Teens Talking" has been awarded grants from the New York State Council of the Arts.

- **Grocery Delivery** – We are still 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 a day). 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!
- **Please remember to send a donation to the GIAC Senior Program in lieu of this year's fee (regularly \$55)!**
- FYI: Free Teach-In from StateWide Senior Action Council. The Teach-Ins are offered monthly and are very user-friendly and can be accessed by telephone (landline or smartphone), computer, or smartphone, so you don't have to be techy to participate. In addition, StateWide's website is user friendly and includes recording of the teach-ins, a bill-tracker with direct links to legislation related to senior issues, a patient's rights hotline and Medicare counseling.
<https://www.nysenior.org/telephone-teach-ins/>

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

Monday, April 4th, 3:30 pm Steel Band & Logo Reveal at the Commons

Join us at the Bernie Milton Pavilion for a performance by the Oberlin College Steel Band.

Along with the performance, GIAC will be unveiling our new logo...in honor of GIAC's 50th birthday. Come for the music, festivities, and cake (**free**)!

Wed., February 6th, 11 am GIAC Online Registration Introduction Session

GIAC is offering online registration for the program and each event date; please come (via Zoom) and learn the process, this will make things easier (*also on 4/18 at 2pm*); Meeting ID: 827 6657 0175; Password: GIAC2022

Thursday, April 7th, 1 pm (Zoom) Meet this public servant: Delia Yarrow

Join us for a talk by Delia Yarrow, Ithaca Neighborhood Housing Services Director of Homeownership. We'll learn her background and experiences in the position; *Meeting ID: 854 9667 2311; Password: GIAC2022*

Friday, April 8th, 1 pm Visit to Johnson Art Museum

Carol Hockett will host us in person! The show is on power and transformation; let me know if you intend to attend so I can keep everyone up to date on COVID protocols.

Thursday, April 14, 21, 28, & May 5th, 2-3:30 pm 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 are interested, space is limited. This is a zoom workshop.

Friday, April 15th, 1 pm Visit to “Dressing the Circus” Exhibit at Cornell

PhD student Jenny Leigh Du Puis will guide us through her exhibit that explores the history, fashion, function, and labor behind circus costume; let me know if you intend to attend so I can keep everyone up to date on COVID protocols.

Tuesday April 19th, 12 noon Craft Group w/ guest Sandra Goodman

Goodman explores art through crochet emphasizing textural and 3-dimensional form. Join us to hear her discuss her work, *Meeting ID: 278 922 636; Password: 007992*

Wednesday, April 20th, 11 am Guided hike at Upper Treman Park S.P.

We'll walk at upper Treman learning about the geology/early settlements. Myra and Jim will be joined by Tony Ingraham as hike guides. We're meet at the upper park parking area.

Friday, April 22nd, 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: 824 2548 9674; Password:GIAC2022*

Sunday, April 24th, 11 am Elks Chicken BBQ (delivered or pick-up)

The Elks are sponsoring this BBQ; you get Cornell style chicken BBQ w/ mac salad & salt potatoes. Please order by 4/20, \$12.

Monday, April 25th, 10 am-12 noon Southside Shopping

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

Wednesday, April 27th, 11:30 am Birthday Lunch at the Sunset Grill

It's time for us to revive our monthly meal together! Join us for lunch together and a chance to see old friends (pay for your own meal).

Friday, April 29th, 10 am In-Person Senior Breakfast

We are returning to in-person breakfasts at GIAC with the usual breakfast foods (eggs, potatoes, bacon, sausage, etc.)! Storyteller Regi Carpenter will be our guest, \$4.