









# May 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
1	2	3 Zoom Crafts Group	4 Mac 'n Cheese Bowl, Ithaca Farmers Market 	5	6	7 BBQ at the Eagles (pickup or delivery)
8	9	10 Zoom Crafts Group	11 Guided Hike at Smith Woods in Trumansburg 	12 (Zoom) Meet this Public Servant with Anisa Mendizabal	13 (Zoom) Iced Tea & Poetry	14
15	16 Charter Bus Trip to Turning Stone Casino 	17 Zoom Crafts Group	18 Tour and Dinner at Salt Point Brewery, Lansing 	19 (Zoom) Real Estate Info Session	20 Senior Breakfast at GIAC 	21
22	23 Southside Shopping	24 Zoom Crafts Group	25 Birthday Lunch at Crossroad 	26 <i>Fiddler On The Roof</i> at the Clemens Center 	27	28
29	30 <i>Memorial Day — GIAC Closed</i>	31 Zoom Crafts Group	 <p>Minimal walking, walker accessible                      Moderate leisure walking                      Long walks required                      Rough trail walking</p>			



**GREATER ITHACA ACTIVITIES CENTER**



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



## News and Notes – May 2022 GIAC Senior Program



**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. Many 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](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!**

We continue to move toward normalcy as the weather improves and the pandemic subsides. We still have a few zoom programs scheduled, but the majority of program activities are in-person. The date that I really want to highlight is the Birthday Lunch at the Crossroads Grill in Lansing. We will be celebrating Bill Marshall's 100<sup>th</sup> birthday and this will be an extra special gathering. We have the back deck reserved (hopefully the weather will cooperate), so even if you are still being very COVID conscious, consider attending. I promise we'll have cake again like in past years. Please make sure to let me know you intend to join, whether you drive or need transportation...I will share the menu with you so we can order everything in advance.

There are some other exciting trips/activities. We will be taking a charter for the first time of the year to Turning Stone. The senior breakfast will feature the music of Dave Davies and Brian Earle. Broadway shows are again in local theaters, *Fiddler on the Roof* is an all-time classic! There are several other worthwhile outings...it's time to come out of your shell and be around others!

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 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
- **Mac 'n Cheese Bowl, Ithaca Farmers Market, Wednesday, May 4 at 4-7 pm –** Who makes the best mac 'n cheese in town? You decide! Taste them all and vote for your favorites! 20 local restaurants and vendors will be whipping up their version of everyone's favorite comfort food. Come for the tastings, live music, raffles and more! Attendees can vote for their favorites in four categories, Best Meat Mac, Best Non-Meat Mac, Most Creative Mac and Kids Choice Mac. *The GIAC Senior Program will be tabling, let me know if you would like to help represent us!*
- **Doriantia Chapter#19 O.E.S. Scholarship BBQ at the Eagles, Saturday, May 7 at 12 noon –** We're back to getting our chicken BBQ from the Eagles. It is composed of the usual fare, half a chicken, salt potatoes, baked beans, roll, and dessert—pickup or delivery for \$10. Let me know your order by 5/4.
- **Guided Hike at Smith Woods in Trumansburg, Wednesday, May 11 at 11 am –** Local expert Marvin Pritts will lead this hike. Pritts is a professor in plant sciences at Cornell and has written the book (literally) on the old growth forest at Smith Woods. 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. We’ll meet at 8825 Falls Rd, Trumansburg, NY 14886, van transportation is also available.

- **Meet this public servant: Anisa Mendizabal, Ithaca Urban Renewal Agency Community Development Planner, Thursday, May 12, 2:30 pm** – Ithaca Urban Renewal Agency works to improve the economic, social, and physical characteristics of low-to-moderate-income neighborhoods in the City and is responsible for: (1) administration of City's HUD Entitlement Grant; (2) issuing loans for affordable housing and job-creating businesses; (3) sale of land for public/private-partnership urban renewal projects; (4) management of Cherry Street Industrial Park; and (5) development of grant applications. The IURA secures and manages resources to improve the social, physical, and economic characteristics of the City of Ithaca by expanding access to quality affordable housing, strengthening neighborhoods and the local economy, and supporting other community development activities...join us for more about this agency and Anisa’s background. To participate: <https://us02web.zoom.us/j/84950278267?pwd=NHIOOU9kT0tFVTF5ak9kM1R3L3Brdz09> ; Meeting ID: **849 5027 8267**, Passcode: **GIAC2022**
- **ZOOM Hot Tea & Poetry, Friday, May 13 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: <https://us02web.zoom.us/j/87956608436?pwd=WFEREkJwZXZ2TDFLU0J6MVpveVh4QT09> ; Meeting ID: **879 5660 8436**, Passcode: **GIAC2022**

- **Charter Bus Trip to Turning Stone Casino, Monday, May 16 at 8am-5pm** – We'll go to Turning Stone for the first charter bus trip of the year. The casino will provide us with \$25 in freeplay and a \$5 meal voucher (**you will need a valid picture ID for the casino benefits**). The bus will not be at capacity and we ask you to wear a mask.
- **Tour and Dinner at Salt Point Brewery in Lansing, Wednesday, May 18 at 3 pm** – The area has a number of new(ish) breweries, we'll continue our exploration with this location in Lansing.
- **Real Estate Info Session with Karyn Scott, Tuesday, May 19, 3pm** – Local real estate agent Karyn Scott has volunteered to lead some sessions on home ownership, real estate, and aging:
  - Given a limited budget, how to decide what to fix and what to let go?
  - What criteria should one follow in choosing a contractor, handy man service, plumber, etc.?
  - Some contractors and maintenance service providers are not as skilled or as honest as they might advertise, and some seem to try to shortchange women clients and seniors in particular, either on fees or quality of work. What recourse does a client have in such situations?
  - Depending on time: If I wanted to sell my house but wanted it to sell it under market value to a family who could get and sustain a mortgage for my asking amount but not for market price levels, would I likely face obstacles from banks, realtors, or anyone else who has a monetary stake in high home prices?
  - If this talk is well-attended, we can delve into other related topics. <https://us02web.zoom.us/j/87558041896?pwd=bTJGeWppNHhmUDVld2oxQ2gyeFV6Zz09> ; Meeting ID: **875 5804 1896**, Passcode: **GIAC2022** .
- **Senior Breakfast at GIAC, Friday, May 20, 9 am** – Local musicians Dave Davies and Brian Earle will perform after breakfast.
- **Southside Shopping, Monday, May 23** – 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 Crossroads in Lansing, Wednesday, May 25, 11:30am*** – We'll get together at an old favorite, the Crossroads Grill (3120 N Triphammer Rd, Lansing). Remember, I can now transport people in the GIAC vans.
- **Grocery Delivery** – We are still offering free delivery of groceries from Walmart. 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)!** We still need to provide the city with more revenue from our program...please send in a check, if you have not yet!
- The Lourdes Mobile Mammography Vans provide breast cancer screening services through trusted, community-based service organizations that can be effective in increasing access and decreasing barriers to screening medically underserved, hard-to-reach populations such as rural communities. This creates an opportunity for us to refer to all of those in our communities that are in need of not only follow-up breast care, but also primary health care.

Our primary objective is to increase mammography screening for all women, as well as provide a unique opportunity to increase screening rates of uninsured and underserved women through a collaborative relationship with the New York State Cancer Services Program. The NYS Cancer Services Program not only ensures that essential breast care follow up is covered through the Medicaid Cancer Treatment Program but will also cover colorectal and cervical screenings as well. Our Mobile Mammography Vans offer breast cancer screening services throughout our communities in a variety of settings such as community centers, churches, health fairs, schools, senior centers, businesses, primary health care offices and federally funded health centers.

For those who aren't familiar with Lourdes Mobile Mammography, it is a self-contained van that travels to your location, providing state-of-the-art digital screening mammograms for women 35 years of age and over. You are in and out within 15 minutes or so and the added bonus is that there is no hassle or fuss with traveling! Also, all New York State Insurances will cover one screening mammogram per year, so there is no out-of-pocket cost.

Furthermore, your report will be sent directly to your healthcare provider.

**Be proactive about your health by staying on top of necessary screenings!**

The Mobile Mammography Van will be in Ithaca for the following dates:

- Wed., May 11 - Ithaca Free Clinic - 11:00 AM to 5:00 PM
- Tues., June 28 - Southside Community Center - 10:00 AM to 5:00 PM
- Wed., July 13 - Ithaca Free Clinic - 11:00 AM to 5:00 PM
- Thurs., Aug. 4 - Greater Ithaca Activities Center - 10:00 AM to 5:00 PM
- Wed., September 14 - Ithaca Free Clinic - 11:00 AM to 5:00 PM
- Wed., November 9 - Ithaca Free Clinic - 11:00 AM to 5:00 PM

Addresses of site for the mobile van:

<p>Ithaca Free Clinic 521 West Seneca Street Ithaca, New York, 14850 (607) 330 - 1254</p>	<p>Southside Community Center 305 South Plain Street Ithaca, New York, 14850 (607) 273 - 4190 Dr, Nia Nunn, Ms. Kayla Matos</p>	<p>Greater Ithaca Activities Center 301 West Court Street Ithaca, New York, 14850 (607) 272 - 3622 Mr. Zack Nelson</p>
---	---	--

- If you have any questions about the screenings or need transportation assistance, please call The Cancer Resource Center of the Finger Lakes at (607) 277-9410 and we will coordinate a ride. Remember, Early detection is the best protection against breast cancer!

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

**Wednesday, May 4<sup>th</sup>, 4-7 pm Mac 'n Cheese Bowl, Ithaca Farmers Market**  
Come for the tastings, live music, raffles and more. Our program will have a booth, come help promote our group (let me know if you are interested in sharing about the program).

**Saturday, May 7<sup>th</sup>, 12 noon Scholarship BBQ at the Eagles**

The Eagles are sponsoring this benefit for the Dorianthia Chapter#19 O.E.S. Scholarship Fund; you get chicken BBQ, the usual sides, and dessert. Please order by 5/3, \$10.

**Wednesday, May 11<sup>th</sup>, 11 am Guided hike at Smith Wood in Trumansburg**

Local expert Marvin Pritts will lead us on a walk through Smith Woods, a 32-acre old-growth forest located in Trumansburg.

**Thursday, May 12<sup>th</sup>, 2:30 pm (Zoom) Meet This Public Servant: Anisa Mendizabal**

Join us for a talk by Mendizabal, Ithaca Urban Renewal Agency Community Development Planner. We'll learn about the IURA and her background; *Meeting ID: 849 5027 8267; Password: GIAC2022*

**Friday, May 13<sup>th</sup>, 10 am (Zoom) Iced Tea & Poetry**

Join us to share both original and favorite poems and writings. It's a friendly supportive atmosphere, everyone is welcome; *Meeting ID: 879 5660 8436; Password: GIAC2022*

**Monday, May 16<sup>th</sup>, 8 am-6 pm Charter Bus to Turning Stone Casino**

We have our first big trip of the year, a chartered bus trip to Turning Stone Casino. We will be given \$25 in freeplay (plus \$5 meal voucher). We'll arrive in late morning and come home midafternoon. Cost to attend is \$10, due 5/10. **Bring your valis ID, space limited.**

**Wednesday, May 18<sup>th</sup>, 3 pm Tour & Dinner at Salt Point Brewery, Lansing**

We'll visit this (relatively) new Lansing brewery and have dinner after a tour of the facility.

**Thursday, May 19<sup>th</sup>, 3 pm (Zoom) Real Estate Info Session**

Local real estate agent Karyn Scott has volunteered to lead some sessions on home ownership, real estate, and aging; *Meeting ID: 875 5804 1896; Password:GIAC2022*

**Friday, May 20<sup>th</sup>, 9 am In-Person Senior Breakfast at GIAC**

We are returning to in-person breakfasts at GIAC with the usual breakfast foods (eggs, potatoes, bacon, sausage, pancakes)! Local musicians Dave Davies and Brian Earle will be our guest, \$4.

**Monday, May 23<sup>rd</sup>, 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.

**Wed., May 25<sup>th</sup>, 11:30 am Birthday Lunch at the Crossroads Grill, Lansing**

This is a very special birthday lunch! One of our members, Bill Marshal, will be celebrating his 100<sup>th</sup>, and our celebration will be special and fun. Make sure to **let me know you are coming** (whether you are riding with us or you own, so we can order in advance). We'll be eating on the deck.

**Thr., May 26<sup>th</sup>, 4-11 pm "The Fiddler on the Roof" at the Clemens Center**

This Broadway classic is currently touring and the Clemens Center is a nice venue for a show. We'll have dinner on the way (restaurant to be determined). Please get your check in by 5/11, (check or cash) \$50. Current COVID rules require masks (but no vaccinations).