

Ithaca Housing Authority

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September 2020

If you don't like something
change it; if you can't
change it, change the way
you think about it.
Mary Engelbreit

The Office will be **Closed**
Monday September 7th 2020
for Labor Day

Employee Birthdays

9/10 Brenda Westfall,
IHA Executive Director



NEXT IHA BOARD
MEETING TUESDAY SEPT. 29TH
AT 4:00 PM IN THE TITUS
TOWER 2 CONFERENCE ROOM





Tompkins County COVID-19 Counter

As of August 31, 2020

Total # Of Positive Tests	Total # Of Negative Tests	# of Active Cases	# of Hospitalizations
264	53,745	25	0

Looks like the number is on the rise!

Let's get those numbers back down!!

Remember to:

Social Distance Wear a mask

Wash Hands Often Stay Home If Your Sick

Wood Street Park Food Rescue Pop Up

Moved to Southside Community Center

Every Thursday except the 3rd (depending on weather and may start doing all 4 Thursdays)

Starts @ 12PM and goes until all food is gone

Sponsored by: No Mas Lagrimas / No More Tears

YOUTH FARM PROJECT Harvest Market

Fresh, Local, Organically Grown
Produce

Fridays from 12-1:30 pm

Titus Company Vehicle Parking



Lower Cost & Higher Quality than Grocery Stores! Please wear a mask, stay 6' apart.

Senior Farmers' Market Coupons

September 6th

Read a Book Day

September 7th

Labor Day

September 11th

Patriot Day

September 13th

Grandparents Day
Positive Thinking Day

September 17th

National Apple Dumpling Day

September 21st

International Day of Peace

September 22nd

Fall Begins
October Fest Begins

September 26th

National Hunting & Fishing Day

September 28th

National Good Neighbor Day

September is Observed as:

Baby Safety Month
National Suicide Prevention
Awareness Month

Please have your air conditioners removed by the end of September (this month!)

Reminder:

There is **NO** parking in the circle in front of Titus Tower 1 or 2. If you need to be closer to the doors to unload, you may pull in to unload and then you must park your vehicle in your assigned parking. You **cannot** leave your vehicle in the circle to go up to your apartment.



There has been trash found in the recycling rooms. Trash does not go there. Please make sure that you are only putting in accepted Recycling items. Please follow the instructions posted in the garbage rooms.



new residents and hope they enjoy their tenancy with IHA.



Happy Birthday wishes to our residents who celebrate their birthdays in September!



SEPTEMBER

“HE” (high efficiency) DETERGENT IN THE WASHERS. Do **NOT** use POWDER DETERGENTS at all. Powder detergents tend to clog up the compartments where the detergent goes and creates too many suds which will cause a problem with trying to get all of the suds out of the clothing. Since high-efficiency washing machines, which is what we have at IHA, use less water than traditional machines, they require special HE detergent. Good HE detergent is both concentrated and produces low suds. The detergent must be strong enough to get the clothes clean, while at the same time be easy to wash away with minimal amounts of water. So, when you’re buying liquid detergent, look for a brand that has “HE” on the label.

- Empty pockets before placing clothing in washer.
- If your clothes are soiled, hand rinse them in a sink before you put them in the machines.
- Do not wash a single item by itself. For example, some residents will wash a single rug. You will need to put other items in the washer to make at least a ½ load because the washer does not work well with just a single item.
- Rugs with rubber backs should NEVER be washed in the IHA washing machines. Over time the rubber starts breaking up and the rubber chunks will get caught in the washing pump, which will require a service call.
- Leave the door open on the washers after your laundry is removed so it can dry out. Otherwise, mold could grow.

- Please do not leave your laundry unattended.
- Make sure washers and dryers are



Please do your part to ensure IHA keeps the washers and dryers for your convenience. If the machines end up costing IHA a substantial amount of money in service calls, it may get to a point where the machines are removed altogether and residents will have to take their laundry to a laundromat. IHA does not want to see that happen, so please do your part and use the machines properly. Thank you.

Titus Tenants,

IHA provides the Coin Machines as a courtesy to our residents to save them from having to go out and get coins to do their laundry. There are times, however, when the coin machines malfunction and are out of order, or sometimes they simply run out of quarters before the next scheduled staff bank run to get more quarters.

On your next trip out, it would be a good idea to pick up some quarters from the store or bank so that you have quarters on hand if the coin machines are out of quarters.



handling household duties – and now teaching. You may even be a college student trying to stay on top of your own studies as well.

While this may seem a bit overwhelming at first, remember that it's all temporary and manageable. In fact, extended e-learning shares many similarities with homeschooling. Whether your kids are finishing their first year of preschool or their last year of high school, we've compiled some ideas on how to homeschool that can help them keep stay on track and be ready when their regular learning schedule resumes.

Here are twelve tips for homeschooling to help you manage your new responsibilities:

1. CREATE YOUR OWN SCHEDULE.

One of the best parts about homeschooling is that you don't have to be confined to a specific routine. Be flexible and you'll soon figure out a schedule that works best for your family. Feel free to plan around your mealtimes, work schedule or even your kid's favorite TV program.



2. DESIGNATE A STUDY SPACE.

If possible, try to find a place in your home that you can dedicate specifically for studying. Separating your living spaces from your learning space is an easy way to get your kids to change gears when it's time to focus.

3. SET REASONABLE GOALS AND EXPECTATIONS.

This is one of the most important tips for homeschooling. If your child is struggling to stay motivated or getting frustrated with their schoolwork, take a minute to evaluate the expectations that have been set for them. Remember that each child learns differently, and that the current circumstances may be adding a layer of fear, uneasiness or loneliness. Talk with your child and their teacher and determine a plan that works best for everyone.

4. BE PATIENT.

While you're used to powering through multiple tasks in a day, it's important to consider that the rate at which your child learns may be different from yours or from other children. When assisting with schoolwork, try to let your child guide the pace for learning.

5. SET ASIDE TIME FOR CREATIVITY AND EXERCISE.

Social distancing can take a toll on both our bodies and our minds. Set aside a little time each day to do something creative, exercise or go outdoors.

6. STAY CONNECTED WITH TEACHERS.

8. SAVE TIME FOR LUNCH.

Mealtime can be something that gets easily overlooked or rushed, but doing so could potentially make things harder for you in the long run. Set aside at least 30 minutes for lunch, and be sure to serve healthy, filling foods to help curb hunger and avoid the need for more afternoon snack breaks.

9. SET LIMITS ON ELECTRONICS.

With e-learning in place, kids of all ages are spending more time on their devices. And even though it's for a good cause, when you stack that with their regular usage it can add up to an awful lot of screen time. Take a look at your kid's daily activity, and make sure to set a reasonable limit.

10. CONSIDER OFFERING REWARDS.

Most of us don't hand out incentives when our kids complete their ordinary school assignments – but these aren't ordinary days. Consider offering small rewards to encourage participation and completion of assignments. Incentives such as an at-home movie night, one-on-one parent/child time or family game night are great options.

11. ADD LIFE SKILLS TO YOUR CURRICULUM.

As you spend more time at home, don't forget the value of teaching some basic life skills. Now can be a great opportunity for older kids and teens to help with everyday tasks such as cleaning, doing the laundry or cooking. Younger kids can help with tidying up or you can use this time to practice personal care skills like fastening buttons and tying shoes. These types of learning can be just as valuable as skills taught in the classroom.

12. GIVE YOURSELF A BREAK.

You've got a lot on your plate right now. Despite how you may feel, chances are you're doing a much better job than you realize. Don't forget to schedule a little time each day for yourself – even if that means waiting until the kids have gone to bed or allowing them to have a little extra TV time.

Putting even just a few of these tips for homeschooling into practice is a great first step towards finding balance in your new routine. Give yourself credit for all the hard work that you've done, and remember that we're all in this together. With a little patience and creativity, we're sure you'll learn how to homeschool in a way that works for you and your family.

<https://www.devry.edu/blog/tips-for-homeschooling.html>





space between individuals to reduce the spread of disease. During the COVID-19 pandemic, the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) recommend keeping at least 6 feet (2 meters) of space between yourself and people outside your household to meet these goals.

WEAR A MASK

The CDC and WHO recommend wearing cloth face masks in public places where it's difficult to avoid close contact with others, and schools are no exception. This advice is based on data showing that people with COVID-19 can transmit the virus before realizing that they have it.

KEEP HANDS CLEAN

Practice hand-washing at home with your child and explain why it's important to wash his or her hands with soap and water for at least 20 seconds, especially before and after eating, coughing/sneezing, or adjusting a face mask. To prevent rushing, suggest washing hands for as long as it takes to sing the "Happy Birthday" song twice. When hand-washing isn't available, suggest that your child use an alcohol-based hand sanitizer that contains at least 60% alcohol. Also, explain that he or she should avoid touching his or her eyes, nose, and mouth. If your child attends in-person schooling, develop daily routines before and after school that foster healthy habits, such as packing a back-up face mask and hand sanitizer in the morning and washing their hands as soon as they come home.

CLEAN AND DISINFECT

Whether your child is being schooled at home or at school, cleaning and disinfecting frequently touched surfaces can help reduce the risk of illness. This includes frequently touched items such as doorknobs, faucets, keyboards, tablets and phones.

STAY HOME IF SICK

You should monitor your child each day for signs of COVID-19. These include:

Fever* ~ *Runny nose* ~ *Cough* ~ *Fatigue* ~ *Muscle aches* ~ *Vomiting* ~ *Diarrhea

Some schools may recommend daily temperature readings as a part of COVID-19 symptom screening. But since many of these symptoms overlap with other conditions, such as the common cold, allergies and influenza, the effectiveness of this screening can be limited.

To limit the spread of COVID-19 as well as other germs, children should stay home from school and other activities if they have any signs of illness or a fever. Contact your health care provider if you have questions.

DON'T SKIP VACCINATIONS

Whether classes are happening at school or at home, make sure your child is up to date with all recommended vaccines. All school-aged children should get a flu shot each season. Although the flu shot does not protect against COVID-19, it can reduce the risk of the flu and its complications. It's another layer of defense to help prevent missed school days.

<https://newsnetwork.mayoclinic.org/discussion/safety-tips-for-returning-to-school-during-covid-19/>

A Checklist to Help Parents Decide: Send Kids Back to School or Keep Them Home During COVID-19?

Here's what to consider:

- Your child's health
- Your household's health
- The community's health
- The school's safety measures
- Your work demands
- Your child's academic needs

coronavirus. But even if your child knows they're supposed to wear a mask out in public, it can take some practice – and positive reinforcement – to get them in the habit. Child Life specialist Kathryn Robbins, MS, CCLS, joins the blog with tips.

Choose what will work best for your child based on their age, developmental level and other factors.

0-2 years old: Focus on normalizing masks.

Babies and children under age 2 shouldn't wear masks, due to danger of suffocation.

Instead focus on introducing your child to masks by letting them see you wear yours, and by being playful with masks at home, like playing peek-a-boo.

2-4 years old: Use play.

Young child wearing a face mask.

Preschoolers learn through play – and it's also a great way to help them accept masks as a positive, everyday part of life.

Look for opportunities to be playful: Color a paper mask and add stickers to it. Decorate a fabric mask. Let them choose a mask with a favorite character or theme. Make masks for their stuffed animals or dolls too.

Point out how many people wear masks, and show them this fun resource with favorite characters wearing masks.

5-12 years old: Help your child understand.

Typically, children ages 5 and up don't just want to be told what to do – they want to understand why.

As you introduce your child to masks, talk about how the body works and how masks keep us safe from germs. Check out our developmental pediatrician's tips for explaining coronavirus to kids.

Kids age 3 to 7 also love to be helpers. So let your child know that when they wear their mask, they're being great helpers to their community.



their feelings: Let them know you hear them, and understand why they're annoyed. Once they feel heard, you'll have better luck reminding them that we all have a responsibility to wear masks – for our own protection, and others.

Take the opportunity to clarify any misconceptions they may have picked up, like "masks don't really help" or "it doesn't matter as long as you're 6 feet apart" or "it doesn't matter if it's covering my nose as long as it's covering my mouth."

Finally, ask for your teen's help coming up with ways to make mask-wearing a little more tolerable for them, like finding a mask with their favorite sports team.

If your child has sensory or developmental needs: Pay extra attention to comfort.

Consider if there are sensory components of the mask that might be hard for your child.

For children who are sensitive to touch and sound, a soft fabric mask may be more comfortable than a paper mask that rubs and rustles.

If your child doesn't like any pressure on their ears, find a mask that ties behind the head, or use clips or buttons to fasten ear loops to a headband, hat or extender band.

If your child is sensitive to their breath in the mask, offer them the choice of a scented lip balm for inside the mask and on their upper lip. For older kids, offer a hard candy or mint.

If your child's skin is sensitive or irritated by extended mask wear, talk to your doctor. Trouble spots often include the bridge of the nose and on the cheekbones. Your child's doctor may be able to recommend skin protectant or another way to resolve the issue.

Keep in mind that masks are not a substitute for social distancing.

Remind your child to keep at least six feet from anyone who isn't part of your household. And provide lots of praise and positive reinforcement as they adjust to this new aspect of everyday life.

<https://www.connecticutchildrens.org/coronavirus/mask-up-tips-to-make-kids-more-comfortable-with-masks-broken-down-by->

IS SELF-CARE AWARENESS MONTH



- Do A Screen Detox. Turn off the T.V./ put down the phone.
 - Be Kinder to Yourself/ Forgive Yourself
 - Wake Up Early/ Get A Good Nights Rest
 - STOP Comparing Yourself to Others
 - Change Your Perspective
 - Find A New Hobby
 - Learn A New Skill
- <https://www.thewalletmoth.com/self-improvement-tips/>

LOOK AFTER YOURSELF, THERE IS ONLY ONE YOU. ONE LIFE, MAKE THE MOST OF IT.

love *~*IN*~* yourself

A HEALTHY LIFESTYLE NOT ONLY CHANGES YOUR BODY, IT CHANGES YOUR MIND, YOUR ATTITUDE AND YOUR MOOD

Promote National Suicide Prevention Month

We can all help prevent suicide. Every year, the Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month.

Suicide Facts

- Over **44,000 Americans** die by suicide every year
- Suicide is the **4th leading cause of death** for people 18-65
- For every death by suicide, there are **over 25 suicide attempts**

Suicide can be prevented. It's up to everyone to learn the warning signs and reach out and help those with suicidal thoughts and feelings.

National Suicide Prevention Lifeline
800-273-8255

NEW DIRECTIONS®
ndbh.com/suicide

Sources: Centers for Disease Control

Suicide Facts

- 80% of teens who die by suicide **show warning signs**
- 90% of teens who die by suicide **have a mental health problem**
- More teens die by suicide than **cancer, flu and AIDS combined**
- Suicide is the **2nd leading cause of death** in people ages 10-34

Suicide can be prevented. It's up to everyone to learn the warning signs and reach out and help those with suicidal thoughts and feelings.

National Suicide Prevention Lifeline
800-273-8255

NEW DIRECTIONS®
ndbh.com/suicide

Sources: National Alliance on Mental Illness, Lifeline

CRISIS RESOURCES

- If you or someone you know is in an emergency, call **911** immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**

It is no surprise that at different times of the year, certain foods are at their best. As we leave the days of summer and its sumptuous foods behind us, it is time to look towards a new season, and thankfully, autumn's glorious food offering is every bit as tantalizing. Autumn boasts a wealth of fruit and vegetables which are rich in disease-fighting phytochemicals and so here, we look at 10 foods to fall for this autumn.

Parsnips

While these root veggies might look like carrots, they offer a delicately sweet flavor, and so perfect for those with sweet tooth cravings (and great for kids too!). Although they contain less vitamin A than carrots, they make up for this in their wealth of fiber, vitamin C, calcium, and iron. Their versatility means they can be steamed, boiled, roasted, or sautéed and in most recipes, they can replace carrots, potatoes, or sweet potatoes. Autumn is the perfect time for making pots of soup and parsnips will add a lovely sweetness, pairing perfectly with other vegetables.



Sweet Potatoes

Sweet potatoes are having a real moment in the foodie world and it is not surprising why. You will be forgiven for thinking they are part of the potato family, when in fact they are a storage root, rather than tubers. Rich in beta-carotene, (vitamin A), each serving contains four times the recommended daily allowance. In fact, they are so rich that in comparison, you would have to eat 23 portions of broccoli to consume the same quantity of vitamin A! As a low glycemic food, sweet potatoes are highly recommended for diabetics as they slowly release carbohydrates which helps maintain steady blood sugar levels. Again, the versatility of baked



Pumpkins

More than simply just a Halloween decoration, pumpkins are mighty in their antioxidant properties, as well as beta-carotene, vitamin C and folate. Pumpkins are delicious chopped, and oven baked as the perfect side dish or serve as a delicious ingredient in a warming soup. Do not forget to use their seeds too! These are a fantastic source of protein, zinc, and omega-3 fatty acids. Roast in a hot oven for approximately 45 minutes and keep them handy as a perfect snack throughout the day.



Cranberries

A ripe autumnal berry, cranberries are low in fat and play a key role in reducing the risk of urinary tract infections, gum disease, ulcers, heart disease and cancer. They also boast anthocyanins, a healthy heart antioxidant. A small percentage of their crop is sold fresh each autumn, with the rest produced as juice, dried or as cranberry sauce. A little tart, they complement other fruits such as apples and pears perfectly, and make a welcome addition to baked delicacies, such muffins.



Butternut squash

Butternut squash is loaded with vitamin A and is recognized for its sweet, creamy flavor. With a dry flesh, it is best steamed or baked, while its firm texture makes it ideal for a curry. Peeling squash can be a bit of a chore, so we say... do not do it! Simply leave the skin on, chop and bake it in the oven to enjoy its delicious goodness.



Turnips

Turnips, or swedes, as commonly known in Ireland and Scotland, are cruciferous



incorporated into recipes where you would normally use potatoes. They are a great source of vitamin C and fiber.

Apples

Although enjoyed all year round, apples are at their best during the autumn months. Rich in flavonoids, a potent antioxidant, studies have shown that enjoying a diet rich in these can lower the risk of heart disease, heart attacks and some cancers. Their versatility means they can be eaten both uncooked and baked, serving as a featured ingredient in many recipes.



Pears

High in fiber, and just as versatile as apples, pears can be enjoyed baked, poached, or raw and eaten as part of a healthy diet, helping to reduce blood cholesterol levels. Why not try them served in low-fat pancakes, as a guilt-free treat?!



hybrids. Rich in vitamin C, they are great for keeping skin healthy, particularly during the colder months when it can become dry. Seedless and with loose skin, clementine is a great snack for those on-the-go days. They also make for a great addition to chicken dishes for a tropical twist!



Figs

Do not neglect the fig! With more fiber content than any other dried or fresh fruit and an excellent non-dairy source of calcium, figs are a welcome addition to any diet. When pureed, they can be used as both a sweetener and fat substitute in a wealth of baked goods.



<https://www.121dietitian.com/in-season-10-autumnal-foods-to-fall-for/>

12 Fall Vegetables You Should Know How to Cook

1. Pumpkin

- *What to do with it:* Once you have a pie pumpkin you can **make pumpkin puree** to use in homemade pumpkin pie. (Tip: pumpkins are hard to split open, so bake them to soften them a little before slicing.) If you want to stay savory, roast the pumpkin and eat it like butternut squash, or make Pumpkin Chili or Roasted Red Kuri Pumpkin & Coconut Soup.

2. Cabbage

- *What to do with it:* Cabbage is a staple in my kitchen; I shred it for big slaws like this Apple Cabbage Salad with Cider Vinaigrette. Slaws last well in the fridge so they're a great way to make a salad and eat it all week. You can also roast cabbage — in big wedges with bacon, or for a warm slaw with hazelnuts. And don't forget about pickling it!

3. Carrots

- *What to do with them:* Roast, roast, roast! Oh, and make soup too. Check out our tips on cutting carrots neatly, too: How To Cut, Slice & Dice Carrots.

4. Brussels Sprouts

- *What to do with them:* My favorite way to cook Brussels sprouts is to blitz them in the oven (don't forget to eat the crispy little leaves that fall off, too). But try them Thai-style, or hashed into a salad with brown

also wonderful in grain salads and in curries.

6. Acorn Squash

- *What to do with it:* Stuff with other vegetables or meat and bake for a complete supper, or slice into rings and bake.

7. Potatoes

- *What to do with them:* Bake them one of these three ways: In the oven with foil, in the microwave or in the slow cooker; top with other nutritious toppings, or have some fun and make Hasselback potatoes!

8. Sweet Potatoes & Yams

- *What to do with it:* Roast in the oven and eat plain, or with yogurt for breakfast.

9. Cauliflower

- *What to do with it:* Make soup, grate into cauliflower couscous or rice, or make "steaks" out of it.

10. Kohlrabi

- *What to do with it:* Slice and stir-fry, or shred into slaw.

11. Turnips

- *What to do with them:* Make soup or roast them with a simple butter and maple syrup glaze.

12. Kale

- *What to do with it:* Toss with pasta; cook slowly and braise; make a big salad and eat for lunch all week. Since kale is so hearty it's also very good in longer-

9 oz. (3/4 of 12 oz. can) Frozen Orange Juice Concentrate
9 oz. (3/4 of 12 oz. can) Frozen Lemonade Concentrate
3 Qt. Water
20 Whole Clove
3 Cinnamon Sticks
15 oz. Cinnamon Imperial Candies



Instructions

Heat all ingredients in a VERY large stockpot over medium heat until heated through. Stir frequently.*

Notes

Makes about 25, 8 oz. servings. *The Imperial candies will want to stick to the bottom of the pan while the mixture heats, but just use a wooden spoon to keep them scraped off and they will eventually melt.

<http://dessertedplanet.com/hot-cinnamon-cranberry-punch/>

Pumpkin Soup

Ingredients

- 2 pounds (1 kg) pumpkin skin and seeds removed, chopped
- 1 onion roughly chopped
- 2 medium-sized potatoes peeled and diced
- 1 large carrot peeled and diced
- 4 cloves garlic crushed
- 4 cups low sodium chicken or vegetable broth (stock)
- 2 chicken bouillon cubes crumbled
- Salt and pepper to taste (if needed)
- 1/2 cup half and half (or light cream)

- 1/2 cooked bacon to serve (optional)
- Fresh parsley to serve (optional)

Instructions

- 1) Place all ingredients, except cream, in a large pot or saucepan. Bring to a simmer over medium heat until vegetables are tender.
- 2) Take off heat. Using a stick blender, blend until smooth.
- 3) Add the cream and stir through (do not boil after adding cream).
- 4) Add any salt or pepper if needed, and serve with bacon and parsley (if desired).

<https://cafedelites.com/thick-creamy-pumpkin-soup/#wprm-recipe-container-40277>

Maple Balsamic Pork Tenderloin

Ingredients

- 2 tbsp healthy cooking fat or oil of your choice
- 2 pork tenderloins about 450g (16oz) each

For the marinade/sauce

- 2 dry shallots minced
- 2 large garlic cloves minced
- 1 tbsp finely chopped fresh thyme
- 1/2 cup pure maple syrup
- 1/4 cup balsamic vinegar
- 3 tbsp Dijon mustard
- 2 tbsp extra-virgin olive oil
- 1 tsp salt I use Himalayan salt
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper

Instructions

1) In a large mixing bowl or glass measuring cup, combine all the ingredients for the marinade and whisk until well combined.

refrigerator to marinate for at least 6 hours, but preferably overnight.

3) When you are ready to cook your meat, preheat your oven to 375°F.

4) In a large, heavy skillet, heat a few tablespoons of healthy cooking oil or fat over medium-high heat. Once the pan is hot enough, remove the pork from the marinade and wipe off excess marinade; sear the tenderloins for a minute or two on each side, until they get nice and golden brown.

5) Pour the marinade over the meat, simmer for about a minute then pour some of that marinade over the tenderloins to coat well. Cover the skillet lightly with aluminum foil and bake in the oven for 15 minutes.

6) After 15 minutes, remove the foil, spoon some fresh sauce over the meat and return to the oven for another 5 minutes, or until a meat thermometer inserted in the thickest part of the meat registers 145°F

7) Take your tenderloins out of the oven, tent them loosely with the foil and let them rest for 3 to 5 minutes.

Post-coronavirus Normal

The coronavirus will continue to impact how we work, shop, eat and travel. As the threat of the coronavirus shifts, Americans are figuring out how ever-evolving guidance shapes their behavior.



Curbside pickup

Social distancing



Mobile ordering or online shopping

Limited travel



Face coverings

Virtual learning



Hand hygiene

Remote working



To have a fighting chance against the coronavirus, everyone needs to sacrifice and develop a coping mindset. Consider these strategies when adjusting to your new normal:

Focus on what you can control.

Focusing on the actions of others will only fuel frustration and stress. Instead, focus on what you have control over, such as washing your hands, wearing a mask and practicing social distancing.

Adjust expectations.

It's important to approach your new normal with flexible expectations. Just as coronavirus guidance is ever-evolving, your expectations should shift and match reality.

Be kind.

Inside and out of the home, be accepting and polite to others as everyone may be feeling stressed during the pandemic. Collaboration and compassion will help you connect with others.

Find a routine.

As the pandemic seems unpredictable, setting a routine for yourself can help you stay productive and active. Schedule time for physical health, social connection and stress relief.

Set boundaries.

Not everyone is navigating the pandemic the same way and may have different viewpoints on protection measures. Respectfully set your boundaries with family, friends and co-workers.

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.



Medicare/health insurance scams

Every U.S. citizen or permanent resident over age 65 qualifies for Medicare, so there is rarely any need for a scam artist to research what private health insurance company older people have in order to scam them out of some money. In these types of scams, perpetrators may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at makeshift mobile clinics, then use the personal information they provide to bill Medicare and pocket the money.

Counterfeit prescription drugs

Most commonly, counterfeit drug scams operate on the Internet, where seniors increasingly go to find better prices on specialized medications. This scam is growing in popularity—since 2000, the FDA has investigated an average of 20 such cases per year, up from five a year in the 1990s. The danger is that besides paying money for something that will not help a person's medical condition, victims may purchase unsafe substances that can inflict even more harm. This scam can be as hard on the body as it is on the wallet.

Funeral & cemetery scams

The FBI warns about two types of funeral and cemetery fraud perpetrated on seniors.

In one approach, scammers read obituaries and call or attend the funeral service of a complete stranger to take advantage of the grieving widow or widower. Claiming the deceased had an outstanding debt with them, scammers will try to extort money from relatives to settle the fake debts. Another tactic of disreputable funeral homes is to inform families of the death of a

that a casket, usually one of the most expensive parts of funeral services, is necessary even when performing a direct cremation, which can be accomplished with a cardboard casket rather than an expensive display or burial casket.

Sweepstakes & lottery scams

This simple scam is one that many are familiar with, and it capitalizes on the notion that "there's no such thing as a free lunch." Here, scammers inform their mark that they have won a lottery or sweepstakes of some kind and need to make some sort of payment to unlock the supposed prize. Often, seniors will be sent a check that they can deposit in their bank account, knowing that while it shows up in their account immediately, it will take a few days before the (fake) check is rejected. During that time, the criminals will quickly collect money for supposed fees or taxes on the prize, which they pocket while the victim has the "prize money" removed from his or her account as soon as the check bounces.

The grandparent scam

The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me." While the sums from such a scam are likely to be in the hundreds, the very fact that no research is needed makes this a scam that can be perpetrated over and over at very little cost to the scammer.

If you suspect you've been the victim of a scam... Don't be afraid or embarrassed to talk about it with someone you trust. You are not alone, and there are people who can help. Doing nothing could only make it worse. Keep handy the phone numbers and resources you can turn to, including the local police, your bank (if money has been taken from your accounts),



Need Your Help!

Cornell University researchers need your help with a project on Senior Citizens' attitudes about health care policy. If you'd like to help, we have a 5 minute survey for you.

You can find it here: <https://bit.ly/2WR7haB>

Or, just point your smartphone here:



This project was approved by Cornell Institutional Review Board. Feel free to share our survey with others!



Early Voting: 2020 General Election



Voters now have **nine extra days** to vote prior to the Presidential Election on November 3, at special Early Voting locations. Anyone who is registered to vote in New York State, a resident of Tompkins County, is eligible to vote at one of our two early voting sites. Each site is fully accessible to voters with physical disabilities. Voters do not need to have an "excuse" for voting. Once they have cast their ballot on a machine at an Early Voting site, they will not be able to vote on Election Day.

Locations for Early Voting in Tompkins County:

Town of Ithaca Town Hall
215 N Tioga St
(in downtown Ithaca)

&

Crash Fire Rescue (CFR)
72 Brown Rd (by the
Tompkins County airport)

Both early voting locations will be open the following hours:

Day	Start Time	End Time	Day	Start Time	End Time
Saturday	9:00 AM	2:00 PM	Friday	9:00 AM	5:00 PM
Oct. 24	9:00 AM	2:00 PM	Oct. 30	9:00 AM	5:00 PM
to			to		
Sunday	9:00 AM	2:00 PM	Thursday	12:00 PM	8:00 PM
Oct. 25	9:00 AM	2:00 PM	Oct. 29	12:00 PM	8:00 PM
to			to		
Monday	7:00 AM	3:00 PM	Wednesday	7:00 AM	3:00 PM
Oct. 26	7:00 AM	3:00 PM	Oct. 28	7:00 AM	3:00 PM
to			to		
Tuesday	12:00 PM	8:00 PM	Tuesday	12:00 PM	8:00 PM
Oct. 27	12:00 PM	8:00 PM	Oct. 27	12:00 PM	8:00 PM
to			to		
Wednesday	9:00 AM	2:00 PM	Saturday	9:00 AM	2:00 PM
Oct. 28	9:00 AM	2:00 PM	Oct. 31	9:00 AM	2:00 PM
to			to		
Thursday	9:00 AM	5:00 PM	Sunday	9:00 AM	2:00 PM
Oct. 29	9:00 AM	5:00 PM	Nov. 1	9:00 AM	2:00 PM
to			to		

Residents will receive voter registration and info packet in mid-September

MONDAY - SUNDAY



Designated Stops Only

NEW TCAT ROUTE



15 MONDAY - FRIDAY LOOP

Seneca @ Commons	Wegmans	Walmart	Green @ Commons	Continues as Route #				
Green @ Commons	Titus Towers I	Tops	Titus Towers I	Green @ Commons				
E	A	Routing	B	C	D	E	One-Seat Ride to Cornell	
-	7:21 A	Plain St	7:27 A	*	7:36 A	7:41 A	7:55 A	32
-	8:21 A	Plain St	8:27 A	*	8:36 A	8:41 A	8:55 A	32
-	9:21 A	Plain St	9:27 A	*	9:36 A	9:41 A	9:55 A	32
-	10:21 A	Plain St	10:27 A	*	10:36 A	10:41 A	10:55 A	32
-	11:21 A	Plain St	11:27 A	*	11:36 A	11:41 A	11:55 A	32
-	12:21 P	Plain St	12:27 P	*	12:36 P	12:41 P	12:55 P	32
12:33 P	12:35 P	via Clinton St	12:47 P	*	12:43 P	12:47 P	12:57 P	15
1:03 P	1:05 P	via Clinton St	1:17 P	*	1:13 P	1:17 P	1:27 P	15
-	1:21 P	Plain St	1:27 P	*	1:36 P	1:41 P	1:55 P	32
1:33 P	1:35 P	via Clinton St	1:47 P	*	1:43 P	1:47 P	1:57 P	15
2:03 P	2:05 P	via Clinton St	2:17 P	*	2:13 P	2:17 P	2:27 P	15
-	2:21 P	Plain St	2:27 P	*	2:36 P	2:41 P	2:55 P	32
2:33 P	2:35 P	via Clinton St	2:47 P	*	2:43 P	2:47 P	2:57 P	15
3:03 P	3:05 P	via Clinton St	3:17 P	*	3:13 P	3:17 P	3:27 P	15
-	3:21 P	Plain St	3:27 P	*	3:36 P	3:41 P	3:55 P	32
3:33 P	3:35 P	via Clinton St	3:47 P	*	3:43 P	3:47 P	3:57 P	15
4:03 P	4:05 P	via Clinton St	4:17 P	*	4:13 P	4:17 P	4:27 P	40
-	4:21 P	Plain St	4:27 P	*	4:36 P	4:41 P	4:55 P	32
5:21 P	5:23 P	Plain St	5:27 P	*	5:36 P	5:41 P	5:55 P	32
6:21 P	6:23 P	Plain St	6:27 P	*	6:36 P	6:41 P	6:55 P	32
7:21 P	7:23 P	Plain St	7:27 P	*	7:36 P	7:41 P	7:55 P	32
8:21 P	8:23 P	Plain St	8:27 P	*	8:36 P	8:41 P	8:55 P	32

* Service to Wegmans

Bold Type indicates PM times.

15 SATURDAY LOOP

Seneca @ Commons	Wegmans	Walmart	Green @ Commons	Continues as Route #				
Green @ Commons	Titus Towers I	Tops	Titus Towers I	Green @ Commons				
E	A	Routing	B	C	D	E	One-Seat Ride to Cornell	
-	8:21 A	Plain St	8:27 A	*	8:36 A	8:41 A	8:55 A	72
-	9:21 A	Plain St	9:27 A	*	9:36 A	9:41 A	9:55 A	72
-	10:21 A	Plain St	10:27 A	*	10:36 A	10:41 A	10:55 A	72
-	11:21 A	Plain St	11:27 A	*	11:36 A	11:41 A	11:55 A	72
-	12:21 P	Plain St	12:27 P	*	12:36 P	12:41 P	12:55 P	72
-	1:21 P	Plain St	1:27 P	*	1:36 P	1:41 P	1:55 P	72
2:03 P	1:35 P	via Clinton St	1:47 P	*	1:43 P	1:47 P	1:57 P	15
-	2:05 P	via Clinton St	2:17 P	*	2:13 P	2:17 P	2:27 P	15
2:33 P	2:35 P	Plain St	2:37 P	*	2:43 P	2:47 P	2:57 P	72
3:03 P	3:05 P	via Clinton St	3:17 P	*	3:13 P	3:17 P	3:27 P	15
-	3:21 P	Plain St	3:27 P	*	3:36 P	3:41 P	3:55 P	72
3:33 P	3:35 P	via Clinton St	3:47 P	*	3:43 P	3:47 P	3:57 P	15
4:03 P	4:05 P	via Clinton St	4:17 P	*	4:13 P	4:17 P	4:27 P	15
-	4:21 P	Plain St	4:27 P	*	4:36 P	4:41 P	4:55 P	72
4:33 P	4:35 P	via Clinton St	4:47 P	*	4:43 P	4:47 P	4:57 P	15
5:03 P	5:05 P	via Clinton St	5:17 P	*	5:13 P	5:17 P	5:27 P	65
-	5:21 P	Plain St	5:27 P	*	5:36 P	5:41 P	5:55 P	72
-	6:21 P	Plain St	6:27 P	*	6:36 P	6:41 P	6:55 P	72
-	7:21 P	Plain St	7:27 P	*	7:36 P	7:41 P	7:55 P	72
-	8:21 P	Plain St	8:27 P	*	8:36 P	8:41 P	8:55 P	72

* Service to Wegmans

15 SUNDAY LOOP

Seneca @ Commons	Wegmans	Walmart	Green @ Commons	Continues as Route #		
Green @ Commons	Titus Towers I	Tops	Titus Towers I	Green @ Commons		
A	B	C	D	E	One-Seat Ride to Cornell	
8:21 A	8:27 A	*	8:36 A	8:41 A	8:55 A	72
9:21 A	9:27 A	*	9:36 A	9:41 A	9:55 A	72
10:21 A	10:27 A	*	10:36 A	10:41 A	10:55 A	72
11:21 A	11:27 A	*	11:36 A	11:41 A	11:55 A	72
12:21 P	12:27 P	*	12:36 P	12:41 P	12:55 P	72
1:21 P	1:27 P	*	1:36 P	1:41 P	1:55 P	72
2:21 P	2:27 P	*	2:36 P	2:41 P	2:55 P	72
3:21 P	3:27 P	*	3:36 P	3:41 P	3:55 P	72
4:21 P	4:27 P	*	4:36 P	4:41 P	4:55 P	72
5:21 P	5:27 P	*	5:36 P	5:41 P	5:55 P	72
6:21 P	6:27 P	*	6:36 P	6:41 P	6:55 P	72
7:21 P	7:27 P	*	7:36 P	7:41 P	7:55 P	72
8:21 P	8:27 P	*	8:36 P	8:41 P	8:55 P	72

* Service to Wegmans

Bold Type indicates PM time

starts Aug. 27

August 30 2020 through November 28 2020

Southside Shoopina | Commons