**Summer Hours**

There will be no Lifelong Learning or Lifelong Activities on-site for the dates below as Lifelong will be closed.

- **Mondays July 2nd through August 13th**
- **Wednesday, July 4th**
- **The week of August 13th - August 17th**

Pros & Cons Single Payer Health Insurance  
Energy Efficiency & The Grid  
Singing Workshop  
Buttermilk Falls  
NSSS Picnic  

What members say:

“I appreciate the opportunity to learn in such an open and supportive atmosphere.”

“Professional excellence in every way: preparation, delivery, subject knowledge and humor!”

Movies  
Smoothie Creations  
Picnics  
Following the Wild Bees  
Simple Summer Salads  
Pruning Trees and Shrubs  
LGBT Offerings  
Writing – Zee Zahava  
Garden Flower Arrangements  
Ecovillage  

This catalog is available online at  
[www.tclifelong.org](http://www.tclifelong.org)
General Information for Lifelong Learning

Fees: No one will be denied participation because of an inability to pay registration fees. A limited number of need-based scholarships are available. If you need and are eligible for a scholarship, fill out the box on the back of the Membership/Waiver/Donor Form on page 19-20.

A Note on Lifelong Course Fees: Course fees are indicated by the series number:

- (000) series are free
- (100) series are $10
- (200) series are $20
- (300) series are $30
- (400) series are $40 or 3 courses for $100

(E) Courses: Series number courses followed by an E are held in the evening and open to non-members. Walk-ins are welcome, but we encourage pre-registration to ensure we have sufficient enrollment. Any fees can be paid at the door.

NS/SS Courses: Courses with NS/SS are offered at Lifelong under the Northside/Southside Program and are free to those who attend.

LGBT Courses: Any offering that has an LGBT focus will be indicated with the logo. All are welcome to attend.

Course Location: All Lifelong Learning classes are held at Lifelong, 119 West Court St., unless indicated otherwise.

Cancellation Policy: Lifelong reserves the right to cancel programs due to lack of enrollment or unforeseeable circumstances. If a class is cancelled or rescheduled, we will do our best to notify you in advance. If you cancel your registration in a class & request a refund, an administrative fee of $5 will be deducted from the amount paid if cancelled one week prior to the class start date. No refund will be given for cancellations less than a week prior to the course start date. If you paid $100 for 3 courses and cancel your registration in 1 or more of the courses, your fees for the remaining courses will revert back to $40 each. Your refund will be calculated accordingly, including a $5 administrative fee per cancelled course.

Parking: Limited parking is available in the front and back parking lots for participants on a first-come, first-served basis and only when participating in a Lifelong program or function. Our rear parking lot consists of the two rows of spaces closest to Lifelong. If you park in any other space, your vehicle may be towed at your expense. Metered parking is available on W. Court Street and Buffalo Street. There are non-metered spots on Geneva Street, Cascadilla Street, Farm Street, and Plain Street.

Cell Phone Policy: Please turn off your cell phone or put it in silent mode while participating in Lifelong programs.

Guest Policy: We want your friends to learn what great things are going on here at Lifelong, and so we encourage you to bring an occasional guest with the following provisions: Please be sure you have the instructor’s permission, have the guest check in at the front desk, and pay the single class fee of $10. Guests who wish to return should join Lifelong as a member.

Advertising: If you’re interested in advertising in a future Lifelong Learning Catalog, please contact Tammy Dunn, Program Director at tdunn@tclifelong.org or call (607) 273-1511.

Disclaimer: Lifelong is not affiliated with any political organization or party or with any particular religious faith. The opinions and views expressed by class instructors are their own and do not necessarily reflect the views of Lifelong. Lifelong does not allow any trading or selling of goods on the premises.

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THANK YOU!
Lifelong is a very important part of this community and all that we do is only possible through the support of our members, volunteers, instructors, generous funders, Board of Directors and dedicated staff.
Tenebrae: The Passion of Dietrich Bonhoeffer – Hugh McElyea
Monday, June 11, (5:30pm-6:30pm)

- **Description:** "Tenebrae - The Passion of Dietrich Bonhoeffer “, a discussion with the composer. On June 16, at 8 PM, Sage Chapel, the Orpheus Theatrical Group will present a music drama recalling the German pastor, Dietrich Bonhoeffer, who spoke out against tyranny on the day Hitler came to power. Bonhoeffer spent the rest of his life struggling to be true to his faith while fighting Nazi oppression. Eventually arrested, he spent two years in prison and, just a few days before the end of WWII, was tried and executed. The music reflects the tragedy of war and the sacrifice of one man who stood up and spoke truth to power. Join us to hear the composer, Hugh McElyea, express his thoughts about this powerful work.

- **Bio:** Hugh McElyea, Music Theory and History, FSU, was inspired to become a composer/librettist while studying with opera composer, Carlisle Floyd. After 4 years in the Air Force, he moved to NYC, worked for Belwin-Mills Music Publishers and studied with Lehman Engle. He also spent two years in Italy as the orchestra manager for the Spoleto Festival. After 4 decades in NYC, he returned to the family farm in Central Florida where currently his closest neighbors are 15 cows, a bull named Durham, and their annual offspring. In the morning it’s at the piano; in the afternoon it’s on the tractor.

World Music Singing for Everyone – Jay Leeming
Fridays, June 15-July 6, (11:00am-12:00pm), (4 sessions)

- **Description:** This is a class for anyone wishing to plunge into the joy of making music with others. We will sing simple songs and chants from around the world, drawing on European, African, Hindu, Sufi and American traditions. This class will be a “perfection-free zone” in which the focus will be on connecting with the melodies and with our voices as deeply as possible. Open to beginners and to advanced singers alike; come one, come all!

- **Bio:** Jay Leeming is the director of Roots and Wings, a world music singing group. He has played music for years in various orchestras, jazz bands and rock-and-roll contraptions. He plays guitar and has a music degree from Bates College. He is the author of two books of poetry, and is also a former Poet Laureate of Tompkins County.

Poetry & Prose with Zee Zahava
Monday, June 18, (5:30pm-7:30pm)

- **Description:** Come explore poetry & prose with Zee Zahava. Bring a notebook, pen and an open heart and mind! (Class cap at 12 participants, requires a minimum of 8 to hold the session).

- **Bio:** Zee Zahava has been leading writing circles in her downtown Ithaca studio since 1994. She is the 2018 Poet Laureate of Tompkins County.

Art-Making with Corinne Stern of FLOOF Collage
Thursday, June 28, (10:00am-12:00pm)

- **Description:** Come indulge in or discover your innate creativity. All levels of experience are welcome. It’s not about “talent” - it’s about bravery and a sense of fun. (All materials and supplies will be provided. There will be a materials fee of $5 payable to instructor the day of the workshop)

- **Bio:** Corinne has been making art in Ithaca since 2002, and helping others make art since 2010. She has exhibited her work widely in Ithaca and hosted art parties at her studio and other venues.

Country Garden Flower Arrangements – Claudia Georgia
Tuesday, July 24, (2:30pm-3:30pm)

- **Description:** Explore your creativity in putting together a fresh garden flower arrangement. Tips and tricks for simple vase garden flower arrangements using other items from nature and things around the house. Flowers, vase, and other materials will be provided. There will be a material fee of $8.
Lifelong and the Education Committee of the Ithaca Board of Realtors collaborate to offer a series on Preparing Your Home for Sale payable to the instructor the day of the session. Bring a sharp knife for cutting flowers, pruners and wire cutters if you have these. (Minimum of 5 participants, max of 10)

- **Bio:** Claudia Georgia is a recently retired floral designer. She worked 40 years in the business in Miami, Ft. Lauderdaile, New York City and in Ithaca. She has experience in floral arrangements for weddings and other special occasions. She enjoys working with flowers and sharing her creativity with others.

*(113-3373) Drawing and Painting Flowers Workshop – Jan Kelly*
**Thursday, August 2, (10:00am-12:00pm)**

- **Description:** A fun artist’s workshop – The session will include a brief introduction to different flower structures and forms. There will be sketching, drawing or painting (your choice) and color mixing and compositional ideas/help will be on the fly while you create. This is designed for those with some previous drawing or watercolor skills, this will spice of the rest of the garden season for you! Bring your paper, pencils, pens, water color kits and a flower or two to share if you would like. (Please no oil or acrylic paints for this session). Class cap of 12.

- **Bio:** Jan Kelly is an artist and art instructor. She has been teaching adult ed. art classes and workshops since 1995 in Tompkins County and in Cortland, both privately and in community settings (Upper Treman State Park, Lime Hollow Nature Center, BOCES Adult Ed. in Ithaca and Cortland). She paints and draws landscapes, nature studies, flowers, and still life works, most realistic, some abstract. She has a degree in Studio Art, Art History, and Education (MS – specializing in adult education). She loves teaching you how to “own” your own art pages and have fun doing it!

*(115-3374) Landscape Drawing with Sketchbooks – Jan Kelly*
**Thursday, August 9, (10:00am-12:00pm)**

- **Description:** The sketchbook is “The Ultimate Artist’s Tool,” but the array of sketchbooks available can be intimidating! Samples will be provided so you can see, touch the paper, try a pencil or pen on it, find out what’s best for the art that you do. Tips for shopping in stores, catalogs or on-line will be shared. Watercolorist, oil, acrylic, ink or pastel artist, landscapist, portrait-maker, pet painter, quilter – there’s something handy that will help you make your art better. Bring your own sketching pencils and/or pens. Class cap of 12.

- **Bio:** See bio under Drawing and Painting Flowers Workshop on page 4.

**COMMUNITY**

*(007-3378) Hospicare – Johanna Zussman-Dobbins*
**Monday, June 4, (2:00pm-3:00pm)**

- **Description:** An overview of the services and resources provided by Hospicare & Palliative Care Services by the Communications and Outreach Manager of Hospicare.

**023-3415 Sharing The Vision – Dewitt House – Frost Travis**
**Thursday, June 7, (10:00am-11:00am)**

- **Description:** Join Frost Travis of Travis Hyde Properties as he presents all the latest information about the Dewitt House project, which is to be built on the site of the old library, next door to Lifelong.

*(104-3375) Getting Your Home Sold - Overview of the Selling Process - Ellen Morris-Knower*
**Session #1 - Thursday, June 7, (11:00am-12:00pm)**

- **Description:** Getting a home sold is not as 1-2-3 easy as the TV shows like to make it seem, but there is an order and a method that can help you achieve your goal. This class will cover the ins and outs of marketing and pricing, understanding a Comparative Market Analysis, choosing an agent, what to expect from showings, open houses and inspections, reviewing, accepting and closing on an offer, and more.

- **Bio:** Ellen Morris-Knower has been selling real estate in Tompkins County since 2006 when Audrey Edelman hired and trained her. She enjoys managing all the details of selling a home so that clients
can stay calm and focus on their next step. She has a keen eye for quality and value in all types of homes and loves to work with clients to make their property shine and sell.

(105-3376) Home Repairs and Improvements: Are They Worth It? – Margaret Hobbie  
Session #2 - Thursday, June 14, (11:00am-12:00pm)

- **Description:** Homeowners know that their house is a major financial investment as well as a place to live. They know it is important to protect this investment through regular maintenance and upgrades. But it’s also important not to overspend, or to spend money on the wrong things. This class will help you identify and prioritize home improvement projects and get the best return out of your investment of time and money.

- **Bio:** Margaret Hobbie has been selling residential real estate in the Tompkins County area for over 20 years. Prior to that she was Director of the DeWitt Historical Society (now The History Center). She holds the Senior Real Estate Specialist designation and loves working with seniors and their families.

(107-3377) Decluttering Your Home – Linda Slattery  
Session #3 - Thursday, June 21, (11:00am-12:00pm)

- **Description:** Getting your home ready to be put on the market is not a small task. Having your home looking its best will help in getting the best possible price. Decluttering your home is one of the most important things you can do in preparation for sale --- and it is never too soon to start. This class will describe exactly what decluttering means and will give you some good ideas on how to make your home appealing and attractive.

- **Bio:** Linda Slattery has been selling real estate for 22 years and has enjoyed working with sellers in helping them through this process of preparing their homes for today’s real estate market.

A New Energy Landscape: Energy Efficiency & The Grid – Aislyn Colgan  
(002E-3379) Wednesday, July 11 at Groton Library (5:30pm-6:30pm)

- OR –

(020-3380) Wednesday, August 8 at Lifelong (1:00pm-2:00pm)

- **Description:** What is the electric grid and why do I care about it? This presentation will touch on how our electrical grid is working now and upgrades that may allow us to make our grid more efficient, use less fossil fuels, and integrate much more renewable energy. Join us for a hands-on tutorial about NYSEG’s smart meter website, tips and tricks for cutting back your home energy use and information on getting a home energy check from our Home Energy Efficiency consultant.

- **Bio:** Aislyn Colgan, (MA Arts in Ed., Goddard College, BS Env. Sci., Antioch College) is a community educator recently hired by Cooperative Extension to spread the word about Energy Smart Communities. She specializes in making complex scientific information accessible through engaging group exercises and hands-on activities.

(114-3381) Aging in Ecovillage – Martha Stettinius & Deena Freed  
Wednesday, August 8, (1:00pm-2:00pm)

- **Description:** *EcoVillage Ithaca* is a multigenerational intentional community based on the 1960’s cohousing movement that started in Denmark. In this presentation, Deena and Martha will describe multigenerational cohousing, how it differs from assisted living and retirement communities, and what they learned at a recent annual meeting of the U.S. Cohousing Association entitled “Aging Better, Together.” They will talk about “Share the Care” groups for long-term care support; care “buddies” for emergencies; and online “Lotsa Helping Hands” and “Meal Train” calendars for short-term help, as well as why and how EcoVillagers are encouraged to seek support for short- and long-term care.

- **Bio:** Deena Freed, a founding member of EcoVillage and the Community Health and Aging Team, served as a trustee for *Greensprings Natural Cemetery* in Newfield, NY, for 6 years and currently serves on the *Finger Lakes Funeral Consumers Alliance*. A classical guitarist, with training in using music for healing, she is a member of *Love Living at Home*. She has read widely and attended workshops on the topics of Conscious Aging and end-of-life choices.
• **Bio:** 20-year EcoVillage inhabitants, Martha Stettinius and her husband, found it to be an amazing place to raise two children. A "sandwich generation" caregiver for her mother who had vascular dementia and possible Alzheimer's, Martha wrote *Inside the Dementia Epidemic: A Daughter's Memoir*, a Wall Street Journal best-seller and winner of several awards. Martha has served as a dementia expert for eCareDiary.com, a blogger for caregivers.com, and is currently interning with Kim Evanoski, a local care manager and the owner and CEO of Care Manage for All, LLC.

(117-3382) **Everything You Ever Wanted To Know about Calling an Ambulance – Beth Harrington**

Tuesday, August 21, (10:00am-11:00am)

• **Description:** From the origins of emergency medical services to modern day ambulance responses, this program will inform the audience about medical emergencies, calling for an ambulance, as well as EMS services in Tompkins County. The capabilities of ambulance services will be explained, as well as what the ambulance caller can expect when calling 9-1-1. This is very much a question and answer session.

• **Bio:** Beth Harrington, RN, EMT-P, has been a volunteer firefighter and paramedic for over 40 years. She recently retired from a 31 year career at the Cayuga Medical Center. Currently she is the Assistant Director and EMS Coordinator with Tompkins County Department of Emergency Response.

**FINANCE**

(006-3367) **Medicare Basics – Sarah Jane Blake**

Thursday, May 31, (9:45am-12:00pm)

• **Description:** This session is designed for those approaching age 65 and/or new to Medicare. Topics included will be: Medicare Parts A, B, & D and EPIC. Other topics will include Medigap plans, Medicare Savings Plans, Extra Help, and discount drug cards. We will also discuss how Medicare works with other health insurance. Health care cost reduction is the objective!

• **Bio:** Sarah Jane Blake (BA, English, University of Maine; JD, Franklin Pierce Law Center, NH) is the Tompkins County Outreach Coordinator for New York Statewide Senior Action Council. She has been a counselor and advocate for seniors, senior programs, and policies affecting seniors for over 10 years. Previously she was HIICAP Coordinator for Tompkins County and Retirement Services Coordinator at Lifelong.

(103-3383) **Improving Our Healthcare System - A Single Payer Approach – Linda Andrei, MD**

Tuesday, June 5, (2:00pm-3:00pm)

• **Description:** Join us for a discussion of ways to improve our health care system and the pros and cons of implementing a single payer system (Medicare-for-all). The presenter, Linda Andrei, M.D., believes that “The most efficient and effective approach to health care will focus on the circumstances that cause our systems to fail, and it will seek to remedy these failures… Study after study concludes that in the long run, the cost of prevention will effectively and dramatically lower the cost of health care.” She also feels that “…the issue of health care… must be approached as a basic human right, not a privilege.”

• **Bio:** Linda Andrei, retired M.D., enjoyed a 30 year career as a cardiologist, holding positions in academics, administration and private practice. She has lived in the Finger Lakes district since 2002.

(102E-3384) **Long-Term Care Planning in Your 50’s & 60’s – Susan Suben**

Tuesday, June 19, (5:30pm-7:00pm)

• **Description:** Long term care planning is an essential part of retirement planning best done when young and healthy when more planning strategies are available to protect savings and family from the consequences of a LTC illness. This workshop gives information about planning strategies such as LTC insurance, NYS Partnership plans, chronic illness riders, & more. There is a LTC planning solution for every need and financial situation.
Bio: Susan Suben, MS, CSA is the President of Long Term Care Associates, Inc. and Elder Care Planning. She is an independent broker who has been helping families plan for long-term care for 21 years and she also serves her clients as a care coordinator when they are helping a loved one deal with a long-term care illness.

(106-3385) A Masters Class for the Older Entrepreneur- Pam Silverstein
Wednesday, June 20, (1:30pm-2:30pm)

Description: Studies show that entrepreneurs over 55 are twice as likely to be successful than their younger counterparts. Older entrepreneurs are more focused, resource rich, less distracted, and can draw on an amazing wealth of knowledge. Pam Silverstein will show you as a member of an older generation can start a business and will help you take your first steps into entrepreneurship. She’ll share her enthusiasm and encourage you to turn your dreams into reality.

Bio: Pam Silverstein, MBA Cornell, 1976, is an entrepreneur and mentor. She has been mentoring large and small idea startups since she and her husband successfully sold their early tech company. Currently, Pam is the entrepreneur-in-residence and board member at Life Changing Labs, an entrepreneurial incubator where she mentors Cornell students. She also serves as a board member for Chloe Capital and Anabel's Grocery.

(003E-3386) Medicare Basics – Sarah Jane Blake
Tuesday, July 17 (5:30pm-7:30pm)

Description: See Medicare Basics on page 6.


GARDENING & OUTDOORS

(109-3387) A Brief & Interesting History of Buttermilk Falls State Park – Josh Teeter
Thursday, July 12, (10:00am-11:00am), Presentation is at Lifelong

Tuesday, July 19, (10:00am-12:00pm), A guided walk around Lake Treman in Upper Buttermilk (including the gorge trail)

Description: Bears, Dams, Adelgid, Civilian Conservation Corps, Swimming scandals and more will be covered in this unique look at Buttermilk Falls State Park.

Bio: Josh Teeter is the environmental educator for the Finger Lakes Region of the New York State Office of Parks, Recreation and Historic Preservation. He has a Master’s degree in the management of parks, is a graduate of Wilderness Awareness School and has taught a variety of classes at local colleges.

(112-3388) Following the Wild Bees with Dr. Thomas Seeley
Thursday, July 26, (3:00pm-4:00pm)

Description: Dr. Thomas Seeley, author of several books including Bee Democracy, and most recently Following the Wild Bees: The Craft and Science of Bee Hunting, Seeley will present a talk about the craft and science of finding wild colonies of honey bees. For nature and science enthusiasts, this is an event not to miss! (Minimum of 10 participants – so register early to make this a go!)

Bio: Dr. Thomas D. Seeley is the Horace White Professor in Biology at Cornell University. He is based in the Department of Neurobiology and Behavior, where he teaches courses on animal behavior and does research on the behavior and social life of honey bees.

(116-3389) Pruning Trees and Shrubs – Monika Roth
Thursday, August 9, (10:30am-12:00pm)

Description: Talk with Agriculture Extension Educator of CCE Tompkins about the basic rules for structure and beauty in pruning trees and shrubs.
This session was originally scheduled in May and listed in the Spring Lifelong Learning catalog. If you did not register for this session already, do so now! Seats still available!

**POLITICAL ISSUES**

(3326) The Supreme Court 2017 – Tom Butler & John Rowley  
Monday, June 4, (6:00pm-8:00pm)

- **Description:** As of this printing we have no sense of what the Court’s final list of cases will be, but we can be assured that there will be intense arguments engaged, fascinating decisions rendered, and a few tough decisions still remaining in late May. Hon. John C. Rowley, Family Court Judge, and Tom Butler, who has been teaching about the constitution and the Supreme Court for over 40 years, will spend the evening examining the major issues from this term and speculating about the outcome of the decisions still to come in June.

- **Bio:** Tom Butler (Yale, 1971), enjoyed a 40-year teaching career at a variety of independent schools in New York & Connecticut. Specializing in history and economics, he also ventured into English, psychology, law, math and school administration. Tom has taught at Lifelong since 2011, recently adding teaching drawing to his repertoire. Tom has primarily worked in 3-dimensional collage, but has had a variety of training in two dimensional art forms.

(400-3390) Current Events/World Affairs: An Open Discussion – Henry Stark  
Wednesdays, June 13 – August 29, (No Class July 7 or August 15), (10 sessions), (10:00am-11:30am)

- **Description:** Participants discuss one or more topics from local, national, or international news topics that occur each week. Sessions are provocative and challenging but always respectful. Come and participate or simply listen to others. It’s a great way to keep up with the news while being challenged to think - and rethink - your own perspectives. (There is a class minimum of 6 and a cap of 12).

- **Bio:** Henry Stark lived in England and France where he taught investing and business-related courses for the government and at public universities. In the U.S. he taught and lectured at over 25 colleges and universities, including the Yale School of Management for 13 years and Cornell for over a decade. He has been facilitating Current Events discussion groups at Lifelong, both fall and spring, for over 15 years.

**WELLNESS & HEALTH**

(005-3391) Basics of Alzheimer’s Disease and Dementia – Alzheimer’s Association  
Friday, May 25, (10:00am-11:00am)

- **Description:** If you or someone you know is affected by Alzheimer’s disease or dementia, it’s time to learn the facts. This program provides information on detection, causes, and risk factors, stages of the disease, treatment and much more. This interactive workshop features video clips of people with Alzheimer’s disease and their families sharing their stories.

(009-3392) – Smoothie Creations – Tina Snyder  
Monday, June 11, (2:00pm-3:00pm)

- **Description:** Participants will make their own fruit smoothie by selecting from a variety of available ingredients. There will be non-dairy options as well as ways to incorporate protein.

- **Bio:** Tina Snyder has been employed at Cornell Cooperative Extension for 28 years as a Nutrition Program Educator, is credentialed in Family Development, is a certified lactation counselor, and is currently working toward a degree in Public Health. She has worked with many people helping them improve their health by teaching them how to prepare foods for themselves that are nutritious, inexpensive and tasty too.
(012-3393) – Simple Summer Salads – Tina Snyder  
Monday, June 25, (2:00pm-3:00pm)

- **Description:** Participants will create and sample different salads and dressings.
- **Bio:** See bio under Smoothie Creations on page 8.

Tuesday, July 10, (11:00am-12:00pm)

- **Description:** An overview of Advanced Directives, Health Care Proxy designations, MOLSTS and end of life decision making. This presentation will include tips and resources on how to plan for the unexpected and how to have difficult conversations with your loved ones about these important decisions.
- **Bio:** See bio under Hospicare on page 4.

(110-3395) Learning to be Pain Free with Motion – Clifford Martin  
Friday, July 20, (10:30am-12:00pm)

- **Description:** Lack of motion and incorrect posture accounts for much of the physical pain that people experience in their everyday lives. This workshop will cover methods drawn from Egoscue, Alexander and internal martial arts (Tai Ji, Ba Qua, Xing Yi) techniques to correct posture and thus alleviate pain. After evaluating the workshop participants, Cliff will teach appropriate exercises including at least 2 techniques to relieve acute pain. Please bring a mat to the workshop and dress so you can move easily.
- **Bio:** Cliff Martin has been a martial arts practitioner for over 40 years, with expertise in judo, tang soo do, Hapkido, Tai Ji, Ba Qua, and Xing Yi, as well as Qi Gong. He has multiple black belts and certifications in Tai Ji, Ba Qua, and Egoscue. He has taught for many years and has many happy Egoscue clients.

(017-3396) Understanding and Responding to Dementia-Related Behavior – Alzheimer’s Association  
Friday, July 20, (2:00pm-3:30pm)

- **Description:** During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. Understanding and Responding to Dementia-Related Behavior assists caregivers to identify triggers to decipher behaviors and determine how best to respond.

(022-3397) Effective Communication Strategies – Alzheimer’s Association  
Friday, August 10, (2:30pm-3:30pm)

- **Description:** Individuals living with dementia often experience changes in behavior that can be confusing to friends and family. For caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Effective Communication Strategies explores how communication takes place when someone has Alzheimer’s disease, offering tips on decoding the verbal and behavioral messages delivered by someone with dementia and helpful ways to respond.

**Summer Movie Musicals – Last Wednesday of the Month, (1:30pm-4:00pm)**  
Come enjoy a good movie, popcorn, Lifelong Family AND the air conditioning!

(013-3398) Paint Your Wagon, Wednesday, June 27, (1:30pm-4:00pm)

In this musical based on the Broadway show, Ben Rumson (Lee Marvin) happens upon a wrecked wagon containing a dead man and his surviving brother, Pardner (Clint Eastwood), in the wilds of California during the Gold Rush. At the burial, they discover gold dust and stake a claim. Soon a mining camp dubbed “No Name City” emerges, rife with lonely men starved for female companionship. When a polygamist Mormon arrives looking to sell off a wife (Jean Seberg), a bidding war commences.
Robin and the 7 Hoods mirthfully gives the Robin Hood legend a Depression-era, mobtown Chicago setting. There, North Side boss Robbo (Frank Sinatra) hopes to get a leg up in his power struggle with rival racketeer Guy Gisborne (Peter Falk). Robbo sets himself up as a latter-day Robin Hood with philanthropic fronts enabling him to scam the rich, take his cut and then give to the poor. Dean Martin, Sammy Davis, Jr., Bing Crosby and Barbara Rush join in the giddy, gangsterish fun. And the jazzy Sammy Cahn/James Van Heusen score (including Sinatra’s class “My Kind of Town”) is the perfect match for this all-star cast, Chicago will be your kind of town when you share the music and merriment of Robin and the 7 Hoods.

The Pirates of Penzance, Wednesday, August 29, (1:30pm-4:00pm)
Gilbert and Sullivan’s raucous operatic tale is captured in all its fun and glory in this production, recorded live at Central Park’s Delacorte Theater. Kevin Kline (The Big Chill, A Fish Called Wanda) sparkles as the swashbuckling and libidinous Pirate King while Linda Ronstadt makes her theatrical debut as the lovely and virginal Mabel. When Mabel and Frederic – a young pirate bound to serve the Pirate King – fall in love, complications arise and high-spirited antics ensue. The incomparable cast offers the best in this boisterous romp.

Lifelong’s Walk Program
Lifelong’s Walk Program is a great way to explore the surrounding areas while increasing your strength, improving your balance, and enjoying the company of your fellow walkers. The group meets at 1:15pm in the lounge at Lifelong and the walks start promptly at 1:30pm. If interested in participating contact Elke Schofield at 272-9476 or email elke.schofield@icloud.com for more information.

Many of the Social Groups meet during the summer too! For more information on the various social groups call 273-1511 or visit our website: http://www.tclifelong.org/activities/

Living Conversation Social Group
Tuesdays
(1:30pm-3:30pm)
How wonderful, how amazing is that something we do all the time – converse! Together, we will be working & playing with: learning the principles of entering, sustaining, nurturing, and serving conversation - talking and silence - as a work of art.

Chess Group
1st Thursday of the month
(12:00pm-1:30pm)

Women’s Spirit Circle
1st & 3rd Thursday of the month (July & August)
(12:00pm-1:30pm)

MEN’S GROUP
Saturdays
(9:30am-12:00pm)
First Friday Night Gallery (000E-3401)
Friday, June 1 (5:30pm-8:00pm)

The Lifelong Gallery exhibits the work of artists associated with our growing community. Each show opens during Ithaca Gallery Night on the First Friday of the first month of a two month exhibition period.

D Spiro
D has drawn and painted most of her life. In her late teens and early twenties she painted with oils and acrylics. She has a degree in English Literature and a professional degree in Architecture. D worked in Architecture for 12 years and then jumped into Construction Project Management for 24 years. Throughout her life she has drawn, free hand or mechanically, and she continues to do so. A few months after retiring she began painting with watercolors in the summer of 2009 at Lifelong. Besides regularly attending watercolor sessions on Tuesdays at Lifelong she has taken several watercolor courses at CSMA. Also at CSMA she has painted (rather than drawn) at numerous Open Sketch sessions that feature a nude model. D has joined the Fair Weather Painters group painting outdoors at various locations in Tompkins County.
Northside Southside Program

We want you to be involved!

Do you know of someone who could benefit from a friendly visit or involvement in learning opportunities, exercise and social gatherings? If so, spread the word about all that Lifelong and NSSS have to offer. Are you interested in becoming part of the Advisory Committee to help plan special events? Please reach out to Tammy Dunn, Program Director and Northside Southside Coordinator at tdunn@tclifelong.org or call 607-273-1511.

Dish-to-Pass Picnic at Stewart Park

(Free as part of the Northside Southside Program)

(008-3402) Wednesday, June 6, (11:30am-1:30pm)
(019-3403) Wednesday, August 1, (11:30am-1:30pm)

Lifelong will provide the meat, drinks & paper products. Bring your favorite summer dish and enjoy some time with your Lifelong Family!

We encourage you to register and RSVP with the number of people attending so we can plan food accordingly.

(011-3404) Volunteer Fair – Thursday, June 21, (10:00am-12:00pm)

Are you interested in becoming a volunteer? Are you looking to meet new people, make new friends, do something new, and don't know where to turn? Join Volunteers Connected at our volunteer fair. Representatives of local organizations seeking volunteers will be onsite and available to talk with you. Any questions can be directed to Joyce Billing at jbilling@tclifelong.org

July Vendor Event

(3405) Friday, July 27, (10:00am-3:00pm)
(3406) Saturday, July 28 (9:00am-12:00pm)

Whether it's handmade items, decorations, crafts, vintage linens, photos, or other keepsakes, shopping for the unique gift is a fun and easy way to make that special someone in your life feel good.

Join us for Christmas in July!

If you are interested in being a vendor contact Lifelong at 273-1511. A table fee is applicable and vendors do not need to be a member of Lifelong to participate.

Northside/Southside Program

Northside/Southside is a multicultural program open to all seniors, providing opportunities to participate with their peers in daily activities like shopping and dining as well as special events that promote cultural education and awareness. Activities are free unless otherwise noted. Lifelong membership is not required. We are grateful to the Tompkins County Office for the Aging for their continued support and funding of some of our programs.

(016-3407) NS/SS Annual Picnic: Wednesday, July 18, (11:30am – 1:30pm)
Sponsored by Northside-Southside, GIAC, and Lifelong

- **WHERE:** Titus Towers Picnic Pavilion
- **WHAT:** Bring a dish-to-pass AND a friend
- **NOTE:** Hot dogs, hamburgers, tableware, and beverages will be provided.
(001E-3408) Travelogue on the City of Kyoto – Nancy McDonough
Wednesday, June 27, (6:00pm-7:30pm)

- **Description:** Nancy McDonough, owner of Kyoto Kimono in Endicott, NY will present a slide show and discussion on Kyoto, Japan. Nancy lived in Kyoto for three years in the 1990s and began her vintage kimono business upon returning to the US in 1996. She returns to Japan every October to guide a tour of textile-minded adventurers and to stay connected with this exotic and ancient culture. Her presentation will focus on Kyoto’s unique sites, festivals, and seasonal offerings as well as travel recommendations for those who have Japan on their bucket list. (Must have 20 attendees)

**NSSS Gatherings: 2nd Wed. of the Month, (2:00pm-3:00pm)**
Time spent together to socialize, enjoy a light snack, share ideas for future programming and plan for special events. Each session there will be a topic of discussion!

**Travel With Lifelong**

**Same Day Travel**

**THE NEW YORK STATE FAIR**
**SENIOR DAY**
**AUGUST 27, 2018**

- **Senior Citizen’s Day:** Seniors, sixty (60) years of age or older, FREE admission!
- **Law Enforcement Day:** FREE admission to any active or retired law enforcement or corrections personnel.
- **Wade Shows Midway:** Wade Shows Midway Monday – Ride 10 rides for just $10. Wristbands can be purchased at any Wade Shows ticket booth on the midway.
- **Special Events**
  - 11:00am & 2:00pm: Dairyland Stage (inside the Dairy Products Building, adjacent to Chevy Court). A variety of entertainment!
  - 12:00pm: Law Enforcement Day ceremonies held in front of the Horticulture Building.
  - 2:00pm: Herman’s Hermits Starring Peter Noone at the Chevy Court.

**Overnight Travel**

**Iceland’s Magical Northern Lights**
February 04 — February 10, 2019

You’re Invited - Special Travel Presentation

Thursday, May 31, 2018
10:00 AM – 11:00 AM at Lifelong (3413)

More Information available by visiting: [https://gateway.gocollette.com/link/780130](https://gateway.gocollette.com/link/780130)

Contact Lifelong at 273-1511 to save your seat for the free travel presentation OR If you are interested in attending the NYS Fair trip.

Further details will be announced shortly regarding the bus trip to the fair.

Information taken from the NYS Fair Website: [https://nysfair.ny.gov/](https://nysfair.ny.gov/)
Date: ______  Name: ________________________  Current Member: □ Yes Expires: _____ □ No

Address: ____________________________________________________________________________

Phone: ___________________________  Email: ____________________________

Calculate your payment below

A. Membership Fee (Member Form on pg. 19, $25/Individual or $40/Household) _______

B. Activity Fees (from Activities Fee Worksheet below) _______

C. 400-level courses ($40 each x _____) and/or (3 for $100 ______) _______

D. 300-level courses ($30 x _____ courses) _______

E. 200-level courses ($20 x _____ courses) _______

F. 100-level courses ($10 x _____ courses) _______

G. Materials’ fee and/or theater tickets (Details:_________________________) _______

H. Donation _______

I. FREE courses (# of courses ____________) _______

Amount Due (Total A-H Above) $ _______

Less any Discounts/Coupons: (Details: ____________________________) $ _______

Amount Enclosed: $ _______

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<th>Lifelong Activities Fee Worksheet</th>
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<tr>
<td>Lifelong Activities Registration</td>
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<tr>
<td>for Health &amp; Wellness (H&amp;W)</td>
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<tr>
<td>□ $30 per month for unlimited H&amp;W Activities Month (s) paying for:</td>
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<tr>
<td>□ $90 - Summer Semester of unlimited H&amp;W Activities (June-Aug)</td>
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<tr>
<td>Total (transfer to B above) __________________________</td>
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<tr>
<td>Lifelong Activities Registration</td>
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<tr>
<td>for Creative &amp; Language Arts (CA)</td>
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<tr>
<td>□ $30 per month for unlimited CA Activities Month (s) paying for:</td>
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<tr>
<td>□ $90 - Summer Semester of unlimited CA Activities (June-Aug)</td>
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<td>Total (transfer to B above) __________________________</td>
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Payment Method: □ Cash  □ Check# _______ Amount _______ □ MC  □ VISA  □ Discover  □ AmEx

Card Number: ___________________________ Exp. Date: ___/___ V-Code: ____ Billing Zip Code: __________

Signature: ___________________________ Date: ___/___/____

□ I would like a scholarship: Scholarships are limited to (3) Lifelong Learning course offerings per semester. A limited number of Lifelong Activity scholarships are available. By checking this box I attest that I make less than $1400 monthly gross income per single household or less than $1900 monthly gross income for a two person household.

Please return completed payment form and membership form, if applicable, to Lifelong at 119 W. Court Street, Ithaca, NY 14850. Please Note: Lifelong stops making financial transactions at 3:30PM. A $5.00 Administration Fee will be charged for any refund requests due to cancellations by participants.
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<tr>
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<th>Event Title</th>
<th>Date/Time</th>
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<td>000E-3408</td>
<td>Travelogue on the City of Kyoto, Wednesday, June 27, (6:00pm-7:30pm)</td>
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<td>002E-3379</td>
<td>A New Energy Landscape..., Wednesday, July 11 at Groton Library, (5:30pm-6:30pm)</td>
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<td>003E-3386</td>
<td>Medicare Basics, Tuesday, July 17, (5:30pm-7:30pm)</td>
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<td>005-3391</td>
<td>Basics of Alzheimer's Disease and Dementia ..., Friday, May 25, (10:00am-11:00am)</td>
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<td>006-3367</td>
<td>Medicare Basics, Thursday, May 31, (9:30am-12:00pm)</td>
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<td>007-3378</td>
<td>Hospicare – Monday, June 4, (2:00pm-3:00pm)</td>
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<td>009-3392</td>
<td>Smoothie Creations, Monday, June 11, (2:00pm-3:00pm)</td>
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<td>012-3393</td>
<td>Simple Summer Salads, Monday, June 25, (2:00pm-3:00pm)</td>
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<td>014-3394</td>
<td>Advanced Directive / MOLST, Tuesday, July 10, (11:00am-12:00pm)</td>
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<td>017-3396</td>
<td>Understanding ... Dementia-Related Behavior..., Friday, July 20, (2:00pm-3:30pm)</td>
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<td>020-3380</td>
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<td>022-3397</td>
<td>Effective Communication Strategies, Friday, August 10, (2:30pm-3:30pm)</td>
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<td>023-3415</td>
<td>Sharing the Vision – Dewitt House (aka The Old Library Building), Thursday, June 7, (10:00am-11:00am)</td>
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<td></td>
<td><strong>Summer Movie Musicals - FREE</strong></td>
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<td>013-3398</td>
<td>Paint Your Wagon, June 27, (1:30pm-4:00pm)</td>
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<tr>
<td>018-3399</td>
<td>Robin and The 7 Hoods, July 25, (1:30pm-4:00pm)</td>
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<td>023-3400</td>
<td>The Pirates of Penzance, August 29, (1:30pm-4:00pm)</td>
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<td><strong>NSSS Gatherings - FREE</strong></td>
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<td>015-3410</td>
<td>NSSS Gathering, Wednesday, July 11 at Titus Towers, (2:00pm-3:00pm)</td>
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<td>021-3411</td>
<td>NSSS Gathering, Wednesday, August 8 at Lifelong, (2:00pm-3:00pm)</td>
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<td></td>
<td><strong>Summer Picnics - FREE</strong></td>
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<tr>
<td>008-3402</td>
<td>Dish-to-Pass Picnic, Wednesday, June 6, (11:30am-1:30pm), at Stewart Park</td>
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<tr>
<td>016-3407</td>
<td>NS/SS Annual Picnic, Wednesday, July 18, (11:30am–1:30pm), at Titus Towers</td>
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<tr>
<td>019-3403</td>
<td>Dish-to-Pass Picnic, Wednesday, August 1, (11:30am-1:30pm), at Stewart Park</td>
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<td></td>
<td><strong>Special Events (FREE unless indicated otherwise)</strong></td>
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<tr>
<td>3413</td>
<td>Iceland’s Magical Northern Lights – Special Travel Presentation, Thursday, May 31, (10:00am-11:00am)</td>
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<tr>
<td>000E-3401</td>
<td>First Friday Night Gallery, Friday, June 1, (5:30pm-8:00pm)</td>
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<tr>
<td>011-3404</td>
<td>Volunteer Fair, Thursday, June 21, (10:00am-12:00pm)</td>
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<td>3405</td>
<td>July Vendor Event, Friday, July 27, (10:00am-3:00pm), <em>vendor fee applies</em></td>
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<td>3406</td>
<td>July Vendor Event, Saturday, July 28, (9:00am-12:00pm), <em>vendor fee applies</em></td>
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<tr>
<td>3414</td>
<td>NYS Fair Trip August 27, ($35 Member / $40 Non-Member)</td>
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<tr>
<td>004E-3412</td>
<td>Fall Semester Preview, Thursday, August 30, (5:30pm-7:00pm)</td>
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<td><strong>100 SERIES - $10 PER CLASS</strong></td>
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<td>3326</td>
<td>The Supreme Court 2017, Monday, June 4, (6:00pm-8:00pm)</td>
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<td>100E-3368</td>
<td>TENEBRAE: The Passion of Dietrich Bonhoeffer, Monday, June 11, (5:30pm-6:30pm)</td>
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| 101E-3370  | Poetry & Prose, Monday, June 18, (5:30pm-7:30pm)                              | 🌸
102E-3384 Long-Term Care Planning in Your 50's & 60's, Tuesday, June 19, (5:30pm-7:00pm)
103-3383 Improving our Healthcare System - Single Payer Health Insurance, Tuesday, June 5, (2:00pm-3:00PM)
104-3375 Getting Your Home Sold: Overview of the Selling Process, Thursday, June 7, (11:00am-12:00pm)
105-3376 Home Repairs and Improvements: Are They Worth It?, Thursday, June 14, (11:00am-12:00pm)
106-3385 A Masters Class for the Older Entrepreneur, Wednesday, June 20, (1:30pm-2:30pm)
107-3377 Decluttering Your Home, Thursday, June 21, (11:00am-12:00pm)
108-3371 Art-Making... FLOOF Collage, Thursday, June 28, (10:00am-12:00pm)
109-3387 ... History of Buttermilk Falls State Park, Thursday, July 12, (10:00am-11:00am), (At Lifelong) Tuesday, July 19, (10:00AM-12:00PM), (A guided walk around Lake Treman in Upper Buttermilk)
110-3395 Learning to be Pain Free with Motion, Friday, July 20, (10:30am-12:00pm)
111-3372 Country Garden Flower Arrangements, Tuesday, July 24, (2:30pm-3:30pm)
112-3388 Following the Wild Bees..., Thursday, July 26, (3:00pm-4:00pm)
113-3373 Drawing and Painting Flowers Workshop, Thursday, August 2, (10:00am-12:00pm)
114-3381 Aging in Ecovillage, Wednesday, August 8, (1:00pm-2:00pm)
115-3374 Landscape Drawing with Sketchbooks, Thursday, August 9, (10:00am-12:00pm)
116-3389 Pruning Trees and Shrubs..., Thursday, August 9, (10:30am-12:00pm)
117-3382 Everything....Wanted to Know....Calling an Ambulance, Tuesday, August 21, (10:00am-11:00am)

400 SERIES - $40 PER COURSE

400-3390 Current Events/World Affairs...Wednesdays, June 13 – August 29, (No Class July 7 or August 15) (10 sessions), (10:00am-11:30am)
401-3369 World Music Singing..., Fridays, June 15-July 6, (11:00am-12:00pm), (4 sessions)

Note from the Program Director

I am looking forward to another fun-filled summer at Lifelong! There are many opportunities to gather together and enjoy the company of others, make new friends, share a meal together, and to learn something new! I hope to see you this summer!

Tammy Dunn
Program Director

Coming this Fall to Lifelong!

The Aging Mastery Program® (AMP) is a fun and engaging education and behavior change incentive program for aging well. ... Equally important, the program encourages mastery—developing sustainable behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.
Lifelong Mission:
To enhance the lives of older adults in Tompkins County.

Lifelong Vision:

We are committed to creating a community where growing older well is a vital part of life. Lifelong is a primary resource in meeting that goal. We will thrive as a vibrant hub for a wide variety of activities geared to older adults throughout the county – activities which promote continued mental, physical, and creative growth in a welcoming environment that is comfortable for all. While many Lifelong members are not retirees, people know that when they plan their retirement Lifelong will be there for them as an important part of their continuing quality of life. Volunteers at Lifelong and throughout the community will feel valued as they give back to their community and share their talents with others. Lifelong is here to help everyone navigate issues of aging well.

Fall Semester Preview
Thursday, August 30th
5:30pm-7:00pm
(0xx-xxxx)

Join us to learn more about the fall courses being offered. Chat with some instructors and Lifelong staff. Enjoy some light refreshments and conversation.

Never been to Lifelong?
Not a member of Lifelong?
Grab a friend and join us!

To learn more about Lifelong, please stop by or call 273-1511 to schedule a personal tour.
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<th>Event</th>
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- **MOVIES**: Travelogue on the City of Kyoto (pg. 13)
- **NSSS**: NSSS Gathering - at Titus Towers (pg. 13)
- **PICNIC**: Art-Making with Corinne Stern of FLOOR Collage (pg. 3)

**EVENING AND/OR OFFSITE PROGRAM**

- **WALK PROGRAM**: Simple Summer Salads (pg. 9)

**HOPE TO SEE YOU AT LIFELONG THIS SUMMER!!**
Lifelong Membership Application
Waiver/Donation Form
Expires______

Name (1)__________________________________________Date of Birth_____________________________________

Names (2)__________________________________________Date of Birth_____________________________________

Address____________________________________City________State________Zip________

Home Phone #____________________________________Cell Phone #_____________________________________

Email:__________________________________________________CHECK if contact info has not changed___________

Municipal Resident: [ ] Caroline [ ] Danby [ ] Dryden [ ] Enfield [ ] Groton [ ] Lansing [ ] Newfield [ ] Ulysses

[ ] City of Ithaca [ ] Town of Ithaca [ ] Other________________________County_____________________________

Do you consider yourself to be?

[ ] White or Caucasian [ ] Black or African American [ ] Hispanic [ ] Multi-Ethnic

[ ] Asian or Pacific Island [ ] American Indian or Alaska Native [ ] Other__________________________

Do you identify as any of the following?

[ ] Person with a disability [ ] Veteran [ ] Disabled Veteran [ ] Vietnam Veteran

Name: __________________________Relationship: __________________________

Address______________________________________________________________

Home Phone #____________________Cell Phone #____________________Work #____________________

[ ] Check if this person listed above is your Health Care Proxy

Are there any health issues you would like us to be aware of? If so, what_________________________________

Do you have any allergies? (e.g. food or medications)___________________________________________________

If you have a Primary Care Physician, please list his/her contact information:

Name: __________________________Phone # __________________________

Membership: [ ] Individual - $25 [ ] Household (2 person) - $49 [ ] New Member [ ] Renewal

[ ] Health and Wellness [ ] Creative Arts [ ] Travel [ ] Walk [ ] Golf [ ] Swim

[ ] Lifelong Learning Courses (Attach Registration Form)

Donation Amount: $______________ [ ] Anonymous

In Memory of____________________________________In Honor Of____________________________________

Payment Method: Cash Check Amt Check PayPal Credit Card: MC / VISA / Am Ex / Disc


Payment: [ ] Amt.__________Card #__________

Received by________________________

Signature Required on the Back Page
Each Member is eligible to receive:

- Enrollment into fee-based Lifelong Learning Courses & Activities held at 119 West Court Street.
- $5.00 discount on Lifelong travel registrations.
- Free Borg-Warner swim passes (when available)
- Free parking only for your visit to Lifelong (on a first-come, first-served basis)

A limited number of Scholarships are available. I would like a scholarship for ___________ (by checking this box I attest that I make less than $1400 monthly gross income per single household or less than $1900 monthly gross income for a two-person household and will notify Lifelong if my income changes to above that income level). When possible I will make a contribution to Lifelong.

I, the undersigned, hereby apply to participate in activities (classes, programs, events, and trips) to be conducted by LIFELONG and acknowledge the following: I fully understand and acknowledge that there are inherent risks and dangers in my participation in the activities and my participation in said activities and use of any equipment or materials related to such activities may result in my injury, illness or death and damage to or loss of my personal property. I understand other participations, accidents, forces of nature or other causes may cause these risks and dangers and I hereby fully acknowledge and accept these risks and dangers. I am in good health and am able to participate in any strenuous physical activity associated therewith. I understand and agree it is my responsibility to get any medical clearance or approval from my medical health professional to participate.

I herewith release, forever discharge and waive any right of recovery or subrogation against LIFELONG, its officers, directors, employees and volunteers from any and all liability whatsoever for any illness or injury, including death or damage to or loss of my personal property that I may sustain while I am participating in this program. This shall be binding on my heirs, successors, assigns, administrators and executors. Any claims or disputes arising out of my participation in the activity shall first be submitted to arbitration and/or be venued in the Supreme Court of the State of New York of Tompkins County.

I HAVE READ THE ABOVE OR I ACKNOWLEDGE THAT I HAVE HAD THIS DOCUMENT READ TO ME AT MY REQUEST AND BY SIGNING IT I AGREE IT IS MY INTENTION TO PARTICIPATE IN ACTIVITIES, AND I UNDERSTAND AND ACCEPT ALL RISKS INVOLVED.

NAME (PRINT): ____________________________ DATE: __/__/____

SIGNATURE: ____________________________

Photo Release: For good and valuable consideration herein acknowledged as received, I hereby grant Tompkins County Senior Citizens Council, Inc. (dba Lifelong), its legal representatives and assigns, those for whom said corporation is acting, and those acting with its authority and permission, the absolute right to copyright and use, reuse, publish and republish any or all video/audio tapes, photographs, negatives, or prints taken of me by representatives of said corporation, without restriction as to changes or alterations from time to time, in conjunction with my name or a fictitious name in any medium for art, advertising, trade, or any other purpose whatsoever. I hereby waive any right that I may have to inspect or approve the finished product or products or advertising copy or printed or electronic matter that may be used in connection therewith or the use to which it may be applied. I hereby release, discharge and agree to save harmless Tompkins County Senior Citizens Council, Inc., its legal representatives or assigns, and all persons acting under its permission or authority or those for whom it is acting, from any liability by virtue of any blurring, distortion, alteration, optical/audio illusion, or use in composite form that may occur or be produced in the creation and production of any of these materials. I hereby warrant I am of full age and have every right to contract in the above regard. I state further that I have read the above authorization, release and agreement, prior to its execution, and I am fully familiar with the contents thereof.

Name ____________________________ Date __/__/____