Enhancing the Second Half

Lifelong's Annual Report 2017

Lifelong's Mission

The mission of Lifelong is to enhance the lives of older adults in Tompkins County.

Lifelong achieves its mission through health and wellness, learning, exercise, recreation, travel, life planning and volunteer programs.

Past Presidents of Lifelong Brian Wilbur (L), Mary Anne Erickson (R) flank current President, Tom Butler, as he cuts the cake in celebration of Lifelong's 65 years.

President's Report

Traditionally age 65 has marked a turning point in life, one where past patterns can be broken and fresh opportunities open up. So it is for Lifelong, for in 2017 we marked the 65th anniversary of the founding of this wonderful institution. In the fall we threw a fabulous birthday party to mark how far we have come and what a bright future lies in front of us.

In the spirit of a fresh start, your board spent much of the year doing a thorough edit of the bylaws and board policies, bringing them up to date with current best practices. We also put the final touches on a new three-year strategic plan to guide us as we move forward.

The efforts of the board would amount to little, however, without the talented and dedicated staff that Lucia Sacco has put together and led with such vibrant energy and good will. It is that staff which has attracted an ever-growing number of interesting and exciting volunteer teachers for an ever-widening variety of classes. I do hope that you have been able to sample the extensive range of opportunities from our spring, summer, and fall catalogues.

Ultimately, of course, it is you, our members, who make Lifelong so special. By filling classes, attending events, and donating generously you provide the crucial funding to complete the wonderful support provided by our corporate, agency, and government supporters. Just as important is the energy and vitality you bring to Lifelong every single day. In this, our 65th year, together we have laid the foundation for a tremendously bright future. Thank you all so much for making Lifelong such a special place.

Tom Butler, President
Lifelong Board of Directors

LIFELONG'S STAFF

Lucia Sacco
Executive Director

Tammy Dunn
Program Director

Karen Koyanagi
Program Assistant

Nicole Zulu
HIICAP Coordinator

Robin Tuttle
Business manager

Mary Pat Dolan
TAX Program

Joyce Billing
Volunteeers, Connected

Ken Kleist
Custodian

Lucia honored at Ithaca College

Lucia serving at the Intergenerational Party in August.

A Very Special Thank You

Just before Jerry Dietz & Margaret Philipson got married, they came, along with friends and family, to Lifelong August 13th to spruce the place up. They repaired dings in the walls, painted the huge activity room, lines and curbs in the front and back parking lots, weeded, mulched and planted a new yew in the front of the building to replace a dying one. They supplied everything!

From the Director: "Celebrating 65 Years!"

We love celebrations at Lifelong and in 2017, we were privileged to be able to celebrate Lifelong's 65th year of providing great programming, service, events, information and opportunities to Seniors in Tompkins County and beyond. We honor and appreciate all those who came before us and who recognized the need to create a community organization to address the special needs and issues of older adults.

Lifelong had many things to celebrate in 2017. Lifelong and Foodnet Meals on Wheels began conversations about offering a congregate meal at Lifelong once a week. If one is over 60, Foodnet encourages them to make a contribution towards their meal but no one will be turned away because of their inability to pay. Both organizations recognize the value of warding off social isolation and we believe sharing a meal together is a great way to do just that.

Having learned that older members of the LGBT community didn't know where to turn to meet people their own age, we began to schedule programming that, while available to everyone, may have special interest to the LGBT community. We felt so lucky to have documentarian Austin Bunn show two of his films here…*Lavender Hill* and *In the Hollow*, with the subjects of the film in the audience for a Q and A session. We hold a monthly game night where Scrabble seems to be the current favorite and we rely on and are grateful to our LGBT Advisory committee for ideas and facilitators for these programs.

Lifelong collaborated with Love Living at Home and Tompkins County Office for the Aging and presented a webcast of Atul Guwande at Cinemapolis. The conversation, entitled "*Being Mortal's* Villages: The Value of Community and Choice as We Grow Older," featured a discussion on aging, living life with purpose, and how we can transform the possibilities for the later chapters of everyone's lives.

Our new exercise program called SAIL was introduced. SAIL stands for Staying Active and Independent for Life. We arranged with the City of Ithaca to be a site for folks to purchase the parking scratch-off tickets. Lifelong's first annual chili cook-off was held. Our first craft and collectibles sale and our first annual gala also happened in 2017.

We said goodbye to Elizabeth Schneider as our HIICAP Coordinator and welcomed Nicole Zulu to that position. Thanks to United Way's Stephen E. Garner Summers of Service grant, we had an enthusiastic summer intern. Lifelong's Board and staff worked together to create an updated strategic plan.

Our signature programs continue to grow and inspire. Lifelong Friends, Lifelong Activities, HIICAP (Health Insurance Information Counseling and Assistance Program), TCE (Tax Counseling for the Elderly), Volunteers Connected and our Northside/Southside program are all geared to keeping older adults active, engaged and socially, emotionally and physically healthy.

I think the highlight, for me, was our 65th celebration held on October 14th. It just warms my heart to remember we were rockin' at the senior center! Live music performed by Radio London had the dance floor crowded and a room filled with smiling faces.

It's a wonderful thing to love the work you do and, for me, it is truly an honor to be part of an organization which takes such pride in the services we provide to this community. My heartfelt thanks to my team, our Board of Directors, generous funders, engaged members, instructors and participants. You are all so important to us as we strive to fulfill our mission to ***Enhance the Lives of Older Adults in Tompkins County***.

Financial Report

Statement of Financial Position as of December 31, 2017

These financial reports were prepared from our Independent Accountant's Review Report. Insero & Co. conducted our independent review. Our reviewed Financial Statements, or line by line income and expense statements, are available upon request.

Assets

Current Assets	
Cash and Cash Equivalents	91,958
Accounts Receivable	1,290
Grants Receivable	37, 973
Prepaid Expenses	935
Total Current Assets	**132,156**
Investments	534,841
Land, Building, Equipment	425,823
Total Assets	**1,092,820**

Income

Public Support	
Grants	211,379
Contributions	63,975
Total Public Support	**275,354**
Other Revenue	
Realized (Gain) on Investments	11,618
Unrealized Gain on Investment	29,116
Gain on Sale of Fixed Assets	0
Investment Fees	(5,068)
Dividends & Capital Gains	12,511
Interest Income	28
Program Fees	84,569
Membership Dues	26,278
Rental Revenue	6,143
Miscellaneous	11,023
Total Income	**451,572**

Lifelong's Platinum Donors $10,000+

Tompkins County

Tompkins County Office for the Aging

Triad Foundation

United Way of Tompkins County

Hinckley Foundation

Liabilities & Net Assets

Current Liabilities	
Accounts payable	12,942
Line of Credit	0
Deferred Income	11,990
Security Deposit	0
Total Current Liabilities	**24,932**
Net Assets	
Unrestricted	930,937
Temporarily Restricted	5,937
Permanently Restricted	131,014
Total Net Assets	**1,067,888**
Total Liabilities/ Net Assets	**1,092,820**

Expenses

Program Services	
Countywide	26,254
Health Insurance Counseling	24,899
Lifelong Activities	75,462
Volunteers, Connected	31,856
Lifelong Learning	62,962
Total Program Services	**221,433**
Management & General	154,913
Fundraising	12,494
Total Supporting Services	**167,407**
Total Expenses	**388,840**
Change in Net Assets	**62,732**

Karen Koyanagi displays the $200 FOCUS grant from United Way of Tompkins County.

LIFELONG'S BOARD OF DIRECTORS

as of November 2017

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LUCIA SACCO
EXCUTIVE DIRECTOR OF LIFELONG

NON-BOARD MEMBERS SERVING ON A COMMITTEE

BARRY ADAMS

BRENDA KUHN

NORTHSIDE SOUTHSIDE

Northside-Southside (NSSS) is a multicultural program of Lifelong that is open to all seniors, providing them the opportunity to participate in activities that promote cultural education and awareness. Opportunities to get together with peers included social gatherings such as shopping, meals and other special events, as well as Lifelong Learning classes. The offerings under NSSS in 2017 were vast in number and attendance with Lifelong Learning programs including health and wellness sessions through Cornell Health Advocacy Topics (CHAT), Films, Coffee House events, and onsite visits at McGraw House, Titus Towers, and Conifer Village. Eric Kofi Acree, Director of the John Henrik Clarke Africana Library generously offered his time and facilitated the movie and discussion for the films "Agents of Change," I Am Not Your Negro," and "Jackie Robinson." The Coffee House Events were a favorite again in 2017 with offerings ranging from a slide-show view of New Zealand and Fiji, a performance by the social group The Play's The Thing, an afternoon of Folk Music, Margaret Moschak shared her book title "Different Drummers" and we even had a performance by Vitamin L and the GIAC Jumpers!

LIFELONG LEARNING

Dr. Seuss said - *"The More that you READ. The More things you will KNOW. The More that you LEARN. The More places you'll GO."*

Lifelong Learning continues to be a valuable asset to Tompkins County; providing opportunities for those who wish to continue to learn and explore something new, and keeping seniors active and engaged.

Members of Lifelong had the opportunity to explore 200+ courses offered in 2017! We are thrilled to say that we again expanded the types of offerings and the number of new course facilitators.

In the spring, sessions offered ranged from classes in the arts and film, including Masterpieces of the MET, Crane Irish Dance, Circle Songs and Rounds, More Gilbert and Sullivan, Offbeat Films, to a Year in Sapsucker Woods. Finance courses were plenty with workshops on Financing Long-Term Care, Wills, Probate & Settling Estates, and It's Your Estate – Are You in Control. Courses under Humanities, Politics, Languages, Science & Technology and Wellness and Health were also plentiful. Classes included an Introduction to Plato's Early Dialogues and a Historical Introduction to Western Philosophy, Chaos and You, The Supreme Court 2017 and How did the GOP Do It, to Sign Language, Japanese and French, Microbes in the News, Mastering Google; to Falls Prevention, Surgical Safety, and Women and Heart Disease and many more! We went into the Summer 2017 with an abundance of opportunities to explore something new with a Basic Salsa Dance workshop, Food Memories creative writing class with Zee Zahava, a Black and White Art Class, a series that explored The Glacial History of the Ithaca Area, an Introduction to Self-Defense and an Improving Sleep workshop. We continued with the monthly movie series and showed Lavender Hill, La La Land, and In The Hollow and had a dish-to-pass lunch at Lifelong each month. The Fall semester was just as hardy with offerings ranging from a Tapestry workshop to World Cinema Films, a Writing Journey, Anyone Can Draw, Masterpieces of the MET Part 2, and Exploring Music & Meaning. Finance workshops were popular and included End-of-Life Decisions and Care, Financial Planning – A Live Demonstration to Long-Term Care Planning Solutions. Humanities sessions were popular with offerings including a series titled Conscious Conversation, Introduction to Platonic Dialogues Part 2, to a film and discussion group Turning Points in the Middle Eastern History. Political, Science & Technology, Sundry and Wellness and Health headings are not without a worthy mention. Offerings to note include Current Economic Issues, showings of several Africana Library Films "Agents of Change," I Am Not Your Negro," and "Jackie Robinson." Tompkins County Library and Lifelong collaborated to bring in several technology session that included OverDrive for eBooks and eAudiobooks, RBDigital, and Hoopla. Members had the opportunity to participate in a workshop with Regi Carpenter – How to Tell a Darn Good Story, to a session titled The Modern Car Buying Process, and a look at the Greensprings Natural Cemetery. The Alzheimer's Association brought a series of presentations including Know the 10 Signs: Early Detection Matters and The Basics: Memory Loss, Dementia and Alzheimer's Disease.

We are grateful to all our wonderful instructors who bring these any and varied opportunities for learning something new to Lifelong.

LIFELONG ACTIVITIES

Lifelong's Walkers on their Muriel Walk, downtown, led by Caleb Thomas.

Keeping active is an important part of well-being for everyone. Lifelong has variety of programs to choose from, allowing our members to stay active in body, mind, and spirit! Lifelong Activities are offered in Health and Wellness and Creative Arts ranging from Tai Chi, Yoga, Zumba Gold, Strength Training, Square, Round and Line Dancing, and SAIL (Staying Active and Independent for Life). We offer programs both onsite and at various locations throughout Tompkins County including Brooktondale, McGraw House, Juniper Manor, Ulysses Philomathic Library (Trumansburg), Lansing Library, and Titus Towers. Lifelong members also participated in our Walk Program and in 2017 the group ventured to Stewart Park with artist Christi Sobel, Boiceville, Wayne Myer's Garden & Mill, the Arboretum, and Sapsucker Woods to name a few! Another opportunity to stay active that members enjoyed was swimming at the Borg Warner Pool with an increase in those who utilized that member benefit from the previous year, and not to mention all those who were a part of our ladies golf program! Others participated in the Creative Arts program and social groups including a watercolor and clay classes, writing and acting with the Senior Theatre Troupe and The Play's the Thing. Social groups available include Knitting, Mahjong, a Vegan dish-to-pass, and a Men's Group. We expanded our social groups in 2017 by adding another Book Group, Piano Playing or other Musical Instruments, Chess, Bridge, and Reiki Circle. All of these programs provide an opportunity to make new friends, explore a new interest, express one's creativity and work on one's health and fitness. Lifelong is mindful of how important these opportunities are to one's well-being and is continually trying not only to expand the offerings, but the locations as well.

We may not have many photos from all the "Events" at Lifelong this year but we do have posters and flyers!

LIFELONG ACTIVITIES AND SOCIAL GROUPS IN 2017

AARP Smart Driving

Alzheimer's Support Art Studio

Book Clubs

Bridge

Chair Yoga

Chess

Clay Class

Enhance Your Fitness

Golf

Ithaca Bipolar Explorers Club

Knitting Circle

Mahjong

Men's Group

MS Support Group

Open Computer Lab

Piano Playing and other Musical Instruments

Reiki Circle

SAIL Training

Scrabble Night

Senior Theater Troupe

Spirit Circle

Square and Line Dancing

Strength Training

The Play's the Thing

Tai Chi

Viva la Vegan Dish-to-Pass

Walk Program

Watercolor Class

Yoga

Zumba Gold

Donations Given in memory of

Sandy Van Benschoten

For the Wonderful Wheelchairs Program

Amy Backus & Susan Zawacki
Janette Barrington
Barbara Becker
Cathy Bennett
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Cynthia & Michael Hagin
Ralph & Diane Hallet
Joann Horton
Kellie & Chris Hummel
Malcolm & Laura Jacobson
Michael & Joan Joyce
Devin Kelly

(Continued on page 7)

Volunteers, Connected

Our mission is to promote volunteerism among persons 50 years of age and older, and provide opportunities for them to pursue their interests and use their skills and abilities to help meet the critical needs of Tompkins County. Our goal is to link seniors with volunteer opportunities in partnership with United Way's "Get Connected"

We currently have a roster of over 295 volunteers age 55 plus who work with 60 not-for-profits. This year we had an Ice Cream Social in April to celebrate National Volunteer Week. It just happened to be Lucia Sacco's 21st birthday (or maybe 39th) but so we had a second cake to celebrate. We love celebrating the many seniors in Tompkins County who volunteer.

Our first ever Volunteer Fair took place in June, and we had 14 agencies participating, and with many seniors who expressed an interest in beginning to volunteer or wishing to add a new placement.

Lucia Sacco and Volunteer Marie Powers are waiting to cut the Birthday cake.

Board Member Colleen Perkins offers a smile and ice cream to volunteers.

We continue to track volunteer hours because we think it's extremely important to the volunteer, the volunteer sites, and the community to know just what a valuable asset our senior volunteers are.

The re is a tool available from the organization Independent Sector that helps to monetize the value of volunterr hours. This estimate helps acknowledge the millions of individuals who dedicate their time, talents, and energy to making a difference. Volunteers in Tompkins County registered with our Volunteers, Connected program reported 32,542 hours and at the 2017 rate of $24.69 per hour . This time has a value of $803,346.02.

Volunteers, Connected! *receives annual funding from Tompkins County, Tompkins County Office for the Aging, Tompkins County Senior Citizens' Council, dba Lifelong.*

In January 2017 Joyce Billing met with a group form Cornell Campus Club.

The Lifelong Staff would like to acknowledge the following Lifelong Office Volunteers; we are so grateful for their dedication to Lifelong.

Liz Ashford
Sandy Baxter
Helene Croft
Pris Glenn
Mary Slaght
Pearl Stemley

Thank you to all volunteers for your continued volunteerism, your service makes many things possible.

Tax Counseling for the Elderly (TCE)

We would like to share a few facts about the TCE program which highlight what a significant contribution the TCE program is to the community's senior, low-income and disabled citizens. And it all happens because of the generosity and expertise of Lifelong's fabulous volunteers!

- 23 volunteer preparers, assisted by 5 volunteer greeters provided the community with 3,185 hours of tax preparation assistance.
- The same volunteers prepared 743 e-filed returns, and 14 paper returns. They assisted 54 additional taxpayers in the "assistance only" category; those who did not need to file or who had returns prepared solely for documentation for other need-based programs.
- Their work ensured that these taxpayers received the $624,252 in refunds to which they were entitled as well as additional dollars in earned income, child and education credits.
- If each of these taxpayers were to go to a paid preparer and were to be charged even a low-end fee of $200 the program represents a further cost avoidance of $162,000 for these households. This is especially important recognizing that the average AGI (Adjusted Gross Income) of the entire taxpayer group is significantly less than $30,000 annually.
- 72% of our taxpayer households have at least one member 60 or over.
- 56% of our taxpayers completed the brief client satisfaction survey and told us that 97% of them were very satisfied with our services; 98% consider the program very important; 74% said they didn't want to do or felt unable to do their own taxes; 49% said that worrying about taxes causes stress; 53% indicate that saving the money that would go to a paid preparer was a factor in the program for them; and 77% indicated they feel that the tax counselors at Lifelong care about helping them and 68% had their taxes prepared at Lifelong in previous years.
- Our taxpayers represent every community in the county; Danby 2.5%; City of Ithaca 25%; Enfield 4.7%; Lansing 7.5%; Groton, 3.9%; Town of Ithaca, 16.5%; Newfield 7.8%, Dryden 9%, Ulysses 10.3% and outside of Tompkins County 9.2%.
- Our taxpayers are modestly diverse group with 83% identifying as White or Caucasian; 1.6% as Hispanic; 2% as Other; 6.7% as African American and 1.8% as Asian and Pacific Islander. They spoke 8 languages: Korean; Polish, Arabic, Spanish, French, Russian, Italian and Chinese in addition to English.

by Mary Pat Dolan

One of Senior Theatre Troupe performances in 2017.

Memorial Donor List continued

Michael & Barbara Kelly
Martha & Hicks Kelsey, and Nancy
Joe & Patty Kiely
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Donations Given in memory of ...

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By John & Barbara Krout

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By Judy Varricchio

My grandmother, Marion Volk Tuttle
By Robin Tuttle

Bill Worth
By Ione Worth

2017 Donors

Please notify Lifelong of any errors or donor omissions for which we sincerely apologize.

Gold: $1,000 - $9,999

Adams, Barry
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Baker, Beverly
Butler, Thomas & Leslie, Joyce
Dolan, Mary Pat & Kerness, David
Hinckley Foundation
Hulbert, Barbara
Lifelong's Men's Group
Raphaelidis, Anna
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Sterling: $500-$999

Brand, Marian
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Brookdale Enhanced Assisted Living
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Kendal at Ithaca
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Warland, Barbara & Gibson, Helen
Worth, Ione
Wright, Cynthia & Geoffrey
Wright, Madison & Mary
Zehnder, Susan Fowler

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Bell, Roger
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Bettucci, Joseph
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Zanfordino, Josie
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Zichettella, Joseph & Mary
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Margaret Phillipson and Jerry Dietz with wishes for life long happiness
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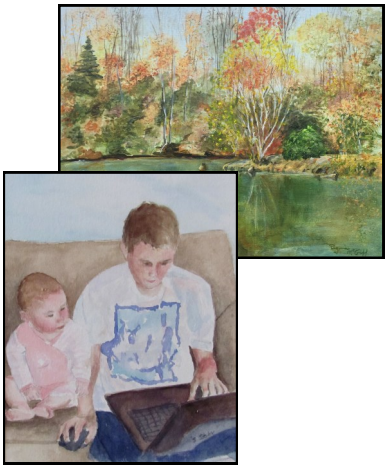
Volunteer Program
By City Club of Ithaca

First Night Galley Shows in 2017

Artists from top to bottom: Ron Kreig, Carl Taylor, Tom DeLuca, D Spiro, Regina McGriff, and Susan Stolov



Tompkins County Senior Citizens' Council, Inc. *dba* **Lifelong**

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Website: www.tclifelong.org

Health Insurance Information, Counseling and Assistance Program (HIICAP)

HIICAP helps Tompkins County residents navigate the complexities of Medicare. HIICAP exists to educate and empower people to be informed consumers of this essential benefit and its associated health insurance programs. Many of the persons we served this past year are Baby Boomers, who realize that understanding this benefit is an important part of their retirement planning. And, of course, we have continued to serve current Medicare recipients and their families. Whether a person is new to Medicare or a long-time recipient, cost is a major concern, and we are often helping people find ways to reduce their health care and prescription drug costs. HIICAP is federally-funded by the Administration for Community Living (ACL) and also receives funding from the New York State Office for the Aging. We partner with the Office for the Aging in carrying it out, with both paid and volunteer New York State certified counselors.

In 2017 HIICAP at Lifelong served 469 client contacts. Most of those contacts were face-to-face appointments with one of our twelve New York State certified Volunteer Counselors. Individual counseling sessions were done throughout the year and at heavily attended clinics during the Medicare Open Enrollment Period. Our HIICAP Volunteer Counselors are dedicated persons who have taken the time to learn the intricacies of Medicare and then stay abreast of changes. In addition to these direct client counseling sessions, five "Medicare Basics" presentations were offered on-site and three were offered off-site, that reached 134 persons, mostly Baby Boomers. Outreach presentations were made to senior groups, food pantries, expos, public hearings and retiree groups throughout the year to make sure HIICAP is a locally-known resource.

And the Barbara J Hulbert Award went to… Lifelong's 2016 HIICAP Counselors:

Sarla Aneja, Marilyn Chase, Charles Crum, Sharon Hayes, Harriet London, Ellie May, Vasanti Rao, Lynda Skibitsky, Constance Stirling-Engman.

From the HIICAP Coordinator Elizabeth Schneider's nomination letter , she wrote:

"The goal of HIICAP counseling is to help Medicare recipients become educated consumers. The free, unbiased information they receive helps them make the best decisions for themselves

The learning never ends. Counselors receive ongoing training through quarterly meetings at Lifelong, educational webinars, trainings offered through the New York State Office for the Aging, and a great deal of reading on their own. They draw upon all of these each summer, when every active Counselor must pass an annual test.

At a recent training, Lifelong's HIICAP Counselors were asked why they volunteer, and to a person they expressed the satisfaction that comes with helping people understand Medicare. Recently one Counselor expressed this sentiment, "Helping people understand something which is really important to them is incredibly satisfying. I enjoy dealing with complex issues where you can see real world results. And you meet the nicest clients and colleagues

These Counselors each embody the spirit of Lifelong. Their efforts help the Lifelong community and residents of Tompkins County make educated decisions about their health insurance. And they approach their duties with respect and care for the individuals they serve."