



# ITHACA COLLEGE

Gerontology Institute

## NEWSLETTER

### Special Recognitions

#### **Commentary: Aging is an Opportunity for Freedom**

Dr. Bergman is an Associate Professor and Chair of the Ithaca College Gerontology Institute. She has been on the faculty at Ithaca College since 2008.



Dr. Bergman teaches students who are Aging Studies majors and minors, and other students who are taking Aging Studies classes to further their knowledge and studies in other fields.

She finds pleasure in helping students explore issues, concepts and theories that will affect them on a personal level as well as on a professional level.

Take a look at the wonderful piece Dr. Bergman has written, on how to take a long view of life and appreciate the freedom that comes with aging.

**[Click Here to Take a Look at the Commentary](#)**

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#### **Meet our New Staff Member**

Zack Griswold is a 2019 graduate from IC. He majored in Aging Studies (BS) and minored in both Business Administration and Health Policy & Management. Upon graduating from IC he worked as a Case Manager for the Schuyler County Office for the Aging.

The main driving force behind Zack

returning to the Ithaca College Campus was the sense of community and the culture that the campus encompasses. He also wanted the opportunity to come back and assist and support the students of the Gerontology Institute. Since he was a student in the Aging Studies program here at IC, he believes that he brings a unique perspective that could benefit both the Gerontology Institute and the Students.

Zack is looking forward to supporting the great work the Gerontology Institute provides not only to the IC community but also to the Tompkins County community as a whole.



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## 20-Year Partnership with Longview

Ithaca College is celebrating its 20-year partnership with Longview. Longview is the senior living community that is located across the street from the Ithaca College campus. The partnership allows Longview residents to take class here at Ithaca College.



Take a look at this wonderful piece written about our amazing partnership with Longview.

[Click Here to Take a Look at the Article](#)

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## Ithaca College Honored for Programs That Foster Intergenerational Learning and Community

Ithaca College has been recognized as an Age-Friendly University (AFU). Students from all different courses are engaging in intergenerational learning. All five of the schools from Ithaca College have been involved with Longview.

Take a look at this article written about Ithaca College's great accomplishment!



[Click Here to Take a Look at the Article](#)

## Events

### **Addressing Ageism Through Intergenerational Art Programming With People Who Are Living With Dementia**

What happens when pairs of strangers from different generations get together to make art? Using Opening Minds through Art (OMA- an art program for people living with dementia developed at Miami University) as a case study, OMA's founder will share the rationale for intergenerational art programming and the research evidence on its benefits for both sides. This is a proven and positive way to address ageism and build a more age-inclusive sensibility in all of us.



The Ithaca College Gerontology Institute is pleased to announce that our 2020 Distinguished speaker is Elizabeth "Like" Lokon, MSG, Ph.D. Dr. Lokon is the Director of Opening Minds through Art (OMA) for the Scripps Gerontology Center at Miami University. She will talk on the intersection of the arts, dementia, and intergenerational service learning.

**Ithaca College, April 6, 2020, 7-9 PM, Textor 102**

**Please Visit:**

**[For More Information on the Keynote Speaker](#)**

**[For More Information on Opening Minds Through Art](#)**

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### **The Mac Is Back for Lucky Number 7 2020 Foodnet Mac 'n Cheese Bowl**

The Foodnet Meals on Wheels will be hosting their 7th Annual Mac 'n Cheese Bowl competition.

20 local restaurants and vendors will be whipping up their version of everyone's favorite comfort food. Come for the tastings, live music, raffles and more! Tickets on sale now at the Foodnet Office, 2422 N. Triphammer Rd.

**MAC 'N CHEESE BOWL**  
**Saturday**  
**March 21**  
**11:30 AM - 2:00 PM**  
**Ithaca High School**  
**Cafeteria**  
**foodnet.org**



Visit their Facebook page at 7th Annual Foodnet Mac 'n Cheese Bowl for more details. Find them on Instagram & Twitter @FoodnetMOW and at [www.foodnet.org](http://www.foodnet.org)

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### **Healthcare 2020: The Politics of Medicare for All and Obamacare**

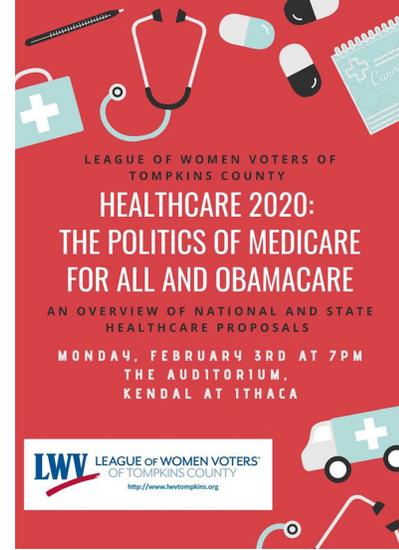
Dr. Brian Coyne, a federal health care lobbyist, will be

comparing the various national health care proposals (ACA, Medicare for All, Medicare by Choice, Public Option, etc).

As a representative of the New York Health Care Plan, Dr. Coyne will present that version of the State based health care system.

Dr. Brian D. Coyne was appointed vice president, federal affairs at Magellan Health in January 2017, a national healthcare company that provides mental health, substance use disorders and pharmacy benefit management services.

**Kendal at Ithaca, February 3rd, 2020, 7:00 PM-9:00 PM**



## Ithaca Death Cafe

Please join us in a relaxed setting to discuss death, drink tea, and eat cake. Death Cafes are gatherings to share thought-provoking, engaging and respectful conversations on death. They are not intended as a bereavement support group, counseling or therapy.



**This event is open to all. However space is limited, so RSVPs are required.** The event is free, but donations are welcome. To RSVP or for more information, please contact Angela Mennitto at [deathcafeithaca@gmail.com](mailto:deathcafeithaca@gmail.com).

**March 14th 2-4**

**The doors open at 1:45.**

**[Click here to learn more.](#)**

## Sound & Vision: What Does Dying Well Mean to You?

What would make your last weeks, days or hours most peaceful? What do you want around you at the end of your life?

What music, chants, prayers, or teachings—if any—would you most like to hear? Are there photographs or other works of art you would like in your line of sight? Is there one special person, or a few people, who you want to be near you for support?

Join us to work on your aesthetic, spiritual, emotional advance directives, rather than your medical ones (i.e., health care proxy, living will).

**March 28th, 10-3**

[Click here to learn more.](#)

## Volunteer Opportunities

### **Tompkins County Office for the Aging Seeks Members for Advisory Board**

The Tompkins County Office for the Aging is seeking members for the Advisory Board. If you are concerned with the interests of older adults in our community, please consider becoming a member.

The Tompkins County Office for the Aging is looking for representatives from Danby, Trumansburg and Dryden but all are invited to inquire.

Meetings are held on:  
The 4th Monday of each month.

To be a members individuals must be:  
60 or over and a resident of Tompkins County.

**For more information please contact:  
Lisa Monroe, Director at (607)274-5485  
or by email at [lmonroe@tompkins-co.org](mailto:lmonroe@tompkins-co.org)**



**TOMPKINS COUNTY  
OFFICE FOR THE AGING**

*Aging Better, Together*

### **Become a Longevity Explorer**

Longevity Explorers evaluate products and services geared toward older adults and provide summaries of their thoughts and recommendations. Longevity Explorers are also a unique sharing, evaluation, and ideation community- made up of older adults (in their 60's, 70's, 80's and 90's), and their friends, families, and caregivers who meet monthly.

We see ourselves as "explorers" of the future of aging. We want to explore new approaches to living as we grow older, and new products and services. We see the community of Longevity Explorers as a place to explore new ideas and a place where innovative people come learn how we think about growing older and to get help developing new and better products and services for future generations.



**Longevity  
Explorers™**  
Citizen Observers, Evaluators & Makers

**Please Join us at the kick-off event!**

**Monday, March 2nd  
1:00pm-2:30pm  
Tompkins County Public Library,  
Borg Warner Room**

**For more information:  
Lynn Gitlow, IC Occupational Therapy,  
[lgitlow@ithaca.edu](mailto:lgitlow@ithaca.edu)  
Jessica Taves, IC Gerontology Institute, [jtaves@ithaca.edu](mailto:jtaves@ithaca.edu)  
Teri Reinemann, FLIC, [teri@fliconline.org](mailto:teri@fliconline.org)  
**Visit the webpage****



## **Save the Date**

Tompkins County Senior Living Expo March 28th, 2020, Clarion Inn

Ithaca College Intergenerational Prom March 30th, 2020, Emerson Suites



You received this email because you expressed an interest in the Ithaca College Gerontology Institute or you attended an event sponsored by the Finger Lakes Geriatric Education Center.