Retirees Learn about “Age-Friendly Ithaca” Initiative

On Thursday, November 5th 2015, the Cornell Retirees Association gathered for a “Pre-Thanksgiving” luncheon at the Ramada Inn in Ithaca. We were pleased to see over 100 in attendance and enjoyed a traditional Thanksgiving meal with turkey, dressing, and pumpkin pie!

Following the lunch, we were privileged to have Dr. Rhoda Meador, the Director of the Gerontology Institute at Ithaca College, speak to us on her latest project, “The Age-Friendly Initiative” in Tompkins County. In 2014 the Tompkins County Office for the Aging (TCOFA) led efforts to apply to participate in the AARP Network of Age-Friendly Communities.

Tompkins County and the City of Ithaca were accepted into AARP’s Network in May of 2015. This network is also affiliated with the World Health Organizations’ Age-Friendly Cities and Communities Program…an effort launched to help cities around the world prepare for rapid population aging! The initiative is aimed at transforming the social and physical environment to support health and wellbeing for community members across the lifespan. An international effort of the World Health Organization, the Age-Friendly Community network includes localities where leadership and residents have committed to making their community a great place to live for people of all ages.

Partners in this Age-Friendly initiative include Ithaca College, Cornell University, and local human service organizations and municipalities. Tompkins County is home to more than 16,000 people age 60 and over, and that number will increase dramatically over the next two decades.

The Age-Friendly Ithaca/Tompkins County process includes completion of a needs assessment, followed by an action plan including strategies for improvement in eight designated domains. See box below. This sounds like some new and interesting activities for seniors! CRA may want to become involved in some of these designated domains. Please let us know.

The involvement of older adults in every step of the planning process is key to its success. If you are interested in learning more or becoming involved in Age Friendly Ithaca/Tompkins County, please contact the Office for the Aging at 274-5482.

~ Jeanette Miller

Age-Friendly Ithaca/Tompkins County Eight Designated Domains

1. Outdoor Spaces and Buildings
2. Civic Participation and Employment
3. Lifelong Learning and Research
4. Housing
5. Community and Health Services
6. Transportation
7. Communication and Information
8. Respect and Social Inclusion

If you are interested in learning more or becoming involved in Age Friendly Ithaca/Tompkins County, please contact the Office for the Aging at 274-5482 or visit the web at: http://www.tompkinscountyny.gov/cofa.
Retiree Spotlight: Barry Adams

Barry Adams had a very active and involved life before retirement and he has kept right on with this life style since retiring!

Barry was born in Boston and lived there until he received his BS degree from Boston College. He continued his education at the University of North Carolina at Chapel Hill, where he earned Master’s and PhD degrees in English Language and Literature. While a PhD student at UNC Barry met his wife, Molly, who was also studying English Language and Literature. They married in 1962 and moved the following year to Ithaca, where Barry had received a faculty appointment in the English Department at Cornell University. Barry’s specialty was the study of Shakespeare, early English Literature, medieval drama, and the history of the English Language.

Barry and Molly settled in Brooktondale where they both became active in their community. Barry still lives there and continues to be involved in the community. He serves on the Community Center Board and helps with the monthly newsletter “The Old Mill.”

Barry’s main focus in his teaching career was on undergraduate education and his special subject matter was Shakespeare and Renaissance literature. He taught courses on early English literature, the history of the English language, and contemporary attitudes toward English. Starting as an instructor in the English Department in 1963, Barry became a full professor in 1975, serving two terms as Department Chair and Chair of the Faculty Library Board along the way. In 1984 he accepted a position as Vice Provost for undergraduate education. This new responsibility involved working closely with the Academic Affairs Committee of the Board of Trustees, the Cornell-in-Washington program, Cornell Career Services, the Cornell University Press, and the Science, Technology and Society Program.

Additionally, Barry took a leadership role in the creation of several ethnic studies programs. While serving as Vice Provost, he continued to teach courses and seminars on Shakespeare as well as the history of the English language. After returning to full-time teaching, Barry served as Director of the Religious Studies Program in the College of Arts and Sciences and was instrumental in having the college faculty establish an undergraduate major in Religious Studies. He received the Presidential Bicentennial Award from his alma mater, Boston College, in 1976.

After teaching in the English Department at Cornell for 38 years, Barry became a Professor Emeritus, officially retiring. However, this move really was the beginning of a “new career.” Barry became very active in Lifelong (the Tompkins County Senior Citizens Center), teaching many courses there, including a course that encouraged participants to field-test their household dictionaries, courses on Shakespeare as well as operatic treatments of Shakespeare’s plays, one on the King James translation of the Bible, and several treating the history and peculiarities of the English language.

Barry served as President of CAPE (the Cornell Association of Professors Emeriti) and for several years as chief organizer of CAPE’s Operation Outpost program that helps incoming students and their families find their way around campus each August. Barry volunteers as a Gadabout driver 6-8 hours a week and for the Tompkins County Red Cross Blood Services. He has conducted a number of video-taped interviews with colleagues as part of the ambitious “Legacy of Cornell Faculty and Staff” project. This project was developed by Bob Cooke and Ken King and the videos may be viewed at http://ecommons.library.cornell.edu/handle/1813/14143.

Barry has two grown daughters. One of them, the mother of 3 of his 5 grandchildren, works in Seattle as a chemist. The other one has recently returned from Europe to settle near the Cayuga Nature Center in the Town of Ulysses. Molly, his wife of 52 years, passed away in 2014.

Cornell and the Ithaca community have been well served by this very special person, a teacher, a leader and outstanding human being. Thank you so much Barry!

~ Jeanette Miller
**Cornell Wellness Program Expands**

The Cornell University Wellness Program now offers private, individual “wellness consultations,” with no membership necessary, to all employees, retirees and spouses or partners. Wellness consultations can be scheduled to discuss nutrition or fitness, or to be coached on other topics related to successful behavior change.

“Our goal is to reach individuals who, because of professional, personal or financial constraints, haven’t been able to take full advantage of what we offer,” says Beth McKinney, director of Cornell Wellness. She adds, “We are hoping to help more people reach their fitness, nutrition and well-being goals. We want to help more people be successful – with their health, with their work/life balance, with clarifying their goals.”

Cornell Wellness staff traditionally meet people at the program’s offices in Helen Newman Hall, but to be more convenient they can also set up meetings virtually, over the phone or at various locations on- and off-campus. McKinney says, “With so many of our employees located over such a large campus – and around the world – we don’t expect they can all come to us. We want to meet them where they are, both literally and figuratively. We can do that by meeting closer to their office, talking over the phone or even virtually via WebEx.”

But not everything is changing. Recreation memberships (formerly known as Wellness Program memberships) will still be available for the same fee ($175 per year) and include access to such opportunities as the fitness facilities, group fitness classes, pools, and Healthy Aging Program including Classes for Healthy Aging.

Additional information can be found online at wellness.cornell.edu or by contacting Jenn Bennett, Wellness and Fitness Specialist, at jab853@cornell.edu or 607-255-3886.

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**Invitation to the CRVIS 20th Year Celebration**

We invite any retiree interested in becoming a CRVIS volunteer to a special event to mark the 20th Anniversary of the Cornell Retirees Volunteering In Schools program.

We are also looking for anyone who was a past CRVIS volunteer at any school during 1996-2016. We would like to recognize you and encourage you to attend and connect with past and present volunteers.

Cornell Wellness can only be made possible by the time and energy generously donated by volunteer instructors. The date and time commitment is flexible to accommodate your schedule. Share your passions, your current or past profession and your knowledge. The Lifelong Family is always looking for new ideas and appreciates all who are able to share their experience and time.

If you are interested in becoming a volunteer instructor please contact Tammy Dunn, Program Director and Northside-Southside Coordinator at Lifelong at (607) 273-1511 or tdunn@tclifelong.org.

For a look at our current catalog and course offerings, and to find out more about Lifelong, please visit the web at: www.tclifelong.org.
CRA Spring 2016 Luncheon

Thursday, April 7, 2016, 11:30 a.m. - 1:30 p.m.
Ramada Inn, 2310 N. Triphammer Road, Ithaca
Doors open 11:30 a.m., lunch served at noon, speaker at 1:00 p.m.

Spring has come early! Please join us for the Cornell Retirees Association’s Spring Luncheon. We are excited to announce that Gary Stewart, Director, Community Relations, Cornell University will be our featured speaker and will share “Town Gown Relations” with us.

Our Luncheon Menu includes a choice of:

• Oven Baked Chicken with Red Bliss Potatoes and Green Beans  OR
• Vegetarian Lasagna (with Gluten-Free Pasta)
• Dessert: Apple Pie or Applesauce

Both meals come with garden salad, rolls (gluten-free rolls available), and coffee/tea/iced tea.

Name: ___________________________________________ Choice: __________________________
Guest: ___________________________________________ Choice: __________________________

If special diet/accommodation, please list and include a phone number: __________________________

Cost is $10 per person, payable by check to Cornell University. Reservation and payment deadline is March 28. PLEASE NOTE: All lunches must be pre-paid. There are no refunds. Seating is limited. No RSVPs will be taken after March 28. Free parking. In case of inclement weather, call 607-255-3976 or check your e-mail for postponement or cancellation information.

Total reservations __ @ $10.00 each = $ _____ Please make check payable to "Cornell University."

Mail form and check to: Cornell Retirees Association, P.O. Box 431, Ithaca, NY 14851

Luncheon reservation deadline is March 28. We hope to see you there!