



“Against the assault of laughter,
nothing can stand.”
Mark Twain



Age-Friendly
CHEMUNG COUNTY
creating a great place to live and age well

Chemung County Department of Aging
and Long Term Care
425 Pennsylvania Avenue PO Box 588
Elmira, New York 14902-0588
607-737-5520

Turning 65? Confused about Medicare?

Attend a Medicare 101 class that's convenient for you.

Monday, August 8 at 2:30 pm

Monday, September 19 at 2:30 pm

Monday, October 17 at 2:30 pm

Monday, December 12 at 2:30 pm

Be an educated consumer! Learn the FACTS about Medicare.



In-person classes are held at 425 Pennsylvania Ave, Elmira NY 14904.

Class size is limited, please call ahead for details, 737-5520.

The Senior Vision

Chemung County Department of Aging and Long Term Care

Volume 3 No 4

July - August 2022



425 Pennsylvania Avenue
PO Box 588
Elmira, NY 14902-0588

607-737-5520
FAX : 607-737-5521

www.chemungcountyny.gov
Email:
ofa@chemungcountyny.gov



Inside this issue

Medicare 101	1
Director's note	2
HIICAP / Medicare	3
SCAMS	4
Health and Wellness Tips	5
Care Partner Corner	6
Fun Facts	7
Community Bulletin Board	8 & 9
Seasonal Events	10 & 11
Recipe/Contributions	12

News from the Director...

The Chemung County Department of Aging and Long Term care is recruiting additional members to join its Advisory Council, which plays an integral role in providing feedback and guidance to the agency on key issues and trends impacting older adults in Chemung County.

The Department of Aging and Long Term Care operates in part under direction and funding through the Older American's Act, is charged with establishing and maintaining an advisory council. The Department aims to add new members to bring varying viewpoints, experiences and input to the agency's service planning efforts.

We are eager to expand our Advisory Council roster in order to gather even more essential feedback from our local community members on important issues around aging and aging services. We all have some connection to older family members, friends and colleagues, and the Chemung County Department of Aging is hopeful that it can continue to leverage these valuable experiences in our service development initiatives moving forward.

Under the Older American's Act language, Advisory Council membership may consist of "older individuals (including minority individuals and older individuals residing in rural areas) who are participants or who are eligible to participate in programs assisted under this Act, family caregivers of such individuals, representatives of older individuals, service providers, representatives of the business community, local elected officials, providers of veterans' health care, and the general public, to advise continuously the area agency on aging on all matters relating to the development of the area plan, the administration of the plan and operations conducted under the plan."

If you would like to learn more about joining the Chemung County Department of Aging & Long Term Care Advisory Council, please contact our office at 607-737-5520.

Wishing you all a safe and wonderful summer season.

Beth Stranges, Director





Health Insurance
Information, Counseling
and Assistance Program



HIICAP

The Chemung County HIICAP program provides FREE, confidential, unbiased information about Medicare and related health insurances. Information is provided by state certified, state and locally trained health insurance counselors.

- ▶ **THINKING ABOUT RETIREMENT?**
- ▶ **HOW WILL YOU PAY FOR YOUR HEALTHCARE?**
- ▶ **DO YOU UNDERSTAND YOUR OPTIONS?**

Your health insurance is an integral part of retirement planning.

Understanding Medicare and your Medicare coverage options can be confusing.

The HIICAP program can help you understand;

- Medicare
- Medicare Advantage (Part C)
- Medicare Supplements
- Medicare Drug plans (Part D)
- Retiree plans
- VA coverage, Tricare and Champ VA
- EPIC
- Transitioning from the NY State of Health to Medicare

Consider attending one of our Medicare 101 classes.

You may also schedule an appointment to speak with one of our counselors.

Confused about Medicare?

Be an educated consumer! Learn the facts about Medicare.

Get the Care You Need!

Check out our Website! www.chemungcountyny.gov look for us under Departments, Aging and Long Term Care > Medicare and Health Insurance Information. We are offering Medicare classes In-Person and Via ZOOM! Please call 737-5520.

SCAMS

Four Signs That It's a Scam

1 Scammers **PRETEND** to be from an organization you know.

Scammers often pretend to be contacting you on behalf of the government. They might use a real name, like the Social Security Administration, the IRS, or Medicare, or make up a name that sounds official. Some pretend to be from a business you know, like a utility company, a tech company, or even a charity asking for donations.



They use technology to change the phone number that appears on your caller ID. So the name and number you see might not be real.

2 Scammers say there's a **PROBLEM** or a **PRIZE**.

They might say you're in trouble with the government. Or you owe money. Or someone in your family had an

emergency. Or that there's a virus on your computer.

Some scammers say there's a problem with one of your accounts and that you need to verify some information.



Others will lie and say you won money in a lottery or sweepstakes but have to pay a fee to get it.

3 Scammers **PRESSURE** you to act immediately.

Scammers want you to act before you have time to think. If you're on the phone, they might tell you not to hang up so you can't check out their story.



They might threaten to arrest you, sue you, take away your driver's or business license, or deport you. They might say your computer is about to be corrupted.

4 Scammers tell you to **PAY** in a specific way.

They often insist that you pay by sending money



through a money transfer company or by putting money on a gift card and then giving them the number on the back. Some will send you a check (that will later turn out to be fake), tell you to deposit it, and then send them money.

What You Can Do to Avoid a Scam

▶ Block unwanted calls and text messages.

Take steps to block unwanted calls and to filter unwanted text messages.

▶ Don't give your personal or financial information in response to a request that you didn't expect.

Legitimate organizations won't call, email, or text to ask for your



HEALTH & WELLNESS TIPS

JULY/AUGUST 2022



Mind Your Health and Stress Less

Even though you may not even realize it stress could be affecting your health! You may think illness is to blame for that irritating headache, your frequent insomnia or your decreased ability to focus. But stress may actually be the cause.

Stress symptoms can affect your body, your thoughts, feelings and your behavior. Being able to recognize common stress symptoms can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

SIGNS & SYMPTOMS OF CHRONIC STRESS

- Trouble sleeping
- Changes in appetite
- Irritability
- Isolation from others
- Losing interest in activities
- Difficulty focusing

WAYS TO MANAGE STRESS

- Getting regular physical activity
- Practicing relaxation techniques, such as deep breathing, meditation, or yoga
- Keeping a sense of humor
- Spending time with family and friends
- Setting aside time for hobbies, such as reading a book or listening to music

Renee Jankowski MS RD
Registered Dietitian
607-737-5529



renee.jankowski1@chemungcountyny.gov



The Food You Eat Impacts Stress

Have you ever felt the sensation of butterflies in your stomach? This link between what our brain thinks, and how our body feels is a clue into the complex interactions of the gut-brain axis. This connection describes the interaction between bacteria living in the gastrointestinal track and the central nervous system, including the brain. Scientists are just starting to understand this complex relationship, but we do know that certain foods influence the health of our gut bacteria. A healthy population of good gut bacteria supports our body's ability to regulate mood, stress and anxiety.

Eating a diet rich in prebiotic foods is one of the best ways to feed healthy gut bacteria. Probiotics are elements of foods, such as fiber, that are fermented by bacteria in the gut. Prebiotic foods include asparagus, garlic, onions, bananas, almonds, oatmeal and beans. Stress less by adding prebiotic foods to your diet.

Caregivers are you Looking for things to do outside with your Loved one?

July is National Picnic Month

July is an excellent time for a Picnic. The fresh air stirs the appetite, and garden vegetables and fruits make outdoor eating easier.

The word picnic is derived from the French word pique-nique. Picnics harken back to mid-18th-century al fresco French dining. A bottle of wine, a loaf of bread, some cheese and fruit made for an instant meal under the sky.

Whether we pack meals for tailgating at sporting events, an afternoon get-away or a weekend of camping, picnics provide an excellent way to enjoy the company of friends and family away from home or a pleasant day in the park for two.

It's important to keep the meals simple and focus on the company. Sandwiches, finger foods, and beverages may seem plain, but it's more about spending time with each other and being in nature.

When we pack them right, picnics make life simple. The clean up is usually easy thanks to all the finger foods. That way we get to spend more time visiting with friends and family while enjoying the sunshine.

Pack up the picnic basket and head out to your favorite park. Bring juice, wine fruit, cheese, bread, and some smoked meats and you're all set.
source: nationaldaycalendar.com

Chemung County Fun Facts

Have you ever heard of Rorick's Glen Amusement Park? From 1901 to 1917, Rorick's Glen was the place to go. It boasted a Theater which was the summer home of the Manhattan Opera Company. This theater could seat between 1,200-2,000 people and had equipment that could make it either snow or rain onstage.

Rorick's Glen also had a restaurant and a dance pavilion that hosted big bands. Amusement rides, donkey cart rides, water toboggan as well as picnic areas were some more of the entertainment options.

If you go for a ride down Church Street look for two 11" tall pillars that are spaced about 25" across from each other. This is were the trolleys would pass through taking families to and from the Amusement Park.

source: Twin Tier Landmarks Hidden Landmarks: Rorick's Glen

GENERAL VIEW OF RORICK'S GLEN AT NIGHT, ELMIRA, N. Y.

Word Search

STATES OF THE U.S.A.



Powerful Tools
FOR Caregivers

**The Chemung County
Department of Aging & Long Term Care
Presents:**

***Powerful Tools for
Caregivers classes at the
Big Flats Community Center
476 Maple Street, Big Flats***

**Wednesdays - In Person
2:30pm – 4:00pm**

September 7th
September 14th
September 21st
September 28th
October 5th
October 12th

**The training is free, however,
pre-registration is required.**

**Seats are limited. Please call
(607) 737-5520
No later than
September 2, 2022**

S A L A B A M A I N E T J
K U T Y J C O L O R A D O
E Y W C A L I F O R N I A
I N D I A N A T E X A S L
U E M G E O R G I A N I A
M V I H A W A I I E U L S
O A C N E B R A S K A L K
N D H K A N S A S V Z I A
T A I W I S C O N S I N U
A U G N E W Y O R K F O T
N Y A L K V I R G I N I A
A L N I F L O R I D A S H

California	Alabama	Wisconsin	Montana
Utah	Indiana	Kansas	Florida
Maine	New York	Colorado	Georgia
Alaska	Nebraska	Nevada	Virginia
Hawaii	Michigan	Illinois	Texas

Volunteer Voices.....

Giving and receiving at Bampa's House: Volunteers are Our Heart

Bampa's House opened its doors to residents in September 2020. In the past year and a half, the many beautiful stories from residents, their families, and our volunteers make it feel as if we have always been here. Each of us, whether receiving care or giving it, gets an immense sense of satisfaction from being associated with the house.

Volunteers are truly the heart and soul of our mission at Bampa's House. From 7 a.m. until 11 p.m., our caregivers work under the direction of our RN executive director to provide all aspects of comfort care. Staffing four shifts a day for seven days each week required 28 volunteers, so new volunteers are always needed and welcome. To prepare our caregivers for the task, each is fully trained before ever doing a shift. In addition, the first few volunteer shifts are spent shadowing an experienced volunteer until everyone has the skills needed and feels comfortable with the job.



Rich Sullenberger, who has been a volunteer from the start, said this about his experience as a caregiver: "I became a Bampa's House volunteer not really knowing what to expect. But seeing families come in nervous and full of apprehension, then transition to relaxation and peacefulness, is very rewarding to me." Sullenberger added that he is honored to do his part to help residents' family and our residents on this, their final journey. "I get so much more from my Bampa's House experience than I put into the volunteer time.

In this way, giving and receiving at Bampa's House comes full circle. If you would like to learn more about becoming a caregiving volunteer at Bampa's House, please contact our volunteer coordinator Karen Charnetski at 607-654-4205 or karen.charnetski@bampashouse.org.

Advisory Council

The Council is a voluntary group of citizens who provide information, guidance, advice and support to our department to assist in developing, coordinating and administering services to older persons.

The Advisory Council is a key link between the community and this Area Agency on Aging communicating the needs and concerns of older adults in Chemung County.

**"Remember that the happiest people are not those getting more, but those giving more."
H. Jackson Brown, Jr.**



Chemung County Department of Aging and Long Term Care / NY Connects will be hosting our second "Harvest Lunch". This will be a drive through picnic for Senior's age 60 and over. Reservation will be required.

We will have more information in our next newsletter.

Transportation News

Please note our office will be closed on Monday, July 4, 2022.

If you have any medical appointments, please plan ahead for any taxi service you may need.



Same day request will not be available.

**"Aging is not lost youth but a new stage of opportunity and strength."
Betty Friedman**

Smart Driver Course (Defensive Drive Course)

This course will be held at the Downtown Steele Memorial Library

**1:30 pm - 4:30 pm
July 5 and July 6**

**For more information and to sign up
please call
Fran Whitford**

607-732-2576

Fresh Connects



Did you know you can use your SNAP/EBT benefits at farmers' markets? Many local markets including the EastSide Farmers' Market and Wisner Market accept SNAP payments. Simply visit the Cornell Cooperative Extension of Chemung County tent at each market and we will convert your electronic benefits to wooden tokens you can spend at the Market just like cash with participating vendors. 1 token equals \$1 of SNAP benefits. Tokens do not expire and can be used all season long!

Vendors that accept the tokens will have a sign at their booth stating that they accept the tokens. Tokens can be used to purchase fresh fruits and vegetables, plants that grow food, bread, meat (including fish and poultry), dairy products, maple and honey products, baked goods that are wrapped and labeled for home consumption, jams, sauces, soups, etc. SNAP tokens cannot be used to buy beer, wine, liquor, tobacco, non-food items, hot foods or foods intended to be eaten on-site. If you have any questions about what you can use the tokens for just ask, the vendors or Cornell Cooperative Extension of Chemung Staff will be glad to help!

An added bonus to using your SNAP benefits at the Market is that we often have FreshConnect Checks available. These checks are an incentive to use your SNAP benefits at the Market. For every \$5 of SNAP benefits you convert to Farmers Market tokens you receive \$2 in FreshConnect Checks. So, if you use \$10 in SNAP benefits at the Market you will receive \$4 in FreshConnect checks; if you use \$20 in SNAP you will receive \$8 in FreshConnect Checks, etc. It is not guaranteed that we will always have this incentive available as it is subject to when we receive those checks from New York State, but when they are available it is a great way to stretch your food budget!

Farmer Market Coupons

NY State will once again be providing counties with coupons for seniors to use at area Farmer's Markets.

One coupon booklet per person, valued at \$25, will be available for Chemung County residents who are 60 or older and meet the income eligibility limits.

Single person - at or below \$2,096
Couple - at or below \$2,823

The coupon books must be picked up in person by the individual or a POA. Due to COVID, we will once again distribute the coupons at drive through events. The tentative schedule is as follows:

Tuesday, July 12 from 9:30 - 11:30 am

New Beginnings United Methodist Church
300 East Miller Street, Elmira, NY 14904

Food Giveaway until supplies are gone

Thursday, July 14 from 9:30 - 11:30 am

Faith Temple Community Church
765 Harper Street, Elmira, NY 14901

Wednesday, July 20 from 9:30 - 11:30 am

Chemung County Fairgrounds
170 Fairview Road, Horseheads, NY 14845

Tuesday, July 12 from 3:00 - 4:30 pm

Eastside Farmer Market
Brand Park; Elmira, NY 14904

Wednesday, July 26 from 9:30 - 11:00 pm

Economic Opportunity Program (EOP)
650 Baldwin Street, Elmira, NY 14901

Wednesday, July 26 from 2:00 - 3:30 pm

VanEtten Town Hall
83 Main Street, VanEtten, NY 14871

Tuesday, July 19 from 3:00 - 4:30 pm

Eastside Farmer Market
Brand Park; Elmira, NY 14904

Thursday, July 21 from 10:00 - 2:00 pm

Wisner Farmer Market
Wisner Park, Elmira, NY 14901

Thursday, July 28 from 10:00 - 2:00 pm

Wisner Farmer Market
Wisner Park, Elmira, NY 14901

We have a limited supply of coupon booklets. Please look on our website and Facebook for possible changes.

*****schedule is subject to change*****

Laughing Matters

Why do bees have sticky hair?

Because they use honeycombs.

How do poets say hello?

Hey, haven't we metaphor?

What happened when grandpa insisted to everyone that the Titanic would sink?

He got kicked out of the theatre.

At a kid's party, the hired clown was late to arrive.

When he finally did arrive, he walked up to grandpa and asked, "Where are the kids, sir?" Grandpa looked him straight in the eye and answered very seriously, "That would be us. We grew up in the time it took for you to arrive."

Silence is golden until you have children. Then silence is very suspicious.

The young police recruit was asked: "What would you do if you had to arrest your own mother?" "I'd call for backup, Sir!"



Hot Weather Safety Tips for Older Adults

While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults. Every summer, more than 600 Americans die of health problems caused by excessive heat and humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications.

Staying Safe When It's Too Darn Hot

80°

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

■ **STAY AWAY** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

■ **STAY HYDRATED.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

■ **DRESS APPROPRIATELY.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

■ **AIR CONDITIONING** is your friend in summer. Spend as much time as possible in air conditioned spaces. If you don't have an air conditioner, go somewhere that is air-conditioned. For example, you may read a book at the library, walk around in indoor malls, watch that new movie at the theater, or meet your friends at the senior center. (Note: The federal Low-Income Home Energy Assistance Program (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

■ **DID SOMEONE SAY SUNBURN?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

■ **COOL DOWN!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

Penne with Veggies and Black Beans

Total Time: 25minutes

Makes 2 servings



Ingredients

- 3/4 cup uncooked penne pasta
- 1/3 cup sliced zucchini
- 1/3 cup sliced fresh carrots
- 4 medium fresh mushrooms, sliced
- 1/2 small green pepper, thinly sliced
- 1/2 small onion, thinly sliced
- 1 small garlic clove, minced
- 1/4 teaspoon each dried basil, oregano and thyme
- 2 teaspoons olive oil, divided
- 1 cup canned black beans, rinsed & drained
- 1/4 cup chopped seeded tomato
- 2 tablespoons shredded Parmesan cheese
- 2 teaspoons minced fresh parsley
- salt & pepper to taste

Directions

1. Cook pasta according to package directions. Meanwhile, saute the zucchini, carrot, mushrooms, green pepper, onion, garlic and seasonings in 1 teaspoon oil until crisp-tender. Stir in the beans.
2. Drain pasta; add to vegetable mixture. Add tomato and remaining olive oil; toss gently. Sprinkle with Parmesan cheese and parsley.

Nutrition Facts:

1 Serving: 1-1/3 cups: 300 calories, 7g fat (2g saturated fat), 4mg cholesterol, 643mg sodium, 47g carbohydrate (6g sugars, 8g fiber), 14g protein.

Source: <https://www.tasteofhome.com/recipes/penne-with-veggies-and-black-beans/>

The Senior Vision Mailing Request

Please help us keep our mailing list for **"The Senior Vision"** updated by taking a moment to complete the information below if it applies to you.

- Add to email list **or**
- Add to mailing list
- Remove from mailing list
- Change my information on the mailing list

Please print
Name: _____

Address: _____

Email: _____

Please return to:
Chemung County Department of Aging and Long Term Care
PO Box 588
Elmira, NY 14902-0588

Your Gifts Help Us Help Others

Would you like to make a contribution in memory of a friend or a loved one or just to say a job well done?

Enclosed is a contribution of \$ _____
In Memory of _____

PLEASE SEND AN ACKNOWLEDGMENT TO:

Name _____
Address _____
City, State, Zip _____

FROM:

Name _____
Address _____
City, State, Zip _____

Please mail this form with your donation to:
Chemung County Department of Aging and Long Term Care
PO Box 588
Elmira, NY 14902-0588
Make checks payable to CCDALTC