



“Give every day the chance to become the most beautiful day of your life.”

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

## Greetings from the Director of the Chemung County Department of Veteran's Affairs

The Veterans Administration has two monetary based programs for veterans. The first and most known is Service-Connected Compensation and is based on the veteran having a chronic medical condition and it being attributed to their military service. The second is the Non-Service Connected Pension, which is based on several variable factors, which must be present in order for benefit to be granted. Today we will focus on Compensation.

There are five ways a veteran can be found to be service-connected: Direct, Secondary, Presumptive, Aggravation or 1151 Claim.

Direct Service-Connection when a veteran is found to have a physical/mental health condition which is directly related to their military service and documented in their service medical records.

Secondary Service-Connection is when a veteran has a diagnosis of a physical/mental health condition that is chronic and medical opinion establishes that it is related to veteran's service-connected condition.

Presumptive Service-Connection is the granting of a service-connection for medical conditions the VA notes are directly related to a veteran having been exposed to environmental conditions, compromised care/treatment and/or exposure to chemicals/radiation.

Aggravation, VA will Service-Connect for a pre-existing health condition if it is found military service aggravated the condition and advanced it to a degree it would not have risen had it not been for the stress/ tempo of military duties.

1151 Claim, VA will establish a rating for a health condition or an existing disability that has been aggravated or made worse due to the carelessness or negligence of VA treating medical personnel.

If you have any questions please feel free to call our office at 607-737-5445.

Michael J. Murphy, Director

# The Senior Vision

## Chemung County Department of Aging and Long Term Care

Volume 3 No 6

November—December 2022



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### *News from the Director...*

Wow, what a great fall season it's been so far! We stepped into this season with a full schedule of events and programs and haven't stopped. We recently held our second Department of Aging and Long Term Care Harvest Drive Thru lunch as well as another Drive-In BINGO event at the Chemung County Fairgrounds. These two events served over 200 Chemung County residents, providing each person with information on programs and services that the Department has to offer.

It was a cold and windy fall day, but these vital events were still held to reduce social isolation and loneliness. Turtle Leaf Café catered our event and the Horseheads Historical Society handed out little pumpkins to each individual as they entered the Harvest Lunch. BINGO winners received generous prizes from local businesses and each player received an etched glass! I want to thank each and every person who takes the time out of their day to make these community events possible.

November marks the beginning of the holidays and a season of thanks. On November 11 we recognize and thank all our veterans who proudly served our great country. Thanksgiving will be here before you know it. This is my favorite holiday. It's a time to gather with family and friends who are like our family. It's a time to reflect on our blessings, large and small. It's a time to be grateful for those who love and support us. I'm blessed each day to work with an amazing group of professionals who are passionate about serving our community and often go well above and beyond to do so.

Thank you to our friends, the Advisory Council, our many volunteers, county and local leaders and staff, civic groups and businesses who do so much to support us. Thank you especially to all of Chemung County residents who give us a chance to serve you. It's an honor and a privilege. Wishing you all a peaceful holiday season.

*Beth Stranges, Director*

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."  
John Boswell

The Chemung County Department of Aging and Long Term Care is funded by Chemung County, New York State Office for the Aging, Administration for Community Living and participant contributions.



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.

## ARE YOU LOOKING FOR A CHALLENGING AND REWARDING VOLUNTEER OPPORTUNITY?

### HIICAP is looking for you!

- ▶ Learn about Medicare and related health insurance and other programs that help Medicare beneficiaries of any age.
- ▶ Provide health insurance counseling services without conflict of interest or bias.
- ▶ Work with a dedicated group of staff and volunteers at the Department of Aging and Long Term Care.
- ▶ Stimulate your mind and feel rewarded by the service you can provide to your community!
- ▶ Call the Department of Aging for more information 607-737-5520.

### Turning 65? Confused about Medicare?

Be an educated consumer! Learn the facts about Medicare.

### Get the Care You Need!

Check out our Website! [www.chemungcountyny.gov](http://www.chemungcountyny.gov) look for us under Departments, Aging and Long Term Care and find Medicare and Health Insurance Information. We are offering Medicare classes in-person and via ZOOM! Please call 737-5520 for details.

“You cannot do kindness too soon, for you never know how soon it will be too late.”  
Ralph Waldo Emerson

# SCAM ALERT



Securing today  
and tomorrow

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.



## If you receive a call, text, or email that...

- Threatens to **suspend your Social Security number**, even if they have part or all of your Social Security number
- Warns of **arrest or legal action**
- Demands or requests **immediate payment**
- Requires payment by **gift card, prepaid debit card, Internet currency, or by mailing cash**
- Pressures you for **personal information**
- Requests **secrecy**
- Threatens to **seize your bank account**
- Promises to **increase your Social Security benefit**
- Tries to gain your trust by providing **fake "documentation," false "evidence," or the name of a real government official**

**...it is a scam!**

**Do not give scammers money or personal information – Ignore Them!**

## Protect yourself and others from Social Security-related scams

- **Try to stay calm.** Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- **Hang up or ignore it.** If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- **Report Social Security-related scams.** If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the SSA Office of the Inspector General (OIG). Do not be embarrassed if you shared personal information or suffered a financial loss.
- **Get up-to-date information.** Follow SSA OIG on Twitter @TheSSAOIG and Facebook @SSA Office of the Inspector General for the latest information on Social Security-related scams. Visit the Federal Trade Commission for information on other government scams.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit [oig.ssa.gov/scam](https://oig.ssa.gov/scam) for more information. Please also share with your friends and family.

# HEALTH & WELLNESS TIPS

NOVEMBER / DECEMBER 2022



## A "Recipe" for Holiday Wellness

Eating healthy during the holiday season is a challenge for all of us. There are parties, potlucks, & desserts galore! Don't panic! Read below for some tips to help keep excess calories, saturated fat and added sugars to a minimum this holiday season. Eating healthy is important but it is equally important for you to keep yourself a priority during the giving season. Overall wellbeing is SO important to our health. When sitting down to a holiday meal a good rule of thumb is to go for your favorites! The stuffing made using a family recipe, pumpkin pie that you only have once a year on Thanksgiving, or your grandmother's famous sugar cookies. These are the treats that you want to savor during the holidays. Skip those things that you may have often, such as mashed potatoes, these are not usually as special a treat as the other items that you only have during the holidays.

According to the 2020-2025 Dietary Guidelines for Americans, a healthy eating plan should limit the amount of calories from added sugars and saturated fat.

Does that mean NO DESSERTS?

Desserts can still be a part of a healthy diet!

All foods fit into a healthy eating pattern. Focus on occasionally enjoying small portions of your favorite treats and experiment with creating healthier versions of favorite recipes for more nutrients in each delicious bite.



### Wellness Tips

- Prioritize "me time"
- Practice self-control when it comes to food
- Be mindful of your alcohol consumption
- Get plenty of sleep
- Enjoy quality time with loved ones
- Plan ahead to avoid last minute stress
- Stick to your budget



### Recipe Ingredient Swaps:

Swap refined grains for whole grains. Use whole wheat flour in place of all purpose.

Swap butter for avocado: works best for recipes that are made with chocolate such as brownies or cookies.

Swap Greek yogurt for heavy cream, sour cream, or cream cheese. This is lower in fat and higher in protein and still provides creaminess.

Swap Eggs for flax seeds. 1 tbsp of flax mixed with 2.5 tbsp warm water will replace one egg.

Sources: <https://oaaction.unc.edu/standup20a-digest/holiday-healthy-eating-tips/> <https://www.traveltowellness.com/holiday-wellness-tips-maintain-health-new-year/>

<https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/healthy-baking-alternatives>

Renee Jankowski MS RD  
Registered Dietitian  
607-737-5529



[renee.jankowski1@chemungcountyny.gov](mailto:renee.jankowski1@chemungcountyny.gov)

# Doctor's Appointments Tips for Caregivers

Working with doctors and other healthcare professionals can be an important part of being a caregiver. Some things caregivers may find especially helpful to discuss are: what to expect in the future, sources of information and support, community services, and ways they can maintain their own well-being.

If you go with the person you care for to see his or her doctor, here are a few tips that will help you be an ally and an advocate:

Bring a list of questions, starting with what is most important to you and the person, and take notes on what the doctor recommends.

Bring a list of ALL medicines and dietary supplements the person is taking, both prescription and over-the-counter, and include the dosage and schedule.

Before the appointment, ask the person and the other caregivers if they have any questions or concerns they would like you to bring up. Ask the person in advance how you can be most helpful during the visit.

When the doctor asks a question, let the person answer unless you have been asked to do so. Respect the person's privacy, and leave the room when necessary.

# The Lindenwald Haus

In 1874 Mrs. Sarah Jones proposed a Home for the Aged where Elmira's elderly citizens without families could live and be cared for in their old age. Dr. Edwin Eldridge of Eldridge Park donated the land and Mrs. Sarah Jones was instrumental in the creation of this home. After six years of work the home opened in July of 1880 and housed anyone over the age of 60. During its 109 years of operation, the Home for the Aged housed over five hundred of Elmira's elderly residents. Life at the home was like a cross between a boarding house and a retirement community. Residents had their own bedrooms. There were parlors for socializing and meals were served in a communal dining room. As residents health deteriorated they had nurses and other staff on hand to assist the residents with their needs.

In 1990 the house was purchased by Sharon and Michael Dowd. They turned it into a bed and breakfast. The name Lindenwald Haus (meaning linden forest) was chosen because they mistakenly thought a tree in the front yard was a linden tree. Turns out it was not, but they planted a bunch of linden trees to make the name accurate. They had a local interior designer Annie Werner redecorate the dining room and parlors to reflect their original gilded age glory. In 1998 they sold it to Sara and Cortland Woodward who also ran it as a bed in breakfast until they sold it in 2014 to the Elmira Jackals. The Elmira Jackals used it as a boarding house for their team players until 2019 when it was back on the market.



source: <http://chemungcountyhistoricalsociety.blogspot.com/search/label/Social%20History>



## Winter Wonderland Word Search

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

COATS  
IGLOO  
SCARF  
WIND  
SHIVER

JACKET  
CHILLY  
FROSTY  
ICICLE  
GLOVES

BLANKET  
SNOWFLAKE  
SNOW ANGEL  
SLEDDING  
SWEATER

HOT CHOCOLATE  
SNOW BOARDING  
CHRISTMAS



## NYS Long-Term Care Ombudsman Program (LTCOP)

Serving Tompkins, Chemung, and Schuyler Counties

### Educate Empower Advocate

Certified Long-Term Care Ombudsmen provide *free-of-charge* services to individuals who reside in long term care facilities (nursing homes, assisted living and adult-care facilities) and the relatives and friends who act on their behalf.

A trained and certified Long-Term Care Ombudsman conducts regular facility visits, helps identify and resolve concerns, and acts as an advocate for residents on issues regarding:

- Quality of care
- Abuse and neglect
- Rights violations
- Lost and stolen belongings
- Dietary concerns
- Discharge, eviction or termination of services
- Public benefits programs
- Cost of care

**For more information or to volunteer:**

**[www.ltcombudsman.ny.gov](http://www.ltcombudsman.ny.gov) or 607-274-5498**



### *Volunteer Spotlight: Q&A with Gregg*

With so many great organizations to support, why should others choose to support LTCOP?

The LTCO program advocates on behalf of those whose voices are most often compromised, by age, by health, by circumstances that can be confusing and overwhelming. They deserve, they need, our voices, our advocacy.

What was most surprising to you about the LTCOP Program?

I was pleasantly surprised to experience the comprehensive training, continuing support, and comradery within the program.

What would you say to someone considering volunteering with LTCOP?

LTCOP provides volunteers an opportunity to learn how to advocate for residents effectively and directly, which will challenge your mind and enrich your heart. Once trained, you're able to grow into this opportunity with the support of experienced staff, the connections of other volunteers, and setting your own schedule each week. Our voices, our actions, allow those in need to know that they matter.



**Office of the State  
Long Term Care  
Ombudsman**

“Try to be a rainbow in someone else’s cloud.”

Dr. Maya Angelou

## Holiday Home Decorating Safety Tips

### Trees

Live trees need water.  
Check and add water often.

### Holiday Lights

Safe lights bear a testing  
lab mark and have no  
visible damage.

### Candles

Lit candles should always  
be in sight and far from  
anything flammable.

To learn more visit: [www.cpsc.gov](http://www.cpsc.gov)

Holiday  
Safety



U.S. Consumer Product Safety Commission  
CPSC Hotline: 800-638-2772  
and 800-638-8270 (TTY)



Sign up to receive FREE NSN  
Safety Alerts and Posters at:  
[www.cpsc.gov](http://www.cpsc.gov)

## Emergency Preparedness Disaster Planning

Some of the steps we should take when preparing for disasters include:

### Make a plan

This plan should include information regarding how you will receive your emergency alerts and warnings, what your shelter plan is, what your evacuation route is, what is your family communication plan and do you need to update your emergency preparedness kit.

### Consider specific needs in your household

Each household has basic needs as well as needs that are unique to you. When developing your plan be sure to factor in those needs. Such as special dietary needs, medication and equipment needs, pets, children and medical treatments to name a few.

The time to plan is before disasters hit!

For more information go to:  
<https://www.ready.gov/plan>

## SAVE THE DATE

Chemung County Department of Aging and Long Term Care  
will be hosting our  
Annual Public Hearing

This event will be held on Thursday, February 2

Attorney John Maloney will be presenting on  
General Estate Planning and Elder Law

We will have more information in next months edition

# Transportation News

Please note our office will be closed in observation of the holidays on

Friday, November 11  
Thursday, November 24  
Friday, November 25



Friday, December 23 **at noon**  
Monday, December 26 all day  
Friday, December 30 **at noon**  
Monday, January 2 all day

## Calling for a ride

When calling to schedule a ride please **call our office before 3:00 pm the day before** your appointment. We realize sometimes things happen and you will call and request a ride the same day as your appointment but this should not be standard practice.

Thank you for your cooperation with this. It will help our office insure your have a ride.



## Smart Driver Course (Defensive Drive Course)

This course will be held at the  
Downtown Steele Memorial Library

1:30 pm - 4:30 pm

November 22 and 23

For more information and to sign  
up please call  
Fran Whitford  
(registration is required)

607-732-2576



SNAP-Ed New York offers free nutrition education workshops to help you save time, save money, and eat healthy! Class topics include eating healthy on a budget, tips for buying and cooking for smaller households, and easy swaps, and often include a food demonstration with samples of an easy, low cost, and nutritious recipe. Visit [www.snapedny.org](http://www.snapedny.org) for free resources and our class schedule!

Contact us to learn more and for upcoming in-person classes! Reach our Nutritionist Eric at [ejp97@cornell.edu](mailto:ejp97@cornell.edu) or (607) 734-4453 ext. 217

**NEED HELP  
PAYING YOUR  
ENERGY BILL?**  
APPLY FOR HOME HEATING  
ASSISTANCE TODAY!

Let us help you to stay warm this winter! Be sure to reach out to the Chemung County Department of Aging and Long Term Care at 607-737-5520 for assistance with your HEAP application this season!

## Winter weather closing

When we have bad weather and need to cancel the home delivered meals or the congregate meal programs notification will be on the radio and the television. Look for an announcement stating Meals on Wheels is closed.

Please note if the schools are closed due to weather the meal programs will also be closed.

# Between Shifts and Between Jobs **SNAP** is Working for You

Effective Oct 1, 2021 to Sept 30, 2022			
Family size	130% of Poverty Monthly Gross Income	150% of Poverty Monthly Gross Income	Guideline for Seniors, and/or disabled or families paying child or adult care
1	\$1,396	\$1,610	\$2,147
2	\$1,888	\$2,178	\$2,903
3	\$2,379	\$2,745	\$3,660
4	\$2,871	\$3,313	\$4,417
Each additional person	+\$492	+\$568	+\$757



**Food Bank of the Southern Tier**  
In Chemung County contact  
Mary Laurey  
**NOEP Coordinator**  
**607-796-5592**

Prepared by a project of Hunger Solutions New York; funded by NYSOTDA and USDA/FNS. This Institution is an equal opportunity provider.

## Let's Do Lunch

The Chemung County Department of Aging "Eat Well Live Well" program offers nutritious and delicious lunches in a fun social setting at 5 locations throughout Chemung County. There is no cost to people age 60 and over. A donation of \$3 per meal is suggested to help maintain services but no one is denied a meal for inability to pay. Guests under 60 may participate by paying the full cost of the meal, \$5.00 (tax free).

### This program is available at the following locations:

- **Big Flats Community Center:** (476 Maple Street, Big Flats) Wednesday at 11:30
- **Bragg Towers** (115 Dewitt Ave, Elmira): Monday through Friday at 11:30
- **Flannery Apartments** (300 S. Main St., Elmira): Monday through Friday at 11:30
- **Park Terrace** (1281 Pennsylvania Ave, Pine City): Monday through Friday at 11:30
- **Villa Serene** (399 East 14th Street, Elmira Heights) Wednesday and Friday at 11:30



Reservations are required  
Please call 607-737-5520 at least one day in advance to sign up.

## Baked Cinnamon Apples

Prep 10 min Cook Time 20 min Total Time 30 min

### INGREDIENTS

- 1 large Fuji apple unpeeled
- 1 tablespoon unsalted butter melted (optional)
- 1 teaspoon ground cinnamon divided

### INSTRUCTIONS

- Heat your oven to 400° F.
- Cut the apple into 12 ¼-inch slices, discarding the core.
- Place the apple slices in a prepared pan. Drizzle them with the melted butter and use your hands to coat them. Arrange them in the pan in a single layer.
- Sprinkle the tops of the slices with half the cinnamon. Bake for 10 minutes.
- Turn the apple pieces to the other side. Sprinkle them with the remaining cinnamon. Keep baking them until golden-brown and tender, about 10 more minutes. Drizzle with the pan juices and serve.



### NUTRITION PER SERVING

Serving: 1 apple | Calories: 220 kcal | Carbohydrates: 32g | Fat: 12g |  
Sodium: 1mg | Fiber: 6g | Sugar: 22g

<https://healthyrecipesblogs.com/baked-apple-slices-recipe/>

### 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