

“Kindness is a language which the deaf can hear and the blind can see.”
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 VA has two Monetary based programs available to veterans and their dependents. The first and most known is Service-Connected Compensation and is based on the veteran having a Chronic Medical Condition being attributed to their Military Service.

The Second program is the Non-Service Connected Pension/Death Pension for eligible veterans or dependents. In this article, we will cover the Non-Service Connected Pension benefit for eligible veterans, Death Pension benefit for eligible dependents and additional benefits available under both programs to address healthcare needs (Housebound and Aid & Attendance Benefits).

The Non-Service Connected Pension Benefit and Death Pension for Survivors both require that the veteran's military service time meet the eligibility standard. Both programs require that the veteran must have served on Active Duty for a required length of time and that at least one day of that service period must have been during a covered War Time Period.

For Veterans service on Active Duty prior to September 7, 1980 requires at least “90 days” of service with at least “1 day” being during a covered War Time Period.

For Veterans entering Active Duty after September 7, 1980 the requirement is 24 months of Active Duty in order to meet basic eligibility requirements.

If the Veteran meets the Service requirements for the Non-Service Connected Pension than one of the next requirements must be true. The veteran must be age “65” or older or “Permanently and totally disabled” prior to age 65 and documented.

For more information please contact our office at 607-737-5445.

Michael J. Murphy, Director

The Senior Vision

Chemung County Department of Aging and Long Term Care

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News from the Director....

As we enter November, we also usher in a season of gratitude and reflection. On November 11th, we pay tribute to our Veterans, honoring their unwavering dedication to our great nation. Thanksgiving, my favorite holiday, is also just around the corner. It is an opportunity to gather with family, friends, and neighbors. It is a time to count our blessings, whether they are great or small, and to express our sincere appreciation for friendships, support, and love.

During this season of gratitude and togetherness, I thought I would share a few ways to foster friendships:

Host a Potluck Dinner: Invite friends and neighbors to contribute their favorite dishes, creating a diverse and delicious feast.

Volunteer Together: Consider volunteering as a group at a local shelter or food bank, helping those who may need it most during the holidays.

Game Night: Organize a game night with board games or card games. It's a great way to bond and have fun. Consider playing games with different generations of friends and family, it can be eye-opening and a great way to learn about others' lived experiences.

Nature Walk: Take a leisurely walk in a nearby park with friends or family, enjoying the fall foliage and fresh air. We also have wonderful walking trails in Chemung County - it's time to get out and explore!

Express Gratitude: Encourage everyone to share what they're thankful for around the dinner table. It's a heartwarming tradition.

Each day, I am profoundly blessed to collaborate with an extraordinary group of professionals who exhibit an unwavering passion for serving our community. The staff at the Department of Aging and Long Term Care consistently goes above and beyond, exemplifying the true spirit of service.

My heartfelt thanks go out to our staff, volunteers, County Administration, Legislature, Advisory Council, NYSOFA Aging, civic organizations and businesses whose generous support continues to enrich our mission. Above all, I extend my deepest gratitude to the residents of Chemung County who entrust us with the privilege of serving you. It is an honor and a privilege that we hold dear.

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.

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 look for us under Departments, Aging and Long Term Care and find Medicare and Health Insurance Information. Please call 737-5520 for details.

"It is health that is real wealth and not pieces of gold and silver." Mahatma Gandhi

SCAMS

LEARN TO RECOGNIZE OFFICIAL MAILINGS



LOOK FOR OFFICIAL LOGOS

You will receive A LOT of mail when you are eligible for Medicare. Some may look very official but MOST of it is marketing. Learn to recognize official logos and beware of look alike logos.

Marketing mailings often come in the form of a post card . They may indicate if you fill out your information you will get information back on Medicare programs and services. If you do provide your information it is an invitation for an agent or broker to contact you.



POSTCARDS



READ THE FINE PRINT

Look for the fine print. It is marketing if you see somewhere on the notice, 'Not affiliated with any government agency', 'This is an advertisement' or 'You may receive a call from a licensed representative', for example.

Marketing you receive may seem that it is personalized. It may be directed to you as a County resident or seem to address your individual situation. Remember that Marketers can obtain a lot of your information from public records.



PERSONALIZED NOTICES

MOST OF THIS MARKETING IS LEGAL BUT IT CAN BE VERY CONFUSING AND INTIMIDATING. PROTECT YOUR PERSONAL INFORMATION AND IF IN DOUBT REACH OUT!

Chemung County Department of Aging and Long Term Care 607-737-5520

TELEVISION ADS, SOCIAL MEDIA AND EMAIL CAN IT REALLY BE FREE?



TELEVISION

Television Ads about Medicare Insurance products are run constantly it seems. Many offering FREE benefits! These Ads are mostly for Medicare Advantage plans, aka Part C. These plans are offered through private insurance companies, not Original Medicare.

The same ads are run on FaceBook, YouTube and other social media outlets. Policy premiums may be no additional monthly cost and can potentially offer extra benefits that aren't available through Original Medicare.



SOCIAL MEDIA MARKETING



EMAIL

You may also get personalized emails trying to sell you insurance products. Every individual has specific health care needs, prescriptions, pharmacy and provider networks that serve them. One size does not fit all!

Stop to think about your very specific healthcare needs before deciding to purchase a plan. Make sure your prescriptions are covered and your providers are in the plan's network. In addition, make sure other benefits you may have, for example, retiree coverage, isn't affected if you change plans.



REVIEW YOUR INDIVIDUAL NEEDS

IF YOU HAVE QUESTIONS ON MEDICARE MARKETING THE CHEMUNG COUNTY DEPARTMENT OF AGING CAN ASSIST YOU, PLEASE CALL 607-737-5520.

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 & WELLNESS TIPS

NOVEMBER / DECEMBER 2023



Holiday Wellness Tips

You already know that feeling guilty about what you eat is not a healthy habit, but what else can you do to ensure that you feel as good about what you're putting in your body as possible during this festive time of year?

Fuel Up Throughout the Day

Steady, healthful intake over the whole day can help your metabolism run smoothly. This can also help eliminate any urge you might feel to binge on holiday treats.

Snack on Veggies

Be proactive and prep veggies at the beginning of the week to snack on. These will be easy to grab when you need a healthy snack.

Prioritize Movement

Physical Activity supports the lymphatic system and flushes toxins out of the body. Exercise during this sometimes busy stressful season is a great way to relive stress, improve mood and increase energy.



More 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



Slow it Down

Eat more slowly. You're sitting down to a meal, not running a marathon. Eating slowly gives your body a chance to tell you that it's full.

Hydrate

Paying close attention to making sure you're hydrated during the holidays can be an effective way to balance your nutrition and to keep you feeling full.

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



rjankowski1@chemungcountynyny.gov

REGISTRATION IS REQUIRED
SPACE IS LIMITED

TO REGISTER, CALL

800-272-3900

2023

SOUTHERN TIER CAREGIVER CONFERENCE & RETREAT



FEATURING
DR. CAROL PODGORSKI

Conference Topics Include:

- Family Engagement with Caregiving
- Legal & Financial Planning
- Healthy Living for Your Brain & Body
- Scams & Fraud
- Your Successes
- Q&A with Local Professionals

Health Fair, Speakers, Lunch, Raffles, Caregiving Resources & Strategies
All Caregivers Are Welcome to Attend this FREE Event.

Horseheads Elks Lodge
6 Prospect Hill Rd, Horseheads NY 14845

NOV

2nd

2023

10am - 4pm





Name _____

Veterans Day Word Search

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

AIRFORCE
BRAVERY
NAVY
SOLDIER

AIRMAN
HONOR
SACRIFICE

ARMY
MARINES
SAILOR

Volunteer Voices

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 or 607-274-5498



Volunteer Spotlight: Q&A with Pat

What was most surprising to you about the LTCOP Program?

How few full-time staff there are working for an entire county and beyond, but on the other hand, how many great volunteers there are! Also, all the training that goes into becoming an Ombudsman. It is extensive and thorough, producing well trained volunteers armed with knowledge to advocate for the residents.

Why do you continue to support LTCOP?

Because these residents need us! There are so many residents and families who do not know what we do, and part of my job is to make the Ombudsman program known to everyone.

What would you say to someone considering volunteering with LTCOP?

You won't regret the decision. The residents are so thankful for the knowledge and assistance we can provide, the advocacy for what they thought wasn't possible, and your own satisfaction of knowing you've helped someone who couldn't or didn't know how to help themselves.





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 for free resources and our class schedule!

Contact us to learn more and for upcoming in-person classes! Reach our Nutritionist Justine at jnb82@cornell.edu or (607)734-4453 ext. 229.

Smart Driver Course (Defensive Drive Course)

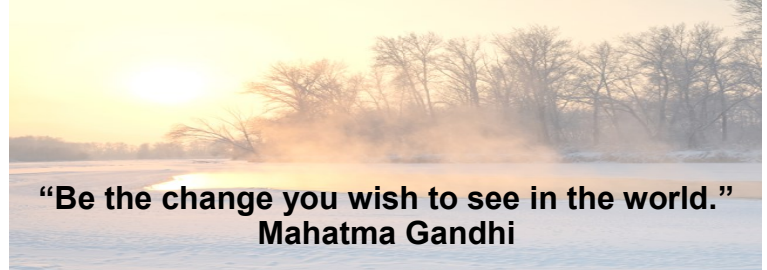
This course will be held at the Downtown Steele Memorial Library!

November 20 & 21 - 12:30 pm - 3:30 pm
OR

December 5 & 6 - 1:30 pm - 4:30 pm

For more information and to sign up please call Fran Whitford

607-732-2576



Wheels for Work Program

This is a program that can provide assistance for car repairs, auto insurance and more. This program is for Chemung County Residents. These services are provided to help individuals obtain and retain employment by removing transportation barriers.

All applicants must meet certain requirements to be eligible for this program. To find out if you qualify please call *Kelly Duby* at *ProAction* 607-776-2125 x4115 or text 607-281-7189 or email dubyk@proactioninc.org.

Funding is provided through the Community Foundation of Elmira-Corning and the Finger Lakes, Inc.

Parkinson's Support Group

As you journey through the world of Parkinson's we invite you to join us at the Southern Tier Parkinson's Disease Support Group Meetings.

This is an opportunity to create a community, share stories, and learn.

Date: Third Thursday of every month
Time: 1:30 pm - 3:00 pm
Place: Silver Spoon Café
323 Oswego Street
Montour Falls, NY
Schuyler County Human Services Complex

If you would like to attend or you have any questions please contact one of the representatives below:

Gloria Friedman 607-731-4967 gloria@gsfriedman.com
Robyn Ballard 607-351-6959 robynblrd@yahoo.com
Jill Silence jsilence24@gmail.com

Transportation News

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

Friday, November 10
Thursday, November 23
Friday, November 24



Friday, December 22 **at noon**
Monday, December 25 all day
Friday, December 29 **at noon**
Monday, January 1 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 you have a ride.

QUESTIONS ABOUT MEDICARE? ATTEND OUR MEDICARE 101 PRESENTATION!

Confused by Medicare? We have the answers! Certified health insurance counselors from the Department of Aging will present Medicare 101. The presentation will include Medicare enrollment periods, the four parts of Medicare, and how to decide what coverage is right for you. We will also discuss the transition from the Health Insurance Marketplace to Medicare and assistance for individuals with limited income and resources. We hope to help you gain a better understanding of the perplexing world of Medicare and to inform you about your decisions related to Medicare and other health insurance products. Join us at the **Chemung County Department of Aging and Long Term Care for Medicare Monday:**



Monday, December 11 at 2:30 pm

**Call 607-737-5520 to
reserve your spot**



**Please tune into
your local news /
radio station for
Meals on Wheels
closings**



HEAP
Home Energy Assistance Program

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!

**“Do what you can to show you care about other people,
and you will make our world a better place.”**
Rosalyn Carter

Free COVID Test Kits

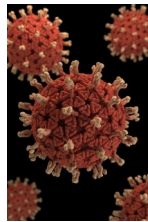
As of September 25, 2023, residential households in the U.S. can order one set of 4 **FREE** at-home tests from USPS.com again. Here's what you need to know about your order:

- ✓ Limit of one order per residential address
- ✓ One order includes 4 individual rapid antigen COVID-19 tests ([COVID Tests.gov](https://www.covid.gov/COVID-Tests) has more details about at-home tests, including extended shelf life and updated expiration dates)
- ✓ Orders will ship free starting the week of October 2, 2023

To place an order go to <https://www.covid.gov/tests> or call 1-800-232-0233.

The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs.

source: COVID.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>**

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.

Chicken Stew for One

Prep time: 10 minutes Cook time: 30 minutes

Ingredients

- ½ tablespoon olive oil
- 1 (4-ounce) boneless skinless chicken thigh (or use boneless, skinless chicken breast), sliced into ½-inch strips
- ⅛ teaspoon ground black pepper
- ½ cup chopped onions
- 1 medium celery stalk , chopped
- 1 medium carrot , peeled and sliced
- 1 clove garlic , minced
- 1 tablespoon all-purpose flour
- 1 cup low sodium chicken broth
- 2-3 small baby red potatoes scrubbed and quartered, about ⅔-cup.
- ¼ teaspoon Italian seasoning

Serving: 1 serving, Calories: 368 kcal,
 Carbohydrates: 34 g, Protein: 29 g, Fat: 9 g,
 Saturated Fat: 1 g, Sodium: 386 mg

Instructions

- In a 2-quart saucepan over medium-high heat, heat the olive oil.
- Sprinkle the sliced chicken breast with ¼ teaspoon of pepper and add to the pot. Brown the chicken on all sides, about 6 minutes total. Remove chicken from the pot and place on a plate.
- If no oil is left in the pot, add an additional ½ tablespoon of oil. Add the chopped onions, celery, carrots, garlic, and ⅛ teaspoon of salt. Cook, stirring occasionally until the vegetables have softened, about 5 minutes. Add the flour to the vegetables and cook, stirring frequently for 2 minutes.
- Pour in the chicken broth and add in the chicken, quartered potatoes, and Italian seasoning. Bring to a boil, then reduce the heat to low and simmer for 20 minutes covered, stirring occasionally until the potatoes and carrots are tender.
- Pour the stew into a bowl, taste and season with additional salt if needed. Garnish with chopped parsley if desired.

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