

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."— Jim Carrey



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

2025 Chemung County Senior Games: May 20 – June 12

For 34 years Chemung County has been sponsoring The Senior Games during May and June. This is an annual sporting, fitness, and fun event that is open to anyone age 50 and over. A variety of events are scheduled such as: golf, bowling, archery, volleyball, pickleball, corn hole, disc golf and shuffleboard. Events are divided into age brackets, with awards to the top three finishers in each age group. Nominal fees are necessary to participate. The first 500 paid participants will receive a Senior Games T-shirt. The Chemung County Senior Games highlight the active lifestyle of people over the age of 50. We work with an alliance of partners in the field of health promotion and education to encourage healthy aging through exercise, physical activity, good nutrition and positive lifestyle choices.

The Senior Games would not be possible without the commitment of numerous volunteers. The Senior Games Committee, along with the Department of Aging and Long Term Care staff, and many private sponsors and community partners make these annual events possible.

A Field Day which includes an Information Fair and Picnic is planned on Thursday, June 12th at the Harris Hill Youth Camp. This is available for all registered participants. There will be several "Just for Fun" events including putt-putt billiards, corn hole, miniature golf and more. There will also be 20+ agencies present participating in a Health and Wellness Information Fair. In addition to the regular \$10 registration fee for the Senior Games, there is an additional \$10 fee for this day, which includes all the just for fun events, a gift bag as well as a delicious picnic and a chance to win a raffle item.

A complete schedule of events and registration form is available at www.chemungcountyny.gov or at the Chemung County Department of Aging and Long Term Care. The deadline for registration is Friday, May 9, 2025. Please call Carol Morton at 737-5520 or email cmorton@chemungcountyny.gov if you have any questions or wish to request an application by mail. Please join us for these fun events, or attend to cheer on our athletes!

The Senior Vision

Chemung County Department of Aging and Long Term Care

Volume 6 No 2

Spring 2025



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News from the Director...

Greetings Chemung County residents!

As Spring unfolds and the days grow warmer, we are thrilled to welcome the vibrant spirit of the season! The Department of Aging is excited to present a variety of engaging activities designed to celebrate Spring and strengthen our community connections.

This May, we will join the nation in observing Older Americans Month, a special time to honor the contributions of older adults, highlight important aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, "Flip the Script on Aging," encourages everyone to challenge stereotypes and misconceptions about aging. We invite you to participate in recognizing the invaluable contributions of older adults while exploring opportunities for staying active and engaged. Join us for our Older Americans Month Celebration on May 14th, where we will celebrate the remarkable acts of volunteerism within our community.

We are excited to announce the 34th Annual Chemung County Senior Games, taking place for adults 50+ from May 20th to June 12th. With a variety of athletic events and activities tailored to various interests and abilities, there is something for everyone!

There are so many community events shared in this newsletter! From Senior Games to Senior Proms, Older Americans Month celebrations to crafting events as well as our Powerful Tools for Caregiver courses! This Spring offers numerous opportunities to make new friends, learn new skills, and relish the joys of the season.

Mark your calendars, gather your friends, and let's embrace the season ahead together! We can continue to create unforgettable memories and build lasting bonds within our vibrant community.

Wishing you all a joyful and fulfilling Spring season!

Beth Stranges



ARE YOU STRUGGLING TO PAY MEDICARE AND PRESCRIPTION DRUG COSTS?

You may be eligible for help!

- The Medicare Savings Program (MSP) helps income eligible Medicare beneficiaries pay their Medicare Part B premium. Depending on your income you may also be eligible to have your Medicare deductibles and coinsurances paid.
- Health insurance premiums you are already paying may be an income deduction for this program.
- If you are eligible for MSP or Medicaid you will also automatically receive extra help paying for your prescriptions.
- The Extra Help or Low Income Subsidy (LIS) program through Social Security will help you pay your Medicare drug plan premium and lower your medication costs.

If you are struggling with Medicare and prescription drug costs call the HIICAP program to see if you may be eligible for these programs!

May is Women's Health month

June is Men's Health month

Did you know?

- Medicare covers most screenings at 100%!
- Talk to your doctor about getting the screenings that are appropriate for you.
- Diabetes Self Management, Obesity screening and Medical Nutrition therapy may be covered for you.
- Bone mass measurements and certain Cancer screenings can help you detect problems early and come up with a treatment plan with your provider.
- Depression screenings and other mental health services are also covered by Medicare.
- Alcohol misuse screening and counseling can be covered annually in addition to smoking and tobacco cessation services.

Take this opportunity to step back and take a look at your health. Make a plan to get healthy!

Confused about Medicare?

Be an educated consumer! Learn the facts about Medicare. 607-737-5520

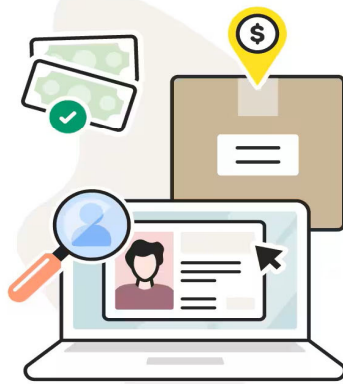


The Chemung County HIICAP program provides FREE, confidential, unbiased information about Medicare and related health insurances. Information is provided by state certified, state and locally trained health insurance counselors.

“GET SMART”!

6 Tips For Avoiding Scams Online

- 1 Deal locally when you can
- 2 Don't send out purchases before any payments clear
- 3 Try to verify a seller or buyer's identity
- 4 Don't share personal or financial information
- 5 Don't click on links strangers send you
- 6 Trust your instincts



The Department of Social Services has updated their phone menu. When calling 607-737-5302, please listen to the new prompts. Further information can be found by visiting www.chemungcountyny.gov and selecting Social Services.

Word Search

OLDER AMERICANS MONTH

U	C	O	N	N	E	C	T	I	O	N	R	G	A
M	K	S	T	R	E	N	G	T	H	Y	R	D	V
J	I	L	O	N	G	E	V	I	T	Y	E	W	O
E	N	G	A	G	E	M	E	N	T	G	S	I	L
U	D	C	O	M	M	U	N	I	T	Y	I	S	U
C	E	L	E	B	R	A	T	E	E	Q	L	D	N
N	P	V	I	T	A	L	I	T	Y	N	I	O	T
G	E	N	E	R	A	T	I	O	N	S	E	M	E
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E	E	I	N	C	L	U	S	I	O	N	E	H	I
K	N	Y	K	A	D	V	O	C	A	C	Y	O	P
P	C	C	J	S	W	E	L	L	N	E	S	S	M
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- | | | | |
|--|---|---|--|
| <p>Aging
 Longevity
 Engagement
 Connection
 Strength</p> | <p>Wisdom
 Community
 Support
 Volunteer
 Advocacy</p> | <p>Experience
 Resilience
 Independence
 Generations
 Vitality</p> | <p>Celebrate
 Wellness
 Inclusion
 Respect</p> |
|--|---|---|--|

OLDER AMERICANS MONTH
 FLIP THE SCRIPT ON AGING: MAY 2025



HEALTH & WELLNESS TIPS

April / May / June 2025



Vitamin A

Vitamin A is a crucial nutrient with numerous health benefits.

Benefits of Vitamin A

Vision Health: Vitamin A is essential for maintaining good eyesight, particularly in low light conditions.

Immune System Support: Vitamin A helps maintain the integrity and function of the skin and mucosal cells, acting as a barrier against infections.

Skin Health: It's widely known for its role in skin cell growth, repair, and maintaining a healthy appearance.

Antioxidant Properties: Vitamin A helps combat oxidative stress and may protect cells from damage.

Animal Sources (Retinol):

Liver (beef, chicken, etc.)

Fish oils (cod liver oil)

Eggs

Dairy (butter, milk, cheese)

Fortified Foods:

Breakfast cereals

Plant-based milks (soy, almond, oat milk)

Margarine



Plant Sources

(Carotenoids, especially beta-carotene):

Sweet potatoes

Carrots

Kale, spinach, and other leafy greens

Red bell peppers

Mangoes and papayas

Cantaloupe

Squash

Leslie Elliott RDN, CDN

Registered Dietitian

Questions? Call 607-737-5520

ofa@chemungcountyny.gov



CARE CORNER

The Chemung County Department of Aging and Long Term Care *Presents*

Powerful Tools FOR Caregivers

Thursdays:

April 3, 10, 17, 24

May 1, 8, 2025

2:00pm to 3:30pm

Masonic Lodge

607 S. Main St. Horseheads, NY

A six-week educational program for family and friend caregivers who care for older adults with long-term illnesses. Caregivers will learn self-care tools to help reduce personal stress, deal more effectively with challenging situations, and communicate more effectively for themselves and the individual they care for. Participants will receive a free copy of *The Caregiver Helpbook*.

The training is free however pre-registration is required. Please call **607-737-5520 no later than March 31, 2025**

This program is funded by the Chemung County Department of Mental Hygiene & Department of Aging and Long Term Care, the New York State Office for the Aging, and the Older Americans Act.

A new peer-to-peer program for survivors of fraud and scams.

Fraud Awareness NETWORK

A peer-to-peer program for fraud survivors
60 and older.

Tuesdays at 10 am EST via Zoom or phone.

WEEKLY MEETINGS

INFORMATION

call: 585-244-8400

email: fraudnetwork@lifespanrochester.org

Facilitated by Lifespan's Fraud / Scam Prevention team.



**Always report
frauds and scams at
FTC.gov**

AARP's dedicated Family Caregiving Line
MONDAY-FRIDAY, 8AM TO 8PM ET 1-877-333-5885.
Support line in Spanish 1-888-971-2013.

Topics include:

Care for the Caregiver
Caregiving and Work
Financial Issues
Homecare

Legal Issues
Long-distance Caregiving
Long Term Care
Medical Care
Veteran Caregiving





OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

You're Invited!

Please join the Chemung County Department of Aging in celebrating the many contributions of volunteers in our community!

When: May 14th

Where: New Beginnings United Methodist Church
300 E. Miller Street, Elmira

Doors are open at 2:00 PM

Program begins at 2:15 PM

RSVP: by May 1st

Call 607-737-5520

*Light refreshments will be served!



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



NEW YORK
STATE OF
OPPORTUNITY.

NY Connects
Your Link to Long Term
Services and Supports



**events are made possible with funding from Chemung County, NYSOFA, ACL and participant contributions.

Community Bulletin Board

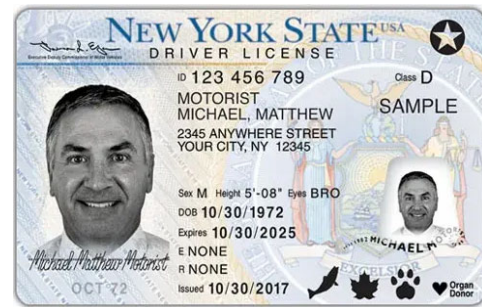
Summer is coming, that means hotter temperatures! Protect yourself avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
 - * Avoid non-breathable synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks when doing heavier work, and in high heat and humidity.
 - * Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.

New York State Real ID Deadline May 7, 2025

If your New York State license or ID **does not** have a star or a flag on it, then you **do not** have a REAL ID-compliant document.

A REAL ID is a federally compliant DMV-issued driver license, learner permit, or non-driver ID that will be required to board a domestic flight (within the U.S.) or enter certain federal buildings starting in May 2025, unless you have a valid passport. Below is a sample of what the NYS Real ID



Extreme Heat: Older Adults

People 65 years or older are at greater risk from extreme heat health problems.



Find somewhere air conditioned.



Drink plenty of fluids to stay hydrated.



Wear loose, lightweight, or light-colored clothing.



Avoid high-energy activities during the midday heat and stay in the shade.

#SUMMER READY

Ready

Want to find more fun things to do?

Follow our Facebook page for more community events for older adults in our community. You can find us at: www.facebook.com/ChemungcountyOFA/

You can find useful information on from us on the Chemung County website, www.chemungcountyny.gov, look for Aging & Long Term Care under departments.

60th Anniversary of the Older Americans Act

Congress passed the Older Americans Act (OAA) in 1965 in response to concern by policymakers about a lack of community social services for older persons. The original legislation established authority for grants to states for community planning and social services, research and development projects, and personnel training in the field of aging. Learn more about the OAA at: www.Acl.gov/about-acl/authorizing-statutes/older-americans-act

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:



TEMPERATURE
higher or lower than normal

INFECTION
may have signs and symptoms of an infection

MENTAL DECLINE
confused, sleepy, difficult to rouse

EXTREMELY ILL
severe pain, discomfort, shortness of breath

If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

©2020 Sepsis Alliance

sepsis.org



April is Healthy Homes Month

6 signs of a Healthy Home

- 1- **Ventilated:** Increasing the fresh air supply improves respiratory health.
- 2- **Contaminant-Free:** Chemical exposures include lead, radon, pesticides, volatile organic compounds, PFAS, and environmental tobacco smoke. Many of these exposures are far higher indoors than outside.
- 3- **Maintained:** Deteriorated lead-based paint in older housing is the primary cause of lead poisoning.
- 4- **Thermally Controlled:** Prolonged exposure to excessive heat or cold when homes do not maintain adequate temperatures put residents at risk for various health problems.
- 5- **Accessible:** Increased accessibility in and outside the home can help reduce trips, falls and isolation, and improve mental health and activity.
- 6- **Dry:** Damp houses provide a nurturing environment for mites, roaches, rodents, and molds, all of which are associated with asthma.

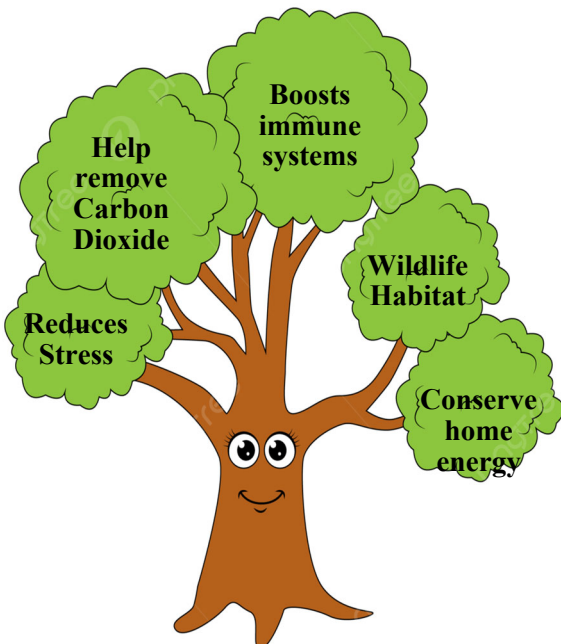


City of Elmira's Office of Community Development: Administering Lead Hazard Reduction Grants

The Office of Community Development is currently on the second round of Housing and Urban Development's (HUD) Lead Hazard Reduction Grant. During the first round of funding, 46 units in the City of Elmira were made lead-safe. Since 2022, 25 additional units have completed. This number will continue to grow throughout the remainder of the second grant cycle. For more information, visit: <https://tinyurl.com/bdd3ddtz>

In addition to funding from HUD, the City of Elmira has partnered with the Chemung County Health Dept. to administer NYS Home and Community Renewal's (HCR) Leading in Lead Pilot Program. This grant also provides funding for lead hazard reduction within the City of Elmira. This program is unique because there is no owner or occupant income verification. This allows those who may not be financially eligible for HUD's Lead Hazard Reduction Grant to receive assistance. For more information, visit: <https://tinyurl.com/3yxrcckm>

Arbor Day April 25



Information provided by www.arborday.org

Spring Challenge: looking for something to do while getting outside and having fun? Pick your favorite local park and try one, or all, of these:

- ⇒ Take a walk and consciously connect with what's around you, feel the environment surround you.
- ⇒ Enjoy your walk by doing a digital detox, no technology allowed. (Mute that phone!)
- ⇒ Spend some silent time at your local park and be on the lookout for plants and animals that might live in the environment around you.
- ⇒ Double your fun, take a friend with you, some parks allow your furry friend to come along too.

Inspired by the New York State Parks Wellness Challenge.



"...to live as a people, we must have trees"
--Theodore Roosevelt

Join us for this Intergenerational event celebrating Older Americans Month

Notre Dame Proudly Presents
'A Day To Remember'

HOSTED BY THE CLASS OF 2026

IN PARTNERSHIP WITH THE CHEMUNG COUNTY DEPT. OF AGING AND LTC

SENIOR PROM

Celebration

MAY 9TH AT 11:00 AM

NOTRE DAME HIGH SCHOOL

1400 MAPLE AVE ELMIRA, NY

LUNCH PROVIDED

RECOMMENDED DRESS CODE: SEMI-FORMAL/ CHURCH ATTIRE

A SENIOR PROM FOR OUR SENIOR CITIZENS

RSVP:(607) 737-5520



Chemung County Department of Aging & Long Term Care in collaboration with Community Arts of Elmira presents

SPRING CRAFTING EVENT

APRIL 16, 2025
1:30 PM

413 Lake Street, Elmira
Community Arts of Elmira
with Artist Filomena Jack

For Chemung County Residents 60+
RSVP is required by April 10th
Call 607-737-5520

** Events made possible with funding from Chemung County, NYSOFA, ACL, Community Foundation of Elmira- Corning and the Finger Lakes & participant contributions

GOOD GRIEF

A Monthly Group For Those Coping With Loss, Transition & Change



When: 1st Friday of the Month beginning October 4th
12:00 - 1:00 PM

Where: Chemung County Dept. of Aging & Long Term Care
Room #122 - Conference Room
425 Pennsylvania Ave. Elmira, NY 14904

Who: OPEN TO ALL

Group Facilitators
Arnot Chaplains
Lynda Myers
Bill Reynolds

Sponsored through a collaboration between:



TRAIN DAY at

ELDRIDGE

PARK

RETURNS SATURDAY, MAY 24th 2025
More information coming soon

40th Chemung County Youth Bureau Awards Reception

Save the Date!

Tuesday, April 29, 2025, 5:00pm-7:00pm
At the Clemens Center

Featuring:

- Daniel J. Donahoe Award
- Program Excellence Award
- Polly Sanders Youth Scholarship
- Lisa A. Bowers Summer Cohesion Synergy Award

\$10 Entrance Fee

Hors d'oeuvres Prepared by GST Boces Culinary Students

Transportation News

Our office will be closed on Monday, May 26th in observance of Memorial Day.

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

Same day requests will not be available.

COMING THIS SUMMER-DRIVE IN BINGO

Check out our Facebook page for more details.
<https://www.facebook.com/chemungcountyOFA/>



Smart Driver Course April 15 & April 17

9:30 am until 12:30 pm.

You must attend both sessions. For more information & to register, please call

Fran Whitford 607-732-2576



Sweet Potato & Carrot Soup

YIELD: 3 CUPS PREP TIME: 5 MINS COOK TIME: 25 MINS

TOTAL TIME: 30 MINS



Ingredients

2 large sweet potatoes, peeled and cubed
2 large carrots, peeled and sliced
1 onion, chopped
2 garlic cloves, minced
4 cups vegetable broth
1/2 cup coconut milk (for creaminess)
Salt and pepper to taste
1 tsp ground ginger or turmeric (optional)

Directions:

1. In a large pot, sauté the onion and garlic until softened.
2. Add the sweet potatoes and carrots, then pour in the vegetable broth.
3. Bring to a boil, then simmer for about 20 minutes or until the vegetables are tender.
4. Puree the soup with an immersion blender or in batches using a regular blender.
5. Stir in the coconut milk, ginger, and season with salt and pepper.
6. Serve warm with a sprinkle of fresh herbs.

Nutrition Facts: 208 Calories, 1.1gm Fat, 254mg sodium, 45grams Carbohydrate, 7 grams Fiber, 8 grams Protein, 186% Vitamin A, 19% Vitamin C, 19% Calcium, 14% Iron

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