

"We might think we are nurturing our garden, but of course it's our garden that is really nurturing us." — Jenny Uglow



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

## Caregiver Resources

**Listed below are resources that may be helpful in your role as a caregiver:**

- **Chemung County Department of Aging / NY Connects** provides information and support on a broad range of service and supports for caregivers of all ages 1-800-342-9871 or 607-737-5520 or [www.chemungcountyny.gov](http://www.chemungcountyny.gov).
- **Alzheimer's Association** provides numerous caregiver educational events and FREE resources, for a complete list visit [www.alz.org/events](http://www.alz.org/events) or call their 24 - hour helpline 1-800-272-3900 TTY service (TTY: 1-866-403-3073). Bilingual staff and translation services are also available.
- **Finger Lakes Caregiver Institute at Lifespan** services include support groups, health and wellness programs, family consultation, care coordination, education services, future planning and more, [FLCINewsletter@lifespanrochester.org](mailto:FLCINewsletter@lifespanrochester.org) or Toll free 1-844-249-7126.
- **Veterans Caregiver Support Program** - the Bath VA provides caregiver support services to caregivers that serve enrolled Veterans of all eras. These services include support and assistance with navigating VA services and health care benefits. We thank all caregivers for serving our nation's heroes. For more information on VA Caregiver Support contact Jane Aniskevich at 607-664-4512 or Kim Benjamin at 607-664-4535.
- **Support for Grandparents and other Relatives Caring for Children:** Are you looking for information on your legal rights? Do you need financial assistance? Are you seeking support and respite? We can help get you linked to the NYS Kinship Navigator.

# The Senior Vision

## Chemung County Department of Aging and Long Term Care

Volume 6 No 3

Summer 2025



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

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

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



of CHEMUNG COUNTY  
(800) 342-9871 (607) 737-5520

### Inside this issue

Caregiver Resources	1
Director's note	2
HIICAP / Medicare	3
Scams/Fun Page	4
Health and Wellness Tips	5
Care Partner Corner	6 & 7
Community Bulletin Board	8 & 9 10 & 11
Seasonal Events	12&13 14&15
Recipe/Contributions	16

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

#### Greetings!

The last few months have been filled with connection, celebration, and community spirit! From our Older Americans Month festivities in May—where we embraced the theme "Flip the Script on Aging"—to dancing the day away at the Intergenerational Senior Prom, A Day to Remember, for Seniors, hosted in partnership with Notre Dame High School's Class of 2026, and cheering on participants at the 34th Annual Chemung County Senior Games, It's been an incredible season of engagement and fun.

We're just getting started! This summer, we're keeping the momentum going with a variety of events focused on reducing loneliness and increasing opportunities for socialization—with a big dose of FUN!

#### Here's what's coming up:

- Drive-In BINGO returns on August 20th—a community favorite with prizes, laughs, and a great sense of connection.
- We'll be tabling at the Chemung County Fair, so stop by, under the grandstand, and say hello! Be sure to Mention "Senior Games" for a cool treat!

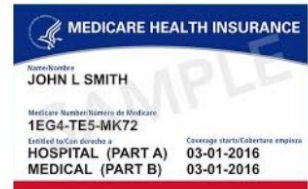
We're excited to announce plans for our first-ever Intergenerational Senior Games 5K Walk/Run, tentatively scheduled for September 13th. This special event is designed to bring people of all ages together to celebrate wellness, build connections across generations, and recognize the vital role that older adult volunteers play in making the Senior Games a success each year. Stay up to date as details unfold by following us on Facebook at Chemung County Department of Aging and Long Term Care.

We are proud to support vibrant aging in Chemung County and look forward to seeing you at our upcoming events! We hope you have a wonderful summer with family and friends!

*Beth Stranges, Director*



Health Insurance  
Information, Counseling  
and Assistance Program



**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 NY State of Health to Medicare

**CONSIDER ATTENDING ONE OF OUR MEDICARE 101  
CLASSES OR SCHEDULE AN APPOINTMENT TO SPEAK  
WITH ONE OF OUR COUNSELORS.**

**FOR MORE INFORMATION PLEASE CONTACT THE  
DEPARTMENT OF AGING 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.

**SAVE THE DATE! MEDICARE OPEN  
ENROLLMENT WILL BE HERE SOON!  
OCTOBER 15<sup>TH</sup> - DECEMBER 7<sup>TH</sup>.**

...Pass it ON

Report scams to  
the Federal Trade  
Commission at  
[ReportFraud.ftc.gov](http://ReportFraud.ftc.gov)  
or  
1-877-382-4357



[ftc.gov/PassItOn](http://ftc.gov/PassItOn)



FEDERAL TRADE  
COMMISSION

If you suspect it's  
fraud, pass it on. We  
can all work together to  
reduce fraud and scams.

Word Search Easy



SUMMER NIGHTS

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

Fireflies

Campfire

Sweater

Friends

Crickets

Beer

Kool-aid

Root Beer

Ghost Story

Singalong

Laughter

Joy

Solution on page 14

# HEALTH & WELLNESS TIPS

July / August / September 2025

## Plate Your Way to a Longer, Healthier Life

Aging well is strongly linked to what's on your plate. The nutrients in your food directly influence your body's ability to repair itself, maintain energy, and fend off age-related diseases. According to Professor Eric Rimm, Harvard T.H. Chan School of Public Health "Simple dietary modifications can improve quality of life and optimize healthy aging."



### **Berries:**

Rich in antioxidants, flavonoids, anthocyanins, and fiber. May reduce oxidative stress, lower inflammation, support memory, and improve gut health

### **Omega 3 Rich Foods:**

Found in fish, (salmon, tuna), walnuts, flaxseeds, chia seeds  
Protects brain health, reduces cognitive decline, supports muscle mass

### **Phytonutrient-Rich Foods**

Vegetables, whole grains, legumes, turmeric, ginger, garlic, herbal teas known to lower inflammation, & protect the heart

### **Probiotics**

Found in Yogurt, kefir, kimchi, sauerkraut, kombucha  
Supports gut health, immunity, and possibly longevity

### **Legumes**

Beans, lentils and Peas  
Packed with fiber, antioxidants, vitamins and minerals  
Improve digestion, heart health, and metabolism

Leslie Elliott RDN, CDN

Registered Dietitian

Questions? Call 607-737-5520

ofa@chemungcountyny.gov



# NOW

## IS OUR MOMENT.



Now is the moment we've been waiting for. With new treatments emerging in the fight against Alzheimer's and all other dementia, now is the time for hope. Now is the time for action.

Help us keep the momentum going in your community at the Alzheimer's Association Walk to End Alzheimer's<sup>®</sup>, the world's largest fundraiser to fight the disease.

**Elmira, NY  
Eldridge Park**

**Saturday, October 11 @ 9 a.m.**

**[act.alz.org/elmira](http://act.alz.org/elmira)**

**Scan the QR  
Code to register**

**For more information,  
contact Julie DeMersman  
[jademersman@alz.org](mailto:jademersman@alz.org) | 585.705.1012**

**WALK TO END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION<sup>®</sup>

2025 NATIONAL PRESENTING SPONSOR

**Edward Jones<sup>®</sup>**

2025 NATIONAL DIAMOND TEAMS



Edward Jones<sup>®</sup> SIGMA KAPPA

2025 NATIONAL PLATINUM TEAMS



THANK YOU TO OUR LOCAL SPONSORS



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

What precipitants say about this class:

It was a wonderful class!  
Keep up good work and new ideas!

# Powerful Tools FOR Caregivers

Continued effort  
to show us what  
is possible!

**Wednesdays: In person**

**September 17, 24**

**October 1, 8, 15, 22**

10:00am to 11:30am

The Chemung County Department of Aging

425 Pennsylvania Ave. Room 122

Elmira, NY 14904



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 **September 12, 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.

**SAVE THE DATE!**

**Free! RSVP to the Dept. of Aging (607) 737-5520**

# Learn, Explore, Create, Connect

## An Interactive Wellness Event for Older Adults & Caregivers

**Wed. Sept. 17, 1-3pm**

**Location: Community Arts of Elmira  
413 Lake Street, Elmira**



LECC is a wellness open house offering access to essential best-care resources in a supportive environment for all participants. Engage with professionals from the host organizations onsite for the opportunity to learn and ask questions, as well as to interact with Creativity Stations, while making new connections with people facing similar life challenges and searching for help.

**ALZHEIMER'S ASSOCIATION**



**Hosted by The Alzheimer's Association,  
The Dept. of Aging & LTC,  
& Community Arts of Elmira**



This program is supported in part by a grant from the NY State Dept. of Health

# CHEMUNG COUNTY 2024 BY THE NUMBERS



## 11,490

PEOPLE ARE FOOD INSECURE  
Including 1 in 7 individuals and 1 in 5 children



### PARTNERS

- 59 TOTAL PARTNERS
- 2 NEW PARTNERSHIPS



### SCHOOL FOOD CENTERS

- 3 TOTAL CENTERS



### MOBILE FOOD PANTRIES

- 119 total distributions
- 740,000 pounds distributed
- 9,900 senior requests for food

### THROUGH OUR PARTNERS AND PROGRAMS

## 360,000

REQUESTS FOR FOOD

## 83,000

CHILD REQUESTS FOR FOOD

## 2.8M

TOTAL POUNDS DISTRIBUTED

## 2.3M

MEALS DISTRIBUTED

## 510,000

POUNDS OF FRESH PRODUCE

## 150,000

DIAPERS DISTRIBUTED\*

\*Program sunsetting in 2025



FOODBANKST.ORG

### Transportation News

Our office will be closed on  
*Friday July 4th and  
Monday September 1*

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

**Same day requests will not be  
available!**

### Local Farmer's Markets

#### Grove Park Farmers' Market

Mondays June 2 — Oct 27

Mon 3-6pm

4th St & Walnut Ave, Elmira

#### Wisner Park Farmers' Market

June 4—Sept 24

Weds 10am—2pm

200 North Main St, Elmira

#### Parkers Produce Farm Stand

Daily 9am—7pm

468 Cayuta Ave, Waverly

When calling the main line at Chemung County Department of Social Services of 607-737-5302, the message has been updated for HEAP, Medicaid, SNAP & Temporary Assistance programs to include the following information:

- To save time, please visit [www.myBenefits.ny.gov](http://www.myBenefits.ny.gov) where you can create an account to apply for HEAP, SNAP, and Public Assistance. You can also report changes, recertify benefits, and obtain your current budget information. [myBenefits](http://myBenefits)
- We can serve you best when you submit required documents electronically using the NYDocSubmit mobile application. [NYDocSubmit](http://NYDocSubmit) | [OTDA](http://OTDA)
- If you have questions about your EBT card, you can visit [ebtedge.com](http://ebtedge.com) to manage your account, view transactions, current balances, lock or cancel your card, or request a replacement card. [Government Solutions](http://GovernmentSolutions)
- NYDocSubmit and ebtEDGE mobile apps are available for download at the GooglePlay or Apple store.

You can find more information and helpful tips, like how to apply for assistance, by visiting



**Mindy Banfield, MSW**

**Commissioner of Human Services**

Chemung County Department of Social Services and Mental Hygiene

425 Pennsylvania Avenue

PO Box 588

Elmira, NY 14902-0588



# THE CHEMUNG COUNTY DEPARTMENT OF AGING & LTC SENIOR FARMERS' MARKET COUPON PUBLIC DISTRIBUTION EVENTS

**THE NEIGHBORHOOD  
TRANSFORMATION CENTER**  
314 WEST CHURCH STREET, ELMIRA  
MONDAY, JULY 7  
4:00 - 5:00 PM

**FAITH TEMPLE CHURCH**  
765 HARPER STREET, ELMIRA  
TUESDAY, JULY 8  
10:30—11:30AM

**VEGGIE VAN AT MEALS ON WHEELS**  
409 WILLIAM STREET, ELMIRA  
TUESDAY, JULY 8  
2:00-3:00 PM

**WISNER PARK FARMERS' MARKET**  
200 NORTH MAIN ST, ELMIRA  
WEDNESDAY, JULY 9  
10:00 AM-2:00 PM

**NORTH CHEMUNG FOOD PANTRY**  
677 BRESFORT N. CHEMUNG RD, LOWMAN  
THURSDAY, JULY 10  
10:00-11:00 AM

**VAN ETEN TOWN HALL**  
6 GEE STREET, VAN ETEN  
THURSDAY, JULY 10  
2:00 - 4:00 PM

**BIG FLATS COMMUNITY CENTER**  
476 MAPLE ST, BIG FLATS  
WEDNESDAY, JULY 16  
11:30 AM - 12:30 PM

**WISNER PARK FARMERS' MARKET**  
200 NORTH MAIN ST, ELMIRA  
WEDNESDAY JULY 16  
10:00 AM-2:00 PM

**WELLSBURG FIRE DEPARTMENT**  
147 MAIN ST., WELLSBURG  
TUESDAY JULY 22  
10:00 —11:00 AM

**NORTH PRESBYTERIAN CHURCH FOOD PANTRY**  
921 COLLEGE AVE, ELMIRA  
WEDNESDAY JULY 23  
10:00-11:00 AM

**HORSEHEADS FOOD PANTRY**  
2943 WESTINGHOUSE RD. HHSDS  
THURSDAY, JULY 24 FROM  
11:00 AM-12:00 PM

**SENIOR DAY AT  
THE CHEMUNG COUNTY FAIR**  
170 FAIRVIEW RD, HORSEHEADS, NY  
THURSDAY, JULY 31

**ERIN TOWN HALL**  
1138 NY-223, ERIN  
WEDNESDAY, AUGUST 6  
11:00 AM-12:00 PM

**GRACE LEE WESLEYAN FOOD PANTRY**  
2075 CHAMBERS ROAD, BEAVER DAMS  
WEDNESDAY, AUGUST 6  
12:00—1:00 PM

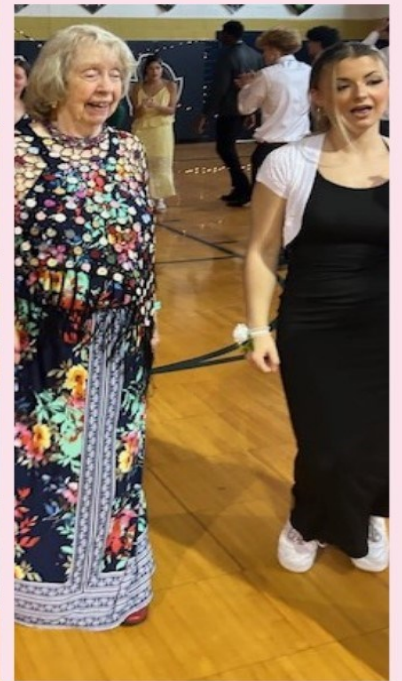




Notre Dame Proudly Presents  
*'A Day To Remember'*  
 HOSTED BY THE CLASS OF 2026  
 IN PARTNERSHIP WITH THE CHEMUNG COUNTY DEPT. OF AGING AND LTC

# SENIOR PROM

*Celebration*



National Grandparents day is Sunday September 7, 2025

"Something magical happens when parents turn into grandparents."



## —Reach Out and Play—

Ageless Innovation's Reach Out and Play initiative, sponsored by AARP, is designed to create meaningful social connections for older adults by bringing people of all ages together through the power of play. From nursing homes and community centers to living rooms and kitchen tables, Reach Out and Play

Board Game Events of all shapes and sizes will be held in September in celebration of Grandparents Day. By hosting our own Intergenerational Reach Out and Play Board Game Events locally, we hope to inspire our community to gather to build new memories and connections, together!

**September 2nd \***

12PM to 2PM

**Appleridge Senior Living**

168 Miller St, Horseheads

RSVP (607) 737-5520 by August 25th

**September 23rd \***

11AM -1PM

**Notre Dame High School**

1400 Maple Ave, Elmira

RSVP (607) 737-5520 by September 15th

\*Light Lunch will be provided at both events!



## ATTENTION VETERANS!!

**Vouchers for Wisner Market** are distributed each week to Veterans or a Veterans surviving spouse. These tickets valued at \$17 can be used to purchase items at participating vendors during Wisner Markets on Wednesdays.

**Wing Night at Elbow Room**, Walnut St, Elmira is held the 1st Monday of the month from 6-7:30.

**The Marine Corps Family Picnic\*** will be held on July 28th from 1-4PM at Eldridge Park. FREE ride wristbands will be provided.

**\*ALL VETERANS WELCOME TO ATTEND PICNIC!**

CHEMUNG COUNTY EXECUTIVE  
CHRIS MOSS INVITES YOU TO



**Dept. of Aging &  
Long Term Care**

# DRIVE-IN BINGO



Bingo from the comfort of your own vehicle!  
Play **FREE** for fun and prizes!

## AUGUST 20th

Chemung County Fairgrounds  
170 Fairway Rd, Horseheads

The event will start at 1pm and concludes at 3pm  
Participants must be 60+ years old  
& Chemung County Residents

**\*\*Registration is required: 607-737-5520**





Chemung County  
Department of Aging and  
Long Term Care Presents



# 2025 Harvest Drive thru Picnic!

## Free Event

---

Residents of Chemung County,  
age 60+ are invited to attend

---



When: October 9th

Time: 12:00 PM - 1:30PM

Where: Chemung County Fairgrounds  
(Fairway Road Entrance - follow the signs)

**RSVP Reservations are required!**

**Call the Department of Aging at 607-737-5520  
by October 1<sup>st</sup> to reserve your lunch!**



---

This event is made possible by: Chemung County  
Administration, Department of Aging and Long  
Term Care- NY Connects, NYSOFA and  
Administration for Community Living

Come join us for **Senior Day** at the fair on Thursday, July 31st. Stop by our table under the grandstand. We will have information available about our many programs and you can pick up your Senior Farmers Market Coupons while you're here. Be sure to ask about the Chemung County Senior Games.



7/29/2025 - 8/2/2025



Summer fun means summer sun. Don't forget the sunscreen and to keep hydrated!



THE ELDRIDGE PARK CAROUSEL PRESERVATION SOCIETY  
and the CHEMUNG VALLEY RAILWAY HISTORICAL SOCIETY PRESENT



**RESCHEDULED - NEW DATE**  
**SATURDAY, JULY 12th 2025**

NOON to 5 PM

**ERIE RAILROAD BOXCAR EXHIBIT**

VENDORS OPERATING MODEL TRAINS  
FOOD TRUCKS HISTORICAL SOCIETIES  
EXHIBITS and MORE!



96 Eldridge Park Road, Elmira, NY, New York



### Save the Date!!

Chemung County Department of Aging and Long-Term Care Announces Our First Ever Intergenerational Senior Games 5K Walk/Run

Saturday, September 13th  
9am start time

Horseheads Holding Point Recreation Center  
190 Wygant Road, Horseheads  
Registration details coming soon!



# 2025 Teal Park Summer Concert Series



<b>June 5</b>	<b>Pat Kane</b>	<b>All Concerts Run From 6:30PM-8:30PM</b>
<b>June 12</b>	<b>White River</b>	
<b>June 19</b>	<b>The Tony Serdula Band</b>	
<b>June 26</b>	<b>Starlight Band</b>	
<b>July 3</b>	<b>Don Streeter</b>	
<b>July 10</b>	<b>Dean Goble Band</b>	
<b>July 17</b>	<b>Coyote Blue</b>	
<b>July 24</b>	<b>Blue Eyed Soul</b>	
<b>July 31</b>	<b>Bob Blanchard</b>	
<b>August 7</b>	<b>The Music Makers Band</b>	
<b>August 14</b>	<b>The Developments</b>	
<b>August 21</b>	<b>The Hecpats</b>	

## 2025 Lafayette Park, Summer Concert Series All concerts are Tuesday from 7:00-9:00 PM

July 1:	The Sweats
July 8:	TBD
July 15:	Ageless Jazz Band
July 22:	Clark Jackson Band
July 29:	Robin Burnett, Scott Muir & Abby Lane
August 5:	Donna & The Mystics
August 12:	Cicccone & Company
August 19:	Notorious String Busters
August 26:	Doc Possum

Lafayette Park is located on the corner of Fourth and Decatur Streets.

# ELDRIDGE PARK

ELMIRA • NY

Thank you to our generous Sponsors  
 HILLIARD FOUNDATION | Stage • GOUGH HOLDING | Dance Hall  
 HALE ROOFING | Creekside Pavilion • CHEMUNG SUPPLY | Lakeside Pavilion

## EVENTS

Every Friday  
 Kid's Karaoke  
 5:00 - 8:00 pm  
 SPONSORED BY: Southern Tier Custom Fabricators

5/24 ..... Train Day

6/7 ..... Elm Chevy Car Show

6/8 ..... Craft Show  
 12:00 - 6:00 pm

6/26 ..... TJ Hill Magic Show  
 SPONSORED BY: Chemung County Youth Bureau

7/5 ..... Party in Park  
 FIREWORKS  
 SPONSORED BY: Seven Mts Media, Chemung Canal Trust, Wegmans

7/19 ..... Elm Chevy Car Show

7/31 ..... Arestors Acrobatics

8/9 ..... Rock the Park

8/16 ..... Mermaids

8/23 ..... Elm Chevy Car Show

8/28 ..... Griffen Escape Show  
 SPONSORED BY: M&T Bank

8/10 - 8/12  
 Harvest Weekend

## SATURDAY CONCERTS 5:00 - 8:00 pm

5/24 ..... Doc Possum

5/31 ..... YETSI

6/7 ..... The Developments

6/14 ..... Heidi Ho's Family Band

6/21 ..... Jean Forsyth

6/28 ..... Diana & The Crew

7/12 ..... Max & The Kats

7/19 ..... The Lost Rebels

7/26 ..... Clark Jackson

8/2 ..... Alexis Bradford

8/23 ..... The Sweats

8/30 ..... Bad Bears



## SUNDAY CONCERTS 2:00 - 5:00 pm

5/25 ..... Jacob Gilpin

6/1 ..... Top Shelf

6/8 ..... Surf Renegades

6/15 ..... Major Bigtime

6/22 ..... Sunshine & Whiskey

6/29 ..... Larry B & Rock Docks

7/13 ..... Irish Day Bagpipes

7/20 ..... Katt & Keef Beats

7/27 ..... Aaron Kelly

8/3 ..... Hot Dogs & Gin

8/10 ..... Ashley Wineland

8/17 ..... JLC Country Music

8/24 ..... Strings N Things

8/31 ..... Heather Olson

## Volunteer Opportunity

Come be a part of the history and fun of Eldridge Park this season as a volunteer. The park presents Free Entertainment and low cost rides all summer long. Volunteers are the lifeblood that keeps the park vibrant and affordable for young families. Volunteers can work the rides, gift shop, boats, mini-golf, landscaping or work one of our special vents. Hours are flexible. Contact our manager Trisha at [director@eldridgepark.org](mailto:director@eldridgepark.org) or 607-732-8440.



# Super Foods Anti-Aging Power Bowl



## Base:

- 1 cup cooked quinoa (fiber + Protein)
- 1 handful baby spinach or kale (phytonutrients + fiber)

## Toppings:

- ½ cup roasted sweet potato (beta-carotene + fiber)
- ¼ cup cooked lentils or chickpeas (fiber + plant protein)
- ½ cup mixed berries (antioxidants + flavonoids)
- ¼ avocado, sliced (healthy fats)
- 2 Tbsp walnuts or chia seeds (omega -3's)
- ¼ cup red cabbage (probiotic boost)
- 3oz grilled salmon or tuna (omega 3s + protein)

## Dressing:

- 1 Tbsp olive oil
- 1 tsp apple cider vinegar or lemon juice
- ½ tsp turmeric powder
- 1 small garlic clove, minced
- pinch of black pepper (helps absorb turmeric)

## Directions:

1. In a bowl, layer the spinach/kale and warm quinoa as the base.
2. Arrange toppings in sections or mix together: roasted sweet potato, lentils/chickpeas, berries, avocado, nuts/seeds and cabbage.
3. Whisk together dressing ingredients and drizzle over the bowl
4. Top with salmon
5. Serve immediately and enjoy a nutrient dense, anti-aging meal!

Nutrition Facts: 485 Calories, 20gm Fat, 234mg sodium, 58grams Carbohydrate, 167 grams Fiber, 21 grams Protein, 330% Vitamin A, 109% Vitamin C, 29% Calcium, 31% 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