

"Autumn...the year's last,
loveliest smile."

William Cullent Bryant



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

Expanded In-Home Services for the Elderly Program (EISEP)

**Is normal housework getting harder to manage?
Prolonged standing to cook or clean up becoming a struggle?
No longer able to drive to the grocery store or the pharmacy?
Nervous about getting in/out of the shower alone?
Not eligible for full coverage Medicaid and NEED help?**

*If any of these concerns sound familiar, call
The Chemung County Department of Aging & Long Term Care and ask about **EISEP** services!*

EISEP can offer a few hours per week of light housekeeping, help with laundry, shopping/errands, meal prep and if needed, assistance with personal care. **EISEP** also provides all active clients with a case manager to help manage these services!

EISEP Eligibility

- ◆ Over age 60
- ◆ Not eligible for full coverage Medicaid
- ◆ Need help with 2 **IADLs**** and/or help with **ADLs***
- ◆ Sliding fee scale based on monthly NET income.

###

-ADLs = Activities of Daily Living Assist with Personal Care/Hands-on Care

Interested?

Call the Chemung County Department of Aging at 607-737-5520 and ask to speak to one of our NY Connects Intake workers about EISEP today!



The Senior Vision

Chemung County Department of Aging and Long Term Care

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

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

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



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A Note from the Director—

As we move into the fall season, I hope you are taking time to enjoy all that this beautiful time of year has to offer. Whether it's the crisp air, the changing colors, or the many community events happening across Chemung County. Autumn always reminds us of transition, and here at the Department of Aging and Long Term Care, it is also a time of preparation and planning.

We have had an exciting late summer filled with opportunities to connect. Our Day of Play events at Appleridge and Notre Dame High School were both well attended and truly highlighted the power of intergenerational connections. It was wonderful to see people of all ages coming together to share a meal, play some games, enjoy conversations, and have a day of fun.

We also had a fantastic turnout for our annual Drive-In BINGO, with 173 attendees this year! These events continue to grow in popularity, and they wouldn't be possible without the incredible volunteers who dedicate their time year after year. A big thank you to AARP for providing cake to celebrate the 90th anniversary of Social Security, and to Chemung County 4-H for serving ice cream to all of our attendees! Your contributions made the day extra special. Each year, these gatherings just get better and better!

Looking ahead, we hope you will join us at some of our upcoming fall events. On October 11th, the Walk to End Alzheimer's will take place at Eldridge Park, an inspiring event that unites our community in support of those impacted by Alzheimer's disease. On October 15th, we will hold our Annual Public Hearing, an important opportunity for us to hear directly from you about how we can continue to improve and shape our services for older adults and caregivers as we update our annual plan. Your voice matters, and your input helps guide our work!

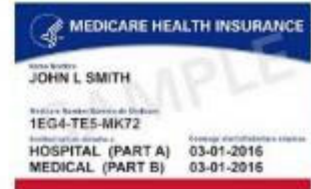
And something really exciting is coming.... mark your calendars for Saturday, October 18th at 9:00AM when we host the 1st Chemung County Senior Games Intergenerational 5K Run/Walk event at the Horseheads Sports Complex! Whether you run, walk, or attend to cheer on participants, it promises to be a fun and energetic way to celebrate healthy living at every age. This event is for those 18 and up! Information and registration details can be found in this newsletter. Please spread the word and join us for this exciting new addition to the Senior Games.

Thank you to everyone who has joined, supported, and volunteered with us over these past months. Together, we are building stronger connections, healthier communities, and lasting memories. We look forward to seeing you this fall!
- Beth Stranges

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



MEDICARE OPEN ENROLLMENT IS HERE!

OCTOBER 15TH THROUGH DECEMBER 7TH

THE HIICAP PROGRAM CAN HELP YOU!

- Open enrollment is the time of year when all Medicare beneficiaries can review and make changes to their coverage.
- Be aware of increased marketing.
- Check your prescriptions and provider network before making a change.
- Be aware of scammers! Guard your information. If in doubt, don't give it out!
- The Department of Aging has limited appointments and community programs available to assist you with your plan review, call early for an appointment.

CONSIDER ATTENDING ONE OF OUR MEDICARE 101 CLASSES IF YOU ARE NEW TO MEDICARE 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.

Chemung County Department of Aging & Long Term Care



1st CHEMUNG COUNTY SENIOR GAMES

INTERGENERATIONAL 5K RUN/WALK

SATURDAY, OCTOBER 18 9:00 AM

HOLDING POINT RECREATIONAL COMPLEX, HORSEHEADS, NY

AWARDS & GIFT CERTIFICATES

FOR BEST MALE & FEMALE COSTUMES!

AGE 18+ Link to Register:

[https://runsignup.com/Race/NY/
Horseheads/ChemungCountySenior
Gamesintergenerational5k](https://runsignup.com/Race/NY/Horseheads/ChemungCountySeniorGamesintergenerational5k)



HEALTH & WELLNESS TIPS

October / November / December 2025

Greens for the Win



Green leafy vegetables, rich in nitrates and potassium, can enhance artery function within minutes of consumption. In the body, these greens are converted into nitric oxide, which relaxes and widens blood vessels, improving oxygen delivery and increasing blood flow. This effect is especially helpful for individuals with high blood pressure or peripheral artery disease. Remarkably, improvements in artery function can be observed in as little as three hours after eating these nitrate-rich superfoods.

Nitrate-Rich Foods



Arugula

Basil

Cilantro

Beet Greens

Butter leaf Lettuce

Beets

Swiss Chard

Broccoli

Rhubarb



Leslie Elliott RDN, CDN

Registered Dietitian

Questions? Call 607-737-5520

ofa@chemungcountyny.gov



2025 Susan M. Cotton Southern Tier Caregiver Conference

CAREGIVER'S JOURNEY

Supporting Alzheimer's and Dementia Care



Thursday, November 6

9 AM - 4 PM

**Horseheads Elks Lodge
6 Prospect Hill Road, Horseheads**



Navigating the journey of caregiving can often leave individuals feeling uncertain about where to seek assistance. This *complimentary* conference provides a valuable platform for caregivers to:

- *Listen to expert speakers*
- *Engage with local resources*
- *Connect with regional agencies and vendors*

Additionally, attendees can gain valuable insights by sharing experiences with fellow care providers, reinforcing the notion that no one has to face this challenge alone.

Raffle Baskets & Giveaways!

**** Breakfast and Lunch will be served. ****

RESPIRE IS AVAILABLE UPON REQUEST.



 **ALZHEIMER'S[®]
ASSOCIATION**

**Rochester & Finger Lakes
Region Chapter**

**CALL
800.272.3900
OR
SCAN.....→
TO REGISTER**

Space is limited!
Sign-up early to secure your spot.





2025 Public Hearing

What is a Public Hearing?

Each year Chemung County Department of Aging and Long Term Care holds a Public Hearing. The primary purpose of the public hearing is to obtain public testimony and/or comment before significant decisions are made for the development of the Annual Plan for services and programs. It also provides an opportunity for Community education on topics that most impact our aging community.

What does the Department of Aging and Long Term Care do with all the comments provided?

Public testimonials and comments gathered throughout the Public Hearing period will be taken into consideration when the Annual Plan for programs and services is being developed. In previous years, public comments and testimonials were used to advocate for additional funding for in-home services.

October 15, 2025

1:30 PM

Horseheads United Methodist Church

1034 W. Broad St., Horseheads, NY

This Public Hearing regards the Chemung County Area Plan on Aging funded under various titles of the Older Americans Act of 1965, and the New York State Elder Law.

This is an opportunity for community members to influence the programs and services that are necessary to support older adults in order to live independently in their community.

At this Public Hearing, Attorney John Maloney will provide a presentation on Elder Law & the importance of Estate Planning.

Chemung County Office of Fire & Emergency Management Director, Matthew Stevens, will also provide important Emergency Preparedness Information as it relates to older adults in our community.

There will be an opportunity for Questions and Answers at the end of the presentations.

RSVP: Please call (607) 737-5520 by Oct. 10th to register!

Light refreshments will be served!



clothes
toiletries
small gifts
haircuts
snacks
shoes
books
phone

Just **\$50/MONTH**
to pay for it **ALL**?

#RaiseThePNA

For nursing home residents
on Medicaid.

Sign the petition at

<https://forms.office.com/g/urMXCZJy42>



Office of the State
Long Term Care
Ombudsman

For more information email
klyon@tompkins-co.org

The Ombudsman Program is an effective advocate and resource for older adults and people with disabilities who live in nursing homes, assisted living, and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.

Ombudsmen:

- **Advocate** on behalf of residents to assure rights are not violated, identifying, investigating and working towards resolution of resident complaints.
- **Mediate** among residents, family members, and staff towards achieving mutually beneficial solutions to the issues they are experiencing in long term care facilities.
- **Educate** residents, families, facility staff, and community about issues in long term care and specific issues they are experiencing in facilities.

Refer complaints to the [New York State Department of Health](#) or other appropriate agencies when resolution through the Ombudsman program is not achievable.

The Elmirans is a volunteer musical group that plays at four different senior living residences each month, from September to June. We welcome any volunteers with any musical experience or ability. If you haven't touched your instrument in years or you're just learning how to play an instrument (that's good for your brain, you know), you are welcome. We usually practice on the first and second Tuesdays of the month at 1:00 pm at the Community Wesleyan Church on Grand Central in Horseheads. Come join us for fun (we laugh a lot) and a great opportunity to provide happiness and entertainment to some of our underserved seniors.

Fast Facts

97% of homes in the City of Elmira were built before 1978

Children in Chemung County are **3x** more likely to get lead poisoning compared to NYS as a whole

Lead exposure can have many **negative health effects** such as: brain damage, lower IQ, slowed development & aggression

The best way to **protect your family** is to have your home tested for lead

Eligibility

Participants must:

Live in the City of Elmira, within 14901 or 14904

Have a child 6 years old or younger who spends significant time in the home

Rent or own the property

To request a free lead inspection, scan here



Caring for the Caregiver



Tuesday, November 18, 2025

9am - 10am ✦ **Zoom**

Wellbeing coach and mindfulness facilitator Kim Perone shares tools and perspectives needed to ensure vitality, sustainability, productivity, and meaning for those who do so much for so many.

This session is about **YOU!** Self-care is not selfish, but rather essential. You will leave with tools and thought-provoking questions to maintain your own wellbeing.

This session is for individuals who are professional caregivers and/or care for their family/friends.

<https://us02web.zoom.us/meeting/register/O4RGB3IWQma-i9l9dNL0rA>



Questions? Contact Kelly Owens at kowens@hmahec.org

What you should know about sepsis



Key Points

- **Anyone can get an infection, and almost any infection can lead to sepsis.** Some people are at higher risk for sepsis, including people with recent severe illness, surgery, or hospital care.
- **Between 10-15% of adult sepsis cases start in the hospital each year.**

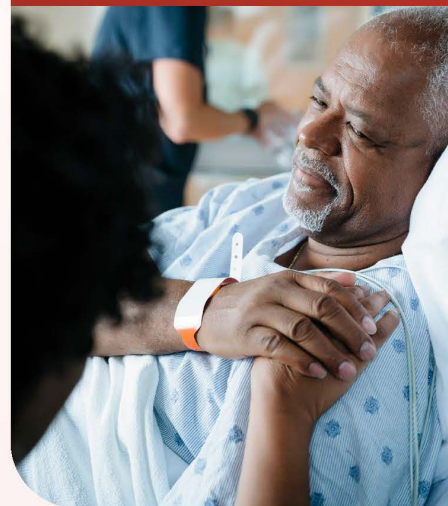
If you are having surgery

Before your surgery

- **Avoid shaving** near where you will have surgery. Shaving with a razor can irritate your skin and make it easier to develop an infection. If someone tries to shave you before surgery, ask why this is necessary.
- **Discuss any chronic conditions** you may have, such as diabetes, lung disease, cancer, and kidney disease, with a healthcare professional. These issues can affect your surgery and your treatment.
- **Follow your doctor's instructions** for cleaning your skin before your surgery. For example, if your doctor recommends using a special soap before surgery, make sure you do so.
- **Get recommended vaccines.** Vaccines can prevent or reduce the seriousness of some infections that can lead to sepsis.
- **Quit smoking.** Patients who smoke are a higher risk for infections.



Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency.



**GET AHEAD
OF SEPSIS**

**KNOW THE RISKS.
SPOT THE SIGNS.
ACT FAST.**

October is Domestic Violence Awareness Month

Domestic Violence Awareness Month is an opportunity to Start the Conversation about this important issue in all aspects of your life and show those impacted by domestic violence that they are not alone.

This month-long campaign unites advocates and communities to raise awareness, support survivors, and take action to end domestic violence through various events and online initiatives, often featuring the color purple as a symbol of the cause.

October 19 is #PurpleThursday in recognition of survivors! Wear purple, hang purple lights, and make sure to tell others why purple is so important on this day!



Safe Driver Course at the
Steele Memorial Library
November 24 & 25
1:30 to 4:30 pm
Must attend both days
Call 607-732-2576 for more I
information and to register



TRANSPORTATION NEWS

Please note, our office will be closed in observance of the holiday on:
If you have medical appointments, please plan ahead for any taxi service you may need.
Same day requests will not be available!

Monday, October 13
Tuesday, November 11
Thursday, November 27
Friday, November 28
Wednesday, December 24 *at noon*
Thursday, December 25
Wednesday, December 31 *at noon*
Thursday, January 1

Did you know?

October 1, 1908 - [Henry Ford](#)'s Model T, a "universal car" designed for the masses, went on sale for the first time.

November 1, 1848 - The first medical school for women opened in Boston.

December 1, 1990 - England was connected to mainland Europe for the first time since the Ice Age as engineers digging a railway tunnel under the English Channel broke through the last rock layer.

Information provided by [The History Place](#)



AMAZING ANIMALS

11/29/25 11am-12pm

Join us for a free animal presentation given by one of our talented educators. This program covers a wide variety of animal ambassadors from our insects to our birds of prey! Come learn about how these animals survive in nature and how we care for them here at Tanglewood. Guests will have an opportunity to interact with our animal ambassadors.

Free program but donations are appreciated.

Apple Arugula Salad



Ingredients:

- 4 cups fresh arugula, washed and dried
- 2 large apples, thinly sliced
- ½ cup roasted walnuts
- ½ cup feta cheese
- ¼ red onion, thinly sliced
- 2 Tbsp apple cider vinegar
- 3 Tbsp olive oil
- 1 Tbsp honey
- Freshly ground pepper to taste

Nutrition Facts: 250 Calories, 21gm Fat, 181mg sodium, 24grams Carbohydrate, 4 grams Fiber, 5 grams Protein, 26% Vitamin A, 12% Vitamin C, 15% Calcium, 6% Iron

Directions:

1. In a bowl, combine the arugula, apple slices, walnuts, feta cheese, and red onion
2. In a small bowl, whisk together the olive oil, apple cider vinegar and the honey until well combined. Season with fresh ground pepper to taste
3. Drizzle over the bowl of salad ingredients.
4. Serve immediately as a side dish or add your favorite protein source to make it a meal. Try Salmon, Shrimp or chicken

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:
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PO Box 588
Elmira, NY 14902-0588
Make checks payable to CCDALTC