

You are never too old to set another goal or to dream a new dream —  
C. S. Lewis



**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

## AARP Tax - Aide Program

**Free Income Tax Preparation and Counseling for NY State residence  
Federal and State income tax preparation**



Location: Bethany Lutheran Church 256 South Walnut Street Elmira, NY 14904  
**APPOINTMENTS REQUIRED! \*\*\*NO WALK-IN'S\*\*\***

For appointments or more info - Call: 607-735-2424

They will have volunteers answering the phones Monday through Thursday  
from 11:00 am - 4:00 pm starting **January 5, 2026.**

The AARP Tax Aide services may be closed any day schools are closed due to inclement weather.  
**Closings will be posted on the AARP website, and phone system, or check your local news media.**

AARP Tax-Aide provides free E-File tax preparation service to those with low/moderate income of  
**ALL AGES** with special emphasis to those 60 and over.

# The Senior Vision

## Chemung County Department of Aging and Long Term Care

Volume 7 No 1

Winter 2026



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

607-737-5520  
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### New from the Director...

As we begin a new year and winter settles over Chemung County, I hope this season brings you comfort, connection, and good health. Winter can be beautiful, but it also brings challenges, so a little preparation goes a long way toward staying safe and well.

Staying active is especially important during the colder months. When conditions are safe, a short walk outdoors can boost your mood and mobility. Indoors, simple activities like stretching, chair exercises, or walking in place can make a big difference. Many local senior centers offer classes for all abilities, both in person and online.

If you're looking for ways to stay engaged from home, explore **GetSetUp**, a free online platform from NYSOFA offering live and recorded classes designed specifically for older adults. You can join fitness sessions, learn technology skills, try new hobbies, or connect with others right from your living room, find more here: <https://www.getsetup.io/partner/nystate>.

Please also keep winter safety in mind. Wear shoes with good traction, keep walkways clear of snow and ice, and use handrails when available. Prepare a small emergency kit with flashlights, batteries, medications, and a phone charger in case of winter storms or power outages. Make sure your heating system is functioning well, and if heating costs are a concern, our office can help you apply for HEAP assistance.

Social connections matter more than ever this time of year. We are pleased to partner with Faith In Action to offer a friendly visitor program which provides opportunity for companionship and check-ins for older adults. They also have many volunteer opportunities for Chemung County residents who may want to give back by providing friendly visits, help with errands, or other support for their neighbors.

If you or someone you know needs assistance with meals, legal assistance, transportation, caregiver resources or supports, or help navigating aging services, the Chemung County Department of Aging and Long Term Care is here for you.

Wishing you and your family a safe, warm, and connected winter season.

Beth Stranges, Director





Health Insurance  
Information, Counseling  
and Assistance Program



## 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.
- Assist with outreach through out Chemung County.
- Stimulate your mind and feel rewarded by the service you can provide to your community!

**FOR MORE INFORMATION PLEASE CONTACT  
THE DEPARTMENT OF AGING 607-737-5520**

**TURNING 65? CONFUSED ABOUT MEDICARE?  
CONSIDER ATTENDING ONE OF OUR MEDICARE  
101 CLASSES BE AN EDUCATED CONSUMER,  
LEARN THE FACTS!**

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.

### Scams Targeting Older Adults and How to Stay Ahead of Them

Each year, scams grow more sophisticated, and older adults are frequently targeted, especially during high-activity times like Medicare Open Enrollment, tax season, or holidays. Staying informed is the best defense. Understanding the red flags and knowing where to report suspicious activity can help protect you, your loved ones, and our community. With Valentine's Day coming soon, be on the look out for Romance Scams and know how to identify them!



## Romance Scams

- The person claims to be overseas for work or humanitarian reasons (military, relief work, oil rig, business).
- The person says they live in the United States, but far away.
- The person wants to meet but can't afford to travel.
- The person asks for money due to an "emergency," promises to repay.
- The person plans to visit, but always cancels.

### How to Protect Yourself from SCAMS

- ♦ **Guard your personal information.** Never give out your Medicare number, Social Security number, or bank information unless you initiated the call and know the organization.
- ♦ **Slow down don't react to pressure.** Scammers use urgency. Take your time. Hang up and call a trusted number if unsure. Talk with your family or trusted friend about the situation.
- ♦ **Confirm before you act.** If someone claims to be from Medicare, Social Security, a bank, or even a family member, verify with the official phone number, not one they provide. Do not call back the number that appears on your caller ID, scammers can spoof those numbers too!
- ♦ **Use call-blocking tools.** Your phone provider can help block known scam numbers. Devices and apps can screen calls as well.
- ♦ **Stay informed.** Fraud tactics change quickly. Check local alerts from the Chemung County Sheriff's Office, NYS Attorney General, and the Federal Trade Commission (FTC).
- ♦ **Remember if it sounds too good to be true, it probably is!**

# HEALTH & WELLNESS TIPS

January/ February/ March 2026

## Flavonoid Power: Unlocking Nature's Health Secrets

Flavonoids are like the party planners of the plant world, giving fruits, veggies, tea, and purple grapes their vibrant hues—and they're a health jackpot, too!

### Where to Find Flavonoids

- **Fruits:** apples, berries, oranges, grapes (nature's candy aisle)
- **Vegetables:** onions, kale, spinach, broccoli (the veggie dream team)
- **Drinks:** green and black tea, purple grape juice, cocoa (sip with a smile)
- **Legumes:** soybeans (the bean scene)

### Why Flavonoids Are Your Health BFFs

- They play superhero with antioxidants, fighting off damage.
- They keep your heart in tip-top shape.
- They help lower inflammation.
- They might just outsmart some cancers.
- They're brain boosters as you age gracefully.

### How to Get More Flavonoids

Pile your plate high with colorful produce, sip some tea, and indulge in a bit of dark chocolate or purple grape juice for good measure!

### Conclusion

Flavonoids are like health's best friend—make them a daily guest at your meal table!

Leslie Elliott RDN, CDN  
Registered Dietitian  
Questions? Call 607-737-5520  
ofa@chemungcountyny.gov





## Homecare Services, Is it time?

To find home care services, first determine the specific needs, such as help with daily activities or skilled medical care. Next, explore local and national resources like the Area Agency on Aging, which can provide referrals and information on programs like [Meals on Wheels](#). You can also search online through platforms like [Care.com](#) or contact local agencies directly, such as [Ultimate Care NY](#) for services in Elmira, to find a provider that fits your budget and requirements.

### 1. Determine your needs

- Identify the type of care required, which can range from help with daily living activities like meal preparation and housekeeping to skilled nursing care, therapy, or specialized services like dementia care.
- Consider the level of support needed, such as hourly, daily, or 24/7 care, and if live-in options are available.
- Determine if you need assistance with other services like transportation, money management, or home maintenance.

### 2. Explore local and national resources

- **Local Area Agency on Aging:** Contact your local agency for referrals to home care, transportation, meal delivery, and other community-based support services. For Elmira, this is the best place to start for local options.
- **National Resources:** Use online tools like the Eldercare Locator or [Medicare's online directory](#) to find Medicare-certified agencies and local resources.
- **Nonprofits:** Look into local and national nonprofit organizations that may offer financial assistance, necessities, or at-home support for seniors.

### 3. Search for providers and agencies



- **Online platforms:** Use websites like Care.com or [Caregivers.com](#) to find and filter home care providers by distance, hourly rate, and specialization.
- **Direct contact:** Research and contact specific home care agencies in your area, such as Ultimate Care NY or [Home Instead](#).
- **Check agency credentials:** For agencies, ensure they are licensed by the state and handle human resources matters like background checks, taxes, and insurance.

### 4. Consider the cost and funding

- Many in-home care services must be paid for out-of-pocket, but this depends on the specific service and provider.
- Eligibility for government programs like [Medicaid](#) may help cover limited in-home care services for those who qualify.
- For individuals aged 60 or older, the local department on aging may offer eligibility for other government programs like transportation and meal services.

# SURVEY

## Community Needs Assessment Survey

The Chemung County Department of Aging and Long Term Care Community Needs Assessment Survey aims to assess various aspects of age-friendliness within our community, including transportation accessibility, housing options, social engagement opportunities, healthcare services, community safety, accessibility of public spaces, information and communication access, employment opportunities for older adults, interactions with local businesses, and suggestions for improvement.

Your participation in this survey will help us better understand the specific needs, challenges, and priorities of older adults in our community. By sharing your thoughts and experiences, you will contribute to the development of age-friendly initiatives that enhance quality of life, promote social inclusion, and support active aging for all residents. We encourage all Chemung county residents to take a few minutes and complete this online survey. If you would like a hard copy, please call or stop into the Dept of Aging and Long Term Care and our staff will be able to assist you.

You may access the survey here through 2/28/26 <https://forms.chemungcountyny.gov/>



## Office of the State Long Term Care Ombudsman

### The Role of an Ombudsman

The Long-Term Care Ombudsman Program (LTCOP) is a federal program mandated by the Older Americans Act and implemented in New York State through the Office for the Aging. This program provides a vital, independent link to ensure residents in care facilities are treated with dignity and respect.

#### Responsibilities and Authorities of a Long-Term Care Ombudsman under the Older Americans Act

- ◆ Investigate & Resolve Complaints
- ◆ Educate consumers/providers on residents' rights
- ◆ Advocate for quality care in LTC facilities
- ◆ Promote development of resident/family councils
- ◆ Access to all LTC facilities without interference
- ◆ Access to residents and medical records with consent

#### Contact Information for Chemung County Ombudsman Program

For Chemung County, the Long-Term Care Ombudsman Program is administered through the Tompkins County Office for the Aging, which serves Chemung, Schuyler, and Tompkins counties.

**Email:** Contact the program coordinator at [klyon@tompkins-co.org](mailto:klyon@tompkins-co.org).

**Phone:** Call the local office at (607) 274-5498.

**NYS Program Toll-Free Hotline:** You can also call 1-855-582-6769 to reach an ombudsman anywhere in NYS.

This program provides a vital, independent link to ensure residents in care facilities are treated with dignity and respect.

2026 Social Security Award letters will be arriving soon.

Keep them in a safe place!!

They will be needed for HEAP, SNAP and any other applications that require income documentation.

### Fun Fact

In January 1905, the world's largest diamond, later known as the Cullinan Diamond, was discovered.



Department of State  
Office for New Americans

## KNOW YOUR RESOURCES

# KNOW YOUR RIGHTS



Resources are available to everyone, including immigrants:

[dos.ny.gov/know-your-rights](https://dos.ny.gov/know-your-rights)



**New Americans Hotline:**



**1-800-566-7636**

Monday – Friday, 9 AM – 8 PM EST  
MULTI-LINGUAL AND ANONYMOUS



To share information regarding federal government action in New York State:

[ag.ny.gov/federal-actions-form](https://ag.ny.gov/federal-actions-form)



11/25

## Cold Impacts: Vulnerable Populations



**NEWBORNS**



**ELDERLY**



**CHRONIC ILLNESS**



**OUTDOOR WORKERS**



**UNHOUSED**

Everyone is at risk from the dangers of extreme cold, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



Dress in loose layers and cover all exposed skin



Consume hot foods and warm drinks, but avoid caffeine and alcohol



Limit or avoid time outdoors



Check on family, friends and neighbors

weather.gov



" WE LOVE, WE WAR, WE WIN"

# MAN2MAN

## FORUM

IRON SHARPENS IRON  
SO ONE MAN SHARPENS ANOTHER  
- Proverbs 27:17

### MAN2MAN FORUM PRESENTS

#### SUICIDE PREVENTION AND AWARENESS



**PRESENTED BY: DAN MANDELL**

**THURSDAY – JANUARY 15<sup>TH</sup>, 2026**

**6:00PM UNTIL 8:00PM**

**FOOD PROVIDED: WINGS**

**LOCATION: ILL EAGLE TAPHOUSE**

**200 E. CHURCH STREET – 2<sup>ND</sup> Floor**

**OR JOIN US VIA ZOOM**

**MEETING ID: 954 316 9846**

**PASSCODE: 63AVSJ**

Town of Southport Parks & Recreation  
Phone: (607) 732-4265

**Art Club**  
Wednesdays @ The Senior Center  
8 a.m. to 12 a.m.

**Bone Builders Classes**  
Thursdays @ The Senior Center  
12:30 p.m.

**Chair Caning**  
Mondays @ The Senior Center  
9 a.m. to 11 a.m.

**Card Players Club**  
Tuesdays & Fridays 9:00 a.m.

**Book Mobile** at Chapel Park  
Every other Tuesday beginning  
September 3rd from 3 PM to 4:30 PM

**Community Garden** at Chapel Park  
Call 607-732-4265 if interested,  
plats are 4' X 12' or 3' X 3'.

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."— Edith Sitwell

**TRAVEL**  
The postal system introduced airmail stamps in January 1918, changing long-distance communication forever.



Did you know??

The **first** modern commercial airplane flight took place in January 1914, lasting just 23 minutes.

## Did You Know?



You have access to  
Free, private PEER SUPPORT!

Calls are 100% confidential.

Activate your free account here:  
**[www.kindlyhuman.io/agingny](http://www.kindlyhuman.io/agingny)**



Office for the Aging



# Just for Fun

## Word Search

### ELVIS MOVIES

Elvis Presley, The King of Rock and Roll  
was born on January 8th, 1935



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

Love Me Tender

Loving You

Jailhouse Rock

King Creole

This Is Elvis

Blue Hawaii

Kid Galahad

Kissin Cousins

Roustabout

Girl Happy

Tickle Me

Harum Scarum

Spinout

Double Trouble

Clambake

Speedway

Charro

Change Of Habit

Flaming Star

Stay Away Joe

### The Birth of Television (January 1926)

In January 1926, John Logie Baird revealed the first working television system. Its small, flickering image was simple, but it sparked a technology that would soon connect people, share stories, and bring families together - proof that great innovations often

## Transportation News

Please note our office will be **CLOSED** in observation of the holidays on:

Thursday, January 1  
Monday, January 19

Friday, February 13  
Monday, February 16

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

**January** is National Hobby Month, what is your hobby?

**February** is National Cancer Prevention Month, have you made your screening appointments?

**March** is National Nutrition Month, you can visit <https://snapedny.org/> for healthy recipes and tips.

## Tangle Wood Nature Center Presents

Tracks and Trails

February 11, 2026

11am-12pm

A family-friendly program perfect for nature enthusiasts of all ages! Meet some of Tanglewood's animal ambassadors and learn about the tracks they, and many of their wild relatives, leave behind.

Weather permitting, we'll head outdoors for a short walk around the ponds to search for real tracks and signs of local wildlife.

Member Family: \$7 | Non-Member Family: \$10. *RSVPs are appreciated to help us plan for this hands-on program!*



<https://tanglewoodnaturecenter.com>  
607-732-6060



Visit the Discover Chemung website for more fun things to do in Chemung County

[Mark Twain Country - Proud To Be Where Twain Remains](#)

Click on things to do and discover your next homegrown adventure.

Looking for a new place to eat? Click on Food & Drink for local eateries.

Information courtesy of [www.discoverchemung.com](http://www.discoverchemung.com)

## Beat the winter blues, visit a local museum

Arnot Art Museum  
235 Lake Street  
Elmira, NY 14901-3191  
607-734-3697

Chemung County Historical Society  
415 E. Water Street  
Elmira, NY 14901  
607-734-4167

The National Soaring Museum  
51 Soaring Hill Dr.  
Elmira, NY 14903  
607-734-3128



# Blueberry & Spinach Smoothie



## Ingredients:

- 1 cup non fat milk ( my favorite is soy)
- 6oz Non fat plain greek yogurt
- 1 Tbsp Honey or Maple syrup or 2 pitted dates
- 1 cup spinach
- 1 cup frozen blueberries

## Directions:

Place all ingredients in a blender and blend until smooth

Nutrition Facts: 341 Calories, 2.4gm Fat, 217mg sodium, 56grams Carbohydrate, 5 grams Fiber, 28 grams Protein, 68% Vitamin A, 25% Vitamin C, 55% Calcium, 8% 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