

"Here comes the sun, and I  
say it's all right!" - The  
Beatles



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

## 35<sup>th</sup> Annual Chemung County Senior Games May 16- June 18, 2026

For 35 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, bocce and disc golf. 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 18th at the Harris Hill Youth Camp. 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. Professional Golfer Joey Sindelar will be our special guest athlete in attendance to celebrate this monumental event with us, he will share all things golf and answer any questions you may have on that sport or his career!

A complete schedule of events and registration form is available at [www.chemungcountyny.gov](http://www.chemungcountyny.gov) or can be picked up at Chemung County Department of Aging and Long Term Care. The deadline for registration is Friday, May 8, 2026. Please call Carol Morton at 737-5520 or email [cmorton@chemungcountyny.gov](mailto: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 7 No. 2

Spring 2026



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

607-737-5520

FAX : 607-737-5521

[www.chemungcountyny.gov](http://www.chemungcountyny.gov)

Email:

[ofa@chemungcountyny.gov](mailto:ofa@chemungcountyny.gov)



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## Note from the Director.....

As we welcome the fresh energy of spring, we remember how important volunteering is for our community. Whether you help a lot or just a little, you create strong connections and keep important programs going. This year, for Older Americans Month, we focus on the theme "Champion Your Health," which encourages us to take care of ourselves and others. We invite you to join us for our annual Older Americans Month Celebration on May 1st at New Beginnings United Methodist Church, where we will celebrate the many contributions made by members of our community. You can find more details on this event on page 7.

Staying healthy as we get older helps us stay independent and enjoy life. The "Champion Your Health" theme highlights the need for prevention, making smart choices, and doing activities that keep us physically and mentally healthy. We encourage you to stay socially connected, find ways to be active, and take daily steps towards a healthier life.

We're excited to host the 35th Annual Chemung County Senior Games from May 16 to June 18. This event has activities for adults 50 and older, and everyone is welcome, no matter their skill level. Also, on May 21, we're teaming up with Notre Dame High School again for our second annual Senior Prom—a fun event where you can dance and enjoy time with our Chemung County youth.

Looking ahead to the Fall, our Intergenerational 5K Walk/Run will bring together people of all ages to promote active, healthy lives. We encourage everyone to join in, stay active, and enjoy these chances to connect, move, and thrive together.

Wishing each of you the very best during this season!

**Beth Stranges**



## Health Insurance Information, Counseling and Assistance Program



### ARE YOU STRUGGLING TO PAY MEDICARE AND PRESCRIPTION DRUG COSTS?

- The Medicare Savings Program (MSP) helps income eligible Medicare Beneficiaries pay their part B premium and 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 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.

### MAY IS WOMAN'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 as well as Alcohol misuse screenings and counseling.

**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 HIIICAP 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 INVOLVED, GET SAFE

## Financial Fraud & Scams



### Government Impersonation

Scammers pose as government employees and threaten to arrest or prosecute you unless you agree to pay them.

Tip



**The federal government will never call you on the phone and ask for personal information or threaten you**



### Romance Scams

Scammers pose as interested romantic partners and convince you to give them money or offer to send you money in order to steal your personal information.

Tip



**Do not send or receive money in any form (like gift cards or wire transfers) from anyone you have met online, no matter how sad or convincing their story**

**One of the best ways to avoid financial fraud is to know the scams. Learn about types of financial scams at [consumer.ftc.gov/scam-alerts](https://consumer.ftc.gov/scam-alerts) or [elderjustice.gov/senior-scam-alert](https://elderjustice.gov/senior-scam-alert)**



### GET HELP

Call the Elder Fraud Hotline at **833-372-8311**

*Monday-Friday, 10:00 a.m.-6:00 p.m. eastern time*

English/Español/Other languages available

This free resource is staffed by experienced case managers who provide support but do not investigate cases.



Visit the Elder Justice Website  
[elderjustice.gov](https://elderjustice.gov)

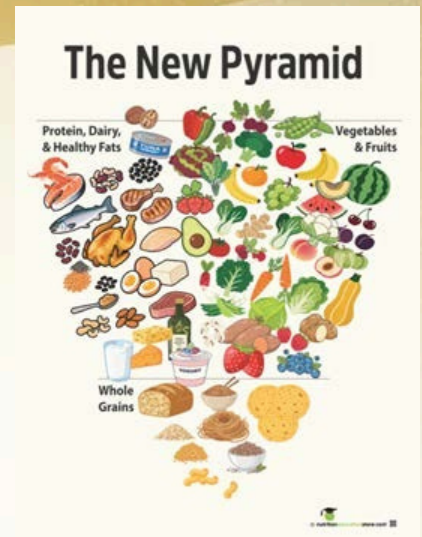
DEPARTMENT OF JUSTICE  
**Elder Justice**  
INITIATIVE



# HEALTH & WELLNESS TIPS

April / May / June 2026

There's no question that many Americans would benefit from cutting back on ultra-processed foods like sugary drinks, packaged snacks, and fast food. At the same time, adding more saturated animal fats isn't the solution for improving heart health or managing weight. A balanced approach that emphasizes whole foods, healthy fats, and moderation is a safer and more effective path—especially as we age.



## Vegetables, Fruits, Whole Grains, Beans & Legumes (Eat Most Often)

Fill ½ your plate with vegetables and fruits

Choose whole grains (oats, brown rice, quinoa, whole-wheat bread)

Include beans, lentils, and peas regularly

**High in fiber, vitamins, minerals, and protective plant compounds**

## (Daily Protein & Healthy Fats)

Lean Proteins & Plant-Based Fats

Fish, eggs, poultry, tofu, tempeh

Beans and lentils

Nuts and seeds

Healthy oils (olive, canola, avocado)

These support **muscle, heart health, and satiety.**

## Dairy & Lean Animal Proteins (Choose Wisely)

Low-fat milk, yogurt, cheese

Lean cuts of meat

Seafood

Enjoy regularly but keep portions reasonable.

## Red Meat, Processed Foods & Added Sugars (Limit)

Processed meats

Ultra-processed snacks and packaged foods

Sugary drinks and desserts

Excess alcohol

These are associated with **higher risks of chronic disease.**

references: [foodandhealth.com](http://foodandhealth.com)

Leslie Elliott RDN, CDN  
Registered Dietitian  
Questions? Call 607-737-5520  
[ofa@chemungcountyny.gov](mailto:ofa@chemungcountyny.gov)



# CARE PARTNER CORNER

## RESOURCES & SUPPORT GROUPS

### ALZHEIMER'S ASSOCIATION

<https://www.alz.org/rochesterny/support/in-person-support-groups>

### IN PERSON SUPPORT GROUPS

Group Size is limited; Registration is required. Please call 800-272-3900 for more information or to register.

#### **Elmira:**

Steele Memorial Library, 101 E. Church Street, Elmira, NY

4<sup>th</sup> Saturday of each month from 12:30-1:30PM

#### **Horseheads:**

First Presbyterian Church, 2943 Westinghouse Road, Horseheads, NY

3<sup>rd</sup> Wednesday of each month from 11:00-12:00PM

#### **Elmira Black/African American Caregiver Support Group**

Economic Opportunity Program

630 Baldwin St., Elmira, NY 14901

2nd Wednesday of the month 5:30 - 6:30 PM

### VIRTUAL SUPPORT GROUPS

To Register for any of these support groups:  
Call 800.272.3900 anytime day or night!

#### **Black/African American:**

Third Thursday of each month from 5:30-7:00PM

#### **Frontotemporal Dementia:**

Second Friday of each month from 1:00-2:00PM

#### **Loved Ones in Assisted Living/Long Term Care:**

Fourth Thursday of each month from 4:00-5:30PM

#### **Men's Group:**

Last Tuesday of each month from 10:00-11:00AM

#### **Women – Wives & Partners:**

Last Tuesday of each month from 4:00-5:30PM



### Southern Tier Parkinson's Support Group

We meet at the Silver Spoon Café in Montour Falls  
323 Owego Street  
Montour Falls

(Schuyler County Office for the Aging)  
(park on right side of building, enter from the side entrance)

The third Thursday of most months 1:30-3:30  
Planned meeting dates:

We usually have a speaker, topics range from Parkinson's issues to general subjects such as retirement planning and clutter management. If you have a topic to present or know a speaker, please call Robyn

Robyn (607-351-6959 or [robynblld@yahoo.com](mailto:robynblld@yahoo.com))

We all have our medical teams but to live well with Parkinson's we also need an AXE (attitude, exercise and education). WE need each other to turn to when we don't know what else to do.

THE ADOPTIVE AND FOSTER FAMILY COALITION OF NEW YORK'S POST-PLACEMENT SUPPORT PROGRAM

ADOPTION & GUARDIANSHIP ASSISTANCE  
AFCNY  
AGAPE  
Central New York  
PROGRAM FOR EVERYONE

CHEMUNG COUNTY  
**Caregiver Connection** *live!*

KINSHIP  
Caregiver Support  
Program  
#KINSHIP

*All are welcome to join us!*

A Free, In-Person, community connection group for adoptive, foster, or kinship families in Central New York.

**When:** Second Friday of Every Month  
12:30 to 1:30 PM

**Where:** Steele Memorial Library  
(in the small conference room)  
101 E. Church Street  
Elmira, NY 14901

**REGISTER AT [AFCNY.ORG/RSVP](http://AFCNY.ORG/RSVP)**

Offered by the Coalition's Adoption and Guardianship Assistance Program for Everyone (AGAPE), a free support and educational program open to all adoptive families and relative caregivers with guardianship of children in their care. AGAPE is funded by the Regional Permanency Resource Centers initiative of the

NEW YORK STATE  
Office of Children and Family Services



# OLDER AMERICANS MONTH



CHAMPION YOUR HEALTH: MAY 2026

## YOU'RE INVITED!

Chemung County Department of Aging & Long Term Care and our Community Partners invite you to join us as we celebrate **Chemung County Volunteers!**

**Friday, May 1st, 2026**

1:30PM-3:00PM

New Beginnings United Methodist Church  
300 East Miller St, Elmira, NY

RSVP: (607)737-5520  
by Friday, April 24th

**Visit with Community Partners to learn about Volunteer Opportunities!  
Doors open at 1PM - Light refreshments will be served!**



Community Partner





# BUILDING KNOWLEDGE Free! Community Education Series



## Credit Fitness

Understanding Credit, Credit Reports and Credit Scores

**April 29th 5:30 to 6:30**

Join Chemung County Habitat for Humanity for this informative session on credit.

Alternatives Federal Credit Union will be on hand to offer information that may change your life, regarding how you view and manage your finances. This presentation will be eye-opening and engaging. We'll build from the very basics to more advanced real-life situations we can all learn from.



- ✓ What is credit?
- ✓ Why is your credit so important?
- ✓ What are credit reports?
- ✓ How are credit scores calculated?
- ✓ How can you improve your credit score?
- ✓ and much more!

**Presenter:** *Jorge Cuevas (Certified Financial Counselor - CCUFC) is the Senior Financial Education Specialist for Alternatives Federal Credit Union. Besides meeting with countless individuals for credit report reviews and financial counseling, throughout the years he has given financial education presentations to many community groups and agencies in Tompkins, Chemung and Steuben counties. Jorge is knowledgeable and engaging, so this workshop is sure to be a fun learning experience for all.*



Scan QR Code to register or visit:

[www.chemungcountyhabitat.org/events.html](http://www.chemungcountyhabitat.org/events.html)



**LOCATION:** ZOOM or in person at Habitat for Humanity  
219 E. 14th Street, Elmira Heights, NY

**PHONE:** (607) 734-1361

**EMAIL:** [info@chemungcountyhabitat.org](mailto:info@chemungcountyhabitat.org)



## Turning 65? Confused about Medicare?

Be an educated consumer! Learn the facts about Medicare.

Get the Care you need!

Join us at the Chemung County Department of Aging and Long Term Care for an upcoming Medicare 101 class.

Registration is required, call 607-737-5520

Monday April 13<sup>th</sup> 2:30pm

Monday June 8<sup>th</sup> 2:30pm



**FREE COMMUNITY HEALTH FAIR**

650 BALDWIN ST  
ELMIRA, NY 14901

**APRIL 23, 2026 11:30 AM - 3:00 PM PM**

Receive information on:

- Heart health
- Mental Health
- Cognitive Health
- Vitals
- AND MORE

**ALZHEIMER'S ASSOCIATION**  
Rochester & Finger Lakes Region Chapter

*Save the Date*

**The 15th Annual Dr. Lemuel and Gloria Rogers African American Health Symposium**

**VIRTUAL WATCH PARTY!**

Thursday, April 9, 2026  
9 AM - 3 PM  
Economic Opportunity Program  
650 Baldwin Street, Elmira

This program is supported, in part, by grants from the NYS Department of Health

# A Matter of Balance Lay Leader Training

Help prevent falls and share your passion  
for staying active.

Volunteer to lead A Matter of Balance  
workshops in your community.

Mondays, June 8 - 29

10 am to 12 pm

CCE Chemung

Call 607-734-4453 ext. 216 to register.

Must attend all 4 sessions and agree to  
co-facilitate at least 1 series within 1 year.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader  
Model ©2006. This program is based on Fear of Falling: A Matter of Balance.  
Copyright ©1995 Trustees of Boston University. All rights reserved. Used and  
adapted by permission of Boston University.



**Cornell Cooperative Extension** | Chemung County

**Looking for a Volunteer Opportunity in  
Chemung County? Check out the new  
Volunteer Opportunity guide online at  
[https://chemung.cce.cornell.edu/community-  
and-economic-vitality](https://chemung.cce.cornell.edu/community-and-economic-vitality).**



“Alone, we can do so little;  
together, we can do so much.”

— Helen Keller



**FAITH  
IN ACTION  
STNY**

**Now serving Steuben and  
Chemung Counties.**

Volunteers needed for Steuben  
and Chemung Counties, Sign up  
by calling 607-324-1138 or  
604-936-0941.

Volunteer opportunities include  
transportation, shopping/errands,  
friendly visits/light housekeeping,  
and more!

## VOLUNTEERS NEEDED in the Southern Tier!

Share your time and talent by providing support  
or raising awareness for this important cause.

**ALZHEIMER'S  
ASSOCIATION**

Rochester & Finger Lakes  
Region Chapter

**Getting started is easy!**

☎ 585-270-1569

🌐 [alz.org/volunteer](http://alz.org/volunteer)

✉ [smcmaster@alz.org](mailto:smcmaster@alz.org)

SCAN



## “Angels and Saints”

### Volunteer Opportunities

Our Angels and Saints volunteer group assists with  
special events, regular opportunities, and more!

When you join,  
you'll be making a  
difference locally!

You can sign up by  
using the QR code or  
call 607-734-9784 for  
more information!



Thank you for helping  
our neighbors in need!



**Catholic Charities**  
Chemung & Schuyler  
Help that works. Hope that lasts.

Learn more: [CatholicCharitiesCS.org](http://CatholicCharitiesCS.org)

Safe Driver Course at the  
Steele Memorial Library  
April 6 and April 7  
1:30pm-4:30pm

May 5 and May 6  
10:00am-1:00pm  
Must attend both days

Call 607-732-2576 for more  
information and to register

**Transportation News**  
Our Office will be closed  
on Monday, May 25 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.**



Notre Dame Proudly Presents  
*'A Day To Remember'*  
HOSTED BY THE CLASS OF 2027  
IN PARTNERSHIP WITH THE CHEMUNG COUNTY DEPT. OF AGING AND LTC

# SENIOR PROM

## Celebration

MAY 21, 2026 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'S  
SPRING  
HOUSEHOLD  
HAZARDOUS  
WASTE  
FREE  
DROP OFF  
EVENT**



**SATURDAY MAY 16, 2026**

PRE-REGISTRATION REQUIRED BY  
CALLING CORNELL COOPERATIVE  
EXTENSION AT 607-734-4453  
WEDNESDAY, APRIL 22-WEDNESDAY  
MAY 13, WEEKDAYS ONLY FROM  
9a-12p & 1p-4p

**CHEMUNG COUNTY RESIDENTS ONLY**

# 35TH ANNUAL SENIOR GAMES

COME JOIN THE FUN!

FOR MORE INFORMATION CALL  
CAROL MORTON AT 607-737-5520



## Chemung County Senior Games

2026 - 35th Anniversary



Saturday, May 16

9:00a.m. Archery  
at Chem. Co. Rod & Gun Club



Thursday, May 21

9:00a.m. Hazel Tompson Memorial Local 60+ Softball  
at Horseheads Sports Complex

Tuesday, May 26

10:00a.m. Miniature Golf  
at Eldridge Park



Tuesday, May 26

1:00p.m. Disc Golf  
at Eldridge Park



Thursday, May 28

9:00a.m. Hazel Tompson Memorial Regional 60+ Softball  
at Horseheads Sports Complex

Saturday, May 30

9:00a.m. Outside Partners Pickleball  
at Robert Edger Courts West Elmira

Monday, June 1

12:30p.m. Single Bowling  
at Dixie Lanes



Tuesday, June 2

10:00 a.m. Horseshoes  
at Grove St. Park



Wednesday, June 3

9:00a.m. Bocce  
at Horseheads Sports Complex

Registration Forms available online at [www.chemungcountyny.gov](http://www.chemungcountyny.gov) search: Senior Games  
Follow us on Facebook at Chemung County Department of Aging & Long Term Care for Senior Games updates  
First 500 paid applications will receive a Senior Games T-shirt. Registration cut off date is May 8th.  
For more information contact the Department of Aging and Long Term Care at 607-737-5520

Saturday, October 17

9:00am Intergenerational 5K Run/Walk  
at Town of Horseheads Sports Complex



2nd Annual Chemung County Senior Games Intergenerational 5K Run/Walk

- Entry fee \$33.00 incl \$3.00 Fee No refunds available
- Register by October 1 to be guaranteed a shirt • Medals awarded to all participants
- No applications accepted after October 9th
- Gold Silver and Bronze medals to top three finishers in each age group by gender
- Race will run rain, shine, cold or warm so dress appropriately



Come join the fun! Below is a link to the registration.

<https://runsignup.com/Race/NY/Horseheads/ChemungCountySeniorGamesIntergenerational5k>

### Gold Medal Sponsors

Appleridge Senior Living  
Woodbrook Assisted Living Residence  
Wallin Insurance  
United Health Care  
Timeless Hearing

### Supporters

Maple Lawn Dairy  
Forward Thinking Homes  
Wegman's  
Sams Club

### Media Partners

WENY - TV  
Seven Mountains Media

### Bronze Medal Sponsors

Kiwanis Club of Horseheads  
AARP Chapter #276  
CenterWell Home Health  
Nascentia Health NYSEG  
Horseheads Elks Lodge #2297  
Swan & Sons-Morss Co. Inc.  
Bethany Village Hesselson's Store  
First Heritage Federal Credit Union  
Melissa Bauco, Licensed Real Estate Agent  
Perry & Carroll Inc. Gannon Associates



### Silver Medal Sponsors

Chemung Canal Trust Company  
Horseheads Moose Lodge #1476  
Hillard Corporation  
WellCare by Fidelity



# Peanut Butter & Strawberry Smoothie



## Ingredients

- 3 cups nonfat plain yogurt
- 1 cup sliced strawberries
- 2 tablespoons sugar-free strawberry jam or honey
- 1 tablespoon peanut butter

## Directions

1. Paint the peanut butter in stripes inside 2 small glasses.
2. Puree the strawberries and yogurt in a blender. Pour into the glasses and serve immediately.

### Flavor Tips

**Boost the nutrition and taste of your smoothie by adding spinach, kale, apples, blueberries, peaches, pears—or any fruits and vegetables you have on hand. Smoothies are quick to make and easy to customize, so feel free to mix and match ingredients to suit your taste.**

### 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 \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

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