“Truth is stronger than fiction, but it is because fiction is obliged to stick to possibilities.”  Mark Twain

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

Chemung County Senior Games

“You Don’t Stop Playing because You Grow Old, You Grow Old because you Stop Playing”

The annual Chemung County Senior Games are starting May 23rd and we invite anyone 50 and older to join in the fun. We welcome participants as well as spectators. This is a great opportunity for people to join in and participate in a variety of local events that showcase active older adults. The Games include golf, bocce, bowling, archery, volleyball, softball, pickle ball, corn hole (bean bag toss) and shuffleboard. Events are divided into age brackets, with awards presented to the top three finishers in each age group. There is a nominal $10 registration fee necessary to participate and minimal charges for some events. The first 500 paid participants will receive a Senior Games T-shirt.

We work with an alliance of partners in the field of health and wellness to encourage healthy living through exercise, physical activity, nutrition and safe social interactions.

A complete schedule of events and registration form is available at www.chemungcountyny.gov as well as on the county’s Facebook page or call 607-737-5520 for more information.

2022 Gold Medal Sponsors: Appleridge Senior Living and Woodbrook Assisted Living Residence, Inc.  
Silver Metal sponsor: Chemung Canal Trust Company, Visiting Angels, Gerould’s Professional Pharmacy, CareFirst  
Bronze Medal sponsors: Swan & Sons-Morss Co. Inc., iCircle, Nascentia Health, Kiwanis Club of Horseheads, Horseheads Moose Lodge 1476, Fidelis Care, Ed’s Heads, EOP and Kindred at Home along with Horseheads American Legion Post 442
News from the Director...

Two years ago, we were responding to what would be an unprecedented pandemic that literally changed overnight how we provide our supports and services. We instituted policies and procedures to protect the health, safety and wellbeing of our community; particularly the frail, vulnerable, and homebound individuals as well as our staff and volunteers. Today, as we navigate the ongoing challenges of the pandemic, we continue to provide these essential services for our community members.

In 2021 we distributed over 800 senior farmer market coupons, hundreds of masks and hand sanitizers to our clients, and provided an alternate location for vaccinations to be given, here, at the Department of Aging and Long Term Care in coordination with the Chemung County Health Department. We also helped individuals register for DMV appointments and Vaccination/Booster Clinic appointments as needed.

Along the way, we learned a few things to help us enhance how we respond to an emergency and improve our functions. Most importantly, this pandemic has reinforced just how resilient and committed our staff and volunteers are to our Mission “helping you and your loved ones remain as healthy and independent as possible.” We continue to provide no-cost, reliable information and assistance on a number of programs and services to older persons, caregivers, family and friends, veterans and other helping professionals.

We look forward to Spring, which is a very special time for us at the Department of Aging. It’s when we recognize and celebrate the contributions of our older volunteers during Volunteer Recognition and Older American’s month. Volunteers help make Chemung County a better place to live, work and age. Our volunteers do incredible work throughout our community and we cannot thank them enough for their dedication and service.

The annual Chemung County Senior Games are planned to take place in May/June 2022. We encourage you to participate in these games or attend the field day event. Staying physically active and mentally alert is vital as we age. One way you can do so is by exploring the many free Multi-use trails and walkways in Chemung County. If you have questions, or need additional information we encourage you to call us at 737-5520, or visit us on the web at www.chemungcountyny.gov, Find us on Facebook.

Beth Stranges, Director
Confused about Medicare?
Be an educated consumer! Learn the facts about Medicare.
Get the Care You Need!

Check out our Website!  www.chemungcountyny.gov look for us under Departments, Aging and Long Term Care > Medicare and Health Insurance Information.  We are offering Medicare classes In-Person and Via ZOOM! Please call 737-5520.

HIICAP
Are you struggling to pay Medicare and prescription drug costs?

You may be eligible for help!

- The Medicare Savings Program helps income eligible Medicare beneficiaries pay their Medicare Part B premium.

- This program has different levels of help. 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.

- The Extra Help or Low Income Subsidy (LIS) program through Social Security may 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 are eligible for these programs!

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.
The Department of Aging and Long Term Care/ NY Connects provides information and assistance on a broad range of topics as well as programs and services that assist people of all ages, their caregivers, friends and family, and helping professionals. Our staff is highly knowledgeable and committed to providing credible, unbiased information.

Cindy Evans
Cindy is the Coordinator of Aging Services in the CARE Unit. Cindy oversees the authorization of Medicaid and Dept. of Aging homecare services. Cindy has been with the county since 2000, and has several years of experience in Long Term Care.

William Wandell
Bill joined the Dept. of Aging in 2012. Bill is a Registered Nurse Case Manager in the CARE Unit. Bill authorizes homemcare services and does assessments for various waivers and placement. Bill has also worked in Public Health Nursing for several years.

Steve Mong
Steve is a Registered Nurse Case Manager in the CARE Unit. Steve joined the Dept. of Aging in 2013. Steve also authorizes homecare services and does assessments for various waivers. Steve’s background is in Mental Health Nursing.

Mel Miller
Mel has been with the Department of Aging since 2019. Mel is a Registered Nurse Case Manager. Mel authorizes homecare services and does assessments for various waivers. Mel has several years experience in Public Health Nursing.
March is National Nutrition Month®

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. Everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's Nutrition theme: Celebrate a World of Flavors, embraces global cultures, cuisines and inclusivity.

Flavors define the foods we eat, the tastes and preferences we have, and the resulting things we hold most dear. A flavor is a definition of oneself in truest form. A flavor doesn't have someone speak for it and a flavor can be interpreted in many ways: some may think spicy is delicious, some may think spicy is way too hot. Some may hate sweet things and others can't get enough.

Trying new foods, and foods that come from different cultures can help bring some life back into a boring, bland diet.

### SPICE IT UP! TRY THESE SPICES TO ADD SOME FLAVOR TO YOUR FOODS

### CELEBRATE A WORLD OF FLAVORS

National Nutrition Month® 2022

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**Renee Jankowski MS, RD**
Registered Dietitian
Questions? Call me! 737-5529
rjankowski1@chemungcountyny.gov

[Link to website](https://www.eatright.org/food/resources/national-nutrition-month)
There are many health benefits of owning a pet. They can increase opportunities to exercise, get outside, and socialize. Regular walking or playing with pets can improve mood. Pets can help manage loneliness and depression by giving us companionship. Most households in the United States have at least one pet.

Studies have shown that the bond between people and their pets is linked to several health benefits, including:

- Decreased blood pressure, cholesterol levels, triglyceride levels, feelings of loneliness, anxiety, and symptoms of PTSD.
- Increased opportunities for exercise and outdoor activities; better cognitive function in older adults; and more opportunities to socialize.


Types of Dog

BULLDOG
PINSCHER
Dalmatian
MASTIFF
BOXER
SHEPHERD
BEAGLE
TERRIER
SETTER
CORGI
ROTTWEILER
CHIHUAHUA
COLLIE
HOUND
DACHSHUND

The Department of Aging has some animatronic pets available to help combat isolation and loneliness. If you are interested in receiving one for yourself or someone that you are caring for, please contact us at 607-737-5520.
Care Partner Corner

10 Tips for Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Make sure legal documents are in order.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it’s up to date and easy to find.
9. Watch out for signs of depression and don’t delay getting professional help when you need it.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

CaregiverAction.org
Volunteer Voices……..

**Senior Notebook** (SNB) is a weekly television show that airs Sunday mornings on WENY Channel 36. SNB provides interesting news, information and entertainment on a variety of topics to older persons and their families, friends and neighbors in Chemung, Schuyler, Steuben, Tioga, Tompkins counties and the Northern Tier of Pennsylvania. Senior Notebook is looking for interested adults to join its Volunteer Production Team including interviewers and camera persons. No prior television, interviewing or camera experience is necessary, however, interested persons should be confident, personable, enjoy meeting new people, and able to attend a monthly production meeting. Some local travel is involved to on location interviews. Training is provided. For more information please call the Chemung Volunteer Action Corps at 734-4453 ext 215.

**Supporting Our Seniors (SOS)** is a program of Chemung Volunteer Action Corps (CVAC) that helps individuals remain living independently in their own home as long as possible. SOS volunteers help program participants increase their sense of well-being by helping them feel safe and less isolated and by linking them to needed services within Chemung County. SOS is the connection between those needing an access ramp and the volunteers who build them. New volunteers complete both a CVAC and SOS application and provide written consent to have a background check performed. For more information on SOS please call CVAC at 734-4453.

“*You cannot do kindness too soon, for you never know how soon it will be too late.*”

Ralph Waldo Emerson

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The Affordable Connectivity Program is a Federal Communications Commission program that helps connect families and households struggling to afford internet service. This new benefit provides a discount of up to $30 per month toward broadband service for eligible households and up to $75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to $100 to purchase a laptop, desktop computer, or tablet from participating providers.

Eligible households can enroll through a participating broadband provider or directly with the Universal Service Administrative Company (USAC) using an online or mail in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting [www.fcc.gov/ACP](http://www.fcc.gov/ACP), or by calling 877-384-2575.

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**Older Americans Month Celebration**

The Department of Aging and Long Term Care honors older Americans every May at our Older Americans Month Celebration.

Applications to nominate Chemung County residents who are 60 years of age and older, who make outstanding contributions in our community are now available. If you know someone who demonstrates an ongoing devotion of time and talent to make a great impact on others, without pay or compensation please nominate them for the Distinguished Volunteers of the Year Award.

Applications can be obtained by calling 607-737-5520 or email cmorton@chemungcountyny.gov.
What is a Food Box Program?
Our Shine-Ed New York Food Box Program is set up to provide nutritious fresh produce along with different types of recipes to use with your meals.

Where will it be held?
Distribution will take place in targeted areas of each county including Schuyler, Chemung and Steuben. Locations will be focused on where people are struggling with access to good nutrition.

Where is the produce from?
Our local farmers supply the fresh produce, providing participants with fresh, healthy and local produce.

Can someone else pick up my food?
Please plan to pick up your own box.

What counties are you doing this in?
Schuyler, Chemung, and Steuben

What does it cost?
This year the New York State SNAP-Ed Program is providing the funds for the Food Box Program, so there is no cost to the participants.

GetSetUp is an online community of people who want to learn new skills, connect with others and unlock new life experiences. This online platform helps older adults enjoy more fulfilling, independent, and socially connected lives through learning. Classes are interactive, easy to join, offered day and night and free for our community.

Visit https://www.getsetup.io/partner/NYSTATE to explore free classes!
Do your loved ones know and understand your wishes for how you want to be cared for at the end of your life? Have you discussed this with your health care provider, or Doctor? Starting these conversations may be difficult. To make sure your wishes are followed every adult needs to have certain documents in place that speaks to all of a person’s needs: medical, personal, emotional, spiritual and financial.

The following documents are recommended:

**Will**
A will is a legal document that is used to distribute someone’s possessions after death. They are effective only upon the death of the signer.

**Power of Attorney**
A Power of Attorney (POA) is a powerful legal document that appoints or names an agent (a trusted family member, friend, or professional) the power to make decisions about money, property and other financial decisions for you (the principal) should you become sick or injured, and are unable to do so for yourself. The law is very strict that the agent(s) must act in your best interest, and only use your money for your needs and not theirs. A POA is voluntary and can be revoked. Note: POA ceases upon death of the principal.

**Healthcare Proxy**
A Healthcare Proxy (HCP) is a document that lets your family members and other important persons in your life as well as your medical providers know the kind of medical treatment you want if you are unable to communicate with them. For more information go to https://www.healthny.gov/publications/1430.pdf

**MOLST**
A Medical Order for Life Sustaining Treatment (MOLST) for End of Life Care it is recommended for persons who want to avoid or receive any or all life-sustaining treatment, live in a long term care facility, or requires long term care services, or might die within the next year. This program is designed to improve quality of care seriously ill people receive at the end of their life. It is based on shared medical decision making that helps the patient understand what can and cannot be accomplished. The result is a MOLST must be recognized by all health care professionals in all settings including hospital, nursing home, assisted living and ENT’s. For more information go to https://molst.org/

**Please tune into your local news / radio station for Meals on Wheel closings**

MARCH OUT HUNGER

The Chemung County Department of Aging and Long Term Care is joining with Meals on Wheels of Chemung to highlight the March for Meals Campaign 2022. The senior nutrition program provides home delivered meals and congregate meals to frail, vulnerable, homebound persons who are at greatest risk for injuries from falls, hospitalizations, and nursing home placement. In 2021, the Department of Aging served over 69,000 meals. We could not do this without the dedicated volunteers who continue to prepare, serve and deliver meals throughout the pandemic. The volunteers serve as the critical eyes and ears safety check for many older adults who live alone. Our nutrition program and the many volunteers help people to remain independent and continue to live in the community.
SCAMS

Recently, Colleen, a NYSOFA staffer received a call from someone claiming to be from Amazon. The call representative told Colleen there was fraud detected on her Amazon account, specifically the purchase of a new iPhone 11.

Colleen was asked to press one (1) to confirm she had purchase the phone, and two (2) if she hadn't.

Colleen hung up immediately and called the Amazon customer service number on the Amazon website. The “real” Amazon customer service rep told Colleen they never call people, they were able to confirm Colleen's last purchase, and that there was no iPhone purchase attempt.

Scammers are *very* tricky. They were trying to panic Colleen, by using the word "fraud", so that she wouldn't be thinking clearly in hopes she would share information about her account.

The next time you see an unsolicited email or get a call from someone claiming to be from your credit card or a store, hang up and call the company directly, using the phone number on your card or account statement.

Home Repair or Home Improvement

Unscrupulous contractors prey on older adults and vulnerable persons. They will use your personal information and intimidation to swindle your money. Before hiring a home repair or home improvement contractor review these tips:

- Know what work you want done.
- Know what permits are needed
- Shop around
- Get references and check them.
- Get proof of insurance.
- Never pay the full price upfront.
- Put it in writing.
- Know where your payments are going.

Never do business with a contractor who is unwilling to abide by any of the conditions above.

Other Contract Requirements: Home improvement contracts must be in writing, legible and in plain English. A copy must be given to the customer before any work is done. The contract must contain:

- The contractor’s name, address and telephone number;
- The approximate start and completion dates, including any contingencies which would change the completion date;
- A specific description of the work and materials, including brands, model numbers and other identifying information, along with the price;
- A consumer notice that reads as follows:

The customer has an unconditional right to cancel the contract until midnight of the third business day after the contract was signed. Cancellation must be done in writing.

source: https://ag.ny.gov/consumer-frauds/home-improvements
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
_____ Add to mailing list
_____ Remove from mailing list
_____ Change my information on the mailing list

Please print
Name: __________________________________________
Address: __________________________
__________________________________________
Email: ______________________________

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

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Easy One-Pot Red Beans and Rice Recipe

Serves 2

Ingredients
- ¼ pound andouille sausage
- ½ large onion, chopped
- ½ cloves garlic, chopped
- 1 ribs celery, chopped
- ½ 14½-ounce can diced tomatoes with liquid
- ½ 15-ounce can kidney beans, drained and rinsed
- ¼ teaspoon salt
- ¼ to 1 teaspoon black pepper
- 1 teaspoons ground thyme
- 1 teaspoons dried sweet basil
- ½ to 1 teaspoon cayenne
- ½ tablespoon paprika
- ½ to 2 drops hot pepper sauce
- 1 bay leaf
- ½ cup uncooked brown rice
- ½ green bell pepper, chopped

Directions
- Brown the sausage with the onion, garlic and celery for about 4 to 6 minutes.
- Add the tomatoes, kidney beans, 2 cups water, salt, pepper, thyme, basil, cayenne, paprika, hot sauce, bay leaf, and rice.
- Bring to a boil.
- Add the rice, decrease heat, cover and simmer 45 minutes.
- Remove from heat. Add the green pepper, stir well, cover and let stand 10 minutes. Stir before serving.

Nutrition Facts: Serving Size 2 cups

Calories: 515; Total Fat 20g; Cholesterol: 0mg; Sodium: 720mg; Total Carbohydrate: 65g; Dietary Fiber: 13g; Protein: 21g.