“Wrinkles should merely indicate where smiles have been.”
Mark Twain

Is Your Medicine Safe at Home?

If you are not monitoring, securing and properly disposing of your medication - you may be providing drugs to anyone who enters your house.

**Monitor**
Check your medications regularly.

**Secure**
Lock up any medications you don’t want anyone to access.

**Dispose**
Dispose of any unwanted or expired medications.

**Medication Drop Box Locations**

**West Elmira Police Department**
1255 West Water Street
Elmira, NY 14905
8:30 am - 4:30 pm (M-F)

**Horseheads Police Department**
202 South Main Street
Horseheads, NY 14845
8:00 am - 4:00 pm (M-F)

**Elmira Police Department**
317 East Church Street
Elmira, NY 14901
8:30 am - 4:30 pm (M-F)

**Guthrie Corning Hospital Pharmacy**
1 Guthrie Drive
Corning, NY 14830
7:00 am - 11:00 pm (M-F)
News from the Director....

As the weather gets warmer, and the days get longer, lots of changes are taking place outdoors. One of my favorite things to do is to intentionally take note of the beauty in the community in which I live. I challenge you to be purposeful in welcoming this summer season—look for flowers budding, colors popping, and birds chirping. This is one of the most colorful and fun seasons! It is a gentle reminder to find the goodness in our community and what each of us can do to enjoy it.

I always get a feeling of peace and a sense of appreciation for all of the little things and people in my life during the spring and summer months. One area of appreciation revolves around the kindness and goodness in the hearts of our Volunteers. They offer vital help to people in need, worthwhile causes, and the community. Volunteering has lots of benefits too. It opens many opportunities for socialization, and promotes mental, emotional and physical wellness.

Every May, we celebrate Older Americans Month (OAM). This year the theme is Age My Way. While this may look different for each person, here are common things everyone can consider:

**Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

**Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

**Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

**Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, Chemung County Department of Aging and Long Term Care is excited to celebrate OAM with our partners in the aging community. Follow along throughout the month to find resources on aging in place, healthy habits, and be sure to join in on our planned summer outdoor adventures!

Beth Stranges, Director
HIICAP

**FOCUS YOUR ATTENTION ON YOUR PHYSICAL AND MENTAL HEALTH!**

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**May** is Women’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.
- Alcohol misuse screening and counseling can be covered annually in addition to smoking and tobacco cessation services.

**Take this opportunity to step back and take a look at your health. Make a plan to get healthy!**

Confused about Medicare?

Be an educated consumer! Learn the facts about Medicare.

Get the Care You Need!

Check out our Website! [www.chemungcountyny.gov](http://www.chemungcountyny.gov) look for us under Departments, Aging and Long Term Care > Medicare and Health Insurance Information.

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*This project was supported, in part by the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking project with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.*
Meet the Staff

Denise Dittler
Denise came to the Department of Aging in 2014. Denise is a Principal Clerk. Denise is likely the first person that you will speak to when calling, or coming into the Dept. of Aging.

Carol Morton
Carol is our Program Assistant. Carol organizes the Chemung County Senior Games and other events. Carol has worked for the Dept. of Aging since 2011.

Ashley Vaughn
Ashley joined our office in 2020 as our Fiscal Officer. Ashley is responsible for all of the budgeting, payroll and day to day fiscal operations at the Dept. of Aging.

Kim Patterson
Kim joined the Department of Aging in 2014. Kim is a Community Services Aide in our CARE unit. Kim provides support to our homecare Case Managers and clerical staff.
Alzheimer’s and Brain Awareness Month is observed in **June**

Alzheimer's is a type of Dementia that affects memory, thinking, and behavior. Alzheimer's accounts for 60-80% of dementia cases.

An estimated 47 million people around the world are living with Alzheimer's Disease and other dementias. In the U.S., Alzheimer's is the sixth leading cause of death and 6.2 million of those living with Alzheimer’s disease are over 65. Alzheimer's disease is characterized by brain cell connections and the cells themselves degenerate and die, eventually destroying memory and other important mental functions. Memory loss and confusion are the main symptoms. No cure exists, but medications and management strategies may temporarily improve symptoms.

People with Alzheimer's or dementia do not need a special diet. As with anyone, eating a well-balanced, nutritious diet is important for overall health.

- **Consume a well balanced diet with a variety of foods.** Include vegetables, fruits, whole grains, low-fat dairy products and lean protein foods.
- **Limit foods with high saturated fat and cholesterol.** Some fat is essential for health — but not all fats are equal. Go light on saturated fats such as butter, solid shortening, and fatty cuts of meats.
- **Cut down on refined sugars.** Often found in processed foods, refined sugars contain calories but lack vitamins, minerals and fiber. You can tame a sweet tooth with healthier options like fruit, but note that in the later-stages of Alzheimer's, if appetite loss is a problem, adding sugar to foods may encourage eating.
- **Limit foods with high sodium and use less salt.** Most people in the United States consume too much sodium, which affects blood pressure. As an alternative, use spices or herbs to season food.

https://nationaltoday.com/alzheimers-brain-awareness-month/#faqs
https://www.alz.org/alzheimers-dementia/what-is-alzheimers

In 1910 Alzheimer's disease was named after Alois Alzheimer by his senior colleague, psychiatrist Emil Kraepelin who used the term ‘Alzheimer's disease' in his book “Psychiatrie.”

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**Renee Jankowski MS, RD**  
**Registered Dietitian**  
**Questions? Call me! 731-5529**  
rjankowski1@chemungcountyny.gov
VACATIONING WITH YOUR LOVED ONE

DOCTORS OK
* Are you and your loved one physically able to travel?
* Do you have enough Medications for the trip?

KEEP YOUR ROUTINE/ WATCH THE CLOCK
* Get up, Go to bed at the same time.
* Keep meal time on schedule.
* Take medications at the same time.
* Keep a cozy blanket, favorite movie on hand.

PRE-PLAN
* Where are you going?
* Who will be going with you?
* Where are you going to stay?
* How are you getting there?
* What are you doing once you get there?
* Pack essential items and keep easily accessible.
* Give yourself time to travel.

COMMUNICATE
* Talk about the activity that is coming up or what you are doing.
* Know the signs that it’s time to rest for you and your Loved one.
* Ask your family for help. Let them know what you need to enjoy your vacation.

In the end, everyone wants to have a relaxing time during their vacation. Make this time about you and getting your vacation needs met while still caring for your loved one.

RESPITE VOUCHER PROGRAM

This is a caregiver-directed program. Caregiver-directed care means that the caregiver chooses their own care providers instead of a state agency dictating what care is required, by whom and when that care is delivered. In such models, the client/caregiver is given the right to full autonomy in all decision-making related to that care. In this case, choosing a care provider for a care receiver for the sole purpose of providing a break for the primary caregiver. Responsibilities of the caregivers include; hiring, firing, training decisions, pay rate. NYSCRC suggests pay rates be in the range of $15 - $25 per hour for respite providers.

Eligible caregivers can receive up to $600 of reimbursable funds to pay for care for the care receiver so that caregiver can get respite, a break from caregiving.

WHO IS ELIGIBLE?

Kinship Caregivers – Kinship care refers to grandparents, other relatives, and even family friends who are caring for children under the age of 18. Foster care and KinCap providers are not eligible for this funding.
Informal Caregivers who are not able to receive respite support under Medicaid Managed programs may apply. Care receivers may be any age and must have long-term chronic disabling condition.
* Forms required for application submission
For more information email
KAREN WILSON AT KWILSON@LIFESPAN-ROCH.ORG OR CALL 1-585-287-6393
Listed below are resources that may be helpful in your role as a caregiver:

- **COVID-19 Emotional Hotline Number** 1-844-863-9314.

- **Chemung County Department of Aging / NY Connects** providing information and support on a broad cadre of service and supports for caregivers of all ages 1-800-342-9871 or 607-737-5520 or www.chemungcountyny.gov.

- **Alzheimer's Association** provides numerous caregiver educational events and FREE resources, for a complete list visit www.alz.org/crf 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 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.
Interestingly, 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.

Applications can be obtained by calling 607-737-5520 or email cmorton@chemungcountyny.gov

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Farmer Market Coupons

Stay Tuned

NY State will once again be providing counties with coupons for seniors to use at area Farmer’s Markets.

One coupon booklet per person, valued at $20, will be available for Chemung County residents who are 60 or older and meet the income eligibility limits.

The coupon books must be picked up in person by the individual or a POA. We will have more information available in June. You can call our office 607-737-5520 or visit our website or Facebook to get more details.

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Alzheimer’s - The Longest Day

The Longest Day is the day with the most light — the summer solstice.

On June 21, people from across the world will fight the darkness of Alzheimer’s through a fundraising activity of their choice. Whether you’re participating at home, online or in-person, we have plenty of fun ideas to engage family and friends in The Longest Day. Join us by making your own individual fundraiser event - whether it be on Facebook, bake sale, contest or something else of your own creation. Use your creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer’s Association. Register and learn more at www.alz.org/tld

QUESTIONS ABOUT MEDICARE? ATTEND OUR MEDICARE 101 PRESENTATION!

Confused by Medicare? We have the answers! Certified health insurance counselors from the Department of Aging will present Medicare 101. The presentation will include Medicare enrollment periods, the four parts of Medicare, and how to decide what coverage is right for you. We will also discuss the transition from the Health Insurance Marketplace to Medicare and assistance for individuals with limited income and resources. We hope to help you gain a better understanding of the perplexing world of Medicare and to inform you about your decisions related to Medicare and other health insurance products. Join us at the Chemung County Department of Aging and Long Term Care for Medicare Monday:

Monday, May 9th at 2:30 pm
or
Monday, June 13th at 2:30 pm
**Strawberry Smoothie**

Summer is coming and it is going to be getting warmer. Have you ever tried making a Smoothie? It is healthier than a milkshake, let's make one!

**INGREDIENTS**

- 8 oz of strawberries, frozen no added sugar
- 4 oz of vanilla yogurt, fat free
- 4 oz of skim milk or low fat milk substitute
- 1 tablespoon of sugar substitute (optional)

**DIRECTIONS**

1. Put all of the ingredients into a blender
2. Turn on the blender
3. Blend until it is smooth
4. Pour it into an individual cup and ENJOY

*Survivor Smoothie provided by: Get Fresh*

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**Smart Driver Course**

*(Defensive Drive Course)*

This course will be held at the Downtown Steele Memorial Library

- **1:30 pm - 4:30 pm**  
  May 11 and May 12
- **9:30 am - 4:00 pm**  
  May 27

For more information and to sign up please call Fran Wickford  
607-732-2576

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**The Moving Wall, Vietnam Memorial Replica**

The Moving Wall, a half-size traveling replica of the national Vietnam Veterans Memorial wall, is coming to Elmira.

The wall will be installed at 4:00 pm on June 30 at Eldridge Park and remain in place until 4:00 pm July 4. It will be accessible to the community 24/7 during this time period. An opening and closing ceremony will be held to honor those who served.

The Moving Wall has toured the country for over 30 years, as a way to bring the experience to Vietnam Veterans who do not have the opportunity to visit Washington, DC.

They are looking for volunteers. They need people to commit to a two hour time slot. To volunteer or get more information please email kevinloukopoulous@gmail.com or Facebook at Vietnam Veterans Association Chapter 803 or call Kevin Loukopoulous at 607-425-2098.
On May 9, 1958, Mattel’s Barbie doll was registered. The Barbie doll was invented in 1959 by Ruth Handler (co-founder of Mattel), whose own daughter was called Barbara.

Tablecloths were originally designed to be used as one big, communal napkin. When they were first invented, guests were meant to wipe off their hands and faces on a tablecloth after a messy dinner party.

One of President John Tyler’s grandsons is still alive today—and he was born in 1790. How is this possible? President Tyler, the 10th US president, was 63 when his son Lyon Tyler was born in 1853; Lyon’s son was born when he was 75. President Tyler’s living grandson, Harrison Tyler is 92. Lyon’s other son Lyon Jr. passed away in 2020 at the age of 95. The Tyler family still maintains the President’s home, Sherwood Forest Plantation in Virginia. (sherwoodforest.org)
Banyan  Cypress  Hawthorn  Poplar
Mahogany  Wollemi  Sycamore  Magnolia
Maple  Ficus  Rosewood  Sequoia
Eucalyptus  Elm  Pine  Banksia
Spruce  Juniper  Willow  Casuarina

“Be Kind whenever possible. It is always possible.”
The 14th Dalai Lama
Eat Well! Live Well! Congregate Meal Program: We provide a lunch time meal at Eat Well Live well congregate meal sites located throughout Chemung County. Volunteer opportunities exist for site managers at certain sites. The Department’s Nutrition staff provide training, and supervision. Volunteer opportunities exist for college aged students and adults.

HIICAP (Health Insurance Information, Counseling and Assistance Program): HIICAP volunteers assist clients with Medicare and related health insurance decisions, enrollments and problems, and provide general support to the HIICAP program as needed. Senior Medicare Patrol Program (SMP) volunteers help clients identify and report Medicare fraud and abuse. Initial and ongoing trainings are provided and a background check is required. Certification is required, and certification preparation is provided for those providing HIICAP counseling. The Department’s staff provides training and supervision. Volunteer’s hours are flexible. Volunteer opportunities exist for college aged students and adults.

Friendly Visitor Telephone Reassurance Program matches volunteers with socially isolated, homebound, vulnerable older adults in Chemung County. Due to the COVID-19 pandemic, volunteers are currently conducting telephone calls to check in with clients. Volunteers must be 21 years of age and complete a background check. Training and supervision is provided by Aging staff. If you are interested in providing companionship and support for as little as one hour a week, please call the Chemung County Department of Aging at 737-5520.

Thank you
We would like to issue a heartfelt thanks to all of our relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

Volunteers Needed
Ramp Building Crew
Are you looking for a way to serve your community? Join the Chemung Volunteer Action Corps Ramp Crew in building ramps for individuals who are unable to leave their homes due to mobility issues. Since 2011 this fully volunteer ramp crew has built over 125 ramps serving individuals in Chemung County. You can be part of this great work! Sign-up or request more information by emailing lps24@cornell.edu or calling 607-734-4453 during business hours.

Construction/Carpentry experience welcomed, but not required.

Help Wanted
The Senior Community Service Employment Program (SCSEP) is seeking individuals for part-time work assignments in Allegany, Chemung, Schuyler and Steuben Counties. This is a paid 20 hour / week work experience for people age 55 and older! As a participant, you will be assigned to one of our partnering Host Agency sites within your community to gain training and on-the-job experience. Various positions include clerical, janitorial, maintenance, and more. Income eligibility applies. Interested applicants please call our SCSEP office to check your eligibility and see what exciting assignments are available in your area. If you are a 501c3 or government organization, we would welcome the opportunity to discuss how you can benefit from our program by hosting a Sr. Aide participant. Please call our SCSEP office at 607-776-2125 ext. 4115.
LONG-TERM CARE OMBUDSMAN

VOLUNTEERS NEEDED!

LTCOP is looking for volunteers to serve as advocates, conduct facility visits, and resolve concerns for residents in long-term care facilities.

Contact us today!
Call us at 607-274-5498
Email pchevallard@tompkins-co.org

www.tompkinscountyny.gov/cofa/volunteers

DO YOU LIVE IN CHEMUNG, SCHUYLER, OR TOMPKINS COUNTIES?

DO YOU HAVE:
• Excellent communication skills
• The ability to problem solve
• A commitment to dignity and respect
• A desire to make a REAL difference
• Two hours a week?
Chemung County’s Spring Household Hazardous Waste Collection Event

Is schedule for Saturday, May 14
This event is FREE and for Chemung County residents only (no businesses)

Pre-registration is required by calling Cornell Cooperative Extension at 607-734-4453, Monday, April 18 - Wednesday, May 11 weekdays only from 9am-noon and 1-4pm

For more information and a detailed list of acceptable items please visit our website at chemung.cce.cornell.edu or call (607) 734-4453

(funded by Chemung Landfill, LLC, a division of Casella Waste Services)

No Electronics!!

World Elder Abuse Awareness Day

June 15th is World Elder Abuse Awareness Day (WEAAD). The purpose of WEAAD is to provide an opportunity for communities around the world to promote better understanding of abuse and neglect of older persons by raising awareness. Elder abuse is a silent epidemic. It is rarely talked about and it’s too often underreported. Abuse may include physical, sexual, emotional, as well as neglecting an older person’s physical, medical and emotional needs, or financial exploitation. To help stop abuse from happening seek professional help from your local Department of Aging, Adult Protective Services, medical provider or law enforcement.

In Chemung County call: Department of Aging 607-737-5520 or Protective Services for Adults 607-737-5487

Transportation News

Please note our office will be closed on Monday, May 30 in observation of the holiday.

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

NY Connects is here to help

NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long term care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Chemung County Department of Aging and NY Connects at 607-737-5520, or 1-800-342-9871 or www.nyconnects.ny.gov to discuss needed services.
Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents or other law enforcement. They may claim your Social Security is linking to a crime. They may even threaten to arrest you if you do not comply with their instructions.

**Remember that we will never:**
- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Send official letters or reports containing personally identifiable information via email.

**Here are three things you should do:**
- Hang up right away or do not reply to the email.
- Never give personal information or payment of any kind.
- Report the scam at oig.ssa.gov to immediately notify the law enforcement team in our Office of the Inspector General.

Source: The Social Security Star February 2022 edition
10-Minute Naan Pizza

SERVINGS: 2  PREPPING TIME: 2 MIN  COOKING TIME: 8 MIN

Ingredients

- 2 Pieces of Naan Bread
- 1/4 cup Pizza or Tomato Sauce (or as much as desired)
- 1/2 cup mozzarella Cheese
- 2 tbsp. Parmesan Cheese
- Sprinkle of dried basil

Directions

1. Preheat oven to 425°F.
2. Add sauce and cheese: Spread pizza sauce evenly over naan bread. Then sprinkle shredded mozzarella cheese and parmesan cheese if you have on hand.
3. Bake pizzas: Bake on the oven rack for 8-10 minutes – the crust and cheese should be golden brown.
4. Slice and serve: Slice and serve with fresh basil, parmesan cheese, dried oregano, and red pepper flakes for heat if desired.

Nutrition Facts

10-Minute Naan Pizza
Per Serving
Calories 360
Calories from Fat 68
Fat 7.5g
Cholesterol 6.1mg
Carbohydrates 52gm
Sugar 5.2gm
Protein 20.5gm

- **Crispy crust tip:** Make your crust even better by pre-baking your naan for 3-4 minutes
- **Make it healthier:** Swap regular naan bread for whole wheat or add fresh chopped veggies as a topping!

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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: _______________________________

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 _______________________________

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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