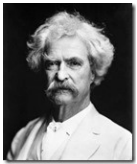


Chemung County Department of Aging
and Long Term Care
425 Pennsylvania Avenue PO Box 588
Elmira, New York 14902-0588
607-737-5520



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

It's Time to Respond To the 2020 Census!

United States[®]
Census
2020

**The Census will determine how \$675 billion
will be distributed to support libraries,
schools, health care, Medicaid, nutrition,
and housing programs.**

**It will also determine the number of seats
our state will have in Congress.**

**Now more than ever, it's important to complete
your Census. It's Safe, Easy, and Important for
our community. Respond Now!**

By phone:

844-330-2020 for English

844-468-2020 for Spanish

844-467-2020 TDD

or online at www.2020census.gov

**It's easy to complete... only 10 questions! The information you share is confidential!
If you haven't completed your Census, please call the number
listed above so you can be counted!**

The Senior Vision

Chemung County Department of Aging and Long Term Care

Volume 1 No 1

September - October 2020



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

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

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



NY Connects
Your Link to Long Term
Services and Supports

of CHEMUNG COUNTY

(800) 342-9871 (607) 737-5520

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News from the Director....

So much has changed due to the COVID-19 pandemic including how the Department of Aging and Long Term Care provides its programs, services and supports. Our number one priority is to keep our community safe and healthy! As a result, some of our services and programs may look a little different, however, we are still here and committed to serving the residents of Chemung County! Most noticeably is how we provide a broad range of information, assistance and services that the community has come to rely upon. As part of the new normal, we recognize that it may not always be feasible for you to come to our office for services or to participate in programs. Therefore, the Department of Aging staff is working to develop social media tools including updating at our Website and FACEBOOK pages so that you can easily access information and valued programs. I invite you to frequently check our website www.chemungcountyny.gov for the latest information and resources to help you and your loved ones be as healthy and independent as possible.

Part of these new changes is the inaugural edition of our bi-monthly department newsletter ***"The Senior Vision"***. ***"The Senior Vision"*** is a combination of several department newsletters that we published every month. ***"The Senior Vision"*** features helpful, reliable information on our services and programs as well as volunteer opportunities, suggestions for health and wellness activities, nutrition services and healthy recipes, health insurance information, tips on how to avoid being a victim of a scam or consumer fraud, caregiver supports, transportation services, and many other areas of interest.

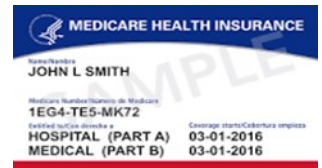
If you did not receive this bi-monthly newsletter in the mail and would like to be added to our confidential mailing list, please complete the form on page 12 and return it to us. If you do not wish to receive a paper copy, or to change your address or name, please call us at 607-737-5520 or email us at ofa@chemungcountyny.gov

As always, if you have any questions or suggestions, please feel free to contact us. Thank you and we hope you enjoy this inaugural issue of ***"The Senior Vision"***.

Kim Salisbury, Director



Health Insurance
Information, Counseling
and Assistance Program



The Chemung County HIICAP program provides FREE, confidential and unbiased information about Medicare and related Health Insurances. Information is provided by state certified trained Health Insurance Counselors.

Turning 65?
Confused about Medicare?
Be an educated consumer!
Learn the facts about Medicare.

Medicare 101

Presented by:

Chemung County Department of Aging and Long Term Care
Located at 425 Pennsylvania Ave Elmira NY 14904

Classes will be held on the 3rd floor room 322.

Monday September 14th 2:00pm

Monday October 26th 2:00pm

No classes in November

Monday December 14th 2:00pm

If you are interested in attending a class or hosting your own class for your group, organization or employees, please contact the Department of Aging at 737-5520 or online registration available at <https://form.jotform.com/80656066580158>. Class size is limited call early to reserve your space! Reservations are required!

Medicare's Annual Open Enrollment period is October 15th through December 7th.

This is the time of year when **all** Medicare beneficiaries can **review and make changes** to their coverage. (You may be eligible to make changes at other times of the year if you have certain special circumstances.) Beware of increased marketing of health and drug plans during this time frame. Before you consider making a change, be sure to check your provider network and prescription coverage. The Department of Aging has limited appointments during Open Enrollment to assist with your review of coverage. Call for an appointment 737-5520. You may also contact 1-800-633-4227 for assistance with comparing drug coverage.

Please check out our evolving website!

We will be offering many new tools online for our web savvy consumers.

Learn about Medicare enrollment, your Medicare options, get connected with other reliable resources and find the answers to your questions about all things Medicare from the comfort of your home!

Visit us at www.chemungcountyny.gov under the “departments” option select “**Aging and Long Term Care**” then look in the menu on the left side of the page to find Medicare and Health Insurance Information.

“GET SMART”!

Scam artists are opportunists and look to take advantage of vulnerable persons, older adults, or situations that can be exploited. Unfortunately, the COVID-19 pandemic has created new opportunities for consumer fraud and scams. Scam artists are employing tactics to commit fraud that prey upon fear and the unknown. Listed below are tips to help prevent healthcare fraud:

Dos

- Protect your Medicare Number and your Social Security Number.
- Use a calendar to record all of your doctor's appointments and any tests that you get.
- Learn more about Medicare and recent scams by visiting www.medicare.gov.
- Know what a Medicare plan can and can't do before you join.

Don'ts

- Give out your Social Security Number, Medicare card or Medicare Number to anyone except your doctor, or people you know should have it.
- Accept offers of money, or gifts for free medical care.
- Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Contact your doctor to request a service that you don't need.

For more information on Medicare fraud or to report suspected fraud call 1-800-Medicare (1-800-633-4227), or call the Department of Aging at 607-737-5520.

SCAM UPDATE REPORT by Lifespan of Rochester

The following scams have been reported in our area over the last 30 days:

- Fake door-to-door contractors
 - ⇒ How it works: person comes to your door, says they are a contractor in the neighborhood and will work for cash.
 - ⇒ What happens: scammers take your money, do shoddy work or no work at all, and keep your money.
 - ⇒ How to avoid this scam: no legitimate contractor goes door-to-door looking for business. When someone knocks on your door and says they are a contractor looking for work, tell them you are not interested, and CLOSE THE DOOR.
- Car warranty scam
 - ⇒ How it works: someone calls, says they can sell you a car warranty, or extend your existing warranty. They ask for your credit card and other personal information.
 - ⇒ What happens: You end up without any warranty protection but your credit card is charged, and your personal information may be used for identify theft.
 - ⇒ How to avoid this scam: If you get a car warranty call - HANG UP.

If it sounds too good to be true, it usually is!

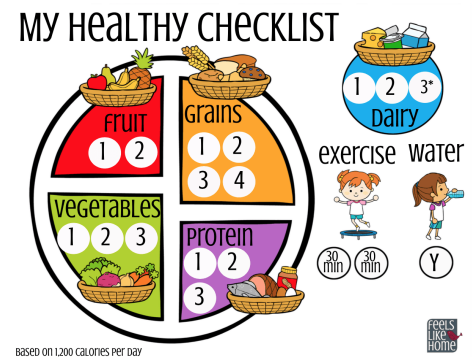
If you have questions about possible scams call Lifespan at 585-244-8400

Lifespan is a regional nonprofit agency providing information, guidance and services for older adults caregivers. Learn more at lifespanrochester.org



Healthy Eating As We Age

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of wellbeing. Eating healthy has benefits that can help older adults:



Nutrients

- Obtain nutrients needed by the body such as potassium, calcium, vitamin D, vitamin B12, minerals, and dietary fiber.
- Lose weight or maintain a healthy weight
- Reduce the risk of developing chronic diseases such as high blood pressure, diabetes, hypertension, and heart disease. If you have chronic disease, eating well can help to manage the disease.
- Meet individual calorie and nutrition needs.
- Help to maintain energy levels.

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

- Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.
- Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables on sale if slicing and chopping is a challenge.
- Ask your doctor to suggest other options if the medications you take affect your appetite or change your desire to eat.
- Drink 3 cups of fat-free or low-fat milk throughout the day. If you cannot tolerate milk try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.
- Consume foods fortified with vitamin B12, such as fortified cereals.

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

Be Active Your Way

Focus on maintaining a healthy body weight. Being physically active can help you stay strong and independent as you grow older. If you are overweight or obese, weight loss can improve your quality of life and reduce the risk of disease and disability.

- Adults at any age need at least 2 1/2 hours or 150 minutes of moderate-intensity physical activity each week. Being active at least 3 days a week is a good goal.
- Find an activity that is appropriate for your fitness level. If you are not active, start by walking or riding a stationary bike. Strive for at least 10 minutes of exercise at a time and be as active as possible.
- Include activities that improve balance and reduce your risk of falling such as lifting small weights. Add strength building activities at least 2 times per week.
- Being active will make it easier to enjoy other activities such as shopping, playing a sport, or gardening.
- If you are not sure about your level of fitness, check with your doctor before starting an intense exercise program or vigorous physical activity.

Source: <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/older-adults>

Caregivers Corner

Disasters don't plan ahead, but you can. The entire month of September observes National Preparedness Month.

Disaster Preparedness for Alzheimer's Caregivers

People with Alzheimer's disease can be especially vulnerable during disasters such as severe weather, fires, floods, earthquakes, and other emergency situations. It is important for caregivers to have a disaster plan that includes the special needs of people with Alzheimer's, whose impairments in memory and reasoning severely limit their ability to act appropriately in crises.

In general, you should prepare to meet the needs of your family for 3 to 7 days, including having supplies and backup options if you lose basic services such as water or electricity. Organizations such as the Federal Emergency Management Agency (FEMA) and the American Red Cross provide information about making a general disaster preparedness plan. The administration for Community Living has a disaster planning toolkit for people with dementia.

Gather Supplies

As you assemble supplies for your family's disaster kit, consider the needs of the person with Alzheimer's. Be sure to store all supplies in a watertight container. The kit might contain:

- Incontinence undergarments, wipes, and lotions
- Pillow, toy, or something the person can hold onto
- Favorite snacks and high-nutrient drinks
- Physician's name, address, and phone number
- Copies of legal, medical, insurance, and Social Security information
- Waterproof bags or containers to hold medications and documents
- Recent photos of the person

Other supplies you may need are:

- Warm clothing and sturdy shoes
- Spare eyeglasses and hearing-aid batteries
- Medications
- Flashlights and extra batteries



If You Must Leave Home

In some situations, you may decide to "ride out" a natural disaster at home. In others, you may need to move to a safer place, like a community shelter or

Caregivers Corner

someone's home. Relocation may make the person with Alzheimer's very anxious. Be sensitive to his or her emotions. Stay close, offer your hand, or give the person reassuring hugs.

To plan for an evacuation:

- Know how to get to the nearest emergency shelters.
- If you don't drive or driving is dangerous, arrange for someone to transport your group.
- Make sure the person with Alzheimer's wears an ID bracelet.
- Take both general supplies and your Alzheimer's emergency kit.
- Pack familiar, comforting items. If possible, plan to take along the household pet.
- Save emergency numbers in your cell phone and keep it charged.
- Plan to keep neighbors, friends, and family informed about your location.
- If conditions are noisy or chaotic, try to find a quieter place.



If You Are Separated

It's very important to stay with a person with Alzheimer's in a disaster. Do not count on the person to stay in one place while you go to get help. However, the unexpected can happen, so it is a good idea to plan for possible separation:

- Enroll the person in the MedicAlert+Alzheimer's Association 24/7 Wandering Support Program—an identification and support service for people who may become lost.
- Prepare for wandering. Place labels in garments to aid in identification. Keep an article of the person's clothing in a plastic bag to help dogs find him or her.
- Identify specific neighbors or nearby family and friends who would be willing to help in a crisis. Make a plan of action with them should the person with Alzheimer's be unattended during a crisis. Tell neighbors about the person's specific disabilities, including inability to follow complex instructions, memory loss, impaired judgment, disorientation, and confusion. Give examples of simple one-step instructions that the person may be able to follow.
- Give someone you trust a house key and list of emergency phone numbers.
- Provide local police and emergency services with photos of the person with Alzheimer's and copies of his or her medical documents, so they are aware of the person's needs.

Source: <https://caregiver.com/articles/disaster-alzheimers-caregivers/>



Gasoline



Insect Sprays



CFL's



Oil Base

Chemung County's Fall Household Hazardous Waste Collection Event

is scheduled for Saturday, October 10th

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, Wednesday, September 16th - Wednesday, October 7th, weekdays only from 9 am - noon and 1-4 pm

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!!

Four Things You Can do to Prevent Falls:

1. Speak up.
Talk openly with your healthcare provider about fall risks and prevention.
2. Keep moving.
Begin an exercise program to improve your leg strength and balance.
3. Get an annual eye exam.
Replace eyeglasses as needed.
4. Make your home safer.
Remove clutter and tripping hazards.



**1 in 4 people
65 and older
falls each
year.**



**Centers for Disease
Control and Prevention**
National Center for Injury
Prevention and Control

For more information, visit
www.cdc.gov/steady

Stay Independent
**Learn more about fall
prevention.**

Learn More

Contact your local community or senior center for information on exercise, fall prevention programs, and options for improving home safety, or visit:

go.usa.gov/xN9XA or www.stopfalls.org

Volunteer Voices

**“No act of kindness, no matter
how small, is ever wasted.”
Aesop**

VOLUNTEER OPPORTUNITIES.....

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.

Bampa's House is a two-bedroom Comfort Care Home serving Steuben, Chemung and Schuyler counties. Bampa's House provides a home-like environment for safe, peaceful, and comfortable end-of-life care at no charge to their residents. Bampa's House needs volunteers for both caregiving and non-caregiving tasks. Training is provided. If interested, please contact Ann Roberts, RN at bampashouse@gmail.com or call Bampa's House at 607-654-4205.

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.

“Life's most persistent and urgent question is, What are you doing for others?”

Martin Luther King, Jr.

News From the Chemung County Board of Elections:



2020 Election Day is Tuesday, November 3rd. Polls will be open 6:00 am - 9:00 pm. There will be elections for the following offices: US President, Congress, NYS Senate, and NYS Assembly. In addition, in Chemung County, there is an election for County Court Judge, Horseheads Town Council, Horseheads Village Trustee, and City of Elmira Constable.

Not able to vote on Election Day? No Problem. Early Voting will be occurring October 23rd thru November 1st at the Chemung County Board of Elections, 378 South Main Street, Elmira. You will be able to vote using the same type of voting equipment available at your polling site.

Early Voting hours are:

October 24th 9:00 am - 2:00 pm October 25th 9:00 am - 2:00 pm October 26th 9:30 am - 5:30 pm

October 27th Noon - 8:00 pm October 28th Noon - 8:00 pm October 29th 8:00 am - 4:00 pm

October 30th 9:30 am - 5:30 pm October 31st 9:00 am - 2:00 pm November 1st 9:00 am - 2:00 pm

Or, you can apply for an absentee ballot by contacting the Board of Elections at 737-5475. If you have any questions, please call us. However you decide to vote, just please vote! Make your voice heard.

Zoom..... Into wellness

What is Tai chi?

It is an exercise that combines slow moving with deep breathing.

Tai Chi Online is a **free**, simple program offered via Zoom.



To receive a list of classes and then register to participate, email Wendy Fambro— certified Tai chi instructor at: wfambro@lifespanrochester.org

What are the benefits?

Increase strength, balance & posture.

Prevent falls.

Improve mind, body & spirit.

Reduce stress and increase relaxation.

Have fun while learning something new!

HEAP Program

The low-income Home Energy Assistance Program (HEAP) is a federally funded energy program that assists eligible households in meeting their heat-related energy costs. HEAP issues heating benefits to supplement a household's annual energy cost and also offers an emergency benefit for households in a heat related energy emergency. HEAP benefits are sent directly to the utility company or fuel vendor. Monthly household income (after Medicare Part B and D premiums have been deducted) must be at or below **\$2,494** for one person and **\$3,262** for two people.

Please note if your utility company or fuel vendor has changed contact your SNAP worker so this information can be updated.

If you were approved for HEAP last year you should automatically get an application in the mail. If you have been receiving SNAP benefits since before **September 19th** of this year, you do not need to apply, because your HEAP benefit will be issued automatically. For more information about HEAP call 737-5368 or 737-5520 or go to mybenefits.ny.gov. If you are 60 years of age or older and would like assistance with your application, call Department of Aging and Long Term Care at 737-5520.



News from the Transportation Program

Please note our office will be closed on:

Monday, September 7th

and

Monday, October 12th

in observation of the holidays



Reminder:

When Total Transportation is late picking you up for an appointment, you need to call our office at **737-5520**.

At the end of your appointment, please call Total Transportation at **737-6191** for your return trip. If Total Transportation **states "that they are not accepting rides at the moment"**, please tell them you are a Department of Aging client and they should then accept your ride. If they don't, please call our office.

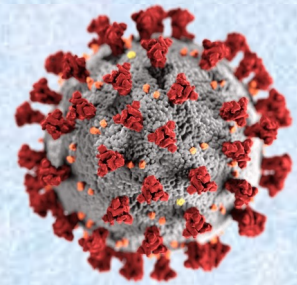
When you are done with your appointment if your cab has not arrived in a reasonable time, please call our office at **737-5520** and we will call Total Transportation for you. We are open from 8:30 a.m. - 4:30 p.m., Monday through Friday, except for major holidays.

COVID - 19 Pandemic - Coping With Stress

The COVID-19 pandemic may be stressful to people. Fear, anxiety and helplessness about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Social distancing, though necessary to reduce COVID-19, can make people feel isolated and lonely and can increase stress and anxiety. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Healthy ways to cope with stress:

- Take care of your body
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of rest
- Avoid excessive alcohol and drug use
- Make time to unwind - do activities you enjoy
- Connect with people you trust to talk about your concerns
- Get the facts. Understand your risk and practice safety measures including social distancing can help reduce your anxiety and fear.



Emotional Support Helpline 1-844-863-9314

Questions? Call the Chemung County COVID-19 Hotline at 1-607-873-1813

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

"Peace begins with a smile"
Mother Teresa

Yogurt Popsicles

1 (6 ounce) can frozen orange juice concentrate
 4 Tablespoons gelatin (any fruit flavor)
 2 cups plain low-fat yogurt (16 ounces)
 Paper cups or ice cube trays
 Popsicle sticks

Directions

1. Place frozen orange juice concentrate in saucepan and sprinkle with gelatin.
2. Cook over low heat. Stir constantly, until gelatin dissolves. Cool.
3. Pour 3 orange juice cans of cold water into juice/gelatin mixture.
4. Pour yogurt into cooled gelatin mixture and stir until smooth.
5. Place paper cups or ice cube trays on cookie sheet.
6. Pour yogurt mixture into paper cups or ice cube trays.
7. Cover cups with aluminum foil, or ice cube trays with waxed paper.
8. Insert a stick into each popsicle through either a slit in the foil over the center of each cup, or by pushing a stick through the waxed paper into the center of each section.
9. Freeze until firm
10. When you are ready to serve the popsicles, run warm water on the outside of the cup to "loosen" each popsicle.

Variation

Vanilla yogurt can be used instead of plain. Fruit yogurt can also be used as long as whoever is eating these are able to chew and swallow the berries.

Source: <https://extension.umaine.edu/food-health/recipes/yogurt-popsicles/>

Nutrition Facts

12 servings per container
Serving size 1 popsicle(54g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 4g Added Sugars	8%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0mg	0%
Potassium 90mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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: _____

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