

GOLDEN GLOW

Published by
Schuyler County
Office for the
Aging



NY Connects
 Your Link to Long Term
 Services and Supports

of SCHUYLER COUNTY

(800) 342-9871 (607) 535-7108



323 Owego St., Unit 7
 Montour Falls, NY 14865

(607) 535-7108

www.schuylercounty.us



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September/October 2025

Long-time Office for the Aging Director, Tammy Waite, has retired. At the time of this writing, a new Director for Office for the Aging has not been named; however, we anticipate that by the time you are reading this, someone will be preparing to take on that role. Watch for updates!

Many thanks to all who participated in the Public Hearing in July. It was a very important discussion given all the talks around budget cuts at the federal level resulting in a trickle down effect. As of this writing, we do not have specifics, but we are hopeful that our services and programs will continue uninterrupted. If anything changes, that information will be made known.

Those who attended the Public Hearing were asked to share their top three concerns regarding services/programs. This is the order in which the responses were rated. Top concern was Home Delivered Meals. Here is the rest of the list in order: Exercise classes, Transportation, Home Health Aides, Nutrition, Health Insurance Counseling, Congregate Meals, Legal Assistance, SNAP, Recreational Activities, NY Connects, and HEAP.

The Staff at Office for the Aging will continue to assist you to find the best possible solutions, services and programs for your individual needs.

MEDQR BRACELETS

To help provide essential information to first responders and other medical personnel in the event of a medical crisis, Office for the Aging is providing a wristband that links to a medical database. That information provides accurate, life-saving details specific to the person wearing the wristband.

Office for the Aging is providing these to Schuyler County residents aged 60 and older. There is no charge, but as with any of our no-fee programs and services, contributions are welcome. No one will be denied a wristband due to inability or unwillingness to contribute. That is strictly voluntary and confidential.

If you would like to know more about the process and/or would like to request a wristband, call Office for the Aging at 607-535-7108.

Return Address:
 Schuyler County Office for the Aging
 323 Owego Street, Unit 7
 Montour Falls, NY 14865

LABEL

Standard
 Bulk Rate
 U.S. Postage
 PAID

AVAILABLE AT OFFICE FOR THE AGING: DETERRA Drug Deactivation and Disposal System

Deterra pouches contain carbon which is activated to destroy and dispose of unused, unwanted, or expired medications at home. The pouches can be used for the disposal of pills, patches, liquids, and creams but not for inorganic medicines such as antacids or supplements. Pouches are made from materials designed to degrade in landfills.



- To dispose of unwanted or expired medications, simply
- ◆ place the medication in the pouch,
 - ◆ fill halfway with warm water,
 - ◆ wait 30 seconds,
 - ◆ seal tightly,
 - ◆ shake gently,
 - ◆ and then dispose of in your normal trash.

Please note that pouches are for single use.

To request a pouch (may request up to 3 per person), stop by our office at 323 Owego Street in Montour Falls. We are located in the Human Services Complex. Home Delivered Meal clients may request to have pouches dropped off with their meal. Just call 607-535-7108 or 607-535-7470. We will also make these available at the congregate meal sites and at any of the health & wellness classes.

Senior Care Concierge MedQR Wristband

AVAILABLE NOW



- MedQR is a sleek, simple, easy-to-use wristband, designed to store important medical information.
- This wristband allows hospital personnel, emergency medical technicians (EMTs), police, or firefighters to scan your bracelet and instantly obtain your vital information.
- There is **no monthly fee or cost** associated with this service.
- A computer, tablet, or smartphone, with internet access, is needed to register the wristband.

Call 607-535-7108 for more information.

Office Closings



There will be no office hours, meal delivery or congregate sites on:

September 1st - Labor Day
October 13th - Columbus Day

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Silver Spoon Café Menu

Meals served at 12 p.m./ Montour site 11:45a.m.
For reservations call 607-535-7470 by 9 a.m.
MENU SUBJECT TO CHANGE

Dates	Mon	Tue	Wed	Thu	Fri
Sept 1-6	OFA CLOSED 	Fish Morney Succotash Whole Grain Couscous Fruit Cocktail V8 Juice	Sloppy Joe Whole Grain Bun Broccoli Chickpea Salad Pears	Chicken Corn Casserole Brussel Sprouts Sweet Potatoes Mash Pineapple Tidbits Whole Grain Berry Muffin	BRUNCH 10:45AM Egg Cheese Strata California Blend Vegetables Fresh Fruit cup Orange Juice
Sept 8-12	Beef Stroganoff Whole Grain Rotini Zucchini Fruit Cocktail Harvard Beets Yogurt	Stuffed Shells Italian Mixed Vegetables Tabouli Salad Banana 12 Grain Bread	Roast Turkey with Gravy Whole Grain Couscous Parsley Carrots Applesauce Tossed Salad	Parmesan Crusted Fish Quinoa Asparagus Peach & Apple Salad Fruit Cocktail	Ham Aloha Brown Rice Cauliflower Cucumber Onion Salad Mandarin Oranges
Sept 15-19	Turkey Stew Vegetable Blend V8 Juice Pears with Blueberries Whole Grain Biscuit Yogurt	Meatloaf with Gravy Farro Zucchini & Tomatoes Mixed Berries Tossed Salad	Pork Supreme Brown Rice Mixed Vegetables Carrot Raisin Salad Fruit Fluff	Vegetable Lasagna Winter Squash Tropical Fruit 12 Grain Bread	Chili Con Carne Italian Green Beans Succotash Pineapple Tidbits Whole Grain Pumpkin Muffin
Sept 22-26	Ham & Broccoli Casserole Brown Rice Spinach & Mushrooms Peaches Banana	Mexican Quinoa Casserole Cauliflower Fruited Jello Fresh Orange 12 Grain Bread	Mac & Cheese Stewed Tomatoes Bean & Spinach Salad Fresh Grapes	Roast Beef with Gravy Mashed Potatoes Italian Green Beans Watermelon Whole Grain Dinner Roll	Italian Baked Fish Potatoes O'Brien Parsley Buttered Carrots Cantaloupe Whole Grain Biscuit
Sept 29-Oct 3	Lemon Garlic Chicken Baked Sweet Potato Farro Peas & Pearl Onions Ambrosia Salad Yogurt	Pork with Sauerkraut Brown Rice Broccoli Tossed Salad Fresh NY Apple	Shepherd's Pie Broccoli Plums Apple Juice Whole Grain Biscuit	Chickpea Stew Brown Rice Parsley Carrots Mangos Low Sodium V8	BRUNCH 10:45AM Western Omelets Potatoes O'Brien Spinach Fruit Cocktail
Oct 6-10	Parmesan Crusted Fish Quinoa Pilaf Cucumber & Onions Salad Zucchini Baked Apples with Cinnamon	Stuffed Shells Green Beans Peaches with Raspberries Kale & Bean Salad Fig Newtons	Sauerbraten with Gingersnap Baked Sweet Potato Tabouli Salad Mandarin Oranges 12 Grain Bread	Chicken and Gravy Whole Grain Biscuit Peas with Pearl Onions Cantaloupe Applesauce	Beef Stroganoff Whole Grain Pasta Cauliflower Tossed Salad Pineapple Tidbits
Oct 13-17	OFA CLOSED 	Scandinavian Fish Farro Mashed Sweet Potatoes Mandarin Oranges Celery, Carrot, Apple Salad	Beef Stew Spinach Pears Tangy 3-Bean Salad Whole Grain Biscuit	Pork Supreme Whole Grain Couscous Brussels Sprouts Fruit Cocktail	Vegetable Lasagna Winter Squash Peaches & Raspberries 12 Grain Bread
Oct 20-24	Chicken Alfredo Whole Grain Spaghetti Italian Mixed Vegetables Pineapple Tidbits Low Sodium V8 Juice	Brunswick Stew Whole Grain Couscous Parsley Carrots Fresh Orange	Turkey a la King Cauliflower Corn, Black Beans Citrus Salad Pears & Blueberries	Macaroni & Cheese Zucchini & Tomato Molded Cucumber Salad Grapes	Grilled Chicken Whole Grain Bun California Vegetables Tossed Salad Applesauce
Oct 27-31	Lemon Garlic Chicken Brown Rice Roasted Red Potatoes Banana Mixed Berries Yogurt	Roast Turkey with Gravy Baked Sweet Potato Broccoli Cinnamon Applesauce Fig Newtons Whole Grain Dinner Roll	Baked Fish with Dill Sauce Butternut Squash Coleslaw Fruit Cocktail Whole Grain Biscuit	Sloppy Joe Whole Grain Bun Baked Beans California Vegetables Cranberry Fruit Salad	Happy Halloween! Black Bean & Sweet Potato Chili Waxy Beans Tossed Salad 1% milk available with every congregate meal.

NUTRITION SPOTLIGHT

Necessary Nutrients for Aging

By Amber Kautz, PhD, MS, RDN

We've all heard about the importance of eating a balanced diet that includes all of the different food groups. There are five food groups (fruits, vegetables, protein, dairy and grain), and each group contains foods with different nutrients. Although each of these nutrients plays an important role in health, as we age, some nutrients are especially important. These include protein, fiber, potassium, calcium, vitamin D, and vitamin B12.

The table below gives examples of these nutrients and explains why they are especially important as we age.

Nutrient	Role in Aging	Foods
Protein	Prevents muscle loss	Meat, dairy products, nuts, beans,
Fiber	Helps with digestion, prevents constipation, helps maintain adequate blood sugar levels	Whole grains (e.g., brown rice, oats, popcorn), fruits, vegetables
Potassium	Regulates blood pressure, maintains nerve & muscle function, preserves bone density	Lima beans, potatoes, spinach, mushrooms, vegetable juice
Calcium	Maintains muscle and nerve function and promotes bone strength (prevents osteoporosis)	Milk, yogurt, cheese, spinach, salmon, orange juice
Vitamin D	Necessary for bone health, muscle function, immune function, and brain health	Milk, yogurt, cheese, salmon, mushrooms, orange juice
Vitamin B12	Necessary for red blood cell formation, nerve function, and conversion of food into energy	Meat, fish, eggs, dairy products

Note: Vitamin D, Calcium, and Potassium are now required to be listed on the nutrition facts label. Aim for foods with a percent daily value of 20% or more.



Ask Amber

Are foods sweetened with cane sugar better for you than foods sweetened with high fructose corn syrup?

It has been reported that some companies are switching sweeteners in their products from high fructose corn syrup (HFCS) to cane sugar (a type of table sugar); but, is this any better for us? HFCS is a liquid sweetener, derived from corn starch, used as an alternative to sucrose (e.g., table sugar or cane sugar). For food manufacturers, HFCS is easier to use because it is liquid and it is stable in foods and beverages that are acidic (such as sodas).

In the early 2000s, it was proposed that HFCS was a direct cause of obesity (more so than table sugar), however, is this true? Both HFCS and sucrose (table sugar) are made from two simple sugars (glucose and fructose). While glucose is used by cells in our body to produce energy, fructose is metabolized by our liver, and excess consumption can promote fat synthesis. Despite the name "high" fructose corn syrup, the ratio of glucose to fructose is very similar to table sugar, both containing approximately 50% glucose and 50% fructose. The primary difference is that glucose and fructose are connected by a bond in sucrose, where they are not in HFCS. However, both table sugar and HFCS are metabolized similarly by the body, and overconsumption of either may lead to weight gain.

In summary, minimize added sugar intake to < 10% of your daily calories, whether it be from HFCS, or table sugar/cane sugar. Questions? Please reach out to me at akautz@co.schuyler.ny.us

True or False



1. Only people with high blood pressure need to watch their salt intake.
2. All yogurt is good for you.
3. Brown rice is a whole grain and white rice is not.
4. Detox diets are necessary for a healthy adult.
5. There are many different kinds of fats, and some are better for you than others.

Answers: 1. F, 2. F, 3. T, 4. F, 5. T

Food Humor

Q: What did the vegetable say to its love?
A: I love you from my head to-ma-toes!

Q: How do you fix a broken tomato?
A: Tomato paste

Q: How did the burger propose?
A: With an onion ring.



No Sugar Added Sweet Potato Casserole

Prep Time: 15 minutes, **Cook Time:** 40 minutes
Total Time: 55 minutes
Servings: 8

Ingredients:

- 2 lbs. sweet potatoes cubed and peeled
- 1/2 cup reduced fat milk
- 5 Tablespoons butter, melted
- 1 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground pepper
- 1/2 cup chopped pecans
- 1/4 cup pumpkin seeds
- 1/4 cup chopped dried fruit (cherries, cranberries, raisins)

Directions:

1. Preheat oven to 350 degrees.
2. Cook sweet potatoes in a pot of boiling water until soft (18-20 minutes). Drain water. Add milk, 4 tablespoons of butter, salt, vanilla, ginger, cinnamon, and pepper to the pot, and mash until combined. Transfer to a baking dish (1 1/2 quart).
3. Mix together pecans, pumpkin seeds, dried fruit, and remaining 1 tablespoon of butter. Sprinkle over the sweet potatoes.
4. Bake casserole until heated through and nuts on top are lightly toasted – about 20-30 minutes.

Nutrition (per 1/2 cup):
Calories 217, Fat 15 g, Saturated Fat 6 g, Cholesterol 20 mg, Carbohydrates 20 g, Total Sugars 9 g, Protein 4 g, Fiber 4 g, Sodium 324 mg

HAVING FUN WITH FOOD



Joy 'N' Escapade

HIICAP— Health Insurance Information, Counseling and Assistance Program

WHAT TO KNOW ABOUT MEDICARE OPEN ENROLLMENT

By the time you read this, appointments for Medicare Insurance Counseling will have started to be scheduled in preparation for the annual **Open Enrollment Period**. There are some important things to remember about this period. Open Enrollment begins October 15th and ends December 7th. Please keep in mind the following:

Open Enrollment allows anyone with Medicare the opportunity to review and change their plan. However, not everyone *needs* the opportunity. Appointments are determined partly based on the following criteria.



- Anyone new to Medicare
- Newly retired
- Experienced change in coverage before January
- Loss of spouse
- Those without any coverage
- Those without medication

When you call Schuyler County Office for the Aging for an appointment, the following questions will be asked:

- Are you a Schuyler County resident?*
- Are you 65?
- Do you have your Medicare (red, white and blue) card?

(*Note: Since insurance plans can vary from county to county, we are only able to offer counseling appointments to Schuyler County residents.)

For the appointment with a certified insurance counselor, you will be asked to bring:

- Medicare Card (see picture below)
- Any other insurance card (see below)
- Proof of *all* monthly income (ex. social security, pension)
- List of prescription medication

Changes that can be made during this time period include enrolling in or switching between Medicare prescription drug plans (Part D). If you are in a Medicare Advantage Plan, you can choose a *different* Medicare Advantage Plan. You can also change to traditional Medicare with a stand-alone Part D plan. Finally, you can choose a Medigap (or supplement) plan. Our counselors will explore options with you, but all decisions are yours.

About our counselors

All HIICAP (Health Insurance Information Counseling and Assistance Program) counselors are trained and certified through the State Health Insurance Program (SHIP) to help you understand the complexities of insurance. They are not salespeople or agents; nor do they represent any insurance company. Our goal is to provide enough information for you to make an informed decision on the plan which will best suit your needs and budget.

Let's talk about the counseling appointment!

Counseling appointments are scheduled in blocks of one (1) hour. For a married couple, a 2 hour time slot is reserved, though partners may enter the interview room together. To make an appointment, call **Schuyler County Office for the Aging at 607-535-7108**. There are a limited number of appointments and time slots are reserved for *you*. If you are unable to keep an appointment for any reason, please be sure to call the office as soon as you can. This will allow us to use the counselors' time wisely, while still assisting clients. **PLEASE** keep in mind that we will do our best to reach as many Medicare beneficiaries as possible during this time frame. However, if our slots fill up quickly, we will refer you directly to Medicare (1-800-633-4227), where there are counselors available 24 hours per day, 7 days per week.



At the counseling appointment we will review the documents you were asked to bring (see above), and set up a Medicare.gov account for you, unless you already have one. This will allow us to create a chart that is specific to *you*, and will allow us to show you the plans that may be most beneficial to your circumstances. Be assured that all information shared is *strictly* confidential and all documents/copies are kept securely locked.

A few housekeeping items:

1. To schedule an appointment, call Schuyler County Office for the Aging at 607-535-7108.
2. Appointment scheduling for Medicare Open Enrollment begins in late August. (Some of you may be scheduled already.)
3. You should participate in Open Enrollment if you meet any of the criteria outlined in the box above.
4. Appointments are scheduled for 60 minutes each; if you are late, your appointment time will be shortened.
5. If you *cannot* keep your appointment, please call us as soon as possible. Every effort will be made to reschedule.
6. If we are unable to reschedule your appointment, you will be referred directly to Medicare, where counselors are available 24 hours a day, 7 days per week.

Questions? Concerns?
Call Wendy Drake, Insurance Counseling Coordinator



Health Insurance Information, Counseling and Assistance Program

NY CONNECTS

BENEFITS SCREENING THROUGH NY CONNECTS

Can this help me and my family?

New York Connects links people to benefits and programs that they may not know about. Besides calling the office directly to be screened for public funded programs, did you know that you can screen yourself online, at www.mybenefits.ny.gov to see if you are eligible for public funded programs?

When you use the mybenefits website, it will ask you questions about the people in your home, the money you receive from work or other resources, housing costs and other bills. What information you enter will stay private and secure. The advantage of using the website on line at home is that you can accommodate your specific schedule and can be done at any time.

When you're finished you will find out if you **might be eligible** to receive help through programs such as Supplemental Nutrition Assistance Program, (SNAP). You may also find out that you **might be eligible** for help with your Medicare plan or other health programs. You may also find that you **might be eligible** for tax credits.

Keep in mind the Website can help you check for eligibility and is only as good as the information that you provide. If the information you provide is incomplete or incorrect, the results you receive may not be accurate. You will still need to apply for these programs to get a final decision about benefits.

If you don't have access to a computer or you would prefer to talk to a person, you can always call NY Connects staff at our office who will be happy to assist you. NY Connects staff can not only help with benefits screenings, but can assist with things like help finding support groups, help finding temporary or permanent adaptive equipment, help locating a food pantry, or even residential housing options based on your specific needs.

NY Connects is your trusted non-biased link to long term supports and services. We are available to try to help to provide you with answers to questions you may have. We are available Monday through Friday and can be reached by dialing (607)-535-7108.



September is National Preparedness Month!

Here is a checklist of things to include in an emergency kit:

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Contact information for your durable medical provider
- Need-to-know information for first responders and others who might need to help you



For more information, go to <https://www.ready.gov/older-adults>



BUILD A "TO GO" KIT



Unlock the Power of Literacy: Become a Volunteer Tutor!



Want to make a real difference in your community? Do you believe everyone deserves the chance to read, write and thrive?

BECOME A LITERACY VOLUNTEER TUTOR!

For more information on how you can become a literacy volunteer, please email us at Literacyvolunteersofschuyler@gmail.com

Or visit our website at www.cseoc.org, select "Programs" from the Menu, then select "Literacy Volunteers" for more information



Educating, Empowering and Advocating for Long-Term Care Residents

The Ombudsman Program is an effective advocate and resource for older adults and people with disabilities who live in nursing homes, assisted living, and other licensed adult care homes. Ombudsmen help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.

The New York State Long Term Care Ombudsman Program services are made possible through funding from the New York State Office for the Aging and U.S. Department of Health and Human Services, Administration for Community Living.

For more information, please contact your local Ombudsman



607-274-5498
tompkinscountyny.gov/cofa/cofa13

Serving Chemung, Schuyler, and Tompkins counties



CAREGIVER'S CORNER

Letting Go Together: Supporting a Loved One Through the Downsizing Journey

(Shannon Slater. OpenAI. ChatGPT, June 2025)

Helping an aging loved one downsize and declutter before a move becomes urgent can be a thoughtful, loving act that reduces future stress for everyone involved.

It's natural for this process to bring on a mix of emotions, including feelings of loss, nostalgia, and even anxiety. However, this can also be an opportunity to celebrate a lifetime of memories and embrace a simpler, more manageable lifestyle.



Here are some practical and compassionate ideas to make the process manageable and meaningful:

1. Start Early and Go Slowly

- Begin with just one drawer, one closet, or one category (like books or clothing).
- Set short timeframes – e.g., “Let’s work on this for just one hour today.”
- Keep it relaxed and free of pressure.

2. Focus on Function and Safety

- Explain that a simpler space can help prevent falls, confusion, and stress.
- Offer help in identifying what’s used and needed regularly – and what’s just in the way.

3. Frame It as Empowerment

- Say things like: “Doing this now lets you decide what happens with your things, rather than leaving it up to someone else later.” “This gives you the chance to share stories and pass down what matters most.”

4. Make It Meaningful

- Create a “legacy box” or “memory shelf” for special keepsakes.
- Encourage sharing of

heirlooms, recipes, or photos with family members now.

- Record stories behind the items – on paper or video – as part of preserving family history.
- Take pictures of precious/cherished items before parting with them - print the pictures to be added to a scrap book later.



5. Use a Sorting System

Use four categories:

- Keep
- Donate/Gift
- Sell
- Discard/Recycle

Keep bins or bags labeled and nearby to make decisions easier.

6. Get Help from Professionals (If Needed)

- Consider a senior move manager, professional organizer, or aging-in-place specialist who has experience working with older adults.

7. Celebrate Progress

- Acknowledge what’s been accomplished after each session.
- Have tea, coffee, a favorite snack, or go out for ice cream, after a session as a ritual of closure and comfort.
- Celebrate the emotional wins, not just the physical results.

8. Be Gentle and Respectful

- Avoid judgment or rushing. Let them reminisce, even if it slows the process.
- Be patient – this isn’t just “stuff,” it’s often tied to identity, memories, and loss.

Here are some comforting words you can use when supporting your loved as they let go of cherished items:

- "It's okay to feel emotional during this process; these items represent a lifetime of memories and experiences."
- "Letting go doesn't mean forgetting; the memories associated with these things will always be with you."
- "Your feelings are valid. Take your time, and be kind to yourself."
- "By simplifying your home, you're making it safer and easier to enjoy your daily life."
- "You're making a thoughtful choice that will benefit you and your loved ones."



In summary, helping an aging loved one downsize and declutter doesn't have to be

overwhelming or rushed. By starting early, moving at a gentle pace, and approaching the process with empathy and respect, you can make it a positive experience. Focusing on safety, functionality, and the opportunity to share memories and meaningful items allows for a sense of control and dignity.

Celebrating progress in thoughtful ways – whether through conversation, small rewards, or simply acknowledging the emotional effort – helps reinforce that this journey is not just about letting go, but about preserving what truly matters.

4 Must-Haves for Moving Day

1. **Essential Medications & Medical Info:** Pack a clearly labeled bag with all current medications, a list of dosages, doctors' contacts, insurance cards, and any legal documents (e.g., health care proxy, DNR).
2. **Comfort Kit:** Include familiar items like a cozy blanket, favorite snacks, photos, or a keepsake. These help reduce anxiety and bring a sense of home to the new space.
3. **Easy-Access Bag:** Water, phone charger, cash, hand wipes, extra clothing, ID, and basic toiletries (things you don't want lost in boxes).
4. **Patience & Extra Hands:** Emotions may run high, so to help the day run smoother, enlist help of professional movers or supportive family/friends, don't go it alone.



University of Rochester - Memory Care Program

Part of Strong Memorial Hospital
315 Science Parkway
Entrance B, Suite 200
Rochester, NY 14620
Phone: (585) 273-5050
www.urmc.rochester.edu/memory-care-program

Rochester Regional Health Neuroscience Institute - Memory Center

2655 Ridgeway Ave Ste 420, Rochester NY 14626
Phone: (585) 723-7972
www.rochesterregional.org/services/neurology-neurosurgery/memory-cognitive-disorders

Upstate University Hospital - Center of Excellence for Alzheimer's Disease

725 East Adams Street
Syracuse, NY 13210
Phone: (315) 464-6100
www.upstate.edu/geriatrics/healthcare/cead/

The Memory Disorders Program at New York - Presbyterian/Weill Cornell Medical Center

Upper East Side
428 East 72nd Street, Suite 500
New York, NY 10021
Phone: (212) 746-2441
<https://weillcornell.org/services/neurology/alzheimers-disease-memory-disorders-program>

The Alzheimer's Disease and Memory Disorders Center - Department of Neurology Jacobs School of Medicine and Biomedical Sciences

1001 Main Street, Fl 4
Buffalo, NY 14203
Phone: (716)-829-5056
www.buffalo.edu/cead.html

CAREGIVER'S CORNER

Schuyler County OFA, National Family Caregiver Support Program presents:

Caregiver Support - It's just us

Make meaningful connections, renew your spirit and find comfort in knowing you are not alone.

5:00PM - 6:30PM
SILVER SPOON CAFÉ, 323 OWEGO STREET, MONTOUR FALLS

If you provide informal (unpaid) care for a friend, family member, or loved one who is age 60 or older—or of any age with Alzheimer's disease or a related disorder—and either you or the person you care for lives in Schuyler County, you're invited to join this supportive discussion led by Shannon Slater, Aging Services Case Worker.

July - no meeting

August 19

September 16

October 21

November 18

December 16



For more information, or to register, please contact Shannon, 607-535-7108



Senior Care Concierge MedQR Wristband



AVAILABLE NOW

Are you caring for a loved one age 60 or older?

Help keep them safe and supported - at no cost to you - with the SCC MedQR wristband, now being distributed **FREE** by Schuyler County Office for the Aging.

This sleek and comfortable medical wristband is more than just a helpful accessory - it can speak when your loved one can't.



Instant Access to Vital Information

In an emergency, first responders can scan the QR code to view critical medical details - like allergies, medications, and health conditions - helping them make fast, informed decisions.



Perfect for Older Adults or Anyone with Medical Concerns

Whether your loved one has a chronic illness, lives alone, or simply wants to be prepared, this tool offers reassurance and security wherever they go.



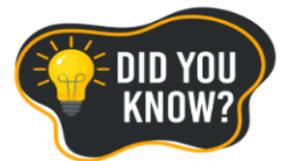
Durable, Comfortable, and Easy to Wear

With an adjustable strap and lightweight design, it's made for daily use and peace of mind.

Caregivers, take one step toward greater safety and security. Help your loved one stay protected - contact Shannon Slater, 607-535-7108, for more information.



NOTE - A computer, tablet or smartphone, with internet access, is needed to register the wristband.



- ◆ **Breaks are essential, not selfish.** Caregiver burnout is real—**respite care** services can give you time to recharge while your loved one continues receiving support.
- ◆ **Replace guilt with grace.** When guilt creeps in, pause and ask yourself: "Am I doing the best I can with what I have today?" Remind yourself that perfection isn't possible - **but showing up with love and effort is enough.** Be as kind to yourself as you are to the person you're caring for.
- ◆ Just **10 minutes** outside can reset your mind. Respite care isn't selfish - it's survival.
- ◆ **Memory loss isn't always dementia.** Medications, infections, dehydration, or stress can cause **reversible confusion** - so always seek medical guidance before assuming the worst.

National Family Caregiver Support Program
Schuyler County Office for the Aging



Shannon Slater
Caregiver Coordinator
(607)535-7108



Do you provide unpaid care to a family member, friend, or neighbor who is age 60 or over, and has an illness, disability, memory loss, or injury?



Are you feeling overwhelmed, worried, tired, sad, easily irritated, and/or extremely stressed?

YOU ARE NOT ALONE

If you would like to learn more about resources, tools, and supports available for caregivers, Shannon Slater, Aging Services Case Worker, would like to talk with you.

VOLUNTEERISM

VOLUNTEER

WITH US!

Why?

- Boost your mood
- Improve physical health
- Reduce stress

When?

➤➤ Whenever you want

Biggest need is Home Delivered Meals



**scan now
to
apply**



Call Holly at 607-535-6834

DID YOU KNOW?

VOLUNTEERING

IS GOOD FOR YOU!!



Less Depression & Less Anxiety



Higher Self Esteem & Higher Life Satisfaction

FEEL THE WIND IN YOUR HAIR

Drive for OFA

MILEAGE REIMBURSEMENT AVAILABLE



1 Hour per week



CALL HOLLY
607-535-6834



VISIT US OUR WEBSITE
WWW.SCHUYLERCOUNTY.US/157/OFFICE-FOR-THE-AGING



HEALTH PROMOTIONS

Schuyler County Office For the Aging

FALLS PREVENTION SEMINAR

"From Awareness to Action"

Thursday, September 25th
 10 am - 2 pm
 Human Services Complex
 323 Owego St., Montour Falls

Speakers
Vendors
Demonstrations
How to prevent falls
Making your home safe



***Stay for Lunch 11:30 am - 12 pm**

Enjoy lunch at the Silver Spoon Cafe. *The suggested contribution for the meal is \$4.00. Nobody is denied a meal if they are unable or unwilling to contribute.

Guest Speakers 12 - 1:00 pm

BINGO 1:00 - 2:00



RSVP by Sept 18th
 Call Wendy at 607-535-6827



SAVE THE DATE! Office for the Aging Falls Prevention Seminar

September 22nd through September 26th is "Falls Prevention Awareness Week," a nationwide effort to raise awareness about falls in older adults and to promote preventative measures. The National Council on Aging (NCOA) hosts events to educate the public on the fact that falling is not an inevitable part of aging. In fact, falls are largely preventable through various strategies that anyone can apply.

Each year, Schuyler County Office for the Aging Hosts a seminar with the theme, "From Awareness to Action," to provide valuable information and practical demonstrations to help anyone age gracefully at home. This year the seminar will be Thursday, September 25th from 10:00 a.m. to 2:00 p.m. You will have the opportunity to learn how to make your home safer to avoid falls. You will also learn how to safely get up from a fall should that occur. Following lunch in the Silver Spoon Café, join us for some fun with Bingo, including a new "spin" on that — "Bingocize." Mark your calendars for the 25th, and be sure to reserve your spot at the seminar and for lunch by September 18th. We look forward to seeing you there! To RSVP, call Wendy at 607-535-6827.



BREAST CANCER AWARENESS MONTH is about more than pink ribbons. While some feel inspired, many people living with breast cancer feel like the month overlooks their experience with the disease. For some, the 31 days in the fall of pink-ribbon reminds them of a disease that changed them forever. For others, it's a chance to show support for the over 2 million women around the world who are diagnosed each year with the disease. Understanding the goals behind the global campaign and the emotions felt by the many

different people living with the disease may help you decide if and how you want to commemorate the month. Breast Cancer Awareness Month is an international health campaign held every October. The month aims to promote screening and reduce the risk of the disease, which affects 2.3 million women worldwide. October 13th is nationally recognized in the U.S. as Metastatic Breast Cancer Awareness Day. (Metastatic breast cancer is cancer that spreads to other parts of the body.) This day seeks to educate the public about the challenges that people with metastatic breast cancer face and the need for more research — and more treatments — for this deadly disease. The day also serves as a reminder that people can do all the right things — breast cancer screenings and all the recommended treatments for early stage breast cancer — and still have cancer spread. It's also to remember that, although breast cancer is more common in women, it affects men, too. According to the American Cancer Society, about 2,800 men in the U.S. will be diagnosed with breast cancer in 2025. Although many people feel supported by the month's events, activities, and pink merchandise, other intensely dislike Breast Cancer Awareness Month. For some, the celebratory atmosphere can seem like a distraction from the very real need for greater understanding of the disease. As a member of the Breastcancer.org states, "...education is key." A "Think Before You Pink" campaign was launched by Breast Cancer Action to help people learn to donate in the most effective way to this worthy cause. For all its controversy, Breast Cancer Awareness month can be a good reminder to learn more about breast cancer. Some good places to start might be examining your personal risk of developing the disease, performing breast self-examination, and scheduling your next breast cancer screening.

Say **BOO!** to the flu

Doctors recommend getting your flu vaccine by the end of October

Learn more at [CDC.gov/flu](https://www.cdc.gov/flu)



Public Health Schuyler County, NY

PHAB Advancing Public Health Performance

TIPS for Aging Well

If using a cane or walker, make sure you are fitted properly for this. Many folks simply use one that has been passed down from another family member. You need to consider height and weight. Canes and wheelchairs are adjusted to ensure you are standing properly and moving properly with your mobility device. They also need to be able to sustain your weight over a period of time.

If you purchase a mobility device from your local pharmacy, they typically have someone who is trained in how to fit your device to you. Another option is to see an Occupational or Physical Therapist who can best advise you on the type of mobility device that is most beneficial for your individual needs and fit you accordingly. Doing so will help keep you free of back pain from not standing up straight, will reduce the risk of falls from walking with an incorrectly fitted device which can throw your balance off, will avoid difficulties with navigating tight spaces or uneven surfaces, and will avoid unnecessary joint pain and injuries due to putting too much weight on wrists and shoulders.

Also, being properly fitted with a device will ensure that it is put together correctly, has fully working brakes (rollators), and that all parts are properly attached and adjusted. Talk with your medical provider about a referral to an OT or PT, as needed.

Schuyler County Office for the Aging

HEALTH + WELLNESS CLASSES

BONE BUILDERS CLASSES

****PRE-REGISTRATION REQUIRED****

Bone Builders Monday 10:00- 11:00 a.m. Hector Presbyterian Church
 Bone Builders program helps improve bone density and reduces the risk of fracture for those with osteoporosis or osteopenia. (Must provide own weights)

Bone Builders Tuesday 10:00- 11:00 a.m. Hector Presbyterian Church
 Bone Builders program helps improve bone density and reduces the risk of fracture for those with osteoporosis or osteopenia. (Must provide own weights)

Bone Builders Thursday 10:00- 11:00 a.m. Burdett Fire Department
 Bone Builders program helps improve bone density and reduces the risk of fracture for those with osteoporosis or osteopenia. (Must provide own weights)

Bone Builders Friday 10:00- 11:00 a.m. Silver Spoon Café
 Bone Builders program helps improve bone density and reduces the risk of fracture for those with osteoporosis or osteopenia.

***FREE for Schuyler County residents age 60+**
 *Contributions for the individual programs are gratefully accepted

CALL OR EMAIL
 WENDY DRAKE
 607-535-6827
 wdrake@co.schuyler.ny.us




HEARING LOSS HELP



Signs, Symptoms and Steps



Signs, Symptoms and Steps

Do You Have Hearing Loss?



Hearing loss is a growing public health crisis affecting people of all ages, with many more at risk. It can be sudden or gradual, making it easy to miss or ignore.

Signs you or your loved one might have hearing loss:

- Difficulty understanding speech, especially in noisy environments
- Thinking that people are mumbling
- Frequently asking others to repeat themselves
- Family or friends notice that you're missing things
- Turning up the volume on the television or radio
- Trouble understanding phone calls
- Withdrawal from conversations and social situations
- Tinnitus (ringing, buzzing, or hissing sounds in the ears)



Even a mild hearing loss can impact daily life, so take **Steps for Success** as soon as possible. (See next page.)

Learn More about Hearing Loss



hearingloss.org/understanding-hearing-loss

IMPORTANT

If you experience any of the following conditions, seek immediate medical attention: Sudden hearing loss, especially in one ear; sudden ringing or buzzing in the ear; pain, drainage or dizziness.

The Hearing Loss Association of America (HLAA) is the leading voice for millions of Americans with, and at risk of, hearing loss. HLAA is dedicated to raising awareness, breaking down stigma and empowering all with advocacy, education and a nationwide network of support. For more information, visit hearingloss.org.

hearingloss.org

You Might Have Hearing Loss...Now What?

5 STEPS FOR SUCCESS:

- STEP 1** See a hearing care provider (HCP), such as an otolaryngologist (ENT) or audiologist for a full assessment.
- STEP 2** Think about what you could be missing in your daily life.
 - Even a mild hearing loss can affect cognition, employment and relationships.
- STEP 3** Explore your treatment options.
 - While no device will fully restore hearing, there are more choices than ever to help you.
 - **Prescription hearing aids** include regular adjustments and ongoing support.
 - **Over-the-counter (OTC)** hearing aids may be an option for some adults with mild-to-moderate hearing loss.
 - **Cochlear implants (CIs)** may be an option for more severe hearing loss.
 - Look for at least a 30-day trial period and good return policy.
 - Try multiple devices if needed.
 - If your insurance doesn't cover hearing aids, see our **Financial Assistance** resources.
- STEP 4** Seek help to communicate and cope.
 - Use **accessible technology** like captions, speech-to-text apps, hearing loops, etc.
 - **Get involved** in our HLAA hearing health community.
 - Check out a **local HLAA Chapter** for peer support.
- STEP 5** Advocate for yourself.
 - Speak up about your communication needs, in social settings, on the job and at medical appointments.
 - If you don't hear or understand something, say so.
 - Learn about **your rights for hearing access** in public places.

Find Help



hearingloss.org/find-help

hearingloss.org



Hearing Loss Communication



Hearing Loss Communication

Tips to Hear and Be Heard



Hearing loss is a growing public health crisis affecting 50 million Americans. Whether you have hearing loss or are speaking with someone who does, here are some helpful strategies.

When speaking to someone with hearing loss:

- Get the listener's attention before speaking.
- Face the listener to facilitate speechreading.
- Avoid speaking from another room.
- Speak clearly at a moderate pace, without yelling.
- Don't chew or cover your mouth while talking.
- Repeat or rephrase as needed; be patient and respectful.
- Don't use dismissive comments, such as "never mind."



If you have hearing loss:

- Tell people you have hearing loss.
- Express your listening needs clearly.
- Find a quiet, well-lit spot for conversation.
- Listen actively and look for visual clues.
- Admit it if you miss something—ask questions and don't bluff.
- Use assistive listening devices or other technology.
- Plan ahead for difficult listening situations. (See reverse side.)



Find More Strategies



hearingloss.org/livingwell

The Hearing Loss Association of America (HLAA) is the leading voice for millions of Americans with, and at risk of, hearing loss. HLAA is dedicated to raising awareness, breaking down stigma and empowering all with advocacy, education and a nationwide network of support. For more information, visit hearingloss.org.

hearingloss.org

Common Challenges

Recognize that some situations could pose added difficulties for people with hearing loss, such as:

- Phone calls
- Noisy restaurants or parties
- Dimly-lit rooms or strong backlighting
- A speaker's accent, dialect or facial hair
- Seminars, conferences and classrooms
- Movies, concerts and other performances
- Conversation in a vehicle (as driver or passenger)
- Talking while walking single file



Assistive Technology Can Help

Various hearing assistive technology (HAT) can be used with or without hearing aids or cochlear implants (CIs), including:

- Speech-to-text apps for smartphones or in-person conversations
- Closed captioning on televisions and online videos
- Captioning devices or open captions in movie theaters
- Live captioning available by advance request for some events
- Free captioned phones available in many states
- Remote microphones and personal listening devices
- Hearing loops, FM, infrared or Wi-Fi audio systems in public venues



Discover HAT Options



hearingloss.org/HAT

hearingloss.org



Finger Lakes Region Lions Hearing Foundation

MISSION

To help people with low income and hearing impairments by providing low cost or free hearing aids and quality audiology services and help.

Who is Eligible for Services?

Anyone of any age living within the Central and Southern Tier areas of NYS can apply for services through the Foundation.

Request a hearing aid application from a local Lions Club or NY Connects.

You can also request an application by calling the phone number below or emailing the email address below.

FLRLHF, Inc.
 Application Processing Center
 P.O. Box 200
 Union Springs NY 13160
 315-704-4962
 Email: flxLionsHelpYouHear@gmail.com

View the brochure at:
<https://tinyurl.com/FLRLHF-Lions-Brochure>

Finger Lakes Region
Lions Hearing Foundation





SEPSIS: Test Your Knowledge

1. Each year, approximately, how many people in the U.S. die because of sepsis?
 - A. 270,000
 - B. 45,000
 - C. 1,200,000
 - D. 10,000
2. Sepsis can develop from a:
 - A. Mosquito bite
 - B. Cut on a finger
 - C. Tattoo
 - D. Urinary Tract Infection (UTI)
 - E. All of the above
3. All of the following are signs off sepsis EXCEPT:
 - A. Confusion
 - B. Extreme pain or discomfort
 - C. Rapid breathing
 - D. Fever or feeling chilled
 - E. Slow heart rate
4. Who is at highest risk for developing sepsis?
 - A. People with cancer
 - B. People over 65 years old
 - C. Newborns
 - D. All of the above
5. When someone has severe sepsis, their chances of survival drop by almost 8% every ____ that goes by without treatment.
 - A. Day
 - B. Minute
 - C. Hour
 - D. None of the above
6. Severe COVID-19 is viral sepsis.
 - A. True
 - B. False
7. Which of the following is NOT likely to be a complication for some sepsis survivors?
 - A. Amputations
 - B. Post-traumatic stress disorder (PTSD)
 - C. Insomnia
 - D. Hearing loss
 - E. Decreased mental (cognitive) functioning
8. Almost ____% of sepsis survivors over the age of 50 experienced worsened mental and/or physical functioning.
 - A. 10
 - B. 25
 - C. 40
 - D. 60

1. A; 2. E; 3. E; 4. D; 5. C; 6. A; 7. D; 8. D

WEBSITE SHOWCASE

<https://ncoa.org/older-adults/health/prevention/falls-prevention> - Falls prevention information: read articles; use the Falls Free CheckUp tool; find out about hidden home hazards and what medications increase the risk of falling; learn how to choose a medical alert system; read the personal stories of individuals regarding falls prevention and more.



<https://www.samhsa.gov/find-help/national-helpline> - National HELPLINE for the Substance Abuse and Mental Health Services Administration. Access the helpline #; find treatment; link to other hotlines such as the National Suicide Prevention Lifeline, Opioid Treatment Program Directory and more. Find answers to frequently asked questions. Link to additional resources.



ready.gov - Get information about disasters and emergencies; learn about how to make a disaster plan; learn how to prepare when living with a disability; link to resources about preparedness; learn how to sign up for Emergency Alerts; download the FEMA mobile app; get an emergency supply list and learn how to build a disaster kit, and much more.



<https://www.worldsepsisday.org> - What is Sepsis? Read about the symptoms and statistics; find out how to spread the word.

<https://aging.ny.gov/news/nys-office-aging-urges-older-adults-and-caregivers-learn-warning-signs-and-symptoms-sepsis>

<https://www.foodbankst.org/> - Food Bank of the Southern Tier. Find food sources in our area. What to expect when planning to visit a food pantry. Read about SNAP benefits. Apply online for SNAP or find help in applying. Read about food safety guidelines and more. You can also find out about how to volunteer at a food pantry.



National Food Bank Day

nationaldaytime.com

BULLETIN BOARD

THANK YOU

Thank you to the following volunteers who helped in preparing the last Golden Glow for mailing.

- | | |
|-------------------------|----------------------|
| <i>Lais Cratsley</i> | <i>Jerry Hyer</i> |
| <i>Karen Durfey</i> | <i>Dawn Maser</i> |
| <i>Mary Jane Harnas</i> | <i>Barry Parsons</i> |
| <i>Mary Hoase</i> | <i>Jannett Peet</i> |
| <i>Danna Hyer</i> | <i>Tam Peet</i> |

Golden Glow volunteers meet 6x/year at the Human Services Complex in Montour Falls to assist with preparing the newsletter for mailing.
VOLUNTEER WITH US! CALL 607-535-6834

The following people graciously made monetary donations to the Office For the Aging and its programs. This is above and beyond the contributions received from consumers for services received.

- \$50 & \$50 Dale Heichel -
In Memory of Betty Heichel
- \$25 Roberta Thorpe

In addition to the donations noted above, we offer our sincere thanks to all those who contribute toward services received.

TRANSPORTATION



Shopping! 
Appointments!
Visits!



**Accessible
and
Affordable.**

IF YOU HAVE QUESTIONS
ABOUT SCHUYLER COUNTY
TRANSIT, PLEASE CALL
TRANSPORTATION
LINK-LINE.
607-535-3555.



Schuyler County Transit



**Schuyler County Office
For the Aging**

Like our page and under "Follow", click "See First" to make sure our news, articles, events and more show up on your Facebook newsfeed.

<https://www.facebook.com/SchuylerOFA/>

DID YOU KNOW??

The word *news* was coined from the fact that early daily papers carried images of globes on their mastheads and boasted that their reports came from all directions -- **nORTH, eAST, wEST, and sOUTH.**

(Source: unknown)

**To Make a Donation, Subscribe or
Change Address**

Please clip and send this coupon along with your donation payable to or address change to:

**Schuyler County OFA
323 Owego Street, Unit 7
Montour Falls, NY 14865**

The Schuyler County Office For the Aging appreciates and gratefully accepts financial donations to help off-set costs beyond available resources.

I would like my donation to go to:

- Home Delivered Meals
- Transportation Services
- Legal Assistance
- Health Insurance Counseling
- Where it is most needed
- In Memory Of _____
- Please acknowledge my donation in the Golden Glow as anonymous.

Tape current mailing label here

Name _____
 NEW Address _____
 City _____ State _____ Zip _____
 Phone _____ E-Mail _____

I prefer to receive the Golden Glow by (circle one) USPS MAIL or EMAIL

- Permanent
- TEMPORARY In effect from _____ to _____
- Please remove name from mailing list.