

GOLDEN GLOW

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*Schuyler County
Office for the Aging*

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NY Connects
Your Link to Long Term
Services and Supports

of SCHUYLER COUNTY

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



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DIRECTOR'S CORNER

By: Tamre S. Waite

May is *Older Americans Month*, and this year's theme is *Flip the Script on Aging*. What is Flipping the Script all about? Well, we are talking about addressing the biases of aging. Did you know that back in 1963, two years prior to the Older Americans Act being signed into law, President John F. Kennedy recognized the value of our aging population, and he introduced *Senior Citizens Month* as a way to acknowledge and celebrate the many contributions of older adults as well as highlight the important trends in aging. Those trends were brought to the forefront two years earlier when the first White House Conference on Aging was introduced. Funds were appropriated to the individual states for the purpose of collecting data related to older adults. This data was then studied so that recommendations on how to respond to the needs could be made. The Conference was to take place every ten (10) years with the last being held in 2015. The focus then was on the Baby Boomer population and the impact of their retirement from the workforce. It was known that the annual numbers would be large, but in 2020, a staggering 3.2 million Baby Boomers entered the rank of retirement.

Now, facing what is still to come, we are looking at the ever growing longevity in the U.S. and what that means for Office for the Aging and services provided. Did you know that in 2026, the oldest of the Baby Boomers will begin turning 80 years old? The fact is that on a daily basis, about 10,000 Baby Boomers will turn 80.

So, back to the topic of ageism again, we need to look at what it means to grow older and what that looks like. How can we dispel the myth that once you turn a certain age, you have limited cognitive capacity, reduced physical abilities, and an overall loss of aptitude? At Office for the Aging, we see people every day who are doing great things and living their best lives.

Since May is *Older Americans Month* (formerly Senior Citizens Month), we want to focus on the achievements of older adults in our community. As you may well remember, each year, we recognize outstanding contributions of older adults in Schuyler County. The New York State Office for the Aging promotes and hosts a wonderful annual event in Albany in which every county in the state can recognize two county residents age 60 or older. Honorees are selected from among the nominations submitted. This year, the Schuyler County Office for the Aging is proud to announce our two honorees who will be well known to many.

Congratulations to Charlie Haeffner and Nancy Dawson!!

Charlie was raised north of Detroit, and as a child wanted to be a baseball player. He was the sports editor of the Elmira Star Gazette in the 1980s, and later assistant managing editor at The Leader in Corning where he won the 1997 Associated Press award for the best columns among small town newspapers in New York. He also ran a sports card shop in Odessa and traveled selling sports cards and memorabilia. He created the Odessa File of Schuyler County, an online newspaper in the early 2000's. As the reporter, editor, and publisher of "The Odessa File, News of Schuyler County," he provides an important voice to Schuyler County, visiting venues, taking notes and pictures, and publishing them on a regular basis in his online paper, linking all of us together in the rural county and spreading the news of businesses, sports, government, schools, public service, and most importantly, people. He opens our eyes to the rest of the community and is the only



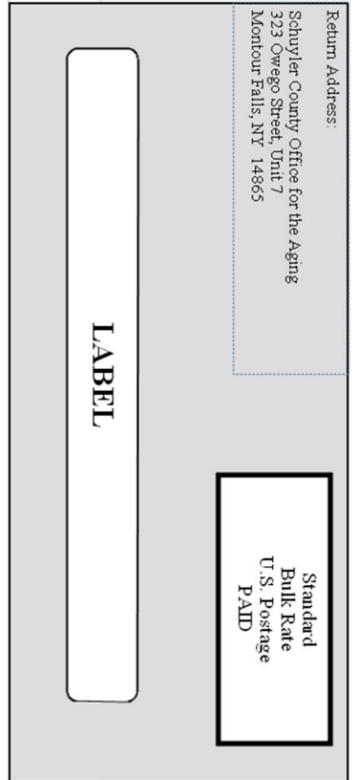
Charlie believes that volunteering is the "lifeblood" of any community, filling gaps where needed. In his words, "if you can volunteer, go out and do it."

way many of us get a glimpse into life beyond our own homes.

Nancy was born and raised in Beaver Dams, New York, where she continues to reside with her husband. They have children and grandchildren of whom they are very proud. In addition to raising her own family, Nancy and her husband were foster parents for several area youth, who are still in contact with Nancy to this day. While raising her family, Nancy pursued a career in nursing, focusing on women's health and intensive care nursing. Her kind nature and patience are comforting to all who meet her. Nancy and her husband own and operate "Twin Maples Farms," where they once raised Christmas trees. They now focus on producing and selling maple syrup and maple products. Nancy is a dedicated community member, donating her time and talents as an instructor for a "Dare to Discipline" parenting program for Cornell Cooperative Extension and teaching childbirth and parenting classes at a local hospital. Nancy has also taught CPR classes for the American Heart Association and has been a moderator and facilitator for a local Lyme Disease support group. Additionally, Nancy is a volunteer insurance counselor for the Office of the Aging and is an accomplished (volunteer) tax preparer with AARP.



Nancy admits that, while she has worked in many areas and "worn many different hats," her favorite job has been volunteering. "I feel it is the highest paying and most rewarding profession of any."



Office Closing

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

May 26th



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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
May 1-2	Prior to being served, please notify food servers of any allergies.	MENU IS SUBJECT TO CHANGE 1% milk available with every congregate meal.		Pork Veggie Stir Fry Brown Rice Broccoli Grapes V8 Juice	BRUNCH 10:45AM Cheese & Broccoli Strata Potatoes O'Brien Mixed Berries Pears Whole Grain Biscuit
May 5-9	Beef Stroganoff Whole Grain Egg Noodles Peas & Pearl Onions Banana Yogurt	Turkey Spinach Loaf Roasted Potatoes Mixed Vegetables Fruit Fluff Dinner Roll Fresh Orange	Shrimp Alfredo Whole Grain Fettuccine Brussels Sprouts Peach Coleslaw Tropical Fruit	Chickpea Stew with Brown Rice Pilaf Beet & Onion Salad Apricots Rosy Applesauce	Roast Beef with Gravy Mashed Potatoes Peas & Carrots Berry Crisp (Oat Topping) Mother's Day
May 12-16	Vegetarian Lasagna Sweet corn Fruit Cocktail Whole Grain Dinner Roll Yogurt	White Fish with Dill Sauce Whole Grain Couscous Peas and Carrots Three Bean Salad Pears	Italian Sausage with Onions & Peppers Whole Wheat Bun Radishes & Turnips Italian Pasta Salad Pineapples Banana	Pizza Casserole Rotini Spinach Potato Salad Fresh NY Apple Dinner roll	Cranberry Apple Pork Loin Wild Rice Parsnips Chickpea Salad Watermelon
May 19-23	Swedish Meatballs Whole Grain Egg Noodle Yellow Summer Squash Grapes & Yogurt	Sweet & Sour Tofu Whole Grain Farro Stewed Tomato 7-Layer Salad	Parmesan Crusted Fish Confetti Quinoa Peas Fruit Fluff Strawberries	Roast Chicken & Gravy Mashed Potatoes Asparagus Fruit Cocktail Whole Grain Biscuit	Chicken & Mushroom Whole Wheat Penne Green Beans Mandarin Oranges Rosy Apple Relish
May 26-30		Pork Loin with Sauerkraut Whole Grain Amaranth Pilaf Succotash Mixed Berries	Whole Grain Macaroni & Cheese Cauliflower Kale & Bean Salad Peach Apple Relish	Beef & Bean Chili Baked Sweet Potato Mangos Whole Grain Cornmeal Muffin	Scandinavian Fish Baked Potato Scalloped Cabbage Whole Grain Tabouli Salad
June 2-6	Chicken Brown Rice Casserole Sugar Snap Peas Plantains Cranberry Juice Pineapple Tidbits Yogurt	Beef Goulash Whole Grain Elbow Noodle Broccoli Blueberries Fresh NY Apple	Turkey à la King Wild Rice Vegetable Blend Molded Vegetable Salad Mandarin Oranges	Italian Crusted Fish Confetti Quinoa Peas and Carrots Chickpea Salad V8	Squash & Mushroom Bake Asparagus Cantaloupe Cranberry Salad Whole Grain Biscuit
June 9-13	Salmon Patty with Dill Sauce Whole Grain Couscous California Blend Vegetables V8 Juice Yogurt	Chicken Cacciatore Whole wheat Gnocchi Italian Green Beans Kale & Bean Salad Mandarin Oranges	BBQ Pork on a Whole Grain Roll Collard Greens Peas & Onions Mangos	Whole Grain Macaroni & Cheese Spinach Zucchini Salad Pineapple Blueberries	Roast Beef with Gravy Mashed Potatoes Cabbage-Pineapple Salad Whole Grain Roll
June 16-20	WG Spaghetti with Meatballs Waxed Beans Peaches V8 Yogurt	Cuban Style Pork Brown Rice Corn 7 Layer Salad Banana	Swiss Steak Farro Italian Blended Vegetable Tossed Salad with Dressing Banana	Roast Turkey with Gravy Mashed Potatoes Carrots Kidney Bean Salad Dinner Roll	Falafel Sweet & Sour Cabbage Cucumber Dill Yogurt Mangos Whole Grain Pita
June 23-27	Chicken with Gravy Baked Sweet Potato Brussels Sprouts Applesauce Whole Grain Biscuit Yogurt	Lemon Garlic Fish Mushroom Quinoa Pilaf Chuckwagon Vegetable Blend Beet & Pea Salad Mixed Berries	Tuna Noodle Casserole Green Beans Carrot Raisin Salad Pineapple Juice	Savory Pork Roast Yams Broccoli 12 Grain Bread Tossed Salad w/ Dressing	Lentil Vegetable Stew Asparagus Cucumber Tomato Salad Berry Crisp (Oat Topping) 12 Grain Bread

NUTRITION SPOTLIGHT

Maintaining a Balanced Diet During the Summer Season



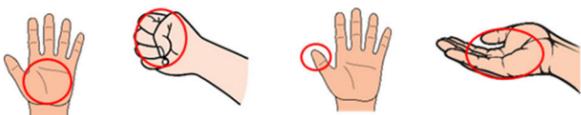
By Amber Kautz, PhD, MS, RDN

As we approach the summer season, many of us will be getting outside to enjoy the warmer weather. This may also mean more events with friends and family, including picnics and gatherings that involve enjoying meals together. Although attending gatherings with many food options can make it difficult to keep our calories in check and maintain balance in our diet, keeping these few tips in mind can make it easy! After all, with warmer weather comes an opportunity to enjoy a greater variety fresh fruits, vegetables, and other foods that aren't as available during the cold winter months. Try these tips to help keep your diet in check the next time you're making a plate at a picnic or gathering:

- ◆ Be sure to drink adequate fluids
 - ⇒ Making sure that you are adequately hydrated will help to manage your appetite. Just be sure to watch out for drinks with added sugar or caffeine.
- ◆ Include as many food groups as possible
 - ⇒ Try to incorporate protein, fruits, vegetables, and whole grains when you're deciding which foods to include.
- ◆ Plate size matters
 - ⇒ The size of the plate that you're using makes a difference. Using a larger plate tricks you into thinking you need to fill the empty space with larger portions of food.
- ◆ Don't feel guilty about indulging in a treat!
 - ⇒ Just be mindful of portion sizes. All foods can be included in a balanced diet in moderation. See the cheat sheet below to help you quickly measure serving sizes at any event!

Serving size cheat sheet

- Fist – 1 cup (raw fruits and vegetables; rice or pasta)
- Palm – 3 oz (cooked meat)
- Cupped hand - ½ cup (cooked fruit or vegetables)
- Thumb - 2 Tablespoon (peanut butter or salad dressing)



True or False ?

1. Bottled water is better for you than tap water.
2. There is more calcium in skim milk than whole milk.
3. Eggs are bad for blood cholesterol levels.
4. Frozen vegetables can have more nutrients than fresh vegetables.
5. It is possible to drink too much water.

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

Ask Amber

How much protein do seniors need?

This past month a lunch attendee at the Silver Spoon café asked, “How much protein do seniors actually need?” This is a great question as protein needs may change as we age. Although the recommended dietary allowance for protein for adults aged 65 and older is 0.8 grams per kilogram (kg) of body weight per day, some research has suggested that older adults may need at least 1.0 gram of protein per kg of body weight, depending on their activity level, health conditions, and body composition. For example, somebody weighing 150 pounds might need between 54-68 grams of protein per day at a range of 0.8-1.0 grams of protein per kilogram of body weight.

To figure this out for yourself, take your body weight in pounds and divide it by 2.2 to get it in kilograms. You can then multiply by the lower range of the recommendation (0.8) to get 54 grams, and by the upper range (1.0) to get 68 grams (using our example of somebody weighing 150 pounds). Although it is important to note, that like many other nutrients, protein needs are highly individualized, and these recommendations are for generally healthy adults. **If you have questions about your specific protein needs, please reach out to a healthcare provider, or ask for a nutrition referral through the OFA, and I would be happy to help!**

As always, we'd love to hear from you! Submit a nutrition question, and we will try to feature the answer in the next edition of the Golden Glow. akautz@co.schuyler.ny.us

Greek Tortellini Salad

Prep Time: 20 minutes
Servings: 8
Ingredients:



- Salad
- 1 – 20 oz packaged refrigerated cheese tortellini
 - 1 ½ cups grape tomatoes cut in half
 - 1 large cucumber chopped
 - 1 cup kalamata olives
 - ½ red onion chopped
 - ¾ cup crumbled feta cheese
- Dressing
- ¼ cup olive oil
 - 3 T red wine vinegar
 - 1 clove minced garlic
 - ½ teaspoon dried oregano

Note: You can alternatively use 1 cup of Greek salad dressing

- Directions:
1. Bring a large pot of water to a boil. Cook tortellini according to package directions. Drain the tortellini and rinse with cold water.
 2. Place tortellini in a large bowl. Add tomatoes, cucumber, olives, onion, and feta cheese.
 3. In a small bowl whisk together the olive oil, vinegar, garlic, and oregano. Pour the dressing over the salad and stir until well coated.

Salad can be served immediately or placed in the refrigerator (for up to 3 days).
Nutrition (per 1/8th of salad):
Calories 348, Fat 21 g, Saturated Fat 6 g, Cholesterol 37 mg, Carbohydrates 33 g, Total Sugars 5 g, Protein 11 g, Fiber 3 g, Sodium 694 mg*, Potassium 175 mg
**This sodium amount is reflective of using Greek salad dressing, and will be substantially lower if the recipe for dressing above is used instead.*

Fresh Green Beans from Your Garden!



By Erin Willis, BSND SNAP-Ed Nutrition Educator

Spring is in full bloom, and so are your container gardens! If you planted your Blue Lake 247 or Earliserve green beans in April, you may already see vibrant green shoots peeking through the soil. Keep them watered and in a sunny spot, and soon, you'll have fresh green beans ready for harvest!

Haven't started growing yet? There's still time! Reserve your free Container Garden kit today and enjoy the satisfaction of growing your own nutritious food by calling (607) 535-6822.

Once your green beans are ready, try this simple and delicious recipe that brings out their fresh flavor with tomatoes, onions, and herbs.



Green Beans with Tomatoes and Basil

Prep Time: 20-25 minutes
Servings: 6

Ingredients:

- 6 cups fresh green beans (about 1 pound, ends snipped)
- 1 T olive oil
- 1 medium onion, finely chopped
- 1 can (14.5 ounces) low-sodium tomatoes, drained and chopped
- 1 T fresh basil (or ½ teaspoon dried)
- 1 T fresh parsley (or ½ teaspoon dried)
- Salt and pepper to taste (optional)

Directions:

1. Wash hands with soap and water.
2. Cook beans in a large saucepan of boiling water for 5 minutes until crisp-tender. Drain and rinse under cold water. Set aside.
1. In a large frying pan, heat olive oil over medium heat. Add onion and cook for 2-3 minutes until softened.
1. Add tomatoes, basil, and parsley. Cook for 3 minutes to blend flavors.
1. Stir in green beans and cook for another 5-6 minutes. Season with salt and pepper (if desired) and serve warm.

Salad can be served immediately or placed in the refrigerator (for up to 3 days).

Nutrition (per 1/6th of dish):
Calories 73, Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 12 g, Fiber 4 g, Total Sugars 6 g, Protein 3 g, Sodium 15 mg, Calcium 68 mg, Iron 2 mg, Potassium 392 mg

This dish is a perfect way to enjoy your homegrown green beans—packed with vitamins, fiber, and fresh flavors! Happy growing and happy eating!

Be sure to claim your no-cost Container Garden while there is still time! Call (607) 535-6822 or email me at: ewillis@co.schuyler.ny.us

HIICAP— Health Insurance Information, Counseling and Assistance Program

LET'S TALK ABOUT THE MEDICARE EXTRA HELP PROGRAM

As many of you know, there were several changes this year to both Social Security Benefits and benefits available through Medicare Advantage Plans. While the cost-of-living allowance (COLA) from Social Security was a welcome change, alterations in many insurance plans caused some concern for many Medicare Advantage Plan beneficiaries. Along with these changes, income guidelines for other assistance programs, such as Medicare Savings Programs (MSP) or Low-Income Subsidy (LIS) were announced. Extra Help is specifically designed to assist with the cost of prescription medications, if beneficiaries meet certain qualifications. This article will explore the program more fully.

The Medicare Extra Help Program helps people with limited income and resources pay for Medicare drug (Part D) costs. Some people qualify automatically, while others need to apply. The Extra Help program can help pay these Medicare drug costs:

- **Premium:** A monthly amount you pay for coverage, whether you get services or not.
- **Deductible:** An amount you must pay for covered services and items each year BEFORE Medicare or your other insurance plan starts to pay.
- **Co-insurance:** A percentage of the cost of a service which you pay.

If you receive Extra Help in 2025, you will pay *no more* than \$12.15 for each brand name drug that your plan covers; you will pay \$4.90 for each generic drug in your plan's formulary. Once your total out of pocket costs reaches the "catastrophic" threshold, there are no co-pays. This year that threshold is \$2000.00. (Note: You will not have to pay a Part D late enrollment penalty (if you have one) while you are on Extra Help.

Who gets Extra Help automatically? You will automatically receive Extra Help if you have full Medicaid coverage or have help from the Medicare Savings Program (MSP), which pays the Medicare Part B premium. (For 2025, the standard Part B premium is \$185.00). Also, those receiving Supplemental Security Income (SSI) from Social Security automatically qualify for Extra Help. If you receive help automatically, you will receive a *color-coded* letter in the mail informing you of how much you will pay for prescriptions. Medicare will also enroll you in a Part D prescription drug plan, if you do not already have one. Your eligibility for Extra Help is reviewed yearly. **If you don't receive a notice from Medicare or Social Security, you'll keep the Extra Help and same drug plan for the following year.** Therefore, it's very important to pay attention to letters which come from either the Social Security Administration or "CMS", which are the Centers for Medicare and Medicaid Services. (If you are doubtful about letters such as this, please contact [Office for the Aging at 607-535-7108](tel:607-535-7108). A certified insurance counselor will be happy to assist).

Who can apply for Extra Help? In most cases, to obtain Extra help you must have income and resources below a certain limit, which may change each year. (Note: Even if you don't qualify for Extra Help now, make sure you get Medicare drug coverage or other creditable prescription drug coverage when you're first eligible for Medicare, to avoid paying the **lifetime** Part D late enrollment penalty.

Creditable prescription drug coverage is coverage that's expected to pay, on average, at least as much as Medicare drug coverage. This could include drug coverage from a current or former employer or union, TRICARE, Indian Health Service, Department of Veterans Affairs (VA), or individual health insurance coverage. If you go 63 days or more in a row without Medicare drug coverage or other creditable prescription drug coverage, you may have to pay the Part D late enrollment penalty if you sign up for Medicare drug coverage later. You won't have to pay a Part D late enrollment penalty while you get Extra Help. Visit [Medicare.gov/basics/costs/medicare-costs/avoid-penalties](https://www.medicare.gov/basics/costs/medicare-costs/avoid-penalties) to learn more about the Part D late enrollment penalty.

What happens once I start getting Extra Help? If you don't already have a Medicare drug plan, we'll enroll you in one so you can get help with your drug costs.

You'll get a notice by mail telling you about your new plan. Check to see if the plan covers the drugs and pharmacies you use. You can pick a different Medicare drug plan if you want.

What if Medicare enrolls me in a drug plan that isn't right for me? When you get Extra Help, you may be able to change plans one time during each of these periods:

January–March

April–June

July–September

Your new plan will begin the first day of the next month. You can also switch drug plans each year during Medicare Open Enrollment (October 15–December 7), and the new plan takes effect on January 1).

How does my plan know I'm getting Extra Help? In most cases, Medicare will tell you plan that you are receiving Extra Help. Your plan may ask you to prove this. Your plan must accept any of these notices (listed below) as proof:

- ◆ A **purple** notice from Medicare that says you automatically qualify for Extra Help
- ◆ A **green** or **yellow** enrollment letter from Medicare
- ◆ An **orange** change in Extra Help Copayment Notice

Your plan must also accept **any** of these documents that show you have Extra Help:

An Extra Help "Notice of Award" from Social Security

If you have Supplemental Security Income (SSI), your award letter from Social Security informing you of SSI benefits.

If you have **Medicaid**, any document from your state that shows you have Medicaid, such as your Medicaid card or Medicaid award letter.

What are my rights if I'm denied Extra Help? If your application for Extra Help is denied, you have the right to appeal the decision. Social Security will give you a hearing by phone unless you choose a case review. Either way, they'll review the parts of the decision that you believe are wrong and will look at any new information you provide. Social Security may also review the parts you believe are correct. Someone at Social Security who wasn't involved in the first decision will decide your case. To ask for an appeal, go to [SSA.gov/forms](https://www.ssa.gov/forms) to get a copy of form SSA-1021 ("Appeal of Determination for Help with Medicare Prescription Drug Plan Costs") and instructions on how to fill it out. If you need help filling out this form, you can call Social Security at 1-800-772-1213. TTY users can call 1-800-325-0778.

Are there other ways to lower my drug costs? If you don't qualify for Extra Help, there may be other ways for you to save on drug costs. For example, a "State Pharmaceutical Assistance Program (SPAP) may help with premiums, copayments and/or coinsurance. In New York State, that program is known as EPIC, or "Elderly Pharmaceutical Insurance Coverage" program. This program also has specific requirements, usually based on income. For more information, call the toll-free EPIC hotline at 1-800-332-3742 (TTY 1-800-290-9138).

Often the company that makes the medication have programs to help pay for medications. These are known as "Pharmaceutical (or Patient) Assistance Programs" (PAP). You can also check with your provider first to see if a generic, or less expensive, brand-name medication is available and appropriate for you. Sometimes, prices through mail-order pharmacies are less expensive. It's important to know if your pharmacy is "in network" with your insurance company, meaning that insurance works with the pharmacy of your choice. Finally, discount coupons are available for some medications. Generally, this saves you money at the pharmacy, but keep in mind this means your insurance won't be billed, which may not be beneficial.

Overwhelmed? Just remember that Office for the Aging has certified and trained insurance counselors available to help you sort this out. We offer confidential, unbiased information to help you make the best decision for you.

Reference: <https://www.medicare.gov>



**Confidential,
Unbiased
Information**

Schuyler County Residents Call
607-535-7108
or
1-800-701-0501

There's Help to Pay for Medicare
We will help you tie it all together!

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Schuyler County
Office for the Aging

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Health Insurance
Information, Counseling
and Assistance Program

NEW YORK
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**Health Insurance
Information, Counseling
and Assistance Program**

NY CONNECTS

Did you know?...You may be eligible for a Cooling Assistance HEAP benefit if:

- Your household's gross monthly income is at or below the current income guidelines for HEAP
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI Living Alone), or
- You received a Regular benefit greater than \$21 in the current program year or received a Regular benefit equal to \$21 during the current program year and reside in government subsidized housing with heat included in your rent, and
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat, or
- Your household contains a vulnerable member based on their age (60 years or older, or under age 6) which meet all other component eligibility criteria, and
- A member of your household is a United States Citizen or Qualified Non-Citizen, and
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older, and
- You did not receive a HEAP funded air conditioner within the past five years.

Your household eligibility requirements include filing an application with your local department of social services, providing all necessary documentation, and the household must reside in an eligible living situation.



NY Connects
Your Link to Long Term Services and Supports

of SCHUYLER COUNTY

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

Even if you are not eligible Cooling Assistance HEAP benefit ... you might be eligible for energy savings opportunities that could assist you.



For more information, or to discuss your specific need, reach out by phone to talk to NY Connects.



2025 LIFE PLANNING SEMINAR

Advance Care Decisions for Your Quality of Life

DATE/TIME: May 15, 2025 / 1:00- 5:00 PM
LOCATION: Human Services Complex, Room 120
 323 Owego St.
 Montour Falls, NY

- AIMEE CHURCHILL, ESQ.: ADVANCE DIRECTIVES INCLUDING, LAST WILL & TESTAMENT, POWERS OF ATTORNEY AND HEALTH CARE PROXY/LIVING WILL
- SAMANTHA LETHBRIDGE: TRUST ACCOUNTS AND ASSIGNING OF FIDUCIARIES
- SUE GRUBER & MIKE HURLEY: AGING IN PLACE — CREATING YOUR FOREVER HOME

NO COST
DOORS OPEN at 12:30 pm
PROGRAM STARTS at 1:00 pm
 Beverages/Light Snacks provided



LIMITED SEATING
Reservations Required
 607-535-7108 or ofa@co.schuyler.ny.us
 by Friday, May 10, 2025

World Elder Abuse Awareness Day (WEAAD)



What does a world without elder mistreatment look like?

- ◆ Empowering older adults through community engagement
- ◆ Enhancing awareness and education
- ◆ Promoting healthy lifestyles
- ◆ Creating safe and supportive environments
- ◆ Celebrating the contributions of older adults

Do you know what to do if you suspect or know that a vulnerable older adult is being mistreated? Do you know the signs?

In Schuyler County, contact Adult Protective Services at 607-535-8303.

- Adult Protective Services (APS) provide essential services to adults 18 and over who have no one willing or available to assist them responsibly
- These services may include: Investigations of abuse and neglect, assessment of personal care, financial management assistance with MA/SNAP/TA/HEAP, assistance with home management services, and/or assistance with clients and their families with placement matters such as assisted living or long term care.

DANGERS OF LAUNDRY PODS

An article in the *Consumer Reports On Health Publication* discussed the dangers associated with laundry pods. They found that several adults with dementia had ingested this product which resulted in death. You can read the full story in the September 2017 Consumer Reports On Health Volume 29 Issue 9.

For additional information, Google *Laundry Pod Danger* and read a number of articles related to this from publications such as *USA Today* or listen to news stories from news stations such as *NBC News* and the *Today Show*.

If you launder with laundry pods, please make sure you keep these out of reach of your loved ones, including those with dementia.

CAREGIVER'S CORNER

Time Savings Shortcuts for Caregivers

(Shannon Slater. OpenAI. ChatGPT, January 2025)

Being a caregiver is a demanding role, but finding resources that save time can make a huge difference. Here are some options that can help lighten the load and save you time:

1. Meal Services

- **Meal Delivery Programs:** Services like **Home Delivered Meals**, **Mom's Meals**, or commercial options like **HelloFresh** or **Blue Apron** can provide nutritious meals delivered to your door, tailored to dietary needs.
- **Grocery Delivery:** Use apps like **Instacart**, **Shipt**, or **Walmart+** for grocery shopping and delivery.



2. Health & Medical Management

- **Medication Management:** Services like **PillPack** by Amazon or pharmacy delivery services can organize and deliver medications to your home.
- **Telehealth:** Also known as telemedicine, which is the use of technology to access healthcare remotely. This could save you and your loved one an exhausting trip to the office of the healthcare provider.
- **Patient portal:** A secure online platform that allows patients and their caregivers to access personal health



information, including medical records, test results, schedule appointments, view billing details, and sometimes the ability to communicate with their healthcare provider.

3. Respite Care Services

- **Home Lab Services:** These lab services allow patients to have their blood or other biological samples collected at home.
- **In-Home Respite:** Hire a professional caregiver through agencies like **Home Instead Senior Care**, **Visiting Angels**, **Senior Helpers**, or search for a private home care worker at **Care.com** to temporarily take over your caregiving duties.

4. Care Coordination Tools

- **Caregiver Apps:** Tools like **CaringBridge**, **Lotsa Helping Hands**, or **CareZone** help you coordinate tasks, appointments, and communication with other family members or caregivers.
- **Case Managers:** Some insurance companies or hospitals provide care coordinators to help navigate healthcare services. Office for the Aging has case management services available to qualified individuals and caregivers. Call 607-535-7108 if interested in learning more.

5. Financial and Legal Assistance

- **Bill Payment Services:** Set up autopay for recurring bills or use services like **Rocket Money** to manage subscriptions and utilities. Explore options with **SilverBills**, which is a concierge bill management service.
- **Elder Law Attorneys:** These professionals can help with legal documents like powers of attorney, Wills, or Medicaid planning, streamlining administrative burdens.

6. Support Groups

- Join local or online caregiver support groups to connect with others and learn time-saving tips and tricks. Platforms like AARP Caregiver Support or Family Caregiver Alliance offer resources and community connections. Attend the Alzheimer's Association Support Group at St. James Episcopal Church, 112 6th St., Watkins Glen, 1st Monday of the Month, 6pm-7pm, or attend the Office for the Aging Caregiver Support Group at the Silver Spoon Café, 323 Owego St., Montour Falls, 3rd Tuesday of the Month, 5pm - 6:30pm. Registration required, 607-535-7108.

7. Cleaning and Home Services

- **Housekeeping Help:** Explore services with an agency, or a private individual, to get help with cleaning, laundry, errands, or home maintenance.

8. Technology Solutions

- **Home Monitoring Systems:** Devices like **Ring cameras**, fall detection systems, or **Amazon Alexa Care Hub** can help you remotely monitor your loved one.
- **Automatic Delivery Subscriptions:** Use subscriptions like **Amazon Subscribe & Save** for household items and medical supplies.
- **Medication Reminder Systems:** Purchase a system such as **Hero Pill Dispenser** which allows users to schedule up to 90 days of medicine using the Hero app on your smartphone. Or, **Philips Medication Dispenser** which supplies pre-packaged medications, a provider portal and caregiver app.



ALZHEIMER'S ASSOCIATION

UPCOMING EDUCATIONAL PROGRAMS FOR CAREGIVERS AND THE GENERAL PUBLIC

The Empowered Caregiver Series:
Communicating Effectively
Tuesday, May 20th, 12 - 1pm
Watkins Glen Public Library
610 S. Decatur St. Watkins Glen

The Empowered Caregiver Series:
Responding to Dementia Related Behavior
Tuesday, June 17th, 12 - 1pm
Watkins Glen Public Library
610 S. Decatur St. Watkins Glen

SUPPORT GROUP MEETING

Alzheimer's Caregiver Support Group

1st Monday of the Month, 6 - 7pm
St. James Episcopal Church
112 6th St. Watkins Glen
May 5th & June 2nd

Alzheimer's Caregiver Support Group

Last Tuesday of the Month,
4 - 5pm
Dundee Library
32 Water St. Dundee
May 27th & June 24th

CAREGIVER'S CORNER



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



- Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline. 
- Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
- Butt out.** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- Follow your heart.** Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.
- Heads up!** Brain injury can raise your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.
- Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction. 
- Catch some Zzz's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking. 
- Take care of your mental health.** Some studies link a history of depression with increased risk of dementia, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
- Buddy up.** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community - if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.
- Stump yourself.** Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short and long-term benefits for your brain.

Visit alz.org/10ways to learn more.

alzheimer's association
THE BRAINS BEHIND SAVING YOURS!

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.

TUESDAY, MAY 20

5:00PM - 6:30PM

and



TUESDAY, JUNE 17

5:00PM - 6:30PM

LOCATION: Silver Spoon Café
323 Owego Street
Montour Falls

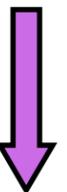
For more
information or
to register,
please contact
Shannon,
607-535-7108

Registration is required as space is limited.

Located in
Schuyler County



Attention
Caregivers



Want to share
your story?



Do you have:

- A short story with a positive message
- A quote you find inspirational
- A piece of advice that you received or learned along the way that has been impactful
- A self-care routine that you live by
- Something you wish you knew at the beginning of this caregiver journey



Email Shannon Slater at sslater@co.schuyler.ny.us,
for a chance to be featured in the Caregiver
Corner section of our Golden Glow Newsletter!

VOLUNTEERISM



Office for the Aging volunteers play a crucial role in many of our programs. If you have thoughts about volunteering but can't quite convince yourself to begin, the following might be the encouragement you need to get involved. A recent study has measured the social and physical benefits of volunteering. The study has discovered several trends that show that volunteering has various benefits for maintaining overall health and wellbeing. Some of the key findings revealed that volunteering helps to reduce symptoms of depression and improve longevity. The study also found that individuals with chronic health conditions may benefit the most from volunteering.

Volunteering helps you to connect with the people in your community and develop a sense of belonging. So why not offer a helping hand? The benefits might surprise you! Schuyler County Office for the Aging is in need of volunteers in a number of roles. Call Holly at 607-535-6834 for more information and to find out how you can get started.

Scan the QR code below now with your smart phone or android device to fill out a volunteer application.



FOR OLDER WORKERS, VOLUNTEERISM MAY SLOW THE AGING PROCESS

WHAT YOU NEED TO KNOW:

Older workers who volunteer – even in small amounts – can experience slower biological aging, according to a recent study.

Researchers from Washington University in St. Louis examined data from more than 2,600 people at least 62 years old participating in the [Health and Retirement Study](#). They were looking for a link between the frequency of volunteering & biological aging.

Findings show that the workers who volunteered more than 200 hours a year – equivalent to about four hours a week – exhibited the greatest rate of age deceleration. Even volunteering between one and 49 hours a year proved beneficial.

The researchers say their findings offer a potential public health intervention to enhance the health and quality of life of older people, whether working or retired. “At the biological level, volunteers aged just a bit slower than non-volunteers,” study co-author Cal Halvorsen, an associate professor in WashU, said in a press release.

“This type of consistent engagement likely provides a higher ‘dose’ of the social, physical and purposeful interaction that we think is good for people.”

The study was [published](#) in the journal Social Science & Medicine.

<https://www.safetyandhealthmagazine.com/articles/26302-for-older-workers-volunteerism-may-slow-the-aging-process>

You may also call Holly at 607-535-6834 and request having an application mailed to you, or visit the Office for the Aging website to access one there.



“Only a life lived for others is a life worthwhile.”



HEALTH PROMOTIONS

WORKING OUT TO STAY SHARP

Can Exercise Keep Your Brain Healthier?

We've all heard that exercise is good for us. Experts recommend getting at least 150 minutes of moderate-intensity aerobic activity each week. This can include brisk walking, biking, playing tennis or even pushing a lawnmower. Strength training exercises, like lifting weights, push-ups, or sit-ups, are recommended at least two days a week.

Many benefits of exercise are well-known. Aerobic exercise can help you maintain a healthy weight by burning fat. It can also keep your heart healthy. Strength training can help to build muscle mass and strengthen your bones. Stretching can improve flexibility and range of motion, and balance exercises can prevent falls. Scientists are finding out that exercise may also improve our brain health.

Research has shown that when you exercise, many different molecules are released into your bloodstream. These molecules travel to different organs and tissues, where they trigger changes that help your cells withstand the physical stress of exercise.

"You're basically telling your body, 'You need to prepare for something,'" explains Dr. Saul Villeda, who studies the aging brain at the University of California, San Francisco. In preparing to withstand exercise, cells also seem to get better at withstanding the effects of aging.

As we age, our cognitive abilities often start to decline. We may have difficulty with learning and memory. That's because our brains undergo cellular changes as we get older. The protective barrier around the brain changes, altering which substances can get into your brain. Some of these have potentially harmful effects.

Studies in mice and rats have shown that exercise can partially offset these changes and it can prevent at least some of the cognitive decline that occurs with age. These benefits haven't just been seen in mice, either. Research has also shown a link between aerobic exercise and better memory in people.

Certain exercise-induced molecules have been shown to boost cognitive functions in mice. Villeda and colleagues are studying one called GPLD1. They've found it is at least partly responsible for why exercise improves new brain cell formation, learning, and memory in aged mice.

Villeda's team has also shown that more active older adults have GPLD1 in their blood. This suggests that GPLD1 may have a similar function in people. GPLD1 production has shown effects similar to exercise in the brains of mice. So, Villeda hopes that one day GPLD1 can help improve the health of people who aren't able to exercise.

Don't be discouraged if the recommended amount of exercise seems overwhelming. It's okay to start small. "A little bit goes a long way," Villeda says. "Even just moving a few minutes extra that you wouldn't have done already has a benefit." He notes that his research findings have motivated him to start exercising, which he didn't do before. "Even though I'm dealing with mice, the benefits I can physically see in them have compelled a couch potato [like me] to actually get up and start exercising."

See the *Wise Choices* boxes below for tips on getting exercise included into your day.



Make everyday activities more active. For example, take the stairs instead of the elevator or park farther out in parking lots.	*Office for the Aging has opportunities to exercise and have fun! Call Wendy at 607-535-6827 for information.
Get active with others. Find a neighbor, family member or friend that shares your goals.	Find ways to make exercise more fun. Dance, listen to music while exercising, or do a combination of activities to prevent boredom.
Join a team, an exercise group or class.*	Do what you can. Even five minutes of activity is better than none.
Keep track of your progress. Use an activity log or a fitness tracker. This can help you set goals and stay motivated.	Housework counts as activity! Vacuuming, mopping, and folding laundry add up! Any movement during the day is better than being still!

Reference: (2025). Working out to Stay Sharp (2025). *NIH News in Health*, p. 1; [newsinhealth.nih.gov](https://www.newshealth.nih.gov)

SCHUYLER COUNTY PUBLIC HEALTH ADVICE

PROTECT YOUR SKIN! STAY SAFE IN THE SUN



TOP SUN SAFETY TIPS:

- 1. Wear Sunscreen Daily:**
 - Apply a broad-spectrum sunscreen with at least SPF 15 to all exposed skin.
 - Reapply it every 2 hours, or after swimming, sweating, or toweling off.
- 2. Seek Shade:**
 - Stay in the shade as much as possible between 10 a.m. and 4 p.m.
- 3. Cover Up:**
 - Wear a wide-brimmed hat, long-sleeved clothing, pants, and sunglasses.



ARE YOU PROTECTED AGAINST MEASLES?

Measles cases are on the rise across the United States. The MMR vaccine is the best protection against Measles, which is extremely contagious and can be dangerous for those who are not vaccinated.

HOW DO I KNOW IF I NEED TO GET VACCINATED?

Talk to your health care provider. If you were born before 1957, it's likely you were exposed to measles and are considered immune to the virus. If you were born between 1957 and 1971, the measles vaccine you likely received may not have been as effective. Ask your doctor if you're properly protected.

For more information, talk to your doctor or call Public Health at 607-535-8140





VETERANS

May is National Military Appreciation Month, a time to honor and recognize the service and sacrifice of those who have served or are currently serving in the U.S. Armed Forces

Here are some ways to show your appreciation for military members and veterans during the month of May.

- 1) Display the American Flag at your home or business.
- 2) Show your support on social media with #MilitaryAppreciationMonth or share, like or comment from a post spotlighting National Military Appreciation Month.
- 3) Share information about any discounts or promotions geared toward active military and veterans during the month of May.
- 4) Participate in a Memorial Day observation event.
- 5) Become a volunteer driver to help get veterans to their medical appointments, agency appointments and other important destinations.
- 6) Send a *Thinking of You* or *Thank You* card to an active military member or veteran.
- 7) Send a care package to a veteran
- 8) See someone in uniform or wearing a hat depicting their branch of the military? Thank them for their service or surprise them with a coffee, dessert or drink, if they are in line with you.
- 9) Donate to a veteran-related charity.
- 10) Reach out to a veteran in need and assist.



Loyalty Day

Date: Thursday, May 1, 2025

About: Loyalty Day kicks off our Nation's month-long military appreciation celebration. It is a day set aside for the reaffirmation of loyalty to the United States, and to reflect on the proud heritage of our American freedom.

Silver Star Service Banner Day

Date: Monday, May 1, 2025

About: Recognizes those who have been awarded The Silver Star Medal, and remembers the sacrifices of our wounded and ill veterans.

Military Spouse Appreciation Day

Date: Friday, May 9, 2025. Traditionally set for the Friday before Mother's Day.

About: A day to honor military spouses with appropriate ceremonies and activities. Recognizes the important role our military families play in keeping our Armed Forces strong and our country safe.

Armed Forces Day

Date: Saturday, May 17, 2025. Celebrated on the third Saturday in May every year.

About: A single holiday for citizens to come together and thank our military members for their patriotic service in support of our country. This day honors everyone serving in the U.S. Military branches; Air Force, Army, Coast Guard, Marines, Navy, and Space Force. There is also Armed Forces Week which typically leads up to Armed Forces Day. Although it is not an official observance, many activities are planned nonetheless during the week.

Memorial Day

Date: Monday, May 26, 2025. A Federal holiday observed on the last Monday in May.

About: A remembrance of our veterans. Commemorates the men and women who died while in military service. All Americans are encouraged to pause, wherever they are, at 3:00 pm local time for a minute of silence.



June 12th - Women Veterans Recognition Day: Honors the service and sacrifices of women veterans

June 14th - FLAG DAY : Display your American Flag on this day.

June 17th - National PTSD Awareness Day: Raises awareness about post-traumatic stress disorder and its impact on veterans.



LEWY BODY DEMENTIA RESOURCE CENTER

has the only **live HELPLINE** for LBD in the United States at **516-218-2026** or **833-LBDLINE** available 365 days a year.

We offer assorted **LOCAL** and **NATIONAL SUPPORT GROUPS** for people living with LBD and for caregivers.

Contact us on our **Helpline** above or via email at norma@lbdny.org

Our website, www.lewybodyresourcecenter.org, has:

- hundreds of professional and caregiving resources throughout the U.S. and in 15 other countries
- information about LBD in Spanish, Hebrew, Chinese, French, Russian, Ukrainian, and Korean
- a Medical Alert Card (easy to print out) showing medications to avoid
- a Monthly Symptom Tracker to help keep track of new symptoms
- a video series entitled *Views From Within* - This exclusive production, consisting of 10 individual short videos on individual LBD symptoms, presents firsthand experiences of people living with LBD, their caregivers, and expert physicians.

Lewy Body Dementia Resource Center is headed solely by former care partners of loved ones with LBD. We understand the experience and are here to help with loving support on a one-on-one basis when you need us.

Bringing Awareness - Supporting With Love



FLIP THE SCRIPT ON AGING: MAY 2025

Here's a look at some individuals who do not let age define their abilities.

Julia "Hurricane" Hawkins: At 105, Hawkins became the first woman to set a track and field world record in the 105+ age category, running the 100-meter dash in just over 62 seconds.

Nora Langdon: This powerlifter, now in her 70s, holds over 20 national and world records for women 65 and older, with personal bests of 413 pounds in the squat, 381 pounds in the deadlift, and 203 pounds for the bench press.

Margaret Johnson: A 98-year-old woman from Denver, Colorado, set world records in the 50-meter and 100-meter dashes for the 95-99 age group and an American record in the discus throw.

Continued on next page

Maribeth Gustafson: A 68-year-old woman broke powerlifting state records for her age and weight class after only a few weeks of training.

Ronald Winter: A 76-year-old man set a national weightlifting record at the American Drug-Free Powerlifting Federation Competition.

Janet Rushmere: A 90-year-old woman set a national Senior Games record.

Manfred Steiner: A retired doctor and professor of medicine, Steiner earned his physics Ph.D. at age 89.

George Hood: A 68-year-old man broke the record for the longest plank, holding it for 8 hours.

Betty Goedhart: At 84, she became the oldest female flying trapeze artist.

Jim Arrington: He is the world's oldest bodybuilder at 87 years old.

Continued on page 12

WEBSITE SHOWCASE

<https://www.ny.gov/programs/new-york-states-master-plan-aging>

Read what this is about and why it is being developed. Read the Preliminary Report, access some statistics, access the history, the timeline and a multitude of articles related to this.

<https://www.alz.org/help-support/caregiving> - Access information on Alzheimer's Disease and other dementia. Read up on the latest research and progress made in finding a cure and advanced treatments. Link to resources for help and support such as the 24/7 Helpline, supports for caregivers and information on brain health.

<http://www.odessafile.com/index.html> - Local online newspaper chocked full of information about Schuyler County, NY news, sporting events, business, news, local government updates, school news and much more. This is a great source for staying connected , especially if you can't get out and about much anymore.

<https://onedishkitchen.com/> - Access recipes when cooking for one. Recipes are easy and don't require many ingredients. Find everything from appetizers to salads to side dishes and dinner recipes, and much more. Options include vegetarian recipes, 5-ingredient recipes, quick & easy recipes and special day items. Pictures are included.

<https://savvysenior.org/> - Savvy Senior is a nationally syndicated news column that focuses on aging issues as well as retirement. Access recent printed columns as well as YouTube clips of interviews and educational/informational segments. Sign up the Senior Newswire service which is a free weekly news feed.

<https://www.ssa.gov/> - Utilize the site to check social security eligibility benefits; get a benefits estimate; plan for retirement; apply for benefits; sign up for Medicare; check an application or appeal status; submit an appeal; obtain a benefit verification letter; replace your social security card; report a stolen number; update contact information; report a death, and more. You can also learn how to make an appointment, read about scams, and read about pertinent information such as the Social Security Fairness Act.

<https://www.explorewatkinsglen.com/> - The site is not just for tourists. Access the calendar of Things to Do such as the Catharine Valley Trail; local outdoor recreation; farms, orchards & creameries; waterfalls; restaurants & cafes; and more. Link to the events calendar which lists a plethora of local happenings. This is everything from specials at local restaurants to local game nights, holiday events, live music; and local activities.

<https://parade.com/living/things-to-do-with-grandkids> - Read many different ideas of fun things to do with your grandchildren. This could pertain to nieces and nephews as well. Find a list of indoor activities such as building a fort or putting on a puppet show, or outdoor activities including flying kites or going on a scavenger hunt. They also include fun sleepover activities. Never have a dull moment with the little ones!

<https://www.stls.org/> - Southern Tier Library System - Learn about the system, how to borrow books, find your local library, get a digital card, access Ebooks & audiobooks, and follow the events calendar.



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 klyon@tompkins-co.org

AGING.NY.GOV/LONG-TERM-CARE-OMBUDSMAN-PROGRAM

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?

BULLETIN BOARD



Thank you to the following volunteers who helped in preparing the last Golden Glow For Mailing.

- | | |
|-------------------------|----------------------|
| <i>Shirley Cooper</i> | <i>Helen Kelly</i> |
| <i>Lois Cratsley</i> | <i>Sandra Monroe</i> |
| <i>Mary Jane Harnas</i> | <i>Dawn Moser</i> |
| <i>Bunny Parsons</i> | |

Thank you to the following volunteers who helped in delivering the last Golden Glow.

Floyd & Jan Bennett

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

SPECIAL THANKS TO MY LANE FLOWERS AND FLOWER DIVAS FOR THEIR DONATIONS OF CARNATIONS AND A FLORAL CENTERPIECE, RESPECTIVELY, FOR THE VALENTINE'S DAY DINNER.

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.

- \$100 Michael & Mary Jane Harnas
- \$50 Dale Heichel - In memory of Betty Heichel
- \$50 Anonymous
- \$50 Robert & Judy Lauper
- \$50 Barbara Tarbox
- \$25 Anonymous
- \$20 Anonymous

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

TRANSPORTATION

TELL US YOUR STORY!

Schuyler County Mobility and Transportation Planning

The Arc Chemung-Schuyler has been awarded a Rural Community Innovations: Transportation Planning Grant!



We want to know, how do you access or use transportation and how we can improve your access to reliable transportation services in your community?

PLEASE HELP BY COMPLETING OUR SURVEY.



TAKE SURVEY

OR VISIT WWW.SCHUYLERCOUNTYTRANSIT.ORG



BUSINESS SERVICES DIVISION

For more information about the plan, or the survey, please contact us in the following ways:

Call the Link-Line (607)535-3555

Email us at Link-Line@arcofcs.org



Visit the Link-Line offices at the Human Services Complex 323 Owego St. Montour Falls



This was developed with funds provided by the FTA and the National Aging and Disability Transportation Center (NADTC).

Continued from page 11

Jack Reynolds: At 107, he has broken four Guinness World Records.

Linda Arvey: 72-year-old great-grandmother - setting powerlifting records.

Ray Fougner: 74-year-old powerlifter from Plymouth - set 4 world records.

Sandra Folzer: 85-year-old woman - set an indoor mile record for her age group.



Schuyler County Office For the Aging

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

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

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.