

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



Vol. 55 No. 4

July/August 2025

DIRECTOR'S CORNER

By: *Tamre S. Waite*

It is with bittersweet feelings that I share with you that I will be retiring at the end of August. As my time with the Schuyler County Office for the Aging comes to an end, I wanted to take a moment to tell you all how much I have appreciated my time here and the opportunity to meet you, work with you, help address issues and problem-solve the challenges that have come our way from time to time. Through all the new programs and services as well as committee and agency meetings, along with special events and day to day operations, I have learned so much from all of you. I am so excited about this next chapter in life and have some great adventures already planned, but I will miss the work and connections through Office for the Aging. I will be forever grateful for the experiences and skills gained and how I am able to apply much of that to my next role.

At the time of this writing, it is uncertain who will lead Office for the Aging going forward, but please know there is a plan to fill this position and keep the work moving ahead. Perhaps, by the time you read this, the position will be filled and training underway.

I am sure you have been seeing the news over the past few months about proposed cuts in funding, so this is something that has been at the forefront of discussions and planning. We will always do our utmost to bring the best services possible to you. This is both for Office for the Aging and NY Connects. We fully recognize the complexities of navigating systems and finding the right service to fit a need. It is our goal to equip you with the best knowledge possible along with any assistance needed in connecting to services and supports whether through phone calls on your behalf, assistance with completing benefits applications, or signing up for a class, meal, insurance counseling session or any other necessity.

We are living in challenging times, and likely you all know about the never-ending scams that keep creeping up and surprising us. Just when you think you've seen it all, another one comes our way. One of the latest reports comes from another county in New York State, and it involves bank scams. Please read this carefully, and be ever so cautious when answering your phone and responding to the unknown person on the other end.

There are scammers posing as bank employees, and their concerns sound real; however, their tactics are some that a true bank official would NEVER use. NO bank employee is going to come to your home to have you turn over your bank card. If the caller is telling you that your account has been compromised and they are following that up with a home visit to collect your bank card and PIN #, it is A SCAM!! Do NOT agree to meet someone at your front door, and do NOT agree to hand over your bank information or card. These scammers may tell you that the only way to protect your account is to withdraw all the money...WRONG! They may ask for your bank card #, PIN #, social security #, date of birth or other identifiable information. Do NOT give them any of this. Do NOT physically hand over your bank card either. Finally, NEVER wire any money or purchase gift cards at the callers request. They will ask you to read the code from the card and then steal the money. You will NOT get your money back. The best way to avoid this altogether is to simply not answer calls coming from unknown numbers, especially toll free numbers or area codes from outside your area. If you think you have been compromised, please call or visit your bank in person. They can help you report this to the authorities. You can always call law enforcement directly: Schuyler County Sheriff's Dept. at 607-535-8222 or New York State Police at 607-739-5926 (Horseheads) or 607-535-6562 (Montour Falls).

On a positive note, it has been so encouraging to read the testimonials of individuals who have been helped through the services of Office for the Aging and NY Connects. I thought it would be helpful to others to read some of what we have received.

"OFA has been a rock in my life—of solid support—helping with my

mother's care needs—advice—when needed— at no charge."

"There is a myriad of support services available through the OFA. Working with the OFA staff, we took advantage of their knowledge and support to save money and ease the stress. We are on the way to healing now and having the family move forward to a more comfortable and less stressful life."

"Office for the Aging was so helpful, guided me into good decision making. Feel more supported, therefore, reducing anxiety knowing I have a resource available. [I have] peace of mind knowing that they are there, have called several times for advice, few in-person visits that were also extremely helpful. I honestly don't know what I would have done without them. They were so supportive & helpful with all of the forms, decisions, etc."

"The staff at the OFA are amazing. They care about people. They are very helpful in directing you to the proper channels to have & get help you may need."

"The staff at this OFA is extremely caring, compassionate and helpful and most of all have answers to our questions."

"Studies have shown that one of the major detrimental factors in an older adult's life is loneliness. The services at OFA help alleviate that isolation. Even being able to share a meal with others can have a positive effect on a person's mental outlook."

We are honored to be able to assist folks when needs arise and are grateful for the opportunity to make a difference in the lives of others. It truly is our goal to provide services and supports to help people live as safely as possible for as long as possible in their own homes. When the time comes to transition to a different living arrangement, we can assist with that as well. We hope that if you are struggling with loneliness, isolation, purchasing food and/or preparing meals, having the right health insurance to cover your needs, paying for prescription medications, paying for heat, getting to your medical appointments or to the bank or other destinations, that you will reach out so that we can help you. Office for the Aging helps anyone age 60 and older as well as their caregivers, and NY Connects assists anyone of any age who is living with a disability. Reach us at 607-535-7108.

Office Closing



There will be no office hours, meal delivery or congregate sites for the holiday.

What's inside:

Silver Spoon Café Menu.....	2
Nutrition Spotlight.....	3
HIICAP.....	4-5
NY Connects.....	5
Caregiver's Corner.....	6-7
Volunteerism.....	8
Health Promotions.....	9
Veterans.....	10
Web Site Showcase.....	11
Bulletin Board.....	11

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

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
July 1-4	Prior to being served, please notify food servers of any allergies you have. 1% Milk available at every meal.	Chicken Tetrizzini Whole Wheat Pasta California Vegetables Carrifruit Salad Watermelon	Beef Sauerbraten Mashed Potatoes Winter Squash Mandarin Oranges Whole Grain Dinner Roll	Fish Mornay Brown Rice Italian Mixed Vegetables Carrot Raisin Salad Pears with Blueberries	
July 7-11	Parmesan Crusted Fish Herbed Quinoa Asparagus Southwestern Salad Yogurt	Sloppy Joe Whole Wheat Bun Potatoes O' Brien Succotash Fruit Cocktail	Pasta Primavera Whole Grain Linguine Zucchini Molded Apricot Salad Chickpea Salad	Layered Cabbage Casserole Peas Beets & Onions Salad Strawberries 12-Grain Bread	BRUNCH 10:45AM Zucchini Strata (Whole Grain Bread) Collard Greens Black Eyed Peas Grapes
July 14-18	Brunswick Stew Brussels Sprouts Fresh Orange Grape Juice Whole Grain Dinner Roll Yogurt	Shrimp Scampi Whole Wheat Fettucine Broccoli Tossed Salad Banana	BBQ Tofu Whole Grain Farro Yams Peaches Cucumber & Onion Salad	Parmesan Crusted Chicken Brown Rice Italian Green Beans Parsley Carrots Applesauce	Turkey Divan Mashed Potatoes California Vegetables 3-Bean Salad Whole Grain Dinner Roll
July 21-25	Sweet & Sour Chicken over Whole Grain Rice Beets Applesauce Juice Yogurt	Lemon Dill Baked Fish Couscous Sweet Potatoes & Apples Cucumber-Tomato Salad Mangos	Picnic Day Cheeseburger Whole Wheat Roll Baked Beans Potato Salad Watermelon ICE CREAM	Pepper Steak Au Gratin Potatoes Broccoli Cantaloupe Whole Grain Dinner Roll Fresh NY Apple	Chicken Cacciatore Whole Wheat Pasta Cauliflower Cranberry Salad Pineapple Tidbits
July 28-August 1	Swedish Meatballs Whole Grain Farro Spinach Pea & Beet Salad Yogurt V8 Juice	Whole Grain Mac & Cheese Peas & Pearl Onions Tossed Salad Fruit Fluff Juice	Italian Crusted Fish Herbed Quinoa Brussels Sprouts Southwestern Salad Banana	Apricot Pork Loin Scalloped Corn Calico Salad Strawberries Whole Grain Dinner Roll	BRUNCH 10:45AM Cheese & Egg Bake Potatoes O'Brien Asparagus Sunshine Salad Biscuit
August 4-8	Stuffed Shells Green Beans Peaches with Raspberries Bean & Spinach Salad 12-Grain Bread Yogurt	Sweet & Sour Tofu with Brown Rice California Vegetables Peach Apple Salad Banana 12-Grain Bread	Meatloaf Mashed Potatoes & Gravy Italian Mixed Vegetables Watermelon WG Dinner Roll V8 Juice	Scandinavian Fish Couscous Mashed Sweet Potatoes Mandarin Oranges Celery, Carrot, Apple Salad	Turkey & Brown Rice Casserole Brussels Sprouts Cucumber & Tomato Salad Berry Crisp with Oat Topping V8 Juice
August 11-15	Ham & Bean Casserole Brown Rice Broccoli Watermelon Fresh Orange Yogurt	Roast Chicken with Gravy Herbed Farro Peas Tossed Salad V8 Juice	Braised BBQ Pork with Peppers & Onions Parsley Carrots Fruit Cocktail Whole Grain Bun	Beef with Mushroom Gravy Mashed Potatoes Cauliflower Mandarin Oranges Whole Grain Dinner Roll	Italian Crusted Fish Whole Wheat Linguine Spinach Broccoli Salad Cantaloupe
August 18-22	Hot Roast Beef with Gravy Mashed Potatoes Collard greens Mangos Yogurt Whole Grain Dinner Roll	Parmesan Crusted Fish Garlic Butter Quinoa Baked Sweet Potato Fruit Fluff Watermelon	Santa Fe Chicken Brown Rice Okra Mixed Berries Apple Juice	Whole Grain Mac & Cheese Peas & Pearl Onions Tossed Salad Grapes	Green Chicken Chili Herbed Farro Cranberry Fruit Salad Pears with Blueberries
August 25-29	Chicken Riggies With Whole Wheat Rigatoni Italian Green Beans Baked Apples Tropical Fruit Yogurt	Salmon Patty on a Whole Wheat Bun Cauliflower Brussels Sprouts Fruit Cocktail	Chicken Italian Garlic Whole Wheat Noodles Spinach Pea & Beet Salad Watermelon	Turkey a la King Over a Whole Grain Biscuit Mushrooms & Peppers Frijole Salad Fresh Orange	Shepherd's Pie Zucchini Applesauce Whole Grain Dinner Roll

NUTRITION SPOTLIGHT

Seize the Summer with *Seasonal Produce*

By Amber Kautz, PhD, MS, RDN

We are officially in the full swing of the summer months! That means there is plenty of access to fresh fruits and vegetables. Whether you shop at a grocery store, a farmers' market, or grow your own garden, the summer months are the best time to get fresh produce. In the winter, produce shopping is often limited to the grocery store, which means most fruits and vegetables are picked well before their prime and are shipped before they are at peak ripeness. In the summer, you are more likely to get produce that is picked closer to when it is ripe, optimizing the nutrient content. This also makes summer a great time to try a variety of new and different colored fruits and vegetables. Eating a variety of colors will ensure you are maximizing nutrient content, as different colored produce contains different nutrients. Check out the table below for some examples!



Nutrients by Color

The greater the variety of colored fruits and vegetables that you include in your diet, the greater variety of nutrients you get, too!

Color	Fruits/Vegetables	Nutrients
Red	Tomatoes, Strawberries, Bell Peppers	Vitamin C, Vitamin A, Folate, Potassium
Dark Green	Spinach, Kale, Broccoli	Vitamin K, Folate, Iron
Yellow and Orange	Carrots, Sweet Potatoes, Oranges	Vitamin A, Vitamin C, Beta-Carotene, Potassium
Blue and Purple	Blueberries, Blackberries, Eggplant	Anthocyanins (antioxidants)
White	Bananas, Potatoes, Onions	Potassium, Magnesium

Try these tips to make sure you're making the most of seasonal summertime produce:

- 🍅 Stop by a farmers' market to check out local produce options.
- 🍅 Try new recipes that use seasonal produce! For example, stir fry with zucchini and yellow squash, smoothies with berries, or pasta salad with tomatoes and cucumbers.
- 🍅 Aim to have half of your plate fruits and vegetables, and plan ahead to make it happen!

Ask Amber

Are artificial sweeteners bad for you?

One attendee from a congregate meal site asked me about artificial sweeteners this past month. Artificial sweeteners are sugar substitutes that are 200-700 times sweeter than sugar, and are used to sweeten foods while providing zero or small amounts of calories. A few examples include aspartame, sucralose, and stevia. Artificial sweeteners are used in foods and beverages designed to be sweet without contributing calories or added sugar, for example: diet soda and granola bars.

Artificial sweeteners have gotten some attention due to research studies that have raised concerns about their possible role in certain health conditions. However, there is no definitive evidence that links artificial sweeteners to poor health outcomes. They are regulated by the Food and Drug Administration (FDA) and those in our food supply are "generally recognized as safe."

Artificial sweeteners can be a great option for folks trying to manage their blood sugar or lose weight. However, beware that many foods containing artificial sweeteners may also contain nutrients that should be minimized, such as sodium and fat. Remember to always check the nutrition facts panel, and like many other foods, those with artificial sweeteners can be included as part of a healthy diet in moderation. Questions? Please reach out to me at akautz@co.schuyler.ny.us

True or False



1. Carbs and protein have the same number of calories.
2. Empty calories refer to foods that are 'free' of calories or contain very few calories.
3. Brown sugar is better for you than white sugar.
4. Skipping breakfast is a good way to lose weight.
5. Frozen vegetables are often as nutritious as fresh vegetables.

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

Vegetable Lasagna

Prep Time: 30 minutes, Cook Time: 1-hour
Total Time: 1 hour 30 minutes
Servings: 8



Source: *Inspired Taste*

Ingredients:

- 14 lasagna noodles
- 2 Tbsp olive oil
- 1 cup chopped onion
- 1 Tbsp minced garlic
- 1/8 tsp crushed red pepper flakes
- 2 medium zucchini, cut into 1/2 inch pieces
- One (12 oz) jar roasted red peppers, drained and cut into 1/2 inch pieces
- 1 (28 oz) can crushed tomatoes
- Handful of fresh basil leaves
- 1 (15 oz) container ricotta cheese
- 2 large eggs
- 2/3 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese
- Salt and pepper to taste

Note: This recipe requires 4-5 cups of chopped vegetables. Feel free to make substitutions and mix it up. Try adding mushrooms, spinach, or carrots. Really any vegetables you like!

Directions:

1. Preheat oven to 400 F, and lightly spray a 13 inch x 9 inch baking dish.
2. Cook lasagna noodles according to package. Drain and lay on flat aluminum pan.
3. Add olive oil, garlic, and fresh vegetables to skillet. Place over medium heat, stirring occasionally until al dente (~10 minutes).
4. Add roasted peppers and crushed tomatoes to skillet. Bring to a low simmer for 5-8 minutes until the liquid has thickened. Add basil and stir. Set vegetable mixture aside.
5. In a bowl, stir together ricotta cheese, eggs, and 1/2 tsp of salt.
6. Combine parmesan cheese with mozzarella cheese.
7. Assemble the lasagna by pouring 1 cup of the vegetable mixture into the bottom of your baking dish. Place 4 lasagna noodles on top. Spread 1/3 of the ricotta mixture over the noodles, and sprinkle 1/3 of your parmesan and mozzarella. Repeat this layering until all noodles and mixtures have been used.
8. Cover the lasagna with foil and bake for 20 minutes. Uncover and bake an additional 15 minutes.
9. Let rest for 10-15 minutes before serving.

Nutrition (per 1/8th of lasagna):

Calories 381, Fat 21 g, Saturated Fat 11 g, Cholesterol 104 mg, Carbohydrates 28 g, Total Sugars 7 g, Protein 21 g, Fiber 4 g, Sodium 773 mg

Happy Eating!

HIICAP— Health Insurance Information, Counseling and Assistance Program

What's New with HIICAP?

Summer is upon us, though we will soon be into the wonderful autumn season. It seems hard to believe, but August is when the HIICAP (Health Insurance Information Counseling and Assistance Program) begins scheduling appointment for the annual OPEN ENROLLMENT PERIOD! Before we get to that, here are some important things to know about Medicare and Open Enrollment.

Medicare is the federal health insurance program for 67 million people ages 65 and over and younger adults with long-term disabilities. The program helps to pay for many medical care services, including hospitalizations, physician visits, and prescription drugs, along with post-acute care, skilled nursing facility care, home health care, hospice care, and preventive services. People with Medicare choose to receive their Medicare benefits through traditional Medicare or through a [Medicare Advantage plan](#), such as an HMO or PPO, administered by a private health insurer. People who choose traditional Medicare sign up for a separate Medicare Part D prescription drug plan for coverage of outpatient prescription drugs and also consider purchasing a supplemental insurance policy to help with out-of-pocket costs if they do not have additional coverage from a former employer, union, or Medicaid. People who opt for Medicare Advantage can choose among dozens of Medicare Advantage plans, which include all services covered under Medicare Parts A and B, and often include Part D prescription drug coverage as well. Each year, Medicare beneficiaries have an opportunity to make changes to how they receive their Medicare coverage during the nearly 8-week annual open enrollment period.

The annual Medicare open enrollment period runs from **October 15th to December 7th** each year. During this time, people with Medicare can review features of Medicare plans offered in their area and make changes to their Medicare coverage, which go into effect on **January 1st** of the following year. These changes include switching from traditional Medicare to a Medicare Advantage plan (or vice versa), switching between Medicare Advantage plans, and electing or switching between Medicare Part D prescription drug plans.

People in traditional Medicare can use the Medicare open enrollment period to enroll in a Medicare Part D prescription drug plan or switch between Part D plans. Traditional Medicare beneficiaries who did not sign up for a Part D plan during their initial enrollment period can enroll in a Part D plan during the annual open enrollment period, though they be subject to a late enrollment penalty if they did not have comparable prescription drug coverage from another plan before signing up for Part D. Traditional Medicare beneficiaries with Medicare Parts A and B can also use this time to switch from traditional Medicare into a Medicare Advantage plan, with or without Part D coverage.

People who are enrolled in a Medicare Advantage plan can use the Medicare open enrollment period to choose a different Medicare Advantage plan or switch to traditional Medicare. Medicare Advantage enrollees who switch to traditional Medicare can enroll in a Part D plan if they want outpatient prescription drug coverage, which is not covered under Medicare Parts A and B. They can also consider purchasing a Medicare supplemental insurance policy (Medigap) if the option is available to them. (Note: there can be potential limits on enrollment.)

Medicare beneficiaries are encouraged to review their current source of Medicare coverage during the annual open enrollment period and compare other options that are available where they live. Because an individual's medical needs can change over the course of the year, and from one year to the next, this may influence their priorities when choosing how they want to get their Medicare benefits. Medicare Advantage and Medicare prescription drug plans typically change from one year to the next and vary in many ways that could have implications for a person's access to providers and costs. Despite this, a KFF analysis of a nationally representative survey of people with Medicare found that nearly 7 in 10 (69%) did not compare their Medicare coverage options during a recent open enrollment period. (See table below.)

What's New with Medicare in 2025:

Medicare Part D (prescription drug plans) saw a significant change in the annual out-of-pocket limit for covered prescription drugs. This limit was capped at \$2,000. However, some Part D plans have a deductible of \$590 which you must pay first. After that, you make co-payments for your medications until your total out-of-pocket expenses reach \$2,000. After that, you won't pay anymore for prescriptions for the rest of the year. In other words, that is when the insurance plan fully picks up the cost. Some insurance plans introduce new benefits like coverage for specific chronic conditions, which would aim to reduce overall healthcare costs. Conversely, some Medicare Advantage Plans (Part C) make changes, such as limiting or eliminating things such as over the counter benefits. Be sure to look for a mid-year statement from your plan.

Medicare Special Enrollment Periods

Some Medicare beneficiaries can make certain changes to their coverage at other times of the year. For example, beneficiaries who experience disruptions to existing coverage (such as a cross-county move, or loss of employer or union-sponsored coverage), or changes in eligibility for Medicaid or other programs, *may* qualify for a **Special Enrollment Period (SEP)** at any time of the year. In 2024, people who were enrolled in both Medicare and Medicaid, (known as "dual eligible individuals"), or who qualified for the [Medicare Part D Extra Help program](#), could change their Medicare Advantage or Medicare Part D coverage *once per quarter*. People living in nursing homes and certain other facilities may change these plans (Medicare Advantage or Medicare Part D) once per month.

However, in January 2025, new rules went into effect regarding the type and frequency of changes that dual eligible individuals and those with Extra Help could make. Beneficiaries in this group may disenroll from a Medicare Advantage plan into traditional Medicare monthly and may also choose to enroll in a stand-alone Part D drug plan. People who receive full Medicaid benefits will **only** be allowed to switch between Medicare Advantage plans monthly IF switching to *specific* Special Needs Plans. Additionally, people who receive partial Medicaid benefits, or who qualify for the Extra Help program and do not receive Medicaid benefits, will no longer be allowed to switch between Medicare Advantage Plans outside of open enrollment. (**Note:** Call OFA to speak with an insurance counselor regarding these circumstances.)

Other Enrollment Periods

Medicare beneficiaries who are enrolled in Medicare Advantage plans who wish to change to another plan or switch back to traditional Medicare may do so between January 1st and March 31st each year. This is known as the [Medicare Advantage Open Enrollment Period](#). Additionally, those in a Medicare Advantage Plan or Medicare Part D plan with a 5-star quality rating available in their area may switch to another 5-star plan between December 8th and November 30th of the following year.

Something to Remember

The annual open enrollment period and other opportunities to change coverage are distinct from the [Initial Enrollment Period \(IEP\)](#) which is for people who are newly enrolling in Medicare. This is a seven (7) month period which begins 3 months *before* a person's 65th birthday and ends 3 months *after*.

Although the open enrollment period is the time for anyone on Medicare and Medicare Advantage plans to review their coverage, *how* appointments are scheduled are based on certain criteria. Open enrollment appointment times are limited and are scheduled in the following order:

- People just turning 65 and newly enrolled in Medicare.
- People whose eligibility for Medicaid or Extra Help has changed.
- People who have received a notice that the plan will no longer be available in their area.
- People who have received a termination notice from the plan with a termination date.

Another type of insurance plan

Many Medicare beneficiaries have some form of [additional coverage](#), such as a Medicare Supplemental Insurance policy (Medigap) or coverage offered by an employer or union. These plans help with Medicare's cost-sharing requirements. Enrollment in these plans and programs is not tied to the open enrollment period, though beneficiaries may want to take them into account when consider options for Medicare coverage.

Schuylers County Office for the Aging has four (4) State certified insurance counselors to assist you in reviewing plans so you can select the plan that is best for you. These counselors are not affiliated with the insurance industry nor are they financial planners. They do not sell, recommend, or endorse any specific insurance product, agent, insurance company or Health Maintenance Organization (HMO). Counseling is confidential and there is no charge for services received. (Contributions to help sustain the program are appreciated but not required.)

Scheduling for Open Enrollment appointments begins the last week of August. For questions or more information, or to schedule, call Wendy Drake at 607-535-7108.

Share of all Medicare Beneficiaries who *did not* compare their current Medicare insurance plan with other available Medicare options: (data from 2021)

Medicare beneficiaries overall: 69%

Age group:	Race/Ethnicity	Income Level
<65: 65-74%	White: 65%	<\$10,000: 77%
65-74: 65%	Black: 71%	\$10,000-\$19,999: 77%
75-84: 70%	Hispanic: 79%	\$20,000-\$39,999: 67%
		\$40,000 or more: 69%

Reference: Kaiser Family Foundation

kff.org/medicare/issue-brief/what-to-know-about-medicare-open-enrollment-period-and-medicare-coverage-options

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



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

NY CONNECTS

Are you concerned for a loved one residing in a nursing home, assisted living or licensed adult care home?



NY Connects
Your Link to Long Term Services and Supports

of SCHUYLER COUNTY

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



The long term care Ombudsman program is a resident-centered advocacy program that operates in every county in New York State. Ombudsmen are made up of certified volunteers and staff that are able to visit residents in their facilities. They attempt to address any concerns regarding residents' rights or quality of life issues that come up during their visit. The Ombudsman staff and volunteers work diligently to advocate for, and protect the rights of residents in long term care facilities. They will respond to and investigate any complaint brought forth by residents or by a resident's family members.



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/cofa-13
Serving Chemung, Schuyler, and Tompkins counties

Your local Ombudsman, serving Tompkins, Chemung, and Schuyler counties can be reached by dialing (607) 274-5498. Concerns expressed by residents or their families will be looked into with hopes of coming to an acceptable resolution.

NY Connects your link to long term services and supports is also available to help. We can be reached at (607) 535-7108.



Hearing Loss by the Numbers

Key Facts and Statistics from the Hearing Loss Association of America (HLAA)

Hearing loss is a growing public health crisis affecting people of all ages

Many people don't get their hearing tested or treated, even though untreated hearing loss can be connected to other serious health conditions and diminished quality of life.

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.

Prevalence

More than 50 million Americans have some degree of hearing loss. That's about **1 in 7** people in the U.S.
NIDCD and U.S. Census

Hearing loss is the **3rd** most common chronic physical condition in the U.S.. Twice as prevalent as diabetes or cancer.
CDC

Hearing loss is associated with other

common health issues such as diabetes and heart disease. *Healthy Hearing*

Hearing loss is on the rise and is expected to affect **2.5 billion people worldwide** by 2050. *WHO*

Who's at Risk?

PEOPLE OF ALL AGES

One billion young adults worldwide are at risk of permanent, avoidable hearing loss. *WHO*

65.3% (21.5 million) of people **71 years or older** have hearing loss in the U.S.
JAMA

We're all at risk of noise-induced hearing loss. Power tools, sporting events, concerts and ear buds can cause permanent damage to hearing.

VETERANS

3.6 million U.S. veterans receive benefits for hearing issues, making it the most common service-connected disability. *VA*

- **2.3M veterans** receive hearing loss benefits
- **1.3M veterans** receive tinnitus benefits

Treatment

- Untreated hearing loss is **linked to depression, social isolation** and **increased risk of falls** in older adults. *NIDCD*

- About **28.8 million** U.S adults could benefit from hearing aids, but fewer than **1 in 5** of those use them. *NIDCD*
- People who do treat their hearing loss wait an average of nine years to get their first hearing aid after a diagnosis. *EAR & HEARING Journal*
- As of 2022, about **183,100** adults and children in the U.S. have cochlear implants (Cis) to treat more severe hearing loss. *NIDCD*

Visit <https://www.hearingloss.org/> for additional information on hearing loss. Get the basics on hearing loss, access the HLAA Hearing Loss Toolkit, read about signs & symptoms, learn about communication tips and levels of hearing loss and so much more.



<https://www.hearingloss.org/understanding-hearing-loss/hearing-loss-101/>

CAREGIVER'S CORNER

Know your rights: Caregivers and Nursing Home Debt

(Referenced from:
Consumer Financial Protection
Bureau, www.consumerfinance.gov)



Helping someone you love to move into a nursing home can be stressful enough. Nursing homes should not try to make you personally responsible for a loved one's bill as a condition of admission.

- Take a close look at the nursing home contract
- Defend your rights, talk with a lawyer
- Help is available

Take a close look at the nursing home contract

Here's what you should know about your rights, what to look for in the nursing home admissions contract, and where to get help.



✦ **Know your rights.** Some nursing home admissions contracts say that a caregiver, family member, or friend must pay the resident's bill if the resident can't afford to. This is generally illegal. Under the federal Nursing Home Reform Act, nursing homes can't ask or require you to use your own money to pay for someone else's nursing home bill, as a condition of that person's admission to or continued stay in the nursing home.

✦ **The nursing home can't make you promise to pay for the resident's care with your own money.**

For instance, you have access to the resident's money as their power of attorney or legal guardian. But the nursing home can't make you promise to pay for the resident's care with your **own** money.

✦ **Watch out for words such as "responsible party" and "joint and several liability."**

Sometimes, contracts have confusing terms that say, on one hand, that you are not personally responsible for paying the resident's costs of care. Then later, the contract could say that if you don't make sure the resident's Medicaid application is complete, accurate, and on time, you are responsible for paying the nursing home's damages. Or it could say that you and the resident are both "jointly and severally" responsible for the nursing home bills.

✦ **You can refuse to sign a nursing home admissions**

contract that tries to hold you personally responsible for the resident's bills. If the nursing home insists that you sign the contract, you can ask a lawyer to read the admissions contract for violations of the Nursing Home Reform Act (NHRA). You can also report NHRA violations to your State Nursing Home Survey agency. The NYS Department of Health Nursing Home Complaint Hotline at 1-888-201-4563, or visit the below website to download the complaint form.

www.health.ny.gov/forms/doh-5022.pdf



Defend your rights, talk with a lawyer

When nursing home bills go unpaid, some nursing homes hire debt collectors, including law firms, to demand that caregivers pay for a resident's unpaid nursing home bills. They also report the debt to consumer credit reporting companies as your debt, and file lawsuits in court. Debt collectors even tell the judge that you intentionally misused, hid, or stole the resident's funds, without any reason for believing that you did. These actions could violate the federal Fair Debt Collection Practices Act.

If you are sued for a loved one's nursing home debt, contact an attorney immediately.

Help is available

When you're dealing with a nursing home problem, you don't have to go it alone. There are experts who can help. Some do this for free or at a low cost. Long-term care ombudsmen help residents and their caregivers resolve nursing home issues. Schuyler County residents can call Patricia Chevallard, Ombudsman Coordinator, (607) 274-5498.

Get legal help

Lawyers can help you understand your rights, negotiate with a nursing home, and respond to debt collection demands. You qualify for free legal aid, based on your income. Contact Office for the Aging for a list of legal resources available to Schuyler County residents.

Report nursing homes



Help federal and state authorities stop illegal nursing home debt collection. You can report NHRA violations to the NYS Department of Health Nursing Home Complaint Hotline at 1-888-201-4563, or the NYS Attorney General hotline, 1-800-771-7755.

Website Spotlight



National Institute
on Aging

The National Institute on Aging (NIA) offers the **Caregiving Toolkit: Information and Resources to Support Caregivers**, a comprehensive collection of evidence-based materials aimed at assisting individuals caring for older adults, particularly those with Alzheimer's disease or related dementias. This toolkit is designed to provide practical support and information to help caregivers navigate the challenges of their role.

Key Features of the Caregiving Toolkit

- **Health Information Articles:** Detailed articles covering various aspects of caregiving, including general caregiving strategies, Alzheimer's-specific care, and guidance for long-distance caregivers.
- **Infographics:** Visual aids that offer quick tips and strategies on topics such as self-care for caregivers, effective communication with individuals who have Alzheimer's, and managing caregiving from a distance.
- **Publications:** Free downloadable or order resources like the *Caregiver's Handbook* and *Caring for a Person With Alzheimer's Disease*, providing in-depth information and practical advice.
- **Videos:** Informative videos that cover topics such as long-distance caregiving tips and opportunities to participate in Alzheimer's research.
- **Clinical Trials and Research:** Information on current research studies and clinical trials related to caregiving, offering insights into new strategies and interventions to support caregivers.
- **Federal Resources:** Links to additional support from federal agencies, including the Centers for Medicare and Medicaid Services, and the Social Security Administration.

The toolkit also includes resources in Spanish and offers guidance on connecting with local services, understanding benefits, and protecting loved ones from fraud and scams.

LEARN MORE



Access the toolkit
by visiting:

www.nia.nih.gov/toolkits/caregiving

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

October 21

August 19

November 18

September 16

December 16



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



Located in Schuyler County



ALZHEIMER'S ASSOCIATION

CAREGIVERS AND THEIR LOVED ONES WITH DEMENTIA ARE INVITED TO ATTEND:

ICE CREAM SOCIAL
THURSDAY, AUGUST 14TH
2-3 PM

GLEN DAIRY BAR
433 S. FRANKLIN STREET
WATKINS GLEN, NY 14891



Call Nanette Friedman at 585-472-3299 or email nfriedman@alz.org to register

Join us for scoops, smiles and sweet conversation. Life's better with sprinkles - and friends!



FREE OF CHARGE



DISCOVER THE BEAUTY AND CHARM OF SENECA LAKE AS IT CAN ONLY BE SEEN FROM THE WATER.

ALZHEIMER'S ASSOCIATION

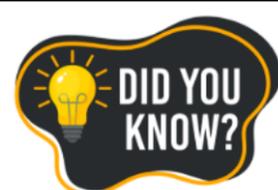
CAREGIVERS AND THEIR LOVED ONES WITH DEMENTIA ARE INVITED TO ATTEND:

SENECA LAKE GUIDED BOAT TOUR
FRIDAY, JULY 11TH
11:30AM - 12:30PM

CAPTAIN BILL'S
SENECA LAKE CRUISES
1-3 N. FRANKLIN ST.
WATKINS GLEN, NY 14891

Call Nanette Friedman at 585-472-3299 or email nfriedman@alz.org to register

Virtual Learning



Engaging your elderly loved one in meaningful conversation and activities, even for just 10-15 minutes a day, can help reduce feelings of loneliness and sharpen cognitive function. Simple things like reminiscing about past experiences, playing a card game, or taking a short walk together can lift spirits and maintain a sense of connection and purpose. Your presence and attention matter more than you might realize.



Navigating Alzheimer's: Effective Caregiving Approaches For Neuropsychiatric Symptoms



Alzheimer's caregiving is a journey, and one of the toughest challenges caregivers face is managing agitation. Whether it's pacing, verbal aggression, or physical outbursts, agitation can be stressful for both the person with Alzheimer's and their caregiver.

Caregiver Action Network developed a new course that includes step-by-step techniques to help you manage agitation and other neuropsychiatric symptoms effectively.

Neuropsychiatric symptoms (NPS) in Alzheimer's disease refer to symptoms that can include agitation, depression, anxiety, apathy, hallucinations/delusions (psychosis), sleep disturbances, appetite/eating behavior, aberrant motor behavior, irritability, disinhibition, and euphoria.

This course will help you handle agitation and other symptoms of Alzheimer's with confidence, providing a calmer caregiving experience for both you and your loved one.

To start the course, visit:



www.caregiveraction.org/navigating-alzheimers/

VOLUNTEERISM

Volunteer Opportunities

BINGO CALLERS

1 HOUR GAMES

MONDAYS
-OR-
WEDNESDAY

10-11AM



MEDICAL APPTS.

DRIVE OFA CLIENTS TO MEDICAL APPOINTMENTS AS NEEDED

DRIVE ONLY WHEN YOU ARE AVAILABLE

YOU DETERMINE IF THE TIME IS GOOD FOR YOU TO DRIVE OR NOT



GROCERY SHOPPING

DRIVE OFA CLIENTS TO GROCERY STORE

DRIVE ONLY WHEN YOU ARE AVAILABLE

GO AT A MUTUALLY AGREEABLE TIME



HOLLY'S HELLO....

Summer-time is one of the greatest times to enjoy in Schuyler County. Even though it's the lazy days of summer, you can't help but notice that the OFA volunteers are always busy. I hope that, whatever you are doing, you can take some time to relax in the sunshine and enjoy all that this beautiful season has to offer right here in the Finger Lakes.

Would you like to know more about volunteering for Schuyler County Office for the Aging?

Call Holly at 607-535-6834



Visit us online at:

schuylercounty.us>Office-for-the-Aging

HEALTH PROMOTIONS

A Few Safety Tips:

Address Tripping Hazards:

- Make sure walkways are free from clutter.
- Secure throw rugs with double-sided tape or non-skid backing.
- Fix loose floorboards and carpeting promptly.
- Run cords along walls or use cord organizers.

Improve Lighting:

- Ensure rooms, walkways and staircases are well-lit.
- Place night lights in bedrooms, bathrooms and hallways.
- Replace dim light bulbs with brighter ones.
- Consider installing motions-activated lights in hallways and stairwells.

Add Support Features:

- Securely install handrails on staircases and in hallways.
- Use assistive devices: canes, walkers or others as recommended by a healthcare provider.

Make Bathrooms Safer:

- Install grab bars in bathrooms near toilets, tubs and showers.
- Use non-slip mats in the tub and shower.
- Consider using a shower seat or bench to allow for seated showering.
- A raised toilet seat can make it easier to get on and off!
- Keep floors clean and dry. Wipe up spills immediately and clean soap scum from the tub or shower floor.

Other Important Tips

- Store items within reach: Keep frequently used item in easily accessible places.
- Wear appropriate footwear: Wear shoes with good support, especially in the home, and avoid walking on slippery floors in socks.
- Exercise Regularly: Stay active with balance and strength training exercises to improve coordination and stability.
- Seek professional advice: Consult with an occupational therapist or other healthcare professional for personalized fall prevention strategies.

References: Mayo Clinic: <https://www.mayoclinic.org>
National Institute on Aging: [nia.nih.gov/health/falls-prevention](https://www.nia.nih.gov/health/falls-prevention)

Office for the Aging offers several opportunities to exercise for health. Call Wendy at 607-535-6827 for information on class options.

Schuyler County Office For the Aging

SAVE THE DATE

FALLS PREVENTION SEMINAR

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 11:45 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.

PLAY BINGO 1:00 - 2:00



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

Don't let your Fourth of July celebrations explode into injuries!



Taking safety precautions is the key to enjoying holiday activities!

Avoid setting off your own fireworks.

Opt for a fireworks show run by professionals instead.

Wear sunscreen.

Key to sunburn and skin damage prevention.

Drink water and stay in shaded areas.

This will help prevent heat stroke.

Keep pets contained to avoid biting incidents and also to keep them from running away if fireworks spook them.

Have fun and stay safe!



Public Health
Schuyler County, NY



Stay Safe in the Heat!



Too much heat is not safe for anyone. It is even riskier if you are older or have health problems.

- Stay hydrated
- Find a cool place
- Avoid outdoor physical activity
- Dress for the weather



For more information, go to <https://www.nia.nih.gov/health/safety/hot-weather-safety-older-adults>



Public Health
Schuyler County, NY



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!

Literacy is the foundation for success in education, employment, and everyday life. Yet, many adults in our community struggle with reading, writing and basic math skills. YOU CAN HELP CHANGE THAT!

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

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

HEALTH PROMOTIONS

SLOWING SARCOPENIA

Keep Your Muscles Healthy as You Age

Starting at age 30, our bodies naturally start to lose muscle mass. We lose about 3-5% every 10 years. You might not notice the effects at first. But over time, the reduced muscle mass leads to decreased strength. After a while, it can lead to a condition called sarcopenia.

“With aging, you start losing muscle mass, muscle strength, and have some limitations with your activities,” says Dr. Rosaly Correa-de-Araujo, an aging expert at NIH.

Some muscle loss is expected with the natural aging process. But too much muscle loss can lead to mobility difficulties. Sarcopenia can make it harder to stand up from a chair, walk, open a jar, or carry groceries. It can also increase your risk of falling.

Certain factors make muscle loss worse as you age. These include some chronic illnesses, a lack of exercise, and an unhealthy diet. Hormonal changes that occur during menopause can also contribute.

Researchers estimate that 10-20% of older adults have sarcopenia. But testing people for sarcopenia can be tricky. That’s because there isn’t a widely agreed-upon method to measure muscle loss. It’s also not clear exactly how much muscle someone can lose before it leads to disability or injury. So an NIH-funded team of experts recently set out to better define sarcopenia and its impact on people’s health.

The team analyzed data from several studies that looked at thousands of people aged 65 and older. They focused on three different measures of muscle health: grip strength, walking speed, and lean body mass. Those with weaker grip strength and slower walking speed (less than 2.6 feet per second) showed higher risk of falls, mobility limitations, hip fractures, and death. Lean body mass was not linked with these outcomes. Therefore, the researchers recommended using grip strength and walking speed to help assess sarcopenia.

As muscle loss worsens, so can sarcopenia’s effects. Because sarcopenia increases your risk of falling, those who have it are nearly twice as likely to be hospitalized as those without. Sarcopenia increases the risk of broken bones and the loss of independence with age. It can also make it more difficult for your body to fight certain diseases, like cancer.

You can take steps to prevent too much muscle loss and weakness as you age. Getting enough physical activity is key. In particular, Correa-de-Araujo says, “you need to have resistance training because this is going to help build your strength.” Resistance training can include activities like push-ups, squats, or lifting weights. See the Wise Choices box for more tips on building muscle.

A healthy diet can also help prevent or manage sarcopenia. Your body needs protein to build and maintain muscle. Eating a diet rich in protein can keep your muscles healthy as you age. Experts suggest eating at least 1.2 grams of protein for every two pounds of body weight to

treat or manage sarcopenia.

While more research is needed, some dietary supplements have shown promise for preventing muscle loss when combined with diet and exercise. These include amino acids, fish oil, Vitamin D, selenium, magnesium, and omega-3 fatty acids.

If you think you might have sarcopenia, talk with your doctor. They can help you make a plan to prevent further muscle loss and preserve your health and independence.

WISE CHOICES

Build Your Muscle Strength

- **When beginning to exercise, start slowly.** Find a manageable exercise routine that you think you can do on a regular basis.
- **Work each major muscle group.** These include arms, legs, abs, back, and chest.
- **Focus on strength and resistance training.** Examples include push-ups, squats, sit-ups, arm curls, planks, side twists & bends, certain yoga poses, knee raises, and arm & leg lifts.
- **Do what you can.** Even five minutes of activity is better than none.
- **Eat enough protein.** Protein-rich foods include lean cuts of meat, poultry, and eggs; fish and seafood. Low-fat or fat-free dairy; legumes, nuts & seeds.
- **Talk with your doctor** before starting a new exercise routine to find the best options for you.

Department of Motor Vehicle’s Driver Re-evaluation Program

You may not be familiar with the fact that NYS has such a program so you may not know exactly what it is they do. Basically, it is an avenue for drivers who have been called into question with their driving skills to demonstrate that he or she is qualified to drive. Despite a popular belief about DMV, they will not revoke driving privileges based on age but rather only on driving ability.

DMV outlines two critical driving standards; one is to possess the ability to see hazards clearly, and the second is to respond quickly to changes in driving conditions. It is felt that both of these skills can decrease as we age. When a driver’s abilities are called into question, the DMV can actually require an evaluation of the driver. Before making that decision to do so, they look at reliable information reported to them. Based on their findings, they may or may not require the driver to submit to a re-evaluation.

New York State Vehicle and Traffic Law Section 506 (1) addresses this. It states, “If the Commissioner has ‘reasonable grounds’ to believe that a person holding a license is not qualified to drive a motor vehicle, the Commissioner may require such person to submit to an examination to determine their qualifications.” “Reasonable grounds” is defined as having a very particular reason specific to one’s driving performance in order to require a driving re-evaluation. Reasons may involve a motor vehicle accident, an action or behavior observed by a reliable source (i.e. law enforcement, physician, eye witness, etc.), or another cause, any of which must be reported to the DMV.

At times, a health care provider may submit a re-evaluation request based on a medical diagnosis that clearly would impact the abilities of the driver. A police agency can make a request using a specific form as can a physician or concerned individual. If a concerned individual makes the request, they must provide their name and a signature. All requests must be in writing on the designated form. The DMV does not accept email requests or phone calls.

Once the request is received by the DMV, it goes to the Medical Review Unit and then on to the Testing and Investigation Unit within the area in which the driver resides. Locally, the license examiner reviews the information on the submitted form to determine if there is a valid reason to re-evaluate the driver. If yes, then the DMV examiner sends out a certified letter to the driver explaining the reason for the contact and requests them to come to the office for an interview. The driver is also instructed on any items they should bring to the interview. As part of the process, a vision test is required, but the driver has the option to bring a completed Vision Test Report form filled in by a vision care professional as opposed to taking a vision test at the DMV. Additionally, the driver is warned that if they do not attend the interview, their driver’s license will be suspended. The suspension goes until the driver does appear.

When reporting for the re-evaluation, the driver may be required to bring one or more of the following:

- ◆ Physician’s Statement form as completed by a doctor
- ◆ A registered and inspected vehicle
- ◆ Another driver with a valid driver’s license

If the driver does not bring the completed Physician’s Statement, DMV will suspend the driver’s license until an acceptable Statement is submitted. In cases where the Statement notes the driver is not medically fit to drive, the license will be suspended.

Based on the results of the interview, the license examiner will determine next steps which may include requiring the driver to take a road sign/written test and a driving skills test. The driving skills test is the same as any new driver would take to qualify for a driver’s license. If the driver fails the vision test or the road sign/written test, the license will be suspended until the driver can pass the required test. If the driver fails the driving test, DMV will immediately revoke the driver’s license. This is not necessarily permanent. The driver will have another opportunity to test but must wait a minimum of 30 days before reapplying for a driver’s license.

Cont’d on p.12

Flower Fun and Puns

Why do flowers never have a bad day?

Because they look on the bright side.

Why don't flowers like to travel?

Because they like to take root in one place.

Why are flowers goof at networking?

They know how to brank out.

Why couldn't the flower ride its bike?

It had no petals!

What's a flower's favorite type of story?

A budding romance.

What do you call a flower that runs on electricity?

A power plant.

Why did the flower het an award?

She was outstanding in her field.

The Rule of Three—a design concept that involves lining up three of the same plants, in the same pot, to create a visually pleasing experience.

Flower Garden Quick Tips

- ♦ Choose sun-loving flowers
- ♦ Ensure good drainage
- ♦ Adjust soil with compost

Consider raised beds - This makes it easier for those who can't get on the ground or bend over easily. A raised bed also provides for an extended growing season.

Plan your layout around color, height of flowers, and bloom time. This will help you create balanced and visually appealing garden.

Avoid over-watering which can lead to root rot.

Mulching—apply a layer of shredded leaves, wood chips or straw around your plants to help retain moisture and regulate soil temperature. It also helps repress weeds.

Fertilizing—Do this regularly.

Deadheading—Remove dead or dying flower heads to encourage more blooms.

Pruning—Removing unproductive, unhealthy or otherwise undesired plant tissue.

For additional information on garden success, consult with a local nursery, garden center or the Cornell Cooperative Extension in Schuyler County.

WEBSITE SHOWCASE

<https://www.eatingwell.com/> - Get recipes; read related news articles such as food recalls; find special diet information including low-carbs, dairy-free, vegetarian and more; visit the diabetes page for meal plans and recipes; link to info on healthy pets, planting your plate, food with purpose and more. You can also access instructional videos.

<https://www.lovetoknow.com/life/aging> - Read a variety of articles all written to help you learn and grow, to have fun or to simply be informed. Find trivia; find out about aging myths and how they came to be; learn about low-cost and free activities such as table games in a local park, walking dogs at a local animal shelter, going to a matinee movie, cultivating your own garden and more. There are also articles on budgeting for a fixed income, bonding with your grandchildren, craft activities, etc. Categories include but are not limited to Life, Home, Food & Drink, Celebrations, Quotes & Tips, Beauty & Style, Home & Kitchen and Pets.

<https://www.alzheimers.org.uk/blog/six-gardening-tips-dementia> - Gardening support for individuals affected by dementia. Includes top gardening tips such as planting seeds, creating a wildlife corner, garden maintenance and more. Link to specific activity ideas.

<https://foodwise.org/support/10-reasons-to-support-farmers-markets/> - "Foodwise" based in the San Francisco Bay Area with the goal of "connecting people with fresh local food and sustainable family farms." Read about 10 benefits of patronizing farmers markets. This includes everything from the benefits of fresh tasting foods, enjoying the season, supporting local farms, nourishment, and more.

<https://www.healthinaging.org/tools-and-tips/tip-sheet-walking-older-adults> - Health in Aging site with expert information from healthcare professionals specializing in care of older adults. Access the "Tip Sheet: Walking for Older Adults." Find out what walking can do for you. Read the steps to get walking.

<https://wordpress.thetruthtoledo.com/index.php/2024/07/04/berry-month/> - Read up on Berry Month. Read about why berries are good for you and why you should eat them. Learn how to incorporate berries into your diet. Use the recipe provided.

<https://www.lovetoknow.com/life/aging> - Read a variety of articles all written to help you learn and grow, to have fun or to simply be informed. Find trivia; find out about aging myths and how they came to be; learn about low-cost and free activities such as table games in a local park, walking dogs at a local animal shelter, going to a matinee movie, cultivating your own garden and more. There are also articles on budgeting for a fixed income, bonding with your grandchildren, craft activities, etc. Categories include but are not limited to Life, Home, Food & Drink, Celebrations, Quotes & Tips, Beauty & Style, Home & Kitchen and Pets.

BULLETIN BOARD



Thank You



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

- | | |
|-------------------------|-----------------------|
| <i>Jan Collins</i> | <i>Danna Hyer</i> |
| <i>Timothy Collins</i> | <i>Jerry Hyer</i> |
| <i>Shirley Cooper</i> | <i>Sandra Manrae</i> |
| <i>Lais Cratsley</i> | <i>Dawn Maser</i> |
| <i>Karen Durfey</i> | <i>Joann Neal</i> |
| <i>Mary Jane Harnas</i> | <i>Banny Parsons</i> |
| <i>Mary Haase</i> | <i>Gretta Prestan</i> |

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 Dale Heichel in Memory of Betty Heichel
- \$50 Carol C. Tata
- \$150 Anonymous



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



TRANSPORTATION

DID YOU

KNOW?



YOU CAN SCHEDULE RIDER TRAINING WITH SCHUYLER COUNTY TRANSIT

1. CALL OR EMAIL
2. SCHEDULE
3. RIDE & LEARN

Road trip >



607.535.3555
LINK-LINE@ARCOFCS.ORG

Continued from p. 11 - To qualify for a new driver license, the driver must apply for a Learner Permit, pass a vision test, take a five hour pre-licensing course, and pass a road test. If the driver passes the tests and completes the course, DMV will issue a new driver license; however, the driver will be on probation for 6 months from the date of the road test. For additional information, visit: <https://dmv.ny.gov/driver-re-evaluation-program#:~:text=What%20is%20the%20purpose%20of,any%20standard%20except%20driving%20ability>.

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.