

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. 6

November/December 2025

DIRECTOR'S CORNER

Meet Our New Office for the Aging Director



We are pleased to introduce Justine Patterson, the new Director of the Schuyler County Office for the Aging.

Justine is a graduate of Horseheads High School. She went on to earn her Bachelor of Science in Health and Physical Education (Grades K-12) from Canisius University and a Master of Science in Health Education from Ithaca College.

She brings a wealth of experience in leadership, program development, and grant management to her new role. Most recently, Justine served as Project Director for the Cornell Cooperative Extension of Steuben County's SNAP-Ed Program, where she oversaw a six-county region and a team of 12 staff, including four subcontractor agencies. In this position, she managed budgets exceeding \$1 million annually, ensured federal and state grant compliance, and secured more than \$10 million in funding through successful grant proposals.

Prior to that, Justine worked as a Senior Nutritionist with the same program, where she supervised and supported a diverse team of educators and nutrition staff, helping families, youth, and seniors across the Southern Finger Lakes region make healthier food and lifestyle choices.

With her strong background in health education, nutrition, and program leadership, Justine is excited to bring her skills and passion to Schuyler County's Office for the Aging. She looks forward to working with community partners, staff, and older adults to enhance programs and services that support healthy aging and quality of life.

In her free time, Justine enjoys reading, crafting, gardening, kayaking the Finger Lakes, whipping up baked goods in the kitchen, trying new restaurants, and spending time with friends and family, including her husband Matt and their two dogs, Mango and Rita.



Please join us in welcoming Justine to her new role!



To learn more about Justine, tune in to watch her interview with Senior Notebook, airing Sunday, November 2nd at 6:30am, 11:30am and 11:30pm on WENY TV.

Warm Holiday Wishes from Office for the Aging

As 2025 draws to a close, we extend our warmest wishes for a joyful holiday season and a healthy, happy New Year! May this time of year bring you peace, connection, and cherished moments with family and friends.

While the holidays are a time of celebration, they can also bring increased risks of scams targeting older adults. Please be sure to **turn to page 11** for an important article from our Schuyler County Attorney: "Holiday Scams Targeting Older Adults – Common Scams and How to Avoid Them." Stay informed, stay safe, and enjoy this festive season with confidence.

From all of us at the Office for the Aging—thank you for being part of our Golden Glow family!



Office Closing

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

Nov. 11 — Veterans Day
Nov. 27 & 28 — Thanksgiving
Dec. 25 — Christmas



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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 |
|------------------|--|---|---|--|--|
| Nov 3-7 | Chicken Corn Casserole Brussels Sprouts Pineapple Tidbits V8 Juice Whole Grain Biscuit Yogurt | Swiss Steak Mashed Potatoes Cauliflower Mandarin Oranges Whole Grain Dinner Roll Fig Newton | Cranberry Apple Pork Loin Brown Rice Broccoli Yams Mixed Berries | Pizza Rice Casserole Italian Green Beans Tossed Salad Banana Whole Grain Dinner Roll | BRUNCH 11:00AM Potato Egg Cheese Strata Spinach Chickpea Salad Grapes & Muffin |
| Nov 10-14 | Swedish Meatballs Whole Grain Egg Noodles Winter Squash Cauliflower Pears & Blueberries | OFA Closed  | Whole Grain Macaroni and Cheese Zucchini & Tomatoes Tossed Salad Fruit Fluff | Parmesan Crusted Fish Brown Rice Succotash Peaches with Raspberries Cucumber Salad | Sloppy Joe on Whole Grain Bun Potatoes O'Brien Mixed Vegetables Mixed Berries |
| Nov 17-21 | Sweet & Sour Pork Whole Grain Couscous Peas and Pearl Onions Pickled Beets Applesauce | Baked Herbed Fish California Blend Vegetables Tabouli Salad Cantaloupe 12 Grain Bread | Black Bean Sweet Potato Chili Autumn Salad Molded Cucumber Salad Whole Grain Dinner Roll | Holiday Meal Roast Turkey with Gravy Mashed Potatoes Parsley Carrots Warm Apple Slices | Herbed Baked Chicken Whole G Rotini with Marinara Sauce Broccoli Mandarin Oranges Tossed Salad |
| Nov 24-28 | Stuffed Shells Green Beans Mangoes 12 Grain Bread V8 Juice Yogurt | Pulled Pork BBQ Whole Wheat Bun Brussels Sprouts Wax Beans Mixed Berries | Lemon Baked Fish Whole Grain Biscuit Corn Sweet Potatoes and Apples Fruit Ambrosia |  | |
| Dec 1-5 | Chicken with Gravy & Biscuit Brussels Sprouts Peaches with Raspberries Cranberry Juice Yogurt | Spaghetti with Meat Sauce Wax Beans Grapes Tossed Salad Dinner Roll | Cuban Pork Brown Rice Sweet & Sour Cabbage Chickpea Salad Pears with Blueberries | Turkey Stew Cauliflower Calico Salad Banana Whole Grain Corn Bread | Breakfast for Lunch Vegetable Quiche Sweet Potato Hash Turkey Sausage Links Fresh Fruit Cocktail Whole Grain Biscuit |
| Dec 8-12 | Pork with Mushroom Gravy Yams Italian Vegetable Blend Apple Juice 12 Grain Bread Yogurt | Roast Chicken with Gravy Mashed Potatoes California Blend Vegetables Baked Apples 12 Grain Bread | Lentil Stew Asparagus Broccoli Salad Fresh Orange Whole Grain Biscuit | Honey Baked Ham Cheesy Cauliflower Collard Greens Molded Apricot Salad Apple Muffin | Meatballs with Garden Gravy Whole Grain Pasta Green Beans Carrot Salad Whole Grain Dinner Roll Juice |
| Dec 15-19 | Salisbury Steak with Gravy Baked Potato Four Bean Salad V8 Juice 12 Grain Bread Yogurt | Italian Sausage Whole Wheat Bun Peppers & Onions Winter Squash Rosy Apple Relish | Turkey & Brown Rice Casserole Vegetable Blend Pear Salad Mangos | Beef Stroganoff Over Egg Noodles Lima Beans Molded Apricot and Cheese Applesauce Dinner Roll | Parmesan Crusted Fish Couscous Harvard Beets Tropical Fruit 7 Layer Salad |
| Dec 22-26 | Chicken Corn Casserole Peas & Carrots Mixed Berries Whole Grain Biscuit Yogurt | Macaroni and Cheese Brussels Sprouts Tangy Bean Salad Pineapple Tidbits Whole Grain Berry Muffin | Sweet & Sour Tofu Brown Rice Broccoli 7-Layer Salad Kiwi | CLOSED DECEMBER 25th  | BBQ Beef Sandwich Whole Wheat Bun Baked Beans Coleslaw Pears |
| Dec 29-31 | Ham with Raisin Sauce Yams Macaroni Salad Peaches Whole Grain Dinner Roll Yogurt | Italian Crusted Fish Scalloped Corn Spinach Black Bean Corn Citrus Salad 12 Grain Bread | Roast Beef with Gravy Mashed Potatoes Peas with Pearl Onions Cranberry Juice Whole Grain Dinner Roll | Prior to being served, please notify food servers of any allergies you have. | 1% milk available with every congregate meal. |

NUTRITION SPOTLIGHT

True or False

Mistletoe berries are edible.

FALSE - Mistletoe berries actually contain *phorotoxin* and are poisonous to ingest.

You tell if leftover food is still safe to eat by smelling.

FALSE - You cannot rely on smell alone to determine if food is safe. Proper cooking and storage are essential for food safety.

It's okay to thaw perishable food, like chicken, on the kitchen counter.

FALSE - Perishable foods should be thawed in the refrigerator, under cold running water, or in the microwave to prevent bacterial growth.

Food Humor

Q: What kind of sheets do ginger bread people use?



A: COOKIE SHEETS

Q: What do you call an old snow man?

A: WATER



Healthy Holiday Tips

- **Plan Ahead:** Make a grocery list and stick to it to save money and avoid impulse buys.
- **Lighten Up:** Swap sugary drinks for water, seltzer, or unsweetened tea.
- **Stay Moving:** Take a short walk after meals to boost energy and support digestion.

Recipe Corner: Simple Roasted Holiday Vegetables

Serves 4

Ingredients

- 2 cups carrots, sliced
- 2 cups sweet potatoes, cubed
- 2 cups Brussels sprouts, halved
- 2 tablespoons vegetable oil
- 1 teaspoon dried rosemary or thyme
- Salt and pepper to taste

Directions

1. Preheat oven to 400°F.
2. Toss vegetables with oil, herbs, salt, and pepper.
3. Spread on a baking sheet and roast for 25-30 minutes, stirring once, until tender and golden.
4. Enjoy as a colorful, budget-friendly side dish that's packed with nutrients and holiday flavor!



Hosting and Feeding Safely without Stress this Party Season

By: Brian Kriegh
Food Service Coordinator

If you are the family or friend hosting any event this season, these tips will help you look like you had your event professionally catered. A stress free, healthy and mindful gathering is an achievable goal that will leave both you and your guests feeling energized and nourished. A healthy approach goes beyond just the menu and considers the entire guest experience, from food safety to stress reduction.

Mindful menu planning

Accommodate all dietary needs. Start by asking guests about any allergies or dietary preferences, such as vegetarian, vegan, or gluten-free, in your invitations. This thoughtful step helps everyone feel included and allows you to plan a menu that works for all.

Offer variety and balance. While it's fine to serve some traditional, richer dishes, provide plenty of fresh, high-fiber options. A colorful array of fruits and vegetables can fill up a plate with less-dense calories. Consider serving a buffet-style meal so guests can choose what works for them.

Food safety essentials

Prevent cross-contamination. When preparing your meal, be vigilant about keeping raw meats, poultry, and seafood separate from ready-to-eat foods like salads. Use different cutting boards and utensils, and wash hands and surfaces thoroughly.

Monitor food temperatures. Harmful bacteria can multiply quickly at room temperature. Follow the "two-hour rule" by chilling perishable foods within two hours of cooking and placing them out of the "danger zone" (between 40 and 140).

Chill leftovers promptly. Encourage guests to take leftovers home. Any remaining food should be refrigerated within two hours to ensure it is safe to eat later.

A relaxed and joyful atmosphere

Manage hosting stress. To avoid holiday burnout, plan ahead and delegate tasks to others. Always find a way to take help.

Create cozy spaces. Set up comfortable, clutter-free areas with pillows and throws where guests can relax and socialize.

Focus on the social aspect. Gently guide the party away from the food table. Encourage mingling, play music, or organize games and activities that keep guests engaged in conversation rather than just snacking.

Offer mindful drinks. Serve festive non-alcoholic options, or "mocktails," like flavored sparkling water infused with herbs and berries. If you are serving alcohol, be mindful of responsible consumption and ensure guests can get home safely.

By taking a thoughtful and balanced approach, you can create a holiday celebration that is delicious, mindful, and safe for all. Your guests will appreciate the effort, and you'll find it easier to enjoy the season without stress.

Nourishing Health Through the Holidays

By Erin Willis, BSND
SNAP-Ed Nutrition Educator



The holiday season is a time for celebration, gratitude, and gathering around the table with loved ones. It can also bring challenges when it comes to maintaining healthy eating habits, especially with the abundance of rich foods and busy schedules. NYSOFA, through the SNAP-Ed program, is here to support older adults in making simple, budget-friendly choices that promote good health without taking away from the joy of the season.

One key focus of SNAP-Ed is **food resource management** - stretching your food dollars while still enjoying nutritious meals. During the holidays, this might mean planning ahead, making a shopping list, and looking for seasonal produce like squash, sweet potatoes, and cabbage, which are often more affordable and packed with nutrients. Buying in bulk and freezing extras can also help reduce waste and save money.

SNAP-Ed also emphasizes the importance of **choosing nutrient-dense foods** and **staying active**. Adding an extra serving of vegetables to a holiday dish, swapping sugary drinks for water or seltzer, and going for a short walk after a meal are small steps that can make a big difference. Physical activity not only supports digestion but also boosts mood — something we can all benefit from during the shorter, darker days of winter.

Cooking at home is another way to take control of your health and budget. SNAP-Ed food demonstrations show how simple, low-cost ingredients can be turned into delicious meals. For example, a hearty vegetable soup or roasted root vegetables can bring warmth and nutrition to the table without straining your wallet.

This season, we encourage you to celebrate traditions while also trying one or two new healthy habits. With SNAP-Ed, every small step adds up to a healthier lifestyle — helping you feel your best as you move into the new year.



HIICAP— Health Insurance Information, Counseling and Assistance Program



NOW THAT OPEN ENROLLMENT HAS ENDED

Here's what you need to know!

Following the general Open Enrollment period (October 15th through December 7th), there is a separate Annual Enrollment Period for **Medicare Advantage Plans**. Some of you may have experienced being scheduled at this time instead because of the type of plan to which you belong. While this makes some folks nervous, please know that this is never a problem! This is the opportunity to review plans and make changes, if you desire; but in the meantime, your coverage continues uninterrupted. However, there are many changes happening with insurance plans this year, and several things to keep in mind. The above grid will help you make an informed choice. As always, the HIICAP (Health Insurance Information and Counseling Program) is here to help. Our certified counselors provide unbiased, confidential information.

Call 607-535-7108 to schedule an appointment.

Reference: AARP Bulletin, "Get the Best from Medicare Advantage"; Volume 66, No. 5



Health Insurance Information, Counseling and Assistance Program

NY CONNECTS



NY Connects
Your Link to Long Term Services and Supports

of SCHUYLER COUNTY

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



NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability.



YOUR CONNECTION TO SERVICES & SUPPORTS, REGARDLESS OF AGE

Focus is on older adults & individuals with disabilities regardless of age, as well as their caregivers.

WHAT ARE LONG TERM SERVICES & SUPPORTS?

- ✔ Options for people to live in the least restrictive setting for as long as possible.
- ✔ Individual & Caregiver Assistance
- ✔ Help with Everyday Tasks
- ✔ Mental Health Services/Programs
- ✔ Health & Wellness Information and Programs



- ✔ Child Specific Services
- ✔ Facility-Based Services
- ✔ Home-Based Services
- ✔ Transportation
- ✔ Home Modifications & Repairs
- ✔ Insurance-Based Information
- ✔ Legal Services
- ✔ Residential Housing

RSV in Adults: Are You at Risk?

Respiratory syncytial virus, or RSV, can be dangerous for adults who are older or have certain risk factors.

Risk of severe RSV increases with age. Adults ages 75 and older are at highest risk of severe RSV.

- ✔ **Certain factors increase the risk of severe RSV, like:**
- Chronic heart or lung disease
 - Weakened immune system
 - Certain other underlying medical conditions
 - Living in a nursing home

RSV can lead to serious outcomes

- Pneumonia (infection of the lungs)
- Hospitalization
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD)
- More severe symptoms for people with congestive heart failure

RSV vaccines can protect you against serious illness

RSV vaccine is recommended for:

- Everyone 75 and older
- People 50-74 who have certain risk factors

- ✔ The best time to get vaccinated is in late summer and early fall
- ✔ If you have already gotten an RSV vaccine, you should not get another one at this time

It is always important to practice good hygiene and stay away from others when sick to help prevent the spread of respiratory viruses, like RSV.



EACH YEAR
RSV
causes serious illness in adults 50 and older

110,000–180,000 hospitalizations



cdc.gov/rsv

Are you vaccinated against RSV?

Don't let RSV be an uninvited guest this holiday season! Get your vaccine today.

Everyone age 75 and older and those age 50-74 who are at increased risk of severe RSV should get an RSV vaccine. For more information, visit: cdc.gov/rsv or speak with your healthcare provider.

The NYS Department of Health emphasizes that vaccines are the safest and most effective way to prevent serious illnesses, hospitalizations, and deaths from diseases like measles, polio, and flu, protecting not only individuals but also vulnerable community members.

COVID-19 Vaccines

The 2025-2026 COVID vaccine is currently available for New Yorkers who want it!

Call your local pharmacy for availability. No prescription needed.

Questions?

Call your local pharmacy, doctor or Public Health at 607-535-8140 for more information!



CAREGIVER'S CORNER



National Family Caregivers Month is a time to honor the more than 53 million family caregivers across the country who provide essential care and support to loved ones. Each year, family caregivers contribute services valued at over \$600 billion, which is nearly twice the amount spent on home care and nursing homes combined. In 2020 alone, family caregivers provided more than 18.6 billion hours of unpaid care to individuals living with Alzheimer's disease and other forms of cognitive decline.

Celebrating Family Caregivers and National Family Caregivers Month enables all of us to:



In caring for their loved ones, family caregivers often set aside their own self-care, investing time and energy to maintain the comfort and quality of life of those they support.

The Schuyler County Office for the Aging extends profound gratitude to the caregivers in our community. Their support strengthens families and enriches the lives of older adults. This November, as the nation recognizes caregivers, we celebrate and honor the important role they play year-round.

- ◆ Raise awareness of the unique challenges family caregivers face
- ◆ Celebrate the efforts of family caregivers and the invaluable role they play in our communities
- ◆ Encourage self-identification, helping caregivers recognize their important role
- ◆ Promote education and resources that strengthen caregiver support
- ◆ Reduce isolation by reminding caregivers they are not alone.

CAREGIVER RECOGNITION EVENT

NOVEMBER 10th AT 4:30 PM

SILVER SPOON CAFE
323 OWEGO STREET
MONTOUR FALLS, NY

If you are informally caring for a friend, family member or loved one who lives in Schuyler County, we would like to celebrate the essential role you play in our community by inviting you attend our annual Caregiver Recognition Event.

Event highlights include:

- ◆ Special Guest Speaker - Jessica Morley, Brain Injury Association of New York
- ◆ Each attendee receives a Caregiver Care Package
- ◆ Supportive Group Discussion
- ◆ Dinner will be served - join us at the table, or take your meal to enjoy at home

Come enjoy a casual, friendly environment where you can connect with others, receive encouragement, learn something new, and leave feeling supported.

If interested in learning more about this event or to register, please contact Shannon Slater, Caregiver Coordinator, 607-535-7108, by November 3rd.

There is no cost to attend.
Registration is required as space is limited.

Your strength, patience, and love make an immeasurable difference every day.

2025 Susan M. Cotton Southern Tier Caregiver Conference

CAREGIVER'S JOURNEY

Supporting Alzheimer's and Dementia Care

Thursday, November 6
9 AM - 4 PM
Horseheads Elks Lodge
6 Prospect Hill Road, Horseheads

FREE

Breakfast & Lunch will be served

Raffle Baskets & Giveaways!

Respite is available upon request

Navigating the journey of caregiving can often leave individuals feeling uncertain about where to seek assistance. This complimentary conference provides a valuable platform for caregivers to:

- Listen to expert speakers
- Engage with local resources
- Connect with regional agencies and vendors

Additionally, attendees can gain valuable insights by sharing experiences with fellow care providers, reinforcing the notion that no one has to face this challenge alone.

Deadline to register is Wednesday, November 5, 2025

REGISTER NOW!

1-800-272-3900

Space is limited!

Sign-up early to secure your spot

Located in Chemung County

Located in Schuyler County

Mark your Calendar! Caregiver Support - It's just us

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

NOVEMBER 18 5:00PM - 6:30PM

and **DECEMBER 16** 5:00PM - 6:30PM

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

LOCATION: Silver Spoon Café
323 Owego Street
Montour Falls

VOLUNTEERISM

WHY IS VOLUNTEERING IMPORTANT?

Volunteer-Life Balance

Ways on how to find the right fit for a volunteer-life balance

Ignite your Passion

Find a position that truly lines up with your values and you'll be more likely to stick with it

Friends

Volunteer with a friend. You will combine your social life with your volunteer obligations.

Use your talents or teach yourself new ones

Narrow your volunteer opportunities search to really use your talents. Or find options to train yourself on a new one.

Plan your schedule

Plan your schedule to avoid overcommitment, stress and conflicts.

Avoid Overcommitting

Start small and stick with short term opportunities.

Know your Why

Before signing up to volunteer ask yourself why do you want to do it. What are your goals, values, interests? Knowing your why can help you set realistic expectations.

Practice Mindfulness

Incorporate mindfulness practices such as meditation or deep-breathing exercises into your routine.

Sign up
Sign up
Sign up
Sign up

Scan the QR code now to fill out a volunteer application.



ofa@co.schuyler.ny.us



**Call Office for the Aging
607-535-7108**



<https://www.schuylercounty.us> >
Office-for-the-Aging

5 REASONS

volunteering
is Good for You



1. It is good for you mentally.
2. It helps you make friends
3. It expands your horizons
 - a. One of life's most important lessons is understanding that *your world is not the world*
4. It can be a fun escape
5. Volunteering is good for society



**QUESTIONS,
THOUGHTS,
CONCERNS,
IDEAS FOR
VOLUNTEERING?**

CALL OFFICE FOR THE AGING TO DISCUSS ALL THE DIFFERENT WAYS YOU CAN GIVE BACK TO YOUR COMMUNITY AND HELP THE AGING POPULATION BE ABLE TO STAY IN THEIR HOME.

HELP WITH TASK SUCH AS; GROCERY SHOPPING, TRANSPORTATION, MEDICATION PICKUP, HOME DELIVERED MEALS.

607-535-7108

HEALTH PROMOTIONS

Cold Weather Safety for Older Adults

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Hazards of cold weather include falls on wintry surfaces; injury caused by freezing (frostbite); and hypothermia, a medical emergency that occurs when your body temperature gets too low. Being informed and taking certain actions can help lessen risks during the colder months.

Medical conditions and cold weather

Older adults are more likely to have certain chronic medical conditions that make it harder to stay warm:

Diabetes can prevent blood from flowing normally to provide warmth.

Thyroid problems can affect the body's ability to maintain a normal body temperature.

Parkinson's disease and **arthritis** can make it challenging to put on more clothes, use a blanket, or get out of the cold.

Memory problems can cause a person to forget to take precautions for staying weather-safe, such as wearing appropriate attire.

Some medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if medications you take may affect body heat and what you can do.

5 TIPS for Exercising Safely in Cold Weather

Don't let falling temperatures stop you from exercising outdoors. By taking a few extra steps to stay safe, you can walk, run, ski, ice skate, and more.

- 1 Warm up and cool down.** Stretch or walk in place to prepare and restore your muscles before and after a workout.
- 2 Pick the right clothes.** Dress in several layers of loose clothing to trap warm air between them. Wear a waterproof coat or jacket if it's snowy or rainy, and don't forget a hat, scarf, and gloves.
- 3 Be extra careful in snow and ice.** Check sidewalks before using them. Wear nonskid, rubber-soled, low-heeled shoes to help prevent slipping.
- 4 Check the forecast.** If it's too windy, cold, icy, or wet outside, consider staying indoors and using an online workout video or your own routine.
- 5 Be prepared.** Know the signs of hypothermia, inform others of your outdoor whereabouts, and carry a fully charged mobile phone.



To learn more, visit www.nia.nih.gov/health/exercising-outdoors.



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



Have you ever heard of **EISEP**

It's a program to help people stay in their home

What is it?
Expanded in Home Services for the Elderly

What can this program help with?

- Light Housekeeping
- Dusting, sweeping
- Laundry, vacuuming
- Emergency Response Button

How to find out more?
Call Brook at the Office for the Aging!

Schuyler County Office for the Aging
607-535-7108

VETERANS



SCHUYLER COUNTY VETERANS SERVICE AGENCY

PHONE: 607-535-2091

**OFFICE HOURS:
MONDAY - FRIDAY
9:00 AM - 12:00 PM & 1:00 PM - 4:00 PM
CLOSED DAILY 12:00 PM - 1:00 PM**



Greenlight a Vet

Have you ever wondered what a green light shining on a porch means? Greenlight a Vet is a campaign to establish visible national support for our Veterans, by changing one light to green. Changing one light to green on your porch or in your office, lets Veterans know you support them. You can proudly display your green light for Veterans Day on November 11th or the entire month of November. You can even keep it shing bright all year to support our brave men and women.

November Happenings

- ◆ November 11th - Veterans Day - Ceremony begins at 11:00 am at the Watkins Glen Community Center
- ◆ November 21st - Coffee Talk - Begins at 9:30 am at Holy Cow Deli
- ◆ November 24th - Thanksgiving Dinner - To be held at Art and Nancy's. Contact our office for details.



December Happenings

- ◆ December 19th - Coffee Talk - Begins at 9:30 am at Holy Cow Deli

We are in the process of scheduling additional events for the month of December, such as cookie decorating and a Christmas party. Stay tuned!



Feel free to contact our office to register for our events or give us ideas for more things to do for our Veterans and family members.



FREE TAX PREP SERVICE

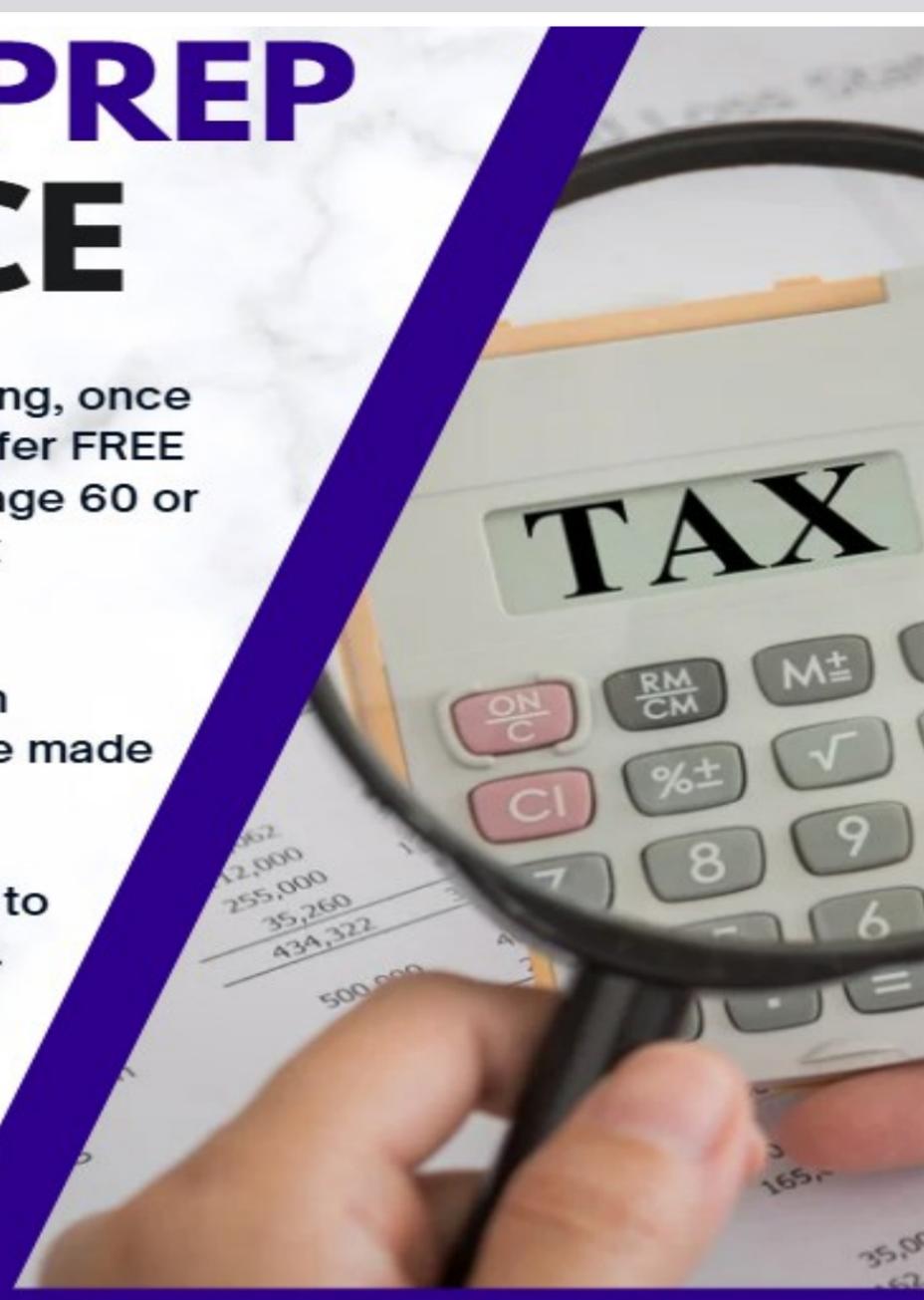
✔ Office for the Aging is partnering, once again, with AARP in 2026 to offer FREE tax preparation to individuals age 60 or older who can't afford paid tax preparation.

An official announcement, with registration information, will be made in January 2026.

Please watch for more details to be provided after the holidays.

CONTACT US

📞 607-535-7108



Schuyler County Attorney Warns Seniors of Holiday Scams Targeting Older Adults (Common Holiday Scams and How to Avoid Them)



WATKINS GLEN, N.Y.— Schuyler County Attorney Steven Getman is urging senior citizens to stay vigilant against a likely surge in scams during the holiday season, when fraudsters exploit seasonal generosity and family-focused emotions to target vulnerable older adults.

"Scammers don't take a holiday break," Getman said. "They ramp up efforts when emotions run high, using the spirit of giving against us. Our seniors deserve to enjoy the season without fear."

According to Getman, scammers often prey on seniors' trust, isolation or limited familiarity with technology, with nationwide losses to elder fraud topping \$3.4 billion in 2023 and continuing to rise

Getman outlined several widespread tactics, drawing from federal data and state alerts:

- **Grandparent Scams:** Fraudsters pose as a distressed grandchild in trouble — such as arrested abroad or in an accident — urging immediate wire transfers or gift card purchases. They may use AI-generated voices for realism. To avoid: Hang up and call the relative directly using a known number. Never send money to unsolicited callers.
- **Fake Charity Solicitations:** Con artists impersonate legitimate nonprofits, often via phone or door-to-door, requesting donations for holiday causes. They pressure for quick payments via untraceable methods like cryptocurrency or prepaid cards. To avoid: Verify charities through sites like Charity Navigator or the Better Business Bureau before giving. Legitimate organizations don't demand instant payment over the phone.
- **Phony Online Shopping Deals:** Bogus websites or social media ads offer steep discounts on popular gifts, stealing credit card info or delivering nothing. Lookalike stores mimic trusted retailers. To avoid: Shop only on secure, familiar sites with "https://" and check reviews. Use credit cards for purchases, which offer better fraud protection than debit cards.
- **Government Impersonation Frauds:** Callers claiming to be from the IRS, Social Security or Medicare demand payment for fabricated "issues," like unpaid taxes or benefit updates, often tied to holiday "relief" programs. To avoid: Government agencies never request payment via gift cards or wire. Contact them directly through official channels.
- **Tech Support or Gift Card Scams:** Pop-up alerts or calls warn of computer viruses, directing seniors to buy gift cards for "fixes," or twist holiday shopping into "secret shopper" gigs requiring card purchases. To avoid: Don't click unsolicited links or share codes. Legitimate support comes from you initiating contact.
- **Fake Delivery Notifications:** Scammers send emails or texts claiming a package is delayed, often with a link to pay a fee or provide personal information. To avoid: Always get tracking numbers for items you buy online, so you can make sure they have been shipped and can follow the delivery process.

Getman emphasized simple safeguards to avoid scams:

- ◆ Be particularly vigilant on social media during the holiday season.
- ◆ If it seems too good to be true, it probably is.
- ◆ Discuss potential scams with family.
- ◆ Resist high-pressure tactics.
- ◆ Report suspicions immediately.

For additional resources to protect rights and property, please visit the county attorney's website at:
<https://www.schuylercounty.us/1154/Free-Publications-to-Protect-Your-Rights>

Getman urges those who believe they are victims of a scam to contact the Schuyler County Sheriff's Office at **607-535-8222** or in an emergency dial 911. Outside of Schuyler County, complaints can be filed with any local law enforcement agency or the New York State Consumer Frauds Bureau by calling **1-800-771-7755**.

"Education is our best defense — let's arm our seniors with knowledge," he said.

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>Helen Kelly</i> |
| <i>Timothy Collins</i> | <i>Mary Haase</i> |
| <i>Sandra Manroe</i> | <i>Tam Peet</i> |
| <i>Lois Cratsley</i> | <i>Jannett Peet</i> |
| <i>Karen Durfey</i> | <i>Gretta Prestan</i> |
| <i>Mary Jane Harnas</i> | |

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 Allan Wruck in Memory of Donna Lynn Bannister
- \$50 Dale Heichel in Memory of Betty Heichel

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

VOLUNTEER WITH US! CALL 607-535-6834



TRANSPORTATION



Happy Holidays!

With gratitude,
Schuyler County Transit &
Transportation Link-Line
would like to thank you
for a wonderful 2025.

May the new year bring you
joy and safe travels.

Dial - a - Ride
a transportation service for residents of Schuyler County
607.535.3555



*What is Dial-A-Ride? A bus service for residents of Schuyler County.
Who can use it? Any Schuyler County resident.
Where does it go? Watkins Glen and Montour Falls: Any address within the villages.
When Can I Ride? Tuesday through Friday, with reserved drop-off times falling between 10:00 AM and 1:00 PM.
How Can I Make a Reservation? Call 607.535.3555 by noon the business day before you need the ride.
*Reservations are confirmed by phone or email.
Cancellations can be made by calling 607-535-3555.

Taking You Where You Want to Go!



Cost: Dial-A-Ride fares are \$3 per boarding, regardless of where in Schuyler County you live.

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.