



**Michael J. Keenan**  
 President and CEO  
 Good Shepherd Communities

## Greater Binghamton A Community of Caring

What gives our region its identity and defines us is the care, compassion and selflessness of the people who live here. Nowhere is this more evident than in our not-for-profit agencies that serve our seniors, families and caregivers. This edition of the Senior Resource Guide discusses services available from a variety of not-for-profits designed to help seniors remain in their homes. You will learn about Faith in Action – a program of the Broome County Council of Churches that pairs volunteers with the elderly. The Broome County Office for Aging lists support services available to caregivers, to ensure they also maintain their own health. And for our active seniors, Excellus and Good Shepherd Communities will once again be sponsoring the Seniors Running & Walking Festival at the Rail Trail on September 9. Participants can train twice a week from July 10 through September 4. After all that training, we hope people will consider participating in the Good Shepherd Communities Foundation Golf Tournament on September 14! This is the Foundation's largest event and has provided almost \$200,000 towards community programs and scholarships since 2009. These dollars support seniors at our campuses as well as our employees. Sue Freed will tell you why the Foundation is one of her charities of choice. Our quality of life in Broome County is enhanced and improved because of the people who live here and volunteer to make life better for their neighbors. "It's all about living well!®"

# It's All About Living Well®

**Good Shepherd Communities Foundation**  
 32 Village Drive, Endwell, NY 13760  
 607-757-3100

**Good Shepherd Fairview Home**  
 80 Fairview Avenue, Binghamton, NY 13904  
 607-724-2477

**Good Shepherd Village at Endwell**  
 32 Village Drive, Endwell, NY 13760  
 607-757-3100

**Good Shepherd Rehab & Wellness**  
 80 Fairview Avenue, Binghamton, NY 13904  
 607-724-2477

For more information please visit  
[goodshepherdcommunities.org](http://goodshepherdcommunities.org)



# ITEMS OF INTEREST FOR SENIORS

The following experts offer their advice on issues of interest to seniors throughout the Southern Tier.

If you have any questions concerning the following information, contact us at (607) 584-3901 or [DB@GoodShepherdCommunities.org](mailto:DB@GoodShepherdCommunities.org).

## VOLUNTEERING One of the Richest Investments of Time

Faith in Action Volunteers has been a program of the Broome County Council of Churches since 1996. Initiated by the Robert Wood Johnson Foundation, it is one of 600 programs in the National Volunteer Caregiving Network. We are a network of volunteers whose mission is to help adults 60 and over maintain their quality of life and independence. Our services are essential to the health and well-being of seniors in Broome County.

Our original "classic services" are the most popular and include door-through-door transport for medical appointments and grocery shopping, friendly visits and shopping from a list. Over the years we have grown and now offer inclusive social programs such as Social Connections for Senior Women, Chop & Chat and Senior Living Ministry. The Ramp It Up Youth Initiative is also part of our program and is vital to providing wheelchair bound individuals freedom and independence.

Our care receivers are people who are able to remain independent with a little help. Our volunteers are people who believe that a few hours spent helping someone is one of the richest investments of time. Often, volunteers and care receivers develop friendships which enrich the lives of both.

Need a helping hand? Call 607-724-9130 extension 316 for more information. All potential clients must participate in an intake phone call and an in-home assessment.

Interested in helping others in our community? Call 607-724-9130 extension 312 to learn more. All new volunteers must attend an orientation session and complete a background check.

## Caregiver Services Provided by the Office for Aging

Helping a senior remain at home and stay independent can be challenging and a lot of work. Whether you are running errands, paying bills, cooking or even providing hands-on care, you can make your life a little easier when you know about the many resources available to help caregivers.

The Caregiver Services staff of the Office for Aging helps caregivers get the information and assistance they need whether it is practical solutions to daily problems or dealing with the emotional demands of caregiving.

A caregiver, Eileen, started attending the Caregiver Chat Group because she struggled with setting boundaries with her physically disabled mother. Since Eileen just lived down the street from her Mom, Eileen felt like she should be available to go to her mother's whenever she called her for something. Eileen has two brothers who live in the area but she hesitated to bother them. She felt that her brothers had too much going on in their lives to be able to help with their mother.

During the first few months of attendance at the Caregiver Chat group, Eileen always verbalized a desire to draw boundaries but she just couldn't bring herself to actually do it. Through encouragement and support from the other caregivers in the group, Eileen gradually started to change. She started feeling comfortable with telling her mother when she was able to visit, instead of just visiting mom at her every request. Eileen also scheduled a meeting at her mom's house with her brothers present to discuss appropriate services and programs with an Office for Aging Case Manager. Not long after this meeting, Eileen started having some health issues of her own so we were very thankful she had supports in place (which included her brothers) so that she could take care of herself.

Services available to caregivers include:

- Private consultations with an experienced staff member
- Educational presentations on common caregiver issues like legal matters, wandering, and many other topics
- Discussion groups for caregivers to share with – and learn from – other caregivers
- Caregiver Resource Center which includes written material on many topics of interest
- Referrals to services available in our community
- A regular newsletter which lists upcoming presentations and covers caregiving issues

For more information on any of these services, please call 778-2411.



## Upcoming Events

- JULY 12** Social Connections, Social Support for Your Loved One – Call Office for Aging 778-2411  
**AUG 10** Veterans Benefits – A Presentation for Family Caregivers – Call Office for Aging 778-2411  
**SEPT 9** Senior's Running & Walking Festival – For Information, Call 760-8431  
**SEPT 13** Medicaid for Nursing Home and In-Home Care – Call Office for Aging 778-2411  
**SEPT 14** Good Shepherd Communities Foundation Annual Golf Tournament – Traditions at the Glen

# Seniors

## Running & Walking Festival

2017

Excellus 

 GOOD SHEPHERD  
Communities

Good Shepherd Communities has again partnered with Excellus BC/BS to sponsor the Third Annual Seniors Running & Walking Festival. Our organizations know that as we age, fitness becomes more important than ever. So save the date and come out and show all of Broome County that fitness is ageless!

### Summer Training Program

July 10 – Sept 4 Mondays & Fridays, 6:30 PM

### Race Day

Saturday, Sept 9, 8:00 AM

### Race Events

1 Mile or 5K (3.1 miles) on a flat, certified course!

### Awards Divisions

Run, Walk or Wheelchair

### Location

Coal House Café at the Vestal Rail Trail

### Fee

\$10

(Includes summer program, T-shirt, race registration, finisher's medal, awards, refreshments & more!)

For more information, call: 607-760-8431 or go to:  
[www.gobroomecounty.com/senior/healthed](http://www.gobroomecounty.com/senior/healthed)

Open to anyone 55 years or older. Join us whether you are fast or slow, walk or run, use a cane, use a walker, or use a wheelchair – you are welcome!

Action  
for  
Older  
Persons

VESTAL COAL HOUSE



Broome County  
Office for Aging 



GOOD SHEPHERD COMMUNITIES FOUNDATION

## Save the Date and Join the Fun!

By Terry Cortese-Green,  
Foundation Executive Director



On Thursday, September 14, 2017, Good Shepherd Communities Foundation is hosting its Ninth Annual Fall Golf Classic sponsored by Sodexo Quality of Life Services at Traditions at the Glen, 4101 Watson Blvd., Johnson City, NY 13790. Lunch and registration begin at 11:30 AM with a shotgun start at 1:00 PM. Cocktails, dinner, awards and raffles conclude the fun-filled day.



Proceeds from the 2017 Fall Golf Classic will assist the Foundation in funding healthcare for seniors, especially through the Living Care Fund. This fund offers our adult care residents the assurance they will not be asked to leave Good Shepherd if their personal finances have been depleted in paying for their own care. Tournament proceeds will also benefit youth education with scholarships for high school seniors from Binghamton High School, Seton Catholic Central High School and Maine-Endwell High School who are pursuing degrees in the medical field. Additionally,

funds raised support the BOCES School-to-Careers Partnership Program, which provides valuable work experience opportunities for students, and funding for competitive Community Investment Grants that are awarded to local not-for-profits for programs that focus on the senior population in Broome County.

Since 2009 approximately \$200,000 has been raised through the Fall Golf Classic.

If you are interested in being a sponsor or playing in the tournament, please contact Terry Cortese-Green, at 607-484-6075 or email [tcortese-green@gscfoundation.org](mailto:tcortese-green@gscfoundation.org) to request information.

Please consider being a part of our tournament while assisting Good Shepherd in fulfilling its mission to serve senior citizens in our community.



# It's All About Living Well®



Sue Freed

## Why We Donate

For Sue Freed and her husband Gary, the Good Shepherd Communities Foundation became a meaningful organization to support because of her mom's experience at Good Shepherd Village. "During her 3½ years there," Sue said, "we saw her quality of life improve significantly. She had a full social life, enjoying many new friendships and activities. She relaxed into her beautiful apartment and delighted in the fact that she could play bridge, garden or take a ceramics class instead of cooking and cleaning. She loved the people she met, who became like family to her. They added much fun and joy to her final years. The residents and staff are the heart and soul of Good Shepherd Village. We donate to the Foundation's Employee Recognition Fund because our day-in, day-out experience with the staff was outstanding."

"When Mom needed rehab services twice during her residency, the process was seamless. It was comforting to know that there were advanced services (assisted living, rehabilitation and a nursing home) available on the campus if needed. Given the uncertainty about services and the related finances a person will need as they age, we were also comforted by Good Shepherd Village's promise that its residents will have a home for life....with the same quality residential and healthcare services, even if they encounter unforeseen financial hardship. We donate to the Living Care Fund to support that promise."

Sue says that her family's experience at Good Shepherd exemplified the definition of community as a unified body of individuals. "This is a community that celebrates abilities and talents, large and small; where disabilities are easily accommodated but are not the focal point. This is also a community that includes families in addition to residents. It's important to Gary and me to continue our connection with this community, both in and because of Mom's memory."

## Free Speaker's Bureau

Good Shepherd Communities is the area's premier resource for up-to-date information regarding issues in senior healthcare and wellness.

Our speakers are offered to your organization free of charge and are available to speak on a number of issues including:

- Senior Living Options & Costs
- Falls & Fall Prevention
- Therapeutic Recreation & Ways to Keep the Elderly Active
- Senior Safety Awareness
- Medicare Insurance & Skilled Nursing Facilities
- What to look for when selecting a senior care facility
- Elder abuse and how to recognize it
- HIPAA and Patient Rights
- Advanced Care Directives & Living Wills
- Pharmaceutical Concerns for Seniors
- Good Shepherd Communities Foundation Grant Opportunities
- LSVT BIG and LOUD® – Therapy specific to Parkinson's Disease

To reserve a speaker, please call (607) 584-3901.



For more information please visit  
[goodshepherdcommunities.org](http://goodshepherdcommunities.org)

