



# It's All About Living Well®

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

## Resources To Help Seniors Stay Healthy Welcome

**Spring is Here!** Warmer weather is upon us as the flowers bloom and the grass becomes green. One of the first things we want to do is get out of the house and rid of the cabin fever we experienced by the end of winter. Take a moment to read our "Spring into Shape" article to make sure your enthusiasm doesn't have you overdo it. Good Shepherd Communities continues to grow and explore new partnerships and affiliations with other community organizations. In this issue you will learn more about our expansion into Chenango and Otsego Counties due to our partnership with Chase Memorial Nursing Home. Dr. Miklouchich will bring you up-to-date on an affiliation with Binghamton University and the new BU School of Pharmacy. If you belong to a community organization, we urge you to take advantage of our free speaker's bureau. We have presented to Rotaries, Sertoma and Lions Clubs, Senior Centers and many other clubs and service organizations in the Southern Tier. You can choose from a list of topics inside or call us if you want to hear something not on the list. Finally, Terry Cortese-Green will discuss how the Good Shepherd Communities Foundation really is making it 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).

## SPRING INTO SHAPE!

By Dr. Nicholas Cappello



The biggest mistake people make when they resume exercising after a winter layoff is doing too much too soon. You shouldn't take a vacation from exercise but if you do, be sure to work back into it gradually. The best thing you can do to prevent injury is to seek balance. Try equal amounts of cardio, strength-building, core and flexibility exercise. Factor in your weak links and pick routines that are right for you – it's a matter of finding and respecting your limits. If you have a torn rotator cuff, you shouldn't be doing overhead weight training. If you have arthritis in your knees, you shouldn't run marathons.

Your body's reparative capacity dwindles with age; it takes longer to heal and to recover from workouts. Pain is an important warning signal. There's a difference between hurting and harming. Engage in activities that involve balance, agility, and hand-eye coordination. Focus on core work, as a strong, stable core significantly reduces force and stress across the joints. Try elastic bands, a stability ball and a variable-weight dumbbell. Other options are stretching, aerobic exercise and strength training. An exercise program can be as easy as avoiding the elevator and walking as much as possible.

Much of what we've traditionally thought of as aging has more to do with inactivity and sedentary behavior, such as muscle and agility loss. And much of that is preventable and reversible. It's all about the choices you make and your attitude.

## Chase and Good Shepherd Communities Continue to Partner

Good Shepherd Communities and Chase Memorial Nursing Home continue taking steps to allow Chase to become part of Good Shepherd Communities. In mid-2016, the New York State Department of Health awarded a Vital Access Provider Grant to pursue the partnership. The funds have been used to conduct a financial feasibility study which showed both organizations becoming stronger through affiliation. A community need assessment was also completed showing that Chase's skilled nursing beds, as well as other levels of care, are needed in the Chenango/Otsego communities. The partnership is being discussed with local community agencies and the community is being made aware of the benefits of the new structure. The board of directors of both organizations have been meeting and approving documents for the affiliation.

Already, positive changes are being noticed. A new electronic medical record system will connect Chase's clinical and billing functions to Good Shepherd. Good Shepherd's therapy company has begun providing physical, occupational and speech therapy. The medical staff and care is being overseen by Dr. Jerome Miklouchich, a board certified Gerontologist. Chase's finance department is consolidating with Good Shepherd Communities and should be fully integrated this month. ProCare, a healthcare consulting firm, has begun providing staff education and training to all disciplines within the facility.

A new board structure has been developed with the assistance of James Emerson, Owner and Principal of the company Acuity, based out of Florida. Prior to Acuity, Mr. Emerson was the CEO of Westminster Facilities in Florida. Westminster has 23 facilities between Jacksonville and Miami. The new board structure will be a mix of community members currently serving Chase and Good Shepherd Communities board members and staff. This ensures that Chase still has local individuals from Chenango and Otsego counties participating and involved in its operation. Good Shepherd has begun meeting with the Chenango Chamber of Commerce to identify area agencies who might be interested in learning more about the affiliation. If your organization would like a presentation or information on the affiliation, call 607-584-3901.



## Upcoming Events

- APRIL 12** Creating a Safer Living Space for your Loved One – Call Broome County Office for Aging 778-2411  
**APRIL 29** Walk to End Alzheimer's – Registration 9 a.m./Walk at 10 a.m. – Binghamton University West Gym  
**MAY 16** When the One you are Caring for Won't Listen – Call Broome County Office for Aging 778-2411  
**JUNE 15** If Only I Could Get a Good Night's Sleep – Call Broome County Office for Aging 778-2411  
**SEPT. 9** Senior's Running & Walking Festival at the Vestal Rail Trail Coal House – For information call 607-760-8431  
**SEPT. 14** Good Shepherd Communities Foundation Annual Golf Tournament – Traditions at the Glen



*Heather Minor, Director of Admissions at Good Shepherd Fairview Home, speaks to an audience on Senior Safety Awareness through the Free Speaker's Bureau.*

## FREE SPEAKER'S BUREAU

The Good Shepherd Communities Speaker's Bureau 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 diverse listing of topics that have proven to be beneficial to many community groups.

Vincent Smith of the Eastern Broome Branch of Retired Teachers, who has utilized the Speaker's Bureau, says "Good Shepherd Communities brings quality speakers who engage their relevant audience. There is always a good reaction from our group, consisting of a majority of older retirees, who have found the information very helpful. Good Shepherd offers important topics we have found very pertinent to our group."

If you are interested in scheduling a presentation, please call (607) 584-3901 to reserve a speaker on one of the following subjects:

- 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



GOOD SHEPHERD COMMUNITIES FOUNDATION

## A Springtime Message from Terry

*By Terry Cortese-Green, Foundation Executive Director*



It's officially spring! That is always a welcome word here in the northeast after the winter and its grey skies, snow and ice. Spring brings the thoughts of new growth and sunshine (yes, it is that big yellow thing in the sky that we have not seen much). Like spring, the Good Shepherd Communities Foundation always looks for new growth through giving opportunities and services. Our donors, who I prefer to call "partners in a cause," bring to reality our ability to serve senior citizens in our facilities and in our community.

I would like to share comments of those who have been recipients of services provided through the donations to the Foundation:

**"I am able to enjoy life, activities and a sense of belonging."**

**"Everything I want and need is right here – I don't have to get on a coat and go outside in the cold to get anything."**

**It is all about the camaraderie and cordiality, the caring and looking out for one another. The food is good too!"**

**"I participate in activities that are funded through Good Shepherd Communities grants. These programs keep me healthy and active."**

So with the new growth that comes with spring, I invite you to become a "partner in a cause" with Good Shepherd Communities Foundation and bring new growth to our Foundation and support our ability to serve senior citizens in Broome County. I would welcome the opportunity to tell you about the many options available to donors and to show you firsthand how your gift makes an impact. Please contact me at 607-757-3100 or by email at [Tcortese-green@GSCFoundation.org](mailto:Tcortese-green@GSCFoundation.org).

Happy Spring!



# It's All About Living Well®

## Keys to Aging Well

*By Everyday Health*

While maintaining your physical health is important to healthy aging, it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older.

Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet— dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health and happiness.



## GSC Partners with BU School of Pharmacy

*By Dr. Jerome Miklouchich, DO*

Good Shepherd Communities and the Binghamton University School of Pharmacy recently signed an affiliation agreement for the School of Pharmacy to utilize GSC facilities as training sites for their pharmacy students. BU faculty member, Dr. Angela Riley, who is Assistant Dean and Executive Director for Experiential Education and also a Geriatrics Pharmacist, will spend a day each week with Dr. Jerome Miklouchich, Good Shepherd's Medical Director, and other staff. Dr. Riley's intent is to learn where pharmacy services to GSC can be broadened and how they can be included in a team approach to improve patient care.

Collaborations between the School of Pharmacy and Pharmaceutical Sciences and Upstate Medical Center are also underway to co-fund a Pharmacy Geriatrics Residency. This will be a longitudinal rotation opportunity learning experience for a Resident to provide services with Dr. Miklouchich on a one day per week basis.

Educational opportunities are being explored for first year pharmacy students to meet with Good Shepherd independent living residents and staff early in their first semester of pharmacy school to discuss the role of a pharmacist in long-term care and geriatric care from the point of view of the staff. Plans are aimed for the Fall of 2017.



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

