



Michael J. Keenan
President and CEO
Good Shepherd Communities

It's All About Living Well®

Resources to Help Seniors Stay Healthy

Welcome

Spring is finally here! There is no better feeling than getting outside after a long cold winter. There will be opportunities for you to get out and enjoy yourself and help your community in the coming months. Inside you will see details about the annual Alzheimer's walk. This year it is being held at Binghamton University. It's a perfect way to enjoy the day and help those in need. The Broome County Office for Aging is holding their annual Senior Picnic on June 20 at SUNY Broome. Enjoy a lunch with your friends and get valuable information from the many service providers who will be on-site.

Speaking of valuable information, please read the article by Ami Schnauber, Vice President of Advocacy/Public Policy for LeadingAge New York. In her article, Ami talks about misconceptions regarding financing for long term care. She discusses the differences between Medicare, Medicaid and SSI and will also recommend a website where you can obtain even more information.

Continuing Care Retirement Communities are rare in New York. There are only twelve in the entire state. We are fortunate to have one of them right here – Good Shepherd Village at Endwell. We will be hosting a summit with providers throughout the state for two days of education.

Terry Cortese-Green will speak about charitable donations and different ways of supporting our organization and others that provide needed services and programs to our community.

So take advantage of the warm spring weather and remember "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

Chase Memorial Nursing Home
1 Terrace Heights, New Berlin, NY 13411

For more information please visit
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.

Senior Picnic and Fun Fest

Broome County Office for Aging and SUNY Broome Community College invite you to attend the 2018 Senior Picnic & Fun Fest at the SUNY Broome Community College campus on Front Street in Binghamton on Wednesday, June 20 from 10 am – 2 pm.

Don't worry about parking. There's plenty of parking and a shuttle service to get you to the event.

Here are a few of the day's activities:

- Music by Rich Wilson (10-12)
- Live performances by the winners of AOP's Lip Sync Challenge
- Cooking Demonstrations
- Basket Raffles, Bingo
- Laughtercize workshop
- Interactive tables featuring your local senior centers
- Origami Paper Craft Making
- BARK-9 Therapy Dogs
- Vendor Information Fair
- Presentations and much more!

Lunch is just \$4.00 per person and includes rotisserie chicken with all the picnic fixings. **Advance meal tickets are needed and can be picked up at any senior center starting May 25th.**

Contact Rita at the Broome County Office for Aging at (607) 778-2411 for additional information.



alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS®

**JOIN THE FIGHT AGAINST
ALZHEIMER'S DISEASE AT THE
ALZHEIMER'S ASSOCIATION WALK
TO END ALZHEIMER'S®**

*Participants to Raise Critically Needed Funds for
Alzheimer's Care, Support and Research*

The Alzheimer's Association® invites Greater Binghamton and Southern Tier area residents to join the fight to end Alzheimer's by participating in the Walk To End Alzheimer's® – Binghamton, NY. The Walk takes place on Saturday, April 28 at Binghamton University's West Gym.

Registration begins at 9 a.m. in the gym. The opening ceremony commences at 10 a.m. followed by the walk that winds through campus.

Alzheimer's Association Walk To End Alzheimer's® participants will not only walk, but learn about Alzheimer's disease, advocacy opportunities, clinical studies enrollment and support programs and services from the Alzheimer's Association. Participants will also join in a meaningful tribute ceremony to honor those affected by Alzheimer's disease. The 2018 Alzheimer's Association Walk To End Alzheimer's® is presented locally by United Methodist Homes.

More than 5 million Americans are living with Alzheimer's disease, the sixth-leading cause of death in the U.S. and the only disease among the top 10 causes that cannot be cured, prevented or even slowed. Additionally, more than 15 million family and friends provide care to people with Alzheimer's and other dementias in the U.S.

Register today. Sign up as a team captain, join a team or register to walk as an individual at alz.org/walk or contact Jared Paventi at (607) 785-7852 x101 or (315) 278-5425.



Upcoming Events

APR 28 Walk to End Alzheimer's (see article below for details)
MAY 17&18 AARP Smart Driver Course at Good Shepherd Village (call 607-484-6071 for more information)
JUN 5 CarFit Program, designed to improve older driver safety (call 607-484-6071 for more information)
JUN 20 Senior Picnic & Fun Fest (see article below for details)
STEPPING ON CLASSES (call 607-698-6081 to register):
Tuesdays, April 10 – May 22, 10:00am-12:00pm Location: Good Shepherd Village at Endwell
Thursdays, May 3 – June 14, 1:00-3:00pm Location: Lourdes on Shippers Road in Vestal

Has Medicare got you covered? Probably not like you think.

By Ami Schnauber
LeadingAge NY Vice President of
Advocacy/Public Policy

A recent Siena Research Poll, commissioned by LeadingAge New York, found that 82% of New Yorkers over age 55 expect Medicare to cover their long-term care costs, while only 40% expected to utilize Medicaid to cover costs.

Many seniors incorrectly assume that Medicare will finance their long-term care needs, whether in the community or a nursing home. This is probably because for most consumers, they initially are utilizing Medicare for doctor visits, hospital visits, surgeries or rehabilitation services. It is not until a consumer needs home care or nursing home services on a long-term basis that they quickly learn the reality.

In fact, Medicare pays for only a small number of people in any nursing home setting, and only for a limited amount of time for individuals who need rehabilitation therapy or complex medical care following a hospital stay. An individual must meet very strict criteria to receive Medicare-covered services in a nursing home. Eligibility for this option should be discussed with the discharging hospital, the admitting nursing home or the local department of social services or office for the aging.

Medicare does not cover assisted living or adult care facility services. Currently, there are very limited options for low-income New Yorkers to access these services through the Assisted Living Program (ALP), which is covered by Medicaid.

The cost of in-home and community-based services varies depending on the type of program and amount of services needed. Medicare, Medicaid, long term care insurance and private insurance are payment sources for some home and community-based services. Medicare tends to cover these services on a short-term basis following a hospital stay, whereas Medicaid may cover services over a longer period of time. Insurance policies have specific criteria for what services are covered, for how long, and under what circumstances.

Payment sources of the different service options varies greatly, and many consumers find they are financially unprepared to cover the costs of their long-term care. LiveYoungAtHeart.org was designed to help consumers consider all available options and find services that fit best for every income level, lifestyle and personal expectation.

Good Shepherd Village to Host CCRC Summit

Good Shepherd Village at Endwell has been selected to be the host facility for LeadingAge New York's 2018 Continuing Care Retirement Community (CCRC) Summit. The educational summit, to be held June 21 – 22, 2018, will be attended by approximately 100 individuals who manage and supervise CCRCs from Buffalo to Long Island.

CCRCs in New York are part of a small, but important sector of senior care services providers. A CCRC is a residential alternative for older adults that provides flexible housing options, a coordinated system of services and amenities, and a continuum of care that addresses the varying health and wellness needs of residents as they grow older. The emphasis of the CCRC model is to enable residents to avoid having to move—except, perhaps, to another level of care within the community—if their needs change and they require health care and supervision.

Because CCRC resident contracts include a health care component, the New York State Department of Insurance plays a major role in the approval and on-going oversight of these communities, as well as the Department of Health.

The summit will provide two days of educational presentations to these unique providers of retirement living. Providers will receive the latest updates on financing, operations and State and Federal regulatory changes.



It's All About Living Well®

GOOD SHEPHERD COMMUNITIES FOUNDATION

Helping Our Foundation Grow

By Terry Cortese-Green
Executive Director
Good Shepherd Communities Foundation

The first day of spring has arrived! Finally, after the long winter, a glimmer of light at the end of the tunnel. Spring is the season of growth. Growth brings us spring flowers, green grass and leaves on our trees under whose shade we will sit on hot summer days.

Charitable foundations, like Good Shepherd Communities Foundation, are often compared to trees. We plant the seeds with our donors to grow the trees that will shade future generations. Those seeds can be bequests or charitable remainder trusts or annuities. These forms of Planned Giving will help the foundation to grow so that our residents and seniors in our community can enjoy the benefits.

Through the Living Care Fund, Good Shepherd Communities Foundation assures our residents they will not be asked to leave if their personal finances have been depleted in paying for their own care. The fund is a charitable fund that bridges the gap between the actual cost of care in the adult care and assisted living residences and an individual's available resources. The Shepherd's Mission reaches out to seniors in our community by enabling us to anticipate and meet their needs through the development and operation of a broad range of innovative services and facilities. We look to design and explore opportunities for growth, collaborative relationships and affiliations with other community members to enhance and enrich senior living and to adapt to the ever-changing environment.

Please consider planting a tree with Good Shepherd Communities Foundation. If you are interested in Planned Giving options, please call Terry Cortese-Green at 607-484-6075 or email tcortese-green@gscfoundation.org. Happy spring!

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 not-for-profit 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

