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Good Shepherd Communities

# It's All About Living Well®

## Resources to Help Seniors Stay Healthy

## Welcome

As we wrap up a beautiful summer in our region, it's time to begin planning for cooler weather. The fall and winter both bring lots of opportunities for food, fun and family! We've included articles on both seasons to help you enjoy and prepare.

An important part of preparing includes being ready for flu season. Don't forget your flu shot. Our article "Don't Fear the Season," offers some simple tips like when and where to get your flu shot along with web sites you can visit for even more information. Our story entitled "Three Ways to Adapt to the Digital World" can assist you with using the web and social media to seek out helpful information.

The summer months brought sunshine in another form to Good Shepherd Village. The Village was chosen Best in Senior Care by Press and Sun readers and received The Reader's Choice Award for 2019. We can't thank you enough for voting for us.

Enjoy the upcoming holiday seasons with friends and family 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  
607-847-7000

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) 484-6056 or [DB@GoodShepherdCommunities.org](mailto:DB@GoodShepherdCommunities.org).

## Three Ways to Adapt to the Digital World

The Web is an endless source of information available through our digital devices. This vast amount of data can be overwhelming and difficult to access. But with a little time and direction we can use the Web as it was intended to be used: for education and entertainment. Three great topics to get started are: How to use search engines, understanding social media, and managing accounts online.

### Using Search Engines

A search engine is one of the many different websites available to people looking for relevant information. Two of the most popular search engines are Google and Bing. Both give users tools to properly search for information relevant to a specific topic. In order to use these search engines, the user needs a basic understanding for "Subject Search" and "Keyword Search." Subject searching is using specific descriptors of each topic. For example, if searching for Flu vaccine information you might type in "NY Flu Vaccination." Keyword searching is using important words or phrases to describe the desired topic. For example, if searching for a retreat you may type in the words "Vacation," "Relaxation," or "Spiritual Getaway." Now doesn't THAT sound nice?

### Understanding Social Media

Social media is becoming more relevant in our lives every day. It gives us the opportunity to connect with loved ones and friends from across the street and around the world. There are many social media websites but, with nearly two billion users, Facebook is the most popular platform globally. While Facebook has worked to keep users safe, they are still vulnerable to cyber-attacks and scams. One of the most effective ways to protect your Facebook account is to change your password every three months. The most popular Facebook cyber-attacks are through messaging on Facebook's Messenger application. Facebook friends infected with the cyber virus can potentially send you messages encouraging you to click on a link that infects your Facebook account. From here, hackers have access to unknown amounts of information on your Facebook account and your computer. So, play it safe and remember to change your password every three months and NEVER open links without confirming with the sender that they intended to send you the link.



### Managing Accounts Online

Some websites offer memberships. These memberships give users access to information, content, or a service. Many people have moved away from traditional cable TV contracts and looked to alternatives. Websites such as Netflix, Hulu, and YouTube TV offer options to these "cord cutters." These sites require the user to register an account and purchase a subscription for their service. Once a user has purchased the subscription, they have access to the service. It is important to write your account information down in a designated notebook. This notebook will help you organize your accounts and passwords and give you peace of mind when trying to access your accounts. Protecting your accounts is important for your online security. Just as with social media accounts, it's good practice to change membership passwords every three months.





## Upcoming Events

OCT 10

What to Know Before Hiring a Residential Contractor - 1:00 - 2:00 pm – Broome County Public Library

OCT 31

At your local senior centers (call 607-778-2411 for registration and more information):

NOV 6

Halloween Celebration – Costume contest, games & refreshments.

NOV 5 & 19

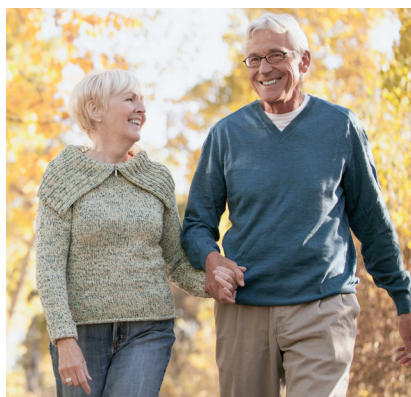
Veterans Day Recognition – All Broome County Veterans and their families are invited.

NOV 20

Savor the Senior Centers – Come sample the new cuisine and see what the centers are offering. Nov. 5 at 5 pm at Northern Broome Senior Center and Nov. 19 at 5 pm at Broome West Senior Center.

Thanksgiving Luncheon – Enjoy a traditional Thanksgiving dinner with all the fixings.

## Things to Love About Autumn



As the high, muggy temperatures cool off and the sunny days get shorter and shorter, it's difficult not to be disappointed summer is over. But one way to quickly get over that and bounce back from your disappointment is to get amped up and excited about all that Autumn has to offer! If you need a reminder of how and why Autumn is the best time of year here are some reasons and the things to love best about Autumn.

First and foremost is obviously the beautiful fall scenery. Living in upstate New York sure has its perks, and a breath-taking Autumn is one of them! Watching the luscious, green trees turn to an array of stunning, bold colors, the Fall Foliage that surrounds us this time of year is really something to not only see but take in and appreciate as well.

Besides the scenic fall foliage, another thing to love about Autumn is the crisp, fresh air! Not only does it feel great to take a walk outside, or do any physical activity in the crisper weather, our pets enjoy the cool down too!

Another positive about the weather this time of year is getting to wear all of your favorite comfy, oversized sweaters and jackets. It's a simple change, but there is nothing better than feeling cozy!

The colder, crisper air brings us to the next reason we love Autumn and that is all the various, delicious recipes to make. Besides the traditional yet delicious flavors of candy apples, donuts, cider, and anything and everything pumpkin flavored; Fall is an excellent season to try, share or cook up some of your favorite soups, stews, and crockpot recipes. The brisk air makes it enjoyable to indulge in our favorite hearty, warm and rich meals.

Speaking of delicious food brings us to another reason to love Autumn and that would be because it's the start of the Holiday season! Sure, Christmas is still a few months away, but with Halloween and Thanksgiving right around the corner and in the heart of the fall season, there is a lot to be excited about! Seeing joyful children dressing up and trick or treating, or even dressing up yourself, Halloween can be a great reminder that people can still be young at heart. And as for Thanksgiving, there is nothing better than good company, good food, and reminiscing about all the different traditions and the joy they bring.

Autumn is quite easy to go on and on about, and these reasons to love Autumn are just to name a few! So grab your cozy sweaters and some delicious comfort food and get ready to enjoy a peaceful, scenic season.

## Don't Fear Flu Season. Get Prepared.

Seasonal Influenza is right around the corner. Flu season typically lasts from October to May, with peak season in the United States being December – February. The Centers for Disease Control and Prevention (CDC) offers information regarding FDA approved Flu-vaccines on their webpage dedicated to Seasonal Influenza. The CDC estimates 9.3 – 49 million people are infected with the Flu each year. Between 140,000 – 960,000 hospitalizations are related to Flu every year, with a low of 12,000 (2011-2012) and high of 79,000 (2017-2018) deaths. There are many high-risk groups with increased chances of contracting and developing complications from the Flu. These groups include adults 65 and older, pregnant women, young children, children with neurological conditions, and people with diabetes, HIV/AIDS, cancer, asthma and heart disease and stroke.

### When to get vaccinated?

CDC recommends that you vaccinate by the end of October. After receiving your Flu shot, it may take around two weeks for antibodies that protect your body from the Flu to develop. Ideally, you would want to receive your medication as early as possible.

### Everyday preventive measures

Keep away from others who may have contracted the Flu, wash your hands frequently, and encourage your family and friends to vaccinate themselves. If you are sick with Flu, stay home from work or school to prevent spreading it to others.

### Where to get vaccinated?

Flu vaccines are offered by many doctors' offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even by some schools. The CDC has a tool to help you find the nearest site to receive vaccination. <http://flushot.healthmap.org/>

### If you get sick

Stay home and avoid contact with other people except to get medical care. A doctor has the option to prescribe you antivirals, which can accelerate the recovery process and help prevent any serious health complications. High-risk groups are encouraged to seek out antivirals when thought to have contracted Flu immediately at the first sign of illness. Antivirals are most effective in the 48 hours after the flu has been contracted.

The CDC offers more information on Seasonal Influenza. Please check their website regularly for updates on this Flu season: <https://www.cdc.gov/flu/index.htm>.





# It's All About Living Well®

## Preparing for Winter Weather

White, sparkling snow can be a beautiful and peaceful sight, and snowy winters have a lot to offer as far as scenic views and fun activities. For many of us however, those certain bitter, freezing, winter days can be anything but serene. Whipping winds, below zero temperatures, black ice, shoveling, and driving are just to name a few of the things that challenge us in our familiar winter weather here in upstate New York. Luckily there are some easy steps to take to gear up and prepare so you can not only make it an easier time of year but also enjoy all of Winter's beauty it has to give.

A great way to get started on your preparations for winter is to get all your winter clothing out from your closets and storage and get it ready for you to wear. Important clothing/accessories that some are not always prepared with are mittens, gloves, hats, scarfs and boots. These are important items when having to go out in the winter, even if it's just for a short amount of time, so that you can stay covered up completely because frostbite can happen fast. Making these items easily accessible for your use all winter will make you more prepared and covering up when you need will be much easier.

If you do find yourself bundling up in all your gear to head outside a good way to prepare and prevent winter injury is to always remember to walk slow in these months. Even if there isn't a lot of snow on the ground, ice and black ice can be very dangerous. Another way you can prepare and prevent winter injury is if you bring someone along when you do go outside or travel anywhere in the winter. This way if you happen to slip or fall, you are not alone in the cold. As long as you keep and remember your prepared mentality of moving around and walking slow, and bringing a friend along when you can, you should be able to stay safe all winter long.



Another good preparation is to make sure you have plenty of the materials to get you through the winter, like salt or sand to melt ice in any surrounding areas where you may be walking/exiting. Also, fresh batteries for fire and carbon monoxide detectors, water, blankets, and anything else you may need or want without having to worry about how to receive them in poor weather conditions.

Obviously, winter sure has its risks but doing a few simple steps like the ones mentioned can help make sure you're as safe as possible this winter. There is no stopping these months from coming, so as long as you prepare ahead of time you can just sit back, relax and enjoy the peaceful snowfall.

## 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
- Navigating Medicare Advantage Plans

To reserve a speaker, please call (607) 484-6056.



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