



It's All About Living Well

Michael J. Keenan
President and CEO

Resources to Help Seniors Stay Healthy Welcome

Summertime Is Here!

Hopefully you will have already received your vaccination by this time and are able to get back out in the community. As of June 7, 2021, 53.1% of Broome County residents have had at least one vaccination while 47.6% of people have had both. It's never too late to protect yourself, your loved ones and your community, so I urge people who have not received their vaccination to sign up as soon as possible.

For those who have proof of vaccinations, we are beginning to be able to return to a sense of "normalcy." Many businesses are no longer requiring masks with proof of vaccinations. Besides restaurants, sporting events, theaters, concerts and other social settings are beginning to reopen. In Broome County, the Senior Centers are also open for business. After so much time indoors, it's a relief to get out.

In this issue we will discuss Healthy Fun in the Sun and ways to strengthen our minds and bodies. Suggestions for outdoor activities that everyone can enjoy will be found inside. Another article deals with the enteric nervous system which scientist's refer to as your "brain in the gut." Scientists are now validating the gut feeling. After that you can find information about osteoporosis, its risk factors and methods of prevention.

During the pandemic, CHOW has struggled this year. For over a year they have been unable to do in-person food drives. Chow distributes hundreds of thousands of pounds of food to the needy individuals in the community. With the pandemic the need is even greater this year.

After a long pandemic getting out this summer will be "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



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) 484-6078 or nsmith@gsvillage.org.

Broome West Sr. Center at Wayne Street – Caregiver Chat:

participants use the Zoom platform or phone.

Call 607-778-2411 for more information.

7/21, 8/18, 9/15 9:30AM-11:00AM 8/2, 9/13 1:00PM-2:30PM

Caregiver Chat Groups: These informal discussions are open to caregivers of any age.

Call 607-778-2411 for information.

7/12 1:00-2:30PM

EAT GOOD FOOD TO BOOST YOUR MOOD

Have you ever gone with your “gut feeling,” or felt sick to your stomach or had butterflies due to feeling nervous? You are most likely getting signals from an unexpected source: Your second brain. Hidden in the walls of the digestive system, this “brain in your gut” is revolutionizing medicine’s understanding of the links between digestion, mood, health and even the way you think. Scientists call this second brain the enteric nervous system, and have been studying the connection between diet and emotions—the close relationship between your brain and your gastrointestinal tract.

Here’s how it works: Your GI tract is home to billions of bacteria that influence the production of neurotransmitters, chemical substances that carry messages from the gut to the brain. Eating certain foods and nutrients help your brain to make chemicals that can impact your mood, attention and focus, while other foods can sap your energy.

Eating healthy food promotes the growth of “good” bacteria, which in turn positively affects neurotransmitter production. A steady diet of junk food, on the other hand, can cause inflammation that hampers production. When neurotransmitter production is in good shape, your brain receives these positive messages loud and clear, and your emotions reflect it. But when production goes awry, so might your mood.

Sugar, in particular, is considered a major culprit of inflammation, plus it feeds “bad” bacteria in the GI tract. Ironically, it can also cause a temporary spike in “feel good” neurotransmitters, like dopamine. That isn’t good for you either, the result is a fleeting sugar rush that is followed shortly thereafter by a crash that’s terrible for your mood.

When you stick to a diet of healthy food, you’re setting yourself up for fewer mood fluctuations, an overall happier outlook and an improved ability to focus. Studies have even found that healthy diets can help with symptoms of depression and anxiety.

OSTEOPOROSIS: WHAT IS IT AND WHAT CAN YOU DO ABOUT IT?

Osteoporosis is a weakening of bones that occurs in mostly women, but men as well, as they age. Bone is living tissue that grows and replaces itself until around age 30. In your 40s and 50s more bone may be broken down than replaced, which can result in osteoporosis. The weakening of bones mean they can break more easily.

Risk Factors for Osteoporosis

You’re at higher risk to contract osteoporosis if you have a family history of the disease, if you’ve broken a bone after age 50 or had early menopause. Other risk factors include smoking, lack of calcium and long-term use of certain medications. The risk grows as you grow older and women lose bone mass more quickly than men until around age 70. Because you can’t tell if you have osteoporosis, you can have a bone density test to determine the strength of your bones.

Prevention

Eating foods rich in calcium and Vitamin D can help keep your bones strong. Regular weight bearing exercise, like walking, hiking, climbing stairs, tennis or even dancing also help prevent weakened bones. If you have osteoporosis, avoid actions that involve twisting you spine or bending forward at the waist such as sit-ups. Ask your doctor about ways to help prevent falls—and the best ways to avoid, or live with osteoporosis.



UPCOMING EVENTS

July 14

Quick and Healthy Meals and Snacks for Caregivers 1:00PM – 2:30PM
Pre-registration is required; please call Caregiver Services at (607) 778-2411.

August 18

Veterans' Benefits: What You Need to Know as a Caregiver 1:00PM – 2:30PM
Call 607-778-2411 for information.

September 9

Good Shepherd Golf Classic

HEALTHY FUN IN THE SUN: OUTDOOR SUMMER ACTIVITIES FOR SENIORS (REDUCING ANXIETY AND DEPRESSION)

Covid-19 has had a lot of negative impacts on our lives the last year. With the vaccine now available, more seniors can step out into the world and really take in a breath of fresh air.

Let us kick off summertime with new hobbies that are beneficial to both our minds and souls. The CDC recommends that adults 65+ should get 2.5 hours of moderate activity each week. Studies also show that exercise mixed with Vitamin D (absorbed through sunlight exposure) reduces senior depression and anxiety. So, let's get outside!

Gardening

Between digging, weeding, and cutting plants, gardening provides light exercise. Gardening is one of the best summer activities for seniors because exercise is disguised as leisure. Plus, seniors can socialize as they plant or tend to flowers. Another positive outcome from gardening is residents can use the produce from the gardens in their own kitchens.

Hiking / Walking

Brisk walking is another one of the best summer activities for seniors. Change up the scenery. Try checking out a local walking trail or nature preserve. Seniors who are in wheelchairs can still benefit if you scout out a trail that is paved and relatively flat.

Swimming

Summer activities for seniors that take place in water reduce the risk of injury by lessening joint impact. Seniors can float, swim, or take part in a light water aerobics class in a community pool. Water-based summer activities for seniors are also a great exercise option for those with arthritis or stiff joints.

Yoga / Tai Chi

Tai chi or Yoga are both low-impact activities that can be done inside or outside. Tai chi can help prevent falls in seniors and is a great way to improve and maintain

mental agility. The benefits of Yoga are chronic pain relief, better sleep, decreased blood pressure, less stress, greater flexibility, mindfulness, and improved respiration.

Play Outdoor Games

Low-impact sports, such as horseshoes, miniature golf, badminton, and croquet are great outdoor activities for seniors who are able to enjoy. Participants can play at their own pace, and these activities are good exercising for the body and mind.

Plan A Picnic

Enjoy fresh air and take in all that nature offers with a picnic. This summer activity is a great way for seniors to spend an afternoon with family and friends. Just remember to pick an area with comfortable seating and shade.

Bird Watching

While birdwatching can sometimes be seen as a less exciting activity, it can really be beneficial in calming the mind and allowing for reflection. This is a great activity for seniors who wish to enjoy and connect with nature. It is very soothing and therapeutic.

Fruit Picking

Fruit picking is a great way to get out and get some fresh air while partaking in mild exercise. Plus, you get a nice snack from your berry-picking efforts!

Just remember to keep cool, use sunblock, stay hydrated, and have plenty of fun...in the sun!

SENIOR CENTERS NOW OPEN

Broome County Senior Centers are now open. Please contact your local center for more information on the schedule of activities, dine-in lunch reservations, and updates on Covid-19 protocols while at the centers.
Call the Office for Aging at (607) 778-2411
or visit www.gobroomecounty.com/senior/scc



It's All About Living Well

GOOD SHEPHERD HOSTS ANNUAL GOLF CLASSIC

On Thursday, September 9, 2021, Good Shepherd Communities Foundation is hosting its Thirteenth Annual Fall Golf Classic sponsored by Sodexo Quality of Life Services at Traditions at the Glen in Johnson City, NY 13790. Lunch and registration begin at 11:00 am with a shotgun start at 12:30 pm. Cocktails, dinner, awards and raffles conclude the fun-filled day. Proceeds from the 2021 Fall Golf Classic will assist the Foundation in funding for programs that enhance the quality of life of senior citizens including the Living Care Fund, which assures that Good Shepherd's assisted living residents will never be asked to leave, even if their personal finances have been depleted in providing for their own care. It also funds education programs, providing scholarships to our valued staff that are pursuing Licensed Practical Nursing degrees. Additionally, proceeds from the Golf Tournament support the BOCES School-to-Careers Partnership Program which offers valuable work experience opportunities for students interested in careers in healthcare. Please consider being a part of our tournament while assisting Good Shepherd in fulfilling its mission to serve senior citizens in our community. Step up to the tee and play a round or consider becoming a sponsor.

Sponsorship opportunities include:

GOLD Sponsor SILVER Sponsor BRONZE Sponsor

PRIZE Sponsor TEE Sponsor

If you are interested in sponsoring the tournament or in playing, please contact Terry Cortese-Green, at 607-484-6075 or email tcortese-green@gscfoundation.org to request information.

LOCAL FOOD BANK CHOW® COULD USE YOUR HELP

The Community Outreach Warehouse, or CHOW®, through its network of partner agencies, distributed more than 2.6 million pounds of food to those in need in our community each year. Because of the pandemic and an inability to have any in person food drives for over a year, CHOW® is facing a shortage of over a quarter of a million pounds of non-perishable food items which they use to stock their food pantries. Here's a list of the most popular items for food pantries:

CHOW® Shopping List

- ☐ Cereal
- ☐ Beans
- ☐ Soup
- ☐ Canned Vegetables
- ☐ Pasta
- ☐ Fruit Cups
- ☐ Rice
- ☐ Canned Meat

If you'd like to help, food items can be dropped off at the Broome County Council of Churches CHOW® warehouse at 3 Otsiningo Street in Binghamton or at the Greater Good Grocery Store at 435 State St Binghamton. Or you can make a direct financial donation to support CHOW® by visiting their website at www.broomecouncil.net.

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
- Fall & 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
- HIPPA and Patient Rights
- Advanced Care Directives & Living Wills
- Pharmaceutical Concerns for Seniors
- LSVT BIG - Therapy specific to Parkinson's Disease
- Navigating Medicare Advantage Plans

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



For more information please visit
goodshepherdcommunities.org

