



# It's All About Living Well

**Michael J. Keenan**  
President and CEO

## Resources to Help Seniors Stay Healthy Welcome

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**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) 484-6078 or [nsmith@gsvillage.org](mailto:nsmith@gsvillage.org).

## 18th Annual Fall & Holiday Craft Show

Saturday, October 9, 10am – 3pm  
Broome West Senior Center, 2801 Wayne Street in Endwell

## Halloween Celebration at Senior Centers

Friday, October 29th

## Veterans Day Recognition at Senior Centers

Wednesday, November 10th. A complimentary lunch for all veterans served at noon.

## HOW DO I CHOOSE A NURSING HOME?

Choosing a skilled nursing home can be one of the most difficult decisions you can make for your loved one. Families often have to make this decision at a hospital bed side with little notice. The best way of course is to talk with family and friends who may have experience with local facilities. The next best source of information is a website published by the Center for Medicare and Medicaid (CMM) named Nursing Home Compare.

The Nursing Home Compare website features a quality rating system that gives each nursing home a rating of between 1 and 5 stars. Nursing homes with 5 stars are considered to have much above average quality and nursing homes with 1 star are considered to have quality much below average. There is one Overall 5-star rating for each nursing home, and a separate rating for each of the following three sources of information:

- **Health Inspections** – The health inspection rating contains the 3 most recent health inspections and investigations due to complaints. This information is gathered by trained, objective inspectors who go onsite to the nursing home and follow a specific process to determine the extent to which a nursing home has met Medicaid and Medicare's minimum quality requirements. The most recent survey findings are weighted more than the prior year. survey findings are weighted more than the prior year.
- **Staffing** – The staffing rating has information about the number of hours of care provided on average to each resident each day by nursing staff. This rating considers differences in the levels of residents' care need in each nursing home. For example, a nursing home with residents who had more severe needs would be expected to have more nursing staff than a nursing home where the resident needs were not as high.
- **Quality Measures (QMs)** – The quality measure rating has information on 15 different physical and clinical measures for nursing home residents. The QMs offer information about how well nursing homes are caring for their residents' physical and clinical needs.

[www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare)

Researching nursing home quality ahead of time may assist with the difficult process and help you make informed decisions regarding transition of senior care.

## FUN FALL ACTIVITIES THAT SENIORS WILL LOVE

While we all enjoy the warm weather that summer brings, there's no doubt that fall is a favored season. In fact, 29 percent of Americans say that fall is their favorite season, whereas 25 percent say summer is their favorite season. And, with the changing of colors, crisp weather, and pumpkin-flavored everything, it's no wonder that so many people prefer the fall. But, if you're a senior or you work as a caregiver for a senior, then you're probably wondering what to do during this new season. Luckily, there are just as many things to do in the fall as there are in the summer.

### Enjoy the Crisp Air

Fall is the perfect time of year to enjoy walking great outdoors. Not only is the weather cooler, but the fall colors offer a beautiful change in scenery. Plus, going for a walk is great for your health. Daily walking can help improve your cardiovascular fitness, lift your mood, reduce pain, and lower your blood sugar levels.

If going for long walks isn't an option, you can take a few laps around the block, play some golf or go apple picking. You might even take a drive to see the changing foliage-crack your window for fresh air, the crisp air can significantly improve your mood.

### Visit a Local Pumpkin Patch

Visiting a local pumpkin patch is an excellent day trip for seniors. If you have grandchildren, take them along, it's a great way to spend time together. Many pumpkin farms offer additional activities such as petting zoos, hayrides, corn mazes, and pumpkin decorating stations.

When you bring your pumpkins home, you can put them to good use by decorating them, carving them, or using them to bake sweet treats.

### Whip Up Some Sweet Treats

Speaking of sweet treats, fall is the perfect time to get back into baking. Try your hand at pumpkin bread, marshmallow Krispie treats, caramel apples, apple crisp, or your favorite fruit pie.

### Make Some Fun Fall Crafts

One popular fall decor item is an autumn wreath that features everything from candy corn to fall leaves to small ears of corn. You can also make some new pillows to freshen up your décor. There are many fun fall ideas to stay active.



## UPCOMING EVENTS

### Thanksgiving Luncheon at Senior Centers

Enjoy a traditional Thanksgiving meal with all the fixings on Wednesday, November 17th at noon (or on Thursday, November 18 in Deposit)

### Holiday Luncheon at Senior Centers

Celebrate the Holiday Season with a luncheon and activities on Wednesday, December 15th at noon (or Thursday, December 16 in Deposit).

*All meal reservations are needed by noon one day prior to each event. There is a suggested contribution for meals, so please contact the senior center of your choice or the Broome County Office for Aging at (607) 778-2411 for additional information.*

## TIPS FOR LOOKING YOUNGER... AND FEELING BETTER!

Age ain't nothing but a number! Have you heard that before? Well, it can be true for you, if you make it that way! Obsession with youth has been around for centuries, and every generation finds different ways to look younger and hold on to the vibrancy of youth. For some of us retaining our youthful appearance and attitude may involve some radical lifestyle changes, but that doesn't mean there isn't something each of us can do to look and feel better than we have in years!

### One Word: Moderation

This goes for a lot of things. From alcohol intake and fatty foods to sun exposure, you'll do yourself immense favors in the long run if you can learn a little moderation.

### Eat Better, Eat Less

More natural grains, omega-3s, fruits, vegetables, and fish. Eat less red meat, refined sugars, and simple carbs. Eat smaller portions too! Research shows people who decrease their daily calorie intake by 30 percent live longer.

### Do Exercise That's Right for You

An exercise program to keep looking and feeling great is a given, but it is no good if you hate it. Find the type of exercise that is right for you--strength training, cardio, aerobic--something that fits your needs and something you actually enjoy doing.

### Get Enough Sleep

Seems simple enough, but a lot of us do not get the seven to eight hours a night that our bodies require.

### Keep Your Mind Sharp

If you like puzzles and games, try new ones. If you love to cook, experiment with new recipes or styles you haven't tried. Try to learn something new every day.

### Stay Social

Connect often with family and friends. Make new friends. Loneliness and isolation can accelerate the aging process.

### Have a Healthy Attitude About Aging

It's happening, whether you like it or not, you're getting older. But a healthy outlook toward aging will free your mind. Try to focus on the day at hand and stop dwelling on guilt and regrets. If you have a bright outlook, not only will you feel more youthful, you will look that way to others too!

## BREAST CANCER: THE IMPORTANCE OF RAISING AWARENESS AMONG SENIORS

October is National Breast Cancer Awareness Month. One of the biggest reasons raising awareness about breast cancer is important is that breast cancer is the most commonly diagnosed cancer in women, and it is second leading cause of death among women. Further, in the United States, the median age for a diagnosis of breast cancer is about 60 years old, and more than 40 percent of all breast cancers are diagnosed in women aged 65 years or older.

While there is no cure for breast cancer, and age is a major risk factor, seniors should instead focus on early detection in order to give our loved ones, the best chance of living out their golden years. As we get older, a senior's health may become more complicated and often older adults suffer from multiple chronic conditions. Because this is the case, early breast cancer detection is paramount for senior women.

### Senior Screenings and Detection

For many seniors, in addition to chronic diseases they also face challenges to mobility, which may make home examinations very difficult. Loved ones should keep this in mind, especially if they are receiving home health care.

Home examinations should be carried out at least once a month in our seniors. A home care assistance professional can help your loved one carry out a self-breast exam at home or even do it for them if they are unable to.

Senior women should also go for mammograms on a regular basis and if they can no longer drive, a caregiver should arrange to have them brought for any checkups and testing to help them stay safe and healthy for a long time. Many women put off mammograms during the last year due to COVID-19, so it is time to make an appointment. Don't wait.

Breast Cancer Awareness Month is a time to celebrate survivors, become educated, and band together to raise awareness to fight the disease.



# It's All About Living Well

## KEEPING FIT AND EATING RIGHT THIS FALL

It's been observed that people tend to eat higher calorie foods and heartier meals and exercise less as summer fades into fall. As the days get shorter, we get in a little bit of a funk and eat more 'comfort foods' to counteract our blues.

As for getting less exercise, as the weather gets cooler, we're more likely to forgo that after dinner walk or run, and as a result we're not burning those extra calories off. But you have options for eating right and staying fit in fall!

### Great Foods for Fall

It's harvest time after all! Your local grocer or farmer's market is filled with the freshest fruits and veggies of the season. Nothing beats the crunch of a delicious just picked apple, we're lucky to live in one of the most fertile apple-growing regions in the country. Squash has always been a staple of the autumn table, and there is such a wide array of winter squashes to try; acorn, butternut, spaghetti and of course pumpkin; and so many great ways to prepare them. Broccoli, cauliflower, and other members of the cabbage family are at their peak in the autumn, plus they have cancer fighting properties and are low in calories. Make them a more regular part of your menu this fall.

### Try Something New to Stay in Shape

Try something different! Take a Yoga or Aqua Therapy class. Both offer physical benefits like improving strength, balance and flexibility in addition to the mental benefits of moving and meditation. You'll feel better physically and mentally.

Just because we seem to have a built-in tendency to eating less healthy and exercising in the fall, doesn't mean we have to give into it. There are fabulous fall foods that will satisfy our increased appetites without packing on the pounds, and with a little discipline and creativity, we can keep our healthy exercise habits up all year long too.

## IS SARCOOPENIA NORMAL?

It sure sounds scary-and it is normal, but there are things you can do to slow down this age related, involuntary loss of skeletal muscle mass and strength. Beginning as early as the 4th decade of life, evidence suggests that skeletal muscle mass and skeletal muscle strength decline, with up to 50% of mass being lost by the 8th decade of life.

A decrease in muscle leads to a reduction in a person's strength. As a result, balance and gait are also affected. Sarcopenia can have an impact on a person's ability to perform everyday activities, such as climbing stairs, lifting objects, and walking. These every day activities lead to a lower quality of life. You may decide not go to the grocery store anymore, or to have dinner with a friend, simply because you are afraid of falling. There are things you can do to slow the muscle loss process down. Most older adults need about 2½ hours of aerobic exercise every week. That's about 30 minutes on most days. Try endurance exercises like walking, dancing or playing tennis, they also help your breathing, heart rate, and energy levels. Stay flexible: Try stretching and yoga.

Can sarcopenia be reversed? Yes. Studies show sarcopenia can be reversed, and muscle loss decreased. In addition to exercising regularly, a healthy diet rich in proteins such as, lean meats, nuts, eggs and legumes, plus plenty of vitamin D can reverse sarcopenia, which increases lifespan and improves quality of life. Don't lose muscle mass and strength-ask your doctor now about what steps you can take to make sure you live a life full of activity.

## 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](http://goodshepherdcommunities.org)

