



Michael J. Keenan
President and CEO
Good Shepherd Communities

It's All About Living Well[®]

Resources to Help Seniors Stay Healthy

Welcome

Our winter was unusually mild this year which let us get outdoors more than past winters, but now we can really get outside and enjoy some healthy spring activities. We've included an article with a quick list of some activities that can help improve both your physical and mental health.

Keeping healthy not only involves participating in activities but making sure you protect yourself from the flu and other viruses, especially the Coronavirus. Please be sure to read our article that includes some important but easy steps you can take to help avoid getting sick.

While planning your activity calendar, be sure to include the 21st Annual Lives of Commitment Awards Breakfast on May 7th. Join us in honoring several volunteers who have helped our community be a better place to live.

And, last but not least, on June 19th, Good Shepherd Communities will celebrate its 150th year of providing services and care to senior citizens with an evening of food, fun, and music! Details on how you can join us for this special evening are included in our 150th anniversary article.

There is a lot to keep us busy this Spring. Be healthy, get outside, and we look forward to seeing you at one of our many community activities.

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.

What to Know About the Coronavirus

As the virus epidemic known as Coronavirus spreads its way around the globe, and the media outlets have continuous updates, it's easy to grow concerned about your health. It's also common to wonder what steps to take in general and what steps to take if it spreads to our local communities. Luckily, there are measures people can take to prepare and reduce the spreading.

- **Avoid touching eyes, nose and mouth:** Our hands touch multiple dirty surfaces daily and can transfer germs quite easily. Avoiding touching your eyes, nose and mouth is a good step to follow. These are areas where viruses can enter your body.
- **Wash your hands correctly and often:** This measure may seem simple and is easily overlooked, but it's extremely effective. It's best to scrub with soap and warm water for at least 20 seconds. Or use alcohol-based hand rub to help kill germs.
- **Social distancing:** Steering clear of sick people may seem impossible but being aware of your surroundings and avoiding contact with infected people and surfaces is great for prevention. Breathing in people's coughs and sneezes can really spread the virus, so don't feel bad about cancelling plans and staying home for your own protection.
- **If you have a cough, a fever, and/or difficulty breathing, seek medical attention promptly:** If you are simply not feeling well, stay home so you don't spread your germs. If you have any of the above symptoms, it's best to go to the doctor as soon as you're able. Since it is a global health crisis, it's best to call ahead of time if you're having these symptoms so your health care authorities can give you proper directions on what to do and where to go.



Fortunately, these steps are not much different than steps in your typical flu prevention and are fairly easy to follow. The Centers for Disease Control and Prevention announced that face masks are of limited help to protect most healthy people from respiratory illnesses like the coronavirus disease COVID-19. Unless you are sick and trying to prevent spreading germs to others, you do not need a surgical mask.

Staying informed with the latest developments through national and local public health authorities can also help you get the best, up-to-date information and advice about prevention and spreading. For more information, visit the Centers for Disease Control website at www.cdc.gov.



Upcoming Events

MAY 7	22nd Annual Lives of Commitment Breakfast, 7:30 am – DoubleTree by Hilton, Binghamton
MAY 8	Mother's Day Observance at Senior Centers, 12 noon (call 778-2411 for more information)
MAY 19	BBQ Chicken Luncheon at Senior Centers, 12 noon (call 778-2411 for more information)
JUNE 19	Good Shepherd Communities 150th Gala Celebration, 6:00 pm – DoubleTree by Hilton, Binghamton
JUNE 26	Office for Aging Senior Picnic & Fun Festival at SUNY Broome Community College (call 778-2411 for more information)
JULY 2	Fourth of July Party & Luncheon at Senior, Centers 12 noon (call 778-2411 for more information)

21st Annual Lives of Commitment Awards Breakfast

May 7, 2020 • DoubleTree by Hilton Binghamton

Faith in Action Volunteers is one of four programs operated by the Broome County Council of Churches. Program volunteers help older adults by assisting them with transportation, grocery shopping and visits, among other things. Volunteers are the heart of our program, selflessly giving their time to help the senior citizens in our community maintain their independence and quality of life.



Each year, the Lives of Commitment Awards Breakfast recognizes three special volunteers for their dedicated service to *Faith in Action*, the Council and the community. Also serving as a major fundraiser, Lives of Commitment provides the opportunity to celebrate all volunteers who give their time and talents to making a difference in the lives of others. Good Shepherd Communities has been a devoted supporter of this event since it began twenty-two years ago.

This year's honorees are Kay Hahn Casler, Ida Taft and Dave Gouldin. All three have given countless hours of time to making our community a better place for those who live here. Kay volunteers for us and makes sure older adults get to their doctor's appointments or are able to get their groceries. Ida has volunteered for CHOW for over 30 years and is dedicated to making sure no one goes hungry. Dave is well known in the community for his generosity and support of a variety of causes. Our keynote speaker for this year's breakfast is Gregory Keeler. Greg is best known as the "voice" of WSKG and will offer his insights on the importance of volunteering.

Our 22nd Annual Lives of Commitment Awards Breakfast will be held on May 7, 2020, at the DoubleTree by Hilton in Binghamton. We hope you will join us, enjoy a delicious breakfast, and be inspired by the great work being done by our volunteers.

For more information, call 724-9130 ext. 318.

Healthy Spring Activities

With winter finally coming to a close, there are plenty of spring activities that can keep you active while taking advantage of the warmer weather. Being outdoors has been proven to improve mental health, concentration levels, and even short-term memory. That makes now the perfect time to celebrate spring in the sun. Here are a few activities to get rid of those pesky winter blues:



- **Walking** – Simple, but true; walking is the simplest way to stay healthy. Making a routine for yourself can make it easier to get outside and complete your daily exercise. Take a pair of headphones and listen to your favorite music or podcast! Inviting a friend is also a great way to catch up and enjoy the outdoors.
- **Gardening** – Getting in touch with nature is another good way to improve your well-being. Not only is gardening beneficial to your health, but it can also be extremely rewarding, as well as a therapeutic hobby to have. Growing your own plants can make for healthy eating, decreased spending, or simply a pleasant landscape for you to admire.
- **Go for a Picnic** – Spending time with friends or family is an amazing way to kick off the new season. Bond with your loved ones this spring by packing some home-cooked meals or your favorite snacks and pick a relaxing, scenic location while soaking up some much-needed vitamin D.
- **Bird-Watching** – If your spring is all about rest and relaxation, birdwatching is the hobby for you. Grab a comfy chair and find a shady spot to observe your local bird activity. You could even build or decorate a bird feeder if you want to see them up close.



It's All About Living Well®

Celebrating Our 150th Anniversary!

"No one sick, hungry or in need, regardless of creed or condition, should ever be turned from its door."

These are the words from the original constitution of the House of the Good Shepherd.



On January 28, 1870, the parishioners of Christ Episcopal Church created a home to care for the sick and infirmed residents of the community. We were the first provider of hospital care to the residents of the Southern Tier. Over the next 150 years, Good Shepherd has grown to include three facilities in Broome and Chenango Counties. Today we serve over 560 residents and employ 567 individuals.

On June 19, 2020, Good Shepherd Communities will be celebrating our 150th year of providing services and care to senior citizens with a Gala to be held at the Doubletree by Hilton, 225 Water Street, Binghamton, NY. The evening will begin with cocktails and hors d'oeuvres from 5:00 – 6:00, followed by dinner and dancing to Rooster and the Roadhouse Horns.

We are proud to have been an important part of many families' lives and we are proud to be an important employer in the communities we serve.

There is no one in the Southern Tier who does not know someone who has been touched by Good Shepherd; whether it's a friend or relative who received Assisted Living or Skilled Nursing, or someone who received therapy and was able to return to the community or a parent enjoying their retirement in a carefree manner at the Village.

We invite you to join us for this special evening where we will celebrate our past and look forward to our future. If you would like additional information, contact Terry Cortese-Green at 607-484-6075 or by email: tcortese-green@gscfoundation.org.

You have been a vital part of our success. Please join us in celebrating our 150th Anniversary.

Reserve Your Rehab Room



Take control of where you or a loved one goes for rehab following a planned surgery by pre-processing at Good Shepherd Fairview Home. Why risk rehabbing at a facility someone else has chosen for you when you can take advantage of exceptional care and private rooms at Good Shepherd.

Our pre-processing allows you to reserve a spot in our rehab program ahead of time, eliminating the concern or confusion of having to schedule and find a place upon discharge.

You can choose where you want your rehab done, pre-apply, and reserve your room so it's ready when you're released from the hospital. Take away those worries by reserving your spot with us, after all, it's all about living well.

Please contact our Admissions Team at 607-727-2477 ext. 3237 for more information.

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) 484-6078.



For more information please visit goodshepherdcommunities.org

