



It's All About Living Well®

Michael J. Keenan
President and CEO
Good Shepherd Communities

Resources to Help Seniors Stay Healthy

Welcome

Happy New Year! It is hard to believe 2017 is over and 2018 has already arrived. Many of us make resolutions for the New Year. Often these resolutions are the same ones we made last year and were unable to achieve. They often involve improving our health, with the number one resolution being weight loss. The best way to lose weight is through a combination of diet and exercise. This issue will focus on both.

Right after weight loss is the promise to quit smoking. Nicotine has proved to be one of the most addictive drugs in America and quitting is not easy, but it is never too late. If you smoke, read the article on "Seniors and Smoking Cessation." You are never too old to benefit from kicking the habit.

Often seniors in our community need help but they don't know where to turn. The Broome County Office for Aging can help. Their contact information is inside and they can help you remain independent and healthy. After all, we all want to lead healthy, productive and satisfying lives.

In this special season we should also remember those less fortunate than us. I encourage you to read the article "What is Philanthropy." We all have the ability to make a difference in someone's life. When we do, we often find it enriches our own lives even more.

All of us at Good Shepherd Communities wish you a happy and healthy New Year, 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.



How to Reach Your New Year's Weight Loss Resolutions

By **Megan Lattin, MS**
Registered Dietitian

Statistic Brain reports that in 2017, losing weight topped 21.7% of American's New Year's Resolution Lists. If this resolution is on your list for changes you want to make in 2018, here are three tips to help you achieve your goal.

1. Start meal planning/meal prepping.

Failing to plan is planning to fail. Planning and prepping your meals ahead of schedule will help you stay on track since the food is ready when you're ready to eat it. It allows for the quick and easy to be healthy choices. This process can be as simple as you need it to be. Immediately after grocery shopping, cut up your veggies and store them in baggies/containers so they're ready to go for meal preparation. Create a weekly meal plan and cook up items for it ahead of schedule. Even if you don't always have it cooked, definitely always have your next meal planned. There should be no guess work.

2. Find a workout plan that excites you.

There is a workout plan suitable for every individual. If you have certain restrictions, work around them. The more you move, the more calories you burn, the more weight you lose. Also, you will be toning up and building muscle mass. Working out is extremely beneficial to your bone density and mood. If you don't have access to a gym, YouTube has tons of free workout videos you can do in your own living room that don't require any exercise equipment. (Be sure to read the exercise article included in this edition!)

3. Weigh in first thing every Monday morning and track your progress.

This not only will help you keep track of your progress, but also it will keep you accountable throughout the weekend which is a time of major weakness for most individuals.

Seniors and Smoking Cessation

It's Never Too Late to Quit

More and more people are living to their 90s and even 100s. As life expectancy continues to grow, healthy aging becomes a priority.

While healthy eating and regular exercise are important, quitting smoking may have the greatest impact on the quality of your life as you age.



If you are an older adult considering quitting or even cutting back, it's the best thing you can do for your overall health and quality of life. For example, did you know...

- Within 20 minutes, your blood pressure and heart rate drop.
- Within 12 hours, the carbon monoxide level in your blood drops to normal.
- After just 1 year, your risk for a heart attack drops sharply. You lower not only your risk of heart disease, but also stroke, cancer and respiratory illness, all while strengthening your muscles, bones and immune system.
- You protect your family, friends and people around you from secondhand smoke exposure.
- Giving up cigarettes may also reduce your risk of cataracts, macular degeneration, thyroid conditions, hearing loss and osteoporosis.
- If you've been diagnosed with a significant health problem, quitting smoking makes it more likely the treatment will be successful and you'll have fewer side effects.

Help is Available

Smoking is an addiction. You're twice as likely to quit for good with treatment and medication and remember, most health insurance, including Medicaid, covers smoking cessation medications and counseling. If you are ready to quit or even considering quitting, help is available. Contact your regular primary care provider or you can get help from the following resources:

- American Cancer Society: cancer.org/healthy/stay-away-from-tobacco.html
- New York State Smokers Quitline: 1-866-NY-QUITS (1-866-697-8487)
- For online support, materials, and step-by-step guides: Smokefree.gov
- For support from fellow smokers and cessation experts: QuitConnect.org



Upcoming Events

JAN 17 IRS Recordkeeping & Recording: What Caregivers Need to Know – Call Office for Aging 778-2411

FEB 13 The Importance of Good Hearing – Call Office for Aging 778-2411

STEPPING ON CLASSES (call 607-698-6081 to register):

Thursdays, March 8 – April 19, 1:00-3:00pm Location: Lourdes on Shippers Road in Vestal

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



How Exercise Evolves Through Our Lives

By Lisa Dupree
Independent Living Social & Wellness Coordinator
Good Shepherd Village at Endwell

It is no secret that regular exercise has a positive impact on your life. But did you know that the way you exercise should evolve through each stage of your life? When we are teens and young adults, exercise is primarily focused on a particular activity or sport, like improving your speed down the first base line or adding power behind your throwing arm. In our adult life, the motivation to exercise changes to a desire for esthetic appearance and improved overall health. In our golden years, your exercise routine should once again shift and focus on functional fitness, muscle strength and reaction time.

Functional fitness enhances your ability to do everyday tasks like getting in and out of a chair, climbing stairs, carrying a bag of groceries or reaching for something in an upper kitchen cabinet. Functional fitness doesn't train individual muscles, but involves more complex movements that work multiple muscle groups and joints, just like the way you move throughout your day.

Older adults should also focus on developing muscle strength. As we age, our lives tend to become more sedentary and as a result our muscles weaken. The good news is you can gain strength at any age. In particular, the large muscles in our legs respond very well to strength exercises and it doesn't take much time before you can start seeing a real improvement.

Another component of your routine should aim to improve your reaction time. There are certain exercises that can improve your reaction time, which will help to reduce falls and make you a safer driver. Paddle sports, like ping pong or pickle ball are particularly effective in improving your reaction time, along with other activities that involve hand-eye coordination.

This is a perfect time to begin a new exercise routine, or maybe change up what you've been doing to generate better results. Many local fitness clubs, as well as the area senior centers, have classes and programs geared toward the older adult population. There are also numerous resources online. Be proactive and take some time to take care of yourself. Here's to a happy, and healthy New Year!



Due to the popularity of this balance workshop which was published in our last edition, additional classes are being promoted. In a small group setting, older adults learn specific knowledge and develop skills to prevent falls. For more information or to register, call 607-698-6081. Stepping On is sponsored through a United Way grant administered by Independence Awareness, Inc.

Get Help

NY Connects is here to help connect you to services and supports

NY Connects assists people by providing information, assistance and referrals for all your needs. We help people of any age and any income to remain as independent and healthy as possible.

NY Connects can provide information on medical and non-medical supports and services such as: Personal Care, Care Coordination, Transportation, Financial Benefits, Housing, Respite Care, Mental Health services, understanding care options and much more.

Staff can assist you either on the phone or in person between 8:30 am and 4:30 pm. Trained staff can also meet with you in the comfort of your home to explain in detail all your options to help you remain independent.

For those caring for someone else, Caregiver Services are available which include: consults, support groups, education programs, and respite options.

Contact NY Connects at 607-778-2278 or email: NYConnects@co.broome.ny.us

Broome County Office for Aging, 60 Hawley Street, Binghamton, NY



It's All About Living Well®



GOOD SHEPHERD COMMUNITIES FOUNDATION

What is Philanthropy?

By Terry Cortese-Green
Executive Director
Good Shepherd Communities Foundation

I am asked that question quite often. There are many definitions of the word, but they all boil down to sharing of your time, talent and treasure. Another more flowery definition is “the love of humanity, in the sense of caring and nourishing; it involves both the benefactor in their identifying and exercising their values, and the beneficiary in their receipt and benefit from the service or goods provided.”

Philanthropy is one of the most important things we can do – for ourselves and for those who benefit from our generosity. No matter what we share, whether it is our time, our talent or our treasure, we are greatly impacting the lives of others who are less fortunate. And those who give get a wonderful sense of being able to help and make a difference and bring joy and peace of mind.

Good Shepherd Communities Foundation relies on the gifts of our many valued donors to assist us in living our mission. A very important example is the Living Care Fund. The Living Care Fund 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. This is an important commitment to our residents and their families. We would not be able to make this commitment if it were not for you. Just think about how important it is to each person and their families that they know they will always be cared for and always have a home.

This is just one reason why philanthropy, sharing, or giving is so important. Please consider a gift to Good Shepherd Communities Foundation. It will be among one of the most important things you ever do, and will make you feel good about yourself.

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 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

