



Michael J. Keenan
President and CEO
Good Shepherd Communities

Resources to Help Seniors Stay Healthy

Welcome

Autumn brings about many changes in our region. The days are shorter and the temperature is a little cooler but we are also treated to the most vivid and spectacular scenery all year. The air may be cooler but it is crisp and has a distinct feel to it. Change can be spectacular if we look at it closely.

Like the season, our end of year also brings many changes. One of the most important is your decision to stay in traditional Medicare or to choose a Medicare Advantage Plan. That decision can be overwhelming but in this edition there is information to help you with the options. You will also find strategies to make your home safer and to prevent falls. But we know it's not all about prevention. Lourdes and Good Shepherd has partnered to begin offering a new program called "Stepping On." This program is open to seniors in the community and features exercise, as well as information on diet, footwear, and lifestyle. The Good Shepherd Communities Foundation is also changing lives. Read about our five scholarship recipients who will be attending colleges or LPN programs thanks to the Foundation's support. We also are having a positive impact assisting organizations like the Broome County Council of Churches and Achieve to help seniors in our community. Perhaps the biggest change is the addition of Chase Memorial Nursing Home to the Good Shepherd Communities family. At Chase we are changing the face of rural nursing home care. Read how inside! "It's All About Living Well.®"

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

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.

Public Health Council Approves Affiliation

On August 3, 2017 the New York State Public Health and Health Planning Council approved Chase Memorial Nursing Home to amend their Certificate of Incorporation to allow Good Shepherd Communities to become their Sole Member. The Chase Board of Directors had previously taken action approving the affiliation and new board structure.

In our April edition we spoke about some of the early benefits of our new relationship. Those benefits continue to expand and grow for both organizations. One of the most exciting is the addition of telemedicine at Chase Memorial Nursing Home. Using funds from a New York State grant, Chase will be the first skilled nursing facility in New York to utilize telemedicine. A special computerized medical cart has been purchased which will allow a physician to examine a resident from a remote location. This state-of-the-art equipment allows the physician to examine any part of the body. The doctor can look in the resident's eyes, ears, nose and throat. There is an attachment that lets the provider hear the resident's heart, lung and bowel sounds. The tele-cart can also be used for specialty consults. To examine a resident, the doctor only has to have access to a computer, tablet or smart phone. This is an enormous benefit to the residents at Chase. As a rural facility with limited access to physicians, residents often are sent to the emergency room to have a doctor examine them. This process will allow the examination to take place in the facility and save the Chase residents from having to travel miles for treatment.



Source: Avizia 750
Telemedicine Cart

Open Enrollment for Medicare Advantage

If you are a senior age 65 or over, you will have an important decision to make in the coming months. You will have the option of keeping traditional Medicare coverage or switching to a Medicare Advantage plan.

Medicare Advantage Plans (also known as Medicare Part C) provide your Medicare Part A and Part B benefits (Parts A & B), along with additional medical coverage, all in one convenient private insurance plan. The additional coverage helps limit, and helps pay for, your out-of-pocket medical expenses. Since every plan varies, it is important to understand what your plan covers before signing up.

Most Medicare Advantage Plans involve using a set of in-network doctors, specialists and hospitals. Prior to enrolling it is important to check to make sure the doctors, hospitals and short term rehab facilities are approved by the Medicare Advantage plan. Traditional Medicare Part A and B allows you the freedom to choose any licensed provider that participates in the Medicare program.

Those who are eligible for Medicare Part A and Part B can enroll in Medicare Advantage. To be eligible for Medicare Part A and Part B, you must be 65 years or older. Those under 65 may be eligible if they are disabled.

There are three enrollment periods for Medicare Advantage. The first is the Initial Enrollment Period. The initial enrollment is the 7 month period surrounding your 65th birthday – 3 months before you turn 65, the month you turn 65, and 3 months after you turn 65.

You can also enroll in a Medicare Advantage Plan during the Medicare Open Enrollment Period. The 2017 Medicare Open Enrollment Period begins on October 15 and ends on December 7. If you already have a plan, but would like a new one, this is also the time where you are permitted to change plans.

The third way to enroll for a Medicare Advantage plan is during the Special Enrollment Period. The Special Enrollment Period is only open to those who recently had a major life change, such as if you recently moved or lost health coverage.

Good Shepherd Communities currently has contracts with the following companies:

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| • Aetna | • Excellus | • Fidelis |
| • Humana | • CDPHP | • Today's Option |



Upcoming Events

OCT 20 Effective Communication Strategies to use with people who have Dementia – Call Office for Aging 778-2411

SENIOR CENTER ACTIVITIES (call your center to make a reservation):

OCT 31 Halloween Celebration

NOV 8 Veterans Day Remembrance

NOV 15 Thanksgiving Luncheon

DEC 20 Holiday Luncheon



A Workshop to Promote Better Balance

Falls are the leading cause of injury and death among those age 65 and older. Twenty to thirty percent of people who fall suffer moderate to severe injuries such as lacerations, hip fractures or head traumas. Even if no injuries occur after a fall, many people develop a fear of falling, which in turn often causes them to limit their activities. This can result in reduced mobility and loss of physical conditioning, increasing their risk of falling.

Stepping On is an evidence-based program that empowers older adults to carry out healthy behaviors that reduce the risk of falls. It is a workshop offered once a week for seven weeks, by certified *Stepping On* leaders, along with the use of multiple guest experts. In a small group setting, older adults learn specific knowledge and develop skills to prevent falls. Topics covered include balance and strength training, the role vision plays in keeping your balance, how medication can contribute to falls, community safety, choosing the right footwear, hazards in your home, nutrition and sleep.

Good Shepherd Village at Endwell will be a host site for this evidence-based program. A course is also being offered at the Lourdes Vestal Community Room, 3101 Shippers Road, Vestal.

If you have experienced a fall or balance concern over the past year, have a fear of falling and/or want to remain independent or become more independent in your home, then *Stepping On* is for you. Contact Lisa Dupree, Good Shepherd Village Social and Wellness Coordinator, at (607) 484-6071 if you would like more information or are interested in attending an upcoming class.

Strategies for Seniors to Age Safely in Their Own Homes

"There's no place like home." We've all heard the phrase and we find out as we get older that our homes are our castles and we want to stay in them! Here are some tips that will increase the likelihood of an older adult remaining in their own home and needing less assistance to do so.

- The more space you allow in each of your rooms, the better. Remove trip hazards and make sure there are clear pathways and plenty of space to walk in without bumping into anything. At the same time, move things you use frequently to within easy reach. Don't make yourself climb on things or strain yourself reaching for items you know you're going to use.
- Certain things can be added to the home that make it safer as well. Extra lighting can increase visibility and decrease the risk of falling. Stick-on lights and light tape along stairs, on the ground or in cabinets and drawers can be an affordable yet critical solution to visibility problems at home.
- Traction slips or non-skid tape can be added to bathroom floors and bathtubs and shower stalls. Door handles and faucets can be switched out for levered handles which can help when arthritis or weakness in the hands poses a challenge for older adults.
- Doorbells and smoke detectors are available that turn on lights, so a person who has trouble hearing will know when the doorbell rings. Smoke and carbon monoxide alarms can be modified with lights or bed shaker attachments for warning during a fire or carbon monoxide leak.
- Bathrooms, hallways and next to the bed are all smart spots to add grab bars, which can mean the difference between catching yourself or falling down.

Research shows that preventing falls, changing diet, being more active, staying social and reviewing medications are **all** important priorities for staying healthy at home.



It's All About Living Well®

Helping our Community

The Good Shepherd Communities Foundation supports programming and services, not only within our own organizations, but within the community at large. It provides scholarships to seniors from Binghamton High School, Maine-Endwell High School and Seton Catholic Central High School each year. These young people are all enrolled in college programs with a focus on the medical field. The Foundation has also provided scholarships to a nursing student and a physical therapy student at SUNY Broome.

Outreach continues by assisting not-for-profits in Broome County with programs serving senior citizens. AVRE and the Broome County Council of Churches received grants to assist them with programming focused on community residents age 55+. AVRE will purchase mobile tablets for clinical staff providing vision rehabilitation services to consumers in Broome County. The Council of Churches will utilize their grant funds to purchase equipment used in building ramps at the homes of senior citizens with limited mobility.

The Foundation also awards biennial scholarships to selected staff to attend a BOCES Licensed Practical Nurse Program, enabling them to become licensed while continuing to work. This year, scholarships were awarded at Good Shepherd Village and Chase Memorial Nursing Home.

High School Scholarship Recipients



Vanessa Bongiorno
Maine Endwell



John Giangrieco
Binghamton
High School



Kiley Buck
Seton Catholic
Central

LPN Scholarship Recipients



Melissa Glezen
Good Shepherd
Village



Lucille Geguzis
Chase Memorial

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

