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It's All About Living Well[®]

Resources to Help Seniors Stay Healthy

Welcome

It's hard to believe we're already kicking off 2020 and that Good Shepherd Communities will celebrate its 150th anniversary in June. I hope 2019 was a good year for everyone.

After the bustle of the holidays, we can all use some help getting back to our normal, less hectic routine. Our article entitled "Get Back on Track After the Holidays" offers some suggestions to make it a little easier for us to do just that.

Staying active during the winter is also important for both our physical and mental health. Many of our residents have hobbies they enjoy and work on such as painting or woodworking. Hobbies are great not only during the winter but all throughout the year.

As always, we hope these stories and articles are a helpful resource to you. Stay warm and have an active, healthy winter.

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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 INTERE

The following experts offer their advice on issues of
If you have any questions concerning the following informati

How to Stay Active This Winter

Staying active is crucial for physical and mental health at any age, but the bitter cold winter months make your options limited for activities. Sure, it's easier to be on the go in the warmer months and have the leisure of doing all sorts of fun activities outside, but that doesn't mean there aren't options to keep you moving in the winter. With a little creativity and determination, you can stay active all winter long.

Yoga is always a great way to get your body moving and feeling good. The best part about yoga besides the fact that there are levels for everyone and that it helps you stay flexible, is that you can do it from anywhere too. So those cold days and nights don't have to get in the way when you can roll out a mat and do your yoga from the comfort of your own home, favorite class, or wherever you feel.

Another great activity that is just like yoga in the sense of doing it from anywhere and getting your body moving is dancing. Whether you're going to take a class or just do it in the privacy of your own home, dancing is always a fun way to work up a sweat. It's also something that can be done alone, or with the company of friends. So, get your favorite music and moves ready and enjoy the way you stay active.

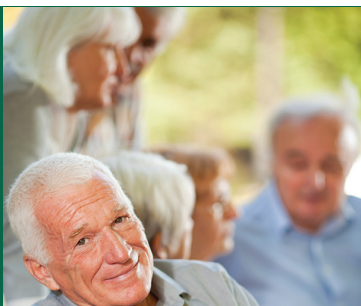
There is no easier and better way to stay active than walking. Walking may be an obvious choice, but the weather can really be a hinder on some days and nights during the long winter. Whether it be harsh temperatures, or snowy and icy paths, it can be difficult to rely on walking as a choice. However, there are options, of course. If there are no dangerous weather conditions then bundling up and going for a quick, brisk walk will help you get your steps in and keeping it quick will help make it less unpleasant and cold. If walking outside doesn't sound appealing to you, there is also the option of walking around the inside of your home. It might be a bit repetitive but it can certainly do the trick of getting your body moving. Shopping is another great choice for getting your steps in. Sure, it sounds expensive to go shopping every time you want some exercise, but the idea isn't to spend money. You can get a walk in when you're doing your normally scheduled shopping, or you can drive to the store and just simply walk around and look for the purpose of walking around. Most stores are a spacious, indoor space with a lot of room to walk around.



Although this doesn't seem like the most fun option, cleaning always gets your body moving and needs to be done regardless, so sounds like a win - win. Sweeping, dusting, mopping, or even just picking up the house, all requires getting up and moving around. And if it's an extensive cleaning, I think we can all agree that can feel like a full body work out. So, get spic and span this winter and stay active by keeping up with all your cleaning responsibilities.

Way more fun than cleaning, socializing is also another enjoyable option to stay active this winter. This could mean you're just going out to meet with friends and visiting. Getting out of the house and seeing friends is a great way to get out and get moving. Or you could spice it up and do a planned activity like crafts or a painting class, that way you're out, you're partaking in an activity and you're socializing.

Sure, the winter can still be a drag for those of us who are constantly on the go. But with these ideas there are still options you can follow to keep your winter busy and keep your body moving. By the time you're done staying busy and exercising all winter long, your body will be limber and ready for those beautiful, warm months ahead.



BEST FOR SENIORS

of interest to seniors throughout the Southern Tier.
nation, contact us at (607) 484-6078 or nsmith@gsvillage.org.

Evaluating a Retirement Facility

A lot goes into choosing the right retirement facility. What level of care is needed, is it safe, what type of staffing... The *U.S. News and World Report* can be a valuable resource when evaluating nursing homes for you or your loved one.

For the last ten years, the *U.S. News and World Report* has been evaluating nursing homes from across the country, ranking the best nursing homes as high performing for both long-term and short-term care. These evaluations are based on a range of different metrics reflecting analysis of data collected by the Federal Government.



In the latest report, Good Shepherd Fairview Home and Good Shepherd Village at Endwell were amongst the top rated in the Upstate New York region. Good Shepherd Fairview Home was ranked top in both short-term and long-term care and Good Shepherd Village at Endwell was ranked top in long-term care. For your convenience, a copy of the report can be found at <https://www.poughkeepsiejournal.com>.



Hobbies to Keep You Active



Having a hobby or two during the winter, or anytime throughout the year, can help to keep you engaged in social interactions in a fun way. It can also express creativity and keep your mind sharp.

There are plenty of hobbies to choose from but it's choosing the right one that's key to your enjoying what you're doing and returning to it. Whether you want to stay inside or if it's the time of year where you can be outside, the options are endless.

Living in Upstate New York, it's important to have indoor hobbies due to the extreme weather we so often experience. Some hobbies to consider are painting, wood carving, puzzles, and card games. If you are looking for a more social hobby and you enjoy reading, starting up a book club is a great social, indoor hobby. If you want to be more active inside there is always dancing, dance classes, indoor swimming and singing, just to name a few.

For when the weather finally warms up out there, there are countless hobbies one can do outside. Activities like walking, biking, and jogging are all great hobbies. Another is gardening. It can be relaxing, therapeutic, and fun.

All of these are great ways to stay moving, stay social and keep one's mind sharp and active. They are also great ways to fill up your days and stay busy and entertained. Once you find a hobby that makes you happy, your days will be that much more enjoyable.



It's All About Living Well®

How to Get Back on Track After the Holidays

The holidays can be an amazing time filled with family gatherings, delicious comfort foods, and memories to last a lifetime. Although it's enjoyable to indulge in all of your favorite treats, the aftermath can have you feeling a bit weighed down and sluggish. Luckily, there are easy steps you can follow to help get you back on track and feeling better:

- **Clean Eating** – Sure, you can't change your entire diet overnight but even just making small steps in the right direction can make a difference. Eliminating some of the holiday leftovers in the house is always a good idea. If you have a lot of treats you don't want to go to waste, package them up and give them away or maybe even freeze them for a later date.
- **Hydration** – A golden rule to good health and bouncing back is to stay hydrated. Drinking plenty of water throughout the day not only keeps your body and skin happy and hydrated, it speeds up your metabolism and it helps you feel your best.
- **Sleep** – Just like water, enough sleep is key to bouncing back and feeling your best. Sleep isn't your number one thing on the to-do list around the holidays, but it's important to make sure you're getting enough of it for a healthy, happy body and mind.
- **Me Time** – Me time is essential to help you unwind, destress, and find that true relaxation everyone craves. Whether it's taking a walk, listening to music, or just doing anything you enjoy by yourself, these are all good methods to get that healthy amount of me time in.



- **Goals** – Setting personal goals for yourself is a great step and starting point to help you get back on track, and setting goals for yourself keeps you motivated and accountable to achieve them. Goals can be as small or as big as you're comfortable with and they can be set for just about anything.

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.



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goodshepherdcommunities.org

