



State of New York
County of Broome Government Offices

Office for Aging

Jason T. Garnar, County Executive · Lisa M. Schuhle, Director

Dear Autumn Walking Challenge Participant:

Thank you for your interest in the Autumn Walking Challenge which will be held from September 21 through October 30, 2020.

In this packet you will find a two-page consent form. In order to continue to financially support health and wellness programs through Office for Aging funding, new regulations require us to obtain written consent. By completing the informed consent form and sending it in, you are helping the Office for Aging offer health & wellness programs at no cost to participants. Simply initial and complete both sides of the form, and mail it back to:

Broome County Office for Aging,
PO Box 1766, Binghamton, NY 13902 Attn: Sofia

Please note: Choosing not to complete the consent form will not affect your ability to participate in the walking challenge.

Thank you again, and enjoy your autumn walking! If you have any questions, please feel free to contact me at (607) 778-2115.

Sincerely,

Sofia Rittenhouse
Coordinator of Health & Wellness

National Falls Prevention Awareness Week

September 21-25, 2020

Did you know that many falls are preventable?

Finding a good exercise program can help improve balance and prevent falls.



Broome County
Office for Aging 

Autumn Walking Challenge

Starting Monday, September 21, the first day of National Falls Prevention Awareness Week. The challenge will end on Friday, October 30.

Walk with us through autumn!

Walking outdoors in autumn can be a great way to take in the colors of nature. Remember to walk where you can safely social distance and remain in dry, well-lit areas. But don't forget about all the ways to walk indoors, too.

Step into a house walking routine.

To avoid chilly weather outdoors as winter approaches, consider walking indoors right in the comfort of your own home. House walking is as easy as it sounds! Follow the guide in this packet for ideas on walking at home. Then pick up steps while completing chores, watching TV, and more.



Keep track of your progress, and you could win a prize.

In this packet, you will find a walking log with instructions. Record the number of times you walk each week, or track your steps on your pedometer or smartphone. When the challenge ends on October 30, all those age 55+ who have **walked 12 times or completed 12,000 steps** are eligible to enter our prize drawing.

On “Final Lap Fridays”, post your success!



Each Friday during the challenge, visit the Office for Aging Facebook Page for “Final Lap Friday” and share a picture or post about your progress that week. Celebrate those steps. Just visit us at:

<https://www.facebook.com/BroomeCountyOfficeForAging> on “Final Lap Friday”.

Better balance is just a few steps away.

Prevent falls and keep your balance while exercising by following the simple tips in the packet. Always be sure to consult your healthcare provider before beginning any new exercise program.

Autumn Walking Challenge

Tips to Prevent Falls



A Few “Foot-Notes” For the Journey...



- Shoes can provide traction/grip, so choose footwear wisely. Select a flat shoe with firm, rubber soles and low heels.
- Check the bottom of your shoes and replace them when the treads begin to wear out. Just like the tires on a car, the soles of your shoes can only walk so many miles before they need to be replaced.

When Walking Indoors, Especially at Home....

- Watch for throw rugs and floor moldings that may cause you to trip.
- Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting and switches are readily available when entering a room.
- Make sure there are two secure rails on all sets of stairs, especially if you plan to climb stairs as part of your indoor walking routine.

When Walking in Nature...

- Always look ahead at your path and watch for cracks, holes, and uneven areas. A tree may have pushed up the sidewalk, or even sign posts could impede your path.
- Navigate grassy and other uneven surfaces slowly and carefully.
- Be extra careful during stormy weather. Weather can affect the sidewalk in ways you can't easily see. Rain, snow, and ice can make any surface slippery.
- Look for the curb cut or dip in the curb near corners – because these are especially useful if you walk with a cane or a walker, or if you worry about stepping down from a curb.
- In the evening, go to areas with plenty of light, and consider bringing a flashlight and wearing a reflective vest. In the bright light of day, wear sunglasses to reduce glare.

Take a Closer Look...

- People with vision problems are more than twice as likely to fall as people without vision problems. Get your eyes checked once a year or when your vision changes.
- Bifocals or reading glasses make it harder to see hazards on the ground, so make sure you're wearing the correct glasses while walking.

And Remember...

- When used properly, canes and walkers can help you stay active and independent. Talk with a healthcare provider to learn what would support you best and how to use it correctly.



These tips and more can be found on The National Council on Aging website at: <https://www.ncoa.org/healthy-aging/falls-prevention/>

Autumn Walking Challenge

Get Creative At Home!



Did you know?

Did you know that when you walk indoors, you get the same benefits as when you walk outdoors? It's true! Whether inside or outside, regular walking can help you:

- Maintain a healthy weight
- Prevent or manage conditions, including heart disease, high blood pressure and diabetes
- Strengthen your bones and muscles
- Improve your mood, balance and coordination

House Walking in 1-2-3 Steps:

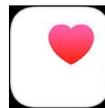
1. Set a reasonable goal for the week.

Instead of thinking about walking for miles, think smaller. Each step counts. How many steps make a mile? **For the average person, 2,000-2,500 steps equals one mile.** Start with a small goal so that it feels achievable. Once you hit the goal, increase it!

2. Get a pedometer so that you can count your steps.

A pedometer will keep track so that you don't have to! Pedometers calculate your steps as you take them, and most smartphones have pedometers built right in. As long as you have your phone with you while you walk, your steps will automatically add up.

- Look for the Apple Health app on your iPhone:
- Or the Google Fit app on your Android phone:



You can also get a pedometer to clip on your clothing while you walk. For more information, call Sofia at the Office for Aging at (607) 778-2411.



3. Plan your path and get creative.

- Notice hallways, clutter-free areas in each room, and all the walkable spaces in your home. Plan a path that you can walk each day, such as around the dining room table and down the hallway to the bathroom.
- Get creative. Next time you are watching TV, get off the couch and walk in place until your show ends. While you are waiting for dinner to finish baking, walk a few laps around the kitchen. Taking time to vacuum carpets? All those vacuum steps count, and your house gets clean, too!

Autumn Walking Challenge

Technique & 5-Minute Challenges



Consider your technique...

Turning your normal walk into a fitness stride requires good posture and purposeful movements. Ideally, here's how you'll look when you're walking, but remember to always check first with your healthcare provider for any recommendations or restrictions:

- Your head is up. You're looking forward, not at the ground.
- Your neck, shoulders and back are relaxed, not stiffly upright.
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You're walking smoothly, rolling your foot from heel to toe.



These tips and more can be found at the Mayo Clinic Website at: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>

Take a five-minute challenge...

5

If you walk for 5 minutes 3 times a day, 6 days a week, that's 90 minutes a week!

5

A commercial break during a TV show is about 3-4 minutes long. A typical 30 minute show has 3 commercial breaks. If you walk in place at each commercial break during your favorite half hour show, you have walked about 10 minutes total!

5

If you walk for 5 minutes, you can complete 500-600 steps! You could walk a mile a day if you take 4 walks for 5 minutes each! Remember, about 2,000 steps are in a mile.

Autumn Walking Challenge

Add Hydration and Nutrition to Your Workout



Drink Water with Pizazz!

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. Also, it helps the muscles work efficiently. For most people, water is the best thing to drink to stay hydrated. Consider adding fresh cut fruit and herbs into your water bottle to infuse natural flavor. (Adapted from www.heart.org)

Strawberry Basil Water Infusion:

- Add to your water: ¼ cup sliced strawberries, a fresh torn basil leaf, and ½ thinly sliced lemon

Spicy Citrus Blackberry Infusion:

- Add to your water: ¼ cup blackberries, ¼ thinly sliced orange, and a few slices of fresh ginger

Blueberry Rosemary Water Infusion:

- Add to your water: ¼ cup blueberries, 1 sprig fresh rosemary, and ½ thinly sliced lemon

(For these recipes and more visit www.culinaryhill.com)

Fuel Your Body with Good Nutrition After Your Walking Routine

After your workout, your body tries to rebuild its glycogen stores and repair and regrow those muscle proteins. Eating the right nutrients soon after you exercise can help your body get this done faster. It is particularly important to eat carbs and protein after your workout.

(Adapted from www.healthline.com)

Quick and Easy Meals to Eat After your Workout:

- Grilled chicken with roasted vegetables.
- Egg omelet with avocado spread on toast.
- Salmon with sweet potato.
- Tuna salad sandwich on whole grain bread.
- Tuna and crackers.
- Oatmeal, banana and almonds.
- Cottage cheese and fruits.
- Pita and hummus.
- Rice crackers and peanut butter.
- Whole grain toast and almond butter.
- Cereal and skim milk.
- Greek yogurt, berries and granola.
- Quinoa bowl with berries and pecans.
- Multi-grain bread and raw peanuts.

Autumn Walking Challenge

2020 Walking Log

This year all senior citizen walking program participants age 55+ are eligible to enter to win an incentive prize. All participants walking **12 times or completing 12,000 steps** between September 21 and October 30 can return this log to be entered into a drawing to receive a prize.

Name _____

Address: _____

Phone: _____

Write an X below for each day that you walked. If you are also recording your steps with a pedometer, record the total number of steps each day. Then add them up each week.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	TOTAL STEPS FOR THE WEEK
	Tip:  Kick off the week with a 5-minute challenge from this packet				 It's "Final Lap Friday" Visit the OFA Facebook Page and tell us how you are doing!			
Sept 21– Sept 27								
Sept 28– Oct 4								
Oct 5 – Oct 11								
Oct 12 – Oct 18								
Oct 19 – Oct 25								
Oct 26 – Oct 30 (5-day week)								

Please send completed forms to:
Broome County Office for Aging, PO Box 1766, Binghamton, NY 13902, Attn: Sofia

Client must initial each section that applies and sign at the end. Worker must complete attestation.

Informed Consent to Collect and Record Personal Information

I consent to the Broome County Office for Aging saving personal information provided by me or my authorized representative in the Client Data System maintained by the New York State Office for the Aging (NYSOFA). Saving my information like this allows other agencies that use the Client Data System to see my information if a referral is made, but this will only happen with my permission.

I understand that this information is being collected to help in providing services under the State Office for the Aging and local Offices for the Aging. It also helps to identify other services that I may need. I understand that this information is needed in order for some services to be provided. The authority to provide these services and to collect my information for these purposes is found in the Older Americans Act and the New York State Elder Law.

I understand that, per New York State's Personal Privacy Protection Law, my personal information will be kept confidential. It will not be shared without my permission.

I understand what information will be recorded, the need for the information, and that there are laws and regulations protecting my information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

Client Initial _____

Informed Consent to Refer and Share Personal Information

I request and consent to the release by Broome County Office for Aging of all requested records, including but not limited to, personal information, health information, and any other information concerning me that I have provided to Broome County Office for Aging to the following entities so they can make referrals for services that I may need, or for the purposes identified as follows:

Autumn Walking Challenge Program (Health Promotion)

I understand what information will be released, the need for the information, and that there are laws and regulations protecting the confidentiality of this information.

I understand that signing this authorization is voluntary, but that refusal to do so may limit options available to me.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial _____

Informed Consent to Share Certain Information in the event of a Disaster or Emergency

In the event of a disaster or emergency, I consent to the release of information about services I receive, my housing situation and who I live with, medical equipment or services needed daily, prescription medications taken daily, special dietary needs, special communication needs, blindness or other visual impairments, and information about my general condition and mobility.

I understand that this information will only be given to those who will use it to respond to an emergency, such as government agencies, law enforcement, or those acting on their behalf if there is a disaster or emergency situation.

I understand that information used or disclosed pursuant to this authorization may be re-disclosed by the recipient and in such an event may no longer be protected by federal or state law.

Client Initial _____

I consent to actions above where I have initialed. The authorizations provided shall not expire unless revoked.

Signature of individual or legal representative

Date

Individual's name (Print)

Individual's Address

If legal representative, provide name and relationship to individual

-----FOR OFFICE USE ONLY-----

ATTESTATION

To be completed by worker

I attest that informed consent, as indicated, was obtained from the above individual, who provided his/her signature above. All appropriate processes were followed, and consent was provided voluntarily.

Signature

Date

Print