

Bullthistle Bulletin



A Publication Of The Chenango County
Area Agency On Aging
Norwich • New York • 13815

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Bounty of the Season

Make the most of the Farmers Market

By GRACE FULLER RD

No one can argue that a visit to your local farmers market is a wonderful way to pass a summer day. The brilliant colors and earthy aromas, not to mention mouth-watering smells coming from the home-baked goods, await you. Farmers markets lately have grown so large in some communities that they have evolved into more of art and craft venues rather than places to buy fresh produce. Besides locally grown vegetables and fruits, many markets offer exotic and often unusual produce from other parts of the world to fuel our interest. It is hard to imagine how anyone could end up going home empty-handed. Are folks overwhelmed with the vast selection or are they uncertain as to how to prepare or eat some of these less familiar items? Some might not want to spend the money in case they might not like the taste. This is unfortunate, indeed! Farmers markets can serve as an inspiration for delicious and interesting, as well as healthy meals that focus on whole and fresh foods, and offer the antioxidant-rich and disease-protectiveness that we strive for in the

foods we eat.

Besides the more obvious benefits that these markets offer, there are some that are less evident. Every time dollars are spent locally at vendors who grow and operate in a local community, that community benefits as the tax base stays close to home. Another wonderful feature about shopping at these markets is the conversations buyers can have with the vendors about the goods they are selling. The whole experience can be very educational, learning about how a food is grown and how it can be prepared or eaten. This is not as easy in a supermarket aisle. The most important benefit, however, is that these markets deliver flavorful, nutrient-rich foods harvested only a short time prior to being brought to the market for you to buy. Remember, if your refrigerator is packed with nutrient-rich vegetables and fruits picked at the peak of freshness, you are more inclined to incorporate these fruits and vegetables in your daily eating.

Below are some tips to help you get the most out of your farmer's market experience the next time you go:

- Buy produce that appeals to you. Ask the vendor how to eat or prepare the item, if you don't know much about it. Always keep in mind how many people you are buying for.
- Some people are not comfortable whipping up concoctions with produce they bring home, but need guidance or recipes to help them. It is a good idea to do some research with recipes before heading to the farmers market for your purchases for the week.
- Once you are home with all your produce, you must keep them fresh with proper storage.
 - Soak all leafy greens, pat or spin dry before storing in the refrigerator.
 - Refrigerate all berries and only wash them just before serving or cooking with them.
 - If a fruit happens to be very ripe, eat right away or refrigerate it. Keep in mind that some fruit such as peaches tend to get mealy when refrigerated.
 - For best flavor and ripening process, tomatoes should not be refrigerated unless they are overripe.

Here are some ways you can turn your produce into interesting culinary

delights.

- Lightly drizzle a simple vinaigrette dressing over beautiful salad greens.
 - Prepare most greens by boiling, steaming or sautéing with a bit of olive oil and chopped garlic and herbs.
 - Roast a mixture of fresh summer vegetables (as well as root vegetables during the winter) in a shallow oven proof pan by drizzling with a dressing or bit of olive oil and roasting at 400°F until crisp or tender.
 - Berries can be enjoyed throughout the year by preserving them through freezing or making jams and jellies.
 - Stone fruits such as peaches, pears and cherries can be frozen or canned to be enjoyed all year long.
- Libraries are a great place to visit to get help or ideas from their vast selection of cookbooks. Those of you who are computer-savvy can get online to explore the countless sites that offer recipes and cooking wisdom.
- Don't let a day go by without enjoying nature's bounty to the fullest as the season is short. Bon appétit!

Prevent Hyperthermia

Warm weather and outdoor activity generally go hand in hand. However, it is important for older people to take action to avoid the severe health problems often caused by hot weather. "Hyperthermia" is the general name given to a variety of heat-related illnesses. The two most common forms of hyperthermia are heat exhaustion and heat stroke.

What can be done to prevent hyperthermia?

- Drink plenty of liquids, even if not thirsty.
- Dress in light-weight, light-colored, loose-fitting clothing.
- Avoid the mid-day heat and do not engage in vigorous activity during the hottest part of the day (noon-4 PM).
- Wear a hat or use an umbrella for shade.
- If possible, use air conditioners liberally or try to visit air-conditioned places such as libraries, shopping malls, and theaters.
- If not used to the heat, get accustomed to it slowly by exposing yourself to it briefly at first and increasing the time little by little.
- Avoid hot, heavy meals. Do a minimum of cooking and use an oven



only when absolutely necessary.

As your physician whether you are at particular risk because of medication.

Heat exhaustion is a warning that the body is getting too hot. The person may be thirsty, giddy, weak, uncoordinated, nauseous and sweating profusely. Heat exhaustion may be treated in several ways:

- Get the victim out of the sun and into a cool place - preferably one that is air-conditioned.
- Offer fluids but avoid alcohol and caffeine. Water and fruit and vegetable juices are best.
- Encourage the individual to shower or bathe, or sponge off with cool water.
- Urge the person to lie down and rest, preferably in a cool place.

Heat stroke can be LIFE-THREATENING! A person with heat stroke may exhibit symptoms of confusion, combativeness, bizarre behavior, faintness, staggering, and a strong rapid pulse, dry flushed skin, lack of sweating possible delirium or coma. If the victim is exhibiting signs of heat stroke, seek EMERGENCY ASSISTANCE IMMEDIATELY.

Adapted from: "Hyperthermia- A Hot Weather Hazard for Older People," U.S.DHHS, National Institute on Aging.

Hospice announces a new support group

NORWICH – Hospice is forming a new support group called "Healing Hearts" for those coping with the loss of a spouse or significant other in the past two years. "Healing Hearts" will address the unique difficulties of facing life without your partner. This group is free and open to all residents of Chenango County. A widow who has been specially trained in meeting the needs of the bereaved will facilitate the sessions. Hospice invites community members to attend for conversation, company, and coffee.

Meetings will be at the Hospice office, 21 Hayes St. in Norwich, the first Tuesday of each month from 6 to 8 p.m. beginning on July 5. For more information about "Healing Hearts" call Bereavement Coordinator, Maureen Casey-Bryant, at 334-3556 or email her at mcasey@hospicechenango.org.

Hospice of Chenango County is a non-profit health care agency that provides physical, emotional, and spiritual care to people in the final stage of a life limiting illness. Most patients receive care in their home or that of a loved one. However, services are also available in a hospital or residential health care setting. Medicare, Medicaid, and most private insurance companies cover a portion of the cost of care. Hospice absorbs the remaining costs so a patient's family never receives a bill for services. Medications related to the terminal diagnosis are covered and durable medical equipment is provided when needed. Referrals come from health care providers and, increasingly, from families in need of help. If you would like further information contact Hospice or go to their website at www.hospicechenango.org.

Contribution

Seniors, their families and friends have found it rewarding to make a personal contribution to the Chenango County Area Agency on the Aging, as one way of paying tribute to the memory of a friend, associate or loved one. If you wish, an acknowledgement will be sent to the family in your name. Contributions are also made to assist with the expenses of our programs, and help us serve as many of our county's seniors as we possibly can. Thank you.

Contribution Amount:

In Memory Of:

To Help With Agency Programs:

Contributor:

Address:

Send to:
Chenango County Area Agency on Aging
 5 Court Street, Norwich NY 13815
 Phone (607) 337-1770
(Please do not send cash through the mail)

Chenango County Area Agency on the Aging Services

Call the agency at 337-1770 for information and assistance.

- Health Insurance Information, Counseling and Assistance Program (HIICAP)
- Bullthistle Bulletin Senior Newspaper
- Caregiver/Respite Services
- Elderly Pharmaceutical Insurance Coverage (EPIC)
- Food Stamp and Medicaid application assistance for the homebound
- Health Education & Wellness Programs
- Home Energy Assistance Program (HEAP)
- Home Delivered Meals
- Housekeeper/Chore Worker
- Income Tax Assistance (Schedule appointments with AARP during season)
- Legal Assistance
- Long Term Care Ombudsman Program
- Meals, games and other activities at all Senior Centers
- Nutrition Counseling
- Personal Care Services (EISEP)
- Personal Emergency Response System (LIFELINE)
- Real Property Tax Credit and Exemption Services (IT-214)
- School Tax Relief (STAR)
- Speakers on Aging Issues
- Volunteer Opportunities
- Weatherization/Energy Program (WRAP)

What are your housing options?

With a little planning and research, the decision to move can be made easier.

By BRIAN WESSELS

Coordinator of Services, Chenango County Area Agency on Aging

Have you thought about where you would live when you get a little less mobile and don't have anyone to do the yard work or shovel the snow? Why wait until you can't keep up with your home? Check out our local senior housing options. There are other people your age to socialize with and share your golden moments with.

A senior apartment is designed to give residents a safe, secure, and affordable place to live. You may be able to reduce your expenses and have more money available for prescriptions, medical expenses or just to have cash in your pocket. Why don't you check out your options and move when it is your choice?

Too many people wait until they can no longer manage at home. Don't put off this decision. If you investigate your options, then you can choose what living arrangement is right for your needs. Change is tough for all of us but it is much easier if you are deciding on the changes and the decision is not being left to a child or other family member.

Choosing where to live is a major decision for anyone. The more you know the better your decision can be.

THE CHENANGO COUNTY SENIOR CITIZENS COUNCIL, INC. AND STAFF OF THE AREA AGENCY ON AGING ARE HOSTING A MEETING AT ST. PAUL'S EPISCOPAL RECTORY, 36 MAIN STREET, OXFORD, NEW YORK ON WEDNESDAY, JULY 6, 2011 AT NOON

THIS IS AN OPPORTUNITY FOR SENIOR CITIZENS TO SHARE THEIR CONCERNS AND IDENTIFY COMMUNITY NEEDS. WE LOOK FORWARD TO HAVING YOU JOIN US.

IF YOU WANT TO MAKE A RESERVATION FOR LUNCH PLEASE CALL JEAN WALSH AT 334-7947 BY JULY 1, 2011.



The following topics are items that should be taken into consideration before making a decision about senior housing, adult homes or nursing homes. This information will help you ask more and better questions when you compare housing alternatives.

- Accessibility Features
- Age Eligibility for Senior Housing
- Alzheimer's / Dementia Care
- Ambience / Living Environment
- Application Process for SUBSIDIZED Housing
- Definitions: Types of Housing
- Definitions: Subsidized and Private Pay Housing
- Discharge Policies
- Eligibility Preferences
- Gay and Lesbian Concerns
- Government Oversight
- Lease / Residency Agreement / Contract
- Lease Termination
- Location
- Nursing Homes
- Ownership / Management/ Affiliation
- Pets
- Pricing and Fees for Private Pay and Subsidized Housing
- Services and Staffing
- Universal Design Features
- Waiting Lists

Chenango County Area Agency on the Aging

5 Court Street, Norwich NY 13815 (607) 337-1770

RICHARD B. DECKER
Chairman
Board of Supervisors

DEBRA SANDERSON
Director
(607) 337-1770

BRIAN WESSELS
Coordinator
Services for the Aging
(607) 337-1770

HENRY J. DREXLER, ESQ.
Director of Legal Services
(607) 337-1770

TRUDY HARRIS-IRONS
Coordinator
Nutrition Services
(607) 337-1770

GRACE FULLER, RD
Dietitian
(607) 337-1770

OUTREACH STAFF

GARY BROOKINS
Columbus, Earlville, New Berlin, Norwich
(Southwest of City), Sherburne

JANE MUSERILLI
Lincklaen, Norwich (Northwest of City),
Otselic, Pharsalia, Pitcher, Plymouth, Smyrna

SANDRA LONG
German, McDonough, Norwich (Southeast of
City), Oxford, Preston, Smithville

NICOLE ROSS
Afton, Coventry, Greene, Town of Norwich

LINDA GUINN
Bainbridge, Guilford, North Norwich,
Norwich (Northeast of City)

SENIOR CENTER MANAGERS

Bainbridge
ROSEMARY THOMAS
(607) 967-8960 (M-W-F)

Coventry

PATRICIA DEMPSEY
(607) 656-8602 (T-TH)

Greene

PATRICIA DEMPSEY
(607) 656-4789 (M-W-F)

McDonough

DONNA ROBB
(607) 337-1770
(2 Evenings Per Month)

New Berlin

GLADYS SLENTZ
(607)847-7037 (T-TH)

Norwich

JOHN DAVIS
(607) 334-2910 (M-F)

Sherburne

EVA NEAL
(607)674-4600 (M-W-F)

South Otselic

BONNIE HILL
(607) 337-1770
(2 Evenings Per Month)

Letters to the Editor

The staff of the Area Agency on the Aging would like to hear your comments — good or bad — on our services. This is your column and your chance to comment.

Brian Wessels
Editor

EVENTS

July 2011

ALGONQUIN SENIOR CENTER

The Bainbridge Museum,
38 South Main St., Bainbridge
Phone: 967-8960

SPECIAL ACTIVITIES:

01-History of Independence Day
04-CLOSED-Holiday
06-Person, Place or Thing
08-Word Search-"Family Reunion"
11-Word Quiz-"Soda Jerk"
13-Celebrate Birthdays / Games
15-Bingo
18-This Was the Year-1974
20-Cork Game
22-Picnic Day
25-Blood Pressure Readings / "Name That Tune" Crossword Puzzle
27-Summertime Humor
29-Dog Quiz



WINDY HILL SENIOR CENTER

Coventry Town Hall
Route 235, Coventry
Phone: 656-8602

DAILY ACTIVITIES: Bingo

SPECIAL ACTIVITIES:

05-Bingo / Celebrate Independence Day
07-Bingo
12-Celebrate Birthdays / Bingo
14-Bingo / Trivia Plus Pictures
19-Bingo
21-Bingo / Picnic Day (Weather Permitting) / Henry Drexler, Esq.-Legal Services Presentation
26-Bingo
28-Bingo

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

DAILY ACTIVITIES: Bingo; Cards

SPECIAL ACTIVITIES:

01-Celebrate Independence Day / Bingo
04-CLOSED-Holiday
06-Bingo
08-Bingo
11-Bingo
13-Celebrate Birthdays / Buffet Style Lunch / Henry Drexler, Esq.-Legal Services Presentation
15-Bingo
18-Bingo / Trivia Plus Pictures
20-Bingo
22-Bingo / Buffet Style Lunch
25-Bingo
27-Bingo
29-Bingo

GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

07-Evening Dining w/Cards
21-Evening Dining w/Cards / Picnic Day

WESTSIDE PARK SENIOR CENTER

First Baptist Church
West Park Place, Norwich
Phone: 334-2910

DAILY ACTIVITIES: Cards
SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

01-Cards
04-CLOSED-Holiday
05-Wear Red, White & Blue
06-Birthday of George W. Bush-1946 / Presidential Trivia
07-Puzzles
08-Cards
11-Puzzles
12-Word Search
13-Celebrate Birthdays
14-Puzzles
15-Blood Pressure Readings / Cards
18-Trivia-"The Year Was 1962"
19-Crossword Puzzle
20-Trivia Plus / Henry Drexler, Esq.-Legal Services Presentation
21-Bring a Friend to Lunch Day
22-Picnic Day
25-Puzzles
26-Word Search
27-National Salad Week
28-Trivia-Anniversary of Beginning of WWI (1914)
29-Cards

THE WELCOME CENTER

Grace Manor Center
Knapp Street, Sherburne
Phone: 674-4600

SPECIAL ACTIVITIES:

01-Wear Red, White & Blue Day
04-CLOSED-Holiday
06-Cards
08-John's Laugh Lines-"Summer Vacations"
11-Decorated Hat Day
13-Celebrate Birthdays / Bingo
15-Puzzles
18-Cards
20-Blood Pressure Readings / Ice Cream Sundae Day
22-Picnic Day
25-Cards
27-Bingo
29-Puzzles

PLUM VALLEY FOREVER YOUNG CENTER

Methodist Church
Church Hill Road, South Otselic
Phone: 337-1770

08-Evening Dining w/Entertainment
22-Evening Dining w/Picnic at Town Hall park

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

DAILY ACTIVITIES: 50/50 Raffle; Cards; Puzzles

SPECIAL ACTIVITIES:

05-Celebrate the 4th of July
07-Fish Stories
12-Celebrate Birthdays / "Who or What Am I" Quiz
14-Famous Quotes / Celebrate Flags of the Nations
19-Summer Trivia
21-Bingo
26-Humor Page
28-Person, Place or Thing

MENU

July 2011

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Menus Subject to Change Without Notice

(N) Indicates No Concentrated Sweets/Diabetic

Suggested Contribution per Meal
 Home Delivered \$3.00
 Congregate (Lunch) \$3.00
 Breakfast \$2.00
 Congregate (Evening) \$3.50
 Any contribution you wish to make is voluntary and will be used to support the program. Anyone who does not contribute will not be denied a service. For your convenience, we will be providing self-addressed, postage-paid envelopes each month for the home delivery program participants.

4
 INDEPENDENCE DAY
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

5
 Chicken a la Orange
 Brown Rice
 California Blend Vegetables
 Whole Wheat Bread
 Fresh Fruit

6
 Vegetable Quiche
 Stewed Tomatoes
 Peas
 Italian Bread
 Butterscotch Pudding (Also for N)

7
 Meat Lasagna
 Island Blend Vegetables
 Extra Vegetable (HDM Only)
 Cranberry Peach Salad
 Warmed Garlic Bread (Centers Only)
 Italian Bread (HDM Only)
 Ice Cream Sundae (Centers Only)
 Sugar-Free Ice Cream (N)
 Fresh Fruit (HDM Only)

8
 Chicken & Biscuit
 Garlic Red Skinned
 Mashed Potatoes
 Chateau Blend Vegetables
 Tossed Salad
 Buttermilk Biscuit
 Lemon Meringue Pie
 Lemon Delight (N & HDM Only)

9
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

10
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

11
 Meatloaf w/Gravy
 Yukon Gold
 Mashed Potatoes
 Brussels Sprouts
 Whole Wheat Bread
 Whipped Delight (Also for N)

12
 Vegetable Lasagna
 Tomato Zucchini Casserole
 Broccoli Florets
 Italian Bread
 Birthday Cake (Also for N)
 Fresh Fruit (Norwich & HDM Only)

13
 Chicken Salad on Roll
 Baked Beans
 Golden Glow Salad
 Hamburger Roll
 Birthday Cake (Also for N)

14
 Stuffed Cabbage Roll
 Roasted Potato Medley
 Pickled Beets
 Rye Bread
 Chocolate Chip Cookie (Also for N)

15
 Turkey Divan
 Egg Noodles
 Scandinavian Blend Vegetables
 Multigrain Bread
 Mandarin Orange Sections

16
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

17
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

18
 Spaghetti w/Meat Sauce
 California Blend Vegetables
 Extra Vegetable (HDM Only)
 Tossed Salad (Centers Only)
 Warmed Garlic Bread (Centers Only)
 Italian Bread (HDM Only)
 Fresh Fruit

19
 Sweet & Sour Pork
 Rice Pilaf
 Oriental Blend Vegetables
 Oatmeal Bread
 Lemon Pudding (Also for N)

20
 Breaded Fish
 Sandwich w/Tartar Sc.
 Garlic Herb Potatoes
 Broccoli Florets
 Hamburger Roll
 Molasses Cookie (Also for N)

21
 BBQ Chicken Leg
 Baked Beans
 Marinated California Blend (Centers)
 California Blend Vegetables (HDM)
 Green Jello w/Mandarin Oranges (Also for N)
 Dinner Roll
 Apple Pie w/Topping
 Apple Crisp w/Topping (N & HDM Only)

22
 Hamburger w/Peppers & Onions
 Potato Salad (Centers Only)
 Roasted Potato Medley (HDM Only)
 Mixed Vegetables (HDM Only)
 Green Junk Salad
 Hamburger Roll
 Watermelon Wedge
 Fresh Fruit (HDM Only)

23
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

24
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

25
 Macaroni & Cheese
 Tomato Zucchini Casserole
 Spinach
 Rye Bread
 Fresh Fruit

26
 Tuna Salad on Roll
 Macaroni Salad
 Tomato & Lettuce Slices
 Fruit Juice
 Hamburger Roll
 Peanut Butter Cookie (Also for N)

27
 Chili con Carne
 Brown Rice
 Oriental Blend Vegetables
 Cornbread
 Fruited Gelatin w/Topping (Also for N)

28
 Beef Stew w/Biscuit
 Chuckwagon
 Blend Vegetables
 Extra Vegetables (HDM Only)
 Buttermilk Biscuit
 Tapioca Pudding (Also for N)

29
 Ham & Potato Casserole
 Broccoli Florets
 Carrot Coins
 Whole Wheat Bread
 Brownie w/Topping (Also for N)

30
 Chili con Carne
 Brown Rice
 Spinach
 Cornbread
 Fresh Fruit

EVENING DINING MENU

Thursday, July 7
 McDonough ONLY
 Meat Lasagna
 Island Blend Vegetables
 Cranberry Peach Salad
 Warmed Garlic Bread
 Ice Cream Sundae
 Sugar-Free Ice Cream (N)

Friday, July 8
 South Otselic ONLY
 Chicken & Biscuit
 Garlic Red Skinned
 Mashed Potatoes
 Chateau Blend Vegetables
 Tossed Salad
 Buttermilk Biscuit
 Lemon Meringue Pie
 Lemon Delight (N)

Thursday, July 21
 McDonough ONLY
 BBQ Chicken Leg
 Baked Beans
 Marinated California Blend
 Green Jello w/Mandarin Oranges (Also for N)
 Dinner Roll
 Apple Pie w/Topping
 Apple Crisp w/Topping (N)

Friday, July 22
 South Otselic ONLY
 Hamburger w/Peppers & Onions
 Potato Salad
 Green Junk Salad
 Hamburger Roll
 Watermelon Wedge

New state budget brings changes to EPIC

The FY 2011-2012 New York State Budget includes changes in the law that will affect seniors who are enrolled in both the Elderly Pharmaceutical Insurance Coverage (EPIC) program Deductible Plan and Medicare Part D.

Beginning July 1, 2011, EPIC will expand Part D premium assistance to include more members. EPIC will begin paying monthly Medicare drug plan premiums (up to \$38.69/month) for all single deductible members with annual income up to \$23,000 and for all married deductible members with annual income up to \$29,000. If an EPIC member's Part D premiums currently are being deducted from their Social Security check, the member will need to call their Part D plan as soon as possible to cancel these deductions if their income falls within these limits. Deductible members with income above the new limits must continue to pay their monthly Part D premiums.

Additionally, the EPIC deductible credit (up to \$464) that was applied annually to offset Medicare drug plan premiums will be eliminated and deductibles will be raised for all those in the deductible plan who have Part D.

Members who met their EPIC deductible before July 1, 2011 will be required to meet an additional \$464 before they can resume paying only EPIC co-payments.

There are no changes to the EPIC co-payments once the new EPIC deductible is reached and they will remain between \$3.00 and \$20.00 depending on the cost of the prescription. As always, prescription drugs must be covered first by a Part D plan. However, there is an exception. Primary coverage for the Medicare Part D excluded drugs, such as benzodiazepines and barbiturates, will remain the same through December 31, 2011. EPIC eligibility requirements also are unchanged.

All EPIC members affected by these changes are being notified. If there are any questions, EPIC members and the general public should call the toll-free Helpline at 1-800-332-3742.

Another change in the law, whereby the EPIC program will transition to a Medicare Part D coverage gap benefit only, will take effect on January 1, 2012. All EPIC members and partners will be notified of the details before they are implemented.

Get your Farmers Market Coupon Booklets!

Farmers Market Coupon Booklets (\$20 value) will be available through our Agency again this summer! The booklets are available at NO CHARGE to you. Eligibility for the booklets is based on income and they are intended for Chenango County residents 60 years of age or older. Participating Farmers Markets accept the coupons for locally grown FRUITS and VEGETABLES.

You may contact the Area Agency on Aging at 337-1770 for more information.

Staff will also be available at our eight Senior Centers as per the schedule below:

July 20: Bainbridge (Algonquin Senior Center) South Main Street, Bainbridge 11AM-1PM

July 12: Coventry (Windy Hill Senior Center) Town Hall, Coventry 11AM-1PM

July 15: Greene (Brightman Senior Center) Birdsall Street, Greene 11AM-1PM

July 21: McDonough (Geneganslet Senior Center) Methodist Church, McDonough 4:30-6PM

July 14: New Berlin (Unadilla Valley Senior Center) Terrace Heights, New Berlin 11AM-1PM

July 11: Norwich (Westside Senior Center) West Park Place/Baptist Church, Norwich 11AM-1PM

July 18: Sherburne (Welcome Center) Knapp Street, Sherburne 11AM-1PM

July 22: South Otselic (Plum Valley Senior Center) picnic at Town Hall picnic area, Co. Rt.13, South Otselic 4:30-6PM

CANCER COMPANION BAGS



Cancer Companion Bags for people undergoing chemotherapy.

Each bag contains a hand made hat, lap blanket, lip balm, lotion, puzzle book, notebook, pen, water bottle, & booklets about treatments, side affects, & eating hints.

Thanks to the Sherburne Wheelers ATV Club, Inc., their volunteer crafters & CHN volunteers for assistance with this project. Support from New York State Department of Health Office of Rural Health.

Call **607-337-4128**

to receive a bag free of charge.



Local physician recertifies in colon and rectal surgery

NORWICH – Michael Trevisani, MD, Vice President of Medical Affairs/CMO of UHS Chenango Memorial Hospital and UHS Delaware Valley Hospital, recently passed his re-certification board exam in colon and rectal surgery. Before beginning his position at Chenango Memorial in 2007, he had a 17-year career in Florida as a colon and rectal surgeon as well as a medical staff leader and attending surgeon in the surgical residency/fellowship training program. Dr. Trevisani continues to have a special interest in this medical field and is a Fellow of the American Society of Colon and Rectal Surgeons. He maintains: "Screening for colon and rectal cancer is the most effective way to prevent the disease from occurring."



Front: Nancy Fritschler, Val Sifleet, Jan Lefler, Kathy Livingston. Back: Deb Raymond, Michele Pedersen, Kaye Paige, Harold Lefler, Liz O'Rourke, Willard Lamont

Hospice volunteers graduate

NORWICH – Hospice of Chenango County recently completed a patient/family volunteer training course facilitated by the agency's Volunteer Coordinator Kendall Drexler. Drexler said that the diversity of the background of the individuals who spent twenty five hours in training will allow Hospice to offer a specific skill or service that a patient/family might need. Ten people completed the course. Some were retired, while others are still in the paid workforce. Their employment background and interests include an EMT, an LPN, a Home Health Aide, a food service

manger, a graphic designer, and a minister to name a few. What they had in common is their desire to make a difference in their communities.

Among the trainees were cancer survivors and those with lifelong disabilities. "They know what it feels like to lose some of their independence, or go through cancer treatment and face their own mortality," says Drexler. These life experiences will help them understand some of what their patients and families are going through.

The training sessions prepared Volunteers to accommodate the needs of Hospice patients and

families. They learned practical things from different Hospice department heads who presented information to the class such as what to do if there is an emergency when you are in the home, and how and when to contact Hospice. Volunteers also worked to explore different bias and stereotyped they might have that would affect the way they work in a home. They also worked on their communication and relationship building skills. "Most importantly volunteers spent time making a family tree," says Drexler, "and as a group we explored how their family dynamics affect

the way they work with families that are different than theirs."

Volunteers are in the process of completing their final interviews before being assigned their first case. One trainee, Willard Lamont, summed up his feelings this way: "Hospice volunteering is a privilege and I'm grateful for the opportunity to serve." If you would like information about becoming a Hospice Volunteer contact Kendall Drexler at 334-3556 or email her from the agency website at www.hospicechenango.org.

Senior Day at the Fair is Aug. 11

Senior Citizens Day at the Chenango County Fair this year is Thursday, August 11. Day long programs and entertainment are planned for seniors 60+. All seniors will receive a discount coupon off a purchase of their choice in the Grange food building. Chobani will offer free samples of yogurt.

Entertainment will be provided by Hot Wax DJ Service. Residents from Chase Memorial Nursing Home and Chenango Memorial Hospital will lead a hymn sing. The Veterans Home resident chorus will provide entertainment as well. A cruise-in, featuring cars and motorcycles from the Rolling Antiquers Antique Car Club in addition to other classic car enthusiasts, will be available for all fair goers to enjoy. Drawings for wonderful prizes will be held periodically throughout the day.

The YMCA will show samples of their Tai Chi and Silver Sneakers classes. The Retired & Senior Volunteer Program Osteoporosis Prevention Exercise program will offer a demonstration. Chenango County Public Health staff will provide free blood pressure checks. In addition, Chenango Health Network, Area Agency of Aging, and local podiatrist Dr. James Lentini will have display booths in the exhibit hall.

Under the direction of Dick Gillespie, a special pageant is planned to honor and recognize senior citizens. Possible categories will include a mother-daughter look-alike contest, a multi-generational pageant (3 or more generations represented), a father-son lookalike contest, and more.

Any senior age 60 and over can gain free admission to the Fair on Senior Day between 10:00-5:00. Watch your local newspapers for more information as Senior Day at the Fair gets closer.

Clean Energy Service Corps and the Area Agency on Aging

The Clean Energy Service Corps (CESC) out of The Place is very excited to begin a working partnership with Chenango County's Area Agency on Aging. Members of the CESC will assist outreach workers in educating individuals on energy efficiency as well as perform minor retrofits and house repairs to assist with resident needs while serving a term of service with AmeriCorps. At this point the plan is being finalized but our hope is to begin projects towards the end of July. We feel this program has a lot to offer the community and we are very excited to be working with the Area Agency on Aging. The CESC is part of The Corps Programs at The Place which also consist of a Community Corps and Headwaters Youth Conservation Corps. Being our newest program we envision a growing program within and around Chenango County that offers energy education and opportunities to lighten our footprint. We look forward to working with many of you!

Cara Sefchick

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Energy efficiency. Use less energy. Save more green.

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New York State Public Service Commission

For more energy efficiency programs and tips visit www.AskPSC.com or call 1-888-ASK-PSC.

VOLUNTEERS NEEDED



For the 2011
Chenango County
Relay for Life
July 15th-16th

If you would like to help out at the event - please contact Relay.Chenango@gmail.com or the American Cancer Society 1-800-ACS-2345 www.cancer.org

Every Woman Counts in Chenango County Campaign

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