

Bullthistle Bulletin



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

VOL. 13, No. 1 JAN.-FEB. 2012

Happy New Year Chenango County!

Are you getting enough Vitamin D?

BY GRACE FULLER, RD

For decades, vitamin D has been recognized as the key to bone health. So much research has been done in the past to identify vitamin D as the bone builder, but we are realizing that the vast benefits extend far beyond protecting us against osteoporosis, a debilitating bone-thinning disease. Studies in recent years have linked higher blood levels of vitamin D with a stronger immune system, as well as a lower risk of some cancers, diabetes, cardiovascular disease, depression and dementia. These benefits may be explained by the critical role vitamin D plays in combating inflammation throughout the body, inflammation that can impact so many of

these age-related diseases. In light of all the research that is currently going on to study the potential roles that this important nutrient might play in keeping us healthy, it has generated much discussion regarding whether the supplementation of vitamin D is appropriate.

As a dietitian, I always recommend that a person tries to get the bulk of the daily nutrients we need for good health through food sources first. Unfortunately, there are only a few foods that naturally contain vitamin D. Fish, such as salmon, tuna and mackerel are among the best food sources of vitamin D. There are reasonable amounts of vitamin D found in egg yolks and beef liver. Otherwise, our only other food option is to buy prod-

ucts that have been fortified with vitamin D. So far we are finding vitamin D added to certain cereals, juices, yogurts, as well as milk. Don't assume though that all dairy products since they are made with milk contain added vitamin D. If vitamin D is one of the nutrients you are focusing on, then consult that food label to be sure.

The most natural way to obtain vitamin D is not just from food but with exposure to the sun. The prevalence of skin cancer in recent years, along with subsequent increased use of sun screen and decreased outdoor activities to avoid the sun's rays, have contributed to the decreased levels of vitamin D in our bodies. People who live in Central New York

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Ombudsman program participants enjoy holiday luncheon

On Wednesday Dec. 14, 2011 the Office on Aging long term care Ombudsman program volunteers had their holiday luncheon at the Blue Lamp in Oxford. The luncheon was catered by Hoppie's and was a wonderful success due to the generosity of the following businesses:

- Denny's Liquors
- Wilson Funeral Home
- Fahy Funeral Home
- Skillin's Jewelers
- Freds Inn and Park Place Restaurant
- Pires Flower Basket
- Gilligan's Island
- Hayes Office Products
- Country Maxx
- Tops Markets
- The Parson's Daughter

An Ombudsman is an advocate for individuals in long term care facilities. It is rewarding and important work that makes a difference in peoples quality of life and happiness! If you are interested in finding out more about this program and volunteer opportunities, please contact Edith Revoir at 337-1770.



EMERGENCY FOOD PACKS

Emergency food packs are now available through the Nutrition Program. You may wish to order one, in **advance**, to keep on hand in the event that Nutrition Sites are closed or the Home Delivered Meals are not delivered due to inclement weather. The packs consists of canned soup, tuna fish, canned fruit, crackers, juice, and a dessert bar. The suggested donation for the pack is \$3.00.

If you would like to receive an emergency food pack, please fill out the form at the bottom of this article and return to your Home Delivered Meal driver or Nutrition Site Manager. If you receive Home Delivered Meals, the pack will be delivered to your home. Otherwise, the Site Manager will receive the pack at the Senior Center for you to pick up there. You may order

more than one food pack during the winter months, as needed.
Thank You! Trudy Harris-Irons, Nutrition Program Coordinator

EMERGENCY FOOD PACK FORM

NAME: _____

ADDRESS: _____

PHONE#: _____

Please check appropriate line below:

Home Delivered Meal Participant _____

Senior Center Participant _____

Center Name _____

Contribution

Seniors, their families and friends, often find it rewarding to make a financial contribution to the Chenango County Area Agency on Aging, in appreciation for many services that are provided to help our county's seniors. Financial contributions may also be made in memory of a friend or loved one and the acknowledgement will be sent to the family in your name if specified below. Thank you.

Contribution Amount:

Check one below:

Acknowledgement sent to family In Memory Of:

To Help With Agency Programs:

Contributor:

Address:

Phone:

E-mail:

Send to:

Chenango County Area Agency on Aging

5 Court Street, Norwich NY 13815

Phone (607) 337-1770

(Clip & return. Please do not send cash through the mail)

Vitamin D -

CONTINUED FROM PAGE 1

with its long winters, as well as those who are home-bound, are less apt to get enough sun exposure from day to day to rely on the sun for our vitamin D needs. Experts suggest 10 to 15 minutes of unprotected sun exposure several times per week to fight any vitamin D deficiency. It seems that as one ages, the vitamin D receptors on the surface of our skin decrease, so that it is even less likely that older adults can depend on sun exposure to get vitamin D.

How does one determine how much vitamin D we need each day? The amount of calcium and vitamin D varies depending on a person's age and nutritional status. With many people, especially older adults, not enough is taken in simply because the best dietary food sources are not being eaten. Decisions on food choices often are made based on the price of food products and not necessarily the nutrition value. Older adults tend to spend less time outdoors to benefit from sun exposure.

The recommended daily vitamin D intake is:

- 400 IU for 51-70 years old,
- 600 IU for 71 years old and up, and
- 700-800 IU suggested to preventing falls and bone fractures.

If you are taking vitamin D as a supplement because you feel you are not getting enough from your food or because you have read about all the potential health benefits it offers, just make sure that you do not exceed 2000 IU each day unless your doctor has prescribed a therapeutic dosage intended as a medicinal treatment.

When purchasing strictly vitamin D supplements, be sure that you read the label. You want to buy the active form D3 (cholecalciferol) and not D2 (ergocalciferol). For your information, many multivitamins and products with calcium and vitamin D combined together will generally contain the D2 form. For example, Citracal and OsCal contain D2 instead of D3.

There was a time when we thought that only old people were at risk of vitamin D deficiency, but this deficiency is no longer restricted to the elderly population. If you are wondering

about your vitamin D status, here are some things you can do:

Have your doctor do blood work to test your vitamin D level. The ideal range is 30-74 ng/ml.

Beef up your diet by drinking milk daily. One cup of any type of milk contains 100 IU vitamin D. For those who are lactose intolerant or vegan, you can drink a milk-like beverage made with soy, almond or rice and is fortified with calcium and vitamin D.

If you happen to live in an area that has very little sunshine, it is even more crucial to test your vitamin D level and take appropriate actions to get the correct supplements daily, and eat and drink foods rich with vitamin D, such as fish and milk. For your reference, below is a list of smart food sources for vitamin D according USDA.

Some medications may interfere with vitamin D absorption, such as, estrogen, diuretics called thiazides, anticonvulsants, calcium-channel blockers, and the weight-loss drug orlistat (Xenical, Alli). Consult your doctor or pharmacist for advice if you are on any of these drugs and have concerns about the vitamin D absorption.

Smart Food Sources for Vitamin D

- Sockeye salmon, 3oz- 794 IU
- Canned pink salmon, with bone, 3oz- 465 IU
- Pacific rockfish, 3oz- 262 IU
- Canned sardines, in oil, 3oz- 164 IU
- Canned tuna, light, in water, 3oz- 154 IU
- 2% milk, fortified, 1cup- 120 IU
- 1% milk, fortified, 1cup- 117 IU
- Skim/nonfat milk, fortified, 1cup- 115 IU
- Flounder or sole, 3oz- 103 IU
- Rice drink, unsweetened, fortified, 1cup- 101 IU
- Whole-grain cereal, fortified (e.g. Total), ? cup- 100 IU
- Canned tuna, white, in water, 3oz- 68 IU
- Tomato soup, canned, made w/ 2% milk, 1 cup- 62 IU
- Pudding, made w/ 2% milk, ? cup- 49 IU
- Shiitake mushrooms, 1cup- 45 IU
- Oat cereal (e.g. Cheerios), 1cup- 43 IU
- Pork loin, lean only, 3oz- 24 IU

Vitamin D
The body makes vitamin D when it is exposed to Ultraviolet (UV) rays from the sun.

FOOD SOURCES:

- Cheese
- Margarine
- Butter
- Fortified Milk
- Healthy Cereals
- Fatty Fish

News & Notes

Weather Closings

It's that time of year when the MEAL PROGRAM may be closed due to the weather. Please listen to the Norwich radio station WKXZ FM 94 /WCHN AM 970 The closing will be announced as "The Area Agency on Aging Nutrition Program." This includes Senior Centers and all Home Delivery.

You may also call the Area Agency on Aging at (607) 337-1770 after 8:30 a.m. if there is a question regarding closures.

Thanks, Unison!

We would like to give a big Thank You to Unison and its employees for putting together a wonderful Christmas for Seniors!

Unison employees Christmas shopped for more than 25 Chenango County Senior citizens.

The season of giving

Special thanks to the following for donations during the Holiday Season!

- A wonderful assortment of gifts was donated by the staff at Valley Ridge/Center for Intensive Treatment- Norwich.

- Socks for Seniors donated lots of warm and fuzzy socks in various shapes, sizes and colors!-Bainbridge/Guilford

All of the above was used for assembling gift bags for home delivered meal participants throughout the County.

In addition, the Norwich Garden Club donated poinsettias for all of the home deliveries in the City of Norwich.

Thank you all for your thoughtfulness and generosity!

Wish List

- The Nutrition Program is looking for substitute volunteer drivers to deliver meals to homebound senior citizens in the City of Norwich.

- The Senior Centers are in need of people to volunteer to tune and/or play the piano. Musical talents and/or other skills/hobbies that could be shared at the Senior Centers are welcomed.

- The Ombudsman Program is looking for volunteers to provide assistance to the residents of nursing homes and adult homes and their families.



Christmas in Coventry!

Chenango Memorial Hospital's Wellness & Education Programs

Monday, January 2

PREPARATION FOR CHILD-BIRTH CLASSES - first class of 4-class program scheduled evenings from 6 - 8 p.m. Call 337-4145 to register and for more information.

Tuesday, January 3

BLOOD DRIVE - 10:30 a.m. - 3:30 p.m., Chenango Memorial Hospital Basement Conference Room, 179 N. Broad Street, Norwich. Donors must be at least 18 years old and 100 pounds. Register for appointment at 607/337-4028 or 337-4093. Walk-ins always welcome.

Monday, January 16

DIABETES SELF MANAGEMENT CLASS - First of 3-session program at UHS Chenango Memorial

Hospital, 2 - 5 p.m.. Call for more information and to register: 607/337-4079.

Tuesday, January 17

EMPTY ARMS SUPPORT GROUP - for parents who have lost a pregnancy, infant or child. 7-9 p.m., UHS Chenango Memorial Hospital Basement Conference Room B, 179 N. Broad St., Norwich. Information: 607/337-4145.

Monday, January 23

DIABETES SUPPORT GROUP - 6 p.m., Chenango Memorial Hospital Basement Conference Room 1, 179 N. Broad Street, Norwich. Diabetics and their families are welcome. Information: 607/337-4136.

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

MENU

January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
2 HAPPY NEW YEAR! HOME DELIVERED MEALS ONLY Pot Luck Meal	3 Macaroni & Cheese Stewed Tomatoes Bahama Blend Vegetables Rye Bread Fresh Fruit	4 Meatloaf w/Gravy Mashed Potatoes California	5 Chicken & Biscuit Yukon Gold Mashed Potatoes Chateau Blend Vegetables Tossed Salad Buttermilk Biscuit Peach Crisp w/Topping (Also for N)	6 Pork Chop Monterey Baked Potato w/Sour Cream Italian Blend Vegetables Golden Glow Salad Dinner Roll Lemon Meringue Pie Lemon Pudding (N & HDM Only)	7 HOME DELIVERED MEALS ONLY Pot Luck Meal	8 HOME DELIVERED MEALS ONLY Pot Luck Meal		
9 Spicy Cranberry Chicken Patty Winter Squash Bahama Blend Vegetables Rye Bread Chocolate Chip Cookie (Also for N)	10 Turkey Divan Egg Noodles Glazed Carrots Oatmeal Bread Birthday Cake (Also for N) Fresh Fruit (Norwich / HDM Only)	11 Stuffed Pepper Garlic Herb Potatoes Chuckwagon Blend Vegetables Whole Wheat Bread Birthday Cake (Also for N)	12 Ham Loaf Sweet Potatoes California Blend Vegetables Multigrain Bread Fresh Fruit	13 Breaded Fish Sandwich w/Tartar Sauce Tater Tots Broccoli Florets Minestrone Soup w/Crackers(Centers Only) Hamburger Roll Fruited Gelatin w/Topping (Also N)	14 HOME DELIVERED MEALS ONLY Pot Luck Meal	15 HOME DELIVERED MEALS ONLY Pot Luck Meal		
16 Swiss Steak Mashed Potatoes Brussels Sprouts Italian Bread Fresh Fruit	17 Tuna Noodle Casserole Winter Squash Prince William Blend Vegetables Whole Wheat Bread Fruit Cocktail	18 Shepherd's Pie Spinach Carrot Coins Oatmeal Bread Mandarin Orange Sections	19 Meat Lasagna Tomato Zucchini Casserole Extra Vegetable (HDM Only) Tossed Salad Warmed Garlic Bread (Centers Only) Italian Bread (HDM Only) Cherry Pie w/Topping (Centers Only) Cherry Crisp w/Topping (N & HDM Only)	20 Roast Turkey w/Gravy Garlic Red Skinned Mashed Potatoes California Blend Vegetables Tossed Salad Multigrain Bread Warm Bread Pudding w/Raisins/Topping (Also for N)	21 HOME DELIVERED MEALS ONLY Pot Luck Meal	22 HOME DELIVERED MEALS ONLY Pot Luck Meal		
23 Sweet & Sour Pork Rice Pilaf Oriental Blend Vegetables Whole Wheat Bread Sliced Peaches	24 Salisbury Steak w/Gravy Mashed Potatoes San Francisco Blend Vegetables Multigrain Bread Fresh Fruit	25 Chicken a la King Egg Noodles Winter Blend Vegetables Rye Bread Brownie w/Topping (Also for N)	26 Sausage w/Peppers & Onions Roasted Potato Medley Chuckwagon Blend Vegetables Vegetable Soup w/Crackers (Centers) Hot Dog Roll Molasses Cookie (Also for N)	27 Beef Stew w/Biscuit Broccoli Florets Extra Vegetable (HDM Only) Buttermilk Biscuit Apricot Halves	28 HOME DELIVERED MEALS ONLY Pot Luck Meal	29 HOME DELIVERED MEALS ONLY Pot Luck Meal		
30 Ham & Potato Casserole Carrot Coins Broccoli Florets Multigrain Bread Fresh Fruit	31 Chili con Carne Brown Rice California Tipper Blend Vegetables Cornbread Butterscotch Pudding (Also for N)	(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.			Menus Subject to Change Without Notice	

EVENING DINING MENU

Thursday, Jan. 5

McDonough ONLY
Chicken & Biscuit
Yukon Gold Mashed Potatoes
Chateau Blend Vegetables
Tossed Salad
Buttermilk Biscuit
Peach Crisp w/Topping (Also for N)

Friday, Jan. 6

South Otselic ONLY
Pork Chop Monterey
Baked Potato w/Sour Cream
Italian Blend Vegetables
Golden Glow Salad
Dinner Roll
Lemon Meringue Pie
Lemon Pudding (N)

Thursday, Jan. 19

McDonough ONLY
Meat Lasagna
Tomato Zucchini Casserole
Tossed Salad
Warmed Garlic Bread
Cherry Pie w/Topping
Cherry Crisp w/Topping (N)

Friday, Jan. 20

South Otselic ONLY
Roast Turkey w/Gravy
Garlic Red Skinned Mashed Potatoes
California Blend Vegetables
Tossed Salad
Multigrain Bread
Warm Bread Pudding
w/Raisins/Topping
(Also for N)

MENU

February 2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Menus Subject to Change Without Notice

1

Tuna Noodle Casserole
Winter Squash
Prince William Blend Vegetables
Whole Wheat Bread
Fresh Fruit

2

Pork Chop Monterey Baked Potato w/Sour Cream
Italian Blend Vegetables
Golden Glow Salad
Dinner Roll
Lemon Meringue Pie
Lemon Pudding (N / HDM Only)

3

Chicken & Biscuit
Yukon Gold Mashed Potatoes
Chateau Blend Vegetables
Tossed Salad
Buttermilk Biscuit
Peach Crisp w/Topping (Also for N)

4

HOME DELIVERED MEALS ONLY
Pot Luck Meal

5

HOME DELIVERED MEALS ONLY
Pot Luck Meal

6

Cheesy Beef Casserole
Asian Blend Vegetables
Pickled Beets
Whole Wheat Bread
Lemon Delight (Also for N)

7

Sweet & Sour Pork
Rice Pilaf
Bahama Blend Vegetables
Multigrain Bread
Birthday Cake (Also for N)
Fresh Fruit (Norwich / HDM Only)

8

Rosemary Lemon Chicken
Baked Potato w/Sour Cream
San Francisco Blend Vegetables
Oatmeal Bread
Birthday Cake (Also for N)

9

Swedish Meatballs
Egg Noodles
Brussels Sprouts
Rye Bread
Peanut Butter
Cookie (Also for N)

10

Sausage w/Peppers & Onions
Roasted Potato Medley
Chuckwagon Blend Vegetables
Yankee Bean Soup w/Crackers (Centers)
Hot Dog Roll
Fruit Cocktail

11

HOME DELIVERED MEALS ONLY
Pot Luck Meal

12

HOME DELIVERED MEALS ONLY
Pot Luck Meal

13

Macaroni & Cheese
Stewed Tomatoes
Bahama Blend Vegetables
Multigrain Bread
Fresh Fruit

14

Beef Stew w/Biscuit
Broccoli Florets
Extra Vegetable (HDM Only)
Buttermilk Biscuit
Vanilla Ice Cream w/Strawberries
S-F Vanilla Ice Cream
w/Strawberries
Sugar-Free Ice Cream (HDM Only)

15

Pork BBQ on Bun
Tater Tots
Country Blend Vegetables
Hamburger Roll
Sliced Pears

16

Roast Turkey w/Gravy
Garlic Red Skinned Mashed Potatoes
California Blend Vegetables
Tossed Salad
Oatmeal Bread
Warm Bread
Pudding w/Raisins & Topping (Also for N)

17

Meat Lasagna
Winter Blend Vegetables
Extra Vegetable (HDM Only)
Tossed Salad
Warmd Garlic Bread (Centers)
Italian Bread (HDM Only)
Cherry Pie w/Topping
Cherry Crisp w/Topping (N / HDM Only)

18

HOME DELIVERED MEALS ONLY
Pot Luck Meal

19

HOME DELIVERED MEALS ONLY
Pot Luck Meal

20

PRESIDENTS' DAY
HOME DELIVERED MEALS ONLY
Pot Luck Meal

21

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

22

Creamed Chipped Beef
Mashed Potatoes
California Blend Vegetables
Rye Bread
M & M Cookie
Chocolate Chip Cookie (N)

23

Breaded Fish Sandwich w/Tartar Sauce
Garlic Herb Potatoes
Winter Blend Vegetables
Chicken Vegetable Soup w/Crackers (Ctrs.)
Hamburger Roll
Brownie w/Topping (Also for N)

24

Turkey Divan
Egg Noodles
Glazed Carrots
Oatmeal Bread
Pineapple Tidbits

25

HOME DELIVERED MEALS ONLY
Pot Luck Meal

26

HOME DELIVERED MEALS ONLY
Pot Luck Meal

27

Chili con Carne
Brown Rice
California Tipper Blend Vegetables
Cornbread
Fresh Fruit

28

Vegetable Lasagna
Stewed Tomatoes
Prince William Blend Vegetables
Warmd Garlic Bread (Centers)
Italian Bread (HDM Only)
Fruited Gelatin w/Topping (Also for N)

29

Ham Loaf
Mashed Sweet Potatoes
Broccoli Florets
Whole Wheat Bread
Butterscotch Pudding (Also for N)

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.

(N) Indicates No Concentrated Sweets/Diabetic

EVENING DINING MENU

Thursday, Feb. 2

McDonough ONLY
Pork Chop Monterey Baked Potato w/Sour Cream
Italian Blend Vegetables
Golden Glow Salad
Dinner Roll
Lemon Meringue Pie
Lemon Pudding (N)

Friday, Feb. 3

South Otselic ONLY
Chicken & Biscuit
Yukon Gold Mashed Potatoes
Chateau Blend Vegetables
Tossed Salad
Buttermilk Biscuit
Peach Crisp w/Topping (Also for N)

Thursday, Feb. 16

McDonough ONLY
Roast Turkey w/Gravy
Garlic Red Skinned Mashed Potatoes
California Blend Vegetables
Tossed Salad
Oatmeal Bread
Warm Bread Pudding w/Raisins/Topping (Also for N)

Friday, Feb. 17

South Otselic ONLY
Meat Lasagna
Winter Blend Vegetables
Tossed Salad
Warmd Garlic Bread
Cherry Pie w/Topping
Cherry Crisp w/Topping (N)

EVENTS

January 2012

ALGONQUIN SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Games, Trivia

SPECIAL ACTIVITIES:

01-CLOSED-New Year's Holiday
11-Celebrate Birthdays!
13-Movie Day
27-Bingo

WINDY HILL SENIOR CENTER

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

DAILY ACTIVITIES: Bingo, Games

SPECIAL ACTIVITIES:

10-Celebrate Birthdays!
12-Pajama Day

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

DAILY ACTIVITIES: Bingo; Cards, Games

SPECIAL ACTIVITIES:

01-CLOSED-New Year's Holiday
11-Celebrate Birthdays!
13-Pajama Day



GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

05-Evening Dining w/Cards / New Year's Resolutions

19-Evening Dining w/Cards / Bingo

WESTSIDE PARK SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Cards, Trivia

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

01-CLOSED-New Year's Holiday
11-Celebrate Birthdays!
12-Bring a Friend to Lunch Day
18-Bring in Your Teddy Bear Day

THE WELCOME CENTER

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

DAILY ACTIVITIES: Cards, Puzzles, Trivia

SPECIAL ACTIVITIES:

11-Celebrate Birthdays / Bingo
16-Banana Split Day
20-Bring a Friend to Lunch Day

PLUM VALLEY FOREVER YOUNG CENTER

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

06-Evening Dining

20-Evening Dining

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

DAILY ACTIVITIES: 50/50 Raffle; Cards; Puzzles

SPECIAL ACTIVITIES:

03-New Year's Resolutions Past & Present
05-Pictionary Game
10-Celebrate Birthdays!
24-Bingo
26-Bingo

Buried in Paperwork: Where to Start after a Loss



It's not an easy subject to talk about, but what to do following the death of a loved one is important. Often, grieving individuals feel overwhelmed by the need to complete and compile the necessary paperwork following a death. In order to file for benefits from various entities including the military, the government, pension plans, and life insurance companies, you will need to amass all of your loved one's paperwork. Paperwork is often difficult to manage, but when you're grieving this practical task may seem next to impossible.

Hospice of Chenango County has been hosting monthly talks about living with loss since

October and will continue throughout 2012. January's topic is entitled Buried in Paperwork: Where to Start after a Loss. Attorney Thomas Emerson will be the guest speaker. Mr. Emerson specializes in estate law and is well versed in compiling paperwork following a death. He will discuss the basics of how to begin compiling paperwork, as well as be available to answer your questions.

His talk will take place at The Eaton Center in the office of The Chenango Health Network on Thursday, January 19th from 1:30 to 3 p.m. All Living with Loss grief talks are free and open to the public as part of Hospice's bereavement program, coordinat-

ed by Maureen Casey-Bryant. Please contact Casey-Bryant with any questions or concerns at 334-3556.

Hospice of Chenango County is a not for profit health care agency that cares for the physical, emotional and spiritual needs of a patient and family near the end of life. Hospice offers grief support to all residents of Chenango County, including individual visits and support groups. If you or someone you know could benefit from Hospice bereavement services, call Hospice of Chenango County at 334-3556 or visit their website at hospicechenango.org.

EVENTS

February 2012

ALGONQUIN SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Games, Trivia

SPECIAL ACTIVITIES:

08-Celebrate Birthdays!
15-Movie Day
20-CLOSED-President's Day
24-Bingo

WINDY HILL SENIOR CENTER

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

DAILY ACTIVITIES: Bingo, Games

SPECIAL ACTIVITIES:

07-Celebrate Birthdays!
09-Make Valentine Cards
14-Celebrate Valentine's Day
20-CLOSED-President's Day

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

DAILY ACTIVITIES: Bingo; Cards, Games

SPECIAL ACTIVITIES:

06-Blood Pressure Clinic
08-Celebrate Birthdays!
10-Make Valentine Cards
13-Celebrate Valentine's Day
20-CLOSED-President's Day



GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

02-Evening Dining w/Cards / Celebrate
Valentine's Day

16-Evening Dining w/Cards

WESTSIDE PARK SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Cards, Trivia

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

08-Celebrate Birthdays!
09-Bring a Friend to Lunch Day
14-Valentine's Day Party
20-CLOSED-President's Day
29-Celebrate Leap Year!

THE WELCOME CENTER

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

DAILY ACTIVITIES: Cards, Puzzles, Trivia

SPECIAL ACTIVITIES:

08-Celebrate Birthdays / Bingo
13-Valentine's Day Party
15-Women's Heart Health Month-Wear Red
Day
20-CLOSED-President's Day
29-Celebrate Leap Year!

PLUM VALLEY FOREVER YOUNG CENTER

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

03-Evening Dining w/Celebrate Valentine's Day
17-Evening Dining

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

DAILY ACTIVITIES: 50/50 Raffle; Cards;
Puzzles

SPECIAL ACTIVITIES:

02-Bingo
07-Celebrate Birthdays!
14-Valentine's Day Party
16-Apples to Apples
28-Bingo

How to avoid costly surprises for preventive care

BY THE ASSOCIATED PRESS

Experts offer the following tips for avoiding surprise medical bills for preventive care:

- Call your insurance plan – the 800-number on the back of your insurance card – to find out whether the plan must comply with the Affordable Care Act. If your plan is “grandfathered,” it’s exempt from the law’s requirement to pay for preventive care.

- When scheduling an appointment or talking with your doctor, clarify that you’re coming in for a covered preventive service and you don’t expect to be charged. The doctor must be in your health plan’s network.

- If you’re hit with an unexpected bill, call the doctor’s office and ask how the bill was submitted. Was it submitted as a preventive care service?

- Complain to your state’s insurance department if you believe you’ve been billed in error.

The following is a partial list of services

that should be covered without copays or other cost-sharing by the patient:

- Alcohol misuse screening and counseling
- Aspirin use for men and women of certain ages
- Blood pressure screening for all adults
- Cholesterol screening for adults of certain ages or at higher risk
- Colorectal cancer screening for adults, starting at age 50
- Depression screening for adults
- Type 2 diabetes screening for adults with high blood pressure
- Diet counseling for adults at higher risk for chronic disease
- HIV screening for all adults at higher risk
- Flu shots and other recommended vaccines for adults and children
- Obesity screening and counseling for adults and children
- Tobacco use screening for all adults and cessation interventions for tobacco users
- Breast cancer mammography screenings

every 1 to 2 years for women over 40

- Cervical cancer screening for sexually active women
- Folic acid supplements for women who may become pregnant
- Osteoporosis screening for women over age 60 depending on risk factors
- Autism screening for children at 18 and 24 months
- Depression screening for adolescents
- Fluoride supplements for children without fluoride in their water source
- Hearing screening for all newborns

Sources: U.S. Department of Health and Human Services; Georgetown University Health Policy Institute

Online:
<http://www.healthcare.gov/news/factsheets/2010/07/preventive-services-list.html>



Treasures in Time

“Irene” is one of the 200+ people in Chenango County who receive home delivered meals from the Area Agency on Aging Nutrition Program. As Nutrition Services Coordinator for the Agency, I decided to interview her about the meals that she receives. I had hoped that Irene would tell me how she benefits from the meals, and provide me with some feedback regarding food/menu likes and dislikes. I was sure that the Lifeline Program, provided by the Agency, is also a great benefit to her, and that both programs enable her to maintain independence to live in her own home.

All of the above is true. Irene has aides that come into her home to help her for a few hours every day as well. The additional stories that I gleaned from the conversation with Irene were an added bonus to this article.

First, I asked Irene if it would be acceptable for me to publicize her age. She said she is 93 years young and was most happy to disclose that information! She also exercises her mind by watching Jeopardy and doing crossword puzzles. She has several friends in the community who visit and her daughter lives nearby. Irene keeps up on the news and what is going on in the community where she lives. She was anxiously awaiting The Evening Sun delivery when I left.

While discussing the home delivered meals, Irene reported that she doesn't eat rice. The reason for this she said “is because they threw rice at us on our

wedding day, and we found moldy rice in the car years later when we sold it”. She recalled the dress that she wore, and the year (1940) that she was married. It was a small wedding in her parent's home as “they didn't do large weddings during those times.”

Irene enjoys both the Cranberry Chicken and the Chicken a l'Orange that we send. She spoke about these favorite entrée items with great enthusiasm. Sometimes the vegetable lasagna is too dry for Irene's liking. She simply adds a little milk before re-heating the meal in the microwave and “that works just fine.” I appreciate that Irene is grateful for the meals that are delivered to her door, and doesn't complain about much of anything.

Some people might complain about physical limitations, pain, or getting older in general. Not Irene! She has limited vision and a lot of pain, but says “its mind over matter”. She held up her hands to me. Her fingers are bent as arthritis has taken a toll on them from all her years packing eggs on the poultry farm, hair dressing and raising a family. She said, “It doesn't hurt much, you learn to live with pain.”

Irene faithfully walks on a treadmill twice a week, enjoys going out to lunch, and has a weekly appointment to get her hair done. I think that Irene is an amazing lady, and I enjoyed spending time with her.

*Trudy Harris-Irons
Nutrition Services Coordinator*



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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 home-bound
- 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)