

Bullthistle Bulletin



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

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A Nutrient-Rich Approach to Eating for a Healthy Life



BY GRACE FULLER, RD

In recognition of March as National Nutrition Month, let's make a conscious effort to eat a healthier, nutrient-rich way! What does "nutrient-rich" mean? What is nutrient-rich eating? It so happens that the phrase "nutrient-rich" is the latest buzzword in healthful eating. Terms such as low-calorie, low-fat and low-sodium have been pushed to the wayside, but, of course, are still important to good health.

The nutrient-rich foods approach evolved from a partnership of researchers, communication experts and agriculture commodities (called the Nutrient-Rich Foods Coalition-NRFC) whose focus has been to help the public live a healthier lifestyle through good choices. A high percentage of Americans are overweight yet undernourished today because people are consuming too many empty-calorie foods each day. Empty-calorie foods are foods loaded with calories, but have very little nutritional value. Nutrient-rich foods, on the other

hand, have very high nutrient to calorie ratio, making them overall nutritional bargains. These smart choices might not only be low in calories, fat, sugar or sodium, but they offer a variety of nutrients and possible health benefits. Clever packaging on food labels and product advertising touting low "this and that" often mislead consumers into thinking their products are naturally healthy choices. Where we often fall short is in the snacks, grain-based desserts, sweet beverages and prepared meals where an ingredient or two is altered making the items seemingly more nutritious.

Like everything in life, we are looking for value in our food dollar, wanting to get the most nutrition possible. Vigilance and focus are critical when navigating the supermarket maze. Temptations lurk down every aisle and around every end-cap. A good example of food value is a comparison of a 100 calorie snack pack of Hostess Twinkie Bites versus 100 calories from freshly cut up strawberries which measured 2 cups. The former (Twinkies) is mostly void of good-

ness and loaded with unpronounceable ingredients necessary for preservation, shelf stabilization, color, taste, etc., and the other (fresh strawberries) contain 24% DV fiber, 298% DV Vitamin C, 19% DV folate, 14% DV potassium and 58% DV manganese, plus many more vitamins and minerals, as well as natural plant chemicals that offer health protectiveness. Not all food comparisons are this blatantly obvious, so time should be spent reading the food packages and taking note of the differences. Below are guidelines to help you eat the nutrient-rich way.

Tips on Getting More Nutrient-Rich Foods in Your Diet

- When possible, buy whole foods which are packed with nutrients. They tend to be foods or ingredients that don't come in fancy packaging such as produce and fresh meats and fish.
- Focus on the perimeter of the store when shopping for food. You will find produce, meats, dairy and

CONTINUED ON PAGE 2

Chenango Seniors out & about ...



Getting into the nutrient-rich habit —

CONTINUED FROM PAGE 1

grains there. Other areas of the store can be packed with poor nutrient food choices.

- Your plate should be piled high with colorful vegetables and fruits.
- Make it your mission to get a variety of whole grains from your breads, cereals and side dishes.
- When shopping for protein foods, remember that lean meats, fish, skinless poultry and eggs are the ideal nutrient-rich protein choices.
- The nutrient-rich dairy foods are the reduced-fat milks, yogurts and cheeses.
- Legumes are powerful sources of nutrient-rich protein and energy. Try to include lentils, soybeans, dried beans and a variety of beans in your weekly dining. These legumes can be used in place of meat or poultry for a meatless meal or added to whatever you are making for an extra nutrient punch.
- A handful of nuts a day can offer great nutritional value, but don't get carried away as nuts are very high in fat calories.

• In place of a refined, processed cereal for breakfast, go for the steel-cut oatmeal with low-fat milk, nuts and fruit.

- Watch your portions for whatever you are eating in order to make your overall food choices nutrient-calorie bargains.
- With all packaged foods, always check out the ingredients list as well as the nutrition facts panel to make the most informed choices.
- Be aware of empty-calorie snack foods when you are on the go. Pack yogurt, fresh fruit or nuts instead.
- Watch out for empty-calorie beverages such as sweetened teas, sport drinks, and soft drinks. Water will always be number one for thirst.
- When dining out, nutrient-rich choices are possible. For instance, a sandwich made with lean meat and whole wheat bread or grilled fish with steamed vegetables are nutrient-rich, delicious and satisfying. Stay away from extras such as sauces, gravies, breadings and spreads like butter and margarine.

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)

I WANT TO VOLUNTEER! The Chenango County Area Agency on Aging

Enrollment form

Date: _____
Name: _____

Mailing address: _____

Phone number: _____
e-mail: _____

Emergency Contact: _____
Phone number: _____

Skills and Interests

Educational Background: _____

Occupation: _____

Hobbies, skills, interests: _____

Any you would be interested in sharing at a senior center? _____

Previous volunteer experiences: _____

Experience working with senior citizens or in food services? _____

Preferences in Volunteering (check all that apply)

Long Term Care Ombudsman (Advocate for residents in nursing and adult care homes)

Home Delivered Meal Driver (valid drivers licenses and vehicle required)

Activities facilitator at a Senior Center and/or Food Service helper (please circle which centers)

- | | | | |
|-----------|------------|----------|---------------|
| Norwich | Bainbridge | Greene | New Berlin |
| Sherburne | McDonough | Coventry | South Otselic |

HIICAP (Health Insurance Information Counseling and Assistance Program)

Friendly visitor for seniors

Helping around the office in general administration duties

Working occasionally on agency projects (mailings, information booths, holiday helper, making posters, distributing brochures, flu clinics etc.)

Ambassador for the agency (Public speaking, fundraising, marketing etc.)

Grant writing

Other _____
No preference

Are there any groups, locations or types of individuals with whom you would not feel comfortable working? _____

Availability

1. At what times are you interested in volunteering?

- Mornings
- Evenings
- Prefer weekends
- Prefer weekdays

2. Do you have a geographic preference as to where you volunteer?

No
Yes Location: _____

3. Do you have access to an automobile you can use for volunteer work?

Yes
No

4. Do you have a valid driver's license?

Yes
No

Do you have any physical limitations or are you under any course of treatment which might limit your ability to perform certain types of work?

No
Yes _____

Thank you so much for your interest in and support of the **Chenango County Area Agency on Aging.**

Please return this form to our office at **5 Court Street, Norwich NY, 13815** as soon as possible. We are anxious to have you become a part of our team!



Henry Drexler's work featured on NBT's Wall of Art

NORWICH – NBT Bank's Wall of Art is featuring the artwork of Henry J. Drexler at the bank's Norwich Office on South Broad Street. His work will be on display through the end of March.

Drexler specializes in nature-themed paintings inspired by life in rural upstate New York. His award-winning work has been in solo and group exhibitions throughout New York and surrounding states. His paintings have also appeared in American Artist magazine and More than Land or Sky: Art from Appalachia, a book published by the Smithsonian Institution Press.

For its Wall of Art, NBT Bank is partnering with the Chenango County Council of the Arts to highlight the creativity of area residents.

Council Executive Director Victoria Kappel said, "Henry refers to himself as a 'visual historian,' and his impressionistic landscapes beautifully preserve nature at given moments in time."

Drexler, a resident of Norwich, is a mostly self-taught professional artist who has been painting for 55 years. Influenced by his childhood growing up on a local dairy farm, he has painted Holstein cattle for many years. Four of the paintings in the current show are a continuation of his exploration of this subject. The cows are no longer black and white and are becoming abstracted to the point of not obviously being cows at all. The fifth painting in this show is from a recent series of windmill paintings.

Honoring Women with the Finest Adult Care for the Past Eighty Years

Est 1932

PRATT NEWTON
MEMORIAL HOME

Licensed by the State of New York Department of Health

For information or to set up your personal appointment and tour please call
607.674.6031

CLICK HERE TO JOIN US ON FACEBOOK

PRATT NEWTON MEMORIAL HOME

Pratt Newton Memorial Home, located on South Main Street, Sherburne, is a residential, assisted living facility. The home was established in 1932, benefactors of sisters, Carrie Pratt and Grace Newton. It provides a home for women who wish to maintain their independence, but require a limited amount of assistance with daily routine.

Pratt Newton has a capacity of 10 certified beds and offers the support of a caring and dedicated staff. They offer and provide personalized attention and quality care.

Currently there are rooms available, and tours and information are welcome. Pratt Newton is a lovely Victorian home, and operates under the direction of an administrator and Board of Directors, working closely with the Department of Health at the State level. Pratt Newton is a private fee facility and accepts veteran's benefits.

The Home is on Facebook and has a web site offering pictures and updates. For direct information and to schedule an on-site visit, please call 607-674-6031.

Chenango County Area Agency on the Aging

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

LAWRENCE WILCOX
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Board of Supervisors

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Director of Legal Services
(607) 337-1770

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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 HIGHT
(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

March 2012

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
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

1

Stuffed Pepper
 Roasted Potato
 Medley
 Chuckwagon Blend
 Vegetables
 Whole Wheat Bread
 Apricot Halves

2

Pork BBQ on Bun
 Tater Tots
 Country Blend
 Vegetables
 Chicken Veg. Soup
 w/Crackers
 (Centers)
 Hamburger Roll
 Tapioca Pudding
 (Also for N)

3

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

4

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

5

Herbed Baked Fish
 Baked Potato
 w/Sour Cream
 Prince William
 Blend Vegetables
 Oatmeal Bread
 Fresh Fruit

6

Chili Macaroni
 California Gold
 Blend Vegetables
 Extra Vegetable
 (HDM Only)
 Rye Bread
 Mandarin Orange
 Sections

7

Chicken □ la King
 Egg Noodles
 Winter Blend
 Vegetables
 Multigrain Bread
 Pear Blush

8

Spaghetti w/Meat
 Sauce
 Oriental Blend
 Vegetables
 Spiced Mixed Fruit
 (HDM Only)
 Tossed Salad
 Warmed Garlic
 Bread (Centers)
 Italian Bread (HDM
 Only)
 Boston Cr□me Pie

9

Roast Beef w/Gravy
 Garlic Red Skinned
 Mashed Potatoes
 California Blend
 Vegetables
 Cran-Pear Salad
 Dinner Roll
 Apple Pie
 w/Topping
 Apple Crisp
 w/Topping (N &
 HDM Only)

10

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

11

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

12

Baked Ziti
 Bahama Blend
 Vegetables
 Extra Vegetable
 (HDM Only)
 Warmed Garlic
 Bread (Centers)
 Italian Bread (HDM
 Only)
 Peanut Butter
 Cookie (Also for N)

13

Turkey Tetrazzini
 Winter Squash
 Green Beans
 Oatmeal Bread
 Birthday Cake (Also
 for N)
 Fruit Cocktail
 (Norwich & HDM
 Only)

14

Sweet & Sour Pork
 Rice Pilaf
 Asian Blend
 Vegetables
 Whole Wheat
 Bread
 Birthday Cake (Also
 for N)

15

Meatball Sub
 Tater Tots
 California Blend
 Vegetables
 Yankee Bean Soup
 w/Crackers
 (Centers)
 Hot Dog Roll
 Fresh Fruit

16

Salisbury Steak
 w/Gravy
 Mashed Sweet
 Potatoes
 San Francisco Blend
 Vegetables
 Whole Wheat Bread
 Brownie w/Topping
 (Also for N)

17

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

18

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

19

Beef Stew w/Biscuit
 Broccoli Florets
 Extra Vegetable
 (HDM Only)
 Buttermilk Biscuit
 Sliced Peaches

20

Macaroni & Cheese
 Tomato Zucchini
 Casserole
 Bahama Blend
 Vegetables
 Italian Bread
 Lemon Delight
 (Also for N)

21

Vegetable Burger
 Sweet Potato Puffs
 Extra Vegetable
 (HDM Only)
 Cabbage Salad
 (Centers)
 Hamburger Roll
 Molasses Cookie
 (Also for N)

22

Corned Beef &
 Cabbage
 Yukon Gold
 Mashed Potatoes
 Peas & Carrots
 Dinner Roll
 Pistachio Pudding
 w/Cherry & Topping
 (Also for N)

23

Stuffed Pepper
 Roasted Potato
 Medley
 Chuckwagon Blend
 Vegetables
 Rye Bread
 Fresh Fruit

24

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

25

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

26

Chicken a □Orange
 Wild Rice
 Oriental Blend
 Vegetables
 Italian Bread
 Chocolate Swirl
 (Also for N)

27

Ham Loaf
 Baked Potato
 w/Sour Cream
 Broccoli Florets
 Multigrain Bread
 Oatmeal Raisin
 Cookie (Also for N)

28

Breaded Fish
 Sandwich w/Tartar
 Sauce
 Garlic Herb
 Potatoes
 Spring Blend
 Vegetables
 Hamburger Roll
 Fruited Gelatin
 w/Topping (Also for
 N)

29

Chili con Carne
 Brown Rice
 Bahama Blend
 Vegetables
 Perfection Salad
 Cornbread
 Chef's Mixed Fruit

30

Vegetable Lasagna
 Stewed Tomatoes
 Peas
 Tossed Salad
 Oatmeal Bread
 Fresh Fruit

31

HOME DELIVERED
 MEALS ONLY

Pot Luck Meal

**(N) Indicates
 No Concentrated
 Sweets/
 Diabetic**

EVENING DINING MENU

Thursday, March 8

McDonough ONLY
 Spaghetti w/Meat Sauce
 Oriental Blend Vegetables
 Tossed Salad
 Warmed Garlic Bread
 Boston Cr□me Pie
 Vanilla Pudding (N)

Friday, March 9

South Otselic ONLY
 Roast Beef w/Gravy
 Garlic Red Skinned Mashed
 Potatoes
 California Blend Vegetables
 Cran-Pear Salad
 Dinner Roll
 Apple Pie w/Topping
 Apple Crisp w/Topping (N)

Thursday, March 22

McDonough ONLY
 Corned Beef & Cabbage
 Yukon Gold Mashed
 Potatoes
 Peas & Carrots
 Dinner Roll
 Pistachio Pudding w/Cherry
 & Topping
 (Also for N)

Friday, March 23

South Otselic ONLY
 Corned Beef & Cabbage
 Yukon Gold Mashed
 Potatoes
 Peas & Carrots
 Rye Bread
 Pistachio Pudding w/Cherry
 & Topping
 (Also for N)

EVENTS

March 2012

ALGONQUIN SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Games, Trivia,
Cards

SPECIAL ACTIVITIES:

09-Irish Tunes
12-Bingo
14-Celebrate Birthdays!
21-Movie Day
26-Blood Pressure Clinic

WINDY HILL SENIOR CENTER

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

DAILY ACTIVITIES: Bingo, Trivia, Crosswords

SPECIAL ACTIVITIES:

08-Boston Crème Pie Day
13-Celebrate Birthdays!
15-St. Patrick's Day Celebration

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

DAILY ACTIVITIES: Bingo; Cards, Games

SPECIAL ACTIVITIES:

02-Chicken Vegetable Soup Day
14-Celebrate Birthdays!
16-St. Patrick's Day Celebration-Wear Green



GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

08-Evening Dining w/Cards
22-Evening Dining w/Cards / Celebrate St.
Patrick's Day / Grace Fuller, RD-"Do Healthy
Whole Convenience Foods Exist?"

WESTSIDE PARK SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Trivia, Crosswords,
Socialization, Cards on Fridays

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

01-Peanut Butter Lover's Day
14-Celebrate Birthdays / National Potato Chip
Day
16-St. Patrick's Day Celebration

THE WELCOME CENTER

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

DAILY ACTIVITIES: Cards, Puzzles, Trivia,
Word Games

SPECIAL ACTIVITIES:

14-Celebrate Birthdays!
21-Blood Pressure Clinic
26-Old Stuff Day
28-Bingo

PLUM VALLEY FOREVER YOUNG CENTER

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

09-Evening Dining
23-Evening Dining

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

DAILY ACTIVITIES: 50/50 Raffle; Cards;
Puzzles

SPECIAL ACTIVITIES:

13-Celebrate Birthdays!
15-St. Patrick's Day Party
29-Bingo

Hospice of Chenango County's Volunteers Play a Pivotal Role

NORWICH – Do you want to put a couple of hours a week to good use; why not consider taking the Hospice Volunteer Training? It is an in-depth twenty four hour course on death and dying focusing on the physical, emotional and spiritual aspects of terminal illness. Often people enter the class unsure whether they are suited for this type of volunteerism, however Kendall Drexler the agency's Volunteer Coordinator says that is alright. "This training course will give you insight into yourself and answer any questions you may have about your ability to do the job. People often surprise themselves after they get started and become inspired to help our patients and their families."

Volunteer training will be held at the Hospice of Chenango County



office at 21 Hayes Street in Norwich each Monday and Wednesday, 5:30 to 8:30 p.m., from April 30 to May 23. Hospice encourages men to sign up for training because half their patients are men who are often more comfortable with a same sex volunteer. "Currently we have six wonderful men who give their time and companionship to our patients," says Drexler. "We would love to double that num-

ber. There is also a particular need for volunteers in Sherburne, Earlville, Plymouth and New Berlin, although residents of any town in Chenango County are encouraged to sign up."

Volunteers are an important part of the Hospice Team that includes RNs, LPNs, Social Workers, Bereavement and Spiritual Counselors. Drexler's skill matches patients with volunteers based on location, need, and availability. It should also be noted that Patient/Family Volunteers always have the option to accept or pass on a proposed assignment. "We have a number of snowbirds who fly south for the winter," explains Drexler. "And they pick right up where they left off on their return, so don't let the fact that you travel deter you from enrolling in the training."

If you would like more information, contact Drexler at least two weeks prior to the April 30th start date because a pre-training interview is required. You can reach her by calling the Hospice office at 334-3556 or send an email to kdrexler@hospicechenango.org.

Hospice is a nonprofit health care agency that specializes in symptom control and pain management at the end of a person's life. Physical, emotional, spiritual and volunteer care is provided to any in Chenango County who have a limiting illness. Referrals can be made by a family member or health care provider. For more information visit the agency's website at www.hospicechenango.org.

MENU

April 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Sloppy Joe on a Bun Tater Tots Extra Vegetable (HDM Only) Cabbage Salad Hamburger Roll Sugar Cookie (Also for N)	3 Herbed Baked Fish Wild Rice Prince William Blend Vegetables Oatmeal Bread Fresh Fruit	4 Turkey Tetrazzini Winter Squash Green Beans Multigrain Bread Mandarin Orange Sections	5 Baked Ham / Raisin Sauce Mashed Sweet Potatoes Peas w/Mushrooms Dinner Roll Gingerbread w/Lemon Sauce (Also for N)	6 Baked Ham / Raisin Sauce Mashed Sweet Potatoes Peas w/Mushrooms Dinner Roll Pineapple Upside-Down Cake w/Topping (Also for N)	7 HOME DELIVERED MEALS ONLY Pot Luck Meal	8 HOME DELIVERED MEALS ONLY Pot Luck Meal
9 Sage Stuffed Breaded Chicken Parsley Potatoes Country Blend Vegetables Rye Bread Fresh Fruit	10 Meatloaf w/Gravy Mashed Potatoes California Blend Vegetables Whole Wheat Bread Birthday Cake (Also for N) Applesauce (Norwich & HDM Only)	11 Asparagus Cheese Stuffed Fish Buttered Noodles Brussels Sprouts Oatmeal Bread Birthday Cake (Also for N)	12 Vegetable Lasagna Stewed Tomatoes Spinach Warmed Garlic Bread (Centers) Italian Bread (HDM Only) Green Jello w/Mandarin Oranges (Also for N)	13 Chili con Carne Brown Rice Bahama Blend Vegetables Cornbread Lemon Delight (Also for N)	14 HOME DELIVERED MEALS ONLY Pot Luck Meal	15 HOME DELIVERED MEALS ONLY Pot Luck Meal
16 Macaroni & Cheese Tomato Zucchini Casserole Peas Italian Bread Fresh Fruit	17 Chicken □ la King Buttered Noodles Italian Blend Vegetables Rye Bread M & M Cookie (Also for N)	18 Stuffed Pepper Roasted Potato Medley Chuckwagon Blend Vegetables Whole Wheat Bread Apricot Halves	19 Roast Beef w/Gravy Garlic Red Skinned Mashed Potatoes French Green Beans Tossed Salad (Centers) Dinner Roll Apple Crisp w/Topping (Also for N)	20 Spaghetti w/Meat Sauce Winter Blend Vegetables Spiced Mixed Fruit (HDM Only) Tossed Salad (Centers) Warmed Garlic Bread (Centers) Italian Bread (HDM Only) Blueberry Pie w/Topping Blueberry Crisp w/Topping (N & HDM Only)	21 HOME DELIVERED MEALS ONLY Pot Luck Meal	22 HOME DELIVERED MEALS ONLY Pot Luck Meal
23 Baked Fish w/Garlic Butter Wild Rice Broccoli Florets Rye Bread Oatmeal Raisin Cookie (Also for N)	24 Vegetable Burger Sweet Potato Puffs Extra Vegetable (HDM Only) Cabbage Salad Hamburger Roll Brownie w/Topping (Also for N)	25 Chili Macaroni California Gold Blend Vegetables Pickled Beets Italian Bread Fresh Fruit	26 Sweet & Sour Pork Rice Pilaf Asian Blend Vegetables Multigrain Bread Butterscotch Pudding (Also for N)	27 Chicken Paprikash Buttered Noodles French Green Beans Whole Wheat Bread Chef's Mixed Fruit	28 HOME DELIVERED MEALS ONLY Pot Luck Meal	29 HOME DELIVERED MEALS ONLY Pot Luck Meal
30 Ham Loaf Maple Roasted Sweet Potatoes Brussels Sprouts Oatmeal Bread Chocolate Pudding (Also for N)	Menus Subject to Change Without Notice		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, April 5

Baked Ham w/Raisin Sauce
Mashed Sweet Potatoes
Peas w/Mushrooms
Dinner Roll
Gingerbread w/Lemon Sauce (Also for N)

Friday, April 6

Bainbridge, Greene & South Otselic
Baked Ham w/Raisin Sauce
Mashed Sweet Potatoes
Peas & Mushrooms
Dinner Roll
Pineapple Upside-Down Cake w/Topping (Also for N)

Thursday, April 19

Coventry & McDonough
Roast Beef w/Gravy
Garlic Red Skinned Mashed Potatoes
French Green Beans
Tossed Salad
Dinner Roll
Apple Crisp w/Topping (Also for N)

Friday, April 20

South Otselic ONLY
Spaghetti w/Meat Sauce
Winter Blend Vegetables
Tossed Salad
Warmed Garlic Bread
Blueberry Pie w/Topping
Blueberry Crisp w/Topping (N)

EVENTS

April 2012

ALGONQUIN SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Games, Trivia,
Cards

SPECIAL ACTIVITIES:

02-Old Time TV Shows-"Lucille Ball"
06-Evening Dining w/Entertainment
11-Celebrate Birthdays!
13-Grace Fuller, RD-"Let's Give Your Pantry a
Nutrition Makeover"
18-Movie Day
25-Old Time TV Shows-"The Walton's"

WINDY HILL SENIOR CENTER

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

DAILY ACTIVITIES: Bingo, Games

SPECIAL ACTIVITIES:

03-Spring/Egg Decorating Day
05-Blood Pressure Clinic
10-Celebrate Birthdays / Easter Celebration
17-Grace Fuller, RD-"Let's Give Your Pantry a
Nutrition Makeover"
19-Evening Dining w/Entertainment
24-Mismatch Day-Wear Mismatched Clothes

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

DAILY ACTIVITIES: Bingo; Cards, Games

SPECIAL ACTIVITIES:

02-Spring/Egg Decorating Day
04-Easter Celebration
06-Evening Dining w/Entertainment
09-Grace Fuller, RD-"Let's Give Your Pantry a
Nutrition Makeover"
11-Celebrate Birthdays
23-Mismatch Day-Wear Mismatched Clothes



GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

05-Evening Dining w/Cards / Celebrate Easter
/ Grace Fuller, RD-"Let's Give Your Pantry a
Nutrition Makeover"

19-Evening Dining w/Cards

WESTSIDE PARK SENIOR CENTER

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

DAILY ACTIVITIES: Puzzles, Trivia, Crosswords,
Socialization, Cards on Fridays

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

05-Grace Fuller, RD-"Let's Give Your Pantry a
Nutrition Makeover"
06-Easter Egg Hunt
11-Celebrate Birthdays!
20-Blood Pressure Clinic

THE WELCOME CENTER

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

DAILY ACTIVITIES: Cards, Puzzles, Trivia

SPECIAL ACTIVITIES:

04-Grace Fuller, RD-"Let's Give Your Pantry a
Nutrition Makeover"
06-Decorating Month
09-Bunny Jokes
11-Celebrate Birthdays!
18-Bingo
25-Bingo

PLUM VALLEY FOREVER YOUNG CENTER

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

06-Evening Dining w/Grace Fuller, RD-"Let's
Give Your Pantry a Nutrition Makeover"
20-Evening Dining

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

DAILY ACTIVITIES: 50/50 Raffle; Cards;
Puzzles

SPECIAL ACTIVITIES:

03-Grace Fuller, RD-"Let's Give Your Pantry a
Nutrition Makeover"
05-Easter Party & Egg Hunt
06-Bingo
10-Celebrate Birthdays / Blood Pressure Clinic
17-Bingo

The Bullthistle Bulletin
is online:
www.co.chenango.ny.us

Seven simple steps to senior bathroom safety

(ARA) - One in three seniors over the age of 65 will experience at least one fall annually, according to the Centers for Disease Control. The bathroom is one of the most dangerous rooms in the home for the elderly. Slick floors, small spaces, sharp edges and few things to grasp make mobility difficult and increase chances for dangerous falls.

Unable to complete everyday tasks with the same mobility they once had, many senior homeowners are left with unsafe measures to prevent falling in the bathroom. These may include insufficiently secured towel racks that could fall when gripped for support, shower chairs that are not slip resistant and sliding shower doors that could move unexpectedly when entering and exiting the tub.

"We want seniors to live safely and comfortably in every part of their homes. It's important that senior homeowners are aware of the challenges independent living can present and take the appropriate precautions," says Larry Rothman, Roto-Rooter's director of plumbing services.

Roto-Rooter, America's largest provider of plumbing and drain-cleaning services is offering tips on what to install in the bathroom to keep it safe for loved ones so they can maintain an independent lifestyle with easier mobility.

* Equip showers and surrounding walls with sturdy grab bars anchored to wall studs so they can support the full weight of an adult. Some portable safety handles use super strong suction cups and are easy to apply and remove.

* Consider installing nonskid tape or

mats on the floor of a shower or bathtub.

* A shower chair is also a safe solution that can be easily placed where balance is a challenge.

* Flexible handheld shower wands with an on/off button might be easier to use than a traditional shower head. These are especially useful in combination with shower chairs.

* Toilets can be replaced with ADA-approved raised-height models to lessen the chance of a harsh fall. Alternatively, raised-height seats can be installed on existing toilets.

* Check temperature settings on water heaters, as water hotter than 120 F can scald skin. Special no-scald faucets or a no-scald regulator can be installed as a secondary layer of protection.

*Some faucet handles are difficult for

arthritic hands to grip and turn. These should be replaced with models that are easier for seniors to use.

A study by the Home Safety Council found that falls are the leading cause of home injury-related deaths among older adults. Making simple home installations can make day-to-day living for seniors easier, reduce their risk of falling and give peace of mind to those close to them. Most of the devices Roto-Rooter suggests can be installed by most anyone and are recommended for overall safety and optimal mobility for seniors.

Visit www.RotoRooter.com/plumbing-basics to view an informational video on installing bathroom safety measures and other doctor-recommended advice for independent senior living

Educational Seminars for Seniors Presented by RSVP

Once again the Chenango County Retired and Senior Volunteer Program (RSVP) will be presenting educational seminars for anyone over the age of 60. These two seminars will complete the series that was started last fall thanks to a grant from the Norwich Youth Philanthropy Council.

On Tuesday, April 3rd, the Chase Senior Housing Community Center, 2

Terrace Heights, New Berlin, will be the setting of the first three-part seminar. The afternoon starts at 1 p.m. with registration and continues until 4:30 p.m.

At 1:30 the first very important topic, "Scams Targeting Seniors--How to Identify and Avoid Them," will be presented by Michael Danaher from the NYS Attorney General's office.

From 2:30 to 3:30 Dorothy Gardner, United

Health Services Stay Healthy Senior Coordinator, will present "Health Care Proxies--5 Wishes." Learn about these essential tools if you want control of your life when you are ill. Lastly, at 3:30 Dorothy Gardner will address "Physical and Emotional Benefits of Laughter/Folk Lore: Laughter Truly is the Best Medicine--Learn Why."

On April 27, in the Norwich Guernsey Memorial Library commu-

nity room, the final seminar will be held. Registration will take place at 1 p.m. The initial presentation will commence at 1:30 titled, "Normal Aging or Dementia," given by Renee Conklin, Coordinator of Elder Services Center, Decker School of Nursing, Binghamton University.

At 2:30, Dorothy Gardner, United Health Services Stay Healthy Senior Coordinator will be talking about "Aging and

Ears and Eyes: as we age, subtle changes occur that we need to be aware of so as to avoid consequences of those changes."

Merrie Warner, Professional Organizer, will present at 3:30, "Tips on Organizing Your 'STUFF' and Your Life." Ms. Warner is the owner of Merrie's Organizing Mania.

All seniors in Chenango County are welcome to attend one or all of the sessions. The presentations

are offered at no cost to those attending; light refreshments will be available and door prizes will be awarded.

Registration is required for each class and may be made by calling the RSVP office at (607) 336-6414, ext. 103, at least one week prior to the presentation.

If you have any questions, please feel free to call the number listed above for further information.

State Officials Warn of Potential Tax Refund Scam

State officials have been tipped off that there are potential fraud risks to New York residents during this tax season and they are taking steps to alert citizens to be vigilant. The Centers for Medicare & Medicaid Services, the federal agency that oversees those programs, is aware of information involving groups of individuals who are engaged in a scheme to commit tax refund fraud using the stolen identities of Medicare beneficiaries. Unfortunately older citizens are often targets of fraud and are vulnerable to the financial and emotional damages that result from most fraudulent schemes.

According to information received from two

Organizations and the Federal Bureau of Investigations (FBI), individuals are obtaining the identities of Medicare beneficiaries through employers, schools, hospitals, and prisons. Typically, the information stolen is the member's name, Social Security Number, address, and date of birth.

The individuals use a beneficiary's information to electronically file a fraudulent tax claim (using a program such as Turbo Tax or other computer based filing software). The tax refund is loaded onto a "Green Dot Card," that is a prepaid MasterCard or Visa debit card. The true taxpayer is not aware of the scam until they are rejected when they attempt to file their taxes.

Due to the allegation of tax fraud, the Internal Revenue Service (IRS), Secret Service, FBI, and Postal Inspection Service are involved in the investigation of these reported cases.

State Officials are alerting citizens to this information so that they are aware of this scheme and can take appropriate measures. The most important step is to be aware, recognize schemes such as this, and not fall victim. This type of scam is a growing problem in the central Florida area and is believed to be shifting nationwide.

Greg Olsen, Acting Director of the New York State Office for the Aging noted, "Consumer fraud knows no season- only vic-

tims. However those that prey on potential victims use whatever advantage they can to access and scam their victims. This scheme is using the tax filing period as an opportunity to defraud citizens who can least afford the pain and suffering that results from identity theft."

"Identity theft is one of the fastest growing crimes in America. As identity thieves find increasingly innovative ways to commit fraud it is crucial that we provide the public with timely and useful information to help them avoid becoming victims. I encourage all consumers to visit our website (www.dos.ny.gov) to learn more about the steps you can take to keep your personal information secure," stated Secretary of State Cesar A. Peralas.

"The New York State Tax Department has staff dedicated to identifying

questionable returns. We use a comprehensive case identification system that combines a robust data matching and verification process with auditors who carefully examine and verify tax information," said New York State Tax Commissioner Thomas H. Mattox. "I want to assure New Yorkers that we do everything we can to identify questionable returns, and protect confidential tax information. We are committed to actively pursuing prosecution of criminals committing tax fraud. Taxpayers who suspect they have been the victim of tax fraud should contact the New York State Tax Department immediately."

Medicare beneficiaries who suspect their identity has been compromised or have information related to this scheme, should contact Health Integrity, the National Benefit Integrity Medicare Drug Integrity

Contractor (NBI MEDIC) at 1-877-772-3379.

In addition, you may take the following steps to protect your Medicare beneficiary information:

Call the Federal Trade Commission's Identity Theft Hotline, toll-free: 1-877-ID-THEFT (438-4338).

Call your local police department and tell them that you want to file a report about your identity theft.

Continue to review your Medicare summary notices to ensure no one is using your Medicare number to file false claims with Medicare.

Place a fraud alert on your credit reports, and review your credit reports. Call at least one of the credit reporting agencies such as Experian to let them know about the identity theft.

Interested In Volunteering? Become an Ombudsman

What is an Ombudsman?

An Advocate for Residents in a Long Term Care Facility.

Who is an Ombudsman?

A Dedicated, Caring volunteer who has completed New York State Office for Aging certification training.

Why does an Ombudsman volunteer?

To make a difference in a person's life by listening, talking, problem solving and reassuring.

Ombudsman help through knowledge, empathy, caring, strength and support.

For more information please contact:

Edith Revoir
Chenango County Area Agency on Aging
(607) 337-1770

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)