

Bullthistle Bulletin

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

VOL. 13, No. 3 MAY-JUNE 2012



Smart Snacking - Making it Happen!

BY GRACE FULLER, RD

nutrient-rich basics such as vegetables, fruits, whole grains, nuts and seeds, and reduced-fat dairy foods. These will boost your total nutrient level while consuming the least amount of calories possible.

As strange as this may sound, studies have shown that “smart” snacking can decrease hunger pangs which in turn prevents overeating at meals. When snacks are eaten at planned times in the course of each day, it can help control cravings, and in the end aid in weight management. Research has found that by allowing for healthy snacks in a weight loss management plan, it helps set you on the right track to long term weight loss success as opposed to the “strict” three meals a day method. In a study conducted in Great Britain,

More often than not, snacking is perceived as a “bad habit”, an opportunity to devour excessive calories, fat, added sugar and sodium. Snacking is recognized as a practice Americans do far too much of. Snacking that is “smart” actually has an important place in a healthy diet. Research has shown that incorporating healthy snacks into a daily routine can actually help to maintain a healthy weight, as well as reduce the unhealthy high’s and low’s of blood sugar. Read on to learn more about how to get started on the ‘smart snacking’ road to good health.

Snacking can make significant contributions to the nutritional quality of your diet by zeroing in on



EPIC Restoration for 2013

The recently passed NYS budget includes a restoration of the cuts made to the EPIC program, starting in 2013.

All EPIC members will still be required to be in a Part D plan, and EPIC will continue to only cover drugs that were initially covered by the Part D plan. This will include benzodiazepines and barbiturates which are excluded from Part D coverage currently, but will start to be covered by Part D starting next year.

Beginning in January 2013, EPIC will go back to wrapping around Part D throughout the year (rather than just during the coverage gap) but only after the Part D deductible, if any, has been met. For this reason, EPIC members should consider choosing a Part D plan with no deductible for next year.

EPIC also will no longer be a free program and will reinstate the old FEE and DEDUCTIBLE plans, where members either have to pay a fee or meet a deductible based on their income. EPIC will reduce the EPIC deductible for members with Part D, as they did before 2012. EPIC members will still be subject to the same co-pay schedule, ranging from \$3 to \$20.

EPIC will continue to pay the Part D premium (up to the benchmark amount) for members with incomes below \$23,000 for a single or \$29,000 for a couple.

EPIC will continue to not be considered to be creditable coverage because it only works as a supplement to Part D. However, this is not an issue for EPIC members as they also have a Part D plan as EPIC requires.

subjects who were fed cheese before their lunch (cheese being high in protein and moderate calories) tended to eat fewer calories at their next meal

on the same day.

Snacking planned throughout the day seems to also help prevent abnormal highs and lows in blood sugar for people

with diabetes. If you are a diabetic or have glucose intolerance, ask advice from your doctor or a registered dietitian on just how often you should be snacking, as the frequency might depend on how you are able to control your blood sugar, as well

as what diabetes medications you are taking.

Now that you know “why” you should be snacking smart each day, below are helpful tips on “how” to snack wisely and “what” are considered smart snacks.

CONTINUED ON PAGE 2

SSA LIS Redeterminations

Some people with Medicare in New York State may have noticed recently that they have lost their Part D Extra Help/Low Income Subsidy (LIS) as of April 1, 2012. This happened because they failed to complete and return the Social Security Redetermination notice.

Certain individuals that applied to receive Extra Help/LIS receive a Redetermination notice from Social Security in August/September. They need to complete the Redetermination notice and return that to Social Security even if there were no changes in their income or resources. If they do not, they would lose their Extra Help/LIS as of January 1, 2012.

Although they would ordinarily lose Extra Help/LIS at the end of the year, Social Security took extra steps to contact these individuals to prevent that from occurring. Consequently, they would not have received notice until March that their Extra Help/LIS would end at the end of the month.

People with Medicare who lose their Extra Help during the year are entitled to a Special Enrollment Period (SEP) beginning with the month of notification and lasting for an additional two months. They can use this SEP to switch to another stand-alone Part D (PDP) or Medicare Advantage plan with Part D to be effective the first of the following month.

Changes to Healthy NY

Healthy NY is lower cost health insurance available to working people with limited incomes who are not yet eligible for Medicare. Individuals need to have not had health insurance for the last 12 months, or have lost it for various reasons, including a loss of employment, or COBRA.

Bad News: As of January 1, 2012, Healthy NY enrollment is now limited to the High Deductible Health

Plan (HDHP). New enrollees can no longer enroll in the

standard plan. The HDHP has a deductible of \$1,200 for an individual, \$2,400 for a family.

Good News: An optional prescription drug benefit is still available and due to federal health care reform, there is no longer an annual limit. There is also no longer a separate prescription drug deductible because all new enrollees get the HDHP.

For questions on Healthy NY, check the website www.HealthyNY.com, call 1-866-HEALTHY NY or E-mail askhealthyny@dfs.ny.gov



Time to snack wisely! –

CONTINUED FROM PAGE 1

Tips on How to Snack Wisely:

Stay away from mindless eating. Eating while watching TV or talking on the phone can net you MEGA unwanted calories that you may have eaten without being aware of what you were doing.

Focus on whole foods, such as whole grains, vegetables, fruits, beans, low-fat dairy, low-fat meats, poultry, fish, eggs, nuts and seeds. You cannot go wrong with whole foods as they tend to be packed with tons of nutrient goodness without excessive calories, fat, sodium and sugar.

Make sure your smart snack contains some protein. Carbohydrate-only snacks such as the popular pretzel or saltine tend to not keep you satisfied long before you start looking for food again. Stick with reduced fat yogurts, nuts, peanut butter or low-fat cheese.

Plan ahead. Smart snacks don't just happen. If you need easy, always ready to grab on the go choices, consider options such as cheese sticks, grapes, whole grain cereal bars and single portion yogurt.

Convenience is helpful. For some people, a snack that requires any kind of effort or preparation can be enough to sway you to a less healthy choice, even though the snack might contain more salt, fat, sugar or calories. To discourage this, keep fresh fruit around all the time.

Portion control everything you eat,

including your smart snacks. Plate your snacks. Never eat out of a can, a bag or a box.

Pack smart snacks for the road. Smart snacks can help tide you over if you run into some unexpected delays throughout the day.

As mentioned, selecting snacks that contain some protein, as well as fiber, will help to keep your hunger in check between meals. A sensible snack should be limited to approximately 150 calories or less, which means portion control is the key.

Here are some wise snack ideas for you to try:

Fresh fruit, washed, cut and ready to eat with an ounce of low-fat cheese
Broccoli florets with low-fat ranch dressing
Hard cooked egg
Individual low-fat yogurt
Reduced-fat cheese sticks
Individual servings of low-fat milk, rice milk or soy milk
Black bean salsa with celery sticks
Hummus with whole-wheat pita
Whole-grain chips with bean dip
Whole-grain crackers with peanut butter
Whole-grain cereal with skim milk
Crisp bread with low-fat cottage cheese
Soy nuts
Roasted almonds, pistachios, or any nuts
Pre-portioned trail mix
Whole-wheat fig bars
Snack size low-fat popcorn

AARP offers driver safety course

NORWICH – Tuesday, May 1 and Wednesday, May 2, the South Edmeston Community Church, at 4259 County Rd. 18 (corner of Rte. 18 & 25), South Edmeston will host the AARP Driver Safety Course. The 6-hour course will be from 6 p.m. to 9 p.m. each day. You must be on time and attend the entire course to qualify for the certificate. Any person with a NYS drivers

license (not a permit) that completes the course may earn a deduction on their automobile insurance for a three year period, or it may qualify you for a point reduction on your driver's license. If a family owns more than one vehicle, a second person must take the course to qualify for the second vehicle discount.

The course costs \$17 for AARP members (showing proof of mem-

bership) and \$19 for non-members, which should be paid to AARP on the first day of the course. Class size is limited. All participants are asked to bring their driver's license, AARP card (if have), and a pen to class.

To register for the course or for more information, call the Area Agency on Aging office at 337-1770.

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!

Komen Central New York 2012 Race for the Cure Saturday, May 19, 2012



TREASURES IN TIME

THANK YOU GEORGE ZIENO!!

The Home Delivery Program in Chenango County relies on a large volunteer force to deliver approximately 60% of the meals to home-bound Senior Citizens throughout the County. The remainder are delivered to homes by way of First Transit buses.

Without our valuable volunteers, we would not be able to feed the many home delivered recipients in several townships. Here in Norwich, there are five home delivery routes leaving the First Baptist church~Monday through Friday, delivering as many as 85 meals/day within the City. We rely on several volunteers to deliver each of these routes on various days. George Zieno was one of them.

George faithfully delivered meals for the Nutrition Program for TWENTY FIVE years! Many people in the City of Norwich still remember George delivering a meal to their door with a smile. He obviously enjoyed the visiting with the people, serving his community, and helping others.

I remember George coming into the Senior Center~ ready to deliver meals on his route. He would always ask me, with a grin, "so when am I going to get a raise?" or "what's for lunch, surf and turf?"

Sadly, George passed away this year and will be missed by all. We are all grateful to George for his many years of dedication and service.

Trudy Harris-Irons/ Nutrition Services Coordinator

Join the Chenango Health Network team for the 2012 Susan G. Komen Central New York Race for the Cure® on Saturday, May 19, 2012 at the New York State Fairgrounds and Expo Center in Syracuse, NY.

underinsured women. The remaining 25 percent goes to fund national research to discover the causes of breast cancer and, ultimately, its cures.

Every step counts! Your donation provides women and men in Central New York with services that have literally saved lives. You help make the following programs possible: Free mammograms and diagnostics; medical treatment for qualified breast cancer patients who cannot afford care, including surgery, chemotherapy, and radiation; support services including support groups, assistance with finding financial resources, prescription refills and transportation to medical appointments; education about the warning signs of breast cancer, methods of early detection and the latest treatment options; and cutting edge research to find a cure for breast cancer.

For more information or to register and join the Chenango Health Network team call 315-472-6162, or go to www.komencny.org.

Chenango Health Network receives grant funding from Susan G. Komen For the Cure Central New York for its Every Woman Counts in Chenango County campaign which enrolls medically underserved women to receive mammograms and clinical breast exams and gives women and girls important information about breast health and the benefits of early detection. Chenango Health Network is a rural health network whose objectives are to increase access to health and wellness information and to health care services. The CHN goal is to improve the quality of life in every community in Chenango County.

The Susan G. Komen Race for the Cure® Series, the largest series of 5K runs/fitness walks in the world, raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors those who have lost their battle with the disease. Since its inception in 1983, the Komen Race for the Cure Series has grown from one local Race with 800 participants to a global series of more than 120 Races with more than 1 million people expected to participate in 2012.

The Komen Race for the Cure is a unique event, designed and implemented to promote positive awareness, education and early detection of breast cancer. It has proved to be an enormously effective way to reach many women and men with the message that breast cancer is not necessarily fatal if mammography and breast self-exam become routine. As well as being a road race for runners, the Komen Race for the Cure is an emotionally charged event that attracts many first timers and recreational runners. The Komen Race for the Cure is an opportunity for thousands of women, men and their families, running or walking, to spread the breast cancer message within their communities.

Up to 75 percent of the funds raised at the Race remain here in Central New York to provide breast health research, diagnostics, screening, treatment, services and education for uninsured or

Chenango County Area Agency on the Aging

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

LAWRENCE WILCOX
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

May 2012

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Menus Subject to Change Without Notice

1

Creamed Chipped Beef
Mashed Potatoes
California Blend Vegetables
Rye Bread
Pear Blush

2

Fish Florentine
Brown Rice
Chateau Blend Vegetables
Multigrain Bread
Whipped Delight (Also for N)

3

Turkey Divan
Egg Noodles
Carrot Coins
Whole Wheat Bread
Streusel Coffee Cake w/Topping (Also for N)

4

Sloppy Joe on a Bun
Tater Tots
Extra Vegetable (HDM Only)
Cabbage Salad
Hamburger Roll
Fruit Cocktail

5

HOME DELIVERED MEALS ONLY
Pot Luck Meal

6

HOME DELIVERED MEALS ONLY
Pot Luck Meal

7

Chicken Parmesan
Linguini w/Marinara Sauce
Peas
Rye Bread
Fresh Fruit

8

Salisbury Steak w/Gravy
Mashed Sweet Potatoes
Brussels Sprouts
Oatmeal Bread
Molasses Cookie (Also for N)

9

Vegetable Lasagna
Stewed Tomatoes
Country Blend Vegetables
Warmed Garlic Bread (Centers)
Italian Bread (HDM Only)
Pineapple Tidbits

10

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

11

Roast Pork w/Gravy
Garlic Red Skinned Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Dinner Roll
Chocolate Mousse w/Topping (Also for N)

12

HOME DELIVERED MEALS ONLY
Pot Luck Meal

13

HOME DELIVERED MEALS ONLY
Pot Luck Meal

14

Meatloaf w/Gravy
Mashed Potatoes
Island Blend Vegetables
Whole Wheat Bread
M & M Cookie (Also for N)

15

Sage Stuffed Breaded Chicken
Parsley Potatoes
Asian Blend Vegetables
Multigrain Bread
Birthday Cake (Also for N)
Fresh Fruit (Norwich / HDM Only)

16

Meatball Sub
Garlic Herb Potatoes
California Blend Vegetables
Hot Dog Roll
Birthday Cake (Also for N)

17

Ham Loaf
Mashed Potatoes
Chuckwagon Blend Vegetables
Rye Bread
Apricot Halves

18

Vegetable Burger
Sweet Potato Puffs
Pickled Beets
Hamburger Roll
Fresh Fruit

19

HOME DELIVERED MEALS ONLY
Pot Luck Meal

20

HOME DELIVERED MEALS ONLY
Pot Luck Meal

21

Honey Mustard Chicken
Parsley Potatoes
Winter Blend Vegetables
Multigrain Bread
Butterscotch Pudding (Also for N)

22

Baked Fish w/Garlic Butter
Wild Rice
Island Blend Vegetables
Whole Wheat Bread
Fresh Fruit

23

Sausage w/Peppers & Onions
Roasted Potato Medley
Chuckwagon Blend Vegetables
Hot Dog Roll
Sliced Peaches

24

Meat Lasagna
Tomato Zucchini Casserole
Extra Vegetable (HDM Only)
Tossed Salad
Italian Bread
Blueberry Pie w/Topping
Blueberry Crisp w/Topping (N & HDM Only)

25

Waikiki Chicken
Rice Pilaf
Asian Blend Vegetables
Tossed Salad
Oatmeal Bread
Strawberry Shortcake w/Topping (Also for N)

26

HOME DELIVERED MEALS ONLY
Pot Luck Meal

27

HOME DELIVERED MEALS ONLY
Pot Luck Meal

28

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

29

Macaroni & Cheese
Stewed Tomatoes
Peas
Italian Bread
Chocolate Chip Cookie (Also for N)

30

Chicken à la King
Buttered Noodles
Island Blend Vegetables
Rye Bread
Brownie w/Topping (Also for N)

31

Breaded Fish
Sandwich w/Tartar Sauce
Tater Tots
Spring Blend Vegetables
Cabbage Salad
Hamburger Roll
Applesauce

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, May 10

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

Friday, May 11

Sherburne & South Otselic
Roast Pork w/Gravy
Garlic Red Skinned Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Dinner Roll
Chocolate Mousse w/Topping (Also for N)

Thursday, May 24

McDonough, New Berlin & Norwich
Meat Lasagna
Tomato Zucchini Casserole
Tossed Salad
Warmed Garlic Bread
Blueberry Pie w/Topping
Blueberry Crisp w/Topping (N)

Friday, May 25

South Otselic ONLY
Waikiki Chicken
Rice Pilaf
Asian Blend Vegetables
Tossed Salad
Oatmeal Bread
Strawberry Shortcake w/Topping (Also for N)

MENU

June 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.

4

Sweet & Sour Pork
 Rice Pilaf
 Asian Blend
 Vegetables
 Whole Wheat
 Bread
 Peanut Butter
 Cookie (Also for N)

5

Chicken Salad on
 Roll
 Pasta Salad
 Pickled Beets
 Golden Glow Salad
 (N) (Centers)
 Hamburger Roll
 Tapioca Pudding
 (Also for N)

6

Salisbury Steak
 w/Gravy
 Mashed Potatoes
 Brussels Sprouts
 Italian Bread
 Pear Blush

7

Roast Pork w/Gravy
 Garlic Red Skinned
 Mashed Potatoes
 Capri Blend
 Vegetables
 Tossed Salad
 Dinner Roll
 Pineapple Upside-
 Down Cake
 w/Topping (Also for
 N)

8

Sage Stuffed
 Breaded Chicken
 Winter Squash
 Chateau Blend
 Vegetables
 Cran-Pear Salad (N)
 Multigrain Bread
 Apple Pie w/Topping
 Apple Crisp
 w/Topping (N & HDM
 Only)

9

HOME DELIVERED
 MEALS ONLY
 Pot Luck Meal

10

HOME DELIVERED
 MEALS ONLY
 Pot Luck Meal

11

Creamed Chipped
 Beef
 Mashed Potatoes
 California Blend
 Vegetables
 Oatmeal Bread
 Fresh Fruit

12

Sausage w/Peppers
 & Onions
 Garlic Herb Potatoes
 (HDM Only)
 Chuckwagon Blend
 Vegetables
 Macaroni Salad
 (Centers)
 Hot Dog Roll
 Birthday Cake (Also
 for N)
 Chef's Mixed Fruit
 (Norwich & HDM)

13

Macaroni & Cheese
 Stewed Tomatoes
 Italian Blend
 Vegetables
 Whole Wheat
 Bread
 Birthday Cake (Also
 for N)

14

Meatball Sub
 Baked Beans
 Extra Vegetable
 (HDM Only)
 Purple Cabbage
 Salad
 Hot Dog Roll
 Whipped Delight
 (Also for N)

15

Onion Lemon
 Baked Fish
 Mashed Sweet
 Potatoes
 Peas
 Tossed Salad
 Rye Bread
 Chocolate Chip
 Cookie (Also for N)

16

HOME DELIVERED
 MEALS ONLY
 Pot Luck Meal

17

HOME DELIVERED
 MEALS ONLY
 Pot Luck Meal

18

Swedish Meatballs
 Egg Noodles
 Brussels Sprouts
 Whole Wheat
 Bread
 Apricot Halves

19

Spanish Rice
 Winter Blend
 Vegetables
 Extra Vegetable
 (HDM Only)
 Tossed Salad
 Italian Bread
 Oatmeal Raisin
 Cookie (Also for N)

20

Caribbean Chicken
 Breast
 Maple Roasted
 Sweet Potatoes
 Capri Blend
 Vegetables
 Oatmeal Bread
 Fresh Fruit

21

Fish Florentine
 Wild Rice
 Glazed Carrots
 Perfection Salad
 (N)
 Multigrain Bread
 Ice Cream Sundae
 w/Topgs. (Centers)
 Vanilla Ice Cream
 (HDM & N-SF)

22

Meat Lasagna
 Spinach
 Extra Vegetable
 (HDM Only)
 Tossed Salad
 Warmed Garlic
 Bread (Centers)
 Italian Bread (HDM
 Only)
 Gingerbread
 w/Lemon Sauce
 (Also for N)

23

HOME DELIVERED
 MEALS ONLY
 Pot Luck Meal

24

HOME DELIVERED
 MEALS ONLY
 Pot Luck Meal

25

Stuffed Cabbage
 Roll
 Winter Squash
 Pickled Beets
 Multigrain Bread
 Sherbet

26

Chicken à la King
 Buttered Noodles
 Island Blend
 Vegetables
 Oatmeal Bread
 Fruit Cocktail

27

Ham & Cheese
 Croissantwich
 Baked Beans
 Purple Cabbage
 Salad
 Croissant
 Vanilla Pudding
 (Also for N)

28

Vegetable Lasagna
 Stewed Tomatoes
 Peas
 Warmed Garlic
 Bread (Centers)
 Italian Bread (HDM
 Only)
 Brownie w/Topping
 (Also for N)

29

Shepherd's Pie
 Spring Blend
 Vegetables
 Extra Vegetable
 (HDM Only)
 Whole Wheat
 Bread
 Pineapple Tidbits

30

HOME DELIVERED
 MEALS ONLY
 Pot Luck Meal

**Menus
 Subject
 to
 Change
 Without
 Notice**

EVENING DINING MENU

Thursday, June 7

McDonough ONLY
 Roast Pork w/Gravy
 Garlic Red Skinned Mashed Potatoes
 Capri Blend Vegetables
 Tossed Salad
 Dinner Roll
 Pineapple Upside-Down Cake
 w/Topping (Also for N)

Friday, June 8

South Otselic ONLY
 Sage Stuffed Breaded
 Chicken
 Winter Squash
 Chateau Blend Vegetables
 Cran-Pear Salad (N)
 Multigrain Bread
 Apple Pie w/Topping
 Apple Crisp w/Topping (N)

Thursday, June 21

McDonough ONLY
 Fish Florentine
 Wild Rice
 Glazed Carrots
 Perfection Salad (N)
 Multigrain Bread
 Ice Cream Sundae
 w/Toppings
 Vanilla Ice Cream (N-SF)

Friday, June 22

South Otselic ONLY
 Meat Lasagna
 Spinach
 Tossed Salad
 Warmed Garlic Bread
 Gingerbread w/Lemon
 Sauce
 (Also for N)

EVENTS

May-June 2012

ALGONQUIN SENIOR CENTER

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

MAY

DAILY ACTIVITIES: Puzzles, Games, Trivia, Cards

SPECIAL ACTIVITIES:

02-Old Time Shows
09-Celebrate Mother's Day
11-Bingo
16-Celebrate Birthdays / Movie
23-Piano Entertainment w/Gary Doupe
25-Memorial Day Salute & History
28-CLOSED-Memorial Day

JUNE

DAILY ACTIVITIES: Puzzles, Games, Trivia, Cards

SPECIAL ACTIVITIES:

01-Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!
04-Ceramic Painting Week—"Refrigerator Magnets"
13-Celebrate Birthdays / Movie
15-Celebrate Father's Day & History
20-Old Time Shows

GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

MAY

10-Evening Dining w/Cards / Celebrate Mother's Day
24-Evening Dining w/Cards / Celebrate Memorial Day / Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!

JUNE

07-Evening Dining w/Cards / Celebrate Father's Day
21-Evening Dining w/Cards / First Days of Summer



BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

MAY

DAILY ACTIVITIES: Bingo; Cards, Games

SPECIAL ACTIVITIES:

07-"Walk a Mile" at Coventry's Backyard Trail
11-Mother's Day Celebration
16-Celebrate Birthdays!
18-Bring a Friend to Lunch Day
21-Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!
25-Memorial Day Commemoration
28-CLOSED-Memorial Day

JUNE

DAILY ACTIVITIES: Bingo; Cards, Games, Crosswords, Word Search

SPECIAL ACTIVITIES:

01-"Walk a Mile" at Coventry's Backyard Trail
04-Blood Pressure Clinic
13-Celebrate Birthdays!
15-Father's Day Celebration
22-Buffer Style Lunch
27-Buffer Style Lunch

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

MAY

DAILY ACTIVITIES: 50/50 Raffle; Cards; Puzzles

SPECIAL ACTIVITIES:

10-Mother's Day Celebration / Plant Seeds
15-Celebrate Birthdays!
22-Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!
24-Evening Dining w/ "The Mayne Event" Entertainment
31-Bingo

JUNE

DAILY ACTIVITIES: 50/50 Raffle; Cards; Puzzles

SPECIAL ACTIVITIES:

07-June Bride Wedding Pictures
12-Celebrate Birthdays!
14-Flag Day / Celebrate Father's Day
21-First Day of Summer
28-Bingo

PLUM VALLEY FOREVER YOUNG CENTER

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

MAY

11-Evening Dining w/Celebrating Mother's Day
25-Evening Dining w/Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!

JUNE

08-Evening Dining w/Celebrating Father's Day
22-Evening Dining w/First Days of Summer

CMH practice earns national recognition for patient-centered care

The National Committee for Quality Assurance (NCQA) has announced that UHS Chenango Memorial Hospital's Internal Medicine practice has received recognition from the Physician Practice Connections - Patient-Centered Medical Home (PPC-PCMH) program for using evidence-based, patient-centered processes that focus on highly coordinated care and long-term participative relationships.

Chris Kisacky, Vice President Operations, explained that this recognition and designation is based on a

patient-focused model of care and service delivery that encourages partnerships between individual patients and their personal clinicians to improve the quality and efficiency of care.

Wendy Surdoval, Vice President Quality Management stated, "Achieving this recognition was a quality initiative, and making sure that we meet these standards helps us to achieve our own patient-centered care standards." Ms. Kisacky added, "The goal of the Patient-Centered Medical Home model is to improve health and health care - to keep our patients healthy and prevent illness when possible, seeking to avoid unnecessary

hospitalizations and emergency room visits through more efficient, more coordinated care. NCQA President Margaret E. O'Kane stated, "... PPC-PCMH recognition shows that UHS Internal Medicine, Norwich has tools, systems and resources to provide its patients with the right care at the right time."

To receive recognition, which is valid for three years, the practice demonstrated the ability to meet the program's key elements embodying characteristics of the medical home. The standards are aligned with the joint principles of the Patient-Centered Medical Home established

with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics and the American Osteopathic Association.

UHS Chenango Memorial Hospital, celebrating its 100th anniversary this year, is a member of UHS, a locally owned, not-for-profit, 916-bed hospital and health care system serving the Greater Binghamton region. Founded in 1981, UHS provides a full range of medical, surgical, rehabilitative and long-term care services from more than 40 locations around New York's Southern Tier.

EVENTS

May-June 2012

WESTSIDE PARK SENIOR CENTER

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

MAY

DAILY ACTIVITIES: Puzzles, Trivia Plus, Crosswords, Word Search, Socialization, Cards on Fridays

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

11-Celebrate Mother's Day
16-Celebrate Birthdays!
24-Evening Dining w/Entertainment
28-CLOSED-Memorial Day
30-Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!
31-At Graceview Manor Apartments, 80 Calvary Drive—Speaker, Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!

JUNE

DAILY ACTIVITIES: Puzzles, Trivia Plus, Crosswords, Word Search, Socialization, Cards on Fridays

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

13-Celebrate Birthdays!
14-Flag Day Celebration
15-Celebrate Father's Day

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



WINDY HILL SENIOR CENTER

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

MAY

DAILY ACTIVITIES: Bingo, Games

SPECIAL ACTIVITIES:

03-Chenango Health Network-Breast Cancer Awareness Program
08-"Walk a Mile" at Our Backyard Trail
10-Mother's Day Celebration
15-Celebrate Birthdays!
17-Bring a Friend to Lunch Day
24-Memorial Day Commemoration
29-Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!

JUNE

DAILY ACTIVITIES: Bingo, Games, Crosswords

SPECIAL ACTIVITIES:

05-"Walk a Mile" at Our Backyard Trail
12-Celebrate Birthdays!
14-Flag Day / Celebrate Father's Day
19-Picnic Outdoors (Weather Permitting)

THE WELCOME CENTER

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

MAY

DAILY ACTIVITIES: Cards, Puzzles, Trivia / Word Search

SPECIAL ACTIVITIES:

09-Bingo
11-Evening Dining w/Entertainment / Celebrate Mother's Day
16-Celebrate Birthdays / Wear Purple for Peace Day
23-Grace Fuller, RD-"Low Fat" Isn't Always Healthier?—The Great Fat Debate!
28-CLOSED-Memorial Day

JUNE

DAILY ACTIVITIES: Cards, Puzzles, Trivia

SPECIAL ACTIVITIES:

13-Celebrate Birthdays / Root Beer Float Day / Celebrate Flag Day
15-Celebrate Father's Day / Cheese Tasting Party
18-Bring in Pictures of Your Father
20-Bingo
27-Bingo



m-pact returns to Arts Council for May 11 show

Following a sold out appearance that brought the entire audience to its feet in early 2011, the vocal group m-pact returns to the Chenango County Council of the Arts in Norwich on Friday, May 11 at 7 p.m.

Their award winning sound incorporates the smooth soul of Stevie Wonder, the percussive power of Stomp, the funk and drive of Earth, Wind, & Fire, the hip licks of Take 6, and the brass bite of the Harry Connick Jr. Big Band, all created by the human voice alone.

Hailed "one of the best pop-jazz vocal groups in the world" by the San Francisco Chronicle, m-pact is respected worldwide as a cutting edge trail-

blazer in the realm of vocal music. Emerging from an age of auto-tune and overproduction, this Los Angeles-based sextet has cultivated a new generation of ears hungry for the fresh, raw power of nature's "first instrument" - the human voice.

From the beginning, the "pact" of these well-studied masters has been to stay true to Music, regardless of style or genre. Their sophisticated sound and accessible appeal have garnered vast accolades, including "Vocal Group of the Year" from the LA Music Awards, an Indie nomination (the Independent Grammy), "Artist of the Year" (Seattle Music Awards), and Grand National Champs of the Harmony Sweepstakes

competition.

Touring renowned fine arts halls and jazz festivals across four continents, m-pact has performed with pop superstars Sheryl Crow, Boyz II Men, Kenny G, Liza Minnelli, Babyface, Rick Springfield and Jackson Browne to name a few, as well as with jazz legends from Ray Charles, Natalie Cole, Bobby McFerrin, Take 6, and the New York Voices to the Woody Herman Orchestra and the Maynard Ferguson Big Band. Over the last dozen years, their signature sound has been used in both TV themes and animated Disney feature films, and is enjoyed on syndicated radio worldwide.

Around the globe, mesmerized audi-

ences buzz from the thrill of m-pact's vocal acrobatics, innovative orchestrations, and commanding yet authentic stage presence. Unknowing ears of all ages come expecting entertainment but leave enriched from an indescribable experience: the musical journey across Technicolor soundscapes produced by this "Cirque du Soleil of Song."

This performance by m-pact is sponsored by Preferred Mutual Insurance Company. Tickets range in price from \$20 to \$25 with discounts for seniors and members of the Arts Council. Youth 18 and under are always \$10. For reservations call 336-ARTS(2787) or go to chenangoarts.org. The Arts Council is located at 27 West Main St., Norwich.

Everything you need to know about consulting with a dietitian

Grace Fuller, a registered dietitian, has been the Area Agency on Aging dietitian consultant for over 11 years. She is available to all Chenango County seniors who need help with their specific diets or have questions/concerns about nutrition or food. Although there is no charge for this service, contributions to the Agency are accepted and appreciated.

How do you contact her?

Call the Area Agency on Aging at 607-337-1770. Depending on your needs, Grace can meet with you in your home, at the agency office or any of the 8 senior centers. Occasionally, questions

may be handled by phone.

Who can make a referral to our dietitian?

You can request a consultation for yourself or referrals can come from others including family members, a neighbor, friend, caregiver, hospital staff who are discharging you, public health officials or your doctor. Anyone connected with you can call our agency to ask for the dietitian on your behalf.

Below are examples of why people requested assistance for our dietitian in the past:

Diet Management Issues-

Doctor just started me on a new diet
Needs a refresher



course for current diet

Just put on a combination diet with many different nutritional needs that have to be met.

Looking for Answers on How To-

Get my blood sugar under control

Get my cholesterol down to an ideal range (What are LDL's, HDL's and triglycerides?)

Get my blood pressure down by watching the sodium (How do I control sodium in my food, what foods should I avoid, what high potassium foods should I eat more of?)

Get a high fiber diet (What is soluble vs. insoluble fiber?)

Health issues-

Unplanned weight loss - anorexic, loss of

appetite, cannot taste the food, ill fitting dentures, no dentures, difficulty chewing and/or swallowing.

Notable weight gain
Chronic constipation or diarrhea

Dehydration
GERD (gastroesophageal reflux disease)

Other GI disorders: ulcers, diverticulosis, diverticulitis, hiatal hernia, irritable bowel, colostomy, Crohn's disease.

Diabetes
Coronary heart disease (high cholesterol, high triglycerides)

Renal disease (kidney) and/or fluid retention

Respiratory diseases (chronic obstructive pulmonary disease - (COPD), congestive heart failure (CHF))

High blood pressure
Osteoporosis (bone thinning disease)

Various food allergies
Multiple medications - concerns about medication-food interactions

Physical factors/limitations-

Severe arthritis - decreased ability to handle cutlery or cooking utensils

Limited mobility - decreased ability to shop, cook, etc.

Visual impairment -

decreased ability to see, read, cook, etc.

Lethargy or depression - no vitality, no desire, no interest

Meal planning, food preparation and healthy nutrition practices-

Basic meal planning; recipe requests

Basic cooking skills; cooking for one or two
Recipes modified to suit my diet

Vegetarian diet
Portion control

Supermarket know how
Shopping advice for a limited budget

Label reading
Heart healthy diet -

Mediterranean style of eating

Sugar substitutes (artificial sweeteners and sugar alcohol)

Carbohydrate counting
Saturated fats; trans fats

Salt substitutes
Flavoring food

Grace can also answer questions about our home delivered meals as well as meals served at our 8 senior centers.

If you have any questions about any of the above or other food/nutrition issues please don't hesitate to call and request a visit from our dietitian!

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)

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)