

# Bullthistle Bulletin

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

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## MyPlate - America's Latest Food Guide

BY GRACE FULLER RD

After 20 years of service, the old Pyramid Food Guide has been retired and in its place is the new "MyPlate" Guide. The MyPlate Guide is a huge improvement from the old pyramid in that it gives the public a better sense of what a healthy plate of food ought to look like and what the relative amounts of each of the food groups should be.

Let's have a look at this new food guide.

The plate is divided into 4 parts, each with its own distinct color representing a food group. The Fruits and Vegetables are on one side, half the plate and the Grains and Proteins cover the other half. The Vegetables and the Grains take up a bit more space on their half of the plate than the other groups. Just attached to the plate is a circle that houses the Dairy serving intended to be consumed with every meal. The idea is that whenever you sit down to eat, your plate should resemble this MyPlate diagram with half of the plate occupied by vegetables and fruits and the other half occupied by grains and protein, along with a serving of low fat dairy on the side.

What makes MyPlate guide different from the old pyramid food guide?

MyPlate emphasizes the importance of getting enough vegetables and fruits in our daily diet.

There is no acknowledgement of added sugars and fats. The experts who designed this new guide decided that we did not need encouragement to eat more of these fats and sweets.

MyPlate's visual image should have more meaning than the old pyramid as we all eat from a plate.

With the old pyramid, the message was that the grain group that made up the vast bases of the pyramid ought to represent the lion's share of our daily intake of food. In the USA today, the bulk of the grains eaten are refined, not what we might consider the basis of a healthy diet. Fruits and vegetables, on the other hand, are by far the much healthier choices of carbohydrates, as they are whole foods, full of vitamins and minerals as well as phytonutrients. Therefore, with the MyPlate guide, the daily portion of grains has been reduced and replaced with additional vegetables and fruits.

Since MyPlate is not adorned with pictures of foods from each group, let's review each of these 5 groups and discuss their unique characteristics:

**Grain Group:** In the course of each day, half of the grains eaten should be "whole". Grains are divided into 2 groups:

Whole grains-contain the entire grain kernel (the bran, the germ and the endosperm).

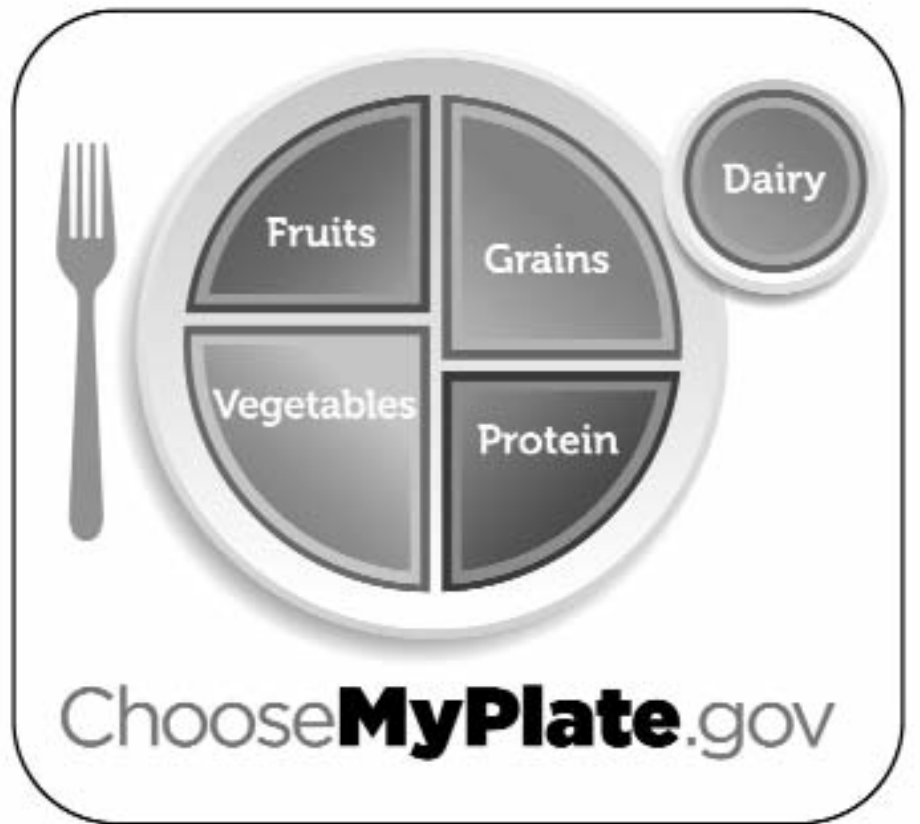
The most common examples: whole wheat flour, 100% whole wheat bread, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice.

Refined grains-processed so that the germ and the bran have been removed. Grains are often processed to acquire a finer texture and improve shelf life. Unfortunately, it also removes dietary fiber, iron and many B vitamins in the process. Since much of the nutritional value is lost through milling, most refined grains are enriched (B vitamins, such as, thiamin, riboflavin, niacin and folic acid and iron are added back). Fiber, though, is not added back with the enrichment process. Important tip: Always check the ingredient list when buying refined grain products to ensure that the grain is labeled as "enriched". Some food products contain both whole and refined grains. The most common examples: white flour, white bread, degermed cornmeal, white rice, and traditional pasta.

**Vegetable Group:** The key is variety. Vegetables come raw or cooked. They are sold fresh, frozen, canned, dried or dehydrated. They are available whole, cut-up, mashed, as well as in juice form. Vegetables can be categorized into 5 sub-groups, based on their nutrient content. Take note that the vegetables within each sub-group bear similar color. Here is where the "variety" comes in. Try to dress your plate with brightly colored fruits and vegetables. The more intense the colors, the more nutritional value in your meal.

Here are some examples of the more common vegetables from each sub-group:

Dark Green Vegetables: Broccoli, spinach, kale, mustard greens, and



MAYOR PHILIP DARLING, BAINBRIDGE, JAMES MUTABILWA, MAYOR JOSEPH MAIURANO, NORWICH CHRIS McAVOY, MAYOR MARCIA MILLER, GREENE, LORI KEMMERER AND MAYOR SALLY MULLER, AFTON. (JAMES, CHRIS AND LORI ARE CHN STAFF.)

## Chenango Health Network and Mayors Meet

Chenango Health Network invited the nine mayors of Chenango County to meet to identify opportunities to better inform and educate their constituents about health related issues and the services available locally and to discuss possible collaborative efforts. The roundtable meeting, called "The Meeting of Mayors' Minds" held June 13th at Main Street Grill and Bakery in Afton was attended by Mayor Sally Muller, Afton; Mayor Philip Darling, Bainbridge; Mayor Marcia Miller, Greene; and Mayor Joseph Maiurano, Norwich and three Chenango Health Network staff, James Mutabiilwa, Lori Kemmerer and Chris McAvoy.

Discussed were three main

Chenango Health Network programs and their value to the community: Tobacco Free Chenango and the importance of tobacco free parks and playground policies and resolutions. The policies and resolutions are self enforced through posting of signage at the parks and playgrounds and ongoing awareness through use of media; The Restaurant Project which most recently completed work with seven locally owned restaurants to encourage them to offer healthy food choices and portion options. Some received assistance with menu planning, others education for staff, signage in various formats and other creative assistance. Another group

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# My Plate —

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collard greens;

**Starchy Vegetables:** Corn, fresh green peas, green lima beans, potatoes, and plantains;

**Red and Orange Vegetables:** Tomatoes, red peppers, carrots, sweet potatoes, butternut squash, acorn squash, and pumpkin;

**Beans and Peas:** Garbanzo beans(chickpeas), kidney beans, black beans, pinto beans, lentils, black-eyed peas, and soy beans; and

**Other Vegetables:** Green beans, cabbage, Brussels sprouts, asparagus, beets, onions, turnips, zucchini, eggplant, avocado, artichokes, and mushrooms.

**Fruit Group:** Maintain daily focus on fruit. Fruits come fresh, canned, frozen, dried and as juice. They are sold whole, cut-up or pureed. It is important to eat fresh fruit as much as possible as they tend to contain more nutrients than any other form of fruit, especially the juices. With the summer season approaching, we will have a bountiful selection of fresh fruits from which to choose. Make the most of weekly supermarket specials to get the best deals on fresh fruits and vegetables throughout the year and support your local farmer's markets to get locally grown produce.

Here are some examples of the more commonly eaten fruits: apples, bananas, grapes, oranges, grapefruits, berries, pears, peaches, plums, cherries, kiwis, pineapples, mangos, lemons, limes, and raisins.

**Dairy Group:** A calcium-rich dairy food should be a part of each meal. This group includes all liquid milk products and most foods made from milk. It is wise to choose low-fat or fat-free choices. As a rule, foods made from milk that retain its calcium content can be counted as part of the dairy group. On the other hand, foods made from milk that contain minimal or no calcium (cream cheese, cream and butter) are not part of this group. Soy milk, which is fortified with calcium, does belong to the dairy group. When buying dairy products, whether it is milk, yogurt or cheese, always stick with fat-free or low-fat as the saturated fat in regular dairy foods will contribute to unwanted calories and unhealthy fat for our heart. As delicious as some of the sweetened milk products (flavored milk, yogurt, drinkable yogurt, and desserts) are, remember that they

contain added sugars and a whole lot of extra calories.

**Protein Group:** Think lean! Protein foods cover both animal and plant sources from meat, poultry, seafood and eggs to beans, peas, processed soy products, nuts and seeds. Beans and peas are also part of the vegetable group. When selecting proteins, don't get in a rut, think variety, as well as nutrient content and health benefits, not just taste. Keep in mind that 8 ounces of seafood is recommended for each week as part of a heart healthy routine. Seafood that are rich in omega-3 fatty acids, such as salmon, trout, sardines and anchovies are the super stars of choice. Do not forget that the canned fish option (which includes tuna) is convenient and affordable. Be sure to buy the ones canned in spring water (not oil) for higher omega-3 content and fewer calories. If you are vegetarian, beans, peas, soy products, nuts and seeds are your vegetarian heart-healthy options.

For both calorie and health reasons, make it your policy to buy LEAN or LOW-FAT meat and poultry, and don't be tempted with the crispy skin from poultry. Cooking methods can have a huge impact on overall calories and nutritional value. Every time you fry, sauté, deep fry or slather your protein food in heavy sauce/gravy/dressing/butter, you are taking away from the original nutritional goodness of the food. Keep this in mind when you are planning your meals. Processed meats such as deli meats, hot dogs, sausages, ham are part of the protein group, but they are extremely high in sodium content. Limit these choices and also consult the nutrition facts label to choose the ones with the least sodium. Important Tip: When buying poultry or pork for roasting, the term "self-basting" on the label means that the product has been injected with a salty solution to help retain moisture. This can contribute to the overall sodium in your meal.

How can the MyPlate guide fit into your daily routine? Just ask yourself when you sit down to eat after reviewing your plate or bowl whether your plate is half filled with vegetables and fruits. Look to see if the plate is colorful. Starches, sugar and fat are generally beige or brown, unlike the rainbow colors from vegetables and fruits.

Bon Appétit! Let's eat to our health!

## Chenango Health Network —

CONTINUED FROM PAGE 1

of restaurants is receiving support for 2012 and 2013. The Every Woman Counts in Chenango County Campaign's focus is to improve access to information and educational opportunities for women living in Chenango County and to insure that women receive mammograms and clinical breast exams and follow-up. In October 2011, to mark National Breast Cancer Awareness Month, Chenango Health Network sponsored the first Paint the Town Pink. Greene, Norwich, Afton

and Bainbridge participated.

It was agreed that more opportunities to inform the Chenango County community about health related issues are needed. Agency newsletters and other educational materials will be sent to Chenango County mayors to be made available on websites and bulletin boards, and to libraries and other community locations where people gather. Chenango Health Network was invited to attend and present information to village and city meetings to present health awareness information. It

was concluded that this first "Meeting of the Mayors' Minds" was important and educational and it is anticipated futures meetings will result and will involve other community leaders.

### About Chenango Health Network

Chenango Health Network is a rural health network whose objectives are to increase access to health and wellness information and to health care services. Our goal is to improve the quality of life in every community in Chenango County.

## 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!



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

You may contact the Area Agency on Aging at 337-1770 for more information. Staff will also be available at our eight Senior Centers as per the schedule below:

- July 13th~ Sherburne (Welcome Center)Knapp Street, Sherburne 11AM-1PM
- July 16th~ Greene (Brightman Senior Center) Birdsall Street, Greene 11AM-1PM
- July 16th~ Norwich (Westside Senior Center) West Park Place/Baptist Church, Norwich 11AM-1PM
- July 17th~ Coventry (Windy Hill Senior Center)Town Hall, Coventry 11AM-1PM
- July 18th~ Bainbridge (Algonquin Senior Center)South Main Street, Bainbridge 11AM-1PM
- July 19th~ McDonough (Geneganslet Senior Center) Methodist Church, McDonough 4:30-6PM
- July 19th~ New Berlin (Unadilla Valley Senior Center) Terrace Heights, New Berlin 11AM-1PM
- July 20th~ South Otselic (Plum Valley Senior Center) Methodist Church, South Otselic 4:30-6PM



## Are you overwhelmed by debt?

Are you having trouble paying your bills? Are you getting dunning notices from your creditors and having your accounts turned over to debt collectors? If so, you're not alone. Many seniors were struggling to make ends meet even before the collapse of our economy in the Great Recession of 2007 and now feel completely overwhelmed by debt. Predatory lending, hidden fees and other traps for the unwary have added to the financial stress often associated with unexpected job loss, illness and retirement.

Too often, senior's struggling with debt are easy prey for unscrupulous credit counseling and repair organizations peddling debt management plans or outright relief from indebted-

ness. Others may think that bankruptcy is their only recourse when, in fact, it may not be necessary.

If you are concerned about how to manage your debts and would like some help evaluating your options, contact the Legal Services Program of the Chenango County Area Agency On Aging at (607) 337-1770 for an appointment to speak with a lawyer. If you have been threatened with legal action by a creditor or served with a summons and complaint, don't ignore it. Contact an attorney for advice immediately. Delaying to do so may jeopardize your legal rights.

Again, you may contact the Legal Services Program of the Chenango County Area Agency On Aging at (607) 337-1770.

# 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

## July 2012

### MONDAY

**2**

Pork BBQ on Bun  
Chateau Blend  
Vegetables  
Applesauce (HDM Only)  
Macaroni Salad  
Hamburger Roll  
Molasses Cookie  
(Also for N)

### TUESDAY

**3**

Asparagus Cheese  
Stuffed Fish  
Brown Rice  
Chuckwagon Blend  
Vegetables  
Whole Wheat  
Bread  
Fresh Fruit

### WEDNESDAY

**4**

HAPPY  
INDEPENDENCE  
DAY!!

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

### THURSDAY

**5**

Spaghetti w/Meatballs  
Winter Blend  
Vegetables  
Carrot Coins (HDM Only)  
Tossed Salad  
Italian Bread  
Apple Pie w/Topping  
Apple Crisp  
w/Topping (N & HDM Only)

### FRIDAY

**6**

Chicken & Biscuit  
Yukon Gold Mashed  
Potatoes  
Peas  
Cran-Pear Salad  
(Centers)  
Buttermilk Biscuit  
Warm Bread  
Pudding w/Raisins &  
Topping (Also for N)

### SATURDAY

**7**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

### SUNDAY

**8**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**9**

Spanish Rice  
Prince William  
Blend Vegetables  
Winter Squash  
Oatmeal Bread  
Streusel Coffee  
Cake w/Topping  
(Also for N)

**10**

Swedish Meatballs  
Egg Noodles  
Brussels Sprouts  
Multigrain Bread  
Birthday Cake (Also  
for N)  
Fresh Fruit  
(Norwich / HDM  
Only)

**11**

Fish Florentine  
Wild Rice  
Glazed Carrots  
Perfection Salad  
Whole Wheat  
Bread  
Birthday Cake (Also  
for N)

**12**

Chicken Monterey  
Yukon Cold  
Mashed Potatoes  
Green Beans  
Tossed Salad  
Rye Bread  
Fresh Fruit

**13**

Ham Loaf  
Mashed Sweet  
Potatoes  
Chuckwagon  
Blend Vegetables  
Dinner Roll  
Whipped Delight  
(Also for N)

**14**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**15**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**16**

Sage Stuffed  
Breaded Chicken  
Rice Pilaf  
Bahama Blend  
Vegetables  
Multigrain Bread  
Fresh Fruit

**17**

Macaroni & Cheese  
Stewed Tomatoes  
Spinach  
Whole Wheat  
Bread  
Green Jello  
w/Mandarin  
Oranges &  
Topping (Also for N)

**18**

Turkey Divan  
Buttered Noodles  
Winter Squash  
Rye Bread  
Sugar Cookie (Also  
for N)

**19**

Ham & Cheese  
Croissantwich  
Baked Beans  
Purple Cabbage  
Salad  
Croissant  
Watermelon Wedge

**20**

Hamburger  
w/Peppers & Onions  
Pickled Beets  
Tater Tots (HDM  
Only)  
Potato Salad  
Hamburger Roll  
Ice Cream Sundae  
w/Toppings  
Vanilla Ice Cream  
(HDM Only)  
Sugar-Free Ice  
Cream (N)

**21**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**22**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**23**

Herbed Baked Fish  
Maple Roasted  
Sweet Potatoes  
Italian Blend  
Vegetables  
Whole Wheat  
Bread  
Fresh Fruit

**24**

Sweet & Sour Pork  
Rice Pilaf  
Peas  
Golden Glow Salad  
Oatmeal Bread  
Peanut Butter  
Cookie (Also for N)

**25**

Chicken Salad on  
Roll  
Baked Beans  
Cabbage Salad  
Hamburger Roll  
Fresh Fruit

**26**

Beef Stew  
Broccoli Florets  
Extra Vegetable  
(HDM Only)  
Buttermilk Biscuit  
Lemon Delight (Also  
for N)

**27**

Goulash  
Spinach  
Carrot Coins (HDM  
Only)  
Tossed Salad  
Italian Bread  
Brownie w/Topping  
(Also for N)

**28**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**29**

HOME DELIVERED  
MEALS ONLY

Pot Luck Meal

**30**

Vegetable Lasagna  
Tomato Zucchini  
Casserole  
Peas  
Italian Bread  
Oatmeal Raisin  
Cookie (Also for N)

**31**

Swiss Steak  
Mashed Potatoes  
California Blend  
Vegetables  
Multigrain Bread  
Fresh Fruit

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, July 5

McDonough ONLY  
Spaghetti w/Meatballs  
Winter Blend Vegetables  
Tossed Salad  
Warmed Garlic Bread  
Apple Pie w/Topping  
Apple Crisp w/Topping (N)

### Thursday, July 19

(PICNIC DAY)  
McDonough ONLY  
Ham & Cheese  
Croissantwich  
Baked Beans  
Purple Cabbage Salad  
Croissant  
Watermelon Wedge

### Friday, July 20

(PICNIC DAY)  
South Otselic ONLY  
Hamburger w/Peppers &  
Onions  
Pickled Beets  
Potato Salad  
Hamburger Roll  
Ice Cream Sundae  
w/Toppings  
Sugar-Free Ice Cream (N)

# MENU

August 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.

**1**

Meatball Sub  
 Three-Bean Salad  
 Tater Tots  
 Golden Glow Salad  
 Hot Dog Roll  
 Banana Nut Muffin  
 (Also for N)

**2**

Stuffed Cabbage Roll  
 Winter Squash  
 Pickled Beets  
 Rye Bread  
 Brownie w/Topping  
 (Also for N)

**3**

Turkey Tetrazzini  
 Broccoli Florets  
 Extra Vegetable (HDM Only)  
 Whole Wheat Bread  
 Tapioca Pudding  
 (Also for N)

**4**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**5**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**6**

Sausage w/Peppers & Onions  
 Baked Beans  
 Chuckwagon Blend  
 Vegetables  
 Hot Dog Roll  
 Fresh Fruit

**7**

Baked Ziti  
 Bahama Blend  
 Vegetables  
 Extra Vegetable (HDM Only)  
 Cran-Pear Salad (Centers)  
 Italian Bread  
 Chocolate Swirl  
 (Also for N)

**8**

Asparagus Cheese  
 Stuffed Fish  
 Winter Squash  
 Pickled Beets  
 Multigrain Bread  
 Mandarin Orange  
 Sections

**9**

Spicy Cranberry  
 Pork Chop  
 Maple Roasted Sweet Potatoes  
 Green Beans  
 Tossed Salad  
 Dinner Roll  
 Warm Bread  
 Pudding w/Raisins & Topping (Also for N)

**10**

Chicken Monterey  
 Wild Rice  
 California Blend  
 Vegetables  
 Tossed Salad  
 Oatmeal Bread  
 Blueberry Pie w/Topping  
 Blueberry Crisp w/Topping (N / HDM Only)

**11**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**12**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**13**

Eggplant Rollata  
 Linguini w/Marinara Sauce  
 Brussels Sprouts  
 Italian Bread  
 Fresh Fruit

**14**

Meatloaf w/Gravy  
 Mashed Potatoes  
 Island Blend  
 Vegetables  
 Multigrain Bread  
 Birthday Cake (Also for N)  
 Fresh Fruit (Norwich & HDM Only)

**15**

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

**16**

Chicken à la King  
 Yukon Gold  
 Mashed Potatoes  
 California Blend  
 Vegetables  
 Buttermilk Biscuit  
 Apricot Halves

**17**

Baked Fish w/Garlic Butter  
 Egg Noodles  
 Spinach  
 Purple Cabbage Salad  
 Rye Bread  
 Peanut Butter  
 Cookie (Also for N)

**18**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**19**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**20**

Macaroni & Cheese  
 Stewed Tomatoes  
 San Francisco Blend  
 Vegetables  
 Multigrain Bread  
 Chocolate Pudding  
 (Also for N)

**21**

Chicken Paprikash  
 Brown Rice  
 Glazed Carrots  
 Tossed Salad  
 Oatmeal Bread  
 Sherbet

**22**

Swedish Meatballs  
 Egg Noodles  
 French Green Beans  
 Dinner Roll  
 Whipped Delight  
 (Also for N)

**23**

Hamburger w/Peppers & Onions  
 Tater Tots (HDM Only)  
 Pickled Beets  
 Potato Salad  
 Hamburger Roll  
 Peach Crisp w/Topping (Also for N)

**24**

Ham & Cheese  
 Croissantwch  
 Baked Beans  
 Purple Cabbage Salad  
 Croissant  
 Watermelon Wedge  
 Fresh Fruit (HDM Only)

**25**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**26**

HOME DELIVERED MEALS ONLY  
 Pot Luck Meal

**27**

Chicken a l'Orange  
 Brown Rice  
 Oriental Blend  
 Vegetables  
 Oatmeal Bread  
 Fresh Fruit

**28**

Vegetable Lasagna  
 Country Blend  
 Vegetables  
 Cinnamon  
 Applesauce (HDM Only)  
 Tossed Salad  
 Whole Wheat Bread  
 Pear Blush

**29**

Beef Stew w/Biscuit  
 Broccoli Florets  
 Extra Vegetable (HDM Only)  
 Buttermilk Biscuit  
 Spiced Cake w/Topping (Also for N)

**30**

Tuna Salad on Roll  
 Baked Beans  
 Perfection Salad  
 Hamburger Roll  
 Molasses Cookie  
 (Also for N)

**31**

Spaghetti w/Meatballs  
 California Blend  
 Vegetables  
 Extra Vegetable (HDM Only)  
 Tossed Salad  
 Italian Bread  
 Lemon Delight  
 (Also for N)

Menus Subject to Change Without Notice

## EVENING DINING MENU

**Thursday, Aug. 8**

McDonough ONLY  
 Spicy Cranberry Pork Chop  
 Maple Roasted Sweet Potatoes  
 Green Beans  
 Tossed Salad  
 Dinner Roll  
 Warm Bread Pudding w/Raisins & Topping (Also for N)

**Thursday, Aug. 23**

(PICNIC DAY)  
 McDonough ONLY  
 Hamburger w/Peppers & Onions  
 Pickled Beets  
 Potato Salad  
 Hamburger Roll  
 Peach Crisp w/Topping (Also for N)

**Friday, Aug. 24**

(PICNIC DAY)  
 South Otselic ONLY  
 Ham & Cheese  
 Croissantwch  
 Baked Beans  
 Purple Cabbage Salad  
 Croissant  
 Watermelon Wedge

# EVENTS

## July-August 2012

### ALGONQUIN SENIOR CENTER

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

#### JULY

DAILY ACTIVITIES: Puzzles, Games, Trivia, Cards

#### SPECIAL ACTIVITIES:

02-History about Independence Day  
04-CLOSED – Independence Day  
16-Piano Entertainment w/Gary Doupe  
18-Pictionary  
25-Bingo  
27-Movie Day

#### AUGUST

DAILY ACTIVITIES: Puzzles, Games, Trivia, Cards

#### SPECIAL ACTIVITIES:

06-Grace Fuller, RD-"Carbohydrate Know How"  
10-Movie Day  
13-State Fair Sites-Word Search  
15-Piano Music-Gary Doupe  
17-Bingo  
20-Pictionary  
24-Picnic  
27-Word Search-Scrabble Words

### GENEGANSLET ACTIVITY CENTER

West Street Methodist Church  
McDonough  
Phone: 647-5666

#### JULY

05-Evening Dining w/Cards - Celebrate Independence Day, Grace Fuller, RD "Carbohydrate Know How"  
19-Evening Dining w/Cards

#### AUGUST

09-Live Entertainment-Brian Murphy  
23-Evening Dining at Lake Ludlow



### BRIGHTMAN SENIOR CENTER

Birdsall Street  
Greene  
Phone: 656-4789

#### JULY

DAILY ACTIVITIES: Bingo; Cards, Games

#### SPECIAL ACTIVITIES:

02- "Celebrate Independence"  
04-CLOSED-Independence Day  
09-"Creepy Crawlers" Trivia  
16-Grace Fuller, RD – "Carbohydrate Know How"  
20-Buffer Style Lunch  
25-"Limericks"

#### AUGUST

DAILY ACTIVITIES: Bingo; Cards, Games

#### SPECIAL ACTIVITIES:

03-"Computer Lingo" Crossword Puzzle  
08-Seniors Council Meeting at 10:15 am  
13-Elvis Presley Week  
20-Trivia Plus-"Word Pictures"  
24-Buffer Style Lunch  
27-"Hawaiian Day"-Dress Accordingly

### UNADILLA VALLEY SENIOR CENTER

Terrace Heights  
New Berlin  
Phone: 847-7037

#### JULY

DAILY ACTIVITIES: 50/50 Raffle; Cards; Puzzles

#### SPECIAL ACTIVITIES:

03-Celebrate Independence Day  
10-Grace Fuller, RD-"Carbohydrate Know How"  
26-Bingo

#### AUGUST

DAILY ACTIVITIES: 50/50 Raffle; Cards; Puzzles

#### SPECIAL ACTIVITIES:

07-Bingo  
21-Down on the Farm  
23-Bingo

### PLUM VALLEY FOREVER YOUNG CENTER

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

#### JULY

20-Evening Dining

#### AUGUST

24-Evening Dining

## Dear Marci: Will Medicaid cover my insulin?

Dear Marci,

I have diabetes and need insulin. Will Original Medicare cover my insulin?

-Paula (Athens, GA)

Dear Paula,

Yes, Medicare covers insulin and other diabetes supplies. Insulin is covered by Part B or Part D, depending on how you inject the insulin into your body.

If you inject insulin with a needle or a syringe, the Medicare prescription drug benefit (Part D) covers the

insulin and any supplies you need to inject it. This includes syringes, needles, alcohol swabs and gauze. How much your insulin costs when it's covered by Part D depends on which Part D plan you're in, the type of insulin you need, and the pharmacy you buy it at. Part D also covers other drugs you may use at home to treat your diabetes as long as they're on your plan's list of covered drugs, called a formulary.

If you use an insulin pump, Part B (outpatient medical coverage) covers the pump and the insulin as durable medical equipment (DME). If you

have Original Medicare, you'll pay 20 percent of the cost of the insulin and the pump after you meet your Part B deductible of \$140 in 2012. For Medicare to cover them, you must get the supplies from a Medicare-certified supplier. You pay the least if you go to a supplier who accepts Medicare assignment, which means the supplier takes Medicare's approved amount for an item as the full payment.

In some areas, Medicare recently started using a new competitive bidding process to pay for durable medical equipment. If you live in one of those areas and Part B is covering

your insulin and pump as durable medical equipment, the coverage rules are slightly different. Medicare will only cover supplies you get from a supplier that's been awarded a contract with Medicare. Click here to see a list of areas affected by the competitive bidding process.

If you're in a Medicare Advantage plan, your plan must also cover these diabetes supplies. However, your plan may have different rules, restrictions and costs. Call your plan to find out what you need to do to get your diabetes supplies covered.

- Marci

# EVENTS

## July-August 2012

### WESTSIDE PARK SENIOR CENTER

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

#### JULY

DAILY ACTIVITIES: Puzzles, Trivia Plus, Cross-words, Word Search, Socialization, Cards on Fridays

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

03-Celebrate Independence – 4th of July Party  
04-CLOSED – Independence Day  
18-Grace Fuller, RD – “Carbohydrate Know How”  
19-Picnic Day

#### AUGUST

DAILY ACTIVITIES: Puzzles, Trivia Plus, Cross-words, Word Search, Socialization, Cards on Fridays

SALAD BAR EVERY WEDNESDAY

SPECIAL ACTIVITIES:

23-Picnic Day

The Bullthistle Bulletin  
is online:  
[www.co.chenango.ny.us](http://www.co.chenango.ny.us)



### WINDY HILL SENIOR CENTER

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

#### JULY

DAILY ACTIVITIES: Bingo, Games

SPECIAL ACTIVITIES:

03-Celebrate Independence Day  
10-“Creepy Crawlers Trivia”  
19-Picnic Outdoors (Weather Permitting)  
24-“Limericks”

#### AUGUST

DAILY ACTIVITIES: Bingo, Games

SPECIAL ACTIVITIES:

02-“Computer Lingo”-Crossword Puzzle  
07-Grace Fuller, RD-“Carbohydrate Know How”  
14-Elvis Presley Week  
21-Trivia Plus-“Word Pictures”  
23-Picnic Outdoors (Weather Permitting)  
28-“Hawaiian Day”-Dress Accordingly

### THE WELCOME CENTER

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

#### JULY

DAILY ACTIVITIES: Cards, Puzzles, Trivia / Word Search

SPECIAL ACTIVITIES:

04-CLOSED-Independence Day

#### AUGUST

DAILY ACTIVITIES: Cards, Puzzles, Trivia / Word Search



## Dear Marci: Do I qualify for the Extra Help program?

Dear Marci,  
My income is only \$1,200 a month and I can't afford my prescription drug copayments. Could I qualify for the Extra Help program?  
-Patricia (DePere, WI)

Dear Patricia,  
It can be tough paying for prescriptions but you may qualify for Extra Help. Extra Help is a federal government program that helps pay most of your Medicare drug costs. Anyone with Medicare who has income and assets below a certain amount can sign up for the Extra Help program.

If your individual monthly income is below \$1,396 and your assets total

\$13,070 or less, then you can qualify for Extra Help in 2012. If you're married and living with your spouse, you must also count your spouse's income and assets. The limits for married couples are a little higher: \$1,891 in monthly income and \$26,120 in assets.

If you get Extra Help, your drug copays will be very low. They could be as low as \$1.10 and will be no higher than 15 percent of the cost of the drug, as long as the prescription is covered by your Medicare Part D drug plan. Extra Help will also pay part or all of your Part D plan premium and deductible.

You need to have a Medicare Part D drug plan to be eligible for Extra

Help. If you don't already have a Part D plan and are eligible for Extra Help, you can enroll into a Part D plan outside of normal enrollment periods. This means you will have the Extra Help benefit as soon as your drug plan begins and you will not be charged a premium penalty for delayed Part D enrollment. If you sign up for Extra Help but fail to enroll into a Part D plan, Medicare will automatically enroll you in one. If you were automatically enrolled and do not like your new plan, you have a Special Enrollment Period to switch your Part D plan once a month with coverage beginning on the first of the following month.

You can apply for Extra Help

directly with the Social Security Administration, the government agency that runs the program. The fastest way to apply is online by going to Social Security's website, [www.ssa.gov](http://www.ssa.gov). Or you can apply by phone (800-772-1213) or by visiting your local Social Security office.

If you are low income, there are other programs that can help pay your Medicare costs. Contact your State Health Insurance Assistance Program (SHIP) and ask about Medicare Savings Programs which may help you save even more.

—Marci

## Chenango Health Network and Ferre Institute Partner to Offer Genetic Counseling Appointments in Chenango County

A new partnership in Chenango County between Chenango Health Network and Ferre Institute's Genetic Counseling Program is for patients seeking genetic counseling appointments due to their personal and/or family history of cancer.

Understanding genetic risk for diseases such as cancer is complicated. Genetic counselors are specialized health care professionals with expertise in understanding family health histories, choosing appropriate genetic testing for individuals and families, and interpreting genetic test results. The purpose of a cancer genetic counseling risk assessment is to help an individual understand his or her chances to develop cancer, or for someone who has already had cancer, the chance to develop another cancer. Genetic counseling can also help to clarify the risks for other family members to develop cancer, such as children, siblings and nieces and nephews. If an inherited cancer predisposition is suspected, there may be genetic testing options or risk-reduction and surveillance strategies available.

Lindsey A. Morse, MS, CGC for the Ferre Institute's Genetic Counseling Program notes "many of us have a family history of cancer but only some face increased lifetime cancer risks as a result. Meeting with a genetic counselor allows a family to better

understand these risks as well as how to use both current and new approaches to limit risk".

Chenango Health Network now offers space at their Norwich office for the Ferre Institute Genetic Counseling Program so that counselors may meet with individuals and families from Chenango County who have a personal or family history of cancer. This will reduce the need for residents to travel outside Chenango County for genetic counseling appointments.

Healthcare providers, including physicians, nurses, social workers, therapists, or midwives may refer individuals or families for cancer genetic counseling, or patients may refer themselves. Ferre Institute does bill patient insurance, and fees for genetic counseling are discussed prior to scheduling an appointment. However no patient is denied services due to the inability to pay. Referrals for genetic counseling at Chenango Health Network can be made by calling 607-724-4308 or toll-free at 888-483-3773.

The Ferre Institute's Genetic Counseling Program is a non-profit, community-based genetic counseling service. Their counselors provide comprehensive genetic risk assessment, genetic test coordination, patient and provider education and support to residents in 24 counties of Upstate New York, including the Southern Tier.

## 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)

## Protect yourself from the GRANDPARENT SCAM

You get a call or an email unexpectedly from someone who claims to be a friend or relative. This often happens to grandparents with the caller claiming to be their grandson or granddaughter. The caller says there's an emergency and asks you to send money immediately. But beware, there's a good chance this is an imposter trying to steal your money! Follow these tips to avoid becoming a victim of fraud.

**How do these scammers choose you to contact?** Sometimes they contact people randomly. They also use marketing lists, telephone listings, and information from social networking sites, obituaries and other sources. Sometimes they hack into people's email accounts and send messages to everyone in their contact list.

**How do these scammers know the names of your friends or relatives?** In some cases they don't. For instance, the scammer may say "Hi grandma," hoping that you actually have a grandson. If you ask, "David, is that you?" the scammer will say "Yes!" Often these crooks will call in the middle of the night and take advantage of the fact that you may not be awake enough to ask more questions and you may not want to disturb other people by calling them to confirm the information. Sometimes the scammers do know the names of your friends or relatives. They can get that information from a variety of sources. Your relatives may be mentioned in an obituary or on a social networking site. Your email contact list may contain the names of friends and relatives.

**What do these scammers usually say?** They might say something like, "I'm in Canada and I'm trying to get home but my car broke down and I need money right away to get it fixed." Or they may claim to have been mugged, or been in a car accident, or need money for

bail or to pay customs fees to get back into the United States from another country. They may also pose as an attorney or law enforcement official contacting you on behalf of a friend or relative. No matter the story, they always want you to send money immediately.

**If you realize you've been scammed, what can you do?** These scammers ask you to send money through services such as Western Union and MoneyGram because they can pick it up quickly, in cash. They often use phony IDs, so it's impossible to trace them. Contact the money transfer service immediately to report the scam. If the money hasn't been picked up yet, you can retrieve it, but if it has, it's not like a check that you can stop – the money is gone.

**How can you protect your email account from being used by scammers?** Use a firewall and anti virus and anti spyware software. Many computers come with these features already built in. They are also easy to find on the Internet. Keep your software updated. Don't open attachments in emails from strangers, since they can contain programs that enable crooks to get into your computer remotely.

**What else can you do to protect yourself?** If you get a call or email from someone claiming to know you and asking for help, check to confirm that it's legitimate before you send any money. Ask some questions that would be hard for an imposter to answer correctly – the name of the person's pet, for example, or the date of their mother's birthday. Contact the person who they claim to be directly. If you can't reach the person, contact someone else – a friend or relative of the person. Don't send money unless you're sure it's the real person you know. For more information about protecting yourself from fraud, go to [www.consumerfed.org/fraud](http://www.consumerfed.org/fraud)

## 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)