

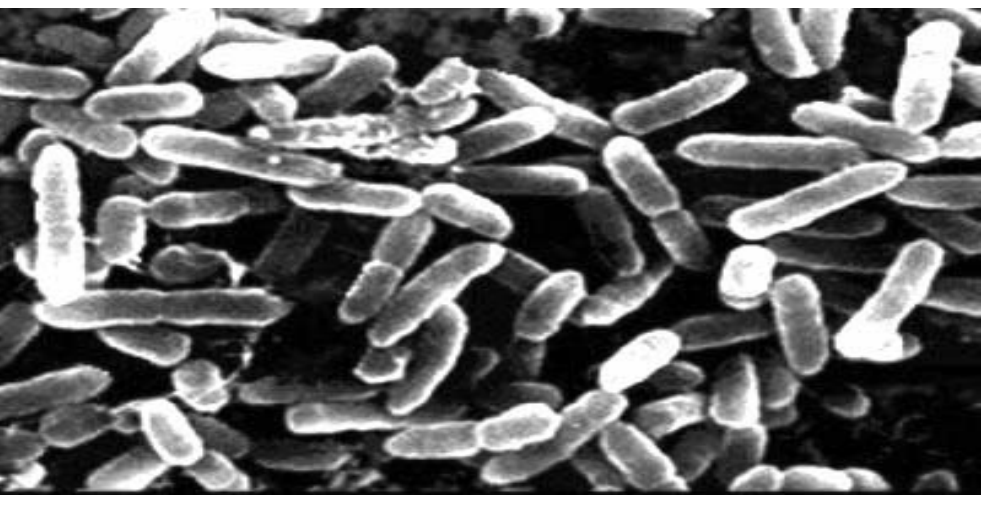
Bullthistle Bulletin



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

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Understanding Probiotics: The Good Bacteria in Our Gut



BY GRACE FULLER RD

Probiotics have been the subject of great interest among consumers these days based on all the health benefits that have been touted and the consequential explosion of probiotic food products that line the shelves of our grocery stores. Google marked over 8 million hits last year from people searching to educate themselves on probiotics. When we refer to probiotics, we are talking about bacteria, more precisely, good bacteria that are found in our intestinal tract. Even though we are just developing an interest in probiotics in our country, many cultures have understood the health benefits of probiotics in their diet for over a century. In the early 1900's, a Russian biologist and Nobel Prize winner observed that in certain regions of their country where they had a diet rich in fermented dairy (containing probiotics), the lifespan of the population was much greater. By the late 1900's, the news had spread about probiotics and the food industry got busy finding ways to insert this good bacteria into foods that Americans liked to eat. Probiotic supplements tripled from 1994 to 2003. Americans were eating more fermented and unfermented milk, miso, tempeh, juices and soy beverages. Some of these foods contained the bacteria naturally while others had the bacteria processed into the products. Probiotics

from both food and supplements are regulated by the Federal Trade Commission and not the Food and Drug Administration because they are considered foods and not drugs.


Generally when we think of bacteria, we think of something that can make us sick, but the human body relies on these friendly bacteria that we naturally find in our gastrointestinal tract to help us fight disease. Our gut actually has over 400 different bacteria species. They help to maintain a healthy intestinal lining. They help to produce vitamins and suppress bad bacteria. The friendly bacteria also break down food and make the lactase enzyme necessary to digest all milk foods. Probiotics are defined as living microorganisms, our friendly bacteria, that, if ingested in adequate amounts, can produce health benefits to the person.

- There are four families of probiotics.
- The two most commonly used good bacteria- Lactobacillus and Bifidobacterium
 - Yeasts (different type of microorganism)-Saccharomyces
 - Streptococcus thermophilus (which was the original probiotic starter used by the Nobel Prize Russian biologist over 100 years ago to produce what we know as yogurt today).

CONTINUED ON PAGE 2 →

Extinguish the Flu!

Seasonal Flu and Pneumonia Shots



For Adults 60 & Older
WHEN?
September 25, 2012
9:00 am to 11:30 am
WHERE?
Norwich YMCA
Community Room
Please NO Early Birds!!

Get Your Flu Shot



Please bring your old and unused prescription medication for proper disposal (Please NO liquid medications and NO over-the-counter products)

**Snacks!
Displays!
Health Information!
Giveaways!**

Visit Sparky the Firedog!



Vaccines are Covered By:

- Medicare Part B—No Charge (must show your Medicare card)
- Age 60+ without Medicare—\$ 10 per person
- Pneumonia (65+)—No Charge
- Cash or Check payable to "Chenango County Area Agency on Aging"

We cannot accept a Medicare Advantage Plan (such as Today's Options) as payment.

With generous support from the Norwich Family YMCA and The Pennysaver
Sponsored by Chenango County Department of Public Health and Area Agency on Aging.
For more information call 607-337-1660 or 607-337-1770

Only You Can Prevent the Flu Neighborhood Clinics Coming to a Fire Station Near You!

The Chenango County Health Department and the Chenango County Area Agency on Aging are co-sponsoring Flu Clinics in various Firehouse locations throughout the County in October, for Chenango County residents only.

To attend any of these Clinics, please call 337-1660 to register.

These Clinics are for people age 3 years old and up. (No children under age 3 please.)

Cost:
For age 3-18 yrs – no charge
For age 19 yrs and older without Medicare B-\$10 per person, payable at the time of vaccination. Cash or check made out to "Chenango County Area Agency on Aging"
For Age 19 yrs and older with Medicare B-no charge (must show Medicare Card)
We cannot accept a Medicare Advantage Plan (such as Today's Options) as payment.

Dates/Time/Location
October 1, 3-6 p.m. at the South Otselic Firehouse
October 3, 3-6 p.m. at the Sherburne Firehouse
October 9, 3-6 p.m. at the New Berlin Firehouse
October 11, 3-6 p.m. at the Bainbridge Firehouse
October 15, 3-6 p.m. at the Afton Firehouse
October 25, 4-7 p.m. at the Oxford Firehouse
For more information, questions and to register for the Clinic that you wish to attend, please call 337-1660.

Understanding probiotics –

CONTINUED FROM PAGE 1

There are individual strains of microorganisms within each of the four families. These would be the names you might find on the backs of yogurt containers. Some of the more commonly found ones are *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Lactobacillus reuteri*. There have been rigorous studies on how some of these probiotics impact gastrointestinal conditions. Various studies from the past 10 years have suggested improvements in GI disorders such as diarrhea, constipation, irritable bowel syndrome and ulcerative colitis. It is important to keep in mind that different strains of bacteria have different results, and it is wise to investigate the correct bacteria for a specific ailment. For example, *Bifidobacterium* or *Lactobacillus* strains are used to treat constipation and *Lactobacillus GG* is used to treat and prevent diarrhea.

The essential thing to look for when buying probiotics is that the bacteria you are ingesting is live. Live bacteria-producing enzymes do different things metabolically in the intestinal track that dead bacteria cannot do. So, if the label does not specify "live," do not bother to buy it. The product should also have high "colony forming units (CFU)" –approximately 5-10 billion per serving. Always keep probiotics refrigerated to help keep the bacteria alive. For people who suffer with dairy allergy or lactose intolerance, consuming a large amount of yogurt or any dairy food, even the brands with high probiotic bacteria count can be problematic. Experiment with small mouthfuls and then check for tolerance before increasing the amount. If the food is tolerated, more can be added. For most consumers, the best known probiotic food product on the market is Activia made by Dannon. Activia is advertised as an aid to regularity and a healthier gastrointestinal tract. Activia contains a very high level of bacteria that the company has named *Bifidus regularis* for its ability to survive the harsh digestive process and aid in regularity. There are many companies out

there that are promoting their versions of probiotic products, many with health claims of boosting immune system, cold or flu fighting power in addition to all the already mentioned health benefits. Dannon claims that eating Activia several times a day as part of a healthy balanced diet can result in prevention or treatment of functional constipation but not constipation due to an obstructive disease. This should be very clear. Activia is now just one of countless dairy choices available that are rich with probiotics. In the past few years, Greek yogurts have become serious competition with their uniquely high protein feature. Chobani, the first Greek yogurt company, has its home right in our own backyard. Since Chobani's, there are dozens of companies selling their Greek yogurts. No doubt, there will be more to come.

The good news is that with the tremendous interest in probiotics in our daily diet, Americans are eating more dairy food servings each day. With the trend of eating on the run and eating out more in our society, milk drinking has become a rare practice in many households. The recommended two to four servings of calcium rich dairy foods are not being met. Nutrition experts are feeling more encouraged with all the probiotic rich foods being devoured by Americans which suggests that more calcium rich foods are being eaten regularly. Before buying yogurt, yogurt beverage or any probiotic food, a helpful idea is to read the Nutrition Facts found on the labels to compare the different products. Even though foods are probiotic-rich, they might also be loaded with added sugar, fat and extra calories, as well as artificial ingredients. Stick with low or fat-free choices as well as those without added fruit or fruit at the bottom. You can sweeten them yourself with your own cut-up fruit, fresh, canned, dried or frozen, as well as, add crunchy fiber-rich whole grain cereals to suit your taste.

This is one food craze that just might have a positive influence on the American dietary lifestyle!

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)

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!

Elderly work force struggles in the current job market

BY SHAWN MAGRATH
The Evening Sun



Despite the recent signs of a slowly-improving economy, some demographics in Chenango County struggle to find work, with the county's senior population taking a big hit on the shoulder.

According to the United States Bureau of Labor Statistics (BLS), the unemployment rate for people 55 and older has sharply increased since the start of the recent recession in December, 2007. In 2010, the average unemployment rate for seniors age 55-64 reached 6 percent in New York State (less than the national 7.1 percent average), with more than 17 percent the Chenango County population over the age of 65, according to the US Census Bureau.

Moreover, the labor force – seniors employed or looking for work – also climbed during the recession, meaning that while more seniors statewide are looking for work, some are successful; however, more and more are having difficulties finding

employment.

In Chenango County and statewide, a number of challenges face seniors looking for employment, explained Karen Mastronardi, New York State Director for Experienced Works. Experience Works – an organization designed to provide training and employment for low income seniors age 55 and older – has worked with an influx of seniors in recent years.

The number of elderly workers seeking employment has grown since the start of the recession with the aging population fac-

ing the scare of living on dwindling retirement funds and though the BLS shows unemployment rate among older workers is lower than younger people, said Mastronardi, older people who become unemployed take longer – nearly three times what it takes the average worker – to find a job.

“We have a hard time getting some of them an interview even though they have really good skills,” Mastronardi said. “The (duration) of unemployment for mature workers is much higher than their younger unemployed counterparts ...

Research shows there's a significant amount more average time than younger workers for them to rejoin the workforce,” she added.

Mastronardi went on to say that employers often have the wrong impression when it comes to the elderly workforce, making generalizations that elderly hires are hurt more often, absent frequently, lose interest in their job and ultimately become less productive on the job. “One of the biggest problems older workers face is the myth and stigmas about older workers in general,” she

said, noting that stereotypes and misconceptions of elderly workers are the biggest hurdle for graying individuals. “Many aren't looking to climb the corporate ladder so there's a lot more loyalty; and many don't have the distractions of families that younger workers have. They want to be self-sufficient and they just want a job.”

Locally, evidence of a struggling elderly workforce can be seen at unemployment and temporary employment agencies. Sherre Jennings, staffing specialist at the Norwich office for the temporary staffing service Manpower, said she sees approximately 10 people per week who are nearing or even past the average retirement age, many who have been referred to Manpower via the Experience Works program at the CDO Workforce Career System in Norwich. Some individuals have been unsuccessfully seeking employment since early June, she added. “A lot of them want to supplement their social security income,” she said, noting that some can only work part-time

because anything more might limit or take away their social security benefits. “There has definitely been a rise in older workers over the years because social security just isn't covering what they need it to.”

While financial restraints are pushing many older workers back into the work force, “some are just bored,” Jennings explained.

“I have some older folks who can't imagine not working,” she said and although “they do seem to have a better work ethic” than their younger counterparts, “A lot of them just aren't as confident [as young workers]. It takes a bit to counsel them and to build up their confidence again.”

Said Mastronardi, “I would recommend that people take advantage of their career centers. Also, volunteerism is key in a location where (older workers) can learn new things, network, and exhibit good employee habits. At least then they have something on their resume that will fill that gap of time until they find a job.”

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

September 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.

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

1

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

2

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

3

 HAPPY
LABOR DAY!!

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

4

 Ham Loaf
Mashed Sweet
Potato
Green Beans
Rye Bread
(Seedless)
Fresh Fruit

5

 Broccoli/Cheese
Chicken
Mashed Potatoes
w/ Gravy
Glazed Carrots
100% Whole Wheat
Bread
Vanilla Pudding w/
Mandarin Sections
(Also for N)

6

 Roast Beef with
Gravy
Garlic Red Skinned
Mashed Potatoes
California Blend
Vegetables
Autumn Salad
Oatmeal Bread
Blueberry Pie
w/Topping
Blueberry Crisp w/
Topping
(Also for N and HDM)

7

 Chili con Carne
Brown Rice
Asian Blend
Vegetables
Tossed Salad
Cornbread
Oatmeal Raisin
Cookie
(Also for N)

8

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

9

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

10

 Breaded Fish
Sandwich w/Tartar
Sauce
Sweet Potato Puffs
Three Bean Salad
Hamburger Roll
Fresh Fruit

11

 Macaroni & Cheese
Stewed Tomatoes
Peas
Tossed Salad
Multigrain Bread
Birthday Cake
(Also for N)
(Norwich & HDM:
Fresh Fruit)

12

 Mashed Potatoes
California Blend
Vegetables
Rye Bread
(Seedless)
Birthday Cake (Also
for N)

13

 Sweet & Sour Pork
Rice Pilaf
Asian Blend
Vegetables
100% Whole
Wheat Bread
Whipped Delight
(Also for N)

14

 Chicken a' la King
Egg Noodles
Brussels Sprouts
Buttermilk Biscuit
Chef's Mixed Fruit

15

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

16

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

17

 Swiss Steak
Mashed Potatoes
Winter Blend
Vegetables
100% Whole Wheat
Bread
Lemon Cookie
(Also for N)

18

 Stuffed Pepper
Tater Tots
Pickled Beets
Rye Bread
(Seedless)
Chocolate Mousse
w/Topping
(Also for N)

19

 Ham & Potato
Casserole
Broccoli Florets
Carrot Coins
Oatmeal Bread
Fruit Cocktail

20

 Chicken Parmesan
Linguini w/Marinara
Sauce
Spinach
Tossed Salad
Warmed Garlic
Bread (Centers)
Root Beer Float
(Also for N)

21

 Spicy Cranberry Pork
Chop
Mashed Sweet
Potatoes
Capri Blend
Vegetables
Green Junk Salad
Multigrain Bread
Boston Crème Pie
Vanilla Pudding (N)

22

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

23

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

24

 Hamburger
w/Peppers and
Onions
Tater Tots
Chuckwagon Blend
Vegetables
Hamburger Roll
Fresh Fruit

25

 Asparagus Cheese
Stuffed Fish
Mashed Sweet
Potatoes
California Blend
Vegetables
Oatmeal Bread
Chocolate Chip
Cookie (Also for N)

26

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

27

 Beef Stew w/
Biscuit
Brussels Sprouts
Extra Vegetable
(HDM)
Butter Milk Biscuit
Pineapple Tidbits

28

 Ham and Cheese
Croissantwich
Baked Beans
Purple Cabbage
Salad
Croissant
Applesauce

29

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

30

 HOME DELIVERED
MEALS ONLY

Pot Luck Meal

EVENING DINING MENU

Thursday, Sept. 6

McDonough ONLY
Roast Beef w/ Gravy
Garlic Red Skinned Mashed Potatoes
California Blend Vegetables
Autumn Salad
Oatmeal Bread
Blueberry Pie w/ Topping
Blueberry Crisp w/ Topping (N)

**Thursday,
Sept. 20**

McDonough ONLY
Chicken Parmesan
Linguini w/ Marinara Sauce
Spinach
Tossed Salad
Warmed Garlic Bread
Root Beer Float (N)

**Friday,
Sept. 21**

South Otselic ONLY
Spicy Cranberry Pork Chop
Mashed Sweet Potatoes
Capri Blend Vegetables
Green Junk Salad
Multigrain Bread
Boston Crème Pie
Vanilla Pudding (N)

MENU

October 2012

MONDAY

1

Stuffed Cabbage Roll
Winter Squash
Pickled Beets
Rye Bread
(Seedless)
Butterscotch
Pudding (Also for N)

TUESDAY

2

Salisbury Steak
with Gravy
Mashed Potatoes
Winter Blend
Vegetables
100% Whole Wheat
Bread
Peach Slices

WEDNESDAY

3

Goulash
Brussels Sprouts
HDM-Carrot Coins
Tossed Salad
Warmed Garlic
Bread (at Centers)
Italian Bread (HDM)
Molasses Cookie
(Also for N)

THURSDAY

4

Turkey Divan
Egg Noodles
Country Blend
Vegetables
Multigrain Bread
Fresh Fruit

FRIDAY

5

Honey Mustard
Chicken
Mashed Sweet
Potatoes
California Blend
Vegetables
Oatmeal Bread
Apricot Halves

SATURDAY

6

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

SUNDAY

7

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

8

COLUMBUS DAY!

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

9

Chili con Carne
Brown Rice
Oriental Blend
Vegetables
Combread
Fresh Fruit

10

Herbed Baked fish
Buttered Noodles
California Gold
Blend Vegetables
100% Whole Wheat
Bread
Pear Slices

11

Sage Stuffed
Breaded Chicken
Mashed Potatoes w/
Gravy
Peas
Green Junk Salad
(N)
Rye Bread
(Seedless)
Gingerbread
w/Lemon Sauce
(Also for N)

12

Macaroni and
Cheese
Stewed Tomatoes
Winter Blend
Vegetables
Tossed Salad
Multigrain Bread
Fresh Fruit

13

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

14

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

15

Beef Stew w/
Biscuit
Mediterranean
Blend Vegetables
Cinnamon
Applesauce (HDM)
Buttermilk Biscuit
Chocolate Chip
Cookie (Also for N)

16

Vegetable Lasagna
Tomato Zucchini
Casserole
Spinach
Tossed Salad
Italian Bread
Birthday Cake (Also
for N)

17

Spanish Rice
Peas
Carrot Coins
Oatmeal Bread
Birthday Cake (Also
for N)

18

Breaded Fish
Sandwich
w/ Tartar Sauce
Sweet Potato Puffs
Three Bean Salad
Hamburger Roll
Mandarin Orange
Sections

19

Ham Loaf
Winter Squash
Bahama Blend
Vegetables
Rye Bread
(Seedless)
Chocolate Mousse
w/
Topping (Also for
N)

20

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

21

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

22

Sweet and Sour
Pork
Rice Pilaf
Oriental Blend
Vegetables
100% Whole Wheat
Bread
Fresh Fruit

23

Chicken a' la King
Egg Noodles
Brussels Sprouts
Buttermilk Biscuit
Fruit Cocktail

24

Vegetable Burger
Sweet Potato Puffs
San Francisco
Blend Vegetables
Cabbage Salad
Hamburger Roll
Cranberry Crunch
w/ Topping

25

Spaghetti w/ Meat
Sauce
California Blend
Vegetables
Cinnamon
Applesauce (HDM)
Tossed Salad
Warmed Garlic Bread
(at Centers)
Italian Bread (HDM)
Boston Crème Pie
Vanilla Pudding (N
and HDM)

26

Roast Beef with
Gravy
Garlic Red Skinned
Mashed Potatoes
Prince William Blend
Vegetables
Autumn Salad (N)
Dinner Roll
Root Beer Float
(Also for N)
Fresh Fruit (HDM)

27

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

28

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

29

Asparagus Cheese
Stuffed Fish
Buttered Noodles
San Francisco
Blend Vegetables
Multigrain Bread
Peanut Butter
Cookie (Also for N)

30

Ham and Potato
Casserole
Broccoli Florets
Pickled Beets
Oatmeal Bread
Brownie w/ Topping
(Also for N)

31

Chicken Monterey
Wild Rice
California Blend
Vegetables
100% Whole Wheat
Bread
Fruited Gelatin w/
Topping (Also for N)

Suggested Contribution per Meal

Home Delivered	\$3.00
Congregate (Lunch)	\$3.00
Breakfast	\$2.00
Congregate (Evening)	\$3.50

Any contribution you wish to make is voluntary and will be used to support the program. Anyone who does not contribute will not be denied a service. For your convenience, we will be providing self-addressed, postage-paid envelopes each month for the home delivery program participants.

Menus
Subject
to
Change
Without
Notice

EVENING DINING MENU

Thursday, Oct. 11

McDonough Only
Sage Stuffed Breaded Chicken
Mashed Potatoes w/Gravy
Peas
Green Junk Salad (N)
Rye Bread (Seedless)
Gingerbread w/Lemon Sauce (N)

Thursday, Oct. 25

Norwich and McDonough
Only
Spaghetti w/ Meat Sauce
California Blend Vegetables
Tossed Salad
Warmed Garlic Bread
Boston Crème Pie
Vanilla Pudding (N)

Friday, Oct. 26

South Otselic Only
Roast Beef with Gravy
Garlic Red Skinned Mashed
Potatoes
Prince William Blend
Vegetables
Autumn Salad (N)
Dinner Roll
Root Beer Float (N)

EVENTS

September-October 2012

ALGONQUIN SENIOR CENTER

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

SEPTEMBER

DAILY ACTIVITIES: Puzzles, Games, Trivia and Cards

SPECIAL ACTIVITIES:

03-CLOSED – Labor Day
05-Indoor Picnic
07-School Humor Jokes
10-Cards, UNO or Skippo
12-Celebrate Birthdays! And Old Time Shows
14-Grace Fuller, RD – “Understanding Gluten Tolerance and Gluten Free Diet”
17-Crafts
19-Crafts
21-Crafts
24-Games
26-Musical Instrumentation Demonstration
28-Movie Day

OCTOBER

DAILY ACTIVITIES: Puzzles, Games, Trivia and Cards

SPECIAL ACTIVITIES:

01-Pictionary
03-Reminiscent Corner
05-October Birthday Quizzes
08-CLOSED-Columbus Day
10-Old Time Shows
12-Games
15-Trivia Plus
17-Celebrate Birthdays/Old Time Shows
19-Cards
22-Craft Day
24-Movie Day
26-Cards/UNO or Skippo
29-The Harmonica Players
“Randy and the Harptones”
31-Halloween/Dress in a Costume Day
Decorate Gourds and Pumpkins



BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

SEPTEMBER

DAILY ACTIVITIES: Cards, Puzzles and Bingo

SPECIAL ACTIVITIES:

03-Closed “Labor Day”
05-“Back To School” Crossword Puzzle
10-Grace Fuller, RD – “Understanding Gluten Intolerance and Gluten Free Diet”
12-Celebrate Birthdays
17-“Ma” Word Search
24-“Novel Destinations” Crossword Puzzle

OCTOBER

DAILY ACTIVITIES: Cards, Puzzles and Bingo

SPECIAL ACTIVITIES:

01-Blood Pressure Clinic
05-“Hats Around The World” Crossword Puzzle
08-CLOSED-Columbus Day
10-Celebrate Birthdays
15-“Disney World Anniversaries” Crossword Puzzle
22-Bulletin Board Trivia Questions
31-Halloween Costume Party

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

SEPTEMBER

DAILY ACTIVITIES: 50/50 Raffle, Cards, Puzzles

SPECIAL ACTIVITIES:

04-Bingo
04-Grace Fuller, RD “Understanding Gluten Tolerance And Gluten Free Diet”
11-Celebrate Birthdays
20-Celebrate Autumn
27-Bingo

OCTOBER

DAILY ACTIVITIES: 50/50 Raffle, Cards, Puzzles

SPECIAL ACTIVITIES:

11-Bingo
16-Celebrate Birthdays
30-Bingo

PLUM VALLEY FOREVER YOUNG CENTER

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

SEPTEMBER

21-Evening Dining w/Grace Fuller, RD
“Understanding
Gluten Intolerance and Gluten Free Diet”

OCTOBER

26-Evening Dining

Dear Marci: When is Medicare primary?

Dear Marci,

My friend told me that Medicare pays primary, while her secondary insurance pays the rest. What does this mean and when is Medicare primary?

-Amber (Aiea, HI)

Dear Amber,

That's a great question. It's important to know when Medicare is primary and when it's not, so you can avoid billing problems or gaps in coverage. If Medicare is primary, it means that Medicare pays first for health care services you receive. When Medicare is secondary, it means that Medicare pays only after your primary insurance has paid.

For example, when you have both Original Medicare and retiree coverage, Original Medicare is primary and retiree coverage is secondary. Original Medicare pays first, and your retiree coverage pays second. This means that your retiree plan can pay all or some of the leftover health care costs, after Original Medicare has paid.

Keep in mind that there are some rules that will tell you when Medicare is primary and when other insurances are secondary. Remember, if you don't have primary insurance, your secondary insurance will cover very little of your health care costs or nothing at all.

If you have former employer insurance, such as retiree coverage or

COBRA, it will most likely act as secondary insurance and will pay after Medicare. However, if you're currently working, the rules are a bit different. If you're still working, Medicare can sometimes be primary and sometimes be secondary, depending on the situation.

Generally, Medicare is primary if:

- You're 65 years and older and you currently work for a company that has less than 20 employees
- You're eligible for Medicare through disability and you currently work for a company with less than 100 employees

It might be helpful to talk to your benefits manager or human resources department about how your employer

insurance works with Medicare. You can call the Social Security Administration (SSA) and Medicare to confirm this information. Also, I'd recommend following the MedicareRightsCenter's checklist of things to do when you're deciding whether to take Part B.

If you have Medicare and other types of insurance, you can call the Medicare Coordination of Benefits (COB) Contractor at 800-999-1118 to learn more about how your different insurances work together. You can also check out this chart from Medicare Interactive to see when Medicare will act as the primary payer.

—Marci

EVENTS

September-October 2012

WESTSIDE PARK SENIOR CENTER

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

SEPTEMBER

DAILY ACTIVITY: Cards, Puzzles, Crosswords

SPECIAL ACTIVITIES:

12-Celebrate Birthdays!
26-Grace Fuller, RD "Understanding Gluten Intolerance and Gluten Free Diet"

OCTOBER

DAILY ACTIVITY: Cards, Puzzles, Crosswords

SPECIAL ACTIVITIES:

08-CLOSED-Columbus Day
17-Celebrate Birthdays!
25-Evening Dine
31- Halloween

GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

SEPTEMBER

06-Evening Dining /Cards
20-Evening Dining/Cards

OCTOBER

11-Evening Dining /Cards
25-Evening Dining/Cards



WINDY HILL SENIOR CENTER

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

SEPTEMBER

SPECIAL ACTIVITIES:

04-"Back To School" Crossword Puzzle
11-Celebrate Birthdays
13-Lunch Will Be Held At Greene Site (Due to Elections)
18-Grace Fuller, RD-at 12:15PM "Understanding Gluten Intolerance and Gluten Free Diet"
20-"Ma" Word Search
25-"Novel Destinations" Crossword Puzzle

OCTOBER

SPECIAL ACTIVITIES:

02-"Hats Around the World" Crossword Puzzle
10-Celebrate Birthdays
16-"Disney World Anniversary" Crossword Puzzle
18-Alzheimer's Assoc Workshop "Know the 10 Signs/Early Detection Matters" 12:00 Noon
25-Bulletin Board Trivia Questions
30-Halloween Costume Contest

THE WELCOME CENTER

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

JSEPTEMBER

DAILY ACTIVITIES: Cards, Puzzles, Trivia/Word Searches

SPECIAL ACTIVITIES:

03-CLOSED-Labor Day
05-Grace Fuller, RD - "Understanding Gluten Intolerance and Gluten Free Diet"
05-Cards
07-Puzzles
10-Back to School Jokes
12- Celebrate Birthdays! Bingo - Fortune Cookie
14-Talk About Your Pet Day
17-Cards
19-Cards
21-Puzzles
24-Humor for The Day
26-Bingo
28-Cards

OCTOBER

SPECIAL ACTIVITIES:

01-Cards
03-Smiley Day Stickers
04-World War II Generation
08-CLOSED-Columbus Day
10-Bingo
12-Bring Your Teddy Bear
15-Cards
17-Celebrate Birthdays/The Silent Generation Read
19-Gonna Be A Bear
22-Fall Sports Trivia
24-Bingo
26-Cards
29-Cards
31-Halloween Party

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

Dear Marci: Does Original Medicare cover inpatient mental care?

Dear Marci,
I recently got inpatient mental health care in a hospital. Does Original Medicare cover this?

-- Jerry (Canton, OH)

Dear Jerry,

Yes, Original Medicare covers inpatient mental health care in a hospital. If you received your inpatient mental health care in a general hospital, your hospital stay should be covered the same as any other hospital stay. You get 60 fully covered inpatient days each time you start a new benefit period after you

meet your Part A deductible.

Keep in mind that Medicare coverage for inpatient mental health care in a psychiatric hospital is a bit different than Medicare coverage of inpatient mental health care in a general hospital. A psychiatric hospital is a hospital that only treats people with mental health conditions. Like inpatient mental health care services received in a general hospital, Medicare will cover your first 60 days in a psychiatric hospital after you pay your Part A deductible. However, Medicare will only cover up to 190 days of inpatient psychiatric hospital care in

your lifetime.

Your doctor will decide whether a general hospital or psychiatric hospital setting is best for you. If you reach the maximum 190 covered days in a psychiatric hospital, you may be able to get Medicare-covered inpatient mental health care at a general hospital.

Whether you go to a general or psychiatric hospital, make sure the hospital accepts Medicare in order for it to be covered.

The rules and costs can be different for people in Medicare

Advantage plans. Check with your plan for details.

For more information about mental health care coverage, see the "Medicare and Your Mental Health Benefits" guide, published by the Centers for Medicare & Medicaid Services. If you are interested in learning more about Medicare coverage of psychotherapy and other outpatient mental health care services, please click here.

—Marci

Chenango County Area Agency on Aging Teams With Doyle Medical Monitoring

The Chenango County Area Agency on Aging has teamed up with Doyle Medical Monitoring in Rochester to create Chenango County Home Alert.

The collaboration will allow senior citizens and disabled individuals to receive a personal emergency response system that is affordable, safe and convenient.

Doyle's Personal Monitoring System enables residents to call for help at the push of a button. The system comes with a two-way speaker console, a sealed water-resistant help button, a wrist strap or necklace, and a 32-hour backup battery in case of a power outage.

The help button transmits inside and outside up to 300 feet away from the console and fall victims can communicate with responders up to 150 feet away from the console.

Under the new contract with Doyle, Chenango County Area Agency on

Aging will continue to provide personal emergency response to their clients 60 and over who meet the criteria. Doyle is currently charging a \$30 per month fee with no installation fee.

Personal Emergency Response Systems are a simple but important device that give people piece of mind and allow them to maintain independent and active lives. It also gives seniors and fall victims the opportunity to maintain their independence as they can safely stay in their homes for a longer period of time.

Another special feature that Doyle offers is if the participant is out of the console's range for more than 24 hours, the system will automatically dial out to Chenango County Home Alert and they can call someone to check up on the participant.

For more information about Doyle Medical Monitoring services, please contact the Chenango County Area Agency on Aging at 607- 337-1770.

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)

Work Incentives for

LABOR DAY

By **EVERETT M. LO**

Social Security Administration's Regional Public Affairs Office in the New York Region

This Labor Day, many Americans commemorate the fruits of their hard work by taking a day off from it. There will be gatherings and games, barbecues, and baseball. Labor Day was established in 1882, and it has become an American tradition to celebrate with family and friends.

For many Americans who receive Social Security or Supplemental Security Income (SSI) disability benefits, Labor Day can be a good day to think about the future. It may be that, in spite of your disabling condition, you would like to attempt to work. But perhaps you're apprehensive because you don't want to find out you're not quite up to the task and risk losing your benefits and critical medical coverage.

We have good news for you: our work incentives can help you go to work without the worry.

Work incentives include:

- Continued cash benefits for a period of time while you work;
- Continued Medicare or Medicaid while you work; and
- Help with education, training, and rehabilitation to start a new line of work.

For example, a trial work period allows you to test your ability to work for at least nine months without affecting your benefits. Beyond that, an extended period of eligibility allows you to work another 36 months and still receive benefits, depending on your earnings. If your benefits stopped because your earnings were too high, but you find that your disabling condition does not allow you to stick with the job, you're eligible for expedited reinstatement without having to complete a new application.

If you are successful at returning to work, but you fear the loss of your medical coverage, here's more good news. You can continue to get Medicare Part A for at least 7 years after your cash benefits end, and after that you can buy Medicare Part A coverage by paying a monthly premium. Through it all, you can opt to continue paying your Medicare Part B premium for that additional coverage.

In addition to these incentives, you also may be interested in the Ticket to Work program, which may be able to help you receive vocational rehabilitation, training, job referrals, and other employment support services free of charge.

This Labor Day, visit www.socialsecurity.gov/work to learn more. Or read our publication, Working While Disabled—How We Can Help, available at <http://www.ssa.gov/pubs/10095.html>.



Chenango County Area Agency on Aging
5 Court Street - Norwich, New York 13815

(607) 337-1770

Chenango County Home Alert

NEW SUBSCRIBER OFFER



Affordable Independent living with safety!

- Self-testing (• 2-way voice speakerphone
- Water resistant Pendant or wristband
- Built-in 32 hour backup - battery
- Personal installation and training
- All calls answered by Doyle Security's UL Listed Call center Located in Rochester NY

Sign up during the months of September or October 2012* to receive either a KEYSAFE or stationary HELP button free! **A \$29.99 Value!**

