

Bullthistle Bulletin



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

Vol. 13, No. 6 Nov.-Dec. 2012

Healthier Holiday Eating

It is possible to eat, drink and be merry without overdoing it!

By GRACE FULLER RD

From Thanksgiving through New Year's every year, our country transforms into mobile feasts where overindulgence is the norm. Everywhere you turn there are parties and celebrations from office parties to family gatherings with non-stop eating. As it is, Americans struggle throughout the year to eat healthily, by controlled portions and smart food choices. All the good intentions and already shaky willpower seem to go to the wayside as households begin preparations for their Thanksgiving dinner in anticipation of families and friends coming together to celebrate and enjoy time together. Besides the traditional holiday menu, favorite dishes, to-die-for desserts and sweets are happily made and proudly contributed to the festive spreads.

How can an individual keep from overindulgence with such temptations over the course of the holiday season?

Let's take a careful look at the traditional Thanksgiving dinner. Interestingly, the basic ingredients that make up the Thanksgiving dinner are healthy, nutritious items: turkey, winter squash, green beans and cranberries. In our eagerness to make the meal irresistibly delicious, the basic items are doctored. The turkey is slathered with gravy. Green beans are cooked in a high calorie and high sodium casserole. The sweet potato (yam) or squash are baked with marshmallow, brown sugar and lots of butter. White turkey meat generally contains more protein per calorie than any other meat. Three ounce serving of turkey has a whopping 26 grams of proteins and only 120 calories. The serving also contains only 1 gram of fat and no saturated fat at all. The only saturated fat in turkey is found in the skin from the wings, drumsticks and thighs as well as a small amount from the dark meat. The amount of saturated fat is substantially less than what is found in beef and pork, even the leaner cuts. Turkey is an excellent source of iron, zinc, potassium, phosphorus and the B vitamins. Since turkey is extremely economical as a meat source with its many positive characteristics for good health, it should not be limited to just the holiday season. To preserve the turkey's natural goodness, stay away from turkeys that have been injected with sodium solutions. Also, try NOT to eat the turkey skin and limit the high calorie/ high fat gravy.

What is Thanksgiving without cranberries? The beautiful red gems are fat-free, cholesterol-free, low in sodium and a great source of fiber. Cranberries have been rated in a USDA study among the top five foods in antioxidant content per serving. Besides antioxidants such as anthocyanins, ellagic acid, quercetin, resveratrol, cranberries are good sources of selenium and vitamins A, C and E. Research continues to confirm the protectiveness of urinary tract health and that these berries might help combat periodontal disease. Although cranberries are seasonal, we can buy cranberries frozen throughout the rest of the year. The difficulty with cranberries is their natural tartness which needs to be offset with some sweetening. In a traditional recipe for cranberry sauce, one cup of sugar is added to a 12 ounce bag of whole cranberries, making the sauce extremely high in added sugar and calories. A ¼ cup sauce contains 102 calories! There are numerous ways of incorporating cranberries into meals throughout the day such as cooked cereals, cold cereals, muffins, breads, salads, entrees, side dishes, desserts, etc. Artificial sweeteners can substitute for real sugar as



sweetening to help cut calories and added sugar.

Sweet potato is another Thanksgiving tradition as well as nutritional superstar. All the yams that you see in the stores are actually variations of sweet potatoes. Sweet potato makes the top source list for vitamin A and C, potassium and dietary fiber. They are also good sources of magnesium, phosphorus, choline, iron and calcium. A cup of cooked sweet potatoes is only 180 calories without all the extras added. Marshmallows, brown sugar and butter do not make the superstar list for good health, so use them sparingly and let the sweet potato shine on its own.

Green bean casserole has been an American Thanksgiving side dish since anyone of us can remember. Although this way of preparing green beans is a tradition, we also recognize that the side dish is extremely high in sodium with the cream of mushroom soup and canned green beans and high in saturated fats from the French fried onions. With the holiday dinner smothered with gravy and butter, why not alter the recipe to make it more nutritious. Here is a recipe for you to try with less sodium, fat and calories but still offer all the pleasures of the original casserole that we all love.

Although we have just covered the main entrée items of the holiday meal, we all know that we have not even scratched the surface as we did not discuss appetizers, snacks, sweets and desserts which can be even more difficult for most people to resist. My suggestion is to always eat something healthy such as a piece of fruit or raw veggies and drink lots of water before attending a gathering with lots of temptations. Allow yourself bite-size pieces or spoonfuls of any food you want to taste. Try to avoid taking serving portions of any of the food as you cannot possibly eat all that food ...although people have tried. You might be surprised that you can still end up with a full plate of food to indulge. Take your time to enjoy every bite of food from your plate by chewing well and talking a lot! This approach allows you to eat everything that everyone else is eating and still keep you from going overboard.

Bon appétit, everyone and happy holidays!

WINTER WEATHER CLOSINGS

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

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

Dear Medicaid Marci ...

Dear Marci,
I want to make changes to my Medicare coverage during Fall Open Enrollment. What's the difference between Original Medicare and a Medicare Advantage plan?
-Joanna (Boston, MA)

Dear Joanna,
Original Medicare and Medicare Advantage plans are two different ways that someone with Medicare can get health care coverage. When you first enroll into Medicare, you start off with Original Medicare. Thereafter, you can choose to keep Original Medicare, which is when you get health insurance through the government, or you can sign up for a Medicare Advantage plan, which is when you get Medicare coverage through a private insurance company.

During Fall Open Enrollment (October 15-December 7), you may make changes to your health care coverage if you have Medicare. One of the changes you can make during this time is switching from Original Medicare to a Medicare Advantage plan and vice versa. You can make as many changes as you like, and the last change you make will take effect on January 1, 2013. Remember, the best way to make any changes or to enroll in a new plan is to call 800-MEDICARE.

Keep in mind that it's important to think about your health care needs when making choices about your health care coverage. Listed below are the main differences between Original Medicare and Medicare Advantage plans:

Original Medicare is the traditional fee-for-service Medicare coverage you get through the federal government. Original Medicare consists of Part A (hospital insurance) and Part B (medical insurance). Most people who have Original

Medicare need to sign up for a stand-alone Part D plan (prescription drug coverage). If you have Original Medicare, you should use the Original Medicare red-white-and-blue card whenever you go to the doctor's office or a hospital. Listed below are some important things to know if you have Original Medicare:

You can see any doctor in the country, as long as he/she accepts Medicare

You are not required to get a referral from your primary care doctor before seeing other doctors or specialists

Medicare pays 80% of the cost of most medical services and you must pay the remaining 20% coinsurance

Medicare doesn't cover certain services such as vision, dental, and hearing care

You can purchase a Medigap plan, which helps fill gaps in Medicare health coverage and may help pay your out-of-pocket costs

You should join a stand-alone Medicare drug plan (Part D), if you need prescription drug coverage

Medicare Advantage plans offer Medicare benefits and are sold by private insurance companies. Most Medicare Advantage plans include health and drug coverage. These plans must offer at least the same benefits as Original Medicare, but each plan has different costs and restrictions. If you have a Medicare Advantage plan, you should use the card your plan gives you, whenever you go to the doctor's office or a hospital. Listed below are some important things to know if you have a Medicare Advantage plan:

You are typically required to see a doctor or health care provider that's in the plan's network or service area

You may need to get a referral from your primary care doctor before seeing other doctors or specialists

Your deductible, coinsurance and

copay amounts vary, depending on the plan

Rules and coverage restrictions vary, depending on the plan

The plan may cover health care services that Original Medicare does not cover

The plan must have a maximum limit on out-of-pocket costs (after you spend a certain amount, your care will be free or very low-cost)

You cannot have a Medigap plan if you have a Medicare Advantage plan

You should choose a Medicare Advantage plan that includes drug coverage, if you need prescription drug coverage

Remember, you cannot have both Original Medicare and a Medicare Advantage plan. You must choose how you want to receive your Medicare health care benefits.

-Marci

Dear Marci,
I have Original Medicare and my doctor told me that he doesn't take assignment. What does this mean?
-Walter (Astoria, NY)

Dear Walter,

If your doctor doesn't take assignment, it means he may accept Medicare, but can charge you a little more for the health services you receive. Doctors who accept Medicare, but don't take assignment are called non-participating doctors. Non-participating doctors can bill you a 20 percent coinsurance for Medicare-covered services, after you meet your yearly deductible. Plus, they can bill you an extra 15 percent for the services you receive. This is called a limiting charge. Altogether, that means you may be billed up to 35 percent of Medicare's approved amount for non-participating providers,

after you've met your deductible.

Some states have stricter rules on what non-participating doctors are allowed to charge you. Call your State Health Insurance Assistance Program (SHIP) to find out more.

Most doctors who treat patients with Original Medicare do accept Medicare and take assignment. These doctors are called participating doctors. Participating doctors agree to accept the Medicare-approved amount as payment in full. The Medicare-approved amount is the amount Medicare has agreed to pay the doctor for services you receive. So, when you see a doctor who takes assignment, you will typically pay a 20 percent coinsurance after you meet your annual deductible. Click here for more information on the difference between a deductible, coinsurance, and a copayment.

Finally, some doctors opt out of Medicare. These doctors are called opt-out doctors and can charge you whatever they want for health services. These doctors must give you a private contract that states you must pay for the full cost of the services they provide to you.

Medicare will not pay for services you get from opt-out doctors, since opt-out doctors do not deal with Medicare and cannot bill Medicare at all. Call 800-Medicare (800-633-4227) or go online at www.medicare.gov to find out if your doctor is a participating, non-participating, or opt-out provider.

Don't forget that these types of doctors apply only when you have Original Medicare. If you're in a Medicare Advantage Plan, you should see doctors and other health care providers in your plan's network.

-Marci

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Shop early: The right prescription for selecting a Medicare drug plan

(BPT) - The most important shopping seniors may do this season is for a Medicare prescription drug plan. Therefore, it's one holiday shopping item that shouldn't wait until the last minute.

New research from Express Scripts shows 84 percent of seniors (based on an analysis of Express Scripts Medicare (TM) 2011 PDP enrollment data) wait until the last minute to select a Medicare Part D plan, and half of all seniors will attempt to enroll specifically on Medicare Monday - the Monday following Thanksgiving, the busiest enrollment day of the year. In addition, many seniors are not aware that the Centers for Medicare and Medicaid Services (CMS) changed the enrollment deadline in 2011 to Dec. 7, thus trimming the enrollment period by three weeks.

"As a result of down-to-the-wire decision making, seniors risk overpaying because they do not have the time to shop, compare and ensure the plan they choose covers all of their pharmacy needs," says Paul Reyes, host of the Ask the Pharmacist radio series and pharmacist for Express Scripts. "Choosing the wrong plan could end up costing hundreds

of dollars or more because you're locked in until next year's enrollment period."

It's important to start the process early so you have plenty of time to thoroughly compare plans and avoid long wait times and enrollment frustration. Reyes has the following tips to help you make the right Part D choice:

Look beyond the sticker price: While lower premiums are helpful if you do not currently take many medications, when you do need more medications, the costs of the medications can really add up. You should evaluate any out-of-pocket costs you'll be responsible for based on the medications you take regularly, and make sure these medications are included on the plan's list of covered medications.

Star search: Beneficiaries should consider a plan's CMS star rating - an objective comparison of important plan attributes and performance, such as patient safety and support. The CMS star ratings range from one to five, with four and five representing above-average plan performance.

Mind the coverage gap: The coverage gap, also known as the "donut hole" begins when



your total drug costs (the amount that both you and your plan pay) reach \$2,970. Once you reach the coverage gap, you are responsible for paying the full cost of your medications until you hit a total of \$4,750. Look for a plan that will alert you when you're getting close to the gap and will help you stretch your Medicare dollars to delay or avoid it. If you use a lot of medications or have reached the gap in previous years, consider a plan that offers coverage in the gap.

Is there a generic for that?: Generic medications can help

lower your monthly drug costs, thus delaying or even preventing you from reaching the gap. Many plans offer incentives for generics - for example, the Express Scripts Medicare Choice Plan offers a \$0 copay on generics ordered through home delivery. The great news for Medicare consumers is that many popular brand name medications, such as Lipitor, are now available in generic form.

Care and convenience: A plan that offers round-the-clock pharmacist support can help you get the support you need from your plan - even if it's the

middle of the night, plus may offer you ways to help you stick to your treatment regimen and avoid potentially harmful drug interactions and side effects. Plans that have a national pharmacy network can make a lot of sense if you travel or spend time away seasonally - plus look for other ways to save - such as through home delivery for chronic medications. These savings can really add up.

Play it safe: If you're shopping for a Part D plan online, be sure to start with www.Medicare.gov, the official U.S. Government website for Medicare, to ensure you are signing up with a CMS-approved Medicare Plan. Also, if you order medications online, look for the site's VIPPS certification to ensure you are buying medications from an online pharmacy licensed by the National Association of Boards of Pharmacy.

So when enrollment begins on Oct. 15, start comparison shopping for a plan early on and review the above information to help find the plan that's right for you. For more information regarding how to choose your plan, or to sign up for free reminders to ensure you don't miss the enrollment period, visit www.ExpressScriptsMedicare.com.

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The Bullthistle Bulletin is a bi-monthly publication of the Chenango County Area Agency on Aging funded by Chenango County government and the NYS Office for Aging under Title III of the Federal Older Americans Act.

MENU

November 2012

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Home Delivered Meals will be "pot luck" frozen meals for Holidays and weekends, delivered at an earlier week day date. There is NO meal delivery on Holidays or on weekends. Senior Centers are CLOSED on Holidays and weekends as well.

5

Salisbury Steak with Gravy
Mashed Potatoes
Peas and Carrots
Oatmeal Bread
Fresh Fruit

6

Macaroni & Cheese
Stewed Tomatoes
California Blend
Vegetables
Warmed Garlic Bread
Birthday Cake (Also for N)

7

Pork BBQ on Bun
Garlic Herb Potatoes
Chateau Blend
Vegetables
Hamburger Roll
Birthday Cake (Also for N)

1

Roast Pork with Gravy
Garlic Red Skinned Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Multigrain Bread
Angel Food Cake w/ Cherries and Topping (Also for N)

2

Cheese Lasagna Rollup
Brussels Sprouts
Rye Bread (Seedless)
Fruited Gelatin w/ Topping (Also for N)

3

HOME DELIVERED MEALS ONLY
Pot Luck Meal

4

HOME DELIVERED MEALS ONLY
Pot Luck Meal

5

Salisbury Steak with Gravy
Mashed Potatoes
Peas and Carrots
Oatmeal Bread
Fresh Fruit

6

Macaroni & Cheese
Stewed Tomatoes
California Blend
Vegetables
Warmed Garlic Bread
Birthday Cake (Also for N)

7

Pork BBQ on Bun
Garlic Herb Potatoes
Chateau Blend
Vegetables
Hamburger Roll
Birthday Cake (Also for N)

8

Fish Florentine
Wild Rice
Carrot Coins
Golden Glow Salad
100% Whole Wheat Bread
Tapioca Pudding (Also for N)

9

Chicken a' la King
Mashed Potatoes
Broccoli Florets
Buttermilk Biscuit
Chef's Mixed Fruit

10

HOME DELIVERED MEALS ONLY
Pot Luck Meal

11

HOME DELIVERED MEALS ONLY
Pot Luck Meal

12
VETERANS DAY

HOME DELIVERED MEALS ONLY

Pot Luck Meal

13

Stuffed Cabbage Roll
Winter Squash
Pickled Beets
Minestrone Soup w/crackers
Fresh Fruit

14

Vegetable Lasagna
Stewed Tomatoes
Spinach
Tossed Salad
Italian Bread
Chocolate Swirl (Also for N)

15

Roast Turkey with Gravy
And Cranberry Sauce
Bread Stuffing
Yukon Gold
Mashed Potatoes
French Green Beans
Dinner Roll
Pumpkin Pie w/ Topping (Also for N)

16

Roast Turkey with Gravy
And Cranberry Sauce
Bread Stuffing
Yukon Gold
Mashed Potatoes
French Green Beans
Dinner Roll
Pumpkin Pie w/ Topping (Also for N)

17

HOME DELIVERED MEALS ONLY
Pot Luck Meal

18

HOME DELIVERED MEALS ONLY
Pot Luck Meal

19

Ham & Potato Casserole
Broccoli Florets
Pickled Beets
Rye Bread (Seedless)
Fresh Fruit

20

Herb Baked Fish
Buttered Noodles
California Gold Blend Vegetable
Oatmeal Bread
Turkey Cookie (Also N)

21

Chili con Carne
Brown Rice
Oriental Blend Vegetables
Cornbread
Turkey Cookie (Also for N)

22

THANKSGIVING

HOME DELIVERED MEALS ONLY

Pot Luck Meal

23

THANKSGIVING

HOME DELIVERED MEALS ONLY

Pot Luck Meal

24

HOME DELIVERED MEALS ONLY

Pot Luck Meal

25

HOME DELIVERED MEALS ONLY

Pot Luck Meal

26

Spaghetti w/Meat Sc
Capri Blend Vegetables
Warm Garlic Bread
Oatmeal Raisin Cookie (Also for N)

27

Beef Stew w/Biscuit
Mediterranean Blend Vegetables
Extra Vegetable (HDM Only)
Cranberry Crunch w/ Topping (Also for N)

28

Breaded Fish Sandwich
w/ Tartar Sauce
Sweet Potato Puffs
Three Bean Salad
Chicken Vegetable Soup
w/Crackers
Hamburg Roll
Mandarin Orange Sections

29

Spanish Rice
Peas
Carrot Coins
Rye Bread (Seedless)
Fresh Fruit

30

Shepherd's Pie
Stewed Tomatoes
Spinach
Multigrain Bread
Brownie 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.

EVENING DINING MENU

Thursday, Nov. 1

McDonough ONLY
Roast Pork with Gravy
Garlic Red Skinned Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Multigrain Bread
Angel Food Cake w/ Cherries and Topping (Also for N)

Thursday, Nov. 15

McDonough ONLY
Roast Turkey w/Gravy
Cranberry Sauce
Bread Stuffing
Yukon Gold Mashed Potatoes
French Green Beans
Dinner Roll
Pumpkin Pie w/Topping (N)

Friday, Nov. 16

South Otselic ONLY
Roast Turkey w/Gravy
Cranberry Sauce
Bread Stuffing
Yukon Gold Mashed Potatoes
French Green Beans
Dinner Roll
Pumpkin Pie w/Topping (N)

(N) Indicates No Concentrated Sweets/ Diabetic

MENU

December 2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Suggested Contribution per Meal

Home Delivered \$3.00
 Congregate (Lunch) \$3.00
 Breakfast \$2.00
 Congregate (Evening) \$3.50
 Any contribution you wish to make is voluntary and will be used to support the program. Anyone who does not contribute will not be denied a service. For your convenience, we will be providing self-addressed, postage-paid envelopes each month for the home delivery program participants.

Menus Subject to Change Without Notice

1	2
HOME DELIVERED MEALS ONLY	HOME DELIVERED MEALS ONLY
Pot Luck Meal	Pot Luck Meal

3

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

4

Vegetable Lasagna
 Winter Squash
 Broccoli Florets
 Warmed Garlic Bread
 Lemon Delight (N)

5

Swiss Steak
 Mashed Potatoes
 Mediterranean Blend Vegetables
 Rye Bread (Seedless)
 Fruit Cocktail

6

Chicken Monterey
 Wild Rice
 California Blend Vegetables
 Tossed Salad
 Multigrain Bread
 Warmed Bread Pudding w/Raisins and Topping (N)

7

Creamed Chipped Beef
 Mashed Potatoes
 Brussels Sprouts
 Oatmeal Bread
 Angel Food Cake w/Cherries and Topping (N)

8

HOME DELIVERED MEALS ONLY

Pot Luck Meal

9

HOME DELIVERED MEALS ONLY

Pot Luck Meal

10

Swedish Meatballs
 Egg Noodles
 Green Beans
 100% Whole Wheat Bread
 Fresh Fruit

11

Sweet & Sour Pork
 Rice Pilaf
 Asian Blend Vegetables
 Rye Bread (Seedless)
 Birthday Cake (N)

12

Stuffed Cabbage Roll
 Winter Squash
 Pickled Beets
 Multigrain Bread
 Birthday Cake (N)

13

Meatloaf with Gravy
 Mashed Potatoes
 Winter Blend Vegetables
 Tossed Salad
 100% Whole Wheat Bread
 Fresh Fruit

14

Eggplant Rollata
 Linguini w/ Marinara Sauce
 Prince William Blend Vegetables
 Tossed Salad
 Italian Bread
 Tapioca Pudding (N)

15

HOME DELIVERED MEALS ONLY

Pot Luck Meal

16

HOME DELIVERED MEALS ONLY

Pot Luck Meal

17

Fish Florentine
 Wild Rice
 California Blend Vegetables
 Multigrain Bread
 Chocolate Mousse w/Topping (N)

18

Salisbury Steak with Gravy
 Mashed Potatoes
 Brussels Sprouts
 Oatmeal Bread
 Applesauce

19

Macaroni & Cheese
 Stewed Tomatoes
 Spinach
 Warmed Garlic Bread
 Fresh Fruit

20

Baked Ham w/ Raisin Sauce
 Mashed Sweet Potato
 Peas w/Mushrooms
 Dinner Roll
 Gingerbread Man (N)

21

Baked Ham w/ Raisin Sauce
 Mashed Sweet Potato
 Peas w/Mushrooms
 Dinner Roll
 Gingerbread Man (N)

22

HOME DELIVERED MEALS ONLY

Pot Luck Meal

23

HOME DELIVERED MEALS ONLY

Pot Luck Meal

24

Spicy Cranberry Chicken Patty
 Yukon Gold
 Mashed Potatoes
 San Francisco Blend Vegetables
 Oatmeal Bread
 Holiday Tree Cookie (N)

25

MERRY CHRISTMAS!

HOME DELIVERED MEALS ONLY

Pot Luck Meal

26

Beef Stew w/Biscuit
 Brussels Sprouts
 M & M Cookie (N)

27

Pork BBQ on Bun
 Garlic Herb Potatoes
 Chateau Blend Vegetables
 Yankee Bean Soup w/Crackers
 Hamburger Roll
 Butterscotch Pudding (N)

28

Stuffed Pepper
 Tater Tots
 Chuckwagon Blend Vegetables
 100% Whole Wheat Bread
 Cranberry Crunch w/Topping (N)

29

HOME DELIVERED MEALS ONLY

Pot Luck Meal

30

HOME DELIVERED MEALS ONLY

Pot Luck Meal

31

Spanish Rice
 Peas
 Winter Squash
 Rye Bread (Seedless)
 Strawberry Shortcake w/Topping (N)

EVENING DINING MENU

Thursday, Dec. 6

McDonough ONLY
 Chicken Monterey
 Wild Rice
 California Blend Vegetables
 Tossed Salad
 Multigrain Bread
 Warmed Bread Pudding w/Raisins and Topping (N)

Thursday, Dec. 20

McDonough ONLY
 Baked Ham w/Raisin Sauce
 Mashed Sweet Potatoes
 Peas w/Mushrooms
 Dinner Roll
 Gingerbread Man (N)

Friday, Dec. 21

South Otselic ONLY
 Baked Ham w/Raisin Sauce
 Mashed Sweet Potatoes
 Peas w/Mushrooms
 Dinner Roll
 Gingerbread Man (N)

EVENTS

November-December 2012

ALGONQUIN SENIOR CENTER

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

NOVEMBER

DAILY ACTIVITIES: Puzzles, Games, Trivia and Games

SPECIAL ACTIVITIES:

02-Name The Nut Quiz
05-Old Time Shows
07-Remembrance Day, Veteran's Trivia/Celebrate Birthdays!
09-Grace Fuller, RD "Healthy Holiday Eating and Savvy Restaurant Practices!"
12-CLOSED-Veteran's Day
14-Old Time Movies
16-Entertainment – To Be Announced
19-Games
21-Old Time Shows
23-CLOSED-Thanksgiving Holiday
26-Blood Pressure Clinic
28-Guitar Entertainment
30-Games

THE WELCOME CENTER

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

NOVEMBER

SPECIAL ACTIVITIES:

02-Grace Fuller, RD "Healthy Holiday Eating and Savvy Restaurant Practice"/Cards
05-Cards
07-Bingo
09-Puzzles
12-CLOSED-Veteran's Day
14-Bingo
16-Cards
19-Cards
21-Blood Pressure Clinic/Trivia
23-CLOSED-Thanksgiving Holiday
26-Puzzles
28-Bingo
30-Cards

DECEMBER

SPECIAL ACTIVITIES:

03-Cards
05-Bingo
07-Crossword Puzzles
10-Puzzles
12-Celebrate Birthdays!/Bingo
14-Cards
17-Cards
19-Trivia
21-Puzzles
24-Holiday Party
26-Bingo
28-Cards
31-Cards



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

PLUM VALLEY FOREVER YOUNG CENTER

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

NOVEMBER

18-Evening Dining w/Flu Clinic 6:30-7:30 pm

DECEMBER

21-Evening Dining

An Important Message From Medicare: Medicare Open Enrollment October 15- December 7

With The Health Care Law, Medicare Offers:

FREE* Annual Wellness Visit
Some FREE* Cancer Screenings
50% Discount on Covered Brand Name Prescription Drugs When You're In The "Donut Hole"
Better Fraud Protection

**When using qualified and participating physicians or providers.*

It's time to compare plans, and make sure you have the right health and prescription drug coverage for you. Stay with your current plan if your happy with it. Or look for a new one with better coverage, higher quality, and lower cost.

Visit www.medicare.gov or call 1-800-MEDICARE (TTY 1-877-486-2048) to review and compare plans and answer your questions. Or Contact:

Chenango County Area Agency on Aging
5 Court Street, Norwich, NY 13815
Phone 607-337-1770

GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

NOVEMBER

01-Evening Dine w/ Grace Fuller, RD "Healthy Holiday Eating and Savvy Restaurant Practice"
15-Evening Dine-Thanksgiving Meal

DECEMBER

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

WESTSIDE PARK SENIOR CENTER

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

NOVEMBER

DAILY ACTIVITY: Cards, Word Searches, Crosswords and Trivia Plus

SPECIAL ACTIVITIES:

01-Bingo
02-Cards
07-Grace Fuller, RD, "Healthy Holiday Eating and Savvy Restaurant Practices"/Celebrate Birthdays!
08-Bingo
09-Cards
12-CLOSED-Veteran's Day
13-Cards
15-Bingo
16-Cards
20-Cards
22-CLOSED-Thanksgiving Holiday
23-CLOSED-Thanksgiving Holiday
27-Cards
29-Set Up Christmas Tree/Bingo
30-Cards

DECEMBER

DAILY ACTIVITY: Cards, Puzzles, Crosswords

SPECIAL ACTIVITIES:

04-Cards
06-Bingo
07-Cards
11-Cards
12-Celebrate Birthdays!
13-Bingo
14-Cards
18-Cards
20-Bingo
21-Blood Pressure Clinic/Cards
25-CLOSED-Christmas Holiday
27-Bingo
28-Cards

EVENTS

November-December 2012

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

WINDY HILL SENIOR CENTER

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

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

NOVEMBER

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

02-"Yummy Yogurt" Word Find
05-Grace Fuller, RD-"Healthy Holiday Eating and Savvy Restaurant Practice" @ 12:15pm
07-Celebrate Birthdays!
09-Veteran's Commemoration Day
12-CLOSED-Veteran's Day
16-Thanksgiving Lunch
23-CLOSED-Thanksgiving Holiday
26-"Life is a Picnic" Crossword Puzzle

DECEMBER

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

03-"Very Pleasant" Word Find
05-Christmas Decorations
12-Celebrate Birthdays!
21-Christmas Lunch
24-Merry Christmas To All!
31-"Happy New Year" Celebration

NOVEMBER

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

01-"Yummy Yogurt" Word Find
06-Lunch Out Due to Election Day/Celebrate Birthdays!
08-Veteran's Commemoration Day
13-Grace Fuller, RD-"Healthy Holiday Eating and Savvy Restaurant Practice"@ 12:15pm
15-Thanksgiving Lunch
22-CLOSED-Thanksgiving Holiday
27-"Life is a Picnic" Crossword Puzzle

DECEMBER

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

04-"Very Pleasant" Word Find
06-Blood Pressure Clinic/Christmas Decorations
11-Celebrate Birthdays!
20-Christmas Lunch
25-CLOSED Christmas
27-"Happy New Year" Celebration

NOVEMBER

DAILY ACTIVITIES: 50/50 Raffle, Cards and Puzzles

SPECIAL ACTIVITIES:

06-Celebrate Birthdays!
08-Grace Fuller, RD "Healthy Holiday Eating and Savvy Restaurant Practice"/Bingo
20-History of Thanksgiving
22-CLOSED-Thanksgiving Holiday

DECEMBER

DAILY ACTIVITIES: 50/50 Raffle, Cards, Puzzles

SPECIAL ACTIVITIES:

04-Bingo
11-Celebrate Birthdays!
20-Christmas Party
25-CLOSED - Christmas
27-Bingo

If 2013 is your lucky year to retire, prepare now

By Everett M. Lo
Social Security Administration's
Regional Public Affairs
Office in the New York
Region

Do you plan to begin receiving Social Security retirement benefits early in 2013? If so, now is the time to prepare. We recommend you apply up to four months before you want your retirement benefits to begin.

These days, you no longer need to travel to an office or wait in line to apply for benefits. You can do it from your home or office computer. The Social Security website at www.socialsecurity.gov makes the process easy and

convenient.

You can complete your application for retirement benefits in as little as 15 minutes. In most cases, after you submit your online application electronically, that's all you have to do. You're done. There are no forms to sign or additional paperwork to complete. In rare cases where we need additional information, a representative will contact you.

Not ready to retire yet? Perhaps you want to plan ahead and begin considering your options regarding when to retire. In that case, you'll want to visit Social Security's website to use our convenient and informative retirement planner at www.socialsecurity.gov/retire2. Here you can find out just

how close you are to meeting your financial goals and then "bookmark" the website to apply for retirement benefits whenever you are ready.

We encourage people at any stage in their working career to use the *Retirement Estimator* for an instant, personalized estimate of future retirement benefits. Find it at www.socialsecurity.gov/estimator.

Remember that you're always first in line when you go online, to www.socialsecurity.gov.

Here's to a lucky 2013. If you're planning to retire and begin receiving Social Security benefits in January, start the year off right by applying online now for Social Security benefits.

Income Eligibility Guidelines For the HEAP 2012-2013 Season Start Date: 11/19/2012

Household Size	Income
1	\$2,138 or less
2	\$2,796 or less
3	\$3,453 or less
4	\$4,111 or less
5	\$4,769 or less
6	\$5,427 or less
7	\$5,550 or less
8	\$5,673 or less
9	\$5,797 or less
10	\$5,920 or less
11	\$6,346 or less
11+	\$495

For an application or income questions please contact Area Agency on Aging at 607-337-1770 between 8:30 and 5:00

It's frustrating to hear like this...

When you lose the ability to hear certain pitches and tones, understanding speech becomes frustrating and confusing.

Dr. Horovitz at Chenango Speech & Hearing is a professionally licensed and certified audiologist who will accurately diagnose your hearing problem and treat it accordingly.



Dr. Linda Horovitz
Doctor of Audiology

Call now for our 45 day trial period on hearing aids.

100% money back guarantee

if hearing aids are returned.

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SPEECH & HEARING CENTER
Chenango Audiology Services

Norwich Eaton Center (First Floor).
Use Conkey Ave. Entrance

Monday-Thursday 8 am-4:30 pm,
closed Friday

336-9003

www.chenangoaudiology.com

EMERGENCY FOOD PACKS

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

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

Thank You—Trudy Harris-Irons, Nutrition Program Coordinator

EMERGENCY FOOD PACK FORM

NAME: _____

ADDRESS: _____

PHONE#: _____

Please check appropriate line below:

Home Delivered Meal Participant _____

Senior Center Participant _____

Center Name _____

Are You Up-To-Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.



<input checked="" type="checkbox"/>	Preventive service
<input type="checkbox"/>	One time "Welcome to Medicare" Preventive Visit—within the first 12 months you have Medicare Part B
<input type="checkbox"/>	Yearly "Wellness" Visit—get this visit 12 months after your "Welcome to Medicare" preventive visit or 12 months after your Part B effective date
<input type="checkbox"/>	Abdominal Aortic Aneurysm Screening
<input type="checkbox"/>	Alcohol Misuse Screening and Counseling
<input type="checkbox"/>	Bone Mass Measurement (Bone Density Test)
<input type="checkbox"/>	Cardiovascular Disease (Behavioral Therapy)
<input type="checkbox"/>	Cardiovascular Screenings (cholesterol, lipids, triglycerides)
<input type="checkbox"/>	Colorectal Cancer Screenings
<input type="checkbox"/>	Depression Screening
<input type="checkbox"/>	Diabetes Screening
<input type="checkbox"/>	Diabetes Self-management Training
<input type="checkbox"/>	Flu Shot
<input type="checkbox"/>	Glaucoma Test
<input type="checkbox"/>	Hepatitis B Shot
<input type="checkbox"/>	HIV Screening
<input type="checkbox"/>	Mammogram (screening for breast cancer)
<input type="checkbox"/>	Medical Nutrition Therapy Services
<input type="checkbox"/>	Obesity Screening and Counseling
<input type="checkbox"/>	Pap Test and Pelvic Exam (includes a breast exam)
<input type="checkbox"/>	Pneumococcal Shot
<input type="checkbox"/>	Prostate Cancer Screenings
<input type="checkbox"/>	Sexually Transmitted Infections Screening and Counseling
<input type="checkbox"/>	Tobacco Use Cessation (counseling to stop smoking)

Your "Medicare & You" handbook has more information about these preventive services, including costs and conditions that may apply. Visit www.medicare.gov/publications



CMS Product No. 1140
Revised March 2012

We're Always at Your Service!



Our pharmacists are much more than prescriptions and medications!

You should know that there is much more to a pharmacist than preparing and selling prescriptions and medication. Our pharmacists are your partners in health. The focus is to provide you and your family with ways to improve your health.

Another vital service provided by our pharmacists is follow-ups with your medication. Our pharmacists can help you choose the most appropriate non-prescription drugs, their dosage and use. We also can assist you with the dosage and use of prescription drugs in partnership with your family doctor, for the best treatment possible.

Questions About Your Insurance?

We Are Always Here To Help With Answers.

We also provide:

- Free Delivery for residents within the city limits of Norwich, Sherburne and New Berlin only.
- 10% discount off prescription drugs if you're 50 years or older and have no insurance.
- Emergency Prescription Service
- We're proud to SERVICE you, our loyal customers in Norwich, New Berlin, Sherburne and surrounding areas for over 30 years.

We have 9 pharmacists and 65 dedicated employees totally committed to serving you. Locally owned and family operated.



SERVICE PHARMACY

38 S. BROAD STREET, NORWICH, NY
607-334-2431
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6 N. MAIN ST., SHERBURNE, NY
607-674-9691
HOURS: 9-8 Mon.-Fri; 9-6 Sat.; 9-1 Sun.

12 MAIN ST., NEW BERLIN, NY
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