

Bullthistle Bulletin



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

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When is food a whole grain?

And why are whole grains so important?

BY GRACE FULLER RD

Most consumers struggle with this question every time they go out to buy groceries. Through years of hearing about the health benefits of eating whole grains, the global sales of whole grain products have sky-rocketed. In fact, many beverage and food companies have adopted whole grains as their primary strategy for re-energizing their brands and their products. The focus is to provide whole grain products that offer long-term health benefits as well as help consumers transition toward a healthy diet and lifestyle.

Based on the Mintel Global New Products Database, launches of new whole grain products in 2011 totaled 20 times those in 2000, a positive direction, in deed! In the United States, which happens to be the largest regional market for whole grain products, the most significant growth has been among the “Millennials”, people between the ages of 18 to 34. Even so, as a nation, we have a long way to go because whole grains only account for about 11% of our nation’s total grain consumption as noted in 2009.

While food companies have been very busy getting on board adding whole grains and/or replacing grains with whole grains, there has been much confusion among consumers in interpreting the product labels to confidently judge whether their products really are whole grain or whether their products are in fact as nutritious as the labels claim. Here are some examples of confusing and vague statements: *More whole grains than any other ingredients!*; *With whole grains first ingredient!* Does a product with either of the above descriptions, such as found in cereals, mean that it is a significant contributor of whole grain? No, not always! Often times the second ingredient that follows is a **refined** grain. “*Made with*” whole grain merely means “*includes*” whole grains and some of these products can also be “*made with*” **processed** grains. For those of you who are just starting to eat whole grains, a partial whole grain product is not a bad idea during the transition to help you get used to the nuttier, fuller taste of whole grains. Of course, those products made with 100% whole grain will offer the most health benefits.

Why are whole grains so important? Whole grains may help reduce that belly fat that is linked to heart disease and diabetes, while refined grains like white bread and pasta can cancel out those health benefits. It has been observed that people who routinely eat 3 or more servings of whole grains each day have improved health outcomes, such as, reduced cardiovascular disease, obesity, diabetes risk and some cancers. Many of us recall the first time when bread could be purchased at the grocery store. The bread was revolutionary because it came factory sliced and was deliciously light and mild in flavor. The flour used to create this wonder bread had been processed (refined) to produce these results. Unfortunately, this process removed both fiber and nutrients concentrated in the original whole grain. Little did we know that this was the beginning of our trend towards a very refined, low fiber, processed way of eating that has not helped our overall weight and health status.

How can we be certain we are buying the “good-for-you” whole grains? First, it helps to understand what makes a grain “whole”. In order for a grain to be called “whole”, it has to contain all 3 parts of the natural grain seed- the **bran**, the **germ**, and the **endosperm**. In most refined grain products, such as white flour, the only part used is the endosperm, while the bran and the germ have been processed out. The *Whole Grains Council* has created two very useful stamps to certify that the product is whole grain:

The **Basic Stamp** identifies products made with a mix of whole and refined grains. Each serving of this product offers you **8g or more of whole grains**. (Joanne: Put the Basic Stamp here)

The **100% Logo** identifies products that are 100% whole grain in content. Each serving of this product offers you **16g or more of whole grains**.

It is wise to keep track of how much whole grain you eat daily. Nutrition experts suggest 48g as our target for each day. Unfortunately, at this time, there is no regulation enforcing the use of either of these stamps on packaging. If you cannot find either of these stamps on a label, look for the phrase 100% whole grain. Often the

What Are Whole Grains?

Whole grains or foods made from them contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed (e.g., cracked, crushed, rolled, extruded, and/or cooked), the food product should deliver approximately the same rich balance of nutrients that are found in the original grain seed.

The Whole Grains Council lists these examples, when consumed in a form including the bran, germ and endosperm, of generally accepted whole grain foods and flours:

- Amaranth
- Barley
- Buckwheat
- Corn, including whole cornmeal and popcorn
- Millet
- Oats, including oatmeal
- Quinoa
- Rice, both brown rice and colored rice
- Rye
- Sorghum (also called milo)
- Teff
- Triticale
- Wheat, including varieties such as spelt, emmer, farro, einkorn, Kamut, durum and forms such as bulgur, cracked wheat and wheat-berries
- Wild rice

product will state the specific type of grain(s), such as, 100% whole wheat.

Refer to the **Ingredients List** for more information.

Ingredients that indicate **whole grains** include:
Whole grain(such as- wheat, rye, oats)
Whole wheat; whole rye; whole oats
Stone-ground whole(such as-wheat, rye, oats)
Brown rice; oats; oatmeal; wheat berries

Some ingredients fall into the **maybe** category:

Wheat; wheat flour
Semolina; durum wheat
Organic flour
Stone-ground
Multigrain **may** describe several whole grains or several refined grains, or a mix of both. Without the word “**whole**”, one can assume that there is a certain amount, if not all, of the grain is refined. What is important to remember is that if some parts of the grain are missing (processed out), the grain **may** be missing the health benefits of the whole grains.

Other terms that tell us the grain is **not whole grain**:

- Enriched flour
- De-germinated (on cornmeal)
- Bran
- Wheat germ

Note that both bran and wheat germ are valuable components of the whole grain as they offer fiber and health benefits. They are listed here only because they are not appearing as part of a trio(bran, germ, endosperm) that defines a whole grain.

The most recent recommendations are to eat three servings of whole grains each day, approximately 48g in total. It is not only important to eat three servings but to replace the servings of refined (processed) grains currently eaten daily with whole grains instead. Half of all the grains each day should come from whole grains.

Caregiver 101:

Creating a safe and happy environment for your loved ones

(BPT) - Nearly 66 million people, or 29 percent of the U.S. adult population, are providing care to someone who is ill, disabled or aged, according to the National Center for Caregiving. And, according to AARP, 61 percent of family caregivers who are 50-plus also work either full-time or part-time. How can busy caregivers gain peace of mind that their family member is happy and safe while they're working? There are easy home updates to help improve the safety and security of their living space.

Preparing a safe and happy home environment

Once you have determined the best place for your loved one to reside - whether they live independently, in an assisted living facility or in your

home - you'll need to create a safe environment. You may enlist the assistance of a Certified Aging - In - Place Specialist (CAPS) to make residential updates or, follow these simple tips to help make your family member's home a safe place for a lifetime.

Bathrooms

Since most slips and falls occur in the bathroom - often while getting in and out of the tub or shower - AARP suggests adding grab bars, using non-skid mats on the tub or shower floors and installing a handheld showerhead for easier bathing. These simple adjustments can help avoid injury.

Moen Home Care products, such as the Designer Grab Bars with Accessories, combine the safety benefits of a grab bar with common bath essentials, includ-

ing a towel bar, paper holder, straight shelf and a corner shelf, making each item functional and fashionable. Plus, each product is available in popular finishes, including chrome, brushed nickel and old world bronze, to coordinate with the rest of your bath.

Next, add protection in the shower with a shower chair or bench. Moen Home Care offers a variety of free-standing, ADA-compliant seating options that provide an extra level of safety and comfort. Or, for a more stylish upgrade to the traditional, neutral white finish, you may consider a Fold-Down Shower Seat. This design from Moen Home Care installs directly into the wall studs and folds down for a comfortable and secure shower seat - yet folds up for a thin,

compact profile when not in use. Plus, the teak wood and stylish metal trim will accentuate the look of even the most upscale shower.

"We know caregivers have enough to worry about," says Laurie Birko, brand manager for Moen Home Care. "Our products help make every bath a safe bath for their loved ones - while still maintaining a stylish look."

For the final steps of the shower makeover, swap the fixed showerhead with a handheld version to allow for bathing in a seated position, and add suction accessories to hold the showerhead and other necessities at a lower spot for easy access.

Hallways and stairs

Researchers have found that by the time a person is 60 years old, he or she needs up to 15 times more light than they did at the age of 10 - and that is especially true in darker areas, such as hallways and stairs. Replace all hallway fixtures with higher wattage bulbs or brighter LED lights for added illumination. Also, add nightlights for any middle-of-the-night trips to



the bathroom.

Do you have hand rails at all stairs to help avoid falls? - For shorter staircases, such as the garage entry, nine-inch hand grips are an ideal solution, as they're easy to install and are available in a variety of finishes to complement any room.

Floors and furniture

To avoid tripping or bumping hazards - and to provide adequate room for walkers, canes or wheelchairs - move larger furniture against the wall to create more open walkways throughout the home. Remove loose rugs, or use double-sided tape to ensure they are securely anchored. Finally, be sure that any wires and

cords are out of the way to prevent tripping and falls.

Bedrooms

Like other rooms in the home, ensure there is adequate lighting, no loose rugs or tripping hazards in the bedroom. Other helpful additions include adding rails to the bed are helpful for getting in and out. Also, to help keep everything within arms' reach, create a bedside "command center" equipped with a telephone, clock, lamp and other necessities. Finally, place a commode near the bed if a bathroom is not nearby.

For a variety of caregiver resources, visit the Caregiving Resource Center at www.aarp.org.

*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.



SERVICE PHARMACY

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

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38 S. BROAD STREET, NORWICH, NY
607-334-2431
HOURS: 9-8 Mon.-Fri.; 9-6 Sat.; 9-1 Sun.

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
607-847-8100
HOURS: 9-8 Mon.-Fri.; 9-6 Sat.; 9-1 Sun.

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)

Happy Holidays!



Submitted Photo

Holy Family students sang Christmas songs to the Senior Citizens at the Westside Park Senior Center in Norwich just before Christmas.

Chenango County Area Agency on the Aging

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

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(607) 337-1770

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(607) 337-1770

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(Southwest of City), Sherburne

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SENIOR CENTER MANAGERS

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(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)

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MENU

January 2013

MONDAY

Menus
Subject
to
Change
Without
Notice

TUESDAY

1
HAPPY NEW
YEAR!

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

WEDNESDAY

2
Turkey Divan
Egg Noodles
Country Blend
Vegetables
100% Whole Wheat
Bread
Fresh Fruit

THURSDAY

3
Meat Lasagna
Spinach
Tossed Salad
Warm Garlic Bread
Pineapple Upside-
Down
Cake w/Topping
(N)

FRIDAY

4
Asparagus Cheese
Stuffed Fish
Wild Rice
San Francisco
Blend Vegetables
Multigrain Bread
Lemon Delight (N)

SATURDAY

5
HOME DELIVERED
MEALS ONLY

Pot Luck Meal

SUNDAY

6
HOME DELIVERED
MEALS ONLY

Pot Luck Meal

7

Chicken a' la King
Mashed Potatoes
Broccoli Florets
Buttermilk Biscuit
Snowman Cookie
(N)

8

Swedish Meatballs
Egg Noodles
California Blend
Vegetables
100% Whole Wheat
Bread
Birthday Cake (N)
Fresh Fruit
(Norwich & HDM
Only)

9

Pork BBQ on Bun
Garlic Herb
Potatoes
Chateau Blend
Vegetables
Minestrone Soup
w/Crackers
Birthday Cake (N)

10

Shepard's Pie
Stewed Tomatoes
Peas
Multigrain Bread
Mandarin Orange
Sections

11

Ham/Cheese
Croissantwich
Baked Beans
Cabbage Salad
Fresh Fruit

12

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

13

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

14

Chili con Carne
Brown Rice
Asian Blend
Vegetables
Cornbread
Fresh Fruit

15

Macaroni & Cheese
Stewed Tomatoes
Broccoli Florets
Rye Bread
(Seedless)
Brownie w/Topping
(N)

16

Meatloaf w/Gravy
Mashed Potatoes
California Blend
Vegetables
Oatmeal Bread
Butterscotch
Pudding (N)

17

Chicken & Biscuit
Yukon Gold
Mashed Potatoes
Peas and Carrots
CranPear Salad
Apple Crisp
w/Topping (N)

18

Roast Pork with
Gravy
Garlic Red Skinned
Mashed Potatoes
Capri Blend
Vegetables
Tossed Salad
Dinner Roll
Warm Bread
Pudding
w/ Raisins and
Topping (N)

19

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

20

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

21

Swiss Steak
Mashed Potatoes
Spinach
Assorted Breads
Assorted Desserts
(N)

22

Brd Fish Sandwich
w/ Tartar Sauce
Tater Tots
Three-Bean Salad
Chicken Vegetable
Soup
w/Crackers
Fresh Fruit

23

Vegetable Lasagna
Stewed Tomatoes
Broccoli Florets
Warm Garlic
Bread
Chocolate Chip
Cookie (N)

24

Ham & Potato
Casserole
Brussels Sprouts
Pickled Beets
Oatmeal Bread
Fruit Cocktail

25

Salisbury Steak
w/Gravy
Mashed Potatoes
Chateau Blend
Vegetables
Multigrain Bread
Apricots Halves

26

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

27

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

28

Cheese Lasagna
Rollup
Brussels Sprouts
Carrot Coins
Italian Bread
Fresh Fruit

29

Creamed Chipped
Beef
Mashed Potatoes
California Blend
Vegetables
Multigrain Bread
Chocolate Mousse
w/Topping (N)

30

Chicken a l'Orange
Brown Rice
Oriental Blend
Vegetables
100% Whole Wheat
Bread
Sliced Peaches

31

Turkey Tetrazzini
Winter Squash
Broccoli Florets
Rye Bread
(Seedless)
Oatmeal Raisin
Cookie (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, Jan. 3

McDonough ONLY
Meat Lasagna
Spinach
Tossed Salad
Warm Garlic Bread
Pineapple Upside-Down
Cake w/ Topping (N)

Thursday, Jan. 17

McDonough ONLY
Chicken and Biscuit
Yukon Gold Mashed
Potatoes
Peas and Carrots
CranPear Salad
Apple Crisp w/Topping (N)

Friday, Jan. 18

South Otselic ONLY
Roast Pork with Gravy
Garlic Red Skinned Mashed
Potatoes
Capri Blend Vegetables
Tossed Salad
Dinner Roll
Warm Bread Pudding
w/Raisins and Topping (N)

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

MENU

February 2013

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.

4

Sweet & Sour Pork
Rice pilaf
Oriental Blend
Vegetables
Oatmeal Bread
Fresh Fruit

5

Spaghetti w/Meat Sauce
Capri Blend
Vegetables
Italian Bread
Peanut Butter
Cookie (N)

6

Vegetable Quiche
Stewed Tomatoes
Peas
Rye Bread
(Seedless)
Whipped Delight
(N)

7

Roast Beef with Gravy
Garlic Red Skinned
Mashed Potatoes
Prince William
Blend Vegetables
Tossed Salad
Dinner Roll
Cranberry Crunch
w/Topping (N)

8

Spicy Cranberry
Chicken Patty
Sweet Potato
San Francisco
Blend Vegetables
Multigrain Bread
Chef's Mixed Fruit

9

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

10

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

11

Sloppy Joe on a Bun
Garlic Herb
Potatoes
California Gold
Blend Vegetables
Yankee Bean Soup
w/Crackers
Applesauce

12

Ham Loaf
Winter Squash
Bahama Blend
Vegetables
Rye Bread
(Seedless)
Birthday Cake (N)

13

Herbed Baked Fish
Buttered Noodles
Brussels Sprouts
Oatmeal Bread
Birthday Cake (N)

14

Salisbury Steak
with Gravy
Mashed Potatoes
Chateau Blend
Vegetables
100% Whole Wheat
Bread
Strawberry
Shortcake
w/Topping (N)

15

Macaroni & Cheese
Stewed Tomatoes
Green Beans
Warmed Garlic
Bread
Mandarin Orange
Sections

16

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

17

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

18

PRESIDENT'S DAY

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

19

Chicken a' la King
Yukon Gold
Mashed Potatoes
Broccoli Florets
Buttermilk Biscuit
Fresh Fruit

20

Ham & Potato
Casserole
Prince William
Blend Vegetables
Carrot Coins
Rye Bread
(Seedless)
Fruit Cocktail

21

Vegetable Lasagna
Stewed Tomatoes
Peas
Tossed Salad
Warmed Garlic
Bread
Cherry Pie
w/Topping
Cherry Crisp
w/Topping (N)

22

Fish Florentine
Wild Rice
California Blend
Vegetables
Golden Glow Salad
100% Whole Wheat
Bread
Apple Crisp
w/Topping (N)

23

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

24

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

25

Swedish Meatballs
Egg Noodles
Chateau Blend
Vegetables
Italian Bread
Fresh Fruit

26

Chili con Carne
Brown Rice
California Gold
Blend Vegetables
Cornbread
Tapioca Pudding
(N)

27

Honey Mustard
Chicken
Sweet Potato
Winter Blend
Vegetables
100% Whole Wheat
Bread
Sugar Cookie (N)

28

Sausage, Peppers
& Onions
Warmed Baked
Beans
Carrot Coins
Vegetable Soup
w/Crackers
Fresh Fruit

Suggested Contribution per Meal

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

Thursday, Feb. 7

McDonough ONLY
Roast Beef w/Gravy
Garlic Red Skinned
Mashed Potatoes
Prince William Blend Vegetables
Tossed Salad
Dinner Roll
Cranberry Crunchw/ Topping (Also for N)

Thursday, Feb.. 21

McDonough ONLY
Vegetable Lasagna
Stewed Tomatoes
Peas
Tossed Salad
Warmed Garlic Bread
Cherry Pie w/Topping
Cherry Crisp w/Topping (N)

Friday, Feb. 22

South Otselic ONLY
Fish Florentine
Wild Rice
California Blend Vegetables
Golden Glow Salad
100% Whole Wheat Bread
Apple Crisp w/ Topping (N)

Menus
Subject
to
Change
Without
Notice

EVENTS

January-February 2013

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

JANUARY

Daily Activities: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

04-3 Rings Day
07-Razzle Dazzle Word Search
09-Celebrate Birthdays!
16-Pajama Day
18-Cards
21-Martin Luther King Jr. Day!
23-Car Racing Word Search

FEBRUARY

Daily Activities: Card, Bingo and Puzzles

SPECIAL ACTIVITIES:

01-Black History Month
04-Blood Pressure Clinic
06-"Whatcha Saying" Word Search
08-Chocolate Month
13-Celebrate Birthdays!
15-Celebrate Valentine's Day
18-CLOSED-President's Day
22-Washington's Birthday

THE WELCOME CENTER

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

JANUARY

SPECIAL ACTIVITIES:

04-Trivia
07-Wear Purple Day!
09-Celebrate Birthdays!/Bingo
16-Bring A Friend To Lunch!/Darlene Alexander/Food Stamp Outreach/Catholic Charities Visit
23-Bingo

FEBRUARY

SPECIAL ACTIVITIES:

04-Trivia
11-Wear Red Day!
13-Celebrate Birthdays!/Bingo
15-Valentine's Day Celebration
18-CLOSED-President's Day

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 337-1770 after 8:30 AM if there is a question regarding closures.



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

JANUARY

18-Evening Dining

FEBRUARY

22-Evening Dining

WINDY HILL SENIOR CENTER

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

JANUARY

Daily Activities: Bingo and Puzzles

SPECIAL ACTIVITIES:

01-CLOSED New Years Day!
03-New Year's Resolutions
08-Celebrate Birthdays!
15-Pajama Day!
17-Word Search
22-Martin Luther King Jr. Day
31-Word Search

FEBRUARY

Daily Activities: Bingo and Puzzles

SPECIAL ACTIVITIES:

05-Word Search
12-Celebrate Birthdays!
14- Valentine's Day Celebration

GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

JANUARY

03-Evening Dining
17-Evening Dining

FEBRUARY

07-Evening Dining
21-Evening Dining

WESTSIDE PARK SENIOR CENTER

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

JANUARY

DAILY ACTIVITY: Cards

SPECIAL ACTIVITIES:

01-CLOSED-New Years Holiday
08 & 09-Celebrate Birthdays!
10-Darlene Alexander/Food Stamp Outreach/Catholic Charities Visit
21-Martin Luther King Day!

FEBRUARY

DAILY ACTIVITY: Cards

SPECIAL ACTIVITIES:

12 & 13-Celebrate Birthdays!
14-Valentine's Day
18-CLOSED-President's Day

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

JANUARY

WEEKLY ACTIVITIES: Cards (Pitch & Golf)

SPECIAL ACTIVITIES:

01-Closed-New Years Day
03-Thoughts On The New Year
08-Darlene Alexander/Food Stamp Outreach/Catholics Charities Visit
10-Bingo
24-Bingo

FEBRUARY

WEEKLY ACTIVITIES: Cards (Pitch & Golf)

SPECIAL ACTIVITIES:

12-Celebrate Birthdays!
14- Valentine's Day
18-CLOSED President's Day



Getting Medicare right

Original Medicare Costs in 2013

Hospital Insurance (Part A)

- **Premium:**
 - Free if you've worked 10 years or more
 - \$243 per month if you've worked 7.5 to 10 years
 - \$441 per month if you've worked fewer than 7.5 years
- **Deductible:** \$1,184 each benefit period
- **Hospital Copayment:**
 - \$0 for the first 60 days of inpatient care each benefit period
 - \$296 per day for days 61-90 each benefit period
 - \$592 per **lifetime reserve day** after day 90 in a benefit period
(You have 60 lifetime reserve days that can only be used once. They're not renewable.)
- **Skilled Nursing Facility Copayment:**
 - \$0 for the first 20 days of inpatient care each benefit period
 - \$148/day for days 21-100 each benefit period

Medical Insurance (Part B)

- **Premium:** \$104.90 per month
- **Deductible:** \$147 per year
- **Coinsurance:** 20% for most services Part B covers

Prescription Drug Coverage (Part D)

Each Part D plan charges a different premium and deductible.

- **Premium:** Average is \$31.17 per month
- **Deductible:** No more than \$325 per year

Definitions

Premium — The monthly fee you pay to have Medicare

Deductible — What you must pay before Medicare starts paying for your care

Copayment / Coinsurance — The amount you pay for each service

Benefit period — A benefit period begins the day you start getting inpatient care. It ends when you haven't received inpatient hospital or skilled nursing facility care for 60 days in a row.

Dr. Breslau joins UHS Chenango Memorial Staff

NORWICH – Vladimir F. Breslau, MD, DO, PhD, has joined the UHS Women’s Health Center staff at UHS Chenango Memorial Hospital. He has been working at the practice since late June, so many patients there know him already. Dr. Breslau stated, “I have enjoyed my temporary position in the Women’s Health Center so much that I decided to pursue a staff position here at UHS Chenango Memorial. I appreciate the dedication and teamwork of the staff in the Women’s Health Center and on the maternity unit.”



Dr. Breslau is an experienced physician, board certified in OB/GYN. He completed his MD and residency in OB/GYN at University of Kishinev Medical School, Kishinev, Moldova. He received a PhD in endocrinology/oncology from Petrov’s Research Institute of Oncology, Leningrad, Russia, where he also practiced as a surgeon and medical doctor, and Doctor of Osteopathy Degree from New York College of Osteopathic Medicine, Old Westbury, NY. Dr. Breslau completed an internship and residency in OB/GYN at St. John’s Episcopal Hospital, South Shore, NY. He is licensed to practice medicine in both New York State and Arizona.

Dr. Breslau’s experience includes positions as Chief of Surgery/Chief Oncologist of the City of Kishinev at Moldavian Research Institute of Oncology, Kishinev, Moldova; surgeon and attending at University Hospital, Sidi Bel Abbes, Algeria; and

positions in Arizona, Maine and New York State.

Chris Kisacky, Vice President Operations at UHS Chenango Memorial Hospital, stated, “We are happy that Dr. Breslau has joined our staff. We value the experience and expertise he brings to our practice and our patients.”

For an appointment with Dr. Breslau or more information, call UHS Women’s Health Center at 337-4218.

UHS Chenango Memorial Hospital, now celebrating its 100th anniversary, is a member of UHS, a locally owned, not-for-profit, 916-bed hospital and healthcare system serving Greater Binghamton and surrounding counties from more than 60 locations around New York’s Southern Tier.

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

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ADDRESS: _____

PHONE#: _____

Please check appropriate line below:

Home Delivered Meal Participant _____

Senior Center Participant _____

Center Name _____

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Focusing on diabetes in the older adult population

(BPT) - In the U.S., there are nearly 26 million people living with diabetes and more seniors have diabetes than any other age group - 10.9 million, or 26.9 percent, of all people age 65 and older.

"Currently, one in four Americans over the age of 60 is living with diabetes and there is a great need for further education among older adults," says Dr. Vanessa Jones Briscoe, Chair of the Older Adult Subcommittee and Board Member for the American Diabetes Association.

In 2012 the American Diabetes Association launched its Senior Signature Series. The series looks to expand education and outreach efforts to seniors across the country. The series includes half-day educational events for individuals age 50 years and older to learn more about diabetes, numerous resources, helpful materials and health screenings. Its goal is to educate older adults about

how they can reduce their risk of diabetes and its complications. Because of its great success in 2012, the series will be back in 2013, and will include even more dates and locations across the country.

"Through continuing our Senior Signature Series, the American Diabetes Association will provide the tips and resources needed to help seniors address the challenge of preventing type 2 diabetes and keeping diabetes treatment from impairing their lifestyle, or slowing them down," Briscoe says. "The educational resources in the series are important not only for those older adults living with diabetes, but for their family members or caregivers as well."

One way to reduce your risk of developing diabetes, or to better manage it, is physical activity. Benefits include:

- * Improving your A1C, a test that measures your average blood



glucose (sugar) control, blood pressure and cholesterol

- * Having more energy

- * Burning calories to help you lose or maintain your weight

- * Keeping your joint

flexible

- * Improving your balance to prevent falls

- * Lowering your risk for heart disease and stroke

Almost all older adults who develop diabetes

have type 2 diabetes, and older adults with diabetes often have high blood pressure, high cholesterol, infections that heal slowly and they are at risk for heart attack, stroke and kidney failure. Seniors with diabetes are also more likely to have memory prob-

lems and depression. Awareness and education is critical in helping seniors to lead healthier lives.

For more information, or to download the "Living Healthy with Diabetes" guide for adults 55 and up, visit diabetes.org.

Is fraud in your future? Protect yourself from medical identity theft

(BPT) - With millions of Americans slated to gain access to healthcare under the Affordable Care Act, many may find themselves unknowingly at risk for medical identity theft, a crime that costs the country \$41.3 billion annually. In the United States, an estimated 1.5 million people have their ID stolen each year.

"It is a cruel twist on the traditional crime of personal identity theft," says Jo-Ellen Abou Nader, senior director of Express Scripts' Fraud, Waste and Abuse program. "When a person's medical identity is stolen, they may find that false information is added to their personal health record such as a change in blood type or inaccurate allergies."

Stolen medical identities often fuel another crime: prescription drug fraud and abuse. Thieves can use stolen information to illegally obtain prescription drugs and sell them on the secondary market. Illegal drug diversion costs the nation \$73.5 billion each year, and prescription drug abuse is responsible for more deaths than heroin and cocaine combined.

Abou Nader offers the following tips to consumers to help fight against medical identity theft and fraud:

- * Guard your card: Protect your medical identification card at all times and keep it in a safe and secure location. Some healthcare companies, like Express



Scripts, have Fraud, Waste and Abuse programs in place to identify fake or forged prescriptions and other signs of fraudulent activities. If your card is lost or stolen, immediately alert your insurance company.

- * Toss with caution: When throwing away prescription bottles and vials, remove the labels or black out your personal information so it is illegible. When throwing away documents containing protected health information, shred the documents instead of

discarding them in the garbage.

- * Protect your personal information: Be alert to impersonators or email phishing scams asking you for your personal information and never give out your passwords over the phone, internet, or via email. If you are unsure, call the company directly to inquire about the request.

- * Be privy to privacy policies: Before agreeing to the privacy policies of anyone you do business with, read through their policies in

detail to completely understand how your personal information will be used. If you have questions, request more information.

- * Lock up your bottles: Keep your prescription bottles hidden or locked away, especially during the holiday season when you may have an increase in visitors that will have access to your personal belongings.

- * Read your EOB Statements: It is important to carefully read any explanation of benefits (EOB) statements you

receive from your health plan after treatment to make sure the services listed are accurate. Review the name of the provider, the date of service and the service provided. If it includes information that does not look familiar, be sure to immediately report it to your health plan provider.

For more information about how to protect yourself against medical identification theft, visit Express Scripts' Healthcare Insights blog at <http://lab.express-scripts.com/>.

Enrollment After December 7

Although the Annual Election Period (AEP) ended December 7, there are many situations where people with Medicare can still make an enrollment choice. Here are some of the more common examples to be aware of.

Medigap. People with Medicare (both Part A and Part B) who live in New York State have a continuous open enrollment period which allows them to enroll into a Medigap plan or switch Medigap plans from one insurer to another at any time of the year.

New to Medicare. People who are newly eligible for Medicare can enroll into a Part D plan and (if they have both parts of Medicare) into a Medicare Advantage plan during their Initial Enrollment Period, usually the 7 months surrounding the month they turn 65. They are still entitled to the entire 7 month period even if it happens to overlap the Annual Election Period.

Loss of EGHP. People with Medicare who lose their employer group health plan (EGHP) coverage (even if it is a voluntarily loss of coverage), are entitled to a Special Enrollment Period (SEP), which allows them to enroll into a Part D and/or Medicare Advantage plan. The EGHP coverage could be through active employment, a retiree plan or even COBRA. The SEP includes the month coverage ends and continues for an additional two full months.

5-Star SEP. All people with Medicare living in New York State can enroll in a 5-star quality rated plan one time between December 8, 2012 and November 30, 2013, to be effective the 1st of the following month. The only 5-star rated plan in 2013 will be the Excellus BlueCross BlueShield Rx PDP.

Hurricane Sandy. Individuals impacted by Hurricane Sandy who were unable to make a plan selection by December 7 can enroll in a Part D and/or Medicare Advantage plan by calling 1-800-MEDICARE.

Dear Marci ...

Dear Marci,
I recently moved from California to New York. The doctors I want to see in New York tell me that they don't take my health insurance. Can I switch to a different Medicare Advantage plan if I move?
Gregory (Brooklyn, NY)

Dear Gregory,
Yes, you can switch to a different Medicare Advantage (private health) plan, if you change your home address. If you've already moved, you can switch to another Medicare Advantage plan during a Special Enrollment Period (SEP), beginning with the month you tell your plan about the move, plus two full months after you tell your plan. Your new coverage will begin the first of the month after you enroll.

A special enrollment period is a period of time outside of standard enrollment periods (e.g. General Enrollment Period, Fall Open Enrollment Period, and Initial Enrollment Period), during which you can make changes to your Medicare health and/or prescription drug coverage.

If you notify your Medicare Advantage or



prescription drug plan (Part D) about your move in advance, you can switch to another Medicare Advantage or Part D plan, beginning as early as the month before your move and lasting up to two months after you move. You may choose to begin your new coverage, starting with the first day of the month in which you move (as long as you have submitted a completed application to the plan) and up to three months after your plan receives the completed application.

It's important to think about your health and prescription drug coverage if you're planning to move. Medicare Advantage and Part D

plans typically have a network of providers (e.g. doctors and pharmacies) that offer services to plan members within a specific service area (a geographic region you must live in to be enrolled in your plan). If you move outside of that service area and you see health care providers outside of the plan's network, you may have to pay significantly more for the cost of the services you receive or you may have no coverage at all. Keep in mind that some plans do offer nationwide coverage, so your plan may cover your services, even if you move. Check with your plan to see what rules apply.

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.

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What You Need To Know About the Affordable Care Act

The Affordable Care Act strengthens Medicare and helps seniors take charge of their health. The law provides important benefits such as free preventative services, free annual wellness visits, and a 50 percent discount on prescription drugs for Medicare recipients in the coverage gap known as the “doughnut hole.” You can also work with your doctor to create a personalized prevention plan.

Top things to know for seniors under the health care law, your existing guaranteed Medicare covered benefits won't be reduced or taken away. Neither will your ability to choose your own doctor.

Nearly 4 million people with Medicare received cost relief during the law's first year. If you had Medicare prescription drug coverage and had to pay for your drugs in the coverage gap know as the “doughnut hole,” you received a one-time, tax free \$250.00 rebate from Medicare to help pay for your prescriptions.

If you have high prescription drug costs that put you in the donut hole, you now get a 50 percent discount on covered brand-name drugs while you are in the doughnut hole. Between today and 2020, you'll get continuous Medicare coverage for your prescription drugs. The doughnut hole will be closed completely by 2020.

Medicare covers certain preventive services without charging you the part B coinsurance or deductible. You will also be offered a free annual wellness exam.

The life of the Medicare Trust Fund will be extended as a result of reducing waste, fraud and abuse, and slowing cost growth in Medicare, which will provide you with future cost savings on your premiums and coinsurance.

HEALTH REFORM AND MEDICARE: *Closing the Doughnut Hole*

The Affordable Care Act, also known as health reform, closes the Part D doughnut hole—the gap in drug coverage during which people with Medicare must pay the full cost of their prescriptions out of pocket. Health reform phases out the doughnut hole by decreasing the beneficiary's share of drug costs during the doughnut hole until it reaches 25 percent in 2020 for both brand-name and generic drugs. However, the phase-out works differently for brand-name and generic drugs. The charts below illustrate how much the beneficiary will pay during the doughnut hole for both brand-name and generic drugs through 2020, when the phase-out will be complete.

The above chart shows:

Year	Pharmaceutical Manufacturer Discount	Government Subsidy (paid through plans)	Beneficiary Responsibility
2010	0	0	100% less the \$250 rebate for brand name and generic drugs
2011	50%	0	50%
2012	50%	0	50%
2013	50%	2.5%	47.5%
2014	50%	2.5%	47.5%
2015	50%	5%	45%
2016	50%	5%	45%
2017	50%	10%	40%
2018	50%	15%	35%
2019	50%	20%	30%
2020	50%	25%	25%

PHASE-OUT OF THE DOUGHNUT HOLE FOR BRAND NAME DRUGS
(Percentages represent share of total drug cost)

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