

Bullthistle Bulletin



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

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The Bean Scene

Once a culinary outcast, now beans are the ultimate 'power food'

BY GRACE FULLER, RD

Twenty or more years ago beans were looked upon as outcasts in the culinary world. Dried pintos, navy beans and bean soup packs would gather dust on grocery shelves. Containers of chickpeas or kidney beans nestled among a variety of salad items at "all you can eat" salad bars often remained untouched.

Well ... no more! In the past two decades, our bean consumption has escalated impressively. What is the big deal with these little beans? The ultimate "power" food,

beans are not only low in fat, but are high in protein, fiber and a wide array of vitamins and minerals.

Beans are one of the best examples of food that helps to lower cholesterol. How does this work? Their high levels of soluble fiber, such as those found in oat bran, apple and barley have the remarkable ability to capture the cholesterol containing bile in our digestive tract and remove it before it is absorbed by the body. Results of studies done have demonstrated a 10% drop in total cholesterol. Although 10% seems small, every



reduction in blood cholesterol means a decrease in the risk of heart disease. It appears that beans can lower cholesterol in virtu-

ally anyone, but it seems that the higher your cholesterol the better they work. The news gets better yet! It seems that

beans have a tremendous influence in reducing the level of LDLs (low density Lipoprotein cholesterol) which are often labeled "bad artery clogging stuff."

Besides its role in lowering cholesterol, beans can be very filling even in small amounts, satisfying your appetite so that you might not have as much of the high fat foods. Remember that eating less fat is critical for keeping your blood cholesterol low.

Many people don't realize how beneficial beans are for diabetics. Eating beans regularly has been shown to signif-

icantly improve blood sugar control. Unlike foods containing high amounts of sugars (such as: candy, soda, sweets, desserts, chocolate ...) which enter the blood stream too rapidly. Complex carbohydrates (such as our beans with their high fiber content) are digested more slowly. This simply means that beans are digested to their finest particles (glucose) a bit at a time, keeping the blood sugar level at a steady and manageable level.

As mentioned earlier, beans are famous for their

CONTINUED ON PAGE 2



A game of BINGO! And a great LUNCH!

Every Thursday – 10 a.m. to 1 p.m. for individuals who are 60 plus at the West Side Baptist Church, Norwich.

Please call 337-1770 for lunch reservations.

The Bean Scene —

CONTINUED FROM PAGE 1



high fiber content, and even more importantly, their high soluble fiber content. This soluble fiber helps to produce more insulin receptor sites on our body cells where insulin can actually attach themselves and, therefore, help our body cells process and utilize the energy fuel from our food. All this helps to keep the insulin in the bloodstream at a more steady level.

People with diabetes are generally more likely to develop heart disease. Therefore beans in the daily diet of the diabetic will help not only to steady the daily blood sugar reading but also to keep the cholesterol in check, reducing the risk of heart disease.

Besides the impressive credentials discussed so far, these low fat, high fiber beans also contain compounds that have been shown to hinder cancer cell growth. Some cancer experts believe that these compounds not only prevent cancer cells from growing but also keep the normal cells from becoming cancerous.

Soybeans have been receiving a great deal of media coverage lately, for a good reason. Unlike other beans, soybeans contain two special substances known as phytoestrogens, that may help reduce the risk of breast and prostate cancer. They work by blocking the activity of the male and female sex hormones (testosterone and estrogen) which can cause the growth of cancer tumors.

For years, nutrition experts have encouraged the occasional substitution of meat with this impressive food stuff, for all these reasons mentioned.

For those concerned with getting the most fiber in a serving of beans, try these: black-eyed peas, lima beans, kidney beans, chick peas and black beans. These range anywhere from 6-8 gm. Fiber for c. cooked.

Do not let the fear of embarrassing gas, bloating, and indigestion (which is often associated with a diet high in bean content) deter you from indulging in these beans and reaping from their health benefits. Digestive problems often are the results of incomplete digestion of meals high in complex carbohydrates. These problems occur after one eats too fast, or chews poorly, gulps mouthfuls and/or swallows too much air, etc. The bacteria in the intestines of our digestive tract must complete the final breakdown of the starches, resulting in fermentation of the food, and gas release and possible bloating in the abdomen. Proper cooking techniques, eating slower and eating smaller amounts (but more frequently) of beans just might help.

For individuals who do not have the time nor the inclination to soak beans overnight, canned beans are for you. Remember, though, that canned beans may be high in sodium content. Simply drain and rinse well before heating or eating will help.

Dear Marci,

I went to pick up my medication at the pharmacy and was told that my drug was not covered under my Medicare prescription drug plan. Can I ask my plan to cover a drug that was denied at the pharmacy?
-Abigail (San Antonio, TX)

Dear Abigail,

Yes, if your prescription was denied at the pharmacy, you or your doctor can ask your Medicare prescription drug plan (Part D) for an exception to the plan's coverage rules. If your plan is not paying for your drug, your pharmacist will tell you that your plan does not cover your drug and may give you the option of paying the full cost of your drug. Your pharmacist may also give you a notice called, "Medicare Prescription Drug Coverage and Your Rights." This notice will give you information on how to contact your plan to get coverage for your drug.

Before you ask your plan for an exception, call your plan to find out why your drug was denied at the pharmacy and share that information with your doctor. Your drug may have been denied by the plan for any of the following reasons:

- Your drug isn't on your plan's formulary (list of covered drugs).
- You have to get prior authorization, meaning that you must formally ask your plan for permission, before your plan will consider covering your drug.
- You have to try step therapy, meaning that you must try a different, less expensive drug first, before your plan will cover your drug.
- Your drug has a quantity limit, meaning that your plan will only cover a certain amount of your drug over a period of time.

After finding out why your plan did not cover your drug, you or your doctor should submit a formal request to your plan, asking your plan to cover the drug you need. This formal request is called an exception request and it can be a written or verbal request to your plan. In addition, your doctor must fill out a form called a Coverage Determination Request Form. You or your doctor can get this form by contacting your plan or by visiting your plan's website.

Oftentimes, your doctor will send these documents directly to the plan for you. If your doctor can't do this, you can send these documents in, yourself. Contact your plan to find out where to fax or mail these documents. Keep copies of everything that you send and use certified mail to confirm that your plan receives the information.

Your plan must give you or your doctor a decision, responding to the exception request within 72 hours of receiving your doctor's statement. If you need your drugs sooner, you can request a fast, or expedited, exception request and your plan should respond to your request within 24 hours.

If your plan approves your exception request, your drug will be covered. However, if your plan denies your request for an exception to their rule, your plan will send you a letter titled "Notice of Denial of Medicare Prescription Drug Coverage." This letter will explain how you can appeal the plan's decision. Remember, there are further steps within the appeals process. Even if your plan denies your exception request, you have the right to appeal again to try to get your drug covered.

-Marci

*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.

Find us on Facebook

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)

Join the Chenango County Senior Centers for a St. Patrick's Day Meal!

**Menu: Corned Beef/Cabbage
Mashed Potatoes
Carrot Coins
Pistachio Pudding w/ Topping and Cherry**

Wednesday, March 20

Lunch at the following centers:
Greene, Norwich and Sherburne
Suggested Donation \$3.00

Thursday, March 21

Lunch at the following centers:
Coventry and New Berlin
Suggested Donation \$3.00

Evening Dining in McDonough Suggested Donation \$3.50

Friday, March 22

Evening Dining in South Otselic
Suggested Donation \$ 3.50



St. Patrick's Day Facts

1. There are more Americans of Irish origin than there are Irish in Ireland. In Delaware, Massachusetts, and New Hampshire Irish is the leading ancestral group.
2. St. Patrick's Day got its American start in 1737 in Boston. We celebrate St. Patrick's Day to remember the achievements St. Patrick made during his time.
3. The actual color of St. Patrick's is blue. Green became associated with St. Patrick's day during the 19th century. Green, in Irish legends, was worn by fairies and immortals, and also by people to encourage their crops to grow.
4. St. Patrick's celebrations were originally religious festivals; up until the 1970's Irish law mandated that pubs be closed on St. Patrick's Day. In 1995 the Irish government used St. Patrick's day to drive tourism to Ireland.
5. The first organized St. Patrick's Day Parade was held in New York in 1762. The parade consisted of Irish soldiers serving in the English military, the parade helped them reconnect with their Irish roots.
6. The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. According to legend, St. Patrick used the shamrock to explain the Christian doctrine of the Trinity (God exists as three persons — father, son and the Holy Spirit) to the Irish.

Who was the man behind St. Patrick's Day?

For starters, the real St. Patrick wasn't even Irish. He was born in Britain around A.D. 390 to an aristocratic Christian family with a townhouse, a country villa, and plenty of slaves.

What's more, Patrick professed no interest in Christianity as a young boy. At 16, Patrick's world turned: He was kidnapped and sent overseas to tend sheep as a slave in the chilly, mountainous countryside

of Ireland for seven years. It was horrible for him, but he got a religious conversion while he was there and became a very deeply believing Christian.

According to folklore, a voice came to Patrick in his dreams, telling him to escape. He found passage on a pirate ship back to Britain, where he was reunited with his family.

A voice then told him to go back to Ireland.

He got ordained as a priest from

a bishop, and goes back and spends the rest of his life trying to convert the Irish to Christianity.

Patrick's work in Ireland was tough—he was constantly beaten by thugs, harassed by the Irish royalty, and admonished by his British superiors. After he died on March 17, 461, Patrick was largely forgotten.

But slowly, mythology grew around Patrick, and centuries later he was honored as the patron saint of Ireland.



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

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Coordinator
Services for the Aging
(607) 337-1770

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(607) 337-1770

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Nutrition Services
(607) 337-1770

EDITH REVOIR
Coordinator
Aging Services, Ombudsman Program
(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 HIGHT
(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

March 2013

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Menus
Subject
to
Change
Without
Notice

Suggested Contribution per Meal

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

4

Stuffed Pepper
Tater Tots
Southwestern
Blend Vegetables
100% Whole Wheat
Bread
Fresh Fruit

5

Sage Stuffed
Breaded Chicken
Mashed Potatoes
w/Gravy
Peas
Multigrain Bread
Whipped Delight
(Also N)

6

BBQ Pork
Garlic Red Skinned
Mashed Potatoes
California Blend
Vegetables
Hamburger Roll
Chef's Mixed Fruit

7

Stuffed Shells
w/Meat Sauce
California Gold
Blend Vegetables
Tossed Salad
Warmed Garlic
Bread
Blueberry Pie
w/Topping
Blueberry Crisp
w/Topping (Also N)

8

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

9

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

10

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

11

Ham Loaf
Winter Squash
Bahama Blend
Vegetables
Rye Bread
(Seedless)
Fresh Fruit

12

Beef Stew w/Biscuit
California Blend
Vegetables
Buttermilk Biscuit
Birthday Cake (Also N)
Fresh Fruit
(Norwich Only)

13

Sausage, Peppers
& Onions
Warmed Baked
Beans
Carrot Coins
Hot Dog Roll
Birthday Cake (Also N)

14

Macaroni &
Cheese
Stewed Tomatoes
Green Beans
Italian Bread
Cinnamon
Applesauce

15

Tuna Salad on Roll
Garlic Herb
Potatoes
Pickled Beets
Vegetable Soup w/
Crackers
Hamburger Roll
Oatmeal Raisin
Cookie (Also N)

16

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

17

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

18

Chili con Carne
Brown Rice
California Gold
Blend Vegetables
Cornbread
Fresh Fruit

19

Fish w/Garlic butter
Egg Noodles
Spinach
Oatmeal Bread
Chocolate Chip
Cookie (Also N)

20

Corned
Beef/Cabbage
Yukon Gold
Mashed Potatoes
Carrot Coins
Rye Bread
(Seedless)
Pistachio Pudding
w/
Topping & Cherry
(Also N)

21

Hamburger
Tater Tots
Pickled Beets
Fresh Fruit

22

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

23

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

24

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

25

Creamed Chipped
Beef
Mashed Potatoes
Brussels Sprouts
Oatmeal Bread
Tapioca Pudding
(Also N)

26

Pork BBQ on Bun
Garlic Herb
Potatoes
California Gold
Blend Vegetables
Minestrone Soup
w/Crackers
Hamburger Roll
Fruit Cocktail

27

Turkey Tetrizzini
Sweet Potato
Broccoli Florets
100% Whole Wheat
Bread
Fresh Fruit

28

Meatloaf w/Gravy
Mashed Potatoes
San Francisco
Blend Vegetables
Rye Bread
(Seedless)
Sliced Peaches

29

Asparagus Cheese
Stuffed Fish
Wild Rice
California Blend
Vegetables
Dinner Roll
Pineapple Upside-
Down Cake w/
Topping (Also N)

30

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

31

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

EVENING DINING MENU

Thursday, March 7

McDonough ONLY
Stuffed Shells w/Meat Sauce
California Gold Blend Vegetables
Tossed Salad
Blueberry Pie w/Topping
Blueberry Crisp w/Topping (N)

**Thursday,
March 21**

McDonough ONLY
Corned Beef/Cabbage
Yukon Gold Mashed
Potatoes
Carrot Coins
Dinner Roll
Pistachio Pudding
w/Topping & Cherry
(Also for N)

**Friday,
March 22**

South Otselic ONLY
Corned Beef/Cabbage
Yukon Gold Mashed
Potatoes
Carrot Coins
Dinner Roll
Pistachio Pudding
w/Topping
& Cherry (Also N)

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

MENU

April 2013

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

1
Macaroni & Cheese
Stewed Tomatoes
California Gold Blend Vegetables
100% Whole Wheat Bread
Fresh Fruit

2
Stuffed Pepper
Tater Tots
Southwestern Blend Vegetables
Oatmeal Bread
Pear Blush

3
Sage Stuffed Breaded Chicken
Mashed Potatoes w/Gravy
Broccoli Florets
Multigrain Bread
Cranberry Crunch w/Topping (Also N)

4
Tuna Salad on Roll
Baked Beans
Pickled Beets
Hamburger Roll
Apricot Halves

5
Spaghetti w/Meat Sauce
Capri Blend Vegetables
Tossed Salad
Italian Bread
Butterscotch Pudding (Also N)

6
HOME DELIVERED MEALS ONLY

Pot Luck Meal

7
HOME DELIVERED MEALS ONLY

Pot Luck Meal

8
Beef Stew w/Biscuit
California Blend Vegetables
Buttermilk Biscuit
Sliced Peaches

9
Vegetable Lasagna
Stewed Tomatoes
Green Beans
Warmed Garlic Bread
Birthday Cake (Also N)
Fresh Fruit (Norwich/HDM)

10
Shepherd's Pie
Southwestern Blend Vegetables
Spinach
Oatmeal Bread
Birthday Cake (Also N)

11
Roast Pork with Gravy
Garlic Red Skinned Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Multigrain Bread
Warm Bread
Pudding w/ Raisins and Topping (Also N)

12
Chicken Parmesan Linguini
w/Marinara Sauce
Peas
Rye Bread (Seedless)
Cinnamon Applesauce

13
HOME DELIVERED MEALS ONLY

Pot Luck Meal

14
HOME DELIVERED MEALS ONLY

Pot Luck Meal

15
Fish w/Garlic Butter
Egg Noodles
Spinach
100% Whole Wheat Bread
Fresh Fruit

16
Turkey a la King
Yukon Gold Mashed Potatoes
Broccoli Florets
Oatmeal Bread
Pineapple Tidbits

17
Pork BBQ on Bun
Garlic Herb Potatoes
Brussels Sprouts
Hamburger Roll
Peanut Butter Cookie (Also N)

18
Swedish Meatballs
Egg Noodles
Chateau Blend Vegetables
Rye Bread (Seedless)
Chocolate Mousse w/Topping (Also N)

19
Ham & Potato Casserole
Prince William Blend Vegetables
Glazed Carrots
Multigrain Bread
Fruit Cocktail

20
HOME DELIVERED MEALS ONLY

Pot Luck Meal

21
HOME DELIVERED MEALS ONLY

Pot Luck Meal

22
Stuffed Shells w/Meat Sauce
California Gold Blend Vegetables
Warmed Garlic Bread
Chef's Mixed Fruit

23
Sweet & Sour Pork
Rice Pilaf
Oriental Blend Vegetables
100% Whole Wheat Bread
Mandarin Orange Sections

24
Creamed Chipped Beef
Mashed Potatoes
Spinach
Rye Bread (Seedless)
Fresh Fruit

25
Asparagus Cheese Stuffed Fish
Winter Squash
California Blend Vegetables
Dinner Roll
Gingerbread w/Lemon Sauce (Also N)

26
Chicken & Biscuit
Yukon Gold Mashed Potatoes
Peas and Carrots
Buttermilk Biscuit
Blueberry Pie w/Topping
Blueberry Crisp w/ Topping (N)

27
HOME DELIVERED MEALS ONLY

Pot Luck Meal

28
HOME DELIVERED MEALS ONLY

Pot Luck Meal

29
Meatloaf with Gravy
Mashed Potatoes
San Francisco Blend Vegetables
Oatmeal Bread
Fresh Fruit

30
Chicken Monterey
Wild Rice
California Blend Vegetables
Multigrain Bread
Sugar Cookie (Also N)

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.

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, April 11
McDonough ONLY
Garlic Red Skinned Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Multigrain Bread (Also N)
Warm Bread Pudding w/ Raisins and Topping (Also N)

Thursday, April 25
McDonough ONLY
Asparagus Cheese Stuffed Fish
Winter Squash
California Blend
Dinner Roll
Gingerbread w/Lemon Sauce

Friday, April 26
South Otselic ONLY
Chicken & Biscuit
Yukon Gold Mashed Potatoes
Peas and Carrots
Buttermilk Biscuit
Blueberry Pie w/Topping
Blueberry Crisp w/Topping (N)

Menus Subject to Change Without Notice

EVENTS

March-April 2013

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

MARCH

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

04 – "Dance Daze" Word Search
06 – Irish American Heritage Month
13 – Celebrate Birthdays!
15 – Happy St. Patrick's Day – Wear Green!
18 – "EE Ending" Word Search
20 – First Day of Spring
29 – Good Friday!

APRIL

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

01 – Happy Easter!
08 – National Poetry Month/Share Poems
10 – Celebrate Birthdays!

THE WELCOME CENTER

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

MARCH

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

06 - Cards and Bingo
08 - Bingo
13 - Celebrate Birthdays! Cards and Bingo
18 - St. Patrick's Day-Wearing of the Green
20 – Blood Pressure Clinic 10-2pm/Cards
22 – Wear MisMatched Clothes Day
27 – Old Stuff Day

APRIL

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

03 - Bingo
10 – Celebrate Birthdays!
15 - Wear A Party Hat
17 - Bingo



UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

MARCH

DAILY ACTIVITIES: Cards (Pitch & Golf) and Puzzles

SPECIAL ACTIVITIES:

12 – Celebrate Birthdays!
14 – St Patrick's Day Party
19 – Celebrate The First Day of Spring!
28 – Color Easter Eggs!

APRIL

DAILY ACTIVITIES: Cards (Pitch & Golf) Puzzles

SPECIAL ACTIVITIES:

09 – Celebrate Birthdays!/Blood Pressure Clinic 10-2pm
11 - Bingo

WINDY HILL SENIOR CENTER

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

MARCH

Daily Activities: Bingo and Puzzles

DAILY ACTIVITIES: Bingo and Puzzles

SPECIAL ACTIVITIES:

05- "Dance Daze" Word Search
07- Irish American Heritage Month
12 – Celebrate Birthdays!
14 – Happy St. Patrick's Day – Wear Green!
19 – "EE" Ending Word Search
21 – First Day of Spring!

APRIL

DAILY ACTIVITIES: Bingo and Puzzles

SPECIAL ACTIVITIES:

02 – Happy Easter!
09 – Celebrate Birthdays!
11 – Blood Pressure Clinic 10-2pm

GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

MARCH

07-Evening Dining
21-Evening Dining

APRIL

11-Evening Dining
25-Evening Dining

PLUM VALLEY FOREVER YOUNG CENTER

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

MARCH

22-Evening Dining

APRIL

26-Evening Dining

WESTSIDE PARK SENIOR CENTER

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

MARCH

DAILY ACTIVITY: Cards and Puzzles

SPECIAL ACTIVITIES:

06 - Salad Bar Day
07 - Bingo
08 - Movie Day
12 – Irish Trivia
13 – Celebrate Birthdays
14 - Bingo
15 – St. Patrick's Celebration/Wear Green!
19 – Irish Words
20 – Salad Bar Day!/First Day of Spring
21 – Bingo
29 – Good Friday! / Egg Hunt!

APRIL

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

01 – April Fools Jokes
03 – Salad Bar Day
09 – Peanut Butter Day
10 – Celebrate Birthdays!
11 – Bingo
12 – Movie Day
17 – Salad Bar Day
18 - Bingo
19 – Blood Pressure Clinic 10-2pm
23 – April Showers – Guess the Flowers
25 - Bingo
26 – National Bird Day!

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

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.

Better prescription coverage for EPIC members in 2013!

Effective January 1, 2013, the NYS Elderly Pharmaceutical Insurance Coverage (EPIC) program had many prescription benefits restored. EPIC is providing expanded coverage for those enrolled in Medicare Part D drug plans throughout the year instead of just in the Part D coverage gap. This change will result in additional savings for mem-

bers to purchase needed medications.

EPIC members must be enrolled in a Medicare Part D drug plan in order to receive benefits. EPIC will provide secondary prescription coverage for Medicare Part D and EPIC covered drugs after any Medicare Part D deductible is met. Additionally, EPIC will also cover many Part D excluded drugs. EPIC co-payments will continue to be \$3, \$7, 15 and \$20

based on the cost of the drug.

The EPIC Fee and Deductible Plans have been restored. Lower income members pay an annual fee for coverage and will pay EPIC co-payments for drugs. Higher income members must meet an annual EPIC deductible before paying EPIC co-payments for drugs.

For many seniors, it is less expensive to enroll in EPIC and Medicare Part

D than just Part D alone. EPIC pays the Part D drug plan premiums up to \$43.22 per month in 2013 for members with incomes up to \$23,000 single or \$29,000 married. Higher income members are responsible for paying their Medicare Part D premiums but will receive Part D premium assistance in the form of a reduced EPIC deductible.

It is easy to join EPIC. You must be a NYS resident, 65 years of age or

older, have annual income below \$35,000 single or \$50,000 married, be enrolled in a Medicare Part D drug plan and not receiving full Medicaid benefits. You may apply for EPIC at any time during the year and will receive a Special Enrollment Period from Medicare allowing you to join a Part D drug plan. If you have union or retiree benefits, you should contact your benefit office to see if you are eligible to

join a Part D drug plan.

For an application or more information, please call the toll-free EPIC Helpline at 1-800-332-3742 Monday through Friday from 8:30 AM to 5:00 PM or visit the EPIC website at www.health.ny.gov and click on EPIC for Seniors on the left side of the page. Join now to get increased benefits in 2013!

Personal Space For the Caregiver

Caregiving has a way of taking over our lives. Sometimes it happens gradually over a period of years as an aging family member becomes increasingly frail. Sometimes it hits in one major event, such as a stroke or an unplanned major surgery.

At some point care-related "stuff" begins to take over the house, and care-related acts take up all of your time. It becomes increasingly difficult for you, the caregiver, to find any physical personal space or personal time that is untouched by the caregiving situation.

Even the most loving and devoted caregiver needs to get away from it all now and then. Everyone needs some time off. In order to do the hard work of caregiving, you have to stay healthy, and to stay healthy you have to take care of yourself. Not everyone has family who can step in to provide a break for the caregiver. Not everyone can afford to hire respite care. What then?

Find Time

Setting aside time for yourself is not selfish! Try putting "me time" right on your calendar or your daily "to do" list. If you schedule it, you are more likely to actually do it. Take advantage of short breaks when you can. While your loved one is resting might be a good time. Even a break as short as 15 minutes can refresh and help refocus.

Find Space

If you are unable to physically leave, try designating a room or corner or chair you can consider a retreat. Keep it free of caregiving "clutter", and try to make it as soothing and peaceful as possible. Decorate your retreat area with pictures or items that make you smile when you see them. Use this space to distance yourself from the demands of caregiving, even if only briefly. Listen to your favorite music, read a few pages of a book, or calmly gaze out the window for a few minutes.

Finding time and space to recharge is an important way to take care of yourself so that you can continue to care for your loved one.

Cortland Co. OFA

Health Network awarded grant for Every Woman Counts Campaign

Thanks largely to funding from the national Avon Breast Health Outreach Program, the Chenango Health Network continues its mission to educate women of the life-saving benefits of annual breast cancer screenings.

The Chenango Health Network announced last week that it received a \$59,000 one-year grant from the Avon Breast Health Outreach Program to promote cancer screenings and early detection for women throughout Chenango County. The grant is especially helpful for CHN's Every Woman Counts in Chenango County Campaign, which educates women on the benefits of early detection and gives referrals for low-cost or free mammograms and clinical breast exams.

"The Avon Foundation for women shares our mission to assist medically underserved women to receive breast health education and screening services," stated CHN Cancer Outreach Coordinator Lori Kemmerer in a press release. "We are grateful that we will be able to continue to meet our objective to reach the women of Chenango County to offer services that will educate and allow women to access their yearly clinical breast exam and mammogram."

This marks the ninth consecutive year CHN has been supported by the



Avon Breast Health Outreach Program and every year, the organization strives toward a goal of having 700 women screened by year's end.

"Our main objective is just to get the word out," said Kemmerer. "Early detection saves lives. That's what we want to continue to encourage."

Thus far, the Every Woman Counts Campaign has had an enormous impact in the local health community, reaching more than 25,940 women in Chenango since 2010 with information about the importance of early detection of breast cancer, and referring another 2,397 women for mammograms and clinical breast exams.

In 2012 alone, the campaign referred screenings for a total 797 women in Chenango County, tran-

scending its initial goal of 700. Hopes are to hit an even higher benchmark in 2013, Kemmerer added.

"Without funding, I would not be able to go out and do the kind of outreach I'm able to do," Kemmerer said. "It provides the ability to do outreach which entails things like going to high school classes, company health fairs, and having individual phone conversations with women who need help."

The Every Woman Counts in Chenango County Campaign is also funded through Susan G. Komen for the Cure, private community donations, fundraisers, and supportive interest groups from all over the county. "There are still women out there who don't get screened," noted Kemmerer. "Right now, we're working on ideas of

new things to reach as many as possible."

According to the American Cancer Society, breast cancer is the second leading cause of cancer death in women, surpassed only by lung cancer. About 232,340 new cases of invasive breast cancer will be diagnosed in women across the country this year, and an estimated 39,620 women will die from breast cancer. But thanks in part to early detection, research and efforts similar to those of the Every Woman Counts in Chenango County Campaign, those numbers have dropped over the last decade.

For additional information about the Every Woman Counts in Chenango County Campaign, contact Kemmerer at 337-4128.

AARP offers driver safety course

On Tuesday, March 19 and Wednesday, March 20, 2013, the Lutheran Church, at 94 North Broad Street, Norwich will host the AARP Driver Safety Course. The 6-hour course will be from 9 am to 1 pm each day. You must attend the entire course to qualify for the certificate which is earned with course completion. Any person with a NYS drivers

license (not a permit) that completes the course may earn a deduction on their automobile insurance for a three year period, or they can have points removed from their driver's license. If a family owns more than one vehicle, a second person must take the course to qualify for the second vehicle discount. The course costs \$17 for AARP members (showing proof of mem-

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

To register for the course or for more information, please call the Area Agency on Aging office at 607-337-1770.

Happy Easter!



Easter is March 31! Easter Trivia

Easter always falls between March 22 and April 25.

From the very early times, egg has been considered the most important symbol of rebirth.

The initial baskets of Easter were given the appearance of bird's nest.

Each year witness the making of nearly 90 million chocolate bunnies.

Americans celebrate Easter with a large Easter egg hunt on the White House lawn.

When it comes to eating of chocolate bunnies, the ears are preferred to be eaten first by as many as 76% of people.

In the catalogue of kids' favorite Easter foodstuff, Red jellybeans occupy the top most position.

IMPORTANT DATES IN APRIL!

April 1 – April Fools Day!
(Start thinking of pranks and jokes)

April 22 – Earth Day!

Earth Day originally celebrated at Spring Equinox around March 20, is an annual day on which events are held worldwide to increase awareness and appreciation of the Earth's natural environment, and is celebrated in more than 175 countries every year. Earth Day is planned for April 22 in all years at least through 2015. What can you do to help the Earth?

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 _____

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