

Bullthistle Bulletin

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

Vol. 14, No. 3 MAY-JUNE 2013



The Facts About Yogurt... June is Dairy Month!

Yogurt is a dairy product (soy milk, nut milks, such as almond milk, and coconut milk can also be used) produced by bacterial fermentation of milk. The bacteria used to make yogurt are known as "yogurt cultures." Fermentation of lactose by these bacteria produces lactic acid, which acts on milk protein to give yogurt its texture and its characteristic tang.

Yogurt is nutritionally rich in protein, calcium, riboflavin, vitamin B6 and vitamin B12. It has nutritional benefits beyond those of milk.

What Can Yogurt Do For Me?

Yogurt has many health benefits. It may help prevent Osteoporosis. Calcium has been shown to have beneficial effects on bone mass in people of

all ages. Combination of calcium and vitamin D has a clear skeletal benefit. Check the label of your favorite brand and see if vitamin D has been added.

Other benefits of yogurt are it may reduce the risk of high blood pressure, yogurt with active cultures may help the gut with lactose intolerance, constipation or diarrhea. Yogurt with active cultures may discourage vaginal infections. (yeast infections). Not sure if your brand has active cultures check the label. It would be marked "live and active cultures."

So Many Brands! What to Pick!

When buying yogurt the first decision is regular-fat, low-fat or fat free, the other decision is whether you want artificial sweeteners (which



are used in most "light" yogurts) or whether you're OK with most of the calories coming from sugar. Next to check are active cultures and probiotics, check the labels, if you are looking for a specific bacteria look under

the list of ingredients. Last but not least check for vitamin D, an awesome added benefit.

Make Yogurt Part of the Perfect Snack!

Mixing high-protein yogurt with a high-fiber

food like fruit (fresh or frozen) and/or a high fiber breakfast cereal is delicious and good for you. A great way to start your day. Whip up creamier smoothies with yogurt. Use yogurt instead of ice cream or frozen yogurt.

Here are some ideas you can mix into your favorite plain yogurt. Chopped strawberries and some vanilla extract for strawberries and cream yogurt. Crushed pineapple and shredded coconut for a Pina Colada Yogurt and chopped orange segments and a tablespoon of reduced sugar orange marmalade to make Orange Burst Yogurt.

Did you know you can use yogurt in your food recipes?

Plain yogurt can take the place of sour cream in a pinch (over baked potatoes or garnishing enchiladas). You can also substitute a complementary flavor of yogurt for some of the oil or butter called for in a muffin, brownie or cake recipe. It can replace all of the fat called for in cake mixes, too.



Pictured left to right: Linda Guinn, Sandra Long, Gary Brookins, Jane Muserilli, Brian Wessels, Debra Sanderson and Nicole Ross, all of whom were recently presented with certificates for successfully completing the Medicare Counselor Certification Program.

Flag Day is June 14th

Flag Day, is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon.



raise and lower it ceremoniously.

The flag should not be flown at night without a light on it.

The flag should not be flown in the rain or inclement weather.

After a tragedy or death, the flag is flown at half staff for 30 days. It's called "half staff" on land and "half mast" on a ship.

When flown vertically on a pole, the stars and blue field, or "union," is at the top and at the end of the pole (away from your house).

The American flag is always flown at the top of the pole. Your state flag and other flags fly below it.

The union is always on top. When displayed in print, the stars and blue

field are always on the left.

Never let your flag touch the ground, never...period.

Fold your flag when storing. Don't just stuff it in a drawer or box.

When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.

Did you Know? There is a very special ceremony for retiring the flag by burning it. It is a ceremony everyone should see, your local Boy Scout group knows the proper ceremony and performs it on a regular basis. If you have an old flag, give it to them. And, attend the ceremony.

Elder Law and Special Needs Law Clinic to be held at the Norwich Family YMCA

NORWICH – Are you a senior age 60 or older? If so, we invite you to join us for Chenango County's Second Annual Elder Law and Special Needs Clinic.

Co-sponsored by the Elder Law Section of the New York State Bar Association and Legal Aid Society of Mid-NY, the clinic provides a free private half hour appointment with an experienced attorney to answer your legal questions. Available topics include: estate and medicaid planning, powers of attorney, health care proxies, supplemental needs trusts, oil and gas leases, real estate, grandparents' rights, bankruptcy questions and more.

Here is a sampling of what the clinic can help with:

Joan is a recent widow. Her husband used to handle all the finances and pay the bills. Now these are Joan's responsibilities but she often has trouble keeping track of what needs to be done. Joan's son lives nearby and she would like him to be able to handle these matters for her and to make deci-

sions in case she cannot.

Dave and Rhoda want to provide for the care and support of their disabled granddaughter. But they worry that by doing so she may become ineligible for public benefits. They need advice on how they can contribute to her support while preserving her eligibility for such funds.

Mary Ellen lives on a small pension and social security. She has difficulty covering her monthly expenses on her fixed income and sometimes uses her credit card to pay for medications and groceries. Her credit card balance has mushroomed due to interest and finance charges. She wonders if she should file for bankruptcy.

The Elder Law and Special Needs Law Clinic will be held Wednesday June 26, 2013 from 10 am to 1 pm at the Norwich Family YMCA, 68-70 North Broad Street, Norwich NY. Free and ample parking is available. Appointments are required! To reserve a time please call: (607) 231-5951. We look forward to seeing you!

A Father's Day Poem ... "My Father's Wisdom"

By Kaye G. Tingen, AD, Carrolton Nursing Home, Fayetteville, NC

It's amazing how, at eighty years of age ... my father is so wise.

Now that I'm at the fifty-ish stage ... and look at him through grown-up eyes.

Why, when I was just a little kid ... knock-kneed and snaggle-toothed,

I never saw wisdom on what he did ... Not at that point of time in my youth.

Now I feel so very old ... and have children of my own.

But they don't listen to what they're told ... I'm the most clueless person they've known!

One day they'll look back on this day ... and see I was right all the while.

They'll be at a loss as to what to say ... and I'll just smile a knowing smile.

'Cause if only I'd listen to my wise Dad ... How easier my life would have been.

If early on I'd put to use the wisdom that he had ...

I wouldn't be in the shape I'm now in!

*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.



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

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

Monday-Thursday 8 am-4:30 pm,
closed Friday
336-9003

www.chenangoaudiology.com

Asparagus is the Vegetable of the Month!

Available year-round, spring is the best season for fresh asparagus. Crops are harvested from late February to June, with April being the prime month.

The stalks shoot up from the crown of the plant and grow into fern-like leaves when allowed to develop. However, the edible stalks are harvested strictly by hand before the actual fern leaves develop. It takes three years from the sowing of the seed to the harvest of the first stalks.

The plants are either male or female. The female produces seeds, which not only reduce the size of the stalks, but also crowd the beds with seedlings. Since the males do not expend energy making seeds, their stalks are larger and more desirable. New cultivars have been bred to produce only male plants for more cost-efficient crops.

Asparagus is one of the few vegetables that is grown as a perennial, since the plants have about a 10-year life.

Asparagus Varieties
Asparagus comes in the following grades: colossal, jumbo, large, standard, and small. Varieties are interchangeable in recipes, with the only change being in the color of the resultant dish.

• Green asparagus: Ranging from pencil-thin to very thick. Most American asparagus is of this variety.

• [HYPERLINK "http://homecooking.about.com/od/cookingfaqs/f/faqwhiteaspar.htm"](http://homecooking.about.com/od/cookingfaqs/f/faqwhiteaspar.htm) White: Preferred in Europe, these sunlight-deprived stalks are a little milder and more delicate. It is difficult to find fresh in the United States, but widely available canned (usually in jars).

• [HYPERLINK "http://aesop.rutgers.edu/~asparagus/program/PURPLE.HTML"](http://aesop.rutgers.edu/~asparagus/program/PURPLE.HTML) Violet or Purple: This variety is most commonly found in England and Italy and has a very thick and substantial stalk.

• [HYPERLINK "http://www.wineterroirs.com/2005/06/wine-pairing-st.html"](http://www.wineterroirs.com/2005/06/wine-pairing-st.html) Wild: Asparagus grows wild in some areas, particularly in Europe. You'll most likely have to hunt down your own, as it is rarely available fresh in markets, except in Italy and the South of France.

There are many ways to cook asparagus. Here's how:

1. Wash spears in cool water to clean any residual soil or sand from the tips.
2. Bend the spears and they will snap at the natural breaking point, to



remove the woody bottoms. Cook one of the following ways:

3. Boil asparagus in 1 inch of salted water in a wide skillet for 3 to 5 minutes immediately rinse them under cool water to stop the cooking and preserve the bright green color.

4. Steam asparagus spears or pieces for 3 minutes, then rinse under cool water.

5. Roast asparagus in a 500 degree F oven for 3 to 5 minutes, or until tender.

Roasting is usually best for thicker spears.

6. Stir-fry 2-inch lengths of asparagus with black bean sauce for a change of pace. Or stir-fry with garlic and ginger and toss with a little dark sesame

oil.

7. Grill asparagus by skewering four or five spears together, making a raft that prevents individual spears from slipping between the grill bars. Buy the thickest spears you can find and secure them with bamboo skewers about 2 inches from the top and 1 inch from the bottom. Break the skewers off where they exit the raft. Brush the raft with olive oil, sprinkle with salt and pepper and grill over medium heat for about 5 minutes.

Recipe On Next Page
Whole-Wheat Penne with Turkey and Asparagus

Recipe courtesy Claire Robinson, Food Network
Ingredients

1 1/2 pounds turkey breast scaloppini cutlets

1/4 cup garlic flavored olive oil, plus more as needed

1/4 cup white balsamic vinegar, plus more as needed

Coarse salt and freshly ground black pepper

12 ounces whole-wheat, whole-grain penne pasta

1 pound of asparagus, cut into 1 inch pieces

Directions

Put turkey cutlets in a glass bowl and add the garlic-flavored olive oil and vinegar and season with salt and pepper, to taste. Toss to coat, and let stand for 10 minutes.

Preheat a grill pan over medium-high heat. Bring a large pot of water to boil, over medium heat, and add a generous amount of salt.

Remove the turkey from marinade, shaking

off any excess liquid and transfer to a plate, drizzle with oil to keep it from sticking and season well with salt and pepper. Grill the cutlets, turning once, until the turkey is cooked through, about 1 1/2 minutes per side. Transfer to a cutting board and chop into bite-sized pieces.

Boil pasta according to the package instructions. Add the asparagus in the last 2 minutes of cooking time. Carefully remove about a 1/2 cup of the cooking water and reserve. Drain the pasta in a colander, add some garlic oil to the bottom of the pot and return the pasta to the pot, off the heat. Add the turkey and any juices released to the cooked pasta and toss to combine.

Season the pasta with salt and pepper, to taste and drizzle with additional olive oil and vinegar, if desired. Add the pasta cooking water, a tablespoon at a time and toss until the pasta is evenly moistened. Transfer to a serving platter or bowl and serve warm, room temperature or cold right out of the refrigerator.

Serves: 4, Calories: 557, Total Fat: 7 grams; Saturated Fat: 0.5 grams; Protein: 55 grams; Total Carbohydrates: 69 grams; Sugar: 6 grams; Fiber: 10 grams; Cholesterol 68 milligrams; Sodium: 288 milligrams

Chenango County Area Agency on the Aging

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(2 Evenings Per Month)

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MENU

May 2013

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
Suggested Contribution per Meal

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

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

1

Turkey Divan
 Egg Noodles
 Carrot Coins
 100% Whole Wheat Bread
 Whipped Delight (Also N)

2

Creamed Chipped Beef
 Mashed Potatoes
 California Blend Vegetables
 Rye Bread (Seedless)
 Pear Blush

3

Sloppy Joe on a Bun
 Tater Tots
 Cabbage Salad
 Fruit Cocktail

4

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

5

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

6

Chicken Parmesan Linguini w/ Marinara Sauce
 Peas
 Rye Bread (Seedless)
 Fresh Fruit

7

Salisbury Steak with Gravy
 Mashed Sweet Potato
 Brussels Sprouts
 Oatmeal Bread
 Molasses Cookie (Also for N)

8

Vegetable Lasagna
 Stewed Tomatoes
 Country Blend Vegetables
 Warmed Garlic Bread
 Pineapple Tidbits

9

Chicken & Biscuit
 Yukon Gold Mashed Potatoes
 Chateau Blend Vegetables
 Tossed Salad
 Cranberry Crunch w/ Topping (Also for N)

10

Beef Stew
 Capri Blend Vegetables
 Fruit Juice
 Biscuit
 Chocolate Mousse w/ Topping (Also for N)

11

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

12

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

13

Meatloaf with Gravy
 Mashed Potatoes
 Island Blend Vegetables
 100% Whole Wheat Bread
 M & M Cookie (Also for N)

14

Sage Stuffed Brd Chicken
 Parsley Potatoes
 Asian Blend Vegetables
 Multigrain Bread
 Fresh Fruit (Norwich & HDM)
 Birthday Cake (Also for N)

15

Meatball Sub
 Garlic Herb Potatoes
 California Blend Vegetables
 Birthday Cake (Also for N)

16

Ham Loaf
 Mashed Potatoes
 Southwestern Blend Vegetables
 Rye Bread (Seedless)
 Apricots Halves

17

Shepherd's Pie
 Peas
 Pickled Beets
 100% Whole Wheat Bread
 Fresh Fruit

18

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

19

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

20

Honey Mustard Chicken
 Parsley Potatoes
 Winter Blend Vegetables
 Multigrain Bread
 Butterscotch Pudding (Also for N)

21

Baked Fish w/ Garlic Butter
 Wild Rice
 Island Blend Vegetables
 100% Whole Wheat Bread
 Fresh Fruit

22

Sausage, Peppers & Onions
 Roasted Potato Medley
 Southwestern Blend Vegetables
 Hot Dog Roll
 Mandarin Oranges

23

Meat Lasagna
 Zucchini
 Tossed Salad
 Warmed Garlic Bread
 Blueberry Pie w/ Topping
 Blueberry Crisp w/ Topping (For N)

24

Waikiki Chicken
 Rice Pilaf
 Asian Blend Vegetables
 Tossed Salad
 Oatmeal Bread
 Strawberry Shortcake w/ Topping (also for N)

25

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

26

HOME DELIVERED MEALS ONLY
 Pot Luck Meal

27

MEMORIAL DAY!
 HOME DELIVERED MEALS ONLY
 Pot Luck Meal

28

Macaroni & Cheese
 Stewed Tomatoes
 Peas
 Italian Bread,
 Chocolate Chip Cookie (Also for N)

29

Chicken a' la King
 Buttered Noodles
 Island Blend Vegetables
 Rye Bread (Seedless)
 Brownie w/Topping (Also for N)

30

Breaded Fish
 Sandwich w/ Tartar Sauce
 Tater Tots
 Spring Blend Vegetables
 Cabbage Salad
 Applesauce

31

Cheese Lasagna
 Rollup
 Broccoli Florets
 Carrot Coins
 Multigrain Bread
 Fresh Fruit

Menus Subject to Change Without Notice

(N) Indicates No Concentrated Sweets/ Diabetic

EVENING DINING MENU

Thursday, May 9

McDonough ONLY
 Chicken & Biscuit
 Yukon Gold Mashed Potatoes
 Chateau Blend Vegetables
 Tossed Salad
 Buttermilk Biscuit
 Cranberry Crunch w/Topping (Also for N)

Thursday, May 23

McDonough ONLY
 Meat Lasagna
 Zucchini
 Tossed Salad
 Warmed Garlic Bread
 Blueberry Pie w/Topping
 Blueberry Crisp w/Topping (For N)

Thursday, May 23

Norwich ONLY
 Meat Lasagna
 Zucchini
 Tossed Salad
 Warmed Garlic Bread
 Blueberry Pie w/Topping
 Blueberry Crisp w/Topping (For N)

Friday, May 24

South Otselic ONLY
 Waikiki Chicken
 Rice Pilaf
 Asian Blend Vegetables
 Tossed Salad
 Oatmeal Bread
 Strawberry Shortcake w/Topping (Also for N)

MENU

June 2013

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.

3

Sweet & Sour Pork
Rice Pilaf
Asian Blend
Vegetables
100% Whole
Wheat Bread
Peanut Butter
Cookie (Also for N)

4

Chicken Salad on
Roll
Pasta Salad
Pickled Beets
Golden Glow
Salad (N)
(At Centers)
Hamburg roll
Tapioca Pudding
(Also for N)

5

Salisbury Steak
w/Gravy
Mashed Potatoes
Brussels Sprouts
Italian Bread
Pear Blush

6

Pork w/ Gravy
Garlic Red-
Skinned Mashed
Potatoes
Capri Blend
Vegetables
Salad, Dinner Roll
Pineapple Upside-
Down Cake
w/Topping (for N)

7

Sage Stuffed
Breaded Chicken
Winter Squash
Chateau Blend
Vegetables
Multigrain Bread
Apple Pie
w/Topping
Apple Crisp
w/Topping (For N
& HDM)

8

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

9

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

10

Creamed Chipped
Beef
Mashed Potato
California Blend
Vegetables
Oatmeal Bread
Fresh Fruit

11

Sausage, Peppers &
Onions
Garlic Herb Potatoes
(HDM Only)
Southwestern Blend
Vegetables
Macaroni Salad (At
Centers)
Hot Dog Roll
Birthday Cake (Also for
N)
Chef's Mixed Fruit
(Norwich & HDM Only)

12

Macaroni &
Cheese
Stewed Tomatoes
Italian Blend
Vegetables
100% Whole
Wheat Bread
Birthday Cake
(Also for N)

13

Meatball Sub
Baked Beans
Extra Vegetable
(HDM Only)
Purple Cabbage
Salad
Hot Dog Roll
Whipped Delight
(Also for N)

14

Flag Day!
Onion Lemon
Baked Fish
Mashed Sweet
Potato
Peas
Tossed Salad
Rye Bread
(Seedless)
Chocolate Chip
Cookie (Also for N)

15

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

16

FATHER'S DAY
HOME DELIVERED
MEALS ONLY

Pot Luck Meal

17

Swedish Meatballs
Egg Noodles
Brussels Sprouts
100% Whole Wheat
Bread
Apricot Halves

18

Spanish Rice
Winter Blend
Vegetables
Extra Vegetables
(HDM Only)
Tossed Salad
Italian Bread
Oatmeal Raisin
Cookie (Also for N)

19

Caribbean Chicken
Breast
Maple Roasted
Sweet Potatoes
Capri Blend
Vegetables
Oatmeal Bread
Fresh Fruit

20

Fish Florentine
Wild Rice
Glazed Carrots
Perfection Salad
(N)
Multigrain Bread
Ice Cream Sundae
w/Toppings (At
Centers)
Vanilla Ice Cream
(N & HDM)

21

Meat Lasagna
Spinach
Extra Vegetable
(HDM Only)
Tossed Salad
Warmed Garlic
Bread (At Centers)
Gingerbread w/
Lemon Sauce
(Also for N)

22

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

23

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

24

Stuffed Cabbage
Roll
Winter Squash
Pickled Beets
Multigrain Bread
Sherbert

25

Chicken a' la King
Buttered Noodles
Island Blend
Vegetables
Oatmeal Bread
Fruit Cocktail

26

Ham/Cheese
Croissantwch
Baked Beans
Purple Cabbage
Salad
Croissant
Vanilla Pudding
(Also for N)

27

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

28

Shepherd's Pie
Spring Blend
Vegetables
Extra Vegetable
(HDM Only)
100% Whole Wheat
Bread
Pineapple Tidbits

29

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

30

HOME DELIVERED
MEALS ONLY

Pot Luck Meal

EVENING DINING MENU

Thursday, June 6

McDonough ONLY
Roast Pork w/Gravy
Garlic Red Skinned Mashed Potatoes
Capri Blend Vegetables
Tossed Salad
Dinner Roll
Pineapple Upside-Down Cake w/Topping
(Also for N)

Thursday, June 20

McDonough ONLY
Fish Florentine
Wild Rice
Glazed Carrots
Perfection Salad (N)
Multigrain Bread
Ice Cream Sundae
w/Toppings
Vanilla Ice Cream (N)

Friday, June 21

South Otselic ONLY
Meat Lasagna
Spinach
Tossed Salad
Warmed Garlic Bread
Gingerbread w/Lemon
Sauce (Also for N)

Menus
Subject
to
Change
Without
Notice

EVENTS

May-June 2013

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789



GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

UNADILLA VALLEY SENIOR CENTER

Terrace Heights
New Berlin
Phone: 847-7037

MAY

09-Dina Lawson, RD, Intro/Visit @ 5:30 p.m.

JUNE

06-Evening Dining

20-Evening Dining

PLUM VALLEY FOREVER YOUNG CENTER

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

MAY

24-Dina Lawson, RD, Intro/Visit @ 5 p.m.

JUNE

21-Evening Dining

WESTSIDE PARK SENIOR CENTER

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

MAY

DAILY ACTIVITY: Cards and Puzzles

SPECIAL ACTIVITIES:

01 - Trivia Plus and Salad Bar

02 - Bingo

03 - Cards

06 - Person, Place or Thing Trivia

07 - Cards

10 - Celebrate Mother's Day

15 - Celebrate Birthday's and Salad Bar

23 - Norwich Evening Dine****

27 - Office and Site Closed for Memorial Day

JUNE

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

05 - Salad Bar

12 - Celebrate Birthdays!

14 - Celebrate Flag Day

17 - Celebrate Father's Day

19 - Salad Bar

26 - Celebrate Dairy Month

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

01 - National Older Americans Month

06 - National Salad Month

08 - Healthy Snacks Week

10 - Mother's Day Celebration

13 - National Nurse's Week-Trivia

15 - Celebrate Birthdays!

20 - Bring a Friend for Lunch

24 - Memorial Day Commemoration and Dina Lawson, RD Introduction Visit

27 - Site and Office Closed

Memorial Day

JUNE

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

03 - Blood Pressure Clinic

05 - Planting Flower Pots

12 - Celebrate Birthdays!

14 - Celebrate Flag Day and Father's Day

17 - "Mother Goose" Word Search

26 - "Cartoonists" Crossword Puzzle

THE WELCOME CENTER

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

MAY

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

01 - Dina Lawson, RD Introduction/Visit

08 - Bingo

13 - Celebrate Mother's Day

15 - Celebrate Birthdays, Bingo

And Wear Purple for Peace Day

22 - Bingo

27 - Site and Office Closed

For Memorial Day

29 - Bingo

JUNE

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

05 - Bingo

12 - Bingo and Celebrate Birthdays!

14 - Flag Day! Wear Red, White and Blue

17 - Celebrate Father's Day

19 - Bingo

26 - Bingo

MAY

DAILY ACTIVITIES: Cards (Pitch & Golf) and Puzzles

SPECIAL ACTIVITIES:

09 - Mother's Day Celebration and Dina Lawson, RD Introduction/Visit

14 - Celebrate Birthdays! And Bingo

23 - Memorial Day Thoughts

JUNE

DAILY ACTIVITIES: Cards (Pitch & Golf) Puzzles

SPECIAL ACTIVITIES:

11 - Celebrate Birthday's!

13 - Bingo

27 - White Elephant Auction

WINDY HILL SENIOR CENTER

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

MAY

Daily Activities: Bingo and Puzzles

DAILY ACTIVITIES: Bingo and Puzzles

SPECIAL ACTIVITIES:

02 - National Older Americans Month

07 - National Salad Month

09 - Mother's Day Celebration

14 - Celebrate Birthdays and Healthy Snacks Week

16 - Dina Lawson, RD Introduction/Visit

21 - Bring a Friend for Lunch

23 - Memorial Day Commemoration

JUNE

DAILY ACTIVITIES: Bingo and Puzzles

SPECIAL ACTIVITIES:

04 - Flower Pot Planting

11 - Celebrate Birthday's!

13 - Father's Day Celebration

18 - "Mother Goose" Word Search

25 - "Cartoonist" Crossword Puzzle

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

Chronic Obstructive Pulmonary Disease

Did you know that **C**hronic **O**bstructive Pulmonary Disease (COPD) is the fourth leading cause of death in the United States, claiming more than 125,000 lives in 2005? In 2006, COPD caused 672,000 hospitalizations and 1.4 million hospital emergency room visits. COPD includes chronic bronchitis and emphysema-lung diseases which frequently coexist and are characterized by obstruction to air flow, making it difficult to breathe. Smokers are particularly at risk of developing COPD, however, it also has been linked to workplace exposure to dust and fumes. Symptoms include chronic cough, increased

mucus production, chest tightness, shortness of breath and difficulty breathing.

Environmental Hazards, Triggers for COPD and Asthma

Outdoor Air
Exposure to air pollution can pose a significant risk to older adults, especially those with lung disease. Particle pollution may aggravate lung diseases, including COPD and asthma, and may be responsible for serious health effects, including hospitalization or premature death. Ozone also may aggravate lung diseases and may result in emergency room and hospital admissions.

Indoor Air
Pollutants that exist within homes and buildings also may be harmful

to persons with COPD or asthma. Many older persons spend up to 90 percent of their time indoors, often at home. Common indoor environmental hazards that may trigger COPD and asthma attacks include tobacco smoke (direct and second-hand smoke), animal dander, dust mites and cockroaches, mold dust and pollen. Other sources of indoor air pollution that may trigger a COPD or asthma attack include combustion products of oil, gas, kerosene and coal, and building materials and furnishings made of pressed wood products. Pesticides, household cleaning products and substances with irritating odors also may exacerbate these diseases.

Allergic Rhinitis

May is Asthma and Allergy Awareness Month

Allergic rhinitis is the body's response to outdoor or indoor allergens. Outdoor triggers of allergic rhinitis include ragweed, grass, tree pollen, and mold spores. Indoor triggers include dust mites, pet dander, or mold that grows in humid indoor places such as carpets. Outdoor allergens cause seasonal allergic rhinitis (also known as hay fever), which typically occurs during the spring and summer. Indoor allergens can cause perennial (year-round) allergic rhinitis.

Allergic rhinitis tends to run in families. If one or both parents have allergic rhinitis, there is a high likelihood that their children will also have allergic rhinitis. People with

allergic rhinitis have an increased risk of developing asthma and other allergies. They are also at risk for developing sinusitis, sleep disorders (including snoring and sleep apnea), nasal polyps, and ear infections.

Symptoms
• Common symptoms of allergic rhinitis include:

- Runny nose or nasal congestion
- Frequent sneezing
- Itchy watery eyes
- Itching in nose, throat, or roof of mouth

Treatment
Home remedies for allergic rhinitis include nasal washes with a saline solution. Many different over-the-counter and prescription drugs are used to treat allergic rhinitis. These medications

include oral and nasal antihistamines, corticosteroid nasal sprays, cromolyn, leukotriene antagonists [(such as montelukast) Singulair], and decongestants. Many of these drugs have side effects. Immunotherapy ("allergy shots") may also be an option for some patients.

Prevention
In addition to avoiding exposure to allergy triggers, people with allergic rhinitis can take precautions to control their environment. These measures include washing animals weekly, using vacuum cleaners and air conditioners with high efficiency particulate air (HEPA) filters, frequent washing of bedding and curtains, reducing humidity in the house, and removing sources of mold.

BRIEFS

Please welcome our new dietitian

NORWICH – Area Agency on Aging welcomes Dina Lawson, RD, CDN as our new registered dietitian. Dina will be visiting Senior Centers in the near future. As the Dietitian, she will also be available for individual nutrition counseling and will be creating menus and nutrition education materials. Anyone interested in an appointment with Dina can call the Agency at 607-337-1770. Dina has had many years of experience working in Senior Nutrition Programs in neighboring counties. We look forward to working with Dina!

Unleash the power of age

Every year since 1963, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013 is Unleash the Power of Age, has never been more fitting. Older Americans are productive, active and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors.

Dementia Care 2013

A Conference for Central New York Alzheimer's and Dementia Caregivers will be held from 8 a.m. to 4 p.m. May 16 at the Double Tree by the Hilton Hotel, 6301 State Route 298, East Syracuse, NY 13057

Dementia Care 2013 is sponsored by the Alzheimer's Association of Central New York Chapter, is an

empowering, inspiring event that welcomes caregivers from Central New York to equip themselves with practical solutions and information.

Registration, \$75 per person, is due by May 9. See www.alz.org/cny or call 315-472-4201.

Catholic Charities now offers Options

Catholic Charities' Counseling Program now offers Options, a mental health services program that establishes a sliding scale fee for those with insufficient health care coverage. This program additionally offers the option of home visits, and telephone counseling for those meeting eligibility requirements. Our professional staff will work with clients to assess their needs, develop individualized treatment plans and provide therapeutic treatment modalities to assist them in attaining their highest quality of life possible.

Participants must be Chenango County residents who are in need of mental health services and meet at least one of the following criteria;

- 1) Over 65 years of age or physically disabled and lacking efficient means of transport.
- 2) Lack sufficient healthcare coverage and meet income eligibility requirements based on income guidelines and/or diagnosis coverage limitations.
- 3) Those who are determined to be incapable of leaving their residence due to Axis I diagnosis (i.e., Panic Disorder w/ Agoraphobia, Post Traumatic Stress Disorder, Social Phobia).

Cheese-isms:

- Age is something that doesn't matter unless you are ... a cheese.
- The clever cat eats the cheese and breathes down rat holes with baited breath.
- The early bird catches the worm, but the second mouse gets the cheese.

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June 8 is Best Friend Day!

Best Friend Day is a time to enjoy and appreciate your best friend. It's a day to honor and cherish the relationship.

If you're lucky, you have a best friend. If you are real lucky, you have a number of best friends. Best friends are very, very special people. You spend countless hours with your best friend going to events and activities, or just hanging out. You share secrets, hopes, dreams, aspirations, and disappointments with your best friend.

Some folks say you can only have one best friend. This author disagrees. You can have a couple at the same time, or several over time. Friends come and go for a variety of reasons. It's the result of many things, including moving, changing schools or jobs, and more. We hope that you are lucky enough to have a number of best friends over the years.

Celebrate Best Friend Day by: Spending time with your best friend; Making efforts to find a best friend(if you don't currently have one); Giving a small gift or card to your best friend; Calling an old best friend that you've lost touch with!

In Honor of Mom (Mother's Day, May 12)

Your Mother is Always With You... Your mother is always with you.

She's the whisper of the leaves ... as you walk down the street.

She's the smell of bleach ... in your freshly laundered socks.

She's the cool hand on your brow ... when you're not well.

Your mother lives inside your laughter. She's crystallized in every tear drop. She's the place you came from, your first home...

She's the map you follow ... with every step that you take.

She's your first love ... and your first heart break ... and nothing on earth can separate you.

Not time, Not space ... Not even death ... will ever separate you from your mother ... You carry her inside of you....

BRIEFS**The Basics: Memory Loss, Dementia & Alzheimer's**

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program discusses the difference between normal aging and dementia, explores how the brain works, defines dementia and goes through the different stages of the disease, explains the importance of clinical trials and gives an overview of the programs and services offered by the Alzheimer's Association. Reservations requested. Please call 607-785-7852 x 116 or e-mail jcornell@alz.org to reserve your seat.

Location: United Church of Christ, 11 W. Main St., Norwich

Living With Alzheimer's for Caregivers: Middle Stage

When someone is diagnosed with Alzheimer's, friends and family have many questions. This three-part series is designed to provide caregivers with the knowledge, tools and strategies needed to cope with a diagnosis of Alzheimer's or related dementia. Reservations requested. Please call 607-785-7852 x 116 or e-mail jcornell@alz.org to reserve your seat.

Location: United Church of Christ, 11 W. Main St., Norwich

Time: Monday, August 5th from 9 am to 12:30 pm.

What you can do to control and reduce exposure to environmental hazards

If you or your loved one experience symptoms of COPD or asthma, consult a doctor and follow a management plan outlined by your health care provider. The key to management of these diseases is through preventive measures and reduced exposure to environmental hazards. Take steps to prevent, control and reduce the frequency of symptoms to allow you or your loved one to breathe easier.

Avoid tobacco smoke

Avoid smoke from wood-burning stoves

Reduce mold, dust mites and cockroaches in your home

Keep pets out of sleeping areas

Check furnace and heating units annually

Fix water leaks promptly

Check the Air Quality Index (AQI)

Reduce outdoor activity as much as possible on poor air quality days. The AQI reports how clean the air is and whether it will affect your health. If you have access to the internet, you can learn more about the AQI by visiting www.epa.gov/airnow. If you do not have access to a computer or the internet, you can learn more about the daily AQI through newspaper, television and radio weather reports.

"When You Are Concerned" To Drive or Not To Drive

A big challenge many caregivers face is trying to determine if it is time for an older driver to stop driving. To assess driving skills many factors have to be considered, including physical, emotional, and cognitive abilities. Just because Dad and Mom are getting older does not automatically mean they are no longer driving safely.

If you have concerns about your loved one's driving, start to "keep tabs." Safety related declines can be so slight that you might not see anything unusual at first. By keeping notes you will be able to identify trends over time. Ride with the driver yourself on a regular basis to observe your loved one's driving ability. If you live far away, try to develop a "feedback network" of family, friends and neighbors willing to make the observations for you.

Addressing an unsafe driving situation begins with accepting that a problem exists. After that it can take weeks or months to act. Intervening to stop a loved one from driving is often one of the most difficult things a family ever has to do. If possible, have a family meeting before hand, and determine who will lead the discussion. Discuss the best ways to approach the subject, and have an alternative transportation plan ready to present. Put together a list of safety, medical and behavioral concerns.

Be prepared for resistance, and be patient. Despite your best efforts, your loved one may be determined to keep on driving. Continue to track any at-risk driving behavior and bring the subject up again at a later time when it may be more likely to be accepted.

Dates to Remember in May: The Kentucky Derby (4), Cinco de Mayo (5), Mother's Day (12), National Apple Pie Day (13), Memorial Day (27)
June Dates To Remember: D-Day Anniversary (6), Best Friend Day (8), Donald Duck's Birthday (9), Flag Day (14), Father's Day (16), First Day of Summer (21)

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