

Bullthistle Bulletin



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

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Medicare urges seniors to join the fight against fraud

New health care summaries help seniors identify improper payments

In mailboxes across the country, people with Medicare will soon see a redesigned statement of their claims for services and benefits that will help them better spot potential fraud, waste and abuse. These newly redesigned Medicare Summary Notices are just one more way the Obama Administration is making the elimination of fraud, waste and abuse in health care a top priority. Because of actions like these and new tools under the Affordable

Care Act, the number of suspect providers and suppliers thrown out of the Medicare program has more than doubled in 35 states.

"The new Medicare Summary Notice gives seniors and people with disabilities accurate information on the services they receive in a simpler, clearer way," said CMS Administrator Marilyn Tavenner. "It's an important tool for staying informed on benefits, and for spotting potential Medicare fraud by making the claims



history easier to review.

The redesigned notice will make it easier for people with Medicare to

understand their benefits, file an appeal if a claim is denied, and spot claims for services they

never received. The Centers for Medicare & Medicaid Services (CMS) will send the notices to Medicare beneficiaries on a quarterly basis.

"A beneficiary's best defense against fraud is to check their Medicare Summary Notices for accuracy and to diligently protect their health information for privacy," said Peter Budetti, CMS deputy administrator for program integrity. "Most Medicare providers are honest and work hard to provide services to bene-

ficiaries. Unfortunately, there are some people trying to exploit the Medicare system."

Medicare beneficiaries and caregivers are critical partners in the fight against fraud. In April of this year, CMS announced a proposed rule that would increase rewards—up to \$9.9 million—paid to Medicare beneficiaries and others whose tips about suspected fraud lead to the successful recovery of funds.

NYSOFA recognizes older volunteers on Senior Citizens Day; Chenango County honorees Marcia and Lawrence Shaw of Norwich

On May 7, 2013 the New York State Office for the Aging (NYSOFA) hosted the 2013 Senior Citizen's Recognition Day event to honor and recognize the significant contributions made by older volunteers from across the state. Over 150 volunteers, family members, legislative leaders and professionals in the field of aging gathered in the Hart Theatre Lounge at the Egg in Albany to celebrate the occasion.

Each May as part of the National Older Americans Month, NYSOFA celebrates older New Yorkers at an annual Senior Citizen's Day event. This year's theme, set by the Federal Administration on Community Living/Administration on Aging, is "Unleash the Power of Age." Recognizing the social, intellectual and economic contributions of older individuals through civic engagement and volunteerism to address press-

ing social and community needs, honorees were chosen by their county's Area Agency on Aging.

The Area Agency on Aging congratulates Lawrence and Marcia Shaw, this year's Chenango County honorees, and sincerely thank them for their countless hours of service.

Born in Maine and living most of her life in Allegany County, Marcia now resides in Norwich with husband Lawrence. She met her husband while a student at SUNY Potsdam, and after graduation Marcia taught music for almost 20 years. She has been a substitute teacher since her retirement in 2000. She is the mother of two sons and has four grandchildren.

After retiring from teaching in 2000, Marcia became involved with volunteering to drive people for medical appointments when her husband Lawrence "couldn't be in two places at the same time."

The number of requests for assistance became so large that they started scheduling trips individually. Having worked with the Cancer Society in the past, and now as an RSVP volunteer, Marcia has been responding to requests and referrals from the Area Agency on Aging for the last four to five years, and coordinates schedules for herself and for her husband. Marcia also acts as an advocate for many of the riders at their appointments, helping to complete hard-to-read forms or comprehend registration forms, and helping patients understand the instructions they are given upon discharge.

She has been volunteering for the past 13 years. Marcia started volunteering, without expectations of getting any return, because she saw a need. This has become a personal ministry for both her and her husband. Her greatest reward is the appreciation expressed by those

in need and the friendships that are made. The reward is in helping people, friends, who are experiencing serious medical situations. In giving you receive and get more back than the gas and time we give.

A resident of Norwich, Mr. Shaw is a lifelong resident of New York State. A graduate of Clarkson, he worked for 34 ½ years as a civil engineer for the NYS Department of Transportation (NYS-DOT). He is married to Marcia, whom he met while both were students in Potsdam, and they have two sons and four grandchildren.

During Lawrence's 19 years of civic engagement, he has provided transportation for medical appointments to county residents in need, driving 15-17,000 miles each year. After transporting his mother for cancer treatments, he recognized the same need existed for many



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Marcia and Lawrence Shaw

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others and started volunteering for the Cancer Society's Road to Recovery in 1994. For many in Chenango County, specialty care is only available within a minimum of a 50 mile radius. Besides making trips for in-county medical appointments, he transports patients to Albany, Cortland, Syracuse, Buffalo, Binghamton, Sayre, Pennsylvania, New York

City, and has gone as far as Boston. Besides using his own vehicle and gas, and doing the driving, he also acts as an advocate for many of his riders. There have been occasions when his rider has needed emergency hospitalization, and Lawrence stayed with the person until they were settled. He has volunteered since 1994, or 19 years. Lawrence had no specific expectation when

he started. He likes to read, so the waiting time for medical visits is not an issue, as he settles in with a good book. The greatest reward for Lawrence has been meeting all the different people, both his riders and the medical providers. "There are lots of interesting life stories and histories, and you learn a lot about people driving with someone for thousands of miles," he said.

Skin Care and Aging

Americans spend millions of dollars each year on wrinkle creams, bleaching products to fade age spots, and dry skin lotions to keep the skin looking smooth and healthy. Yet a consumer survey shows one-third of all adults work on developing a tan even though most know that sun exposure damages the skin.

In fact, exposure to sunlight is the single most important cause of those skin changes we usually call aging: wrinkling, looseness, leathery dryness, blotches, various growths, yellowing and pebbly texture.

In protected areas of the body, the skin does not deteriorate greatly, even in old age. Although some changes occur over the years—for example, sweating decreases and injuries take longer to heal—the skin remains capable of carrying out its main protective role of guarding the internal body from damage.

Sun Damage

Long-term exposure to ultraviolet (UV) light from the sun damages the elastic and collagen fibers which make up the skin. The breakdown of the fibrous network results in skin that is looser, stretches easily, and that loses its ability to snap back after stretching. The skin also bruises and tears more easily, so while sun damage goes unnoticed in younger years, it will eventually show decades later.

Some people are at greater risk for sun damage than others. Caucasian—particularly those with fair skin, light hair color and those who sunburn easily—are more vulnerable than African Americans. Asians are at less risk than Caucasian, but at more risk than African Americans.

Nothing can completely reverse sun damage after it occurs. However, the skin has some ability to repair itself, so avoiding sun exposure over a period of years will allow some new collagen to develop. This means that you are never too old to begin protecting yourself from sun damage.

Skin Cancer

Sun damage causes not only premature aging, but skin cancer as well. The chance of developing skin cancer increases dramatically with advancing age, especially among persons living in sunny regions of the country.

Common skin cancers are basal cell carcinoma, squamous cell carcinoma, and malignant melanoma. Basal cell carcinomas are the most common and the mildest.

While they almost never spread to vital organs, these types of cancer should be removed because they destroy surrounding skin.

Squamous cell carcinomas are less common but are considered more harmful because they can grow quickly and spread to other organs. Malignant melanomas, which often look like moles, are dark and irregular in outline. They can spread and kill. Thus, any sudden change in the appearance of a mole requires a visit to the doctor.

Malignant melanoma has become much more common during the past 50 years. In 1930, one person in 1,500 developed the malignancy; by the year 2000, melanomas are expected to affect one person in 90. More leisure time spent under the sun is partly responsible for the increase in cases of malignant melanoma.

When detected early and treated promptly, most skin cancers can be cured. Thus, the best defense against cancer is learning to notice its warning signs. These include the growth of a new spot or changes in a mole such as difference in color, size, shape or surface quality (scaliness, oozing, crusting or bleeding).

Dry Skin and Itching

Dry skin is common in later life. In fact, an estimated 85 percent of older people develop "winter itch", caused by overheating indoor air which lacks moisture. Another cause of dry skin is the loss of sweat and oil glands with age, anything that dries the skin further—such as over use of soaps, antiperspirants, perfumes or hot baths—will worsen the condition.

Dry skin itches because the skin is irritated easily. Itching may be worsened by drinking coffee or alcohol, eating spicy foods or exercising strenuously. Itchy skin also deserves serious attention since it can interfere with sleep and cause irritability.

People with severe dry skin and itching should be examined by a doctor since this condition may be a symptom of disease.

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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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SERVICE PHARMACY

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

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)

Farmers Market coupons are coming!

NORWICH – Farmers Market Coupon Booklets (\$20 value) will be available through our Agency again this summer! The booklets will be available at NO CHARGE to you. Eligibility for the booklets is based on income and they are intended for Chenango County residents 60 years of age or older. Participating Farmers Markets accept the coupons for locally grown FRUITS and VEGETABLES. We expect the booklets to arrive by mid-July.

You may contact the Area Agency on Aging at 337-1770 for more information about receiving the booklets.

Staff will also be available at our seven Senior Centers throughout the months of July and August with the booklets.

Dear Marci,

My father was recently taken to the hospital. He was told he was a hospital outpatient. What is the difference between a hospital inpatient and outpatient? – Peggy (Cheyenne, WY)

Dear Peggy,

Great question! It's important to know the difference between an inpatient and outpatient, since this difference determines how Medicare covers your hospital care. To be a hospital inpatient, you must be formally admitted into the hospital by a doctor. If you have not been admitted as a hospital inpatient, you are an outpatient.

Remember, if you stay in the hospital overnight, it does not necessarily mean that you are a hospital inpatient. In some cases, you may stay in the hospital overnight and still be considered an outpatient. Such outpatient hospital stays are called observation stays. Observation stays generally occur when you go to the emergency room and have symptoms that require hospital physicians to monitor them.

If you are a hospital inpatient, Medicare Part A (hospital insurance) covers most of your care. Part A covers a semiprivate room, meals, care provided to you by nurses, x-rays, supplies, equipment and medications.

If you are an outpatient, then Medicare Part B (medical insurance) covers the care you receive. Examples of outpatient services covered under Part B may include emergency room care and doctors' services. Keep in mind that Part B covers doctors' services whether you are an inpatient or outpatient.

If you have Original Medicare, the traditional Medicare program directly administered by the federal government, you may pay higher costs if Part B covers your hospital stay. If you have a Medicare Advantage plan, also known as a Medicare private health plan, you should contact your plan directly to learn what your hospital stay costs are under your plan.

Oftentimes, it's hard to tell whether the hospital considers you to be an inpatient or outpatient. However, this is very important to know, since it determines the way Medicare covers your care. If you receive care at a hospital, it may be helpful for you to ask the hospital staff whether you are an inpatient or outpatient. This will help you better understand the costs for your hospital stay.

Another thing to keep in mind is that Medicare will only cover the care you receive at a Skilled Nursing Facility (SNF) if you were a hospital inpatient for three days and entered a Medicare-certified SNF within 30 days of leaving the hospital. Click on the Medicare Interactive web page on Medicare coverage of Skilled Nursing Facility care.

– Marci

Skin care and aging –

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For example, diabetes and kidney disease can cause itching. Occasionally, certain medications worsen this condition.

Many skin moisturizers are available in stores at prices that vary widely, but expensive lotions are not necessarily better than cheaper products. The simplest lotions and creams are the best, especially those containing lanolin.

Tips for Maintaining Healthy Skin

The best protection for skin is to limit sun exposure early in life. Contrary to popular thought, tanned skin is not a sign of good health, but instead indicates the skin has been injured. The following are additional suggestions for skin care:

Avoid sunbathing or visiting tanning parlors. Try to limit sun exposure between the hours of 10 a.m. and 3 p.m., when you do go out into the sun, wear protective clothing such as a hat, long sleeved shirt and sunglasses.

Sunscreen lotions are an important protection against sun exposure since they greatly reduce the amount of UV light penetrating the skin. Sunscreens should be put on at least an hour before going outside and should be reapplied after swimming or sweating. Choose a sunscreen with an SPF of at least 15 or higher.

Examine your skin regularly for warning signs of skin cancer. If there are changes in your skin which make you suspicious, call your doctor right away.

In addition, the American Academy of Dermatology recommends that everyone have their skin examined once a year by a physician as part of a regular examination. Dry skin problems can be relieved by using a good moisturizing lotion, bathing with soap less often and raising the humidity in your home. Also, protect your hands by wearing gloves for dishwashing, gardening or other chores. If self treatment for dryness and itching is not effective, consult a doctor.

Chenango County Area Agency on the Aging

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

LAWRENCE WILCOX
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Board of Supervisors

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(607) 337-1770

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Coordinator
Nutrition Services
(607) 337-1770

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Coordinator
Aging Services, Ombudsman Program
(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)

Dina Lawson
Dietitian, (607) 337-1770

SENIOR CENTER MANAGERS

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)847-6350 (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

July 2013

MONDAY

1

Creamed Chipped Beef, Mashed Potatoes, Peas and Carrots, Whole Wheat Bread, Applesauce

TUESDAY

2

Turkey Divan, Egg Noodles, Carrot Coins, Rye Bread (seedless), Pear Blush (N)

WEDNESDAY

3

Hamburger on a Bun w/ Lettuce and Tomato, Baked Beans, Potato Salad, Watermelon
PICNIC DAY

THURSDAY

4

HOME DELIVERED MEALS ONLY
Pot Luck Meal

FRIDAY

5

Stuffed Shells w/Sauce and Parmesan Cheese, Broccoli Florets, Tossed Salad, Oatmeal Bread, Peanut Butter Cookie (N)

SATURDAY

6

HOME DELIVERED MEALS ONLY
Pot Luck Meal

SUNDAY

7

HOME DELIVERED MEALS ONLY
Pot Luck Meal

8

Vegetable Lasagna, Green Beans, Pineapple Tidbits, Italian Bread

9

Chicken and Gravy over Biscuit, Sliced Carrots, Birthday Cake (N)

10

Sausage, Peppers and Onions on Roll, Peas and Carrots, Birthday Cake (N)

11

Breaded Lemon Pepper Fish w/ Tartar Sauce, Rice Pilaf, Coleslaw, Dinner Roll, Chocolate Mousse w/ Topping (N)

12

Hot Open Faced Turkey Sandwich w/Gravy, Brussels Sprouts, Whole Wheat Bread, Cranberry Crunch w/Topping (N)

13

HOME DELIVERED MEALS ONLY
Pot Luck Meal

14

HOME DELIVERED MEALS ONLY
Pot Luck Meal

15

Meatball Parmesan Sub, Tossed Salad, Oatmeal Raisin Cookie (N)

16

Hot Dog on Bun, Molasses Baked Beans, Tom/Onion/Cuc Salad, Mandarin Oranges

17

Tuna Salad Sandwich on Whole Wheat, Three Bean Salad, Coleslaw, Tapioca Pudding

18

Chicken Riggies, Tossed Salad, Juice, Italian Bread, Bread Pudding w/Raisins

19

Meatloaf w/Gravy, Red Skinned Mashed Potatoes, Zucchini and Yellow Squash, Oatmeal Bread, Fresh Fruit in Season

20

HOME DELIVERED MEALS ONLY
Pot Luck Meal

21

HOME DELIVERED MEALS ONLY
Pot Luck Meal

22

Sausage, Peppers and Onions on Roll, Peas and Carrots, Peaches w/Topping

23

Meat Lasagna, Tossed Salad, Italian Bread, Mixed Fruit Cup

24

Chicken a'la King, Egg Noodles, Green Beans, Whole Wheat Bread, Strawberry Shortcake w/Topping (N)

25

Macaroni and Cheese, Stewed Tomatoes, Sweet Peas, Multigrain Bread, Chocolate Chip Cookie (N)

26

Baked Ham Dinner, Scalloped Potatoes, Glazed Carrots, Dinner Roll, 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

Breaded Fish Sandwich w/ Tartar Sauce, Coleslaw, Butterscotch Pudding (N)

30

Chicken Parmesan w/side of Pasta and Sauce, Peas, Italian Bread Fresh Fruit in Season

31

BBQ Pork on a Bun, Macaroni Salad, Applesauce, Peanut Butter 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.

Menus Subject to Change Without Notice

(N) Indicates No Concentrated Sweets/ Diabetic

EVENING DINING MENU

Thursday, July 11

McDonough ONLY

Breaded Lemon Pepper Fish w/Tartar Sauce, Rice Pilaf, Coleslaw, Dinner Roll, Chocolate Mousse w/Topping (N)

Thursday, July 25

McDonough ONLY

Macaroni and Cheese, Stewed Tomatoes, Sweet Peas, Multigrain Bread, Chocolate Chip Cookie (N)

Friday, July 26

South Otselic ONLY

Baked Ham Dinner, Scalloped Potatoes, Glazed Carrots, Dinner Roll, Blueberry Pie w/Topping, Blueberry Crisp w/Topping (N)

MENU

August 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.

5

Kielbasa w/Sauerkraut German Potato Salad Rye Bread (Seedless) Pear Blush (Also for N)

6

Spanish Rice Cauliflower Tossed Salad Whole Wheat Bread Apple Crisp (Also for N)

7

BBQ Chicken Leg Potato Salad Southwestern Blend Fresh Fruit Multigrain Bread

8

Spaghetti w/Meatballs Spaghetti Sauce Green Beans Small Dinner Roll Berries & Cream (Also for N)

9

Roast Pork w/Gravy Mashed Sweet Potatoes Spinach Pineapple Upside Down Cake (Also for N)

10

HOME DELIVERED MEALS ONLY
Pot Luck Meal

11

HOME DELIVERED MEALS ONLY
Pot Luck Meal

12

Creamed Chipped Beef Mashed Potatoes Peas and Carrots Applesauce Rye Bread (Seedless)

13

Turkey Divan Egg Noodles Carrot Coins Oatmeal Bread Birthday Cake (Also for N)

14

Sloppy Joe on a Bun Tater Tots Cole Slaw Birthday Cake (Also for N) Veggie Blend (HDM Only)

15

Chicken Salad Marinated Veggies Cottage Cheese Mandarin Oranges Dinner Roll

16

Stuffed Shells w/Sauce & Parmesan Cheese Broccoli Florets Tossed Salad Italian Bread Peanut Butter Cookie (Also for N)

17

HOME DELIVERED MEALS ONLY
Pot Luck Meal

18

HOME DELIVERED MEALS ONLY
Pot Luck Meal

19

Vegetable Lasagna Green Beans Pineapple Tidbits Italian Bread Veggie Blend (HDM Only)

20

Chicken & Gravy Over Biscuit Sliced Carrots Peaches w/Whipping Cream Veggie Blend (HDM Only)

21

Breaded Lemon Pepper Fish Tarter Sauce Rice Pilaf Coleslaw Multigrain Bread Cranberry Crunch w/Topping (Also for N) Veggie Blend (HDM Only)

22

Hamburger on Bun Lettuce & Tomato (At Centers) Marinated Veggie Salad Apple Crisp (Also for N) Veggie Blend (HDM Only)

23

Hot Open Faced Turkey Sandwich Gravy Brussels Sprouts Whole Wheat Bread Chocolate Mousse w/Topping Veggie Blend (HDM Only)

24

HOME DELIVERED MEALS ONLY
Pot Luck Meal

25

HOME DELIVERED MEALS ONLY
Pot Luck Meal

26

Meatball Parmesan Sub Tossed Salad Oatmeal Raisin Cookie Veggie Blend (HDM Only)

27

Hot Dog on Bun Molasses Baked Beans Tom/Onion/Cuc Salad Mandarin Oranges

28

Tuna Salad Sandwich 3 Bean Salad Coleslaw Whole Wheat Bread Tapioca Pudding

29

Chicken Riggies Tossed Salad Juice Multigrain Bread Bread Pudding w/Raisins Veggie Blend (HDM Only)

30

Meatloaf w/Gravy Red Skinned Mashed Potatoes Zucchini & Yellow Squash Fresh Fruit in Season Rye Bread

31

HOME DELIVERED MEALS ONLY
Pot Luck Meal

EVENING DINING MENU

Thursday, August 8

McDonough ONLY
Spaghetti w/Meatballs
Spaghetti Sauce
Green Beans
Small Dinner Roll
Berries & Cream (Also for N)

Thursday, August 22

McDonough ONLY
Hamburger
Lettuce and Tomato (Centers Only)
Marinated Veggie Salad
Hamburger Roll
Apple Crisp (Also for N)
Veggie Blend (HDM Only)

Friday, August 23

South Otselic ONLY
Hot Open Faced Turkey Sandwich
Gravy
Brussels Sprouts
Whole Wheat Bread
Chocolate Mousse w/Topping (Also for N)

Menus Subject to Change Without Notice

EVENTS

July-August 2013

BRIGHTMAN SENIOR CENTER

Birdsall Street
Greene
Phone: 656-4789

JULY

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

03 – Independence Day Celebration
08 – Guitars Trivia
10 – Celebrate Birthdays!
17 – Dina Lawson, RD, CDN, Nutrition Trivia
22 – Hawaiian Week/Dress Accordingly
20 – First Day of Spring
26 – Buffet Style Lunch

AUGUST

DAILY ACTIVITIES: Cards, Bingo and Puzzles

SPECIAL ACTIVITIES:

14 – Celebrate Birthdays!
23 – Buffet Style Lunch

THE WELCOME CENTER

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

JULY

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

01 – Cards
03 – Wear Red, White and Blue Day
05 – Decorate A Hat
10 – Celebrate Birthdays/Bingo
15 – Cards
17 – Blood Pressure Clinic/Ice Cream Sundae
24 – Bingo
26 – Bring A Friend to Lunch!
31 – Bingo

AUGUST

DAILY ACTIVITIES: Cards and Puzzles

SPECIAL ACTIVITIES:

02 – Cards
05 – Cards
07 – Watermelon
09 – Root Beer Floats/Betty Boop's B-Day (1930)
14 – Celebrate Birthdays/Bingo
16 – Cards
19 – Cards
21 – Dina Lawson, RD, CDN, Make Your Plate Activity/Bingo
23 – Picnic Day
28 – Bingo

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



UNADILLA VALLEY SENIOR CENTER

First United Methodist Church
New Berlin
Phone: 847-7037

JULY

DAILY ACTIVITIES: Cards (Pitch & Golf) and Puzzles

SPECIAL ACTIVITIES:

09 – Celebrate Birthdays!

AUGUST

DAILY ACTIVITIES: Cards (Pitch & Golf) Puzzles

SPECIAL ACTIVITIES:

06 – Dina Lawson, RD, CDN, Make Your Plate Activity
13 – Blood Pressure Clinic

WINDY HILL SENIOR CENTER

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

JULY

DAILY ACTIVITIES: Bingo and Puzzles

SPECIAL ACTIVITIES:

02 – Independence Week
04 – Site and Office Closed
09 – Dina Lawson, RD, CDN, Nutrition Trivia/Celebrate Birthdays!
16 – Guitars Trivia
24 – Hawaiian Week/Dress Accordingly
25 – Picnic/Buffer Outdoors (Weather Permitting)

AUGUST

DAILY ACTIVITIES: Bingo and Puzzles

SPECIAL ACTIVITIES:

08 – Blood Pressure Clinic
13 – Celebrate Birthdays!
22 – Picnic Buffet Outdoors (Weather Permitting)

GENEGANSLET ACTIVITY CENTER

West Street Methodist Church
McDonough
Phone: 647-5666

JULY

11 – Evening Dining (dinner served at 5:30 p.m.)

25 – Evening Dining (dinner served at 5:30 p.m.)

AUGUST

08 – Evening Dining/Dina Lawson, RD, CDN, Make Your Plate Activity

22 – Evening Dining

PLUM VALLEY FOREVER YOUNG CENTER

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

JULY

26 – Evening Dining/Dina Lawson, RD, CDN, Nutrition Trivia

AUGUST

23 – Evening Dining

WESTSIDE PARK SENIOR CENTER

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

JULY

DAILY ACTIVITY: Cards (Tues.), Puzzles,

Crossword Puzzles, Word Searches, Trivia Plus

SPECIAL ACTIVITIES:

04 – Independence Day/Office and Sites

Closed

10 – Celebrate Birthdays!

10 – Salad Bar

24 – Salad Bar

AUGUST

DAILY ACTIVITIES: Cards (Tues.), Puzzles,

Crossword Puzzles, Word Searches, Trivia Plus

SPECIAL ACTIVITIES:

14 – Dina Lawson, RD, CDN, Make Your Plate Activity

16 – Blood Pressure Clinic



The Chenango and Otsego Counties Area Agencies on Aging have just completed their spring 2013 Ombudsman Training! An Ombudsman is an advocate for people who live or stay in long term care facilities. The role of an Ombudsman is extremely important in helping to ensure a person's quality of life through great care. The Ombudsman volunteer participates in a 36 hour training and mentoring program before being certified by New York State. Pictured above are Staff members from Norwich Rehabilitation who helped with the training and Ombudsman from both Chenango and Otsego counties.

Ten Good Reasons to Shop at Local Farmers' Markets

**BY DINA LAWSON
REGISTERED DIETITIAN**
Chenango County Office
for the Aging

Taste Real Flavors!

The fruits and vegetables you buy at the farmers market are the freshest and tastiest available. Fruits are allowed to ripen in the field and brought directly to you — no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage. This food is as real as it gets — food fresh from the farm!

Enjoy the Season

The food you buy at the farmers market is seasonal. It is fresh and delicious and tastes like the true flavor of the food. Shopping and cooking from the farmers market helps you to reconnect with the environment and nature in our region. As you look forward to strawberries in spring, sweet corn in the summer, and pumpkins in autumn, you reconnect with the earth, the weather, and the changing of seasons.

Support Family Farmers!

Family farmers are becoming increasingly rare as large business farms

take over food production in the U.S. Small family farms have a hard time competing. Buying directly from farmers gives them a better return for their produce and gives them a fighting chance in today's globalized economy.

Protect the Environment!

Food in the U.S. travels an average of 1500 miles to get to your plate. All this shipping uses large amounts of natural resources (especially fossil fuels), contributes greatly to pollution and creates excess trash with extra packaging. Food at the farmers market is transported shorter distances and grown using methods that minimize the impact on the earth.

Nourish Yourself!

Much food found in grocery stores is highly processed. The fresh produce you do find is often grown using pesticides, hormones, antibiotics, and genetic modification. Most food found at the farmers market is minimally processed, and many of our farmers go to great lengths to grow the most nutritious produce possi-

ble. These healthy foods are then passed on to you!

Discover that the Spice of Life is Variety!

At the Farmers Market you find a wide array of produce that you don't see in your supermarket: red carrots, a rainbow of heirloom tomatoes, white peaches, green garlic, watermelon, radishes, and a variety of mushrooms, beans, and much, much more. It is a wonderful opportunity to experience first-hand the diversity of our region.

Promote Humane Treatment of Animals

At the farmers market, you can find meats, cheeses, and eggs from animals that have been raised without hormones or antibiotics, who have grazed on green grass and been fed natural diets.

Know Where Your Food Comes From

A regular trip to a farmers market is one of the best ways to reconnect with where your food comes from. Farmers themselves sell their produce at the farm stands. Meeting and talking to farmers is a great opportunity to learn more about

how food is grown, where it is grown, when it is grown, and why!

Learn Cooking Tips, Recipes, and Meal Ideas

Few grocery store cashiers or produce stockers will give you tips on how to cook the ingredients you buy, but farmers, ranchers, and vendors at the farmers market are often knowledgeable cooks with plenty of free advice about how to cook the foods they are selling. They'll give you ideas on what to have for supper and even hand out their own recipes.

Connect with Your Community

Wouldn't you rather stroll amidst outdoor displays of fresh produce rather than roll your cart around a grocery store with artificial lights? Coming to the Farmers Market makes shopping a pleasure. The Farmers Market is a community gathering place — a place to meet up with your friends, bring your children, socialize or just enjoy small-town life away from the big city.

Source: The Center for Urban Education about Sustainable Agriculture.

JULY BRIEFS

FOURTH OF JULY CELEBRATIONS

By Creative Ideals Group, Mapleton Care Center, Lakewood, CO

Firecrackers, picnics, fireworks displays, celebrations ... Fried chicken and frankfurters on a grill, homemade lemonade made in a large tub, oh, what a thrill!

Homemade ice cream and pies were a royal treat, but at the fireworks displays, don't forget you may lose your seat.

Baskets of food to exchange and getting together with family, friends, and neighbors sometimes, mountain trips to recall.

Fourth of July represents Independence Day and freedom for all.

Red, white, and blue in honor of your American flag flying in the breeze, sometimes, you can see them hanging from trees.

The noisy holiday can end with fun and games; God give us friends to help us laugh a lot. Be serious or a little silly at times, remembering all the good signs.

Wishing everyone a Happy Fourth of July!

Independence Day ... Liberty Bell Trivia

The bell was ordered in 1751 and was cast in London.

It arrived in Philadelphia in August 1752 and was cracked while being tested. It was melted down, and a second bell was cast in April, 1753, but this one was also defective. A third bell was cast in June of that year. On June 7, 1753, the third bell was hung in the tower of Independence Hall.

It weighs 2080 lbs and is 12 ft in circumference at the lip.

The bell rang for the first time on July 8, 1776 after the first public reading of the Declaration of Independence.

The bell was removed from the tower in 1777 during the American Revolution when the British troops occupied Philadelphia. It was returned to Philadelphia and hung in Independence Hall in 1778.

The bell was rung on every July 4 until 1835, when, according to tradition, it cracked as it was being tolled for the death of Chief Justice John Marshall.

The bell was moved to its present location in a glass pavilion near Independence Hall in 1976.

FARMERS MARKET COUPONS ARE COMING!

Farmers Market Coupon Booklets (\$20 value) will be available through our Agency again this summer! The booklets will be available at NO CHARGE to you.

Eligibility for the booklets is based on income and they are intended for Chenango County residents 60 years of age or older. Participating Farmers Markets accept the coupons for locally grown FRUITS and VEGETABLES. We expect the booklets to arrive by mid-July.

You may contact the Area Agency on Aging at 337-1770 for more information about receiving the booklets.

Staff will also be available at our seven Senior Centers throughout the months of July and August with the booklets.

New location for Unadilla Valley Senior Citizen's Activity Center

NEW BERLIN – The Unadilla Valley Senior Citizen's Activity Center has moved to 51 South Main Street, (First United Methodist Church), New Berlin, NY.

The Center is open on Tuesdays and Thursdays 10AM-2PM. Please call (607) 337-1770 for a meal reservation.

Tips on How to Stay Cool When the Temp Goes Up!

- Know the symptoms of heat-related illnesses.
- Make sure that you can open your windows and/or that your air conditioner is working properly.
- Find out where to cool down—ask local officials about cooling centers in your area. If there are none, identify air-conditioned buildings where you can go (such as libraries, malls, supermarkets, or a friend's home)
- Choose someone that you can call for help or who can check on you.
- Talk to your doctor or pharmacist to learn more about medications that might make you sensitive to the sun or heat.
- Drink plenty of fluids but avoid alcohol, caffeine and sugary drinks.
- Beat the heat with cool showers and baths.
- Take regular breaks from physical activity.
- Avoid strenuous activity during the hottest part of the day (between 11am-4pm).
- Wear loose, lightweight, light-colored clothing to help keep cool.
- Stay out of the sun as much as possible.
- Wear sunscreen and ventilated hat when in the sun, even if it is cloudy.
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors, family and friends, especially those who are elderly or have special needs.

AUGUST BRIEFS

August 3 is National Watermelon Day! Watermelon Trivia!

- Watermelon is a vegetable, not a fruit! It is related to cucumbers, pumpkins, and squash.
- This ideal health food contains no fat or cholesterol but plenty of fiber, potassium, and vitamins A, B6, and C.
- Watermelon is 92% water.
- It is grown in approximately 100 countries.
- Early explorers used watermelons as canteens.
- Eating watermelon seeds does not cause one to grow in the stomach.
- Every part is edible, even the rind. In some cultures, baked watermelon seeds are a popular treat.
- The top five US growing locations are Florida, Texas, California, Georgia, and Arizona.
- For the perfect watermelon, choose a firm, symmetrical shape that is bruise-free, heavy for its size, and has a yellow spot on the underside from ripening in the sun while still on the ground.

Enjoy a Piece Today!

Senior Day at the Chenango County Fair!

NORWICH – Mark your calendars, Senior Day at the Chenango County Fair is August 8, 2013. It is free admission for seniors 60 years of age and over from 10 a.m. to 5 p.m.

Some of the events planned are free hourly drawings, Bingo and Joe Trionfero "Thanks for the Memories" musical trivia game. Come enjoy all of the great exhibits and displays, too. For more information call 607-336-6414, ext. 103.

TO SERVE YOU BETTER:

Area Agency on Aging appointments are available! When you have a question you'd like to discuss with someone face-to-face, please call ahead for an appointment.

If you let us know you're coming, we can be sure someone is available to help you. It also gives you the opportunity to know what information you need to gather and bring with you so you won't have to make more than one trip unnecessarily.

Call 607-337-1770 to make an appointment with the outreach person for your area. Office hours are 8:30 a.m. to 5 p.m., Monday through Friday.

Also, Area Agency on Aging has many employees available to assist you; so it would be extremely helpful to remember the name of the person you have an appointment with.

When telephoning the office, if the person you need to speak to is busy and it is necessary for you to leave a message, please be patient. If you don't get a return telephone call that day, please be assured that individual will get back to you as soon as possible.

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