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The Bullthistle Bulletin

Nov-Dec 2013

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



Lawrence Wilcox
Chair, Board of Supervisors

www.co.chenango.ny.us

Debra Sanderson
Director

The History of Thanksgiving and Traditional Foods

Presented By: Dina Lawson, Registered Dietitian, Chenango County Area Agency on Agency
November & December 2013

In 1621, the Plymouth settlers and Wampanoag Indians celebrated an autumn harvest feast together. It is considered one of the first Thanksgiving celebrations. The harvest meal became a symbol of cooperation and companionship between the settlers and the Native Indians. And, it has a long tradition of festivals and ceremonies of giving thanks for bountiful crops. The legacy of giving thanks and celebrating with a feast has been around for centuries as people in the US gather with friends and family for a yearly Thanksgiving feast.

The Pilgrims' Menu included a wide variety of foods, many of them that we don't associate with the traditional Thanksgiving meal. Here is a condensed version of the pilgrims' menu; *Source: Kathleen Curtin, Food Historian @ Plymouth Plantation.*

Foods that may have been on the menu:

Wild Turkey, Goose, Duck, Eagles, Venison, Cod, Clams and Lobster.
Wheat flour, Indian corn, pumpkin, peas, beans, carrots and lettuce.
Plums, grapes, walnuts, chestnuts and acorns.
Leeks, parsnips, radishes, and dried currents.

Foods that may not have been on the menu:

Ham , Sweet potatoes/potatoes, Corn on the cob, Cranberry sauce,
Pumpkin Pie: the recipe did not exist at that time.
Milk: No cows were aboard the Mayflower, although the pilgrims might have used goat milk to make cheese. *Source: The History Channel*

Now Let's Look at the Health Benefits of Pumpkins!

IT'S PUMPKIN SEASON! DID YOU KNOW PUMPKINS ARE A HEALTHY FOOD? Pumpkin is a very nutrient rich vegetable with important vitamins and antioxidants!

The pumpkin plant is considered a vine because it creeps along the ground. It is a member of the 'cucurbitaceae' family that also includes cucumber, squash and cantaloupe.

Pumpkin is one of the most popular vegetables that are grown as a commercial field crop in the United States and all over the world. (Source: <http://en.wikipedia.org/wiki/Cucurbitaceae>)

Here are some of the health benefits of pumpkins:

- Pumpkins are low in calories. One cup of mashed pumpkin is about 49 calories.
- Pumpkins contain many anti-oxidant vitamins such as vitamin A, vitamin C and vitamin E.
- They are also an excellent source of many non-vitamin antioxidants called flavonoids. Some of these include lutein, and zeaxanthin.
- Pumpkin is rich in B vitamins such as folate, niacin, B-6, thiamin and pantothenic acid.
- They are also rich in minerals such as copper, calcium, potassium and phosphorus.
- Pumpkin seeds are a great source of dietary fiber and mono-unsaturated fat, which are good for a healthy heart. And the seeds also provide a good amount of protein and iron in addition to selenium and zinc.

Source: www.nutrition-and-you.com/pumpkin.

Pumpkin Ideas!

- Chop cooked pumpkin, lightly butter it and serve it hot.
 - Use pureed pumpkin for a soup base or mix it in mashed potatoes.
- Scoop seeds from pumpkin. Lightly salt them and bake at 350F for 15 minutes and serve.

Try These Healthy Recipes During the Holidays! **Baked Acorn Squash with Apricot Preserves. Makes 4 servings.** *(Source: Allrecipes.com)*

1 Acorn Squash, halved and seeded

2 teaspoons Butter

3 tablespoons Apricot preserves or try your favorite preserves!

- Preheat oven to 400 degrees F. Place squash halves cut side down in a baking dish. Fill the dish with water to the depth of ¼ inch. Bake 40 minutes in oven.

Remove squash from oven. Set oven to broil. Turn squash cut side up in the dish and place 1 tsp butter and 1 ½ tbsp apricot jelly in each half. Return to oven & broil for 5 minutes. Serve warm.

Pizza with Butternut Squash and Artichokes. Makes 5-6 Servings. *(Source: Diabetic Cooking, Sept/Oct 2012)*

1/2 c frozen artichoke hearts

2 cups diced peeled butternut squash

1 cup sliced onion, about 1/4 inch thick

2 tsp olive oil

1 10 oz whole wheat pizza crust

1 cup low salt pasta sauce

3/4 cup (3 oz) shredded part-skim mozzarella & provolone cheese blend

- Cook artichoke hearts according to package directions. Drain and coarsely chop.
- Preheat oven to 425F. Combine squash, onion and oil in large bowl. Spread in single layer on sheet tray coated with nonstick cooking spray. Bake 25 minutes, stirring once, or until browned in spots and tender. Increase oven temperature to 450F.
- Place pizza crust on a sheet tray. Spoon pasta sauce over top, leaving a 1-inch border.
- Arrange butternut mixture and artichokes on top. Sprinkle with cheese. Bake 10 minutes or until cheese melts and pizza is hot. Cut into wedges.
- Calories 302, Total Fat 9g, Sat Fat 3g, Protein 13g, Carbohydrate 47g, Cholesterol 11mg, Dietary Fiber 10g, Sodium 444mg.

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 8:30AM if there is a question regarding closures.

Things to Keep in Mind About Home Delivered Meals

- ◆ 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.
- ◆ Menu subject to change without notice.
- ◆ (N) Indicates No Concentrated Sweets/Diabetic
- ◆ Suggested Contribution per Meal

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

- ◆ All meals served with 1% milk and assorted breads.
- ◆ Important - If you know you are not going to be home when your meal is to arrive please call us by 8:45AM that day or if you know you have an appointment call us in advance that you won't be home at 607-337-1770.

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.

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 pack 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 _____

November 2013
Chenango County Agency On Aging Menu
607-337-1770

Mon	Tue	Wed	Thu	Fri
<p><i>McDonough Evening Dine - 5:30 PM</i></p> <p><i>South Orselic Evening Dine - 5:00 PM</i></p>	<p><i>Menu Subject To Change</i></p> <p><i>(N) Indicates for Diabetic</i></p>			<p><i>1</i></p> <p><i>Roast Pork w/Gravy</i></p> <p><i>Candied Yams</i></p> <p><i>Spinach</i></p> <p><i>Strawberries w/Topping (N)</i></p>
<p><i>4</i></p> <p><i>Turkey Divan</i></p> <p><i>Egg Noodles</i></p> <p><i>Carrot Coins</i></p> <p><i>Pear Blush (N)</i></p>	<p><i>5</i></p> <p><i>Sloppy Joe on Bun</i></p> <p><i>Tater Tots</i></p> <p><i>Southwestern Veggies</i></p> <p><i>Mandarin Oranges</i></p>	<p><i>6</i></p> <p><i>Creamed Chipped Beef</i></p> <p><i>Mashed Potatoes</i></p> <p><i>Peas & Mushrooms</i></p> <p><i>Blueberry Crumble Cake (N)</i></p>	<p><i>7</i></p> <p><i>Chicken Spiedies,</i></p> <p><i>Oven Roasted Potatoes</i></p> <p><i>Broccoli</i></p> <p><i>Rice Pudding w/Raisins (N)</i></p> <p><i>McDonough Evening Dine</i></p>	<p><i>8</i></p> <p><i>Meat Lasagna</i></p> <p><i>Wax Beans</i></p> <p><i>Tossed Salad</i></p> <p><i>Peanut Butter Cookie (N)</i></p>
<p><i>11</i></p> <p>CLOSED - VETERANS' DAY</p>	<p><i>12</i></p> <p><i>Boiled Ham Dinner</i></p> <p><i>Potatoes, Carrots and Cabbage,</i></p> <p><i>Birthday Cake (N)</i></p>	<p><i>13</i></p> <p><i>Chicken Vegetable Soup at Sites, Egg Salad Sandwich, 3 Bean Salad, Birthday Cake (N)</i></p> <p>Macaroni Salad-HDM</p>	<p><i>14</i></p> <p><i>Hot Roast Beef Sandwich w/Gravy</i></p> <p><i>Butternut Squash</i></p> <p><i>Chocolate Mousse (N)</i></p> <p>Veggie Blend - HDM</p>	<p><i>15</i></p> <p><i>Stuffed Cabbage Roll w/Sauce</i></p> <p><i>Cauliflower, Veggie Blend</i></p> <p><i>Cranberry Crunch w/Topping (N)</i></p>
<p><i>18</i></p> <p><i>Meatball Parm Sub</i></p> <p><i>Tossed Salad</i></p> <p><i>Oatmeal Raisin Cookie (N)</i></p>	<p><i>19</i></p> <p><i>Pork Loaf w/Gravy</i></p> <p><i>Oven Roasted Potatoes</i></p> <p><i>Creamed Corn</i></p> <p><i>Fruited Gelatin (N)</i></p>	<p><i>20</i></p> <p><i>Chicken Riggies</i></p> <p><i>Brussels Sprouts,</i></p> <p><i>Tossed Salad,</i></p> <p><i>Bread Pudding w/Raisins (N)</i></p> <p>Veggie Blend-HDM</p>	<p><i>21 & 22</i></p> <p><i>Roast Turkey w/Gravy,</i></p> <p><i>Bread Stuffing, Mashed Potatoes, Green Beans, Cranberry Sauce, Pumpkin Pie w/Topping (N)</i></p> <p>McDonough Evening Dine</p>	<p>22 S. OT, SHERBURNE & GREENE MENU SAME AS 11/21</p> <p>Norwich & HDM</p> <p>Stuffed Pepper, Tater Tots, Veggie Blend and Fresh Fruit</p>
<p><i>25</i></p> <p><i>Sweet Sausage Party on Bun w/Onions & Peppers, Diced Beets, Mandarin Oranges</i></p>	<p><i>26</i></p> <p><i>Chili Con Carne</i></p> <p><i>California Blend Veg</i></p> <p><i>Combread</i></p> <p><i>Pear Blush (N)</i></p>	<p><i>27</i></p> <p><i>Navy Bean Soup at Sites</i></p> <p><i>Ham & Cheese Croissant</i></p> <p><i>Potato Salad, Blueberry Pie, Blueberry Crisp (N)</i></p> <p>Pickled Beets-HDM</p>	<p><i>28</i></p> <p>CLOSED- THANKSGIVING</p>	<p><i>29</i></p> <p><i>Macaroni & Cheese</i></p> <p><i>Stewed Tomatoes</i></p> <p><i>Sweet Peas</i></p> <p><i>Chocolate Chip Cookie (N)</i></p>

**HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
NOVEMBER 2013**

GREENE.....(607) 656-4789

Brightman Senior Center
25 Birdsall Street
Greene, NY 13778
Hours: M-W-F 10-2pm
Lunch Served at Noon

Daily Activities: Cards, Bingo and Puzzles

Special Activities:

11/04 - Dress in Fall Colors!
11/06 - "Remembrance Trivia"
11/08 - Veterans' Commemoration
11/11 - Office Closed/Veterans' Day
11/13 - Dina Lawson RD, CDN "Guide to Fats"/Celebrate Birthdays!
11/22 - Happy Thanksgiving! Holiday Meal
11/25 - National Game and Puzzle Week
11/29 - Office Closed/Thanksgiving

COVENTRY.....(607) 656-8602

Windy Hill Senior Center
Coventry Town Hall
1839 Route 235
Coventry, NY 13778
Hours: Tues & Thurs 10-2pm
Lunch Served at Noon

Daily Activities: Bingo and Cards

Special Activities:

11/05 - Site Closed for Polling
11/07 - Veterans' Commemoration
11/12 - Celebrate Birthdays!/Dress in Fall Colors!
11/14 - Remembrance Trivia
11/21 - Dina Lawson RD, CDN "Guide To Fats"/Thanksgiving Meal
11/26 - National Game & Puzzle Week
11/28 - Office Closed/Thanksgiving

SHERBURNE...(607) 674-4600

The Welcome Center
12 Knapp Street
Sherburne, NY 13460
Hours: M-W-F 10-2pm
Lunch Served at Noon

Daily Activities: Cards and Puzzles

Special Activities:

11/11 - Office Closed/Veterans' Day
11/13 - Celebrate Birthdays!
11/20 - Blood Pressure Clinic
11/22 - Thanksgiving Meal
11/27 - Thanksgiving Party
11/29 - Office Closed/Thanksgiving

NEW BERLIN.....(607) 847-6350

Unadilla Valley Senior Center
First United Methodist Church
51 S. Main Street
New Berlin, NY 13411
Hours: Tues & Thurs 10-2pm
Lunch Served at Noon

Daily Activities: Cards (Pitch & Golf) and Puzzles

Special Activities:

11/12 - Celebrate Veterans' Day w/ a Guest Speaker/Celebrate Birthdays!
11/21 - Happy Thanksgiving/Holiday Meal
11/26 - Thanksgiving Far and Wide
11/28 - Office Closed/Thanksgiving

NORWICH.....(607) 334-2910

Westside Baptist Church
10 West Park Place
Norwich, NY 13815
Hours: M-F 9-1pm
Lunch Served at 11:45am

Daily Activities: Cards (Tues/Fri), Puzzles, Crossword Puzzles, Word Searches, Trivia Plus and Bingo on Thursday

Special Activities:

11/06 - Dina Lawson, RD, CDN "History of Thanksgiving Food & Nutritional Benefits"
11/11 - Office Closed/Veterans' Day
11/13 - Salad Bar/Celebrate Birthdays!
11/21 - Thanksgiving Holiday Meal
11/27 - Salad Bar
11/25 & 26 Set Up Christmas Tree and Decorate It

SOUTH OTSELIC.....607-337-1770

Plum Valley Forever Young Center
Methodist Church
Church Hill Road
S. Otselic, NY 13155
Hours: One Evening Dine a Month
3-8pm/Dinner Served at 5pm

11/22 - Evening Dine

MCDONOUGH... (607) 647-5666

Geneganslet Activity Center
West Street
McDonough, NY 13801
Hours: Two Evening Dines a Month
3-8pm/Dinner Served at 5:30pm

11/07 - Evening Dine

11/21 - Evening Dine/Dina Lawson, RD "History of Thanksgiving Foods & Nutritional Benefits"

December 2013
Chenango County Agency on Aging Menu
607-337-1770

Mon	Tue	Wed	Thu	Fri
2 Baked Fish Florentine, Harvest Vegetable Rice, Sweet & Sour Cabbage, Chocolate Pudding w/ Topping (N)	3 Chicken a' la King Egg Noodles Oregon Blend Vegetables Apple Pie (N)	4 Roast Beef w/Gravy Mashed Potatoes Parsley Baby Carrots Strawberry Applesauce (N)	5 Kielbasa & Sauerkraut Hot German Potato Salad Brussels Sprouts Bread Pudding w/Raisins & Topping (N) McDonough Evening Dine	6 Stuffed Shells w/Sauce & Parmesan Cheese Tuscan Blend Vegetables Peas (HDM Only), Tossed Salad, Ice Cream
9 Baked Rosemary Chicken Leg, Oven Roasted Potatoes, Capri Blend Veg, Apricots	10 Stuffed Pepper w/Sauce Green Beans Southwestern Blend Vegetable Birthday Cake (N)	11 Beef Stew over Biscuit Broccoli & Cauliflower Birthday Cake (N)	12 Vegetable Lasagna Italian Blend Vegetables Stewed Tomatoes (HDM Only) Pineapple Upside Down Cake (N)	13 Roast Turkey w/Gravy Mashed Potatoes, Spinach, Cranberry Sauce Strawberries & Cream (N)
16 Sloppy Joe on Bun Southwestern Blend Vegetables, Tater Tots, Mandarin Oranges	17 Turkey Divan Egg Noodles Carrot Coins Veggie Blend (HDM Only) Pear Blush (N)	18 Creamed Chipped Beef Mashed Potatoes Peas & Pearl Onions Blueberry Crumble (N)	19 & 20 Baked Ham w/ Raisin Sauce, Mashed Sweet Potatoes, Italian Blend Vegetables, Cheesecake w/Cherry Topping & Whip Topping (N) McDonough Evening Dine	20 S. OT, SHERBURNE, GREENE MENU SAME AS 12/19 Norwich & HDM ONLY Fish Sandwich, Garlic Herb Potatoes, Peas & Carrots and Fresh Fruit
23 Boiled Ham Dinner Potatoes, Carrots & Cabbage, Tapioca Pudding w/Topping (N)	24 Chicken & Gravy Over Biscuit, Southwestern Vegetables, Green Beans (HDM Only), Fruited Gelatin (N)	25 CLOSED CHRISTMAS DAY!	26 Chicken Vegetable Soup at Sites, Egg Salad Sandwich, 3 Bean Salad, Macaroni Salad (HDM Only), Mixed Fruit	27 Stuffed Cabbage Roll w/Sauce, Mediterranean Blend Vegetables, Cauliflower, Cranberry Crunch w/Topping (N)
30 Pork Loaf w/Gravy Oven Roasted Potatoes Creamed Corn Apricots	31 Meatball Parm Sub Broccoli, Tossed Salad, Veggie Blend (HDM Only) Oatmeal Raisin Cookie (N)	 		

**HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
DECEMBER 2013**

GREENE.....(607) 656-4789

Brightman Senior Center
25 Birdsall Street
Greene, NY 13778
Hours: M-W-F 10-2pm
Lunch Served at Noon

Daily Activities: Cards, Bingo and Puzzles

Special Activities:

12/04 - "Go Caroling" Crossword Puzzle
12/06 - Christmas Decorations
12/11 - Celebrate Birthdays!
12/20 - Merry Christmas Celebration/Lunch & Gifts
12/25 - Office Closed/Christmas

COVENTRY.....(607) 656-8602

Windy Hill Senior Center
Coventry Town Hall
1839 Route 235
Coventry, NY 13778
Hours: Tues & Thurs 10-2pm
Lunch Served at Noon

Daily Activities: Bingo, Puzzles and Cards

Special Activities:

12/05 - "Go Caroling" Crossword Puzzle
12/10 - Celebrate Birthdays!/Christmas Decorations
12/12 - Blood Pressure Clinic
12/19 - Merry Christmas Celebration/Lunch & Gifts
12/31 - New Year's Eve!

SHERBURNE...(607) 674-4600

The Welcome Center
12 Knapp Street
Sherburne, NY 13460
Hours: M-W-F 10-2pm
Lunch Served at Noon

Daily Activities: Cards and Puzzles

Special Activities:

12/09 - Dina Lawson, RD, CDN "History Of Christmas Food & Nutritional Benefits
12/11 - Celebrate Birthdays!
12/20 - Merry Christmas Holiday Meal
12/23 - Christmas Party!
12/25 - Office Closed/Christmas

NEW BERLIN.....(607) 847-6350

Unadilla Valley Senior Center
First United Methodist Church
51 S. Main Street
New Berlin, NY 13411
Hours: Tues & Thurs 10-2pm
Lunch Served at Noon

Daily Activities: Cards (Pitch & Golf) and Puzzles

Special Activities:

12/10 - Blood Pressure Clinic
Celebrate Birthdays!
12/10 - Pass the Story
12/19 - Merry Christmas Holiday Meal
12/24 - Dina Lawson RD, CDN "History of Christmas Food & Nutritional Benefits
12/24 - Christmas Memories

NORWICH.....(607) 334-2910

Westside Baptist Church
10 West Park Place
Norwich, NY 13815
Hours: M-F 9-1pm
Lunch Served at 11:45am

Daily Activities: Cards (Tues/Fri), Puzzles, Crossword Puzzles, Word Searches, Trivia Plus and Bingo on Thursday

Special Activities:

12/2 & 12/3 - Make New Ornaments for Christmas Tree
12/11 - Salad Bar/Celebrate Birthdays!
12/19 - Merry Christmas Holiday Meal
12/20 - Blood Pressure Clinic
12/25 - Office Closed/Christmas
12/30 - New Year's Eve Party

SOUTH OTSELIC....(607) 337-1770

Plum Valley Forever Young Center
Methodist Church
Church Hill Road
S. Otselec, NY 13155
Hours: One Evening Dine a Month
3-8pm/Dinner Served at 5pm

12/20 - Evening Dine/Dina Lawson, RD "Guide to Fats"

MCDONOUGH... (607) 647-5666

Geneganslet Activity Center
West Street
McDonough, NY 13801
Hours: Two Evening Dines a Month
3-8pm/Dinner Served at 5:30pm

12/05 - Evening Dine

12/19 - Evening Dine

REMINDER! THERE IS STILL TIME!



Medicare Open Enrollment is
October 15 – December 7.

It's worth it to take the time and compare. If you have been thinking of changing now is the time to do it.

It's easy! Call Chenango County Agency on Aging at (607) 337-1770 and make an appointment.

Upcoming RSVP Trips

November 4th

Turning Stone

Verona, NY

Includes a \$5.00 off lunch coupon, and \$25 gaming or \$20 bingo coupon. Pickups: Greene 7:15am, Oxford 7:40am, Norwich 8:00am and Sherburne 8:20am. Depart for home at 4:30pm.

Package Price: \$ 30.00

Deadline: October 28th

December 6th

Beeches Christmas Special

Rome, NY

Following the huge and special Beeches Christmas Buffet, the glory of the Holy Season is brought to life on stage and celebrated with over 25 songs and heartwarming stories of Christmases past and present in this richly costumed production.

Pickups: Greene 9:30am, Oxford 9:55am, Norwich 10:15am and Sherburne 10:35am.

Package Price: \$ 78.00

Deadline: November 22nd

Call RSVP to make your reservation, 607-336-6414 ext. 103. Make checks out to RSVP. **Seat assignments are made upon receipt of payment.** The standard Gratuity for the bus driver is \$1-2 per person and is not included in package price. You must be 18 years of age to go on the casino trips.

RSVP mailing address is: PO Box 470, Norwich, NY 13815 or stop in the office at:
5 West Main Street, Norwich

Thanksgiving Word Search

W N P U M P K I N
R K I C P F Q Z I
E H E O G A U J P
A T S R B L F T I
T H F N F L C U L
H A R V E S T R G
C N T J H X D K R
E K F P S T G E I
V H O L I D A Y M

Turkey Harvest Wreath Pilgrim Pie
Pumpkin Corn Holiday Thank Fall

www.Celebrating-Thanksgiving.com

LONG-TERM CARE FACILITY RESIDENTS NEED YOUR HELP BECOME AN OMBUDSMAN

Ombudsmen are trained volunteers who help people in a long-term care facility express their personal needs. They also protect residence rights and help them to understand their rights.

The Chenango County Ombudsman Program is conducting training to certain individuals who are looking for an exciting Volunteer Opportunity.

Training will be held in 2014 on the following dates: May 13, 15, 20 and 22.

If you are interested in an exciting volunteer opportunity Contact:

Edith Revoir
(607) 337-1770

**“Empowering Seniors
To Prevent Health Care Fraud”**

PROTECT, DETECT, REPORT

**If a call from a live person, respond with:
“I do not give out my personal information to anyone
who calls on the phone. I have to verify who you are.
What is your name, agency name, and call back number?”**

If not a live person, just hang up.

**TO REPORT A SUSPECTED SCAM CALL:
1-877-678-4697**



Christmas Humor

What do snowmen eat for breakfast?
Snowflakes

Why does Santa have three gardens?
So he can HO-HO-HO

Why was Santa's little helper depressed?
Because he had low elf esteem

Support you need from others in your shoes.....

Alzheimer's Association, Central NY Chapter support groups provide a consistent and caring place for individuals to discuss challenges, share feelings, and find emotional support.

Caregiver Support Group in Norwich meets the 3rd Thursday of the month, at 6pm, at the United Church of Christ First Congregational, 11 W. Main Street, Norwich. For information call Dianne Antaya: 607-337-1034

Alz.org

HOLIDAY TRIVIA

1. Armistice Day is now called _____.
2. We observe it on _____.
3. The holiday that is observed on the 4th Thursday in November is called _____.
4. A popular pie served on that day and made from something orange is called _____.
5. Another dish made from something orange frequently served that day is Sweet _____.
6. Someone always has to carve the _____.
7. The first Thanksgiving was observed by the _____.
8. The 25th of December is always _____.
9. In the US the mysterious fellow who brings toys for all good girls and boys is _____.
10. Legend has it, he enters the house by coming down the _____.
11. Name some candies made at Christmas time. _____
12. Many families enjoy a certain kind of cake with lots of fruits in it called _____.
13. What flavor are candy canes? _____.
14. A popular flower given at Christmas time is the _____.



Answers: 1. Veterans' Day, 2. November 11, 3. Thanksgiving, 4. Pumpkin Pie, 5. Potatoes, 6. Turkey, 7. Pilgrims, 8. Christmas, 9. Santa Claus, 10. Chimney, 11. Peanut Brittle, Fudge etc. 12. Fruit Cake, 13. Peppermint, 14. Poinsettia

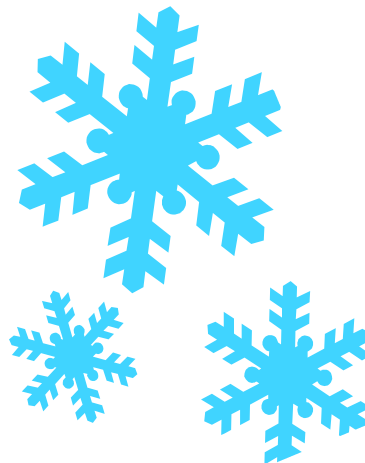
Winters On Its Way!

Tips On How to Get Through It!

Home Emergency Supplies

Winter has arrived and you should stockpile the following supplies in the event a winter storm or power outage prevents you from leaving your home.

- Flashlights and extra batteries
- Battery-operated radio and extra batteries
- Emergency non-perishable foods that do not require refrigeration
- Non-electric can opener
- Bottled water
- One week supply of essential medicines
- Extra blankets and sleeping bags
- First aid kit and manual
- Fire extinguisher



"Winter Warnings"

As the winter weather season approaches, do you know what the various weather warnings and advisories mean?

WINTER STORM WATCH indicates that winter weather may affect your area.

WINTER STORM WARNING indicates that severe winter weather conditions are definitely on the way.

BLIZZARD WARNING indicates that snow and strong winds of at least 35 miles per hour combined will produce blinding snow, near-zero visibility, deep drifts and life-threatening wind chill.

WINTER WEATHER ADVISORY indicates winter weather conditions, with snowfall of between 3 to 6 inches, are expected to cause significant inconveniences and may be hazardous, especially to motorists.

Knowing what these terms mean will help you better protect yourself and loved ones.

"Winterize Your Home"

Take the time now to get your home ready for the winter season by following these tips:

Make sure your home is properly insulated. If necessary, insulate walls and attic. This will help you to conserve energy and reduce your home's power demands for heat.

Caulk and weather-strip doors and windowsills to keep cold air out.

Install storm windows or cover windows with plastic from the inside. This will provide an extra layer of insulation, keeping more cold air out.

Inspect and flush your water heater.

Clean gutters. Leaves and other debris will hamper drainage.

Replace batteries of smoke, heat, and carbon monoxide detectors. If you didn't do it when you set the clocks back, do it now.

To keep pipes from freezing:

- Wrap pipes in insulation or layers of old newspapers
 - Cover the newspapers with plastic to keep out moisture
 - Let faucets drip a little to avoid freezing
- Know how to shut off water valves