



The Bullthistle Bulletin

Quarterly Newsletter April-May-June 2014



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

Lawrence Wilcox
Chair, Board of Supervisors

www.chenango.ny.us

Debra Sanderson
Director

May Is Older Americans Month

Safe Today, Healthy Tomorrow

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today, Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While the Area Agency on Aging of Chenango County provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

MAKE YOUR HOME SAFE

Do a safety assessment of your home to check your house for trip hazards

Sixty percent of falls occur at home. If you have lived in the same home for many years you may notice fall hazards in your home. For this reason, include in the assessment someone who does not live in the home. They will notice things you may overlook.

Check each room of your home to be sure these safety precautions are in place:

STAIRS

- Keep stairs free from clutter. Never place items on the stairs, even for a few minutes.
- Provide enough light to see steps clearly.
- Use tightly woven carpet or non-slip treads to cover stairs.
- Use a contrasting color strip or tape to mark the stair edge.

- Install and use sturdy handrails on both sides of the stairway. They should extend beyond the first and last steps. Having railings on both sides provides better support when going up and down stairs. It also ensures that people will be able to use their dominant hand to grasp a railing. Also keep at least one hand on the handrail at all times. Make this a habit for life. Take your time when climbing up or downstairs. Watch where you are stepping and place your foot firmly on the stair.
- Never carry anything that obstructs your view of the next step.
- You should have light switches at both the top and bottom of stairs.

BATHROOM

- Keep a night light on in the bathroom.
- Use bath mats or rugs with non-skid backing.
- Install grab bars in the bathtub and toilet areas.
- Consider a raised toilet seat to make it easier to sit and get up.
- Replace towel bars or racks with sturdier grab bars.
- Apply non-skid strips or use a rubber mat on the bathtub or shower floor.
- A tub seat enables a person to get in and out of the tub more easily. A shower seat guards against potential loss of balance.
- A handheld showerhead allows you to sit in the tub or shower and wash yourself. It's also a big help for a caregiver bathing another person.
- Leave the bathroom door unlocked; help can reach you quicker, if needed.
- Let soap suds go down the drain before moving around in the shower.
- Clean up puddles of water immediately.
- Don't wear a long bathrobe you can trip on.

KITCHEN

- Avoid climbing and reaching to get to upper cabinets. If you must climb, use a stable step stool with handrails.
- Rearrange your kitchen and pantry so regularly used items and foods are within easy reach.
- Clean up spills immediately.
- Use non-slip floor wax.
- Remove throw rugs.
- Carrying laundry up and down stairs is hazardous. Keep laundry facilities on the same floor as your main living area. Smaller stackable washers and dryers can be added to a corner or closet.

LIVING AREA

- Provide an open walkway between rooms by rearranging furniture. Remove low tables, coffee tables, footrests and other small items.
- Keep telephone and electrical cords out of the walking area.
- Avoid chairs or sofas that are so low that it is difficult to stand up.
- Be careful around pets as they can get in front of your feet or jump on you.
- Avoid shag carpeting. A short dense pile is safer for walking.
- Remove throw rugs. Carpet should be firmly attached to floor.
- Consider eliminating raised thresholds between rooms.

BEDROOMS

- Install a night light in your bedroom.
- Clear the clutter from the floor.
- Sleep on a bed that is easy to get into and out of.
- Rest on the edge of the bed before standing to make sure you aren't dizzy.
- Keep a telephone near your bed.
- Keep a lamp and flashlight near your bed.
- Replace satiny sheets and comforters with those of non-slippery material like cotton.
- Consider lowering closet poles and closet shelves to reach clothing easier.

LIGHTING

- Increase lighting in your home by using the highest watt bulb allowed for the fixture. Use frosted bulbs or other bulbs designed to reduce glare.
- Always turn on lights before walking into a dark room, even if you are only going to be there for a moment.
- Make sure stairs are will lit and there is a light switch at both the top and bottom of the stairs.

FOOTWEAR

- Choose low-heeled shoes with non-skid soles.
- Keep shoelaces tied.
- Wear shoes with a fairly snug fit. Avoid flip-flops and other sandals that don't stay on the entire foot when you walk. Don't wear smooth-soled slippers or just socks on stairs or waxed floors where you could easily slip.
- Avoid shoes with thick heavy soles.
- Avoid high heels and shoes with crepe, leather or rubber soles.
- Replace slippers that have stretched out of shape and are too loose.

OUTSIDE

- Repair cracked sidewalks, driveways and outside stairs. Watch for uneven sidewalks and be careful walking on sidewalks at night.
- Install hand railings on outside stairs, running beyond the top and bottom stairs.
- During icy or snowy conditions, stay indoors.
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Source: Aging Arkansas July 2007

EASTER HUMOR!

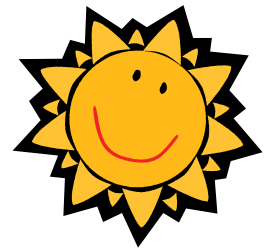
How does the Easter Bunny stay fit?
Why did the Easter egg hide?
What is the Easter Bunny's favorite kind of music?
Why does the Easter Bunny have a shiny nose?

Eggs-ercise & Hare-Robics
He was a little chicken
Hip Hop
His powder puff is on the wrong end



April Showers

By: Karen Chappell



April showers bring May flowers that is what they say. But if all the showers turned to flowers, we'd have quite a colorful day! There'd be bluebells and cockleshells, tulips red and green, daffodils and chinese squill, the brightest you've every seen. You'd see tiger lilies and water lilies, carnations pink and blue, forget-me-nots and small sun drops glistening with the dew. We'd have fireweed and milkweed and many more different flowers, Mexican star and shooting star, falling in the showers and if all the showers turned to flowers on that rainy April day, would all the flowers turn to showers in the sunny month of May?

New Attorney For Chenango County Area Agency on Aging!

Attorney Matthew Bliss has joined the Area Agency on Aging. Matthew steps into the shoes of Henry Drexler, who has retired after 33 years of service to the Agency and Chenango County seniors. Matthew is available to help with many legal issues. He often helps clients create wills, powers of attorney, and health care proxies. He can also help with other issues, including debt counseling, social security, and other government benefits. Matthew is a native of Norwich and a graduate of Cornell University and Rutgers School of Law. If you need to make an appointment to speak to Matthew please call 607-337-1770.

What is a Will?

Part of my job as a lawyer is helping people plan for the future. In this column and the next few columns, I will discuss some ways to plan. One way to plan is to have a will. Below are some of the questions that I hear most often about wills.

What is a will?

A will is a document that lets you decide who will receive your property when you die.

Do I need a will?

No, but having a will is usually a good idea. Without a will, your property will “pass by intestacy.” That means that your property will be divided up according to New York State law.

Does that mean the government will get my stuff?

Not at all. New York law says that your property will be divided up among your spouse and your descendants. If you do not have a spouse or any descendants when you die, your property will go to other relatives. The only time that your property would go to the government would be if you had no close relatives or if you owe the government money. In short, it is not easy for the government to receive your property when you die.

Why would I want a will if my spouse and kids are going to get my property anyway?

A will allows you to decide who gets what. If you want your spouse to share your property with your children, then you might not need a will. Without a will, your property will be divided up according to the law, but maybe you want to do something different. Do you want your spouse to have all your property instead of just over half? Do you want your oldest son to receive your grandfather’s pocket watch? Do you want your youngest daughter to receive your Aunt Bertha’s favorite shotgun? These are all things that you can do with a will.

What about my stepchildren or my church?

Without a will, stepchildren and charities receive nothing. A will is the only way to make sure that your beloved stepchildren or important charities receive a gift after you die.

What is an executor or executrix?

An executor is someone whom you trust to take responsibility for dividing up your property and giving it to the people you named in your will. An executrix is the old-fashioned word for a female executor. You can appoint an executor in a will. If you do not have a will, your family will have to ask a court to choose someone according to New York State law.

I am divorced. Will my ex get my property?

No. If you divorce your spouse, the law will pretend that your spouse died before you. Your ex will not receive anything.

Where can I get more information?

Most lawyers can help you create a will. The Chenango County Area Agency on Aging provides my services as a lawyer to Chenango County residents who are at least 60 years old. If you are interested in speaking with me, please call 607-337-1770. Although there is no fee for my services, there is a suggested contribution. I am available to help with wills, powers of attorney, health care issues, government benefits, debt counseling, and many other legal issues.

Nothing in this article is legal advice. Reading this article does not create an attorney-client relationship. Reading this column is not a replacement for discussing your questions with an attorney. You should not rely on this article, but if you do, you do so at your own risk. Neither Matthew Bliss nor the Area Agency on Aging accepts responsibility for the consequences of actions taken in reliance on this article.



Dates to Remember

- | | |
|----------|---|
| April 1 | April Fools Day |
| April 20 | Volunteer Recognition Day and Easter Sunday |
| May 11 | Mother's Day |
| May 26 | Memorial Day |
| June 15 | Father's Day |
| June 21 | Summer Solstice |



Important News For Veterans

We are excited to inform you as part of the “Veterans Benefits”, Health Care and Information Technology Act of 2006, congress approved payment of different per diem amounts by the Department of Veterans Affairs to State Veterans Homes which provide nursing home care to veterans with service-connected disabilities (“the 70% Program”). The Department of Veterans Affairs issued regulations to implement this program on April 29, 2009 (effective May 29, 2009).

What this means to our Veteran’s with a service-connected disability of 70% or greater in need of skilled nursing care is, that their cost of care will be paid for by the Federal Veterans Administration. In addition, the Veteran is able to retain their monthly income and assets.

How do you know if a Veteran has a 70% or greater service-connected disability? The Veteran or their families have to had to apply for this benefit. When a determination has been decided by the Veterans Administration, the Veteran will have received a letter called an “Award Letter” or a “Rating Decision” document. In this letter or document, it will state the percentage of service-connected disability.

VA 70% Service Connected Veterans (same as Medicare A, except there is no copay after 20 days)

Our Services are covered in full including:

Pharmacy, Physical Therapy, Occupational Therapy, Speech Therapy, Respiratory Therapy, Med B Supplies, X-rays, Labs and Emergency Ambulance Transportation

Items Excluded from our Per Diem:

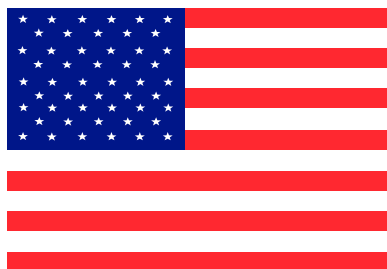
Emergency Room Visits, Hospitalizations, Prosthesis and Certain 3rd Party Physician Visits

Hospitalizations:

VA 70% SCV are hospitalized at the VA whenever possible. The Home will seek approval from the VA to transfer 70% SCV to local hospitals when needed.

Bed Hold:

Per Diem will be paid if the SCV was a resident of the Home for 30 consecutive days. This is paid for the first 10 consecutive days and the Veteran is hospitalized in a VA Hospital or other approved hospital. The VA will pay a total of 12 days of bed hold for a calendar year for other than hospital stays.



MEDICARE PREVENTIVE SERVICES

Services	How Often	Cost to Beneficiary
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment	Medicare pays 100%
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If doctor recommended, up to 4 face-to-face visits per year with a qualified doctor	Medicare pays 100%
Bone Mass Measurements	Once every 24 months for those with certain medical conditions	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years	Medicare pays 100%
Cardiovascular Disease Behavioral Therapy	One visit per year	Medicare pays 100%
Cervical Cancer Screening (Pap Smear and Pelvic Exam)	Once every 24 months or every 12 months for those at-risk	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your doctor	Medicare pays 100% for most tests
Depression Screening	One screening per year done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors Ask you Doctor	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes-doctor must provide written order	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per Flu Season	Medicare pays 100%
Glaucoma Screenings	Once every 12 months for those at-risk	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot	Based on risk factors Ask your Doctor	Medicare Pays 100%
HIV Screening	Once every 12 months, or up to 3 times per year during pregnancy	Medicare Pays 100%
Mammogram Screening	Every 12 months for women age 40 and older	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for people with diabetes, renal disease or kidney transplant. Two hours per year after that	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index of 30 or more	Medicare pays 100%
Pneumococcal Shot	Usually once in a lifetime	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months	Medicare pays 100% based on test
Smoking and Tobacco Cessation	Up to 8 face-to-face visits per year	Medicare pays 100%
Sexually transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at-risk	Medicare pays 100%

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.



There are some changes with the 2014 trips through RSVP. The trips are now being handled by Good Time Bus Tours. This change of hand should be a good one for all concerned and hopefully with your support can be continued for many years to come. There are some necessary changes under the new system. The first change is an earlier payment deadline. Along with that is the necessity for a stricter refund policy. Another change is the point of contact. From now on all booking of trips, reservations, and payment will be handled by Good Time Bus Tours. Here is their contact information: Good Time Bus Tours, 6852 Indian Opening Road, Bouckville, NY 13310
(315) 729-8323 * (315)729-8456



May 20, 2014 Sight & Sound Theater Lancaster,

Arrive at the **Shady Maple Smorgasbord** for lunch at a delicious, expansive buffet. Shop at a beautiful gift shop before re-boarding the bus to go see the play, **Moses**, which features the parting of the Red Sea, The Burning Bush, the Plagues, and the Ten Commandments. The greatest Biblical epic of the Old Testament comes to life in front of you! This incredible adventure is like none other for this is when God breaks into history and reveals who He is and that He has come to heal the brokenhearted and set the captives free!

Deadline for Payment: April 29, 2014 Cost: \$112.00 per Person Pickup: Sherburne 7:30am, Norwich 7:45am, Oxford 8:00am Greene 8:30am
Depart for home: 5:45pm

June 17, 2014 Hiawatha Paddleboat/Trolley Tour Williamsport, PA

Ride the Hiawatha Paddlewheel River boat on the Susquehanna River. Tour Millionaires' Row by trolley with a step-on guide! Learn the rich history of the lumber capital of the world! A docent guides you on a tour of the Thomas T. Taber Museum. Take a walk through time in a Greek Revival Room, a Woodworker's Shop, a late 19th century General Store and a One-Room Schoolhouse. Lunch is at the Lambs Creek Food & Spirits fine dining restaurant overlooking gorgeous mountains and the Mansfield University.

Deadline for Payment: May 27, 2014 Cost \$95.00 per Person Pickup: Hamilton 7:00am, Sherburne 7:15am, Norwich 7:30am, Oxford 7:45am Greene 8:15am
Depart for home: 4:30pm

**HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
APRIL-MAY -JUNE 2014**

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

Brightman Senior Center
25 Birdsall Street
Greene, NY 1378
Hours: M-W-F 10-2pm
Lunch Served at Noon

Daily Activities: Cards, Bingo and
Puzzles

Special Activities:

April 9 - Celebrate Birthdays
April 25 - Matthew Bliss, Attorney
Introduction, New Legal Services
Provider
May 14 - Celebrate Birthdays
May 26 - Office & Site Closed for
Memorial Day
June 2 - Blood Pressure Clinic 10-2pm
June 11 - Celebrate Birthdays

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:

April 8 - Celebrate Birthdays
April 10 - Blood Pressure Clinic 10-2pm
Dina Lawson, RD, CDN, Heart
Heart Health- "Sodium Savvy"
April 17 - Matthew Bliss, Attorney,
Introduction New Legal Services
Provider
May 13 - Celebrate Birthdays
May 26 - Office Closed for Memorial Day
June 10 - Celebrate Birthdays

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:

April 8 - Blood Pressure Clinic 10-2pm
Celebrate Birthdays
April 22 - Dina Lawson RD, CDN
Heart Health - "Sodium Savvy"
May 13 - Celebrate Birthdays
May 26 - Office Closed Memorial Day
June 10 - Celebrate Birthdays

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), Cross-
word Puzzles, Word Searches, Trivia Plus
and Bingo on Thursday

Special Activities:

April 9 - Salad Bar/Celebrate Birthdays
April 18 - Blood Pressure Clinic
April 23 - Salad Bar
May 7 - Salad Bar
May 14 - Celebrate Birthdays
May 15-Evening Dine
May 21 - Salad Bar
May 26 - Office & Site Closed Memorial
Day
June 4 - Salad Bar
June 11 - Celebrate Birthdays
June 18 - Salad Bar

HAPPENINGS AT OUR SENIOR CENTERS
 CHENANGO COUNTY AREA AGENCY ON AGING
 APRIL - MAY - JUNE 2104
 (Continued)

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 5 PM
 April 18-Evening Dine
 May 16-Evening Dine
 Matthew Bliss, Attorney, Introduction
 New Legal Services Provider
 June 20-Evening Dine

MCDONOUGH (607) 647-5666

Geneganslet Activity Center
 West Street
 McDonough, NY 13801
 Hours: Two Evenings Dines a Month
 3-8pm/ Dinner Served at 5:30PM
 April 3- Evening Dine
 Matthew Bliss, Attorney, Introduction
 New Legal Services Provider
 April 17 - Evening Dine
 May 1 - Evening Dine
 May 15 - Evening Dine
 June 5 - Evening Dine
 June 19 - Evening Dine

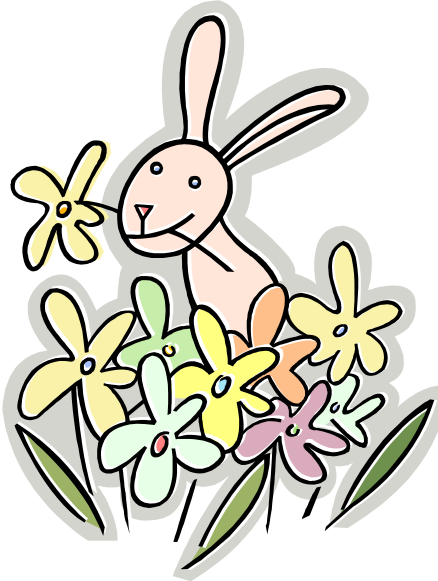
SHERBURNE.....(607) 674-4600

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:

April 9 - Celebrate Birthdays
 April 11 - Dina Lawson, RD, CDN
 Heart Health-"Sodium Savvy"
 May 2 - Matthew Bliss, Attorney
 Introduction New Legal Services Provider
 May 14 - Celebrate Birthdays
 May 26- Office & Site Closed Memorial Day
 June 11 - Celebrate Birthdays



Alzheimer's Information

24-hour helpline

1-800-272-3900

- **Talk** with a dementia expert about your questions and concerns.
- **Learn** about education programs for people with memory loss, caregivers, family and friends.
- **Understand** more about memory loss, dementia, and Alzheimer's disease.
- **Investigate** about the 10 Warning Signs.
- **Discover** Trial Match, our clinical trials program.
- **Get connected** with others experiencing the same challenges.
- **Find** resources available in the community.

Are you a dementia caregiver?

Do you feel like you're all alone?

Would you like to be around others dealing with the same challenges as you?

ATTEND AN ALZHEIMER'S ASSOCIATION CAREGIVER SUPPORT GROUP

NORWICH - 3rd Thursday of each month 6pm

United Church of Christ, First Congregational

11 West Main Street, Norwich, NY

Support groups provide emotional, educational and social support for caregivers.

Join an Alzheimer's Association support group and learn how the power of your peers can help you navigate your journey.

607-785-7852

1-800-272-3900

www.alz.org/cny

HAPPY BIRTHDAY NORWICH!

“HISTORIC VIEW OF NORWICH”

Slide show presentation by Henry Drexler

May 28, 2014 at 12:30pm

Westside Park Senior Center/1st Baptist Church, Norwich, NY

Refreshments Served

Join Us As We Look Back to Our Past!

April 20 Is Volunteer Recognition Day!
Thank You to All of Our Volunteers!

Someone touches a bell
Causing it to ring,
A Volunteer touched a life
Causing it to sing.

Someone touched a bell
Causing its declaration,
A Volunteer touched a life
Causing is motivation.

Someone touched a bell
Causing a beautiful sound,
A Volunteer touched a life
Causing joy to abound.

Someone touched a bell
Causing a bird to feed,
A Volunteer touches a life
Filling a lonely one's need.

Someone touched our Home
Our thanks go out to you,
The Volunteers who are so faithful
And whose love rings out so true.



Father's Day is June 15!

- F - Famous for raising friendly children
- A - Always honest and teaching his children the right way to live
- T - Thinks about his children's future
- H - Has love for his children
- E - Earns a living for his family
- R- Ready to do what is best for his family

Happy Father's Day!

Mother's Day is May 11!

Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love.

[Stevie Wonder](#)

June is Dairy Month!

Here is some cow humor!

1. Why does a milking stool have only three legs? **Because the cow has the udder**
2. Where do cows go for a night out? **To the moo-vies**
3. What do you call a cow that just gave birth? **De-calfinated**
4. What kind of milk comes from a forgetful cow? **Milk of Amnesia**
5. What do you call a grumpy cow? **Moody**



YOU MIGHT BE A DAIRY FARMER IF

- ◆ You know the price of milk per hundred weight but not by the gallon.
- ◆ You own many containers of Bag Balm.
- ◆ You got an award for fat and were proud of it.
- ◆ You have a dozen cats or more.
- ◆ A power lunch means eating a sandwich on a tractor.
- ◆ Your idea of overnight delivery is pulling a calf at 3 am.
- ◆ You can remember the name of every cow, but your children's names escape you.
- ◆ Your definition of neighborhood watch is a phone call saying your heifers are out.
- ◆ Manure is a normal topic of conversation at the dinner table.
- ◆ Your backyard ends at an electric fence.

WANT TO SAVE SOME MONEY?

Medicare - Low Income Subsidy (LIS)

Anyone who has Medicare can get Medicare prescription drug coverage. Some people with limited resources and income also may be able to get Extra Help to pay for the costs-monthly premiums, annual deductibles, and prescription co-payments-related to a Medicare prescription drug plan. Many people qualify for these big savings and don't even know it.

To qualify for Extra Help:

You must reside in one of the 50 states or the District of Columbia. Your resources must be limited to \$13,300 for an individual or \$26,580 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We **do not** count your home, car and any life insurance policy as resources; **and** your annual income must be limited to \$17,235 for an individual or \$23,265 for a married couple living together. Even if your annual income is higher, you still may be able to get some help.

If you have further questions on LIS please feel free to call Chenango County Area Agency on Aging at 607-337-1770.



May Is National Blood Pressure



Hypertension (High Blood Pressure)

As blood circulates, it exerts pressure on the walls of the arteries. Hypertension, or high blood pressure, is characterized by a persistent increase in this pressure, even when a person is at rest. The disorder is one of the most common chronic health problems in the United States, affecting nearly 74 million Americans.

High blood pressure is also the most important risk factor for stroke—the third leading cause of death in the United States and the leading cause of disability. If left untreated, this “silent killer,” as high blood pressure is often called, is a primary cause not only of stroke, but also of coronary heart disease, heart failure, kidney disease, and blindness.

The good news: Hypertension can be easily detected and is usually controllable with lifestyle measures (diet, physical activity, and maintenance of a healthy weight) and medication. In fact, research repeatedly shows that successfully treating high blood pressure can reduce your risk of a stroke by about 50% and your likelihood of a heart attack by about 20%.

What is blood pressure? Blood pressure is the amount of force that blood exerts on the walls of blood vessels as it travels through the circulatory system. Blood does not travel in a steady flow but is propelled through the blood vessels with the force of every heartbeat. Each time the heart contracts—a period known as systole—blood pressure rises as more blood is forced through the arteries. Every systole is followed by a moment of relaxation, called diastole, when blood pressure drops as the heart refills with blood and rests before its next contraction.

Because pressure in the arteries rises and falls with each heartbeat, readings include two values—systolic blood pressure on the top and diastolic blood pressure on the bottom. Therefore, if your blood pressure is 140/90 mm Hg, this means you have a systolic pressure of 140 mm Hg and a diastolic pressure of 90 mm Hg.

Interesting Fact!

Summer Solstice

Summer Solstice is sometimes referred to as “Midsummer Litha”. It’s the longest day of the year. The amount of daylight only goes down from here. Summer Solstice is the meteorological start of summer. It’s time to enjoy vacations, great weather, pools, baseball and every thing else that goes along with the favorite season of kids and most adults. Grab your favorite beverage and enjoy the season, because for many of us it is all too short.

Did you know? The sun does not set at the North Pole on this day, June 21st. There is 24 hours of sunlight. Does it make up for that cold day in December when the sun does not rise above the horizon? No, but on this day it sure does feel good wherever you are!

June is National Dairy Month!

Presented by Dina Lawson, Registered Dietitian, Chenango County Area Agency on Aging, June 2014

National Dairy Month originated as National Milk Month in 1937. Its purpose was to promote drinking milk!

- Since that time, the Dairy Council changed the name to ‘National Dairy month.’
- The Council has now made the month of June into an annual tradition time that celebrates the importance of the Dairy Industry.
- National Dairy Month also promotes the health and nutrition benefits of dairy foods.

Health Benefits of Dairy Foods: Milk has 9 important nutrients including:

Calcium, Vitamin D, Potassium, and Phosphorus which help to reduce the risk for high blood pressure and osteoporosis.

Vitamin A in dairy helps maintain healthy skin.

Protein helps to build and repair muscle tissue

These are just a few of the nutrients found in milk!

So how much dairy should a person get?

The “3-A-Day” Campaign is a great way to remember how many servings of dairy foods to get each day.

“3-A-Day” means eating or drinking a total of 3 standard servings of a dairy food every day.

A serving of dairy can include any of the following:

1 cup milk or

6 oz yogurt or

1 oz of Cheese

So, 3 servings a day can be any combination of milk, yogurt or cheese.

Source: The National Dairy Council, <http://www.idfa.org>.

Try This Dairy Recipe! Strawberry Banana Yogurt Parfait. Source: www.allrecipes.com.

1/2 cup Sliced Strawberries, fresh

1/2 Medium Banana, Sliced

3/4 cup Vanilla flavored yogurt (low fat tastes better than fat free!)

- In a bowl, place about half of the yogurt. Then layer some bananas and strawberries. Cover with the rest of the yogurt. Finish placing the rest of the strawberries and bananas on top. Enjoy! Makes 1 Serving.

Try these variations:

- Add fresh blueberries in season! • Add raisins if fresh fruit isn’t available.
- Add Granola, wheat germ or flax seed to get extra fiber and Omega-3 fats.
- If you have a blender, mix all ingredients together to make a smoothie! You may have to add milk or water to thin down the consistency in the blender. Smoothies make a great breakfast food or just as a snack.