

# The Bullthistle Bulletin

Quarterly Newsletter October-November-December 2014

Chenango County Area Agency on Aging, 5 Court St, Norwich, NY 13815

607-337-1770

Lawrence Wilcox, Chair, Bd of Supervisors

Debra Sanderson, Director

[www.chenango.ny.us](http://www.chenango.ny.us)



## **CHENANGO COUNTY AGENCY ON AGING - 40TH ANNIVERSARY!**

The Chenango County Area Agency on Aging was established on October 16, 1973 by a unanimous resolution of the County's Board of Supervisors for the purpose of developing and coordinating a comprehensive system of nutritional and supportive services to improve the quality of life of senior citizens in Chenango County and to advocate on their behalf pursuant to the provisions of the Older Americans Act of 1965. Originally known as the Office for the Aging (OFA), it opened its doors to the public on January 14, 1974 from an office located at 99 North Broad Street in the City of Norwich, sharing space with the County Planning Department.

Initially, the objective of the fledgling agency was to establish congregate meal centers throughout the County, an information and referral system, outreach services and recreational programs. With the assistance of Cornell Cooperative Extension Chenango County, the first three congregate centers (then known as "Sixty-Plus Sites") were opened on January 21, 1974 in Sherburne, Norwich and Oxford, with the addition of New Berlin and Greene later that year. In the fall of 1975 centers opened in Bainbridge and South Otselic, in McDonough in 1985 and Coventry in 1992. In addition, a Home Delivered Meals Program was started to improve the nutrition of isolated homebound elderly individuals who could not easily and safely prepare balanced meals for themselves.

At the same time, the Agency quickly began to develop its supportive services component beginning with outreach and information and referral services. The goal of outreach has always been to identify seniors in the community who need information or assistance, evaluate their needs and assist them in obtaining appropriate services and benefits. Information and referral services keep seniors informed of issues, programs and events that affect their well being and facilitate their access to services when necessary.

In 1976 the Legal Services Program was inaugurated to provide legal advice and representation in civil matters for residents of the county aged 60 years or more. This program gives priority to older persons in the community who have the greatest economic and social need by concentrating its resources on clients with problems involving SSI, Social Security, Medicare, Medicaid, and Protective Services for Adults.

Over the years a variety of programs such as EISEP (in-home personal care), personal emergency response systems, the Long Term Care Ombudsman program, HEAP application certification, Senior Employment, flu shot clinics, tax assistance, and the much-in-demand HIICAP (health insurance counseling) have met community needs.

We have seen some programs come and go, such as Energy Packaging, an Adult Social Day Center, Senior Employment, and senior centers in Oxford and Bainbridge.

At one time we owned and operated our own kitchen and vans to prepare and deliver all meals. As with other cooperative arrangements with partnering agencies and community providers, our meals are now prepared by staff at the County Public Safety Building and transported through a contract with First Transit.

As needs and funding sources change we will continually adapt to meet the needs of senior citizens. In 1980 the population of the county totaled 49,344 with 8528 (17%) 60 years and older, in 1990 a total of 51,768 with 9545 (18%) 60 and older, in 2000 a total of 51,401 with 10,035 (20%) 60 years and older, and in 2010 a total of 50,477 with 11,797 (23%) 60 years and older. As the number of people living in Chenango County decreases, the number of seniors increases. Changes in our demographics, health care, financial security (or insecurity), expectations to live in our own homes, technology, public funding and programmatic regulations will all have an impact on how our programs will look over the next 40 years. It will surely be an exciting time and, with the continued support of federal, state and county dollars along with participant contributions, we will continue to meet the challenges as best we can for the benefit of our senior citizens and their families.

Congratulations to all those who had the vision and dedication to create this Agency 40 years ago to help make the lives of our county seniors healthier, safer and more financially secure. A thank you to our Board of Supervisors for supporting our mission and to all staff and volunteers, past and present, who make it all happen.

## 2014-2015 HEAP SEASON TO BEGIN NOVEMBER 17, 2014

The Home Energy Assistance Program (HEAP) provides for income eligible applicants help in paying heating bills. The Chenango County Area Agency on Aging will begin mailing out these HEAP Applications to NEW applicants and to SSI recipients, on November 17, 2014. If you have not received HEAP and are interested, call the Area Agency on Aging at (607) 337-1770 to be place on the mailing list.

The income guidelines are as follows:

Household Size	Monthly Income at or below
1	\$ 2,194.00
2	\$ 2,869.00
3	\$ 3,544.00
4	\$ 4,219.00
5	\$ 4,894.00
6	\$ 5, 569.00

The application is quite simple to complete and you will be asked to provide certain documentation, such as driver's license, social security card, income and vendor information.

People who are receiving SNAP should contact their DSS caseworker to make sure they are on auto enroll.

Once you are certified through AAOA, your applications are sent to the Department of Social Services who will then process them and issue vouchers to your heating provider or utility company. This process usually takes several weeks and your benefit will be applied to your account. In case of an emergency, (dangerously low fuel or gas or if you are in receipt of a 72 hour shut off notice), extra benefits may be obtained through the Chenango County Department of Social Services. Never wait until the last hours of a 72 hour shut off notice before applying for Emergency Benefits.



### **WINTER WEATHER CLOSINGS**

**It's that time of year when the MEAL PROGRAM may be closed due to the weather.**

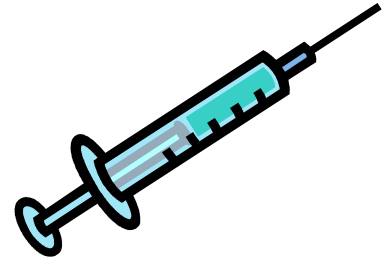
**Please listen to the Norwich radio station WKXZ FM 94/WCHN AM 970. The closing will be announced as "The Area Agency on Aging Nutrition Program". This includes Senior Centers and all Home Delivery. You may also call the Area Agency on Aging at 337-1770 after 8:30AM if there is a question regarding closures.**

# Flu Clinics Coming to a Fire Station Near You!!!

The Chenango County Health Department and the Chenango County Area Agency on Aging are co-sponsoring Flu Clinics in various Firehouse locations throughout the County in October, for Chenango County residents only.

These Clinics are for people age 3 years old and up.

(No children under age 3 Please)



## COST:

- ◆ For age 3-18 years—no charge
- ◆ For age 19 years and older **without Medicare B**—\$15 per person, payable at the time of vaccination. Cash or check made out to “Chenango County Area Agency on Aging”
- ◆ For age 19 years and older **with Medicare B**—no charge (must show your Medicare Card)

We cannot accept a Medicare Advantage Plan (such as Today’s Options) as payment.

## DATE/ TIME/ LOCATION

Tuesday, October 7, 4-6 pm at Oxford Firehouse

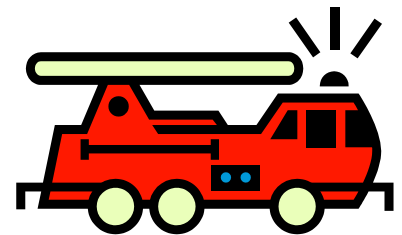
Thursday, October 9, 6-8 pm at the Norwich Firehouse

Tuesday, October 14, 4-6 pm at the New Berlin Firehouse

Tuesday, October 21, 4-6 pm at the South Otselic Firehouse

Thursday, October 23, 4-6 pm at the Afton Firehouse

Tuesday, October 28, 4-6 pm at the Sherburne Firehouse



**For more information or questions and to register for the Clinic that you wish to attend, please call 337-1660.**

**HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
OCTOBER-NOVEMBER-DECEMBER 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.  
Every other week: Crossword  
Puzzles, Word Searches and Trivia Plus

**Special Activities:**

10/6 - Blood Pressure Clinic  
10/13 - Columbus Day (Office Closed)  
10/31 - Halloween  
11/11 - Veteran's Day (Office Closed)  
11/27 - Thanksgiving (Office Closed)  
11/28 - Thanksgiving (Office Closed)  
12/25 - Christmas Day (Office Closed)  
12/31 - New Year's Eve

**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  
Every other week: Crossword Puzzles,  
Word Searches and Trivia Plus

**Special Activities:**

10/13 - Columbus Day (Office Closed)  
10/31 - Halloween  
11/11 - Veteran's Day (Office Closed)  
11/27 - Thanksgiving (Office Closed)  
11/28 - Thanksgiving (Office Closed)  
12/11 - Blood Pressure Clinic  
12/25 - Christmas Day (Office Closed)  
12/31 - New Year's Eve

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

First 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:**

10/13 - Columbus Day (Office Closed)  
10/23 - Evening Dine  
10/31 - Halloween  
11/11 - Veteran's Day (Office Closed)  
11/27 - Thanksgiving (Office Closed)  
11/28 - (Office Closed)  
12/19 - Blood Pressure Clinic  
12/25 - Christmas Day (Office Closed)  
12/31 - New Year's Eve

**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:**

10/13 - Columbus Day (Office Closed)  
10/31 - Halloween  
11/11 - Veteran's Day (Office Closed)  
11/27 - Thanksgiving (Office Closed)  
11/28 - Thanksgiving (Office Closed)  
12/09 - Blood Pressure Clinic  
12/25 - Christmas Day (Office Closed)  
12/31 - New Year's Eve

**HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
OCTOBER-NOVEMBER-DECEMBER 2014**

**MCDONOUGH ..... (607) 337-1770**

Genegantslet Activity Center  
McDonough United Methodist Church  
County Route 5  
McDonough, NY 13801  
Hours: Two Evenings Dines a Month  
3-8pm/ Dinner Served at 5:30PM

- 10/9 - Evening Dine
- 10/23 - Evening Dine
- 11/6 - Evening Dine
- 11/20 - Evening Dine
- 12/4 - Evening Dine
- 12/18 - Evening Dine

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

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

- 10/24 - Evening Dine
- 11/21 - Evening Dine
- 12/19 - Evening Dine

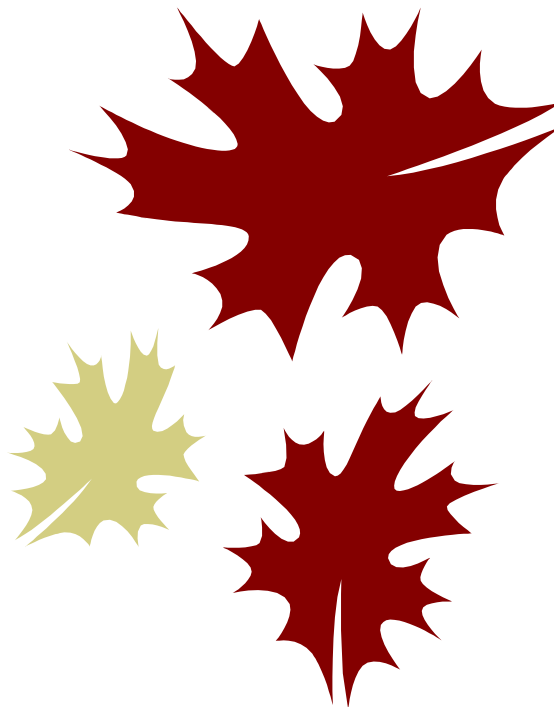
**SHEBURNE.....(607) 674-4600**

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:**

- 10/13 - Columbus Day (Office Closed)
- 10/31 - Halloween
- 11/11 - Veteran's Day (Office Closed)
- 11/19 - Blood Pressure Clinic
- 11/27 - Thanksgiving (Office Closed)
- 11/28 - Thanksgiving (Office Closed)
- 12/25 - Christmas Day (Office Closed)
- 12/31 - New Year's Eve



**VERY IMPORTANT REMINDER** - The staff at the Chenango County Agency on Aging would like to remind consumers to keep everything on file that is received from the Social Security Administration, as well as any verification of income received in the mail. **DO NOT DISCARD YOUR STATEMENTS.** These statements are necessary to prove your income when applying for various programs.

## **YOUR IMPORTANT PAPERS..... WHERE ARE THEY?**

Would you be able to locate all your important financial and medical documents quickly if you had to? Or would it take you several days to find them all? If you are not sure where your important papers are, it might be a good idea to look now for the following items and find a safe place to put them, such as a file cabinet or a folder. It's most important to be sure that you let your family or caregiver know where you have put these documents.

- ◆ Social Security Card
- ◆ Birth Certificate
- ◆ Marriage Certificate, Death Certificate, or Divorce Decree
- ◆ Veterans Discharge Certificate
- ◆ Real Estate Documents
- ◆ Life and Health Insurance Documents and Cards (Medicare, Medicaid and EPIC)
- ◆ Wills, Organ Donor Cards
- ◆ All Bank and Investment Records for at least five years
- ◆ Funeral and Burial Plan Documents
- ◆ All shelter expense bills (electric and gas, telephone, property/school taxes, homeowners insurance)
- ◆ All Social Security and Pension statements
- ◆ Income Tax records
- ◆ Names of Prescription Medications taken, with daily dosages. Address of drug store used.
- ◆ Name, Address and Telephone numbers of all current doctors and therapists.

(Source: Broome County Senior News)



## *Dear Marci*

Does Medicare cover routine eye care?

Dear Marci,

I wear glasses and need to get my eyes checked every year. I am about to become eligible for Medicare. Does Medicare cover routine eye care?

- Thompson (Nashville, TN)

Dear Thompson,

This is a great question. In most cases, Medicare will not pay for routine eye care. However, a more specific answer to your question depends on what type of Medicare coverage you have and what type of eye care you need. Remember, there are two different coverage options for people with Medicare. People with Medicare can either get their Medicare benefits through Original Medicare, the traditional Medicare program administered directly through the federal government, or through a Medicare Advantage plan, also known as a Medicare private health plan.

If you have Original Medicare, Medicare will generally not pay for routine eye care. However, Medicare can make an exception and pay for routine eye care in the following situations.

- If you have diabetes, Medicare helps to pay for an eye exam once every 12 months to check for eye disease due to diabetes.
- If you are at high risk for glaucoma, Medicare helps to pay for an eye exam by a state-authorized eye doctor once every 12 months. You are considered to be at high risk for glaucoma if you have diabetes, have a family history of glaucoma, are an African American over age 50, or are a Hispanic American age 65 or older.

Medicare may also pay for eye care services if you have a chronic eye condition, such as cataracts or glaucoma. Specifically, Medicare can cover cataract surgery, as well as eye exams to diagnose potential vision problems.

Keep in mind that Medicare generally does not cover eyeglasses or contact lenses, unless you have had cataract surgery. If you have Original Medicare, Medicare may cover one pair of eye glasses or one set of contact lenses if you need them after cataract surgery.

If you get your Medicare benefits through a Medicare Advantage plan, your plan may offer more vision coverage than Original Medicare. Keep in mind, however that most plans generally offer limited vision coverage. If you have a Medicare Advantage plan, contact your plan directly to learn more about your plan's benefits, costs and rules.

**Bus Trips!**

Good Time Bus Tours  
 6852 Indian Opening Road  
 Bouckville, NY 13310  
 315-729-8323

**October 22, 2014****Penn's Peak Dinner Theater****Penn's Peak, PA**

Enjoy a panoramic view of the fall foliage on top of a mountain called Penn's Peak. An enormous log home holds tables which seat 500 patrons. Dine on Penn's Peak signature pot roast, chicken, salad, potatoes, stuffing, beverage and dessert, served family-style. Bill Haley's Comets is an energetic entertaining show featuring fun, comedy, dance and music that keeps the crowds laughing, clapping and singing along.

Big Lots, Hamilton: 8:05 am \*\* Madison Lane Apts., Hamilton: 8:15 am  
 D&D Diner, Sherburne: 8:30 am \*\* Howard Johnson parking lot, Norwich: 8:45 am  
 Dollar General, Oxford: 9:00 am \*\* Great American, Greene: 9:30 am

**Depart for home: 3:45 pm****Cost: \$98.00 per passenger****\*\*Deadline for Payment: October 1, 2014****November 10, 2014****Turning Stone Casino****Verona, NY**

Play bingo at the famous Turning Stone Casino Resort in Verona, NY! Play all day to 4pm or gamble at the various slot machines. \*\*Includes a choice of \$20 Bingo Cash Card **OR** \$25 Free Play Card for slot machines \*\*Lunch is on your own with a \$5 meal credit, courtesy of Turning Stone Casino.

Great American, Greene: 7:15 am \*\* Dollar General, Oxford 7:40 am  
 Howard Johnson parking lot, Norwich: 8:00 am \*\* D&D Diner, Sherburne: 8:20 am  
 Madison Lane Apts., Hamilton: 8:40 am \*\* Big Lots, Hamilton: 8:50 am

**Depart for home: 4:15 pm****Cost \$35 per passenger****\*\*Deadline for Payment October 20, 2014****December 6, 2014 (Saturday)****Dickens Christmas in Skaneateles****Skaneateles, NY**

Step back in time and enjoy the holidays the old-fashioned way with Dickens Christmas, as Skaneateles Area Businesses give a gift to the public for their continued support throughout the year. Join Charles Dickens as his cast of over 50 characters interacts with residents and visitors in the streets, stores and restaurants. Don't miss lively acts at the Library (and Mother Goose too!), live music, unique shopping, wonderful food and horse and wagon rides around the Village. Lunch is at the Sherwood Inn.

Great American, Greene: 8:30 am \*\* Dollar General, Oxford: 8:45 am  
 Howard Johnson parking lot, Norwich: 9:05 am \*\* D&D Diner, Sherburne: 9:25 am  
 Madison Lane Apts., Hamilton: 9:50 am \*\* Big Lots, Hamilton: 10:00 am

**Depart for home: 3:00 pm****Cost: \$75 per passenger****\*\*Deadline for Payment: November 15, 2014**



## 2014 City of Norwich Centennial Schedule

- October 11, 2014 Walking Tour of Mount Hope Cemetery from noon to 3 where you will meet “up close and personal” prominent Norwich Citizens from the past. Free to the public.
- November 2 or 9 The Jewish community celebrates its 100th anniversary in Norwich. To celebrate, they will present a Free Musical program featuring Robin Seletsky and the Catskill Symphony Cabaret. Date and time to be announced.
- December 3, 2014 To celebrate their 100th anniversary, the Colonia Theater will present a silent movie with piano accompaniment for adults at 7 PM. Admission is 25 cents.
- December 6, 2014 The Colonia will present 2 silent movies with piano accompaniment for children at 9:30 and at noon. Admission is 25 cents.

Information Provided by Dina Lawson, Registered Dietitian, Chenango County Area Agency on Aging.

### Ask the Dietitian!

Q: My Doctor told me I have anemia and have to eat more foods with iron. I know liver is high in iron but I don't like it and heard it is too high in cholesterol. What other foods can I eat?

A: Iron is a mineral that is important for healthy red blood cells and a deficiency causes anemia. In addition to liver, iron is found in red meat, and egg yolks. It is true that these foods are higher in cholesterol than a lot of other foods. So, here are some other foods that contain iron:

- Dark leafy greens such as spinach, collard greens and artichokes.
- Dried fruit such as prunes and raisins.
- Beans such as lentils, chick peas and soybeans.
- Iron-enriched cereals and grains.

When you eat iron-rich foods, be sure to have foods with Vitamin C because your body can absorb the iron better!



Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

—*Francesca Reigler*

## OCTOBER IS DIABETES AWARENESS MONTH!

### **Just Growing Older...or Maybe It's Type 2 Diabetes?**

As we grow older, it's normal to feel sluggish or experience some hearing loss, right? Not quite. These "typical" signs of aging could actually be [symptoms of type 2 diabetes](#). More than 8 million Americans are unaware that they have diabetes, according to the [American Diabetes Association](#), and those 45 years or older are at highest risk. "A lot of people have [prediabetes](#) or diabetes for quite some time before it gets diagnosed," said Melissa Joy Dobbins, MS, a registered dietitian and diabetes educator for the [American Association of Diabetes Educators \(AADE\)](#). Because diabetes is a condition that progresses very gradually, "you could feel perfectly fine and have diabetes," she added.

### **Hearing Loss or Blurred Vision**

When people find it more difficult to hear conversations clearly or their vision is more out of focus when they read, they simply may chalk it up to [the downside of aging](#). However, according to the [National Institutes of Health \(NIH\)](#), people with diabetes are twice as likely to have hearing loss than people without the condition.

Diabetes harms blood vessels and nerves, including those found in the ears and eyes. "When the blood sugar is higher than what's normal, that damages your circulation," Dobbins said. [Eyesight becomes impaired](#) because high blood sugar changes the shape of the lens, a structure in the eye that affects

### **Low Energy and Irritability**

Older people may lack the energy they used to have, which could cause some of them to become grouchy. But [type 2 diabetes might explain the exhaustion](#) and irritable mood. "Our body needs fuel in order to function," said Dobbins. "The body prefers glucose, and so when we don't have enough of that -- it's staying in our circulation and it's not getting into the cells where it's needed -- then we are going to feel tired, hungry, sluggish, and low energy, because that fuel pathway isn't working the way it's supposed to." So the calories from food are not being processed for use as energy or stored as fat in people with diabetes, she explained, and instead this [glucose stays in the blood](#) and is eventually excreted in the urine.

### **Frequent Urination and Extreme Thirst**

People may urinate more often as they grow older, and diabetes could be a cause. For people with diabetes, sugar in the blood is staying in the bloodstream and not getting into the body's cells. "The only way to get [the sugar] out of the body is to flush it in the urine," said Dobbins, "and that [dehydrates you and makes you really thirsty](#)." People with diabetes often try to quench the extreme thirst by drinking orange juice, milk, soda, or something that has a lot of sugar in it, she added, and this causes a vicious cycle. Over time, this perpetual problem of [overworking the kidneys can lead to damage of its very small veins and arteries](#).

## Unexplained Weight Loss

Some people start shrinking as the years go by, and that weight loss might be attributable to aging. "But any sort of unexplained weight loss -- if somebody is not trying to lose weight -- really needs to be looked at," noted Dobbins. [People with uncontrolled diabetes lose weight](#) because they're not getting all of the fuel from the food they're eating, but are losing these calories in their urine, she explained.

## Unusual Symptoms

With aging, hands and feet might feel numb or tingle, [skin may become dry and itchy, or wounds can take a long time to heal](#). According to Dobbins, these signs could actually point to circulation damage caused by long-term diabetes or uncontrolled diabetes. "Many of these symptoms occur because the blood vessels and [nerves are damaged](#) by the excessive amounts of glucose," she said. This damage prevents nutrients, fluids, oils, and oxygen to get to where they need to go in the body, she explained.

## Knowing Your Diabetes Risk Is Important

Given that the symptoms of diabetes can be subtle, it's essential [to assess risk or get tested for diabetes](#) at your health care provider's office than to wait until an early sign is noticeable. "What we want [people] to do is look at [the risk factors](#)," Dobbins advised. "Do you have a family history of diabetes? Are you overweight? Are you older? Do you have high blood pressure? Are you going to the doctor regularly? Are you getting the tests needed to [check] your cholesterol and fasting blood sugar?"

The key is being diagnosed as early as possible to start managing diabetes with lifestyle modifications and other strategies under the guidance of a health care provider. "It really does make a difference if you can catch it early, prevent it, or delay it, because [all of the complications](#) come from how uncontrolled you are and how long you have been uncontrolled," she emphasized.

EverydayHealth.com

### **LOOKING FOR VOLUNTEERS!**

The Chenango County Area Agency on Aging is looking for volunteers to deliver hot meals to home-bound senior citizens living in the Norwich area. This valuable service requires only an hour of your time and use of your own vehicle. Meals are delivered from the Senior Center at First Baptist Church, West Park, Norwich, Monday-Friday.

Volunteers are the backbone of the meals programs. Not only do the volunteers provide hot meals they also provide the seniors with companionship and a warm, friendly smile when they arrive at the door.

Please call Trudy Harris-Irons at 337-1770 for more information.



## CAREGIVER CHECKLIST

Having up-to-date medical information for your parent helps you to manage health care and medications—and it is crucial to have in case of an emergency. Use this checklist to make sure you have all of the pertinent information about your elderly parent’s health readily available, in one place.

**My parent’s date of birth** \_\_\_\_\_

**Primary care doctor (name and phone)** \_\_\_\_\_  
\_\_\_\_\_

**Specialist (doctors’ names and phone numbers)** \_\_\_\_\_  
\_\_\_\_\_

### Medications (including over-the-counter medications & supplements)

Name of Medication	Dose (milligrams)	Time of day taken
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____
_____	_____	_____
_____	_____	_____

Medical Insurance (Insurance company name, phone and policy number)

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Medical History

Past Illnesses/surgeries

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Family History (illnesses/causes of death for mother, father, siblings)

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Emergency Contacts

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## EMERGENCY FOOD PACKS

Emergency food packs will be available through the Nutrition Program in November. 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 \_\_\_\_\_



## 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**



# The Effects of Excessive Sodium on Your Health & Appearance.

Source: The American Heart Association: [www.heart.org](http://www.heart.org)  
Prepared by Dina Lawson, Registered Dietitian

- ❖ **The American Heart Association recommends consuming no more than 1500 mg of sodium a day.**
- ❖ **9 out of 10 people consume too much sodium.**
- ❖ **The average amount of sodium consumed is 3400 mg a day.**

## **Where does all this sodium come from?**

- ❖ 65% Supermarkets and Convenience Stores
- ❖ 25% Restaurants
- ❖ 10% Salt Shaker and Other Sources

## **How Do I Cut Down On Sodium Consumption?**

- ❖ Read the Nutrition Facts Labels for the Sodium Content
- ❖ Buy Less Convenience and Prepared Foods and Cook Meals at Home
- ❖ Make Meals Using Fresh Ingredients Such as Fresh Fruits and Fresh Vegetables.
- ❖ Make home-made salad dressings and gravies.
- ❖ Try other seasonings such as spices basil, parsley, garlic, chives, thyme and lemon juice.

## **Excessive Sodium puts you at risk for:**

- ❖ Stroke
- ❖ Heart Failure
- ❖ Osteoporosis
- ❖ Stomach Cancer
- ❖ Kidney Disease
- ❖ Kidney Stones
- ❖ Enlarged Heart
- ❖ Headaches

## **Excessive Sodium can cause increased water retention leading to:**

- ❖ Puffiness
- ❖ Bloating
- ❖ Weight Gain

**DATES TO REMEMBER FOR OCTOBER, NOVEMBER AND DECEMBER!**

**OCTOBER**

10/03 World Smile Day, the intent of this is to do an act of kindness or help someone to smile!

10/13 Columbus Day (Office Closed)

10/31 Halloween!



**NOVEMBER**

11/01 Book Lover's Day, Encouraging you to find a good book and read and relax.

11/02 Daylight Saving! Turn Clocks Back 1 Hour!

11/11 Veteran's Day (Office Closed) Say Thank You to A Veteran!

11/27 Thanksgiving



**DECEMBER**

12/07 Pearl Harbor Day

12/21 Look on the Bright Side Day, We hope you see the light, literally. Looking on the bright side maybe a bit difficult today as it is winter solstice, the shortest day of the year. This is the day to be optimistic. If you had a bad day yesterday, look on the bright side...today is another day and an optimistic one at that!

12/25 Christmas Day! (Office Closed)

12/31 New Year's Eve



**HAPPY HOLIDAYS FROM ALL OF US AT THE  
CHENANGO COUNTY AREA AGENCY ON AGING!**