



Lawrence Wilcox, Chair, Bd of Supervisors

Debra Sanderson, Director

Medicare Advantage Disenrollment Period

The Medicare Advantage Disenrollment Period (MADP) is January 1 through February 14 of each year. Changes that you make during the MADP go into effect the first day of the following month.

During the MADP you can make changes only if you have a Medicare private health plan. Medicare private health plans are also known as Medicare Advantage plans. You can add or drop drug coverage when you are switching to Original Medicare. You cannot make any changes if you have just Original Medicare.

If you have.....

A Medicare Advantage plan with or without drug coverage

You can switch to.....

Original Medicare **and** a prescription drug plan*

OR

Original Medicare **without** a prescription drug plan

A Medicare Private Fee-For-Service (PFFS) plan that does not have prescription drug coverage and a stand-alone

Original Medicare, **but you must keep your current**

Original Medicare or Original Medicare and a prescription drug plan

You **cannot** switch your plan during this time

prescription drug plan (MA and PDP)

prescription drug plan

* If you have a Medicare Advantage plan and a separate stand alone drug plan (PDP), then you can switch to Original Medicare but cannot change stand alone drug plans.

(Continued on page 2)

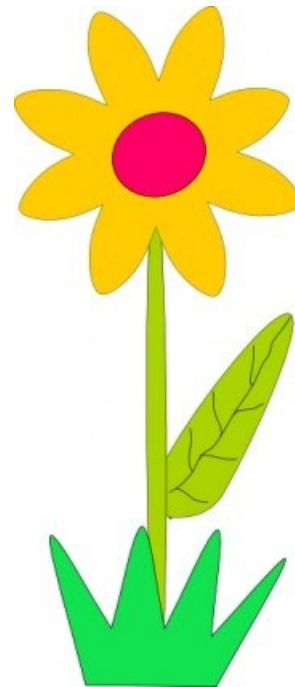
Medicare Advantage Disenrollment Period (continued from page 1)

Under certain circumstances, you may be eligible for a Special Enrollment Period (SEP) to change your health and or drug plan outside of the usual enrollment or disenrollment periods. If you get an SEP, your new coverage will usually start the first of the month after you sign up for or disenroll from a Medicare Advantage plan. One example of when you qualify for an SEP: when your Medicare Advantage plan leaves your area or you move out of your plan's service area, you can switch to another Advantage plan or to Original Medicare.

You also have an SEP to switch into a five-star plan from your current plan. The five-star SEP encourages Medicare Advantage plans to improve your quality ratings. You can enroll into a new Medicare Advantage Plan or stand-alone Part D plan that was given an overall plan performance rating of five stars for the previous year. You may only use this SEP once per calendar year. You must also be eligible to join the plan (i.e. live in the plan's service area).

For more information on all Special Enrollment Periods or for assistance in choosing the best insurance for your needs, please contact the Chenango County Area Agency on Aging at 607-337-1770 and ask to speak with a health insurance counselor.

Information taken from www.medicareinteractive.org



Short Spring Jokes

Q. Can February March?

A. No, but April May!

Q.. What season is it when you are on a trampoline?

A. Spring-time!

Knock, knock!

Whos there?

Spring.

Spring who?

I might spring over your house one day!



HAPPY NEW YEAR

Happy New Year!

December's end is a time of excited anticipation for some, melancholy nostalgia for others. Use these fill-in-the blank statements to look back and take inventory of the past year.

- One thing I accomplished is _____.
- Something new I learned is _____.
- A book/movie I especially enjoyed is _____.
- A new friend I made is _____.
- An old friend I keep in touch with is _____.
- I never got around to doing _____.
- Something different about me is _____.
- My favorite facility/center event was _____.
- A holiday recollection is _____.
- Next year I want to _____.



AARP TAX-AIDE PROGRAM

The Income Tax season will be here soon. AARP volunteers will again be available to assist taxpayers in Chenango County. Here at the Aging office we take appointments for those 60 and older. This program is available free of charge, and provides safe electronic filing for returns. The volunteers are certified to prepare individual income tax returns.

Starting in January please call the Chenango County Area Agency on Aging at 607 337-1770 to make an appointment to have your taxes done. Again this year they will be at the Guernsey Library.

**What the Chenango County Area Aging Office
can do for you!**

**Call (607) 337-1770 for
Information and Assistance**

- ◆ Health Insurance Information, Counseling and Assistance Program (HIICAP)
- ◆ Bullthistle Bulletin Senior Newsletter
- ◆ Caregiver/Respite Services
- ◆ Elderly Pharmaceutical Insurance Coverage (EPIC)
- ◆ Food Stamp (SNAP) 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
- ◆ Volunteer Opportunities
- ◆ Meals, games and other activities at all Senior Centers
- ◆ AARP Driver's Safety Course (Schedule classes)
- ◆ Nutrition Counseling/Nutrition Education
- ◆ Personal Care Services (EISEP)
- ◆ Personal Emergency Response System (PERS/Doyle Medical Alert)
- ◆ Real Property Tax Credit and Exemption Services (IT-214)
- ◆ School Tax Relief (STAR)
- ◆ Speakers on Aging Issues

Valentine's Day by the Numbers

From the U.S. Census Bureau

Find fun facts about Valentine's Day—a holiday centuries old that celebrates love—from who sent the first valentine to how many Americans send love messages today.

Candy

1,155

Number of U.S. manufacturing establishments that produced chocolate and cocoa products in 2010, employing 35,074 people. California led the nation in the number of chocolate and cocoa manufacturing establishments, with 121, followed by Pennsylvania, with 114.

409

Number of U.S. establishments that manufactured non chocolate confectionary products in 2010. These establishments employed 17,526 people. California led the nation in this category, with 49 establishments.

\$13.5 billion

Total value of shipments in 2011 for firms producing chocolate and cocoa products.

Non chocolate confectionery product manufacturing, meanwhile, was an \$8.8 billion industry.

3,365

Number of confectionery and nut stores in the United States in 2010.

24.7 pounds

Per capita consumption of candy by Americans in 2010.

Flowers

16,182

The total number of florists' establishments nationwide in 2010. These businesses employed 70,575 people.

\$880,893,904

The value of imports for cut flowers and buds for bouquets in 2011. Flower bouquets are a popular gift for loved ones on Valentine's Day. The total value of fresh cut roses in 2011 was \$365,453,189.

Jewelry

23,739

Number of jewelry stores in the United States in 2010. Jewelry stores offer engagement, wedding and other rings to couples of all ages. In February 2012, these stores sold \$2.66 billion in merchandise.

The merchandise at these locations could well have been produced at one of the nation's 1,453 jewelry manufacturing establishments





St. Patrick's Day Facts



1. There are more Americans of Irish origin than there are Irish in Ireland. In Delaware, Massachusetts, and New Hampshire Irish is the leading ancestral group.
2. St. Patrick's Day got its American start in 1737 in Boston. We celebrate St. Patrick's Day to remember the achievements St. Patrick made during this time.
3. The actual color of St. Patrick's is blue. Green became associated with St. Patrick's Day during the 19th century. Green, in Irish legends, was worn by fairies and immortals, and also by people to encourage their crops to grow.
4. St. Patrick's celebrations were originally religious festivals; up until the 1970's Irish law mandated that pubs be closed on St. Patrick's Day. In 1995 the Irish government used St. Patrick's Day to drive tourism to Ireland.
5. The first organized St. Patrick's Day Parade was held in New York in 1762. The parade consisted of Irish soldiers serving in the English military, the parade helped them reconnect with their Irish roots.
6. The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. According to legend, St. Patrick used the shamrock to explain the Christian doctrine of the Trinity (God exists as three persons—father, son and the Holy Spirit) to the Irish.

Easing the Pain of a "Charley Horse"

A charley horse is a muscle cramp in the calf that can be brought on by either too much or, ironically, too little activity. Studies have found that up to 70 percent of people over age 50 experience calf cramps from time to time, usually at night.

Individuals sometimes experience cramping during exercise as a result of dehydration, muscle fatigue or a mineral imbalance involving either potassium or sodium.

Certain medications, especially diuretics that many people take for hypertension, can cause cramping because of the associated decrease in blood levels of potassium. Calf cramps are frequently triggered by severely or abruptly stretching the toes downward or even by lying on the stomach with the feet pointed down.

Advice to ease the pain. To the ease pain of charley horse, gently stretch the calf by flexing the foot and massaging the muscle with your hand. Walking while placing your full weight on your heels is another good method. If the pain persists for more than an hour despite these measures, see a doctor immediately. Under these circumstances, the pain may be caused by a more serious medical problem, such as an inflammation of a vein (phlebitis).

If you take diuretics and get muscle cramps, notify your doctor. A dosage adjustment, change in medication, adequate fluid intake or potassium supplementation may solve the problem. Calf cramps may be prevented by drinking at least 64 ounces of fluid daily, sleeping on your side to avoid pointing the toes downward, keeping bedcovers loose and keeping the calves limber with regular, moderate exercise and gentle stretching.

Posted in [Healthy Living](#) on November 19, 2014

BASEBALL TEAMS WORD SEARCH PUZZLE

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

ASTROS
ATHLETICS
BLUE JAYS
BRAVES
BREWERS

CARDINALS
DIAMONDBACKS
DODGERS
GIANTS
INDIANS

MARINERS
MARLINS
PADRES
PHILLIES
PIRATES

RANGERS
ROCKIES
ROYALS
WHITE SOX
YANKEES

HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
JANUARY—FEBRUARY—MARCH 2015

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:

- 1/12/15 - Dina Lawson, RD,CDN "What to eat when you have GERD"
- 2/02/15 - Blood Pressure Clinic
- 2/14/15 - Valentine's Day
- 2/16/15 - President's Day (Office Closed)

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:

- 1/01/15 - New Year's Day (Office Closed)
- 2/14/15 - Valentine's Day
- 3/17/15 - St. Patrick's Day

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:

- 1/01/15 - New Year's Day (Office Closed)
- 1/20/15 - Dina Lawson, RD,CDN "What to eat when you have GERD"
- 2/14/15 - Valentine's Day
- 2/16/15 - President's Day (Office Closed)
- 3/17/15 - St. Patrick's Day

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), Crossword Puzzles, Word Searches, Trivia Plus and Bingo on Thursday

Special Activities:

- 1/01/15 - New Year's Day (Office Closed)
- 1/26/15 - Dina Lawson, RD, CDN "What to eat when you have GERD"
- 2/16/15 - President's Day (Office Closed)
- 3/17/15 - St. Patrick's Day

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:

- 2/14/15 - Valentine's Day
- 2/16/15 - President's Day (Office Closed)
- 3/18/15 - Blood Pressure Clinic

**HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
JANUARY—FEBRUARY—MARCH 2015**

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
 1/23/15 Evening Dine
 2/20/15 Evening Dine
 3/20/15 Evening Dine

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
 1/08/15 Evening Dine
 1/22/15 Evening Dine
 2/05/15 Evening Dine
 2/19/15 Evening Dine
 3/05/15 Evening Dine



A Heart-Healthy Recipe for People with (or without) Diabetes

From The American Heart Association, 2014 Publication www.kramesstore.com/aha.

Try This Recipe. It's a Good Alternative Dip!

Serves 4 (2 Tablespoons per serving)

- 1 ½ Oz low-fat soft goat cheese
- ¼ cup fat-free sour cream
- 1 medium garlic clove, minced
- 2 tablespoons chopped fresh parsley

In a medium bowl, stir together the goat cheese, sour cream, and garlic until well combined. Sprinkle with the parsley.

Tip: To soften the goat cheese quickly, put it on a microwavable plate. Microwave on 100 power (high) for 10 seconds.

Nutrient Analysis per Serving:

35 Calories, 1.5 g Total Fat, 1g Saturated Fat, 0g Trans Fat, 0g Poly-unsaturated Fat,
 .5g Monounsaturated Fat, 10mg Cholesterol, 60mg Sodium, 1g Carbohydrate, 0g Fiber, 1g Sugar,
 3g Protein. Dietary Exchanges: 1 lean meat.

EMERGENCY FOOD PACKS

Emergency food packs are 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 _____



**WALKING IS SIMPLE, FREE AND ONE OF THE EASIEST WAYS TO GET MORE ACTIVE,
LOSE WEIGHT AND BECOME HEALTHIER**

Reprinted from NRCIL Newsletter

It's underrated as a form of exercise but walking is ideal for people of all ages and fitness levels who want to be more active. Regular walking has been shown to reduce the risk of chronic illnesses such as heart disease, type 2 diabetes, asthma, stroke, and some cancers. Increase the amount of walking you do every week and maximize the health benefits. Before you start, a pair of shoes is all the equipment you really need. Any shoes or trainers that are comfortable, provide adequate support and don't cause blisters will do.

What a 132 lb. person burns in 30 minutes

- ◇ **Strolling (2 mph): 75 calories**
- ◇ **Walking (3 mph): 99 calories**
- ◇ **Fast Walking (4 mph): 150 calories**

Wear loose-fitting clothing that allows you to move freely. Choose thin layers rather than heavy, chunky clothing. **Grab a friend, and start moving.**

Dear Marci,

I heard that Medicare covers a certain amount of inpatient hospital days within each benefit period. What is a benefit period? Tobey (Newark, NJ)

Dear Tobey,

A benefit period is the way in which Medicare measures the use of inpatient hospital and skilled nursing facility (SNF) services. A benefit period is a period of time that begins the day you are admitted as an inpatient at a hospital or SNF. It ends the day you have been out of the hospital or SNF for 60 days in a row.

If you have Original Medicare, the traditional Medicare program administered through the federal government, you or your supplemental insurance will need to meet a deductible for each benefit period. A deductible is the amount you pay out of your own pocket for covered health care services before Medicare Part A, the hospital insurance part of Medicare, begins to pay for your care. In 2014, the deductible for each benefit period is \$1,216. This means that you must pay this amount before Medicare Part A will start to cover your inpatient hospital or SNF stay.

After you pay your deductible in a benefit period, Medicare Part A pays in full for the first 60 days of your inpatient hospital or SNF stay each benefit period. If you receive more than 60 days of inpatient care per benefit period, you will typically have to start paying a daily copayment for your inpatient stay. Copayments, also known as copays, are set amounts that you pay for covered health care, after Medicare pays for some of the cost of your care.

If you get your Medicare benefits through a Medicare Advantage plan, benefit periods will likely also be used to measure the use of inpatient hospital and SNF services. However, Medicare Advantage plans may have different costs and restrictions for hospital care. If you have a Medicare Advantage plan, contact your plan directly to learn more about how your plan covers inpatient hospital and skilled nursing facility stays.

Lastly, remember that you must be formally admitted into the hospital or skilled nursing facility as an inpatient by a doctor in order to be considered an inpatient. If you have not been formally admitted to the hospital or SNF, you are considered to be an outpatient. If you are an outpatient, your costs will not be covered by Medicare Part A and benefits periods will not apply. Instead, your outpatient health care costs may be covered under Medicare Part B, the medical insurance part of Medicare that covers outpatient care.

Sleep Tips: 7 Steps To Better Sleep

Feeling crabby lately? Or simply worn out? Perhaps the solution is better sleep. Think about all the factors that can interfere with a good night's sleep, from pressure at work and family responsibilities to unexpected challenges, such as layoffs, relationship issues or illnesses. It's no wonder that quality sleep is sometimes elusive. Although you might not be able to control all of the factors that interfere with your sleep, you can adopt habits that encourage better sleep. Start with these simple sleep tips.

1. *Stick to a sleep schedule*

Go to bed and get up at the same time every day, even on weekends, holidays, and days off. Being consistent reinforces your body's sleep cycle and helps promote better sleep at night.

2. *Pay attention to what you eat and drink*

Don't go to bed either hungry or stuffed. Your discomfort might keep you up. Also limit how much you drink before bed, to prevent disruptive middle-of-the-night trip to the toilet. Nicotine, caffeine and alcohol deserve caution, too.

3. *Create a bedtime ritual*

Do the same things each night to tell your body it's time to wind down. This might include taking a warm bath or shower, reading a book, or listening to soothing music-preferably with the lights dimmed. Relaxing activities can promote better sleep by easing the transition between wakefulness and drowsiness. Be wary of using the TV or other electronic devices as part of your bedtime ritual.

4. *Get comfortable*

Create a room that's ideal for sleeping. Often, this means cool, dark, and quiet. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits your needs. Your mattress and pillow can contribute to better sleep too.

5. *Limit daytime naps*

Long daytime naps can interfere with nighttime sleep-especially if you're struggling with insomnia or poor sleep quality at night. If you choose to nap during the day, limit yourself to about 10 to 30 minutes and make it during the mid afternoon.

6. *Include Physical Activity*

Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. Timing is important, though. If you exercise too close to bedtime, you might be too energized to fall asleep. If this seems to be an issue to you, exercise earlier in the day.

7. *Manage stress*

When you have too much to do and too much to think about your sleep is likely to suffer. To help restore peace to your life, consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend. Before bed, jot down what's on your mind and then set it aside for tomorrow.

The 'Sweet' Truth about Chocolate: Is Chocolate 'good' for You?

Dina Lawson, Registered Dietitian
Chenango County Area Agency on Aging
January/February/March 2015

Yes, Chocolate is healthy for you, but you have to eat the right **type** of chocolate in a **small amount** to get the best benefits.

Chocolate comes from the **beans** of a cocoa plant.

Cocoa beans are high in antioxidants. **Antioxidants** are molecular substances found in plants that help protect your body's cells from damage that can lead to chronic diseases like heart disease.

Flavonoids are a type of antioxidant found naturally in chocolate. Flavonoids can be lost in the processing of cocoa beans. So the more processed the chocolate, the less antioxidant power.

Since **dark chocolate is less processed** than other chocolates, it has **more flavonoids**.

Research has shown that flavonoids help lower blood pressure in people with high blood pressure and it can lower 'bad' cholesterol (LDL) up to 10%.

This doesn't mean you can eat a pound of chocolate a day! Studies have shown that no more than 3.5 ounces of dark chocolate is enough to get the health benefits.

Love Chocolate? Here are some Healthy Tips:

Chocolate Tip#1: Eat Chocolate in MODERATION. Extra calories can cause weight gain.

Chocolate Tip#2: Eat Chocolate SLOWLY. Take some tips from professional chocolate tasters. To really enjoy chocolate, take time to look, smell and feel it before you eat it.

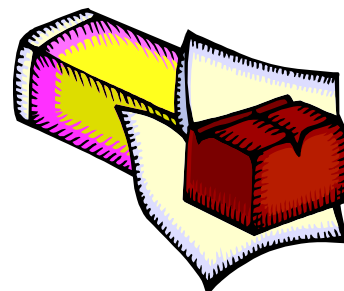
Chocolate Tip#3: Go for DARK Chocolate. It has more antioxidants than milk chocolate. With 65% more cocoa content, dark chocolate is the only type that can legally make health claims.

Chocolate Tip #4: Skip the FANCY DARK chocolate. For health benefits, try dark chocolate alone or with nuts.

Chocolate Tip #5: Avoid drinking milk with dark chocolate! Research has shown that milk with chocolate decreases the antioxidant power of the chocolate.

You no longer have to feel guilty for eating chocolate if you have a small piece of dark chocolate a few times a week! But remember; try to eat other healthy foods that also have antioxidants such as apples, broccoli, cabbage, cranberries and blueberries!

Chocolate Sources: <http://longevity.about.com/od/lifelongnutrition>
<http://my.clevelandclinic.org/heart/prevention/nutrition>



WHAT ARE YOUR HOUSING OPTIONS?
WITH A LITTLE PLANNING AND RESEARCH THE
DECISION TO MOVE CAN BE EASIER

Brian Wessels, Coordinator of Services, Chenango County Area Agency on Aging

Have you thought about where you would live when you get a little less mobile and don't have anyone to do the yard work or shovel the snow? Why wait until you can't keep up with your home? Check out our local senior housing options. There are other people your age to socialize with and share your golden moments with.

A senior apartment is designed to give residents a safe, secure, and affordable place to live. You may be able to reduce your expenses and have more money available for prescriptions, medical expenses or just to have cash in your pocket. Why don't you check out your options and move when it is your choice?

Too many people wait until they can no longer manage at home. Don't put off this decision. If you investigate your options, then you can choose what living arrangement is right for your needs. Change is tough for all of us but it is much easier if you are deciding on the changes and the decision is not being left to a child or other family member.

Choosing where to live is a major decision for anyone. The more you know the better your decision can be.

The following topics are items that should be taken into consideration before making a decision about senior housing, adult homes or nursing homes. This information will help you ask more and better questions when you compare housing alternatives.

- Accessibility Features
- Age Eligibility for Senior Housing
- Alzheimer's/Dementia Care
- Ambience/Living Environment
- Application Process for SUBSIDIZED Housing
- Definitions: Types of Housing
- Definitions: Subsidized and Private Pay Housing
- Discharge Policies
- Eligibility Preferences
- Gay and Lesbian Concerns
- Government Oversight
- Lease/Residency Agreement/Contract
- Lease Termination
- Location
- Nursing Homes
- Ownership/Management/Affiliation
- Pets
- Pricing and Fees for Private Pay and Subsidized Housing
- Services and Staffing
- Universal Design Features
- Waiting Lists



Ask the Dietitian
Dina Lawson, Registered Dietitian Chenango County Area Agency on Aging
Jan-Feb-Mar 2015

Question: I am allergic to dairy food because I cannot drink milk. It gives me a stomach ache. My friend says that I do not have a dairy allergy because I would be very sick and end up in the hospital. Can you please tell me if I am truly allergic to dairy?

Answer:

You are not allergic to dairy even though you have a problem digesting a dairy product. You have what is known as a **'food intolerance'** to milk.

With any food intolerance, it is still important to avoid the food that causes illness and discomfort. Here is an explanation of the differences between food allergies and food intolerances.

Food allergies occur when your body's immune system reacts to a substance in a food, usually a protein, which your body sees as harmful. This sets off a chain reaction within your body. Symptoms can occur within minutes and can be mild (such as a runny nose or itchy eyes) to severe and even life-threatening (anaphylactic shock.)

Food intolerance is not the same as a food allergy. A 'food intolerance' reaction is when your body is unable to digest a certain part of a food, such as lactose, (a sugar found in milk); monosodium glutamate (MSG); or sulfites, (preservatives). Food intolerances may be unpleasant, (including abdominal cramping or diarrhea), but they are not life-threatening.

Types of Food Allergies. More than 160 foods are known to cause food allergies. However, these eight foods account for 90 percent of all food-allergic reactions: Milk, Egg, Peanuts, Tree nuts (walnuts, cashews), Fish (Pollock, salmon, cod, tuna, snapper, eel, and tilapia), Shellfish, Soy, and Wheat.

Eating Safe with Food Allergies and Intolerances. People with food allergies or intolerances need to avoid foods that make them sick. Allergy-triggering foods should not be prepared on the same counters, or with the same utensils as non-allergy causing ingredients. Through cross-contact, a food allergen can get into what may otherwise be a safe food. If you have a food allergy, be sure to speak with whoever is preparing your food to inform them of your allergy. Ask them to be especially careful to prevent cross-contact with that food allergy when preparing your food!

Source: American Academy of Nutrition & Dietetics, www.eatright.org.



Contributions-How Important are They?

By Debra Sanderson, Director

The Chenango County Area Agency on Aging receives funding from a variety of sources to provide services and programs to senior citizens and their families throughout the community. Federal dollars, as designated in the Older Americans Act, are funneled through the NYS Office for the Aging. State dollars are received, funding services through Community Services for the Elderly (CSE), the Expanded In-Home Services for the Elderly Program (EISEP) and NY Connects. The agency also receives local matching-share dollars from Chenango County. In order to fund special projects, the agency may also apply to private foundations to help meet unfunded needs. Of equal importance to all of the “formal” funding streams are the contributions received from the many recipients of services, their families and friends. The significance of contributions is underscored by the fact that our state and federal funds have remained basically level with only slight increases over the past ten years.

The Area Agency on Aging depends on these contributions in order to carry out its mission of providing services and programs to all people over the age of sixty in Chenango County. Income collected through contributions is not a “bonus” to our budget. When the agency budget is being prepared for the following year, estimated contributions that we hope to receive, based on prior years’ experience, are included along with all other expected revenues. Therefore, contribution income received throughout the year supports our programs.

The Older Americans Act requires that every person who receives a service funded by federal dollars be given the opportunity to contribute to the cost of that service. There is no income eligibility for these services for people sixty years of age and older. Suggested contributions are recommended by the agency Advisory Council and approved by members of the county Board of Supervisors to provide guidelines for recipients of services. Included in our list of services are Congregate and Home Delivered Meals, Legal Services, Personal Care (EISEP), Case Management, Insurance Counseling (HIICAP), and Nutrition Counseling. Individuals can choose to contribute the suggested amount or more or less, depending on their own situation. Individuals whose income is at or above 185% of the Federal Poverty Guidelines are asked to contribute at an amount that represents the actual cost of the service. In 2014, for a household of one, 185% of Poverty Level was \$1799 per month and \$2425 for a household of two. No one is denied a service if they do not contribute.

Every home delivered meal, congregate meal eaten in the company of others, hour of insurance counseling, case management, personal care, legal service, nutrition counseling and all services giving respite to a caregiver, has a far-reaching immeasurable ripple-effect throughout our community. On behalf of all senior citizens of Chenango County, I would like to thank each of you, your family members, and neighbors who contribute financial support towards maintaining these and other much-needed services provided by the Area Agency on Aging.