

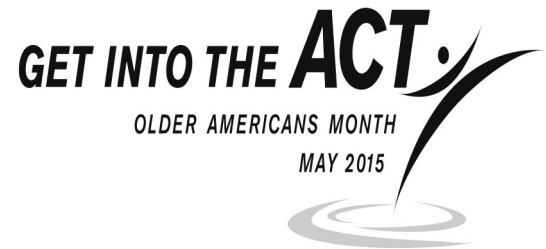
**The Bullthistle Bulletin**  
**Quarterly Newsletter April-May-June 2015**  
Chenango County Area Agency on Aging,  
5 Court Street  
Norwich, NY 13815  
607-337-1770



Lawrence Wilcox, Chair,  
Bd of Supervisors

Debra Sanderson,  
Director

Older Americans Month 2015:  
“ Get into the Act”



Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While Chenango County Area Agency on Aging provides information and assistance to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.

Throughout the year, Chenango County Area Agency on Aging conducts activities and provides tips on how to access programs, resources and opportunities designed to maximize the independence of older adults in our community.

On May 5th the New York State Office for the Aging will host the 2015 Senior Citizens Day event honoring the contribution older New Yorkers make to their communities through volunteering. Joe Stewart and Don Lafever, both of Norwich, have been chosen as Chenango County’s 2015 honorees. Our congratulations and thanks to both!

## June is National Dairy Month!

**Celebrate June by making dairy foods part of your daily meal plan!**

**Presented by Dina Lawson, Registered Dietitian**

**Chenango County Area Agency on Aging, 2015**

Dairy foods such as milk, cheese and yogurt play an important role in helping lower your risk for chronic disease. The nutrients, vitamins and minerals found in dairy products are essential for good health.

The minerals-calcium, potassium and magnesium- all found in dairy foods are thought to play the most important role in blood pressure control.

The National Heart, Lung and Blood Institute researchers found that people who consumed 2 or more servings of low-fat dairy foods like milk, cheese and yogurt tend to have lower blood pressure overall and lower readings of systolic blood pressures.

The DASH Eating Plan is a way of eating that emphasizes consuming low-fat and fat-free dairy foods for managing blood pressure-also known as hypertension. The DASH meal plan stands for Dietary Approaches to Stop Hypertension and is supported by the National Heart, Lung and Blood Institute.

In Addition to Dairy foods, the DASH meal plan emphasizes fruits, vegetables and consumption of whole grains. In addition to calcium, potassium and magnesium, these foods provide fiber, Vitamin A, Vitamin C and Vitamin E.



See the Table Below for the Complete DASH Meal Plan.

### Here is a Summary of the DASH Meal Plan

Food Group	Daily Servings	Examples of 1 Serving Equivalents
Milk and Dairy	2-3	8 oz Low-Fat Milk, 1 cup Low-Fat Yogurt, 1 ½ oz Low-Fat Cheese
Fruits	4-5	1 Medium Fruit, ¼ c Dried Fruit, ½ c Canned Fruit, 6 oz Fruit Jc
Vegetables	4-5	1 c Raw Leafy Veg, ½ c Cooked Veg, 6 oz Veg Juice
Grain	4-5	1 slice Bread, ½ c dry or hot Cereal, ½ c cooked rice or pasta
Meat, Fish, Poultry	2 or Less	3 oz cooked meat, poultry or fish
Nuts, Seeds, Dried Beans	4-5 per week	1/3 c nuts, 2 tbsp seeds, ½ c cooked dried beans

**SOUTHERN TIER INDEPENDENCE CENTER**

STIC  
135 East Frederick St.  
Binghamton, NY 13904

**Phone & Fax Numbers**

(607) 724-2111 (Voice/TTY)  
(607) 772-3600 (Fax)  
1 (877) 722-9150 (Toll-Free)  
(607) 238-2694 (VP/Deaf)

(607)222-4364

**Emergency Interpreter Srv.**

**Hours**

Monday-Friday  
9 am - 5 pm

**Date: 2nd Thursday of Each Month**

**Time: 3 - 4pm**

**Contact: Richard Farruggio**

*Southern Tier Independents Center Announces Support Group for People with Visual Disabilities*

We're excited to be offering a new Support Group for adults with visual disabilities.

This group is designed to support people of all ages who want to discuss and help others solve issues experienced in our daily lives.

For people who are newly diagnosed with vision loss, coping with daily chores such as cooking, cleaning, identifying money, or even dialing a telephone can be especially challenging.

As a group we can problem solve, share useful information about assistive technology, learn how to advocate for ourselves, share strategies on navigating the sometimes complex service systems, and much more.

If you or a family member is totally blind or has a visual impairment, we invite you to join us.

**FYI**

**Keep these dates in mind:**

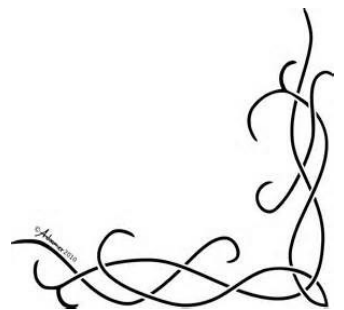
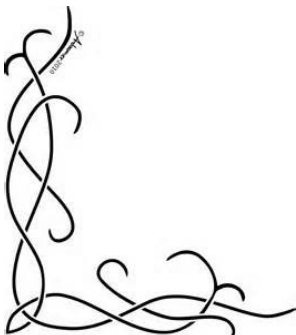
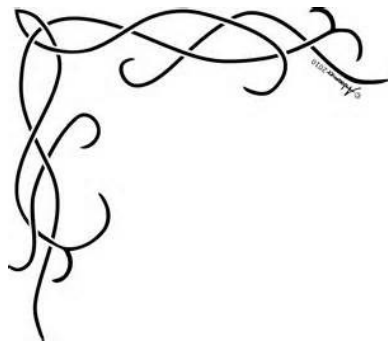
**July 13-23, 2015**

Chenango County will be partnering with the Department of Defense to host a Health Services program for "people and pets" at no cost. Watch for additional information in the near future.

Look us up on Facebook at

[www.facebook.com/  
GreaterChenangoCares](http://www.facebook.com/GreaterChenangoCares)

"Remember to check back for updates."



# Winter is over! Time to Get Out and Enjoy the Springtime Weather! If You Need Some Assistance Here Are Tips for Choosing and Using Walkers!



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## Types of walkers

If you have difficulty balancing or you're at risk of falling, a walker can make it easier for you to get around — whether you use the walker temporarily or as a permanent aid.

If stability is a significant concern, you might choose a standard walker without wheels — which you must pick up to move. Many people, however, choose between two-wheel and four-wheel walkers.

A two-wheel walker allows you to place weight on the walker as you move. The legs with wheels allow you to easily push the walker forward, and the legs without wheels prevent the walker from rolling while you're stepping forward. If you don't need to lean on the walker for balance, you might be able to walk faster with a four-wheel walker.



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## Selecting a grip

Most walkers come with plastic grips, but you have other choices as well. You might consider foam grips or soft grip covers, especially if your hands tend to get sweaty. If you have trouble grasping with your fingers — secondary to arthritis, other joint pains or nerve problems in your fingers — you might prefer a larger grip.

Choosing the correct grip will relieve unnecessary stress on your joints and help prevent joint deformities. Whichever grip you choose, be sure it's secure so that it won't slip while you're using

## Fitting your walker

Adjust your walker so that it fits your arms comfortably. This will reduce stress on your shoulders and back as you use the walker. To tell if your walker is the correct height, step inside your walker and:

- **Check your elbow bend.** Keeping your shoulders relaxed, place your hands on the grips. Your elbows should bend at a comfortable angle of about 15 degrees.
- **Check your wrist height.** Stand inside the walker and relax your arms at your sides. The top of your walker should line up with the crease on the inside of your wrist.



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## Taking your first step

If you need to place weight on the walker as you move, start by pushing the walker forward. Keep your back upright.



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## Stepping into the walker

Next, place one leg inside the walker. Don't step close to the front bar. Keep the walker still as you step in.



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## Stepping with the other foot

Finally, place the other leg inside the walker. Repeat the process by moving your walker forward and stepping into it one leg at a time. If you use the walker only for balance, you can stand inside it and walk as you normally would — simply guiding the walker in front of you.

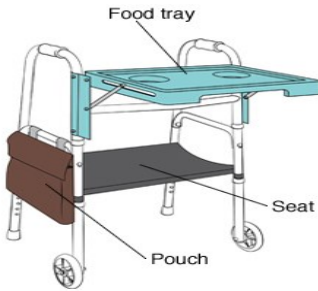


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## Don't lean over the walker

When you use the walker, it's important to stay upright as you move. This will help protect your back. Always step into the walker, rather than walking behind it. Be careful not to push the walker too far in front of you or set the handles too high.

Also, avoid hurrying and taking large steps when you turn. Change directions slowly. Never try to climb stairs with a walker.



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## Walker accessories

Accessories can make it easier to use your walker. Trays can help you carry food, drinks and other items to a table. A pouch attached to the side can carry books or magazines. Some walkers can be fitted with seats or baskets. Be sure not to overload your walker, however.

Whatever walker you choose, make sure you maintain it. Worn-out or loose rubber caps or grips and loose or excessively tight brakes may increase your risk of falling while using a walker. For help selecting and maintaining a walker, consult your doctor or physical therapist.

Mayoclinic.org

## Easter Jokes

- How does the Easter Bunny stay fit?
- What is the Easter Bunny's favorite kind of music?
- What is the hardest kind of beans to grow on a farm?
- What kind of eggs does a wicked chicken lay?

**EGGS-ERCISE AND HARE-ROBICS**

**HIP-HOP**

**JELLYBEANS**

**DEVILED EGGS**



Sweet April showers do spring May flowers -  
Thomas Tusser

## Memorial Day Word Scramble

1. CEYERMON
2. TEULAS
3. MIOOMNMORCTEA
4. IVCLI ARW
5. IOTRDECNAO YDA
6. ANLEREG ONAGL
7. OPIESP
8. EERMFOD
9. AEMLORIM AYD
10. RLNATGOIN TMRCEYEE



### April 20-Volunteer Recognition Day

- V - Valuable glow of pure gold
- O - Optimistic glow of empowerment
- L - Loving glow that warms the heart
- U - Understanding glow of empathy
- N - Noble glow of excellence
- T - Trusting glow of friendship
- E - Earnest glow of zeal
- E - Encouraging glow of stability
- R - Radiating glow that includes all

### ANSWERS

1. Ceremony
2. Salute
3. Commemoration
4. Civil War
5. Decoration Day
6. General Logan
7. Poppies
8. Freedom
9. Memorial Day
10. Arlington Cemetery



## TO OUR NEWEST OUTREACH WORKER!

The Chenango County Area Agency on Aging has a new outreach worker, Kathy Miller, who began working for the Agency in mid-November of 2014. Kathy replaces Gary Brookins who retired in August after many years helping clients in New Berlin, Sherburne and Columbus. Kathy was born and raised in Chenango County and is pleased to have moved back to her "roots." She spent many years working in skilled nursing facilities as a social worker in the Capital District and later in Chemung County. She and her husband, Chuck, are enjoying life here and plan to continue living in the beautiful county of Chenango when they retire. If you are a resident of New Berlin, Sherburne, Columbus or the South West section of the City of Norwich, and are in need of services from the Area Agency on Aging, please call the agency at (607) 337-1770 and ask to speak with Kathy.

# CAREGIVERS.....

Why is it that the words “respite” and “guilt” seem to go hand in hand? Why do we as caregivers feel we are somehow failing our loved one by admitting that we need help, need time to recharge our batteries, or just need time to play a bit? Perhaps because so many of us still hold on to the myth that says the caregiver has to be all things to all people.

The truth is, that no matter how we try, we are not super-duper caregiver extraordinaire. We are human with all the same needs and feelings as every other person in our lives. And, just like everyone else we need to take time to smell the roses.

The thought of going away for even a brief time for many caregivers is fraught with fears of disaster and chaos because we are not there to over see everything. After all, we all know that no one can replace what we do as caregivers for our family member or loved one.

And this belief was not so far from the truth. In fact, I still firmly believe that no one can replace the caregiver. The love and support we provide to our charge cannot be duplicated by anyone. Still, sometimes, it is OK to let someone else do the best they can for our family member, so that we can take time to regroup and in doing so, be able to continue to be the wonderful caregiver that we have been to date. It is a simple concept when you think about it. In using the principals of respite we will ultimately be providing the very best care to our loved one that is humanly possible.

As a caregiver it is important that we recognize that it is ok to take a break from our caregiving duties. It is ok to feel tired, and want to have a break from our caregiving duties. Not only is it OK, it is your right! You are allowed to stay healthy both physically and emotionally. Actually, by not doing this you are helping to create a potential problem down the road. No one can keep going day after day without a break, sooner or later it is going to catch up with you, and not only will you suffer, but also your loved one will as well.

It is equally important to know that not taking that break can and often results in medical complications to the caregiver. If a medical emergency developed for the caregiver, who then will help provide the care to their loved one?

Ask any caregiver who has been at it for any length of time, and you will learn that their own health has suffered when they failed to take proper care of themselves. Respite care is a way in which the caregiver can get this needed break, and hopefully do it without that old **GUILT** feeling creeping in. By taking care of you, and recharging your own batteries, you are ultimately taking care of your loved one. There is no need to allow guilt into the picture. All this will do is prevent you from reaping the full rewards of a true respite.

Respite care can be anything from a few hours a week, to longer periods of up to two weeks or longer in some cases in order to provide care to a loved one while the caregiver takes a break. Respite Care provides caregivers the opportunity to:

- Take a vacation
- Have a weekend getaway
- Attend to home or work responsibilities that have been building up
- Recharge their energy to be better prepared to provide the attention and patience required on a daily basis

### Think about these principals to ensure your guilt-free respite:

- I am entitled to take care of myself.
- I am worthy of a break.
- I am showing my commitment to my caregiver role when I take steps like respite care to ensure that continued quality care is delivered to my loved one.
- It is OK to relax and enjoy other aspects of my life.
- It is OK to take a break and recharge my energies.
- It is OK to maintain as much normalcy in my life as possible.
- It is OK to continue to dream.
- If roles were reversed, there is no question I would want my loved one to have respite.
- It is right and responsible of me to also have respite.

### Respite Solutions

Some short-term respite solutions include enlisting another family member, neighbor, or friend to stay with your loved one for a few hours several times a week. This offers an opportunity to the caregiver to have a “mini respite”. Activities can include, going shopping, to a movie, getting your hair done or having a pampering facial. For many who are not comfortable leaving their family member for longer than a few hours, this is an excellent way to recharge the batteries, and at the same time, do something SPECIAL for you.

Often it is just doing a little something extra like this that can make all the difference to a caregiver who is feeling the strain in all that they have to do each day.



[www.caregiver.com](http://www.caregiver.com)

### Mother Dear \_\_\_\_\_ Mother's Day, May 10

Whether far or near, alive or in heaven, we count the ways you bless us on this, your Mother's Day.

We feel your presence still, and each moment we feel the love you shared with each of us that kindles an eternal trust.

The rewards cannot be measured for what you did for us. And we pray in return for solace for you from life's numberless problems.

### What Dad Might Say! Father's Day, June 21

- \* Go ask your mother!
- \* Just wait until I get you home!
- \* I love you, son!
- \* I love you, princess!
- \* When I was your age....
- \* My father used to tell me...
- \* I used to walk to school in the snow!
- \* Be home early.
- \* That's not a tear, I have something in my eye



## *Dear Marci:*

How does Medicare cover vaccines?

I got a pamphlet from my doctor's office reminding me to get all necessary vaccines. I want to talk to my doctor about getting these vaccines, but I'm not sure how Medicare will cover them. How does Medicare cover vaccines?

- Eddie (Denver, CO)

Dear Eddie,

Medicare covers vaccines differently depending on which vaccine you need. Most vaccines are covered under Part D, but some are covered under Part B. Different costs apply to vaccines depending on how they are covered.

Medicare Part B covers vaccines if you have been exposed to a dangerous disease. For example, if you step on a rusty nail, Medicare will cover a tetanus shot. Additionally, Medicare Part B covers the influenza, pneumonia, and Hepatitis B vaccines as preventive services. These vaccines are covered by Part B if you have Original Medicare or a Medicare Advantage plan.

If you receive a Part B-covered vaccine after exposure to a dangerous disease, you will pay the normal cost sharing for Part B services. If you have Original Medicare, Medicare will cover 80 percent of the cost, and you or your supplemental insurance will be responsible for 20 percent once you have met your Part B deductible. If you have a Medicare Advantage plan, you will typically pay a copay for this service. Contact your Medicare Advantage plan directly to ask about specific vaccine costs. If you receive one of the three preventive vaccines covered under Part B, Original Medicare will cover the costs with no coinsurance or deductible, as long as you see a provider that accepts Medicare assignment. A Medicare Advantage plan will cover the costs with no coinsurance, copays or deductibles as long as you see an in-network provider.

All other vaccines are covered by Medicare Part D. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including the vaccine for shingles (herpes zoster). However, for these vaccines covered by Part D, you may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

In general, you will pay the least for a Part D-covered vaccine if you receive the shot at a pharmacy that is in your plan's network, or at a doctor's office that will bill your Part D plan directly for the cost of the vaccination process. When you are at your doctor's office, ask your doctor to call your Part D plan first to find out if there is a way that your doctor can bill your plan for the vaccine. There may be a way for the doctor to submit the bill so that you will not have to pay the whole cost up front.

If your doctor cannot submit the bill for the vaccine to your part D plan through the partnering pharmacy, or cannot directly bill the plan for the drug, you may need to pay more for your vaccination. If this happens, your doctor will bill you for the entire cost of the vaccine, and you will have to pay the cost up front. Then you will have to follow your Part D plan's rules to get a refund. Know that your doctor has no limit in how much they can charge you for the vaccine, but your Part D plan will only pay its approved amount for payment. You will be responsible for the difference between the doctor's charge and the plan's approved payment amount.

If you have Extra Help, the federal benefit that helps people with low incomes pay for their prescription drugs, you can go to any doctor or in-network pharmacy for a vaccine. You will be covered for the vaccination and will only be responsible for the Extra Help copay.

-Marci



## No-Cost Energy Efficiency Services for Income-Qualified Households

The EmPower New York program offers no-cost energy services for income-qualified households. The program is funded through the New York State Energy Research and Development Authority (NYSERDA) under an agreement with the New York State Department of Public Service. Services may include:

- Replacement of old, inefficient appliances
- Installation of high-efficiency lighting
- Tips on how to save energy
- In limited situations: insulation and other home efficiency measures

**There is no cost to you for these services.** Funding is limited, and services will be targeted on the basis of energy usage and the potential for energy-saving measures. In order to qualify, you must:

- Meet the income guidelines (listed)
- Be an electric or natural gas distribution customer of one of the System Benefits Charge (SBC) participating utilities: Central Hudson, Con Edison, National Grid, NYSEG, Orange and Rockland, or Rochester Gas and Electric, and be responsible for payment of the utility bills; or be a natural gas customer of Keyspan Long Island, Keyspan New York or National Fuel Gas.
- Live in a building with 100 residential units or less.

If interested in applying please contact the Chenango County Agency on Aging at 607-337-1770. An application will be filled out and you will need to provide one of the following documents; a current HEAP award letter, utility or fuel supplier document showing a current HEAP credit, current Food Stamp award letter, current Public Assistance award letter or current copy of SSI payment or award letter in name of applicant. This program expires May 1, 2015 or if funds are expended.

### EmPower New York Income Eligibility Guidelines 2014-2015

Household Size	Monthly Income	Annual Income
1	\$ 2,194	\$ 26,328
2	\$ 2,869	\$ 34,428
3	\$ 3,544	\$ 42,528
4	\$ 4,219	\$ 50,628
5	\$ 4,864	\$ 58,368
6	\$ 5,569	\$ 66,828
7	\$ 6,005	\$ 72,060
8	\$ 6,682	\$ 80,180
9	\$ 7,358	\$ 88,300
10	\$ 8,035	\$ 96,420
11	\$ 8,712	\$ 104,540
11 +	add \$677	

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

04/15 - Celebrate Birthdays!  
 05/13- Celebrate Birthdays!  
 05/25 - Memorial Day/Site & Office Closed  
 06/01 - Blood Pressure Clinic  
 06/10 - Celebrate Birthdays!

**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:**

04/15 - Celebrate Birthdays!  
 04/17 - Blood Pressure Clinic  
 05/13 - Celebrate Birthdays!  
 05/21 - Evening Dine  
 05/25 - Memorial Day/Site & Office Closed  
 06/10 - 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  
 Every other week: Crossword Puzzles, Word Searches and Trivia Plus

**Special Activities:**

04/09 - Blood Pressure Clinic  
 04/14 - Celebrate Birthdays!  
 05/12 - Celebrate Birthdays!  
 06/09 - Celebrate Birthdays!

**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:**

04/15 - Celebrate Birthdays!  
 05/13 - Celebrate Birthdays!  
 05/25 - Memorial Day/Site and Office Closed  
 06/10 - Celebrate Birthdays!



**HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
APRIL-MAY-JUNE 2015**

**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:**

04/14 - Blood Pressure Clinic  
Celebrate Birthdays!  
05/12 - Celebrate Birthdays!  
06/09 - Celebrate Birthdays!

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

Genegantslet Activity Center  
McDonough United Methodist Church  
County Route 5  
McDonough, NY 13801

Hours: Two Evening Dines a Month  
3-8pm/ Dinner Served at 5:30PM

04/02 - Evening Dine  
04/16 - Evening Dine

05/07 - Evening Dine  
05/21 - Evening Dine

06/04 - Evening Dine  
06/18 - 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

04/17 - Evening Dine

05/22 - Evening Dine

06/19 - Evening Dine

**Dates To Remember!**

- April 1st - April Fool's Day
- April 3rd - Good Friday
- April 5th - Easter Sunday
- April 20th - Volunteer Recognition Day
- May 5th - Senior Citizen's Day
- May 10th - Mother's Day
- May 25th - Memorial Day
- June 14th - Flag Day
- June 21st - Father's Day



## May is National Blood Pressure Month



### **Understanding high blood pressure.**

High blood pressure is a common condition that affects about 1 in 3 adults in the US. Remember, the first step to effectively treating high blood pressure is to understand what it is.

### **What is high blood pressure.**

As your heart pumps to the different parts of your body, the blood pushes against the walls of your blood vessels and arteries. The force that it exerts is what doctors call **blood pressure**.

The more blood your heart pumps, and the narrower your arteries, the greater your blood pressure will be. When it becomes higher than the level recommended for good health, it is called **high blood pressure or hypertension**.

### **Often has no symptoms, but serious risks.**

High blood pressure is vital to treat because it can dramatically raise your risk of cardiovascular events, like heart attack and stroke. But often, it has no warning symptoms. According to the American Heart Association's Heart Disease and Stroke Statistical Update based on 2007-2010, 78 million American adults have hypertension and almost 1 in 5 of them are unaware they have it.

### **What causes high blood pressure?**

High blood pressure often has no direct cause. But certain **risk factors** increase your risk of developing it. Some, such as age, gender, race, and family history, cannot be controlled. Fortunately, you can help control many of the others.

#### ***Risk factors you CAN control:***

**Overweight, lack of physical activity, tobacco use, a high salt (sodium) diet, alcohol use, stress, some medications and certain conditions such as high cholesterol, diabetes, kidney disease and sleep apnea.**

## *April 20th Volunteer Recognition Day!*



It honors all volunteers who are working on behalf of others without being motivated by financial or material gain. You can celebrate Volunteer Recognition Day by thanking volunteers for their work, involving yourself in a volunteer activity or by donating to a volunteer group.

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

Upcoming Trips and Tours

**Monday, May 11--\$40--Bingo/Slots at Turning Stone Casino, Verona NY.** An on your own day! Get \$20 Bingo Bucks or \$25 Free Play for the slot machines plus \$5 toward your lunch on the premises. Win Big!

Registration Deadline: **April 20, 2015**

Departure Times: 8am Greene, 8:30am Norwich, 8:50am Sherburne, 9:10am Hamilton, 9:45am arrive at Turning Stone, 4:30pm depart Turning Stone, 5:05pm arrive Hamilton, 5:25pm arrive Sherburne, 5:45pm arrive Norwich and 6:20pm arrive Greene

**Saturday, July 11-- \$79.00**

**Sterling Renaissance Festival.** All day on your own to enjoy one of the oldest and most successfully interactive entertainment fairs in the world. Thrill to the excitement of over 100 stage and street performers, professional actors, comedians and musicians who whimsically recreate an authentic English Renaissance village for your to experience. Price includes transportation and admission.

REGISTRATION DEADLINE: **JUNE 19, 2015**

7:45am depart Greene, 8:20am depart Norwich, 8:40am depart Sherburne, 9:00am depart Hamilton, Rest stop on the way, 11am arrive Sterling, NY, 4pm depart Sterling, 6pm arrive Hamilton, 6:20 arrive Sherburne, 6:40 arrive Norwich and 7:10 arrive Greene.

**June 25 – 26 OVERNIGHT TRIP to PHILADELPHIA! -- \$265 double occupancy/\$334 single.** See the **Tall Ships** sail to the city of **Philadelphia!** This tour includes a 2-hr. luncheon cruise on the ***Spirit of Philadelphia on the Delaware River to view the tall ships sailing in.*** You get early admission to **board one of a dozen Tall Ships** that are docked at Penn's Landing. See the ***Adventure Aquarium*** with hippos, a shark tunnel, penguins and a dinosaurs-of-the-deep display. View America's history at the ***Independence Seaport Museum*** with exhibits on disasters on the Delaware, a model of a 1790s schooner, board the ship ***Olympia*** and see how our ancestors traveled to America. A **historic tour of the city**, plus an overnight stay at the **Holiday Inn Express Penn's Landing** with breakfast round out this terrific tour! The only things not prepaid are dinner on Day One (your choice at many restaurants at the Reading Terminal Market) and lunch and dinner the next day. See brochure.

REGISTRATION DEADLINE: **\$25 deposit due March 24, 2015**

**April 14: \$25 Payment Due**

**FINAL PAYMENT DUE: THURS. MAY 12, 2015** (Policy of group we are booking with)

Call for actual itinerary of this trip to Good Time Bus Tours 315-729-8323. Even though this publication is coming out after the 1st deposit due date call them and they will work with you!



## **BUS TOURS CONTINUED!**

**July 31-Aug.1 OVERNIGHT -- \$280 double occupancy/\$390 single occupancy – Lucille Ball’s Annual Comedy Festival** in Jamestown, NY: Experience **Lucy’s Hometown Tour** that shows Lucy’s gravesite and other places of significance. Visit the **Lucy-Desi Museum & Desilu Studios**, with recreations of their apartment, an interactive *Vitameatavegamin* set, collection of Emmy awards; the **Tropicana Room** (Ricky’s famous club), and be entertained at the **evening dinner show** with antics of professional **Lucy & Ethel impersonators**.—Overnight stay, one dinner & one breakfast included.



REGISTRATION DEADLINE: **\$25 deposit due March 31, 2015**

**April 24: Payment of \$25 due**

DEADLINE: **Balance due June 15, 2015**

### DAY ONE

7 am Depart Hamilton

7:20 am depart Sherburne

7:40 am depart Norwich

8:20 am depart Greene

20-min. rest stop

Noon arrive Jamestown

### DAY TWO

Depart Jamestown to eat lunch on the way

Arrive Greene approx. 4:30 pm

Arrive Norwich approx.. 5 pm

Arrive Sherburne approx. 5:20 pm

Arrive Hamilton approx. 5:40 pm

\*Since this publication is being done after 1st deposit is due.

Call Good Time Bus Tours at 315-729-8323 and they will work with you!



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**Friends of Rogers Environmental Education Center, Sherburne, NY**

**Phone: 607-674-4733 Email: [development@friendsofrogers.org](mailto:development@friendsofrogers.org)**

Friends of Rogers Family Fun programs are held at 10:30am on the first and third Saturday of every month and last approximately one hour. Recent events have included *Winter Science, Night Stalkers, The Hunt for the Four-Hoofed Multi-Pronged Ungulate, Snow Shelters and Lazy Planters*. Family Fun programs are an opportunity for visitors of **all ages** to experience hands-on learning and exploration of the natural environment.

Rogers Center is operated by Friends of Rogers Environmental Education Center, Inc., a nonprofit organization that offers educational programs for all ages. For more information call (607) 674-4733.

## Long-Term Care Ombudsman Program Transition

The Long-Term Care Ombudsman Program has been assisting residents living in Skilled Nursing facilities, Adult Care/Assisted Living facilities, & Family type homes for decades. In the past the program for Chenango County was located in the Area Agency on Aging. Effective January 1<sup>st</sup> of this year, the program was transitioned and combined with Broome and Delaware Counties whose main office is located in Binghamton NY at Action for Older Persons. So a lot of questions and concerns have come up, what will this do for our local residents who need advocacy while residing in these facilities? Will the program become less effective?

I'd like to calm those fears. My name is Rebecca Bradley and I am the Long-Term Care Ombudsman Program Coordinator for Broome, Delaware and now Chenango Counties. Before the transition took effect I spent countless hours visiting facilities, getting to know the local ombudsman and familiarizing myself with the county. Growing up I had spent many road trips going through Norwich, stopping to eat or visit a park on my way to visit family located in Utica, NY. I know Route 12 like the back of my hand. I have been the Program Coordinator of Broome/Delaware since October of 2011, and have worked with the older population my entire adult life. This is my passion and I take extreme pride in being able to advocate for those in need. Meeting and working with the volunteers already in place in Chenango has been a delightful experience. A core group of individuals who understand what the programs goals are and compassion for those living in these environments. Although my office is located in Binghamton, I do spend quite a bit of time on the road between the 3 counties. I like working with people, problem solving and laying ground work for solid resolutions and goals. As in the past when it was 2 counties, I will be available to assist Chenango County ombudsman with trouble shooting, Care plan meetings, in-services and site visits on a somewhat regular basis. I keep an open door policy (phone too) with the volunteers so that regardless of the question, or issue, I am ready to work with them if needed to assist Chenango County residents.

I am proud to have the opportunity to learn from them what it means to be an ombudsman in Chenango county and look forward to watching the program continue to grow and develop into a strong advocacy opportunity for long-term care residents.

Want to learn more about the program or interested in becoming an Ombudsman? I can be contacted at Action for Older Persons, 32 W. State St. Binghamton NY 13901. (607) 722-1251 or at my email, [rbradley@actionforolderpersons.org](mailto:rbradley@actionforolderpersons.org)