

**The Bullthistle Bulletin**  
**Quarterly Newsletter July-August-September 2015**

**Chenango County Area Agency on Aging**

**5 Court Street**

**Norwich, NY 13815**

**607-337-1770**



**Lawrence Wilcox, Chair,  
Board of Supervisors**

**Debra Sanderson,  
Director**

## Celebrating Volunteers

On May 5, 2015 New York State celebrated Senior Citizen Day, recognizing seniors from across the state for their contributions to their communities through volunteerism and civic engagement. The event, held at the Egg in Albany, underscored the Senior Citizen Month theme for 2015, "Get into the Act", recognizing 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 two volunteers chosen for their contributions to Chenango County communities are Joseph Stewart and Don LaFever, both of Norwich. We thank them, and many other volunteers throughout the county, for the many hours of dedicated service to the Area Agency on Aging and to the other organizations they assist. Their service is a tremendous contribution, positively impacting many lives on a daily basis.

### **Joseph Stewart**



Joseph Stewart has been involved with AARP as a Tax Aide for fourteen years, first as a Counselor, and as District Coordinator for three counties (Chenango, Delaware, and Otsego) for the past ten years. Joe was also a Red Cross First Aid and CPR Instructor for a number of years, and a volunteer member of the National Ski Patrol. Joe is actively involved with the Science Teacher's Association of New York, and he has been serving on the Conference Registration Committee since 1994.

Joe and his wife Kathy live in Norwich. Together, they have four children and five grandchildren. Born in Oneonta, Joe graduated from Oneonta High School and the SUNY Oneonta where he received Bachelor's and Master's degrees in Science Education. He also completed a Certificate of Advanced Studies in Administration at the State University of New York at Cortland.

Joe taught physics at Norwich High School for many years before he retired. In addition to teaching, Joe was the Science Department Head and Summer School Principal. He was instrumental in bringing computers into the High School and taught Computer Programming as well.

Joe said that he became involved with the Red Cross and Ski Patrol as he was inspired by others and because he wanted to give back to the community. After retiring from teaching, he was asked to become a Tax Counselor with AARP and said that he fully enjoys the work involved. He enjoys helping people and the satisfaction that comes with it.

## Don LaFever



Don LaFever and his wife Charlene live in Norwich. Charlene, a retired teacher, is also a volunteer at the Chenango Historical Society and has, on occasion, helped Don deliver meals for the Chenango County Area Agency on Aging. Don and Charlene are both Retired Senior Volunteer Program Volunteers.

Born and raised in Unadilla, Don entered the US Army at the age of 19 in 1959. He became a parachutist in the Army as the job offered him more money, enabling him to buy a 1959 Ford convertible in 1962. Don served a total of 27 years in active duty and the reserves - and was a Drill Instructor in the reserves.

Don has worked in the trucking business and drove school bus for Norwich City Schools for 27 years. In addition to his activities that include bowling, pool tournaments, and shuffleboard league, Don is an avid canoeist and has participated in the annual General Clinton Canoe Regatta for 32 years. He has won the 70 mile race as many as 10 times.

At a young 75 years of age, Don stays active and manages to find time to volunteer in the community. He delivers meals several days a week in the City of Norwich and has done so for 12 years. Additionally, he is House Chairman with the American Legion Post 189 and serves in the Honor Guard with the local VFW.

When there is a meal route that needs covering, Don is always ready and willing to do it. He said that he delivers meals because he loves people, especially older individuals - "they took care of us and now it is our turn to take care of them." He said that he may be in need of meals himself one day and hopes that a volunteer will deliver them to his door.

Don and his wife have three grown children, eight grandchildren and two great-grandchildren.



Pictured left to right: Kathleen Stewart, Joe Stewart, Volunteer, Corinda Crossdale, Director New York State Office of Aging , Trudy Harris-Alford, Nutrition Coordinator, Chenango County Area Agency on Aging and Debra Sanderson, Director Chenango County Area Agency on Aging

## **What Original Medicare Covers**

How Medicare covers hospital services depends on the type of service. Part A covers inpatient hospital care, and Part B generally covers other hospital services.

### **What Part A Covers**

Part A covers hospital care if you are **formally admitted as an inpatient**. Part A coverage includes:

- A semi-private hospital room and meals
- Most medications administered during your hospital stay
- General nursing
- Supplies, appliances, and x-rays
- Equipment the hospital provides for you to use during your hospital stay

### **What Part B Covers**

Part B generally covers all services and procedures that you receive as an **outpatient**, as well as all physician services. Part B coverage includes but isn't limited to:

- Physician services (whether you receive them as an inpatient or outpatient)
- Emergency room, observation stays (see below), and outpatient procedures and surgeries
- Ambulance services to or from the hospital, in certain situations (e.g., when an ambulance is the only safe method of transport)
- Medications related to your outpatient care

## **What Medicare Advantage Plans Cover**

Medicare Advantage Plans must cover the same level of services as Original Medicare, but each has its own coverage policies and costs. If you have a Medicare Advantage Plan, contact your plan to learn about your hospital care costs and your plan's coverage rules.

## If I stay overnight, am I a hospital inpatient or outpatient?

This depends on the hospital's decision regarding your care needs. If you are formally admitted into the hospital, you are considered an **inpatient**. If you are an **outpatient**, you might be kept in the hospital for monitoring, but you are not admitted as an inpatient. This is also called an **observation stay**. It is important to know whether you are under observation because it affects your costs (see next page) and your benefits once you leave the hospital. The best way to find out if you are under observation is to ask the hospital staff.

### Original Medicare Inpatient Hospital Costs

Part A covers inpatient hospital stays. Your costs depend on where you are in your **hospital benefit period**. A hospital benefit period begins when you are admitted to the hospital as an inpatient and ends when you have not received inpatient care for 60 days in a row.

The table below shows your costs based on your location in the hospital benefit period. Note that you pay separately for doctor services you receive as a hospital inpatient under Part B (see next section).

#### 2015 Part A Inpatient Hospital Costs

Inpatient Days	Inpatient Days	Inpatient Days	Inpatient Days
1-60	61-90	91-150 (Lifetime Reserve Days*)	After You Have Used Lifetime Reserve Days
\$0 copay after \$1,260 deductible	\$315 per day	\$630 per day	Full cost

\*Your 60 lifetime reserve days can be used only once during your lifetime and do not renew, but you do not have to use all of them at once.

### Original Medicare Outpatient Hospital Costs

Part B covers most outpatient hospital costs. Once you have met the Part B deductible, (\$147 in 2015) you have two kinds of costs when you are a hospital outpatient. You typically have to pay a coinsurance for each outpatient service you receive (facility fee). These vary based by service. You also pay 20 percent of the costs of physician services you receive.



## Dear Marci

What is the difference between an appeal and a grievance?

Dear Marci,

My Medicare Advantage plan recently refused to pay for a lab test I received. One friend told me that I should file an appeal with the plan, but another told me that I should file a grievance. What is the difference between an appeal and a grievance?

-Gary (Santa Barbara, CA)

Dear Gary,

An appeal is a request that you make to Medicare or your Medicare Advantage or stand-alone Part D plan to reconsider its decision to deny coverage of an item, service, or medication. If your Medicare Advantage plan refuses coverage, it must send you a written notice that explains the reason for the denial and your appeal rights. A grievance is an official complaint filed with your Medicare Advantage or Part D plan if you are dissatisfied with the behavior or actions of your plan or its representatives. A grievance might be filed if your plan has poor customer service, or if it takes too long to process an appeal. In some situations, you may want to file both an appeal and a grievance.

In your circumstance, if your plan refuses to pay for a lab test that you received, then you should file an appeal. The appeal will ask your Medicare Advantage plan to reconsider its decision to deny coverage of the test. If your plan is covering the lab test but you were dissatisfied with the plan's actions during the process (for example, a plan representative was unhelpful when you asked how to file an appeal), you can file a grievance.

Keep in mind that there are different kinds of Medicare appeals. The appeals processes and timelines differ among these types of appeals. For example, you can request a faster timeline with your Medicare Advantage or Part D plan if your health or life would be jeopardized without the service, item, or drug. Fast appeal timelines are called expedited appeals ask your doctor for help filing an expedited appeal. You can also get a fast appeal if your hospital, home health agency, skilled nursing facility, hospice or comprehensive outpatient rehabilitation facility (CORF) care is scheduled to end. Make sure to follow the instructions and stick to the timeframes listed on the denial or termination notices. There are higher levels of appeal if you are unsuccessful at the first level.

To file a grievance, send a letter to your plan's Grievance and Appeals department. Contact your plan for the address. You can also file a grievance by calling your plan, but it is best to send your complaints in writing. You can also send a grievance to Medicare over the phone, to do this call 800-MEDICARE and ask to file a grievance against a plan. Be sure to send your grievance to your plan **within 60 days** of the event that led to your grievance. Your plan must investigate your grievance and get back to you within 30 days. If your request is urgent, your plan must get back to you within 24 hours. If you have not heard back from your plan within this time, you can call your plan or 800-MEDICARE to check on the status of your grievance.

-Marci

HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
JULY-AUGUST-SEPTEMBER 2015

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

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

**Daily Activities:** Cards, Bingo and Puzzles.  
Every other week: Crossword Puzzles,  
Word Searches and Trivia Plus

**Special Activities:**

07/15 - Celebrate Birthdays!  
08/12 - Celebrate Birthdays!  
09/07 - Labor Day! Office/Site Closed  
09/09 - 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:**

07/15 - Celebrate Birthdays!  
08/12 - Celebrate Birthdays!  
08/21 - Blood Pressure Clinic  
09/07 - Labor Day! Office/Site Closed  
09/09 - 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:**

07/14 - Celebrate Birthdays!  
08/11 - Celebrate Birthdays!  
08/13 - Blood Pressure Clinic  
09/08 - 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:**

07/15 - Blood Pressure Clinic  
Celebrate Birthdays!  
08/12 - Celebrate Birthdays!  
09/07 - Labor Day! Office/Site Closed  
09/09 - Celebrate Birthdays!



**HAPPENINGS AT OUR SENIOR CENTERS  
CHENANGO COUNTY AREA AGENCY ON AGING  
JULY-AUGUST-SEPTEMBER 2015**

**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

- 07/09 - Evening Dine
- 07/23 - Evening Dine
- 08/06 - Evening Dine
- 08/20 - Evening Dine
- 09/10 - Evening Dine
- 09/24 - 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

- 07/24 - Evening Dine
- 08/21 - Evening Dine
- 09/25 - Evening Dine

**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:**

- 07/14 - Celebrate Birthdays!
- 08/11 - Blood Pressure Clinic  
Celebrate Birthdays!
- 09/08 - Celebrate Birthdays!

**SENIOR FARMERS**

**MARKET NUTRITION PROGRAM**

Farmers Market Coupon Booklets (\$20.00 *value*) will be available through our Agency again this summer! The booklets are available at **NO CHARGE** to you. Eligibility for the booklets is based on income and they are intended for Chenango County residents 60 years of age or older. Participating Farmers Markets accept the coupons for locally grown FRUITS and VEGETABLES.

**2015 eligibility requirements are:**

**60 years of age or older; AND  
My monthly income is at or below  
\$1815/month for one-person household,  
\$2456/month for a two-person household,  
\$3098/month for a three-person household;**

**OR**

**Currently receiving or eligible to receive, SSI, public assistance, or Section 8 housing subsidy.**

We expect the booklets by the middle of July. You may contact the Area Agency on Aging at 337-1770 for more information. Staff will also be issuing booklets at our Senior Centers and at various Senior Housing complexes throughout the county.







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



### Upcoming Trips and Tours

**Tues., July 21 -- \$119--Tour the Hudson River on the River Rose**, an authentic stern-driven Mississippi paddle wheeler! This two-hour guided tour allows you to see Bannerman's island, the Catskill Water Aqueduct and our great military academy at West Point. Lunch at the *River Grill* on Newburgh's Historic Waterfront, with picturesque views of the Hudson Valley and the magnificent Hudson River. Experience the enigmatic atmosphere of **Brotherhood Winery** by taking a leisurely stroll through the vast network of underground cellars. Excavated by hand in the late 19th Century, the dimly lit cellars house over 200 oak barrels and feature a crested vault containing some of the oldest vintages in America. Knowledgeable guides reveal the secrets of these mysterious vaults and keep you amused with tall tales of folly and tragedy. Lunch at the River Grill on the Hudson River.

REGISTRATION DEADLINE: July 7, 2015

Choose Chicken Marsala, Stuffed Filet of Sole, Penne Vodka, Marinated Flank Steak

7 am depart Hamilton

7:20 am depart Sherburne

7:40 am depart Norwich

8:10 am depart Greene

20-min. rest stop

11:45 am arrive The River Grill for lunch, 40 Front St, Newburgh, NY

1:30 pm arrive the River Rose, 2 Lucas Drive, New Windsor, NY for cruise 2-4

4:30 pm arrive Brotherhood Winery, 100 Brotherhood Plaza Dr, Washingtonville, NY

5:45 depart Brotherhood Winery for home

40-min stop for fast food

9:15 pm arrive Greene

9:45 pm arrive Norwich

9:55 arrive Sherburne

10:15 pm arrive Hamilton

## Good Time Bus Tours-Continued

**Wed. Aug. 5: \$92 -- Loomis Gang Train Robbery on the Adirondack Scenic Railroad** in Thendara, NY, a one-hour train ride through the woods, along a scenic river and back. Horses gallop up to the train and the Loomis Gang tries to steal the railroad payroll. Once the bandits board our train, there is plenty of fun and laughter to go around. Dine at the historic Van Aucken's Inne. We will stop at the **Old Forge Hardware** Store in Old Forge.

REGISTRATION DEADLINE: July 15, 2015

Choose Hot Roast Beef, Hot Turkey or Broiled Haddock w/salad, potatoes, vegetable, dessert

9 am: depart Greene, 9:30 am: depart Norwich, 9:50 am: depart Sherburne, 10:10 am: depart Hamilton, Noon: arrive Old Forge Hardware Store & shopping, 1 pm: depart for lunch, 1:15 pm: arrive Van Aucken's Inne, 108 Forge St, Thendara, 2:30 pm: depart for train station, 2:35 pm: arrive Thendara Railroad Station, 3-4 pm: Loomis Gang Train Ride

4:20 pm: depart for home, 40 min. stop at fast food place, 6:30 pm arrive Hamilton, 6:50 pm arrive Sherburne, 7:15 pm arrive Norwich, 7:45 pm: arrive Greene

**Aug. 25: Erie Canal Living History & Cruise – \$93** -- Enjoy a living history tour with a guide from the 1800s at the **Chittenango Landing Canal Boat Museum**. This museum brings the history of the Old Erie Canal alive! The site reproduces a bustling 19th century "through-way" stop on the Erie by recreating the original canal boat building business that thrived 150 years ago. The Erie Canalway Heritage Award winning site includes the only historic, rebuilt 3 bay dry dock complex on the Erie, a saw mill, blacksmith shop, boat building machine shop, walk-on replica canal boat, canal side store, mule stable, nature trail to a historic aqueduct and a sunken canal boat, where you will see an excavated three-bay dry dock, all from as early as 1825. After lunch, we travel to the **Camillus Erie Canal Park where we cruise over the only reconstructed aqueduct**; tour **Sims' Store** that is recreated from the early 1800s and view a steam engine display!

REGISTRATION DEADLINE: Aug. 4, 2015

7:45 am: depart Greene, 8:20 am: depart Norwich, 8:40 am: depart Sherburne, 9:00 am: depart Hamilton, 9:45 am: Arrive Chittenango Landing Canal Boat Museum, 10 am Living History Tour and gift shop, 11:45 am: Lunch, 1:00 pm: depart Chittenango Landing Canal Boat Museum, 1:50 pm: arrive Camillus Erie Canal Park, 2 pm: 1 hr. cruise over aqueduct and back/tour of Sim's Store and Museum (1/2 group), 3 pm: 1 hr. cruise over aqueduct and back/tour of Sim's Store and Museum (Switch 1/2 group)

4:30 pm: depart for home, 6 pm: arrive Hamilton, 6:20 pm: arrive Sherburne, 6:40 pm: arrive Norwich, 7:15 pm: arrive Greene

## Bus Trips - Continued

**Sept. 16: \$92 -- Luncheon Show at the Villa Roma Resort -- \$96 -- “Tribute to the Jersey Boys”** by the *Unexpected Boys* who sing music from *Frankie Valli and the Four Seasons*! Enjoy a morning coffee and cake and participate in your choice of a trivia challenge game, line dancing, shuffleboard, or swim in the indoor pool. Lunch is your choice of a half chicken, tilapia fish or London Broil. After the show, play bingo until 4:30 pm. There’s a lot to do at this resort!

REGISTRATION DEADLINE: **March 13 \$25 deposit due to hold seat at show**

BALANCE DUE: July 15 (NOTE: This is the resort’s policy)

7 am depart Hamilton, 7:20 am depart Sherburne, 7:40 am depart Norwich, 8:10 depart Greene,

20 min rest stop, 11:15 am arrive Villa Roma, 356 Villa Roma Rd, Callicoon, NY,  
4:30 pm depart Villa Roma with sandwiches

7:40 pm arrive Greene, 8:10 pm arrive Norwich, 8:25 pm arrive Sherburne, 8:45 pm arrive Hamilton



## Project Lifesaver International

A public safety program to locate missing persons suffering from disorders that may cause them to wander.

Alzheimer’s    Autism    Down Syndrome

Over 5,000,000 people in the USA have Alzheimer’s and related disorders. This number is expected to triple by 2050. Well over 50% of these people wander and become lost. Unaware of their situation, people with Alzheimer’s often fail to call out for help or respond to people calling out to them. Nearly half of those who wander will die and many become injured or fall victim to predators if they are not located within 24 hours.

### How Project Lifesaver Works

Each participant is fitted with a personalized Project Lifesaver wristband. This unique wristband is a one-ounce battery-operated transmitter that emits an automatic tracking signal every second, 24 hours a day. Initially, Sheriff’s Deputies will conduct a home visit to install the personalized wristband transmitter and provide family members or care providers a comprehensive overview of the program. Trained in communicating with a person who has Alzheimer’s disease, deputies will schedule a monthly home visit to inspect and maintain the equipment to insure its operability. If a loved one should wander off, a simple call is placed to 911. Public Safety Dispatchers will alert the Chenango County Sheriff’s Project Lifesaver Team.

**For more information on enrollment call Chenango County Sheriff’s Office at 607-334-2000**

**[www.chenangosheriff.us](http://www.chenangosheriff.us) or [www.projectlifesaver.org](http://www.projectlifesaver.org)**

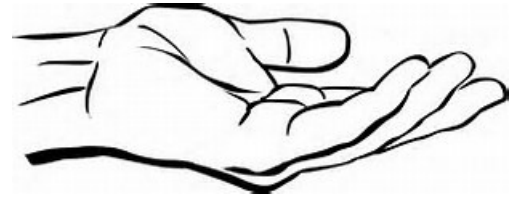


**August 16 is  
Left Hander's Day 2015!**

**Did you know?** Right handed people operate in the left side of the brain. Left handed people use the right side. Therefore, only left handed people are in their right mind.

***Left Handed Facts and Trivia:***

- ⇒ Sinistrophobia is the fear of left-handedness or things on the left side.
- ⇒ While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed.
- ⇒ Tuesdays are Lefties luck day.
- ⇒ Only about 10% of the population is left handed.
- ⇒ During the 1600's people thought left handers were witches and warlocks.
- ⇒ They say everyone was born right handed, and only the greatest overcome it. (he, he, he)



**If you are a Leftie, Then *Left Handers Day* is just for you!**

Left Handers, also commonly referred to as Southpaws, are the brunt of more than their share of jokes all year long. How do I know?

Yup, you guessed it! It ain't easy being a leftie. But those of us who are, would have it no other way. Lefties are proud of it.

**Legal Services At The Chenango County Area Agency on Aging**

Legal services for seniors are now being provided at our office by Legal Aid Society of Mid New York, Inc. To be eligible you must be at least 60 years old and living in Chenango County. Priority will be given to individuals experiencing problems with Social Security, SSI, Medicare, Medicaid, financial management, or adult protective services. There is a suggested contribution.

For an appointment or if you have a question you can call the Area Agency on Aging at 607-337-1770.

I am a fruit always found in a group of 2. What am I?

Answer: A Pear

Why did the strawberry cross the road?

Answer: Because its Mom was in a jam!

What did the sea say to the shore?

Answer: Nothing, it just waved

What does a tree drink?

Answer: Root Beer!

**Everyone Needs Some Humor, Spread Some Laughter With Some Jokes!**



You're riding on a horse and you realize there is a lion chasing you and a giraffe in front of you. What do you do?

Answer: Jump off the merry-go-round!



**CHENANGO COUNTY FAIR SENIOR DAY!**

**THURSDAY, AUGUST 13, 2015 10AM - 4PM**

**FREE ENTRY TO THE FAIR FOR SENIORS ON 8/13**

**EXHIBITS, DAY-LONG ENTERTAINMENT, GIVEAWAYS AND ICE CREAM SOCIAL AND OF COURSE BINGO!**

Exhibits Open/Drawings Begin	10am
Jenni Larcher & Tom Murphy Perform	11am - 12 Noon
Mini Massages/Chenango Massage Therapy	11am - 1pm
Simon Solomon-Rogers Center	Noon
Lunch (with coupon) at the Grange Exhibit	11:30am - 1:30pm
Ice Cream Social - Gilligan's	1pm - 2pm
Tim Carr performs	1pm - 2pm
Final giveaways & drawings/Closing	4pm

## Prevent Hyperthermia A Hot Weather Hazard

Warm weather and outdoor activity generally go hand in hand. However, it is important for older people to take action to avoid the severe health problems often caused by hot weather. “Hyperthermia” is the general name given to a variety of heat-related illnesses. The two most common forms of hyperthermia are heat exhaustion and heat stroke.

### What can be done to prevent hyperthermia?

Drink plenty of liquids, even if not thirsty.

Dress in light-weight, light-colored, loose-fitting clothing.

Avoid the mid-day heat and do not engage in vigorous activity during the hottest part of the day (noon-4 PM).

Wear a hat or use an umbrella for shade.

If possible, use air conditioners liberally or try to visit air-conditioned places such as libraries, shopping malls, and theaters.

If not used to the heat, get accustomed to it slowly by exposing yourself to it briefly at first and increasing the time little by little.

Avoid hot, heavy meals. Do a minimum of cooking and use an oven only when absolutely necessary.

ASK your physician whether you are at particular risk because of medication.

**Heat exhaustion** is a warning that the body is getting too hot. The person may be thirsty, giddy, weak, uncoordinated, nauseous and sweating profusely. Heat exhaustion may be treated in several ways:

\*Get the victim out of the sun and into a cool place - preferably one that is air-conditioned.

\*Offer fluids but avoid alcohol and caffeine. Water and fruit and vegetable juices are best.

\*Encourage the individual to shower or bathe, or sponge off with cool water.

\*Urge the person to lie down and rest, preferably in a cool place.

**Heat stroke can be LIFE-THREATENING!** A person with heat stroke may exhibit symptoms of confusion, combativeness, bizarre behavior, faintness, staggering, and a strong rapid pulse, dry flushed skin, lack of sweating, possible delirium or coma. If the victim is exhibiting signs of heat stroke, seek **EMERGENCY ASSISTANCE IMMEDIATELY.**

Adapted from: “Hyperthermia- A Hot Weather Hazard for Older People”, U.S.DHHS, National Institute on Aging.





## Fourth of July Facts

- On the 4th of July, 1776, the Declaration of Independence was approved by the Continental Congress.
- Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776.
- The Declaration of Independence was actually a letter to King George that had been written on July 2 by Thomas Jefferson. It was a formal explanation of why the Continental Congress voted to declare independence from Great Britain. It was meant to justify a revolt against the British, with a list of charges against the British king.
- The first signature on the Declaration of Independence was John Hancock's. The myth is that he wrote his name large so that King George would be able to read it without his glasses.
- Three U.S. presidents actually died on July 4. Two of them passed away within hours of each other on July 4, 1826: John Adams and Thomas Jefferson. These two men had been political rivals and then friends later in life. The other President was James Monroe, who died July 4, 1831. One US President, Calvin Coolidge, was born on July 4.



### **The Older Americans Act: Aging Well Since 1965**

This year marks an important milestone in the history of how our country supports its older citizens. President Lyndon B. Johnson signed the Older Americans Act (OAA) into law in July 1965. Over the past 50 years, the OAA has provided the nation with programs that allow millions of older Americans to continue living and thriving in the communities of their choice for as long as possible.

Through a national network of aging services and funding, the OAA offers a wide range of supports, including home-delivered and congregate meals, caregiver support, preventative health services and elder abuse prevention.

While Chenango County Area Agency on Aging provides services to older adults year-round, this anniversary 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.

***The Mission of the Chenango County Area Agency on Aging is to advocate for, plan and provide a coordinated system of services designed to help county residents 60 years of age and older remain independent, secure and active in their community. The Chenango County Area Agency on Aging does not discriminate on the basis of race, color, creed, religion, age, sex, national origin or sponsor, or sexual orientation.***

**It's Harvest Season in New York State**  
**By Dina Lawson, Registered Dietitian**  
**Chenango County Area Agency on Aging 2015**

**New York has a variety of produce that can be purchased at your local farmers' markets and roadside stands.**

**Why eat local Fruits & Vegetables?**

The fruits and vegetables you buy at the farmers' market are the freshest and tastiest available. Fruits are allowed to ripen in the field and brought directly to you — no long-distance shipping, no gassing to simulate the ripening process, no sitting for weeks in storage. This food is as real as it gets — food fresh from the farm!

The food you buy at the farmers' market is seasonal. It is fresh and delicious and tastes like the true flavor of the food. Shopping and cooking from the farmers' market helps you to reconnect with the environment and nature in our region. As you look forward to strawberries in spring, sweet corn in the summer, and pumpkins in autumn, you reconnect with the earth, the weather, and the changing of seasons.

Fruits & vegetables are packed with many nutrients such as Vitamin A, Vitamin C, Calcium, Potassium, Folate, Fiber and powerful antioxidants.

So, enjoy your fresh fruits and vegetables this summer and support your local farmers!

**Grilled Zucchini & Squash**

Ready in 35 minutes

Servings: 6

2 Zucchini, halved lengthwise & cut in ¼ inch slices

1 Summer Squash, thinly sliced

½ cup butter

2 tbsp ground black pepper

2 tbsp garlic powder

Preheat grill to medium high heat

Place zucchini, squash on a large sheet of aluminum foil, and dot with butter. Season with salt, pepper and garlic powder. Seal vegetables in foil.

Place the foil pack on preheated grill, and cook 20 minutes, until vegetables are tender.

Nutrition Information: Calories per serving 158, Total fat 15.5g, Saturated Fat 9.75g, Dietary Fiber 1.2g, Protein 1.39g, Sodium 111mg.

Recipe revised from: [www.allrecipes.com](http://www.allrecipes.com)