



Website: www.co.chenango.ny.us

Email: chenaaoa@co.chenango.ny.us

Lawrence Wilcox, Chairman
Board of Supervisors

Brian Wessels
Director

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is Older American's Month (OAM), a time to celebrate the perennial contributions of older adults to the nation. The 2016 theme is **Blaze a Trail**, and in May we will take the opportunity to raise awareness about issues facing older adults, and highlight the way older Americans are advocating for themselves, their peers and their communities.

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older American Month is celebrated across the country through ceremonies, events, fairs and other such activities.



On May 10th, the New York State Office for the Aging will host the 2016 Senior Citizens Day event honoring the contribution older New Yorkers make to their communities through volunteering. Jeff Constable of Norwich has been chosen as Chenango County's 2016 awardee. Our congratulations and thanks to Jeff!

Thank You!

Educating, Empowering and Advocating for Long-Term Care Residents.

Are you good at problem solving and negotiation? Are you interested in learning more about the long-term care system? Long-Term Care Ombudsman Volunteers set aside a few hours each week to visit a local long-term care facility to help promote the quality of life for residents. Ombudsman advocate on behalf of residents and often work closely with residents, their families and facility staff to resolve problems to ensure the best quality of care. A free 36-hour training program is offered throughout the year for new ombudsmen.

The Ombudsman Program is an effective advocate and resource for older adults and persons with disabilities who live in nursing homes, assisted living and other licensed adult care homes. Ombudsman help residents understand and exercise their rights to good care in an environment that promotes and protects their dignity and quality of life.

Interested in volunteering? Please contact us at Action for Older Persons (607)722-1251 or visit our website for more information at www.actionforolderpersons.org.

Hiking Chenango County Donald A. Windsor, Norwich

The best way to see Chenango County is to hike through it. The exercise is beneficial; the scenery is superb, and the camaraderie is fun. Hiking is an ideal activity for seniors. I am 81 years old and most of my fellow hikers are eligible for Medicare.

We in the Bullthistle Hiking Club hold hikes in Chenango County every Sunday morning. They are at least 5 miles and in a different town each week. We pause to look at anything that amuses us: old stone structures, graveyards, birds, wildflowers, waterfalls, even picturesque junk. We also hold hikes on other days, but not on a regular schedule.

The famous Finger Lakes Trail extends 576 miles between the Catskills and the Alleghenies. Right here in Chenango County we have 72 miles of it, between Bainbridge and Lincklaen.

For more information, check our website www.bullthistlehiking.org or in Yahoo Groups search for bullthistlehikers. Or, contact me at windsorda@yahoo.com or 607-336-4628.



FRANK MIRABITO OF NORWICH TURNS 100!

Westside Senior Center celebrates Frank Mirabito's 100th birthday! Family and friends attended the Senior Center in February to enjoy lunch and birthday cake in honor of Frank Mirabito. Pictured here are Frank Mirabito and Bobbie Boyle.



Good Time Bus Tours
6852 Indian Opening Road
Bouckville, NY 13310

Call for info or to register 315-729-8323

Register online www.goodtimebustours.com

Email for info info@goodtimebustours.com

April 19 -- \$137 -- Samson at Sight and Sound Theater! The world's first superhero ... the strongest man who ever lived.... He killed a lion with his bare hands and defeated a thousand soldiers ... but he's not a hero because of the strength of his hands, he's a hero because of the faith in his heart! When Samson stands between two colossal columns in a godless temple and starts to push - an immersive scene that literally brings the house down! Includes lunch at Shady Maple Smorgasbord!

Deadline for payment: March 11, 2016

NOTE: No pick up available in Hamilton due to limited driver's hours

6:20 Pick up at Big M, 31 N. Main, Sherburne

6:40 am Pick up at Howard Johnson, 75 N. Broad St, Norwich

20 minute rest stop on route

11:30 am Arrive Shady Maple Smorgasbord, 129 Toddy Dr, East Earl, PA

1:10 pm Depart Shady Maple --

2:10 pm Arrive Sight and Sound Theater 300 Hartman Bridge Rd, Ronks, PA

5:30 pm depart Sight and Sound for home

6:00 pm fast food stop (on your own)

11:30 arrive Norwich

11:50 pm arrive Sherburne

May 26 – Cooperstown -- \$73 -- Enjoy a guided tour of Hyde Hall beginning with the newly re-modeled visitor center located in the estate's original gatehouse, Tin Top. This historic mansion was inspired by George Clarke who chose this site nearly two hundred years ago to experience grandeur in the country. Eat lunch at the Otesaga Resort! On the way home, stop at a winery to sample locally made craft wines, included in the price.

Deadline for payment May 5, 2016

May 26 - Cooperstown (Continued)

7:30 am Depart Clinton Arena, Clinton	2:30 Arrive at Winery
8:10 am Depart Big Lots, Hamilton	3:30 pm Depart Winery for home
8:30 am Depart Big M, 31 N. Main st, Sherburne	4:40 pm Arrive Norwich
8:50 am Depart Howard Johnson, 75 N. Broad St, Norwich	5:00 pm Arrive Sherburne
10:00 am Arrive Hyde Hall, Cooperstown	5:20 pm Arrive Hamilton
Noon Lunch at the Otesaga Resort	6 pm Arrive Clinton
2:00 pm Depart for Winery for wine tasting	

June 9 – The Wild Center – \$87 – Spend the day at the Wild Center in Tupper Lake! Come explore the exhibit halls, meet one of our many animals at an animal encounter, take a woodland walk down to the Raquette River, join us for a live show, or watch one of many amazing films produced by The Wild Center. Walk in the tree tops along the Wild Walk and enjoy lunch onsite, all included. Handicapped accessible.

Deadline for payment May 18, 2016

6:45 am Depart Clinton Arena, 36 Kirkland Ave, Clinton	4 pm Depart the museum for home
7:45 am Depart Tops Market, 71 Nelson St, Cazenovia	45-minute fast food stop
8:20 am Depart Big Lots, 102 Utica St, Hamilton	8:30 pm Arrive Hamilton
20-min. rest stop	9:10 pm Arrive Cazenovia
Noon Arrive The Wild Center, 45 Museum Drive, Tupper Lake	10pm Arrive Clinton

Sunday, June 19 Father's Day Trip on Erie Canal Cruise -- \$85 – INVITE YOUR FAMILY! Join us on a narrated Living History Cruise on the Erie Canal from Little Falls Marina through Lock 17, which was once the highest lift lock in the world! Our destination is the General Herkimer Home for a guided tour, chocolate making demonstration by costumed reenactors and a tent-lunch catered by Promise Land BBQ. A wagon ride is available from the dock to the Herkimer Home to those who don't want to walk.

Please pay \$10 deposit by April 4, 2016 so we can reserve our seats on the cruise – Herkimer Diamond Cruises is holding seats for us until then.

Deadline for Balance June 3, 2016

June 19 Father's Day Trip on Erie Canal (Continued)

8:40 am Depart Howard Johnson, 75 N. Broad St, Norwich
9 am Depart Big M, 31 N. St, Sherburne
9:25 Depart Big Lots, 102 Utica St, Hamilton
10:30 am Arrive Rotary Park Marina, 74 Southern Ave,
Little Falls for boat cruise, lunch and tour of Herkimer Home

Bus stays here
4 pm Depart Rotary Marina
5 pm Arrive Hamilton
5:25 pm Arrive Sherburne
5:45 pm Arrive Norwich

Tuesday, July 19 Saratoga Springs to North Creek Train Ride -- \$98 – All aboard in Saratoga for an hour-long train ride to the Adirondacks and back. A 3-hour layover allows us to eat lunch on our own (not included) at our choice of many establishments, shop at antique shops, fly fishing shops and country stores such as the *Hudson River Trading Company* or the *Moose Mud Fudge and Sweet Shop* and then go as a group to tour the *Barkeater Chocolate Factory*! Ride a shuttle throughout the town free of charge. A museum at the depot tells the story of Teddy Roosevelt's midnight ride to the Presidency.

Deadline for payment: June 28, 2016

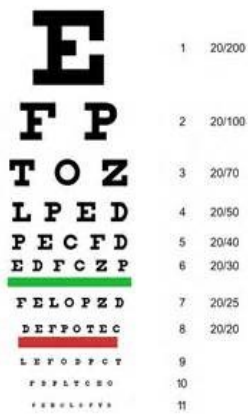


Staff Spotlight!

In each edition of the Bullthistle we will be introducing you to a member of our staff.



Roe Pucci is the secretary for the Area Agency on Aging working with our Director, Brian Wessels and also working with Legal Services. She has been a resident of Norwich for eleven years. She has enjoyed the many conversations with clients and assisting with the different programs the agency has to offer. In her free time she loves spending time with her 4 grandchildren, dogs and shopping.



Vision Support Group

Where: YMCA - 68 N. Broad Street, Norwich

When: 1 - 3pm EVERY FIRST THURSDAY

Call AVRE (Association For Vision Rehab)
for more info at 607-724-2428

MAY IS NATIONAL BLOOD PRESSURE MONTH!

What do my blood pressure numbers mean?

117 Systolic - The top number, which is also the higher of the two numbers, measures the pressure
76 in the arteries when the heart beats (when the heart muscle contracts).

Diastolic - The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).

What is the American Heart Association recommendation for healthy blood pressure?

Blood Pressure Category	Systolic (upper #)		Diastolic (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 - 139	or	80-89
High Blood Pressure (Stage 1)	140 - 159	or	90-99
High Blood Pressure (Stage 2)	160 or higher	or	100 or higher
Hypertensive Crisis (EMERGENCY CARE NEEDED)	Higher than 180	or	Higher than 110



*** YOUR DOCTOR SHOULD EVALUATE UNUSUALLY LOW BLOOD PRESSURE READINGS**

April Is Stress Awareness Month!



Random Facts About Stress.....

- ◇ Stress has been called “the silent Killer” and can lead to heart disease, high blood pressure, chest pain, and an irregular heartbeat.
- ◇ Stress causes capillaries to close, which restricts bleeding if a flesh wound should occur.
- ◇ Chronic stress floods the brain with powerful hormones that are meant for short-term emergency situations. Chronic exposure can damage, shrink and kill brain cells.
- ◇ Stress makes the blood “stickier, in preparation for an injury. Such a reaction, however, also increases the probability of developing a blood clot.
- ◇ Chronic stress increases cytokines, which product inflammation. Exposure to constant inflammation can damage arteries and other organs.
- ◇ Stress can alter blood sugar levels, which can cause mood swings, fatigue, hyperglycemia and metabolic syndrome, a major risk factor for heart attack and diabetes.
- ◇ Stress can result in more headaches as a result of the body rerouting blood flow to other parts of the body.
- ◇ The hyper-arousal of the body’s stress response system can lead to chronic insomnia.
- ◇ Laughing lowers stress hormones (like cortisol, epinephrine, and adrenaline) and strengthens the immune system by releasing health-enhancing hormones.
- ◇ Research has shown that dark chocolate reduces stress hormones such as cortisol and other fight-flight hormones.

facts.randomhistory.com

M - O - T - H - E - R

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be,
Put them all together, they spell
"MOTHER,"

A word that means the world to me.

Howard Johnson (c. 1915)



Sunday, May 8, 2016

TIPS AND TECHNIQUES FOR DEALING WITH STRESS

Change is an expected part of our daily lives today. Dealing with it so that YOU control IT rather than vice versa is an important and positive force in controlling your life. Try a few of these tips.

1. Accept what you cannot change. Change what you can, if it bothers you. But, if you cannot change it, learn to live with it.
2. Face up to your problems. Sort them out, and see which ones are real and which are simply imagined. Deal with them as they are, and not what you think they are.
3. Deal with one problem at a time. Sort out your priorities, and deal with them in the order of their importance to you.
4. Be flexible. Give in once and a while. If you do, others will too.
5. Don't hold all of your worries inside yourself-talk it out. Frequently we swallow our unhappiness (along with candy, cake, ice cream, etc.) because we can't let the problems out. Talk to someone. A burden shared is much less a burden.
6. Work off stress. Physical outlets for stress help your body to fight off many of the negative results of stress.
7. Get enough rest/relaxation/sleep. Give your body a chance to recover from day to day. Lack of sleep and rest will only make matters worse for you.
8. Avoid "self medication." A "spoonful of sugar" may make the "medicine go down," but it does your body no good. Sugar, alcohol, nicotine, and ice cream may all feel good going down, but they make matters worse-from the inside. They add to your body's physical stresses, thus making dealing with external stresses much harder.
9. "Take time to smell the roses." Have some fun. RELAX.
10. Think about and do something for others. A little altruism never hurt. It even makes people feel better about themselves
11. Be the "captain of your ship." If you are not happy with your life, think about what's wrong or missing, and then plan the necessary actions to change it to coincide with your needs and desires for your life.
12. Work on your relationships with those who share your life. Don't hold back your feelings. Share them with your family and friends and co-workers. It can help to decrease tensions.



Chenango Health Network Receives \$60,000 Grant from Avon Breast Health Outreach Program for its *Every Woman in Chenango County Counts Campaign*

Local Organization Recognized With Support From National Program

Norwich, NY January 27, 2016 – The Avon Breast Health Outreach Program has awarded a \$60,000 one-year grant to Chenango Health Network to increase awareness of the life-saving benefits of early detection of breast cancer and to assure that women in Chenango County are screened and receive follow-up care. It is the twelfth year that Chenango Health Network has received funding from the Avon Breast Cancer Crusade to support its work on this important health issue, and in recognition of the program's excellence.

Chenango Health Network's *Every Woman Counts in Chenango County Campaign* is a local community-based effort to encourage and help women to have breast cancer screenings. Campaign staff and volunteers conduct outreach activities, recruiting women throughout Chenango County to participate in the Campaign. Upon joining the Campaign women agree to follow through with their cancer screenings and to be contacted by Chenango Health Network staff for regular reminders and follow-up inquiries. Chenango Health Network staff help women who are uninsured or underinsured enroll in the NYS Cancer Services Program so they may obtain necessary screenings. CHN staff also help women in need of additional imaging services, biopsies, treatment or second opinions to identify appropriate health care providers. More than 650 Chenango County women are actively participating in this program.

Breast cancer is the most common form of cancer in women in the United States. According to the New York State Department of Health, almost 14,900 new cases of breast cancer will be detected in New York State this year. While advances have been made in prevention, diagnosis, treatment and cure, early detection still affords the best opportunity for successful treatment. Programs such as the *Every Woman Counts in Chenango County Campaign* help ensure that all women have access to early detection information, screening and follow-up.

“We are proud that the Avon Foundation for Women shares our mission and has chosen to support our program. With these funds we will be able to continue with our local efforts to promote early detection and help women who are diagnosed with breast cancer,” said Lori Kemmerer, Cancer Outreach Program Coordinator.

Since 1993, the Avon Breast Cancer Crusade has awarded more than 1,800 grants to community-based breast health programs across the United States, including Every Woman Counts in Chenango County Campaign at Chenango Health Network. The Avon Breast Cancer Crusade awards funding to beneficiaries ranging from leading cancer centers to community-based grassroots breast health programs to support breast cancer research and access to care. Many programs are dedicated to educating underserved women about breast cancer and linking them to early detection screening services. Visit avonbhop.org for more information.

The Avon Breast Health Outreach Program is administered by Cicitelli Associates Inc. to support community-based, non-profit breast health programs across the country. The Fund's National Advisory Board selected the Every Woman Counts in Chenango County Campaign at Chenango Health Network as one of 56 new grant recipients nationwide in the 2016 cycle of Avon Breast Health Outreach Program grants. These organizations were chosen based on their ability to effectively reach women, particularly minority, low-income, and older women, who are often medically underserved.

For More Information

For more information on the *Every Woman Counts in Chenango County Campaign* at Chenango Health Network, please call Lori Kemmerer at 607/337-4128 or go to www.chenangohealth.org. For more information about breast cancer, contact the American Cancer Society at 800/ACS-2345 or www.cancer.org.

To learn more about the Avon Breast Cancer Crusade visit www.avonbhop.org. For information or to register or support the Avon Walk for Breast Cancer events, visit www.avon39.org.

USDA Rural Development -Section 504 Repair Loan/Grant Program

Is your home in need of repairs and do you live in a rural area? Are you on a fixed income and have maybe put off these repairs because you do not have sufficient cash reserves or affordable financing? If you answer yes to these questions, the United States Department of Agriculture (USDA) Rural Development (RD) may be able to assist you with a low cost loan or grant.

USDA RD's Section 504 Home Repair program provides loan and grant assistance to very-low-income homeowners in rural areas. Loans up to \$20,000 can be extended to make repairs, improve or modernize homes. A one percent fixed interest rate for a maximum term of 20 years affords eligible homeowners the opportunity to make home improvements they have been planning, but perhaps thought they could not afford. Under these terms, a \$5,000 loan would have a monthly payment of just \$23!

Grants are available to seniors age 62 or older who do not show repayment ability for a Section 504 loan. Grants are limited to a lifetime assistance of \$7,500 and must be used to remove health and safety hazards or make a home handicap accessible. In some instances, grant assistance can be combined with a loan. USDA does not take a mortgage or lien on properties where grant assistance is provided or for loans under \$7,500.

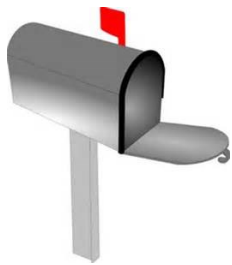
To pre-qualify and determine program eligibility, we encourage potential applicants living in Chenango County to reach out to our Cortland Rural Development Office located at 1 N. Main Street, Cortland, NY 13045 by calling (607) 753-0851 Ext. #4 or (315) 477-6447 (TDD). To also review income and property eligibility, please visit <http://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do>

Improving the quality of life and increasing economic opportunity for residents of rural America is the primary goal of Rural Development. Our Section 504 Home Repair Program can help very low income residents of Chenango County repair, modernize and improve the energy efficiency of their homes. We look forward to assisting you!

USDA is an equal opportunity provider, employer and lender.



Sunday, June 19, 2016!



Dear Marci



I recently went to see my doctor to receive some preventive care screenings, and wanted to get an EKG test. My doctor said that Medicare might not cover this test, and gave me something to sign called an Advance Beneficiary Notice. I am unsure whether I should sign this notice. What is the purpose of an Advance Beneficiary Notice?

-Charles (Phoenix, AZ)

Dear Charles,

An Advance Beneficiary Notice (ABN) is a notice you should receive when a provider or supplier offers you a service or item that Medicare normally covers but may not cover for you. Know that ABNs only apply to people with Original Medicare; people with Medicare Advantage plans will not receive an ABN.

The ABN must list the reason that your doctor thinks Medicare will not cover the EKG. The notice serves as a warning that Medicare might not pay for your care; it is not an official determination from Medicare about whether or not care is covered. It may still be possible to get Medicare to cover your care if you agree to pay for it if Medicare formally denies payment.

If you receive an ABN but decide to move forward with the item or service, you must select Option 1 on the ABN form. Option 1 says you agree to pay for care in the event Medicare denies coverage. It also requires your provider to submit the bill to Medicare after providing you care. If you do not select Option 1, you will have no chance of Medicare coverage because your provider will not be required to submit the bill to Medicare.

You will know if the service is covered by checking the claim on your Medicare Summary Notice (MSN). An MSN is a summary of the health care services you have received over the past three months, and it describes whether Medicare has covered these services. If the claim is denied, you can appeal by following the directions on the MSN. If the claim is approved, the MSN will say how much you owe. If you paid the provider more than that, the provider must refund you the excess amount.

Keep in mind, by agreeing to get care and signing Option 1 on ABN, you must be willing to pay upfront for care at the time you get it and you risk being responsible for all charges if Medicare denies payment. In some cases, this can amount to a significant bill. If you receive an ABN, be sure to discuss your options for care with your provider.

-Marci



NY Connects Chenango provides free, unbiased information and assistance to access long-term care services. It is a trusted place where you can get the resources needed to make an informed decision regarding long-term care. Long-term care can be provided at home, in the community, in assisted living facilities, or in nursing homes. However, our primary goal is to help individuals remain in their homes as long as possible.

NY Connects of Chenango County
5 Court Street
Norwich, NY 13815 607-337-1659 or 1-877-337-1659

HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
APRIL - MAY - JUNE 2016

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:

04/13/16 - Celebrate Birthdays
05/11/16 - Celebrate Birthdays
05/30/16 - Memorial Day
 Site & Office Closed
06/15/16 - 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), Cross-
word Puzzles, Word Searches, Trivia Plus
and Bingo on Thursday

Special Activities:

04/13/16 - Celebrate Birthdays
05/11/16 - Celebrate Birthdays
05/19/16 - Evening Dine
05/30/16 - Memorial Day
 Office and Site Closed
06/15/16 - Celebrate Birthdays

NEW BERLIN(607) 847-6350

Unadilla Valley Senior Center
First United Methodist Church
51 S. Main Street
New Berlin, NY 13411
Hours: Tues & Thurs 10-2pm
Lunch Served at Noon

Daily Activities: Cards (Pitch & Golf) and
Puzzles

Special Activities:

04/12/16 - Celebrate Birthdays
05/10/16 - Celebrate Birthdays
05/30/16 - Memorial Day
 Site and Office Closed
06/14/16 - 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:

04/12/16 - Celebrate Birthdays
05/10/16 - Celebrate Birthdays
05/30/16 - Memorial Day
 Office and Site Closed
06/14/16 - Celebrate Birthdays



HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
APRIL - MAY - JUNE 2016

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 Puzzle

Special Activities:

04/13/16 - Celebrate Birthdays
05/11/16 - Celebrate Birthdays
05/30/16 - Memorial Day
 Site & Office Closed
06/15/16 - Celebrate Birthdays

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

04/22/16
05/20/16
06/24/16

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
04/07/16
04/21/16
05/05/16
05/19/16
06/09/16
06/23/16

VOLUNTEER RECOGNITION DAY!

APRIL 20TH!

Volunteer Recognition Day honors the legions of volunteers who dedicate themselves to causes and helping others. They are making big and small differences in the lives of millions of people all over the world. They are saving lives. They are improving lives and providing comfort. They assist people, animals, and nature.

Most volunteers do not ask for recognition. They just want to help and to “give back” where they can.

Celebrate this “Volunteer Recognition Day” by:

- * Thanking volunteers for their work
- * Getting involved yourself in a volunteer activity
- * Donating to a volunteer group

Volunteers are keeping a big secret from those that don’t volunteer. Volunteer activities are energizing and rewarding. It is lots of fun and a chance to form new friendships. Try it and you will see! For volunteer opportunities through the Agency on Aging call 607-337-1770.



Interpretation Services Available

Chenango County Area Agency on Aging offers interpretation services for more than 200 languages. To inquire about our agencies services for the aging at no cost to you, please call (607) 337-1770.

Chenango Condado Agencia de área sobre el envejecimiento ofrece servicios de interpretación para más de 200 idiomas. Para solicitar información sobre nuestros servicios de agencias para el envejecimiento sin costo para usted.

希南戈县地区机构老龄问题提供超过 200 种语言的口译服务。来电咨询有关我们机构服务的无代价地你衰老.

Chenango County Area Agentur auf Alterung bietet Dolmetschdienste für mehr als 200 Sprachen. Über unsere Agenturen-Dienstleistungen für das Altern ohne Kosten für Sie zu erkundigen.

Springtime Words Game

Flowers that bloom in early spring _____

Bird that people associate with the beginning of spring _____

Small shrub or tree with large, gray, silky flowers _____

Yellow flowers seen starting in spring that everyone want to get rid of _____

People fly these on breezy days _____

The sugar maple tree is the source of the sap that's used to make this food _____

Annual tradition done this time of year in most households _____

This type of worm is one that gardeners love to find in the soil _____

Items worn or used when it rains _____

Team sport played in spring _____

ANSWERS: SNOW DROPS OR CROCUS, ROBIN, PUSSY WILLOW, DANDELIONS, KITES, MAPLE SYRUP, SPRING CLEANING, EARTH WORM/NIGHT CRAWLER, UMBRELLA/RAINCOAT/BOATS, BASEBALL

Remain Independent in Your Home. Improve your balance



Stepping On

A Wellness Workshop to Prevent Falls

Spring 2016

**Berean Bible Church, 109 County Road 2,
Greene, NY 13778**

Thursdays, June 16th – July 28th, 10 – 12 Noon

This evidence based program meets for 2 hours each week for 7 weeks. Participate in strength and balance training exercises taught by Registered Nurses and Physical Therapists. Increase your fall prevention awareness by learning about vision changes as you age and medications that can affect your balance. Ideas to improve your home safety, bone health, nutrition and footwear plus much more will be discussed. Come, socialize and have fun while you learn what you need to do to maintain your independence. Refreshments will be served. The \$35 registration fee covers all classes and the program exercise manual. Caregivers attend for free with a registered participant. Workshops held at accessible meeting rooms.

For registration information

Call Diane - 757-0750 or Donna - 765-4180

Program facilitated by Independence Awareness Inc. in partnership with Broome County Health Department, Broome County Office for Aging and Chenango County Area Agency on Aging. Special thanks to Berean Bible Church for their support and use of their meeting room.

June is National Dairy Month!

By Dina Lawson, Registered Dietitian, Chenango County Area Agency on Aging
Bullthistle April May June 2016

National Dairy Month started out as National Milk Month in 1937.

- The purpose for this day was to promote drinking milk!
- Since that time, the Dairy Council changed the name to National Dairy month.
- The Council has now developed June into an annual tradition that celebrates the importance of the Dairy Industry.
- It also promotes the health and nutrition benefits of dairy foods.

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

- Here are just a few of these nutrients found in milk:
- Calcium, Vitamin D, Potassium, and Phosphorus help reduce the risk for high blood pressure and osteoporosis.
- Vitamin A in dairy helps maintain healthy skin.
- Protein helps to build and repair muscle tissue

So how much dairy should a person get? Just remember to get a minimum of “3-A-Day.”

- “3-A-Day” means consuming 3 standard servings of a dairy food or beverage every day.
- A standard serving of dairy can include any of the following:

1 cup milk (preferably low-fat or skim)

6 oz yogurt

1 oz of Cheese

- Three servings a day of dairy can be any combination of milk, yogurt or cheese.
- **Source:** The National Dairy Council, <http://www.idfa.org>.

Try This Dairy Recipe!

Strawberry Banana Yogurt Parfait. Source: www.allrecipes.com.

1/2 cup Sliced Strawberries, fresh

1/2 Medium Banana, Sliced

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

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

Try these variations:

Add fresh blueberries in season! Add raisins if fresh fruit isn't available.

Add Granola, wheat germ or flax seed to get extra fiber and Omega-3 fats.

If you have a blender, mix all ingredients together to make a smoothie! You may have to add milk or water to thin down the consistency in the blender.

