

The Bullthistle Bulletin

Quarterly Newsletter July-August-September 2016

Chenango County Area Agency on Aging

5 Court Street
Norwich, NY 13815
607-337-1770



Website: www.co.chenango.ny.us

Email: chenaaoa@co.chenango.ny.us

Lawrence Wilcox, Chairman
Board of Supervisors

Brian Wessels
Director

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.

2016 eligibility requirements are:

60 years of age or older; AND
My monthly income is at or below
\$1832/month for one-person household,
\$2470/month for a two-person household,
\$3108/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. New this year you can get more than one per household per eligible senior.

Cooking Matters at the Store for Adults

Cooking Matters at the Store is a guided tour through a local grocery store. The purpose of this tour is rooted in the primary goal of the program's creator Share our Strength, which looks to fight hunger in our nation. Participants are educated on how to get the most nutrition for their grocery budget. Four main skills are taught during these tours: appropriately reading food labels, comparing unit prices of food, finding whole grain food items, and identifying 3 ways to buy vegetables. Participants will receive a reusable grocery bag, a booklet with tips and recipes, and a \$25 gift card. These guided tours will be offered at Tops Markets, every Tuesday and Wednesday by appointment during September, beginning September 6th. Seniors can receive additional savings as this coincides with Tops' Young at Heart program. For more information or to register, please call: 607-337-1660.



<http://cookingmatters.org/at-the-store>

MARK YOUR CALENDARS!



July 15 - 24, 2016
8 AM - 5 PM

Norwich High School Complex
89 Midland Drive, Norwich, NY

NO cost for services **NO** income, insurance or residency requirements

By Appointment Only

Dental*

cleaning, fillings, simple extractions

Vision*

vision exam, tests for cataracts,
glaucoma, macular degeneration,
no-cost single-vision glasses

Veterinary**

spay/neuter for cat & dogs

**To schedule dental or vision
appointments, call (607)337-4320*

***Scheduling for veterinary appointments,
is not available at this time*

Walk-in Services

Medical Services

basic medical screening, diabetes,
blood pressure and vital signs assessment,
school and sports physical,
prescription consult

Rabies Vaccines - dogs & cats



Volunteers

Contact Chenango United Way
(607)334-8815
<http://volunteer.chenangouw.org/aem>

For more info

greaterchenangocares@gmail.com
www.facebook.com/GreaterChenangoCares



**HAPPENINGS AT OUR SENIOR CENTERS
CHENANGO COUNTY AREA AGENCY ON AGING
JULY-AUGUST-SEPTEMBER 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:
 07/04/2016 - Office & Site Closed/4th of July
 07/13/2016 - Celebrate Birthdays!
 08/10/2016 - Celebrate Birthdays!
 09/05/2016 - Office & Site Closed/Labor Day
 09/14/2016 - 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

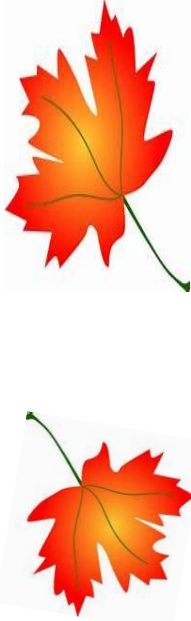
Daily Activities: Cards (Tues/Fri), Crossword Puzzles, Word Searches, Trivia Plus and Bingo on Thursday

Special Activities:
 07/04/2016 - Office & Site Closed/4th of July
 07/13/2016 - Celebrate Birthdays!
 Salad Bar
 07/27/2016 - Salad Bar
 08/10/2016 - Celebrate Birthdays!
 Salad Bar
 08/24/2016 - Salad Bar
 09/05/2016 - Office & Site Closed/Labor Day
 09/14/2016 - Celebrate Birthdays!
 Salad Bar
 09/28/2016 - Salad Bar

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:
 07/12/2016 - Celebrate Birthdays!
 08/09/2016 - Celebrate Birthdays!
 09/13/2016 - 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:
 07/12/2016 - Celebrate Birthdays!
 08/09/2016 - Celebrate Birthdays!
 09/13/2016 - Celebrate Birthdays!



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

Special Activities:

07/04/2016 - Office Closed/4th of July
 07/13/2016 - Celebrate Birthdays!
 08/10/2016 - Celebrate Birthdays!
 09/05/2016 - Office Closed/Labor Day
 09/14/2016 - 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

07/22/2016

08/19/2016

09/23/2016

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

07/07/2016

07/21/2016

08/04/2016

08/18/2016

09/08/2016

09/22/2016

POSITIVE THINKING DAY!

SEPTEMBER 13TH

This day is all about attitude...a positive attitude.

The power of positive thinking is absolutely astounding. Medical research confirms that a positive attitude works wonders at fighting disease and ailments, from the common cold to cancer. People with an "I think I can" attitude, are far more likely to succeed at work, and in accomplishing every goal they set in life.

Have a happy ***Positive Thinking Day!*** We just know you're going to have a spectacular day.



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

Staff Spotlight!

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



Hello, my name is Joanne Clark. I am the face you see at the front desk of the Area Agency on Aging and the voice that answers the phone most times. I live in Harpursville, NY. I have 3 children, Steven 29, Kelly 25 and Thomas 22 and a husband, Ron.

My favorite things to do are anything having to do with horses and reading murder mystery books. I recently started exercising at the gym and really enjoy it too.

I enjoy working at the Area Agency on Aging, everyday is something different and all of our clients are special.



Dear Marci



A few years ago, Original Medicare covered some of the costs of a walker I was prescribed for use in my home. My doctor recently gave me a prescription for oxygen equipment. Is this durable medical equipment like my walker, and will Medicare help pay for it?

Does Medicare cover oxygen equipment?

-Samir (Dearborn, MI)

Dear Samir,

Yes, oxygen equipment is considered durable medical equipment (DME), and Medicare will help cover its costs. Specifically, Medicare Part B covers DME as long as the equipment is:

- Durable, meaning you can use it again
- To help your medical condition
- Meant for use in your home, although you are also allowed to use it outside of the home
- Likely to last for three years or more

It is important to note that Medicare only pays for DME if you get it from the right kind of supplier. For Original Medicare, this depends on where you live. If you live in a region that is part of the competitive bidding demonstration, you will have to get your DME from a supplier that participates in the program. If you live in a region that is not part of the demonstration, you must get your DME through a supplier that has approval from Medicare. You can find a Medicare-approved supplier by visiting www.medicare.gov/supplier. Note that if you have a Medicare Advantage Plan you should contact your plan to find a certified supplier.

Although supplier restrictions are the same for oxygen equipment as for other types of DME, other coverage rules are different so the process for getting your oxygen equipment will be different from the process you used for getting your walker.

Unlike other types of DME, oxygen equipment is always rented in a five-year cycle. Medicare will pay the supplier a monthly rental fee for the first 36 months. The fee includes all equipment, oxygen, and supplies. You must pay 20 percent of each month's rental fee. For the next 24 months, the supplier must allow you to keep the equipment, but Medicare rental payments stop. You pay no more rental fees, although the supplier still owns the equipment. Also, if you use oxygen tanks or cylinders, you must pay a 20 percent coinsurance for liquid or gaseous oxygen each month.

Finally, at the end of five years, you will have the choice to either get new oxygen equipment from your supplier or change to a different supplier.

Throughout this five-year period, the supplier must keep your equipment in good working order. During the first 36 months of the rental period, the supplier must provide you with supplies and maintenance free of charge. During the last 24 months of the rental period, providers are allowed to bill you for in-home maintenance visits every six months.

-Marci

Moving in With Family: Issues to Consider

By Helen Hunter, ACSW, CMSW

Too often, the decision to move into a family member's home is made when a crisis develops or as a last resort. Sudden illness or injury strikes and the family is left without a plan for long-term care for their loved one. Experts suggest that all families discuss the possibility of the need for long-term care, and the possibility of family members living together as a solution to the daily care situation. The following are some items to discuss with all members of the family before making such a move.

Accessibility

Is the home "elder friendly"? It is necessary to review the set up of the home, in terms of stairs, additional bedrooms, bathrooms and general safety issues. If home modifications are needed, they should be completed prior to the move.

Care

How much care will the relative require? Daytime supervision, medication management, meal preparation and entertainment are just a few examples of important issues to consider. Assess the level of assistance needed now and in the foreseeable future. If the relative is in poor health, who will be in charge of providing the care? Will other family members share in the caregiving duties? Establish basic rules and a care routine to help prevent conflicts and caregiver burnout.

Emotions

How do family members get along with each other? How are conflicts dealt with? All families have their share of problems and each family handles them differently. The loss of independence is difficult for anyone and reactions or behavior change is to be expected. It is important to be able to talk about how everyone is feeling and encourage the relative to continue with a life of their own. Communication skills, including active listening, are necessary in handling and resolving conflicts successfully.

Finances

How will the change in household expenses be handled? An increase in family size usually means an increase in family expenses. Will the relative contribute? Are there other family members who can help with financial support?

Responsibilities

What is expected of the relative? What responsibilities will they have for care of the home? If there is a separate apartment, will everyone dine together? What about family outings - will the relative always be included?

Avoid the feeling that the situation is permanent.

Start with a limited "trial period," then review the situation.

Moving in With Family: Issue to Consider (Continued)

Once the move has been made to live together, it is very important for all family members to have continual open and honest communication with each other on all matters. Don't hold in your feelings-both positive and negative feelings need to be shared.

If the health condition of the relative changes, and additional care is needed, it is crucial for the family to review the daily plan. If the situation requires help outside the family, there are a number of alternatives that the family and the relative can explore together. Make sure that the relative is included in decision making, if they are able. Some other options for care include: daily home health aide or homemaker care, which would also provide respite relief for family caregivers, home based community care programs, friends and neighbors, church outreach programs and dividing the care responsibilities among the family by rotating care, with the relative going to others' homes, or by allowing other relatives to come into the home to provide the daily care.

Families who maintain open and honest communication and are willing to share in the financial and caregiver responsibilities for a needy relative can successfully reside together in the same home. Support can and should be a two-way street. Where better to get the daily support that we all need than from our family!

www.caregiver.com

August 16th is National Tell a Joke Day!

Make Someone Smile!

As a scarecrow, people say I'm outstanding in my field
But hay, it's in my jeans!

What did the left eye say to the right eye?
Between you and me something smells!

Why did the banana go to the doctors?
Because it was not peeling well

What did the red light say to the green light?
Don't look, I'm changing!



Try This Healthy Recipe!

Provided by Dina Lawson, Registered Dietitian

Roasted Brussels Sprouts, Carrots, Fennel and Parsnips

Serves: 2 – 4

Prep time: 20 mins

Total Time: 45 – 1 hr

Ingredients:

- 3 Carrots, Peeled and cut into bite size pieces
- 1/4lb Brussels sprouts, cut into quarters
- 2 Parsnips, peeled and cut into bite size pieces
- 1 Medium size Fennel (Anise)
- 1 Small red onion
- 1 Sweet onion
- Salt and pepper to taste
- Olive Oil to taste



Directions:

Preheat oven to 450*

Wash Carrots, Brussels sprouts, parsnips, fennel

Peel carrots and parsnips and cut into bite size pieces

Cut fennel, Brussels sprouts, red and white onion

Toss all of the vegetables in a 9 x 13 baking pan with olive oil, salt and pepper

Roast on the center rack of the oven for about 40 mins to an hour, or until tender.



SENIOR DAY AT THE FAIR!

THURSDAY, AUGUST 11, 2016 10AM - 4PM

FREE ENTRY TO THE FAIR FOR SENIORS 60 AND OLDER ON AUGUST 11

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

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE 4785 SPACE	49	63
5	23	35	58	73
3	30	32	52	75



Mindful Dining: Food for Thought

Liquid Sugar:

How much sugar are YOU drinking?

What you drink is as important as what you eat! Many popular beverages are low in nutrients, but high in calories and sugar. They are often sold in large, multiple-serving bottles, making it difficult to know how many calories we are drinking!

Did you know?

The recommended daily intake for added sugar is no more than 6g for women and 9g for men!

Be informed; check the nutrition label!

1. How many servings does that beverage provide? Will I drink the entire bottle?
2. How many grams of **sugar** does the beverage contain?
3. Check your recommended daily intake. Remember, daily “added sugar” can be consumed via beverage or sweet foods!

1 sugar packet/cube = 4g of sugar = 1 teaspoon = 16 calories!





EARLY REMINDER!
OPEN ENROLLMENT IS
OCTOBER 15 - DECEMBER 7
AS TIME GETS CLOSER CALL
607-337-1770 FOR AN
APPOINTMENT



Searching for Volunteers:

The Long-Term Care Ombudsman Program (LTCOP) is designed to assist residents in long-term care facilities who have many questions or concerns about their rights as residents, the facility's policies and procedures, home and community services, etc. New York State Certified Volunteer Ombudsman visit an assigned facility a minimum of two hours a week to assist the elderly with these questions and concerns by educating the resident. The Ombudsman empowers the resident by encouraging them to speak for themselves. If a resident is uncomfortable with speaking with the facility staff, the Ombudsman can advocate on their behalf and investigate into any issues that they may have. Educating, empowering, and advocating, this volunteer role is essential to ensuring the resident's receive quality care and quality living.

To continue to ensure these resident's voices are heard we are asking those in the communities of Broome, Chenango, Tioga, and Delaware counties to volunteer to become a Certified Ombudsman. In the fall of 2015 the Ombudsman program was arranged into 15 regions. Due to this regional model our office absorbed both Chenango and Tioga counties' programs and there is now a great need of Certified Volunteer Ombudsman in these two regions. We also have need for volunteers in Delaware and Broome Counties. If you or someone you know is interested in a rewarding volunteer opportunity, please feel free to contact our LTCOP Coordinators, Rebecca Bradley or Morgan White at Action for Older Persons by phone (607)-722-1251 or by e-mail mwhite@actionforolderpersons.org.

EDUCATING THE EDUCATORS

On June 1, the Chenango County Retired Teachers had their annual spring luncheon at the Old Mill Restaurant in Mt. Upton. CCRTA is the county unit of NYSRTA (state organization). This is the only educator's organization that exists solely for retired educators. It is open to all retired administrators, teachers, and teacher assistants from the county's nine school systems including Afton, Bainbridge-Guilford, Gilbertsville – Mt. Upton, Greene, Norwich, Otselec Valley, Oxford, Sherburne-Earlville, and Unadilla Valley. Spring and fall luncheons highlight the year. Three newsletters are sent out to members each year, and service projects are undertaken, such as last fall's school supplies collection. In addition, advocacy on behalf of educational retirees is undertaken. One benefit is the financial assistance that can be provided through the friendly service arm of the organization. This committee also keeps track of birthdays, deaths, etc. of all members.

After the usual business meeting, and before the fantastic feast the Old Mill is famous for, the program highlight was Jane Muserilli from the Agency on Aging. In a well-constructed thirty minute presentation she gave an overview of services available, the latest in health care information, and services seniors have access to through the Agency on Aging. These services will help seniors survive these risky times of scams and intrusions into our technology. The message is clear! If you are a senior citizen, you don't have to "go it" alone. Call the Chenango County Agency on Aging. They will help or find the proper service to meet your needs. As many in attendance attested, "All the staff, like Jane, are helpful and caring". Don't be a lone wolf, try them – you'll like them!

4th of July Trivia

Q: How many people signed the Declaration of Independence on July Fourth? **A: 2**

Q: What day did most signers of the Declaration of Independence actually sign the document?

A: August 2, 1776

Q: Do you know which president was born on July 4? **A: It was Calvin Coolidge, the 30th president**

Q: Which three presidents died on the Fourth of July?

A: John Adams, Thomas Jefferson and James Monroe.

Q: When were fireworks first used to celebrate July Fourth? **A: 1777. Congress chose fireworks**

Q: How many people lived in the U.S. when the Declaration was signed? **A: 2.5 million**

Q: Which newspaper first printed the Declaration of Independence? **A: The Pennsylvania Evening Post**



Turning 65? Here's what you need to do to receive your benefits...

Q: I will turn 65 this year. What decisions do I need to make?

A: For most people, turning 65 brings big changes in health coverage. You can sign up for Medicare anytime from three months before to three months after the month you turn 65. If you're already receiving Social Security benefits, you'll automatically be enrolled in Medicare Part A and Part B when you turn 65 and will receive your Medicare card in the mail three months before your 65th birthday. If you're still working and don't want Part B yet, you can send back the card and have it reissued for Part A only.

If you haven't claimed Social Security benefits yet, you'll need to take steps to enroll in Medicare. If neither you nor your spouse has employer health coverage, you should sign up for Part A and Part B. For an online application, even if you aren't signing up for Social Security, go to the Social Security website (www.ssa.gov/medicare).

If you don't have retiree health insurance, you'll probably want a Medicare supplement policy (also known as Medigap) to help cover Medicare's co-payments and deductibles and a Part D drug plan to cover prescription drugs. Or you can get a Medicare Advantage plan, which provides medical and drug coverage from a private insurer. You have six months after you sign up for Medicare Part B to pick a Medigap policy (after that, you can be denied or charged more for Medigap because of your health). Most state insurance departments have price lists for the Medigap plans available in different areas (see www.naic.org for links). You can also find helpful information from the Medicare Rights Center at www.medicarerights.org.

You can sign up for Part D when you enroll in Medicare Part B or, if you have other drug coverage (such as through an employer plan), you generally have 63 days after losing that coverage to sign up for a Part D plan without paying a late-enrollment penalty. Or you can enroll in a Medicare Advantage plan when you enroll in Part B or after losing other coverage.

You can also switch to another Part D or Medicare Advantage plan during open enrollment every year from October 15 to December 7. Shop for plans available in your area with the Medicare Plan Finder (www.medicare.gov/find-a-plan). You can get help with your decisions from your State Health Insurance Assistance Program (www.shiptacenter.org)

Kimberly Lankford
Kiplinger's Personal Finance
Copyright © 2016, Chicago Tribune

Home Delivered Meal Volunteers Are Needed

The Chenango County Area Agency on Aging is looking for volunteers to deliver hot meals to home-bound senior citizens living in the Norwich area. Please contact Trudy Harris-Alford at 607-337-1770 for more information.



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.



Bone Health: Tips to Keep Your Bones Healthy

Protecting your bone health is easier than you think. Understand how diet, physical activity and other lifestyle factors can affect your bone mass. [By Mayo Clinic Staff](#)

Bones play many roles in the body — providing structure, protecting organs, anchoring muscles and storing calcium. While it's important to build strong and healthy bones during childhood and adolescence, you can take steps during adulthood to protect bone health, too.

Why is bone health important?

Your bones are continuously changing — new bone is made and old bone is broken down. When you're young, your body makes new bone faster than it breaks down old bone, and your bone mass increases. Most people reach their peak bone mass around age 30. After that, bone remodeling continues, but you lose slightly more bone mass than you gain.

How likely you are to develop osteoporosis — a condition that causes bones to become weak and brittle — depends on how much bone mass you attain by the time you reach age 30 and how rapidly you lose it after that. The higher your peak bone mass, the more bone you have "in the bank" and the less likely you are to develop osteoporosis as you age.

What affects bone health?

A number of factors can affect bone health. For example:

- **The amount of calcium in your diet.** A diet low in calcium contributes to diminished bone density, early bone loss and an increased risk of fractures.
- **Physical activity.** People who are physically inactive have a higher risk of osteoporosis than do their more-active counterparts.
- **Tobacco and alcohol use.** Research suggests that tobacco use contributes to weak bones. Similarly, regularly having more than two alcoholic drinks a day increases the risk of osteoporosis, possibly because alcohol can interfere with the body's ability to absorb calcium.
- **Gender.** You're at greater risk of osteoporosis if you're a woman, because women have less bone tissue than do men.
- **Size.** You're also at risk if you're extremely thin (with a body mass index of 19 or less) or have a small body frame because you might have less bone mass to draw from as you age.
- **Age.** Your bones become thinner and weaker as you age.
- **Race and family history.** You're at greatest risk of osteoporosis if you're white or of Asian descent. In addition, having a parent or sibling who has osteoporosis puts you at greater risk — especially if you also have a family history of fractures.
- **Hormone levels.** Too much thyroid hormone can cause bone loss. In women, bone loss increases dramatically at menopause due to dropping estrogen levels. Prolonged absence of menstruation (amenorrhea) before menopause also increases the risk of osteoporosis. In men, low testosterone levels can cause a loss of bone mass.
- **Eating disorders and other conditions.** People who have anorexia or bulimia are at risk of bone loss. In addition, stomach surgery (gastrectomy), weight-loss surgery and conditions such as Crohn's disease, celiac disease and Cushing's disease can affect your body's ability to absorb calcium.
- **Certain medications.** Long-term use of corticosteroid medications, such as prednisone, cortisone, prednisolone and dexamethasone, are damaging to bone. Other drugs that might increase the risk of osteoporosis include aromatase inhibitors to treat breast cancer, selective serotonin reuptake inhibitors, methotrexate, some anti-seizure medications, such as phenytoin (Dilantin) and phenobarbital, and proton pump inhibitors.

What is NY Connects?

NY Connects Chenango is a trusted place where you can get the information and assistance you need to make informed decisions about long term care. Long term care can be provided at home, in the community, in assisted living facilities, or in nursing homes. It is for people of all ages. NY Connects Chenango provides free information and help for all long term care services and programs.



NY Connects
Your Link to Long Term
Services and Supports

NY Connects of Chenango County

(800)-342-9871

(607)-337-1659 or (1-877)-337-1659

Who is NY Connects For?

- Children with Disabilities
- Adults with a Disability
- Older Adults
- Family Members
- Professional Care Providers

What kind of services can I access from NY Connects?

Respite Care, Home Care Services, Counseling & Support, Home Delivered Meals, Adult Protective Services, Child Day Care, Children with Special Needs Assistance, Health Insurance, Housing and/or Independent Living programs, Medical Equipment and Support Groups.

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.