



The Bullthistle Bulletin

Chenango County Area Agency on Aging
5 Court Street
Norwich, NY 13815
607-337-1770



April-May-June 2017 Issue

MAY IS OLDER AMERICAN’S MONTH!



The Administration on Aging, part of the Administration for Community Living, is pleased to announce the theme for Older American’s Month 2017. The theme, Age Out Loud, is intended to give aging a new voice - one that reflects what today’s older adults have to say about aging.

The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they’re insisting on changes that make that possible. What it means to age has changed, and Older American’s Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.



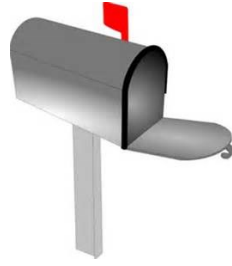
Lawrence Wilcox, Chairman
Board of Supervisors

Website:
www.co.chenango.ny.us



Brian Wessels, Director
Area Agency on Aging

Email:
chenaaoa@co.chenango.ny.us



Dear Marci,

Why are Medicare private health plan notices important?

Dear Marci,

Most months my insurance company sends me Medicare notices in the mail. I have difficulty keeping up with them, and last week I told my neighbor that I usually ignore everything. She told me I should read each notice carefully and take appropriate action. So what have I been missing?

-Walter (Kettering, OH)

Dear Walter,

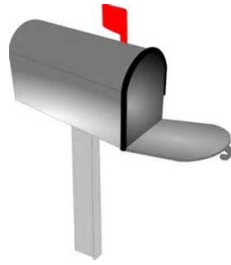
Your neighbor is correct—you should be carefully reading each of your insurer's notices as most contain important information on your Medicare private health plan. **Throughout the year, there are notices that plans must give you if they make changes during the year.** These notices are designed to inform you about important changes to your health coverage that may affect what doctors you want to see or whether or not you want to switch plans.

Most beneficiaries can only change their plan once a year during the Fall Open Enrollment Period, but doctors, hospitals, and other providers can leave your plan's network at anytime. This is important because you may pay more if you see doctors and use medical facilities that are outside your plan's network. When a provider is leaving a plan's network, the plan must try to send all the plan members who use that provider a written notice at least 30 days before the provider leaves the network.

If your Medicare prescription drug plan makes changes to its formulary during the year, you have certain notice rights depending on why the plan made the change. If a medication is taken off your plan's formulary because it was declared unsafe by the Food and Drug Administration (FDA), your plan must notify anyone who might be affected. Plans must also send notices informing you of maintenance changes, including covering a generic drug instead of a brand-name drug, adding quantity limits for drugs that the FDA adds warnings to, and making formulary changes based on clinical best practices and safety concerns. If your drug plan is making maintenance changes, they must give you 60 days notice or provide you with a 60 day transition fill. If they make any other changes to their formulary, your plan must also send you a notification in the mail stating that a drug you are already taking is no longer on their formulary but it will be covered for you for the rest of the year.

It's important to read these notices, so you can look into **getting your Medicare drug plan to cover your drugs** when you find your drugs are not covered, are covered with restrictions, or if you're subject to a drug transition policy because you need to change your prescription to a drug covered by the plan or switch plans. Note that you can work with your health care provider to ask your plan for a coverage exception if your provider feels that only your original drug will work for you. Your doctor should provide medical support in writing, stating that the drugs covered by your plan would not be as effective as the prescribed drug or may be harmful to you.

Dear Marci,
Continued....



If you have the same Medicare Advantage Plan or Part D Prescription Drug plan in 2017 as you did in 2016, your plan should have sent you an Annual Notice of Change (ANOC) or Evidence of Coverage (EOC) notice explaining any changes for the coming year. Review this notice to understand your plan's costs, covered services, and rules. Contact your plan if you did not receive these documents in the fall or if you want another copy. Later on, if you choose a new plan, review the costs associated with that plan for 2017.

Walter, the last thing you should do is ignore a notice sent to you by your Medicare private health plan.

-Marci



Stepping On

Want To Prevent Falls and Improve Balance?

Stepping On is an evidence based fall prevention and balance program focusing on building confidence and reducing falls.

The Stepping On workshop meets for two hours a week for seven weeks. Some of the topics you will learn about are balance and strength training, the role vision plays in keeping your balance, how medication can contribute to falls and much more.

The benefits of taking this class are, learn to step outside your home with confidence, learn with people with similar concerns, become more aware of fall hazards and learn how your fall risk can be reduced, stay in your own home by remaining active and independent. You can also help others by sharing what has worked for you.

The program is led by trained staff from Area Agency on Aging and Public Health with local guest experts also assisting by providing information on exercise, vision, safety and medications.

Watch for information on upcoming classes. If you have any questions please contact Nicole Ross at 607-337-1770.

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 * HAPPENINGS AT OUR SENIOR CENTERS! *
 * APRIL-MAY-JUNE 2017 *
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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:

- 04/12/17 - Celebrate Birthdays
- 05/10/17 - Celebrate Birthdays and Dietician, Michelle Gimbar, MS, RD visit with "Moo-ve Over for Milk"
- 05/29/17 - Office & Site Closed Memorial Day
- 06/14/17 - Celebrate Birthdays
- 06/28/17 - Visit from Dietician, Michelle Gimbar, MS, RD with "A Healthy Harvest"



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 and other activities

Special Activities:

- 04/12/17 - Celebrate Birthdays
- 04/21/17 - Dietician, Michelle Gimbar, MS, RD visit with "More Power With Protein"
- 05/18/17 - Evening Dine
- 05/19/17 - Dietician, Michelle Gimbar, MS, RD visit with "Moo-ve Over for Milk"
- 05/29/17 - Office & Site Closed Memorial Day
- 06/14/17 - 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:

- 04/06/17 - Visit from Dietician, Michelle Gimbar, MS, RD with "More Power With Protein"
- 04/11/17 - Celebrate Birthdays
- 05/09/17 - Celebrate Birthdays
- 06/06/17 - Visit from Dietician, Michelle Gimbar, MS, RD with "Moo-ve Over With Milk"
- 06/13/17 - 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:

- 04/11/17 - Celebrate Birthdays
- 05/04/17 - Visit from Dietician, Michelle Gimbar, MS, RD with "Moo-ve Over For Milk"
- 05/09/17 - Celebrate Birthdays
- 06/13/17 - Celebrate Birthdays

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 * HAPPENINGS AT OUR SENIOR CENTERS! *
 * APRIL-MAY-JUNE 2017 *
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SHERBURNE.....(607) 674-4600
 The Welcome Center
 12 Knapp Street
 Sherburne, NY 13460
 Hours: M-W-F 10-2pm
 Lunch Served at Noon

Daily Activities: Cards and Puzzles

Special Activities:
 04/12/17 - Celebrate Birthdays and Dietician, Michelle Gimbar, MS, RD visit with "Healthy Eating From Head To Toe"
 05/29/17 - Office & Site Closed
 Memorial Day
 05/31/17 - Dietician, Michelle Gimbar, MS, RD visit with "Moo-ve Over For Milk"
 06/14/17 - 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

04/21/2017 - Evening Dine and visit from Dietician, Michelle Gimbar, MS, RD with "More Power With Protein"
 05/19/2017 - Evening Dine and visit from Dietician, Michelle Gimbar, MS, RD with "Moo-ve Over For Milk"
 06/23/2017 - Evening Dine and visit from Dietician Michelle Gimbar, MS, RD with "A Healthy Harvest"

Visits from Michelle Gimbar, MS, RD are subject to change.



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

04/06/17 - Evening Dine and visit from Dietician, Michelle Gimbar, MS, RD with "More Power with Protein"
 04/20/17 - Evening Dine
 05/04/17 - Evening Dine and visit from Dietician, Michelle Gimbar, MS, RD with "Moo-ve Over For Milk"
 05/18/17 - Evening Dine
 06/08/17 - Evening Dine
 06/22/17 - Evening Dine

ARE YOU GETTING A GOOD NIGHT'S SLEEP?

A good night's sleep can make a big difference in how you feel. Here are some suggestions to help you.

- ◆ **Follow a regular schedule.** Go to sleep and wake up at the same time, even on weekends. Sticking to a regular bedtime and wake time schedule helps keep you in sync with your body's circadian clock, a 24-hr internal rhythm affected by sunlight.
- ◆ **Try not to nap too much during the day.** You might be less sleepy at night.
- ◆ **Try to exercise at regular times each day.** Exercising regularly improves the quality of your nighttime sleep and helps you sleep more soundly. Try to finish your workout at least three hours before bedtime.
- ◆ **Try to get some natural light in the afternoon each day.**
- ◆ **Be careful about what you eat.** Don't drink beverages with caffeine late in the day. Caffeine is a stimulant and can keep you awake. Also, if you like a snack before bed, a warm beverage and a few crackers may help.
- ◆ **Don't drink alcohol or smoke cigarettes to help you sleep.** Even small amounts of alcohol can make it harder to stay asleep. Smoking is dangerous for many reasons, including the hazard of falling asleep with a lit cigarette. Also, the nicotine in cigarettes is a stimulant.
- ◆ **Create a safe and comfortable place to sleep.** Make sure there are locks on all doors and smoke alarms on each floor. A lamp that's easy to turn on and a phone by your bed may be helpful. The room should be dark, well ventilated, and as quiet as possible.
- ◆ **Develop a bedtime routine.** Do the same things each night to tell your body that it's time to wind down. Some people watch the evening news, read a book, or soak in a warm bath.
- ◆ **Use your bedroom only for sleeping.** After turning off the light, give yourself about 15 minutes to fall asleep. If you are still awake and not drowsy, get out of bed. When you get sleepy, go back to bed.
- ◆ **Try not to worry about your sleep.** Some people find that playing mental games is helpful. For example, think black—a black cat on a black velvet pillow on a black corduroy sofa, etc. Or, tell yourself it's five minutes before you have to get up and you're just trying to get a few extra winks.

If you are so tired during the day that you cannot function normally and if this lasts for more than 2 to 3 weeks, you should see your family doctor or a sleep disorders specialist.

Volunteer Recognition Day

April 20!



Thank You

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.



Mother’s Day, May 14, 2017

My Mother

My Mother, my friend so dear
throughout my life you're always near.
A tender smile to guide my way
You're the sunshine to light my day.

Author Unknown



Disaster Preparedness

On February 24, 2017 employees from Area Agency on Aging, Public Health and NY Connects were given a informational meeting by The NY Citizen Preparedness Training Program.

This program teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions.

This training course provides an introduction to responding to a natural or man-made disaster. We were advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

This was a powerful presentation that made you think of how you would react to a disaster.

The Area Agency on Aging plans to coordinate with NY Citizen Preparedness Corps for additional trainings open to the public later in 2017.



New Funding Available for Dementia-Related Caregivers

This past year, New York State awarded \$67.5 million toward the Alzheimer's Caregiver Support Initiative. This funding was distributed to nine organizations across the state for the development of programs that support the family members who care for individuals living with Alzheimer's disease and other dementias. We, at the Chenango County Area Agency on Aging, talk to many caregivers, often spouses or adult children, who provide significant hours of care to a loved one, and rarely get a break. The new Caregiver Support Initiative is specifically designed to provide support to these family members.

One important component to the initiative, which will bring additional resources to Chenango County, is respite. Respite care provides temporary relief from the stresses associated with caregiving. This may be in the form of in-home support, adult day programs, or facility-based care such as an assisted living residence or nursing home. Caregivers are eligible to receive up to 120 hours of respite care annually.

Some examples of how respite care might be helpful:

- Pay for respite care at a local facility for up to five days to allow a caregiver to take a vacation.
- Pay for a home care aide to come to the home and stay with a loved one for a few hours on a weekly basis so the caregiver can get away, such as grocery shopping, running errands, meeting a friend for lunch, etc.
- Pay for a loved one to attend a local adult day program periodically so the caregiver has free time to rest, relax or take care of other responsibilities.

There are no income guidelines associated with the initiative, so anyone who may be providing care for someone with dementia is eligible for services. For more information or to set up an appointment please call The Chenango County Area Agency on Aging at 607-337-1770.

Happy Father's Day

June 18th

FUN
BRAVE
PATIENT
HERO
WISE
CARING

First Day of Summer, June 21st!



Happy Easter

April 16th



Medicare Preventive Services

Services	How Often	Cost to Beneficiary
Annual Wellness Exam	Once every 12 months after your first full year of Medicare Part B enrollment	Medicare pays 100%
"Welcome to Medicare" Preventive Visit	Once within the first 12 months that you have Medicare Part B	Medicare pays 100%
Alcohol Misuse Screening and Counseling	One screening per year. If doctor recommended, up to 4 face-to-face visits per year with a qualified doctor	Medicare pays 100%
Abdominal Aortic Aneurysm Screening	One-time screening ultrasound. Referral provided at their Welcome to Medicare visit	Medicare pays 100%
Bone Mass Measurement	Once every 24 months for those with certain medical conditions	Medicare pays 100%
Cardiovascular Disease Screening	Once every 5 years	Medicare pays 100%
Cardiovascular Disease Behavioral Therapy	One visit per year	Medicare pays 100%
Cervical Cancer Screening (Pap Smear and Pelvic Exam)	Once every 24 months or every 12 months for those at-risk	Medicare pays 100%
Colorectal Cancer Screening	Frequency based on test for those age 50 and older. Ask your doctor	Medicare pays 100% for most tests
Depression Screening	One screening per year done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals	Medicare pays 100%
Diabetes Screening	One to two per year based on risk factors Ask your Doctor	Medicare pays 100%
Diabetes Self-Management Training	Education for those with diabetes-doctor must provide written order	20% of Medicare approved amount (subject to deductible)
Flu Shot	Once per Flu Season	Medicare pays 100%
Glaucoma Screenings	Once every 12 months for those at-risk	20% of Medicare approved amount (subject to deductible)
Hepatitis B Shot	Based on risk factors Ask your Doctor	Medicare Pays 100%
Hepatitis C Screening	One time for adults who do not meet the high risk definition, but were born from 1945 through 1965	Medicare Pay 100%
HIV Screening	Once every 12 months, or up to 3 times per year during pregnancy	Medicare Pays 100%
Lung Cancer Screening	Once every 12 months for ages between 55-77, current smoker or quit smoking within 15 years	Medicare Pays 100%
Mammogram Screening	Every 12 months for women age 40 and older	Medicare pays 100%
Medical Nutrition Therapy	Three hours per year for people with diabetes, renal disease or kidney transplant. Two hours per year after that	Medicare pays 100%
Obesity Screening and Counseling	Counseling is covered for anyone found to have a body mass index of 30 or more	Medicare pays 100%
Pneumococcal Shot	Usually once in a lifetime	Medicare pays 100%
Prostate Cancer Screening	Once every 12 months	Medicare pays 100% based on test
Smoking and Tobacco Cessation	Up to 8 face-to-face visits per year	Medicare pays 100%
Sexually Transmitted Infection (STI) Screening/Counseling	Once every 12 months for those at-risk	Medicare pays 100%

Memory Boosting Foods

Article Adapted by Michelle Gimbar, MS, RD from “Types of Foods to Help Boost Your Memory” by Marisa Moore, MBA, RDN, LD

Our diet plays an important role in our overall health. It's not just about calories in versus calories out, our diets can help and hinder us in so many ways that scientists haven't even fully uncovered yet. Currently researchers are studying the relationship between diet and brain function, specially relating to memory loss and cognition. The recent studies have shown that there is one diet specifically linked to improved brain function, the Mediterranean diet! The diet has shown improved cognitive function, memory and alertness. In addition diet high in saturated fat are thought to have a negative impact on brain function as well as increased risk for a stroke.

Key Components to a Long-Lasting Memory!

Veggies: Vegetables contain a variety of micronutrients, cruciferous ones including broccoli, cabbage and dark leafy veggies are thought to improve memory.

Brainy Berries: Including blackberries, blueberries and cherries, try a handful of berries for a snack, or even as a topper for oatmeal or yogurt.

Omega-3 Fatty Acids: Foods rich in omega-3's are known to be crucial for brain health as they improve vascular health. DHA, one specific omega-3 has been shown to improve memory function. Some of the best sources of omega-3 include seafood, salmon, Bluefin tuna and sardines.

Healthy Nuts: Known for their positive effect on heart health, walnuts may play a role in improving memory function. Snack on a handful or add them to any oatmeal or salad for a brain boost and a great source of extra protein.

Want to discuss how to add the foods mentioned to your diet?

Contact me:

Michelle Gimbar, MS, RD
Consultant Dietitian
mgimbarrd@co.chenango.ny.us
607-377-1770



Fruits, vegetables, whole grains, fish and olive oil improve blood vessel health, thus reducing the risk of a memory-damaging stroke.

How else to improve/maintain brain health?

Control cholesterol, blood sugar and blood pressure

Quit smoking, which is associated with a higher risk of Alzheimer's disease

Walk more, exercising 3x or more a week has shown to reduce the risk of dementia

Maintain a healthy weight



Interpretation Services

Chenango County Area Agency on Aging offers interpretation services for more than 200 languages. To inquire about our agency's 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.



Jane Muserilli, Senior Outreach Worker

I have worked as an Outreach worker since August of 2003. If someone told me then that I would be assisting my clients with Medicare I would have thought they were kidding. I walked into a job not knowing the difference between Medicare and Medicaid. My job was and still is to help my client to stay in their own homes safely and securely. I have seen so many changes throughout the years I have been here. I have learned so much, not only about Medicare but about people. Everyday my clients teach me something. Somedays it may just be patience.

When Brian Wessels became the Director of the agency he gave me the position of Senior Outreach, and also HIICAP Coordinator (Health Insurance Information, Counseling, and Assistance Program). I know Medicare now, I like helping people with their questions. We help anyone who has Medicare. I do like coming to work, I like helping people, and It feels good to know I can. As Senior Outreach I will say I have the best group of outreach workers anyone could ask for, caring and empathetic. I have lived in Chenango County most of my life. Born and raised here, it is nice to hear memories of what my clients lived through. My grandchildren are always on my mind and try to see them as often as I can. Two are in Florida and two in Syracuse, they are my life. Whether it be a home visit, deliver meals or assist with health insurance, every appointment is different, every person is a new experience.



Office of the State
Long Term Care
Ombudsman

APRIL 23-29TH

NATIONAL

VOLUNTEER

APPRECIATION

WEEK

NYS LTCOP Region 11- Chenango, Broome, Delaware, and Tioga Counties

Coordinators Rebecca Bradley and Morgan White of Region 11 of the NYS Long-Term Care Ombudsman Program would like to take this time to offer our amazing certified volunteers our deepest thanks for all of their hard work, determination, and support of the program. Your assistance with our residents in Long-Term Care Facilities does not go unnoticed.

The residents' quality of life has immensely improved due to your assistance in advocating on their behalf. You've empowered many residents to advocate for themselves simply by educating them about their rights. Many family members and facility staff members have found that your excellent mediating skills have promoted a more welcome environment for all who are involved in the care of every resident. Thank you for providing your valuable time to help these highly esteemed members of our community, and thank you for continuing to be involved with the senior population.

Looking to volunteer?

**Free Certification
Training to be held in
May!**

**Contact Rebecca Bradley
or Morgan White at
607-722-1251 for more
information**

**Help residents of Long-
Term Care Facilities**

**Action for Older Persons, Inc
200 Plaza Drive
Vestal, NY 13850**

607-722-1251

Actionforolderpersons.org

May is National High Blood Pressure Month



Sponsored by the CDC, a US government health organization, National High Blood Pressure Education Month raises awareness about the impact high blood pressure can have on health.

Written as two figures, blood pressure is measured as the pressure when the heart is pumped (systolic) and when the heart is in between beats (diastolic). When the heart pumps blood, blood pressure is higher than when it is in between beats. The systolic measurement will be higher than the diastolic measurement.

Normal Blood Pressure Levels: Systolic less than 120mmHg Diastolic greater than 80mmHg

At Risk Blood Pressure Levels: Systolic 120-139mmHg Diastolic 80-89mmHg

High Blood Pressure Levels: Systolic 140mmHg Diastolic 90mmHg or higher

Health Risks of High Blood Pressure

Also known as hypertension, high blood pressure increases the risk of serious diseases and conditions such as heart disease and stroke. In the US, heart disease is the most common form of death whilst stroke is the third leading cause. Other risk factors of high blood pressure include congestive heart failure and kidney disease.

High blood pressure can have a huge impact on a persons life. During 2007, over 46 million people in the US visited a health care provider about this condition.

Overall, the incidence of high blood pressure is about the same in men and women. However, there are gender differences between age groups. In people under the age of 45, the incidence of high blood pressure is higher in men whilst in the over 65 year age category it is higher in women. There are also race difference; it is more common among African Americans than Caucasians and less likely to occur in Mexican-Americans.

In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms.

Reducing High Blood Pressure

High Blood Pressure Education Month encourages people to look at various lifestyle factors which many be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level if recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult.

Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African American people. It is also recommended that people eat potassium rich foods which help lower blood pressure. Potassium rich foods include fish, green leafy vegetables, bananas, citrus fruits and potatoes.

Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight (check with our BMI Calculator), regular exercise, quitting smoking and following a healthy low sodium diet rich in fruit and vegetables. There are many affordable blood pressure monitors available for the consumer making it convenient to monitor your blood pressure at home.

Smile Power Day!

June 15, 2017

Feel the power. Give everyone you see a big, friendly, "I like you" smile. You never know, your warm smile just might turn someone's day right around...for the good!

Love may make the world go round. But, a smile makes the world a happy place. A smile is a powerful thing. Best of all, it's contagious. However, we do note that in order to be effective, a smile must be sincere. People can see right through phony or forced smiles.

Spend the whole day with a big, bright smile on your face. Flash a toothy smile to everyone you encounter.

A smile is so powerful, that it can:

- Add years to your life
- Make you a happier person
- Make someone else a happier person
- It's a mood change for the giver and the receiver
- Improves relationships
- In business, it sends a great customer service message



Did you know? It's easier to smile than to frown. A smile uses fewer muscles.

June is Dairy Month! - Here are Some Cow Jokes!

What do you get from a pampered cow?

(Spoiled Milk)

Where do cows go for entertainment?

(To the moo-vies!)

What happened to the lost cattle?

(Nobody's herd!)

Why do cows wear bells?

(Their horns don't work!)

Knock Knock!

Who's there?

Cowsgo

Cowsgo who?

No they don't, cows-go moo.



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.

