



The Bullthistle Bulletin

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



July-August-September 2017 Issue

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.

2017 eligibility requirements are:

60 years of age or older; AND

My monthly income is at or below

\$1,860/month for one-person household,

\$2,504/month for a two-person household,

\$3,149/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. Again this year you can get more than one per household per eligible senior.

**Lawrence Wilcox, Chairman
Board of Supervisors**

**Brian Wessels, Director
Area Agency on Aging**

**Website:
www.co.chenango.ny.us**



**Email:
chenaaoa@co.chenango.ny.us**



URINARY TRACT INFECTIONS IN THE ELDERLY

By: Marlo Sollitoo/AgingCare.com

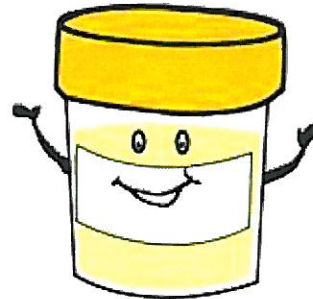
Urinary tract infections (UTIs) aren't just a nuisance - they can cause serious health problems. A UTI happens when bacteria in the urethra, bladder or kidneys multiplies in the urine. If left untreated, a UTI can lead to acute or chronic kidney infections, which could permanently damage these organs and even lead to kidney failure. UTIs are also a leading cause of sepsis, a potentially life-threatening infection of the bloodstream.

The population most likely to experience UTIs is the elderly. Older individuals are more vulnerable for many reasons, not the least of which is their overall susceptibility to infections due to a weakened immune system that comes with age and certain age-related conditions.

Younger people tend to empty their bladders completely upon urination, which helps to keep bacteria from accumulating. However, elderly men and women experience a weakening of the muscles of the bladder, which can lead to increased urine retention, poor bladder emptying and incontinence. These things all contribute to infection.

Typical Symptoms of UTIs

- ◆ Urine that appears cloudy or dark
- ◆ Bloody urine
- ◆ Strong or foul-smelling urine
- ◆ Frequent or urgent need to urinate
- ◆ Pain or burning with urination
- ◆ Pressure in the lower pelvis
- ◆ Low-grade fever
- ◆ Night sweats, shaking, or chills



Lesser-Known UTI Symptoms in Seniors

Elderly people with serious UTIs may not exhibit the hallmark sign of fever because their immune system is unable to mount a response to the infection. In fact, elders often don't exhibit any of the common symptoms listed above - or don't express them to their caregivers.

UTIs in the elderly are often mistaken for the early stages of dementia or Alzheimer's, according to National Institutes of Health (NIH), because symptoms include:

UTIs - Urinary Tract Infections in the Elderly (Cont'd)

- ◆ Confusion or delirium-like state
- ◆ Agitation
- ◆ Hallucinations
- ◆ Other behavioral changes
- ◆ Poor motor skills or dizziness
- ◆ Falling

These are often the only symptoms that are present in the elderly so it is crucial to keep an eye out for these sudden changes in mental state.

Why Do the Elderly Develop UTIs?

According to the NIH, the following conditions make the elderly more susceptible to UTIs:

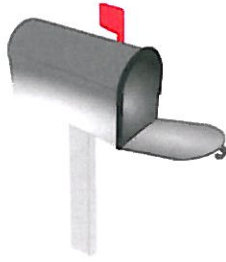
- ◆ Diabetes
- ◆ Urine retention (inability to empty the bladder completely, even if your loved one has just used the bathroom)
- ◆ Use of a urinary catheter
- ◆ Bowel incontinence
- ◆ Enlarged Prostate
- ◆ Immobility (for example, those who must lie in bed for extended periods of time)
- ◆ Surgery of any area around the bladder
- ◆ Kidney stones

How to Reduce the Risk of UTIs

People with incontinence are at an increased risk for UTIs because of the close contact that adult briefs and other incontinence products have with their skin, which can reintroduce bacteria into the urethra. Some recommendations to help reduce this risk include the following:

- ◆ Change briefs promptly and frequently
- ◆ Encourage front-to-back wiping and cleansing
- ◆ Keep the genital area clean
- ◆ Set reminders/timers for those who are memory-impaired to try to use the bathroom instead of an adult brief
- ◆ Drink plenty of fluids (2 to 4 quarts each day unless this conflicts with physician's orders)
- ◆ Drinking cranberry juice or use cranberry tablets, but NOT if your elder has a personal or family history of kidney stones
- ◆ Avoiding caffeine and alcohol, which irritate the bladder
- ◆ Do not douche or use other feminine hygiene products

If you think your loved one might have a urinary tract infection, see your doctor right away to avoid further complications.



Dear Marci,

***Why is it important to
speak to my doctor about
Medicare?***

Dear Marci,

I just turned 65 and don't feel like I know very much about what's covered and what's not covered under Medicare. How can my doctor help me get the services and care I'm entitled to receive, and how can I be sure her recommendations are in my best interests?

- Noreen (Jonesboro, AR)

Dear Noreen,

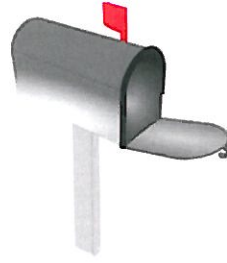
Your health care provider is a good source of information about Medicare and key beneficiary services. Speaking with your doctor is an opportunity for you to guarantee that you get every Medicare-covered benefit you are entitled to at the lowest cost. For example, attending your Welcome to Medicare Visit or Annual Wellness Visit and speaking with your doctor about the preventive services you could be eligible for in the coming year helps ensure that you can access free Medicare-covered screenings, counseling, and interventions as appropriate.

You have the right to seek a second opinion or the advice of a doctor other than your regular provider regarding procedures that you are not positive you need. A second opinion is when a doctor other than your regular doctor gives his or her view about your health problem and how it should be treated. Medicare will pay for you to get a second opinion if your regular doctor recommends that you have surgery or a major diagnostic procedure. A diagnostic procedure - like a mammogram or colonoscopy - is used to help diagnose a disease or condition.

If your doctor says you need surgery to diagnose or treat a problem that isn't an emergency, you should consider getting a second opinion. A third opinion may also be covered by Medicare if the recommendations of the first and second providers differ regarding the need for surgery. The second and third options will be covered even if the surgery or other procedure is not covered by Medicare. If you want a third opinion but the first and second opinions were the same, you may be able to see a third doctor for a "confirmatory consultation." Medicare may cover the consultation if the third provider submits a claim using the right code and writes in your medical record that the services provided were reasonable and medically necessary.

- If you are in a Medicare Advantage Plan, your plan may have different rules about second and third opinions. Call your plan to learn the rules for getting second opinions.
- Medicare does not pay for surgeries or procedures that are not medically necessary, like cosmetic surgery.
- Do not wait for a second opinion if you need emergency surgery. Some types of emergencies may require immediate surgery, like appendicitis, blood clots, aneurysms, or accidental injuries.

Dear Marci, (Cont'd)



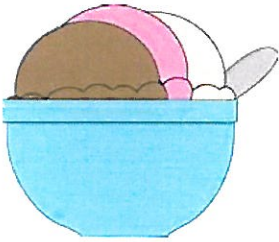
Having an open dialogue with your providers and their billing offices also creates the space for you to ask questions about services you see on your summary of medical claims. If you are unsure about a claim on your summary of health services, always take that question to your doctor for an explanation.

- Marci

SENIOR DAY AT THE FAIR!

THURSDAY, AUGUST 10, 2017 10AM - 4PM

**FREE ENTRY TO THE FAIR FOR SENIORS 60 AND OLDER ON
AUGUST 10**



**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

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ THIS NEWLETTER IS ALSO ☆
 ☆ AVAILABLE ONLINE AT ☆
 ☆ WWW.CO.CHENANGO.NY.US ☆
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REMINDER!



**2016-2017 HEAP recipients
watch your mail in late
August/Early September for
your 2017-2018 HEAP Early
Outreach application.**

**Fill out as soon as possible!
We will need 2017 income
documentation for proof of income.**

Send into:

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



HAPPENINGS AT OUR SENIOR CENTERS!

July-August-September 2017

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:

07/12/2017 - Celebrate Birthdays!
08/09/2017 - Celebrate Birthdays!
09/04/2017 - Office/Site Closed
Labor Day
09/13/2017 - Celebrate Birthdays!



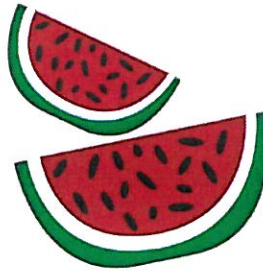
NORWICH (607) 334-2910

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 and other activities

Special Activities:

07/04/2017 - Office/Site Closed
4th Of July
07/12/2017 - Celebrate Birthdays!
08/09/2017 - Celebrate Birthdays!
09/04/2017 - Office/Site Closed
Labor Day
09/13/2017 - 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:

07/04/2017 - Office/Site Closed
4th of July
07/11/2017 - Celebrate Birthdays!
08/08/2017 - Celebrate Birthdays!
09/12/2017 - 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:

07/04/2017 - Office/Site Closed
4th of July
07/11/2017 - Celebrate Birthdays!
08/08/2017 - Celebrate Birthdays!
09/12/2017 - Celebrate Birthdays!



HAPPENINGS AT OUR SENIOR CENTERS! July-August-September 2017

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:

07/12/2017 - Celebrate Birthdays!
08/09/2017 - Celebrate Birthdays!
09/04/2017 - Office/Site Closed
 Labor Day
09/13/2017 - 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

07/21/2017
08/25/2017
09/22/2017

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

07/06/2017	08/10/2017
07/20/2017	08/24/2017
09/07/2017	
09/21/2017	

TO ALL MEAL RECIPIENTS

The Chenango County Area Agency on Aging is required, by New York State, **never** to leave a home delivered meal when you are not home. Meals can **NOT**, under any circumstances, be left in refrigerators, coolers or on door steps.

If you are not going to be home during meal delivery (10:30 - 1pm), please call our office at 607-337-1770 as soon as possible, preferably the day before.

Thank You!



For the safety of our volunteers please keep your pets away from the door during meal delivery. Although they may be friendly, the volunteers are strangers to them.



Medicare Open Enrollment!

When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is October 15 - December 7

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year - things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

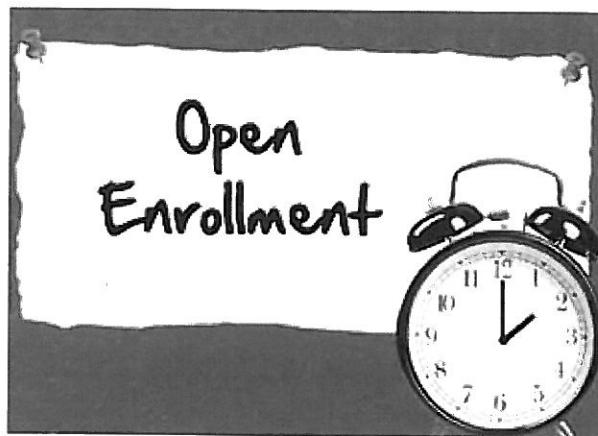
When can people get information about next year's Medicare plans?

Information for next year's plans will be available beginning in October.

Where can people find Medicare plan information or compare plans?

Your best source for Medicare information is The Chenango County Area Agency on Aging, 5 Court Street, Norwich, NY. Contact us at 607-337-1770.

You can set up an appointment with the Outreach Worker for your area. You can also find Medicare information at 1-800-MEDICARE or Medicare.gov.



Interpretation Services Available

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.

Hi my name is Sana Losee. I have been with the agency for 10 years. I began as a typist and currently I am a program aide. You may see me filling in at the front desk but usually I am at my desk going over paperwork for the different programs and answering the phone. I also oversee the Personal Emergency Response (PERS or Lifeline) program.

I am the mother of two and a grandmother of three with a new grandbaby due in October. Spending time with my grandbabies and gardening is what fills my spare time.



THE HEAP CLEAN AND TUNE BENEFIT OPENS AUGUST 1, 2017

Eligible households can receive energy efficiency services, which includes the cleaning of primary heating equipment, but may also include chimney cleaning, minor repairs, installation of carbon monoxide detectors or programmable thermostats, if needed, to allow for the safe, proper and efficient operation of the heating equipment. Benefit amounts are based on the actual cost incurred to provide clean and tuning services, up to a maximum of \$400. No additional HEAP cash benefits are available.

You may be eligible for a benefit if:

- You are the homeowner
- Your household's gross monthly income is at or below the current income guidelines for your household size as posted on the following table
- Your primary heating equipment is more than 12 months old
- Your primary heating equipment or chimney has not been cleaned within the last 12 months
- You do not have a service contract with your vendor that includes clean and tuning services

Your household eligibility requirements include filing an application with your local Department of Social Services, providing all necessary documentation, and the household must reside in an eligible living situation.

2016-2017 HEAP Benefit Gross Monthly Income Guidelines

Household Size	Maximum Gross Monthly Income	
1	\$ 2,300	
2	3,007	
3	3,715	
4	4,423	Contact Chenango County
5	5,130	Social Services at 607-337-1500
6	5,838	to apply.
7	5,971	
8	6,103	
9	6,236	
10	6,369	
11	6,671	

Each additional add \$520

Trudy Harris-Alford is Retiring!

We at the Chenango County Area Agency on Aging want to wish Trudy all the best on her retirement. Trudy's last day with us will be June 29.

Trudy has served the senior citizens of Chenango County as the Nutrition Services Coordinator since January of 2001.

In addition to managing the home delivered meal program and the Senior Center operations, Trudy was instrumental in making positive changes to our Nutrition program over the years.



Many changes that went unnoticed by clients because the changes were seamless! In 2006 the Area Agency on Aging closed its 72 Elm Street, Norwich kitchen and relocated to the kitchen at the Chenango County Public Safety Building. With the change in location came staffing, delivery, and scheduling changes that Trudy coordinated masterfully.

We at the Area Agency on Aging will miss Trudy's enthusiasm and advocacy for the seniors we serve. We will miss her fellowship in the office.

After a few years of long distance marriage, Trudy plans to relocate to the Little Falls, NY area to finally live with her husband Jeff and dog Levi.

Again from the Agency on Aging we want to thank Trudy for her hard work and wish her the best!

**HAPPY
RETIRE
MENT**



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.

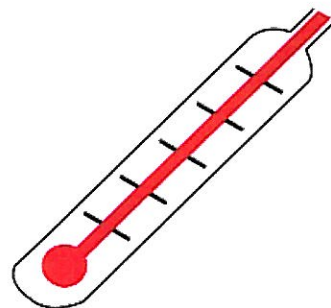
Ask your physician whether you are at particular risk because of medication.

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, 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.



Word Search Puzzle #0020HT

H L D I A G N O S E S R E V
 E L K N A K N I L B N M S E
 E X S T E I D E T O O H N D
 D S T E H C I R N E I A U I
 S A E R A N C H E R T E Z N
 S Y J D A O T H E R A A Z S
 R T M E A V R U A T R M L I
 O T C P S R A T T R E I E P
 T A S E H T G G A O C T X I
 C R L N S O E E A S R A O D
 A I L D I F N R D N A B T E
 E C A E P A A Y E O C R I V
 R E M N U D G E V C N E C I
 H S J T R E G A L L I V S L

- | | | | |
|---------------|----------------|----------|----------|
| Against | Heads | Other | Tutor |
| Ankle | Heeds | Peace | Verbatim |
| Aorta | Hooted | Plate | Verse |
| Areas | Incarcerations | Rancher | Villager |
| Blink | Insipid | Ratty | |
| Consort | Interdependent | Reactors | |
| Degrades | Jester | Rices | |
| Diagnose | Leafs | Sects | |
| Diets | Lived | Shire | |
| Enrich | Malls | Snide | |
| Exotics | Nudge | Symphony | |
| Extravagances | Nuzzle | Tartan | |

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Facts About the American Flag!

-History states that red, white and blue were chosen as the colors, they represent valour (red), liberty and purity (white) justice and loyalty (blue)

-The thirteen horizontal red and white stripes represent the original colonies of the U.S.

-National Flag Day is celebrated on 14th of June each year; it is believed that this specific day to celebrate the American Flag first originated in 1885, however, Flag Day has been celebrated since 1777.

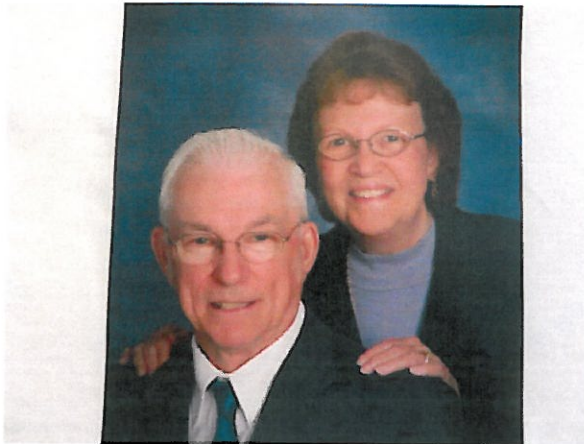
-The Canton is the correct name for the dark blue rectangular area on the top left quarter of the American Emblem.

-The last star (state) to be added to the current design (the 27th version) of the American Flag was added in 1960, it represents the state of Hawaii.

-Part of the United States Code states that if the American Flag is left up for 24 hours a day it must be illuminated, if this is not possible it should be taken down at sunset.



2017 Chenango County Volunteer of the Year



Fred and Donna Kroncke from Greene were the 2017 Chenango County volunteers selected by The Chenango County Area Agency on Aging and honored at Older New Yorkers' Day in Albany on May 9th as part of Older American's Month.

Fred and Donna deliver home delivered meals in Greene and Norwich through the First Congregational Church in Greene. Upon retirement from The Raymond Corporation, they wanted to "work together to give back to the community". Both are active in the church and the Greene area church food pantries as well. Fred and Donna are well-deserving of the recognition and are truly an inspiration to their community.



Drug Take-Back Day

July 19, 2017

10 am to 12 pm

Afton Free Library

105 Main Street, Afton, NY

Dispose of your old and unused medicines safely

IT'S EASY AND YOUR HOME WILL BE SAFER!

- Collect old and unused meds you have at home .
- Keep the meds in the bottles they came in.
- Bring them to the Drug Take-Back Day!
- Never put meds in the garbage or flush them down the toilet.
- Never keep old and unused meds in your home.
- Always keep current meds in a safe place.



Look for Monthly Take Back Events in Chenango County!

We can all do our part to keep unwanted and unused drugs safe from improper use or misuse.

Chenango Substance Abuse Prevention Coalition

In collaboration with The Chenango County Sheriff's Office & The Norwich City Police Department
(If you are seeking help for an addiction please contact Behavioral Health Services at 607-337-1600)

Event made possible through a grant from the RC Smith Foundation

This program is completely anonymous and no questions will be asked. All meds will be accepted.

Applying for Veterans Benefits: 5 Tips for Caregivers and Spouses

Eligibility for VA benefits is usually the primary concern for veterans and their caregivers, but there are several other areas of confusion and sources of misinformation that can significantly impact the way families interact with the U.S. Department of Veterans Affairs.

Regardless of what point you're at in dealing with the VA and whether you're interested in securing benefits for yourself or on a U.S. veteran's behalf, the following tips are crucial to successfully navigating the VA system.

1. The VA Doesn't Recognize Power of Attorney (POA)

This revelation often comes as a shock to caregivers who are used to hearing about the necessity of obtaining a POA document as part of planning ahead for a loved one's care. If a veteran is incapable of managing their own financial affairs, whether they are just now applying for VA benefits or they have been receiving them for decades, a fiduciary must be appointed to oversee their benefit payments. Incompetence must be documented by a medical professional or determined by a court of competent jurisdiction. A family member or friend typically takes on this responsibility after passing a thorough vetting process conducted by the VA. This evaluation includes a criminal background check, credit report check, personal interview, and review of character references. In cases where a veteran does not have a trusted individual who can serve in this capacity, the VA will appoint a professional fiduciary.

2. You Can Expedite a VA Application

The VA has specific rules in place to expedite the applications and appeals of veterans age 90 and older. If your loved one is in this age group, make sure that the VA office handling their application or appeal is aware of this by filing a written request for expedited processing along with their other paperwork.

3. You Don't Have to Be Ill to Qualify for a Pension

One little-known element of the VA program is that when a veteran turns 65, they are considered 100 percent disabled in the eyes of the VA. This means that a low-income vet or their surviving spouse could be eligible for a Pension, even if they have no major health conditions.

4. Benefits End when a Veteran Dies

If a veteran dies before their spouse, any Pension benefits being received by the couple will immediately stop. The surviving spouse must submit a completely new application to the VA in order to get their benefits reinstated. Along with a death certificate, the surviving spouse must supply any and all additional documentation required for the specific benefits they are looking to reinstate. Necessary paperwork might include the deceased veteran's discharge papers, their marriage certificate, information regarding income, assets and expenses, a physician's statement detailing the surviving spouse's medical diagnosis and ability to care for themselves, and a statement from their long-term care provider (assisted living community, home care agency, etc.) detailing their cost of care information. Even if these documents have already been submitted to the VA, they must all be re-sent after a veteran dies. The average time to award a Survivors Pension is approximately 10-12 months after it has been submitted, so it's important to be prepared and start this process as soon as possible.

5. Calling the VA's 1-800 Number

When calling the VA to ask questions or check on an application, make sure you're talking to the local VA office that services the area in which the veteran or surviving spouse lives. Be aware that the 1-800 number for the VA automatically routes callers to the local VA office that is nearest to them. For long-distance caregivers, this routing process is most likely not connecting to the same office that is in charge of a loved one's account. If you are directed to a different VA office, you won't be able to obtain any information. The individual offices are not allowed to pull files on beneficiaries or applicants who do not live in their jurisdiction.



SUMMERTIME JOKES!

What did the pig say on a hot summer day? - I'm bacon!

Why do bananas use sunscreen? - Because they peel

What does the sun drink out of? - Sunglasses

What did one tide pool say to the other tide pool? - Show me your mussels

What happens when you throw a green rock into the Red Sea? - It gets wet

What race is never run? - A swimming race



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 ☆ Chenango County Area Agency on Aging ☆
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 ☆ Stepping On ☆
 ☆ Graduating Class! ☆
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 ☆ Congratulations To All! ☆
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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.