



The Bullthistle Bulletin

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

October-November-December 2017 Issue



Keep The Heat On With HEAP!

HEAP (Home Energy Assistance Program) helps low-income people pay for their energy bills. If your bills are more than you can handle, HEAP may be able to help you heat your home. The Chenango County Area Agency on Aging handles applications for the 60 and older living in Chenango County.

HEAP may be able to help you if your source of heat is:

- * Electricity
- * Natural Gas
- * Oil
- * Coal
- * Propane
- * Wood/Wood Pellets
- * Kerosene
- * Corn

HEAP will open up November 13, 2017 and run through March 15, 2018.

Emergency HEAP will not open until January 3, 2018 and will also end March 15, 2018.

Heating Equipment Repair and Replace did open November 9, 2016. No close date as of this printing.

2017- 2018 HEAP Monthly Income Eligibility Guidelines

Household Size	Tier 1	Tier II
1	0 - 1,307	1,308 - 2,318
2	0 - 1,759	1,760- 3,031
3	0 - 2,212	2,213- 3,744
4	0 - 2,665	2,666 - 4,457
5	0 - 3,118	3,119 - 5,170
6	0 - 3,571	3,572 - 5,883

REMINDER!

MEDICARE OPEN ENROLLMENT IS

OCTOBER 15 - DECEMBER 7

CALL 607-337-1770 FOR AN APPOINTMENT

**Lawrence Wilcox, Chairman
Board of Supervisors**

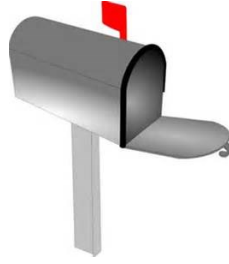


**Brian Wessels, Director
Area Agency on Aging**

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

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

Dear Marci,



Does Medicaid cover nursing home care?

Dear Marci,

I'd like to see if my mother is eligible for Medicaid. How would she register for the program, and would she be eligible for nursing home care?

-Aariz (Lansing, MI)

Dear Aariz,

Generally, an individual needs to apply for Medicaid with their local Medicaid office. Some people automatically qualify for Medicaid based on their status with Social Security. Contact your mother's local Medicaid office to ask how to submit the application. Many states allow you to submit an application online, through the mail, or through community health centers and related organizations. Her state may require a face-to-face meeting at the Medicaid office in order to apply.

States often require documentation to support your application, such as proof of age, like a birth certificate; proof of identity and citizenship or immigration status, like a passport or green card; proof of address such as a utility bill; proof of income, like a pay stub or Social Security Administration award letter; and proof of assets, like a bank statement.

All state Medicaid programs are required to cover the certain benefits at a minimum. These are known as mandatory benefits, and include inpatient and outpatient hospital services, nursing facility services, home health services, physicians' services, laboratory services, x-rays, rural health clinic services, transportation to medical services, family planning services, nurse midwife services, tobacco cessation counseling for pregnant people, state-licensed freestanding birth centers, pediatric and certified family nurse practitioner services. Note that Medicaid covers inpatient and out patient hospital services, home health care, and physician services, which are also covered by Medicare.

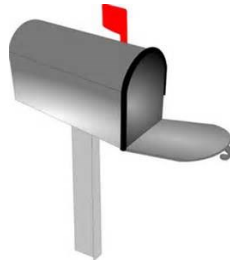
Regarding your mother's needs, Aariz, all states have a Medicaid program for people who need nursing home or long-term care. This is important to know, because Medicare covers long-term care in very limited circumstances. Some people who need long-term care may qualify for Medicaid coverage of this care. This is often called Medicaid for residents of an institution covers nursing facility services and general health care. This type of Medicaid may pay for a stay in a nursing home if you need a nursing home level of care and your income and assets are under a certain limit.

A state generally looks at an individual's need for help with activities of daily living (ADLs) to decide if they need nursing home care.

If your mother meets the medical need requirement, there are a few other things to keep in mind. First, this type of Medicaid considers her and her spouse together when looking at income and assets.

Dear Marci,

(Continued)



Second, all states have a look-back period of up to five years for Medicaid for residents of an institution. This means that the state will look at any assets that your mother transferred in the past five years. If the state thinks she transferred assets in a way that broke the Medicaid rules, it may not pay for part or all of her nursing home stay. Examples of transfers that are not allowed include gifts, certain loans, or paying more for items than they are worth.

Third, be aware that your mother's assets will be affected when she no longer needs nursing home care. Some of her assets (including the value of her home in some situations) may be used to repay Medicaid for the care that it covered. If you are thinking about helping your mother apply for Medicaid for residents of an institution, it may be a good idea to speak with an elder law attorney. To apply, contact your local Medicaid office to learn more.

-Marci



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

NY Connects can help you....

Connect to long term services and supports in your community

- Personal care services
- Education and counseling
- Health and wellness
- Behavioral health supports and services
- Intellectual/developmental disability supports and services
- Social supports

- Find care and support
- Remain independent
- Understand care options
- Find transportation
- Learn about supports in care-giving
- Find supported employment programs
- Get answers about Medicare
- Apply for Medicaid and other benefits

HAPPENINGS AT OUR SENIOR CENTERS!

October-November-December 2017

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, Crossword Puzzles, Word Searches, Trivia, Crafts, Bingo and other activities

Special Activities:

- 10/03/2017 - Pitch
- 10/04/2017 - Bingo
- 10/05/2017 - Musical Ent 11:30am
- 10/06/2017 - Recipe Exchange
- 10/09/2017 - Office and Site Closed
Columbus Day
- 10/10/2017 - Pitch
- 10/11/2017 - Celebrate Birthdays!/Bingo
- 10/12/2017 - Saran Wrap Game
- 10/13/2017 - Pinochle
- 10/16/2017 - Chalk Jars
- 10/17/2017 - Pitch
- 10/18/2017 - Bingo
- 10/19/2017 - Evening Dine 5:00pm
- 10/20/2017 - Alzheimer's Education
- 10/23/2017 - Vinyl Letter Frames
- 10/24/2017 - Pitch
- 10/25/2017 - Bingo
- 10/26/2017 - Pinochle
- 10/27/2017 - TLC Kids
- 10/30/2017 - Bingo
- 10/31/2017 - Dress Up!/Halloween Party!
- 11/01/2017 - HS Picture Day
- 11/02/2017 - Pinochle
- 11/03/2017 - Scavenger Hunt!
- 11/06/2017 - HS Chorus?
- 11/07/2017 - Pitch
- 11/08/2017 - Bingo
- 11/09/2017 - What's in the Bag?
- 11/10/2017 - Office and Site Closed
Veterans Day
- 11/13/2017 - Crosswords and Word Search
- 11/14/2017 - Pitch
- 11/15/2017 - Celebrate Birthdays!/Bingo

NORWICH (607) 334-2910

First Baptist Church
 10 West Park Place
 Norwich, NY 13815
 Hours: M-F 9-1pm
 Lunch Served at 11:45AM

Special Activities Continued:

- 11/16/2017 - Trivia
- 11/17/2017 - Ken on Guitar
- 11/20/2017 - Bingo
- 11/21/2017 - Pitch
- 11/22/2017 - Thanks Dessert
- 11/23 & 11/24 - Office and Site Closed
Thanksgiving
- 11/27/2017 - Card Making
- 11/28/2017 - Pitch
- 11/29/2017 - Bingo
- 11/30/2017 - Musical Ent 11:30am
- 12/01/2017 - Decorate for Christmas
- 12/04/2017 - Make Christmas Ornaments
- 12/05/2017 - Pitch
- 12/06/2017 - Bingo
- 12/07/2017 - Pinochle
- 12/08/2017 - Sharing Favorite Christmas
Memories
- 12/11/2017 - Making Christmas Gifts
- 12/12/2017 - Pitch
- 12/13/2017 - Celebrate Birthdays!/Bingo
- 12/14/2017 - Decorate Christmas Cookies
- 12/15/2017 - Christmas Carols
- 12/18/2017 - Recipe Exchange
- 12/19/2017 - Pitch
- 12/20/2017 - Bingo
- 12/21/2017 - Pinochle
- 12/22/2017 - Christmas Party!
- 12/25/2017 - Office and Site Closed
Christmas Day
- 12/26/2017 - Pitch
- 12/27/2017 - Bingo
- 12/28/2017 - Ice cream Social!
- 12/29/2017 - 2017 Trivia!

HAPPENINGS AT OUR SENIOR CENTERS!

October-November-December 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:

- 10/09/2017 - Office and Site Closed
Columbus Day
- 10/11/2017 - Celebrate Birthdays!
- 11/01/2017 - Musical Ent 12:00pm
- 11/10/2017 - Office and Site Closed
Veterans Day
- 11/15/2017 - Celebrate Birthdays!
- 11/24/2017 - Office and Site Closed
Thanksgiving
- 12/06/2017 - Musical Ent 12:00pm
- 12/13/2017 - Celebrate Birthdays!
- 12/25/2017 - Office and Site Closed
Christmas Day

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

- | | |
|------------|------------|
| 10/05/2017 | 11/02/2017 |
| 10/19/2017 | 11/16/2017 |
| 12/07/2017 | |
| 12/21/2017 | |

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

- 10/20/2017
- 11/17/2017
- 12/22/2017

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:

- 10/05/2017 - Word Puzzle "Gallery"
- 10/10/2017 - Celebrate Birthdays!/Decorate
for Halloween
- 10/17/2017 - "Surprise" Annual Fire Drill
- 10/19/2017 - Word Puzzle "Solitaire"
- 10/31/2017 - Halloween Party and Costume
Contest/Word Puzzle "Home"
- 11/07/2017 - Election Day/Lunch Out!
- 11/09/2017 - Decorate for Thanksgiving
- 11/14/2017 - Celebrate Birthdays!
- 11/16/2017 - Thanksgiving Lunch
- 11/23/2017 - Office and Site Closed
Thanksgiving
- 11/28/2017 - Word Puzzle "On the
Boardwalk"
- 12/05/2017 - Christmas Decorating
- 12/12/2017 - Celebrate Birthdays!/Word
Puzzle "Happy Birthday"
- 12/21/2017 - Christmas Party/Exchange of
Gifts

HAPPENINGS AT OUR SENIOR CENTERS!

October-November-December 2017

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:

- 10/10/2017 - Celebrate Birthdays!
- 11/14/2017 - Celebrate Birthdays!
- 11/23/2017 - Office and Site Closed
 Thanksgiving
- 12/12/2017 - Celebrate Birthdays!

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

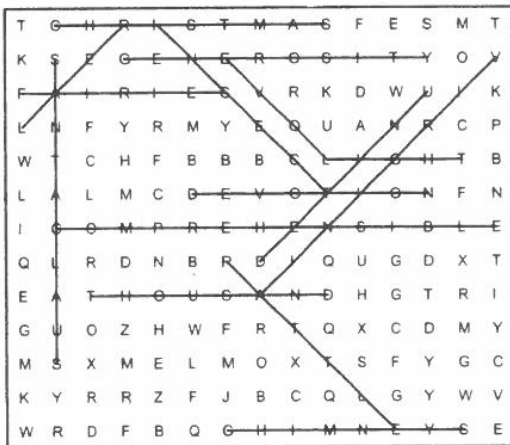
Brightman Senior Center
 25 Birdsall Street
 Greene, NY 13778
 Hours: M-W-F 10-2pm
 Lunch Served at Noon

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

Special Activities:

- 10/04/2017 - Word Puzzle "Gallery"
- 10/09/2017 - Office and Site Closed
 Columbus Day
- 10/11/2017 - Celebrate Birthdays!
- 10/13/2017 - Halloween Decorating!
- 10/16/2017 - Surprise! Annual Fire Drill
- 10/18/2017 - Word Puzzle "Solitaire"
- 10/30/2017 - Halloween Party/Costume Contest
- 11/01/2017 - Word Puzzle "Home"
- 11/10/2017 - Office and Site Closed
 Veterans Day
- 11/13/2017 - Thanksgiving Decorating!
- 11/15/2017 - Celebrate Birthdays!
- 11/17/2017 - Thanksgiving Lunch
- 11/24/2017 - Office and Site Closed
 Thanksgiving
- 11/27/2017 - Word Puzzle "On the Boardwalk"
- 12/04/2017 - Christmas Decorating!
- 12/11/2017 - Word Puzzle "Happy Birthday"
- 12/13/2017 - Celebrate Birthdays!
- 12/22/2017 - Christmas Party!/Exchange of Gifts
- 12/25/2017 - Office and Site Closed
 Christmas Day
- 01/01/2018 - Office and Site Closed
 New Year's Day

Answers to YES, VIRGINIA, THERE IS A SANTA CLAUS WORD SEARCH



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.

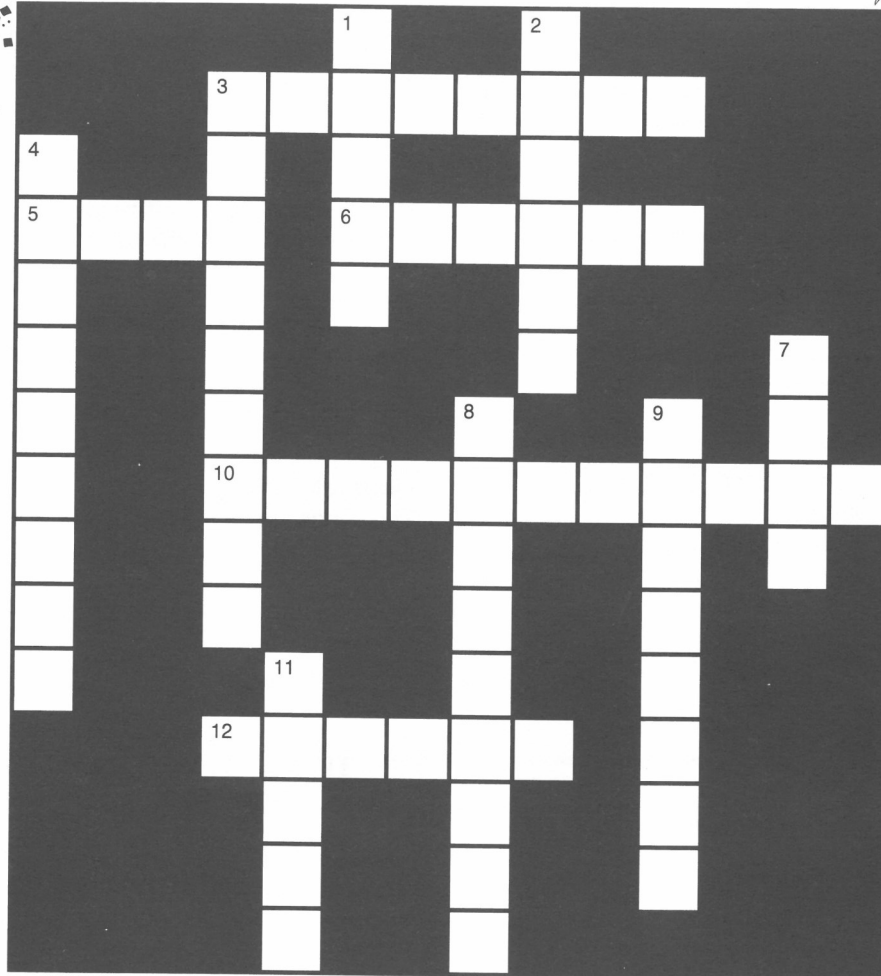
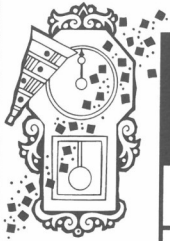


Hi, I'm Nicole Ross and I serve dual roles at the Chenango County Area Agency on Aging. I am the Coordinator of Aging Services as well as Coordinator of New York Connects. In February I will be with the agency for 13 years! Prior to that I was born and raised in the coal region of Central Pennsylvania where I graduated from Bloomsburg University with a bachelors degree in Psychology. I interned at the Columbia/Montour Area Agency on Aging and then was lucky enough to be hired as a case manager. I briefly worked for welfare and with children but, discovered I liked working and advocating for the aging population.

I moved to New York in 2004 to work for this office as an Outreach Worker and in my new position for the last 2 years. Though I now work more behind the scenes in getting services to our community I still enjoy going to the senior centers and hearing peoples stories, I have learned a lot over the last few years!

I have 2 sons, Adyn and Nathan who keep me extremely busy with school and sports. Our next adventure will be a pet (other than our current fish) though I'm not sure what that will be yet!

NEW YEAR'S TRADITIONS CROSSWORD PUZZLE



ACROSS

3. NAME THE SPORT OF COLLEGE PLAYOFF GAMES (I.E. ROSE BOWL)
5. TYPE OF GLASS THAT TRACKS TIME ___ GLASS
6. PLACE IN NEW YORK WHERE THIS NEW YEAR'S EVE CELEBRATION OCCURS TIMES ___
10. PROMISES THAT PEOPLE MAKE ON NEW YEAR'S DAY
12. THIS MAN IS DEPICTED THIS TIME OF YEAR ___ TIME

WORD LIST: BLACKEYED, CHAMPAGNE, FATHER, FIREWORKS, FOOTBALL, HOUR, LANG, MIDNIGHT, PARADE, PARTY, RESOLUTIONS, SQUARE, TOAST

DOWN

1. A TRADITION DONE WITH CHAMPAGNE AT MIDNIGHT
2. THIS EVENT OCCURS ON NEW YEAR'S DAY BEFORE THE ROSE BOWL GAME
3. COLORFUL DISPLAY OF LIGHT AT MIDNIGHT
4. BUBBLY ALCOHOLIC BEVERAGE
7. SONG SUNG AT MIDNIGHT, *AULD ___ SYNE*
8. TRADITIONAL VEGETABLE THAT IS EATEN ___ PEAS
9. NEW YEAR BEGINS AT THIS TIME
11. GATHERING OF PEOPLE TO HELP RING OUT THE OLD AND BRING IN THE NEW YEAR

EMERGENCY FOOD PACKS

Emergency food packs will be available through the Nutrition Program in December. You may wish to order one, **in advance**, to keep on hand in the event that Nutrition Sites are closed or the Home Delivered Meals are not delivered due to inclement weather. The pack consists of canned soup, tuna fish, canned fruit, crackers, juice, and a dessert bar. The suggested donation for the pack is \$3.00.

If you would like to receive an emergency food pack, please fill out the form at the bottom of this article and return to your Home Delivered Meal driver or Nutrition Site Manager. If you receive Home Delivered Meals, the pack will be delivered to your home. Otherwise, the Site Manager will receive the pack at the Senior Center for you to pick up there. You may order **more than one** food pack during the winter months, as needed.

Thank You---Jackie Lisk, Nutrition Program Coordinator

EMERGENCY FOOD PACK FORM

NAME: _____

ADDRESS: _____

PHONE#: _____

Please check appropriate line below:

Home Delivered Meal Participant _____

Senior Center Participant _____ Center Name _____



WINTER WEATHER CLOSINGS

(ALSO ON TELEVISION NOW!)

It's that time of year when the MEAL PROGRAM may be closed due to the weather.

Please listen to the Norwich radio station WKXZ FM 94/WCHN AM 970 and on television on WBNG TV 12. The closing will be announced as "Chenango County Meals and Senior Centers".

This includes Senior Centers and all Home Delivery. You may also call the Area Agency on Aging at 337-1770 after 8:30AM if there is a question regarding closures.

DID YOU KNOW?

IF YOU FIND A LOST DRIVER'S LICENSE IN THE U.S., YOU CAN DROP IT IN A MAILBOX. THE POSTAL SERVICE WILL TAKE IT BACK TO THE RIGHT PERSON.



Getthere

Mobility Management of South Central New York

Your health and well-being is important!

Having difficulty getting your healthcare appointments?

Call the **Getthere Call Center** for transportation information. Ask about **Connection to Care**.

1-855-373-4040

Monday – Friday 7:00 am – 7:00 pm



Mobility Management of South Central New York is a program of the Rural Health Network of South Central New York

Holiday Humor

Ghost: Doctor, why am I so lonely?

Psychiatrist: **Because you've got no body.**

Q. What is the first thing ghosts do when they get into a car?

A. **They fasten their sheet belts.**

Q: Why should you never set the turkey next to the dessert?

A: **Because he would gobble it up!**

Q: What vegetables would you like with your Thanksgiving dinner?

A. **Beets me!**

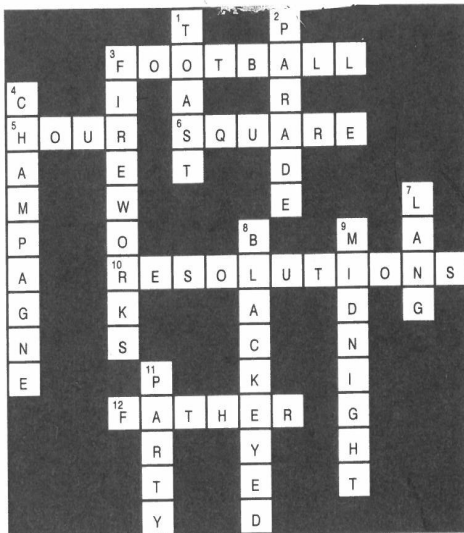
Q. What do snowmen eat for breakfast?

A. **Snowflakes**

Q. Why does Santa have three gardens?

A. **So he can HO-HO-HO!**

Answers to NEW YEAR'S TRADITIONS CROSSWORD!



**THIS NEWLETTER IS ALSO
AVAILABLE ONLINE AT
WWW.CO.CHENANGO.NY.US**



7 Winter Safety Tips for Seniors

1. Avoid Slipping on Ice

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

2. Dress for Warmth

Cold temperatures can lead to frostbite and hypothermia—a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So, don't let indoor temperature go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperature, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

3. Fight Wintertime Depression

Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation. To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

4. Check the Car

Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits — or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads.

5. Prepare for Power Outages

Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

6. Eat a Varied Diet

Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits—especially Vitamin D deficiency—can be a problem. It is recommended to consume foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

7. Prevent Carbon Monoxide Poisoning

Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

7 Winter Safety Tips for Senior (Continued)

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. **Don't be afraid to reach out for help.**

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

www.care.com



To Make a Donation, Subscribe or Change of Address

Please clip and send this coupon along with your contribution payable to or address change to:

**Chenango County Area Agency on Aging
5 Court Street
Norwich, NY 13815**

The Chenango County Area Agency on Aging appreciates and gratefully accepts financial contributions to help off-set needs beyond available resources.

I would like my contribution to go to:

- Home Delivered Meals
- Legal Services
- Health Insurance Counseling
- Where it is most needed
- In Memory of _____

Name _____
New Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

UPCOMING ENTERTAINMENT!



This fall Jenni Larchar and Tom Murphy will present several concerts during senior lunches provided by the Chenango County Area Agency on Aging. They will make 3 appearances at The Knapp Street Welcome Center in Sherburne and 2 at the West Side Senior Center in Norwich.

Senior adults will enjoy a program of vintage country, American standards, a little fiddle and a few surprises. Jenni & Tom's performance shines with quality and versatility; a joy to attend.

They present a delightful program you won't want to miss. Guests at the Center have said, "They play the music we love to hear that you don't hear around much anymore. We love to have them anytime!"

Concerts in Sherburne will be held on Wednesdays at 12pm, September 27, November 1 and December 6. Norwich concerts will be held Thursdays at 11:30am, October 5 and November 30.

This project is made possible with public funds from the Chenango Arts Council's Decentralization Grants Program, a re-grant program of the NYS Council on the Arts, with support from Governor Cuomo and the NYS Legislature.

FIREHOUSE FLU CLINIC SCHEDULE

October 5, 2017 - South Otselic Firehouse 2:30 - 4:30pm

October 12, 2017 - Norwich Firehouse 6:00 - 8:00pm

October 17, 2017 - Oxford Firehouse 5:00 - 7:00pm

October 24, 2017 - Bainbridge Firehouse 5:00 - 7:00pm

October 30, 2017 - Sherburne Firehouse 5:00 - 7:00pm



Transforming Thanksgiving Recipes for a Healthier Meal

Debbie Zampetti, RD

As you begin the planning process of your family Thanksgiving meal it's always a wise move to consider making some light adjustments to your meal that will shave off both fat and calories. Take a look below and incorporate one, two or all of the modifications for a healthier but still scrumptious dinner.

GRAVY: one of the biggest calorie culprits of your Thanksgiving dinner is gravy. To lessen the calorie/fat content, the key change is to use the stock from the roasting pan that has been skimmed of the fat as well as avoiding adding additional butter to the gravy which significantly boost the calorie level.

POTATOES: Choosing sweet potatoes over mashed potatoes is an easy way to lighten your meal this year. Traditional mashed potatoes tend to be quite high in calories and fat when made with cream and butter. Sweet potatoes are lower in calories and provide a dose of beta-carotene, potassium and Vit A.

VEGETABLE: Oh that green bean casserole may taste good but it is loaded with calories and fat. This year how about swapping them out for fresh green beans. They provide a wonderful color to the plate and can be dressed up by sautéing with red pepper and garlic.

DESSERT: Thanksgiving pie is arguably most people's favorite part of the meal. You may be wondering if one pie has the nutritional leg up on the other. Apple pie starts with apples of course which are loaded with fiber, Vit C and Antioxidants but apple pie traditionally is a double crust adding significant calories. Pumpkin pie starts with a vegetable (YAY!) which contains fiber and carotene BUT to make a vegetable into a pie you must add sugar and a crust. So, which is better you ask? Apple pie (1 serving) 345kcal, 10gms fat, 33gms sugar, Pumpkin Pie (1 serving) contains 292 calories, 9gms fat, 26gm sugar. Pumpkin pie wins... but I say make your favorite pie, enjoy and savor it...just don't go overboard!



Apple Pie Punch

- 3 cup apple cider
- 2 cups orange juice
- 3 TBSP brown sugar
- 2 Cinnamon sticks
- 2 tsp pumpkin pie spice
- Graham cracker crumbs
- 2 sliced apples cored

In a medium sized pot add the apple cider, orange juice, brown sugar, cinnamon sticks and pumpkin pie spice. On medium heat, bring the mixture to a boil. Prepare glasses by dipping the rim in cider and then the graham cracker crumbs. Pour warmed cider in cups, add sliced apple to the rim! ENJOY!



Want to discuss how to decrease fat and calories in your diet?

Contact me:

Debbie Zampetti, RD

Consultant Dietitian

DZampetti@co.chenango.ny.us

607-377-1770



YES, VIRGINIA, THERE IS A SANTA CLAUS WORD SEARCH



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

WORD LIST

VIRGINIA, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except what they see. They think that nothing can be which is not **COMPREHENSIBLE** by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere **INSECT**, an ant, in his intellect as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a **SANTA CLAUS**.

He exists as certainly as **LOVE** and **GENEROSITY** and **DEVOTION** exist, and you know that they abound and give to your life its highest beauty and joy. Alas! How dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal **LIGHT** with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies. You might get your papa to hire men to watch in all the **CHIMNEYS** on Christmas eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but there is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see **FAIRIES** dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's **RATTLE** and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the **UNITED** strength of all the strongest men that ever lived could tear apart. Only faith, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in all the world there is nothing else **REAL** and abiding.

No Santa Claus! Thank God he lives, and he lives forever. A **THOUSAND** years from now, Virginia, nay 10 times 10,000 years from now, he will continue to make glad the heart of childhood.

Merry **CHRISTMAS** and a Happy New Year!

ALZHEIMER'S SOCIAL ENGAGEMENT PROGRAM

Social engagement activities are a fun and comfortable way for people living with Alzheimer's disease or other dementia, and their caregiver to get out, get active, and get connected with one another through a variety of social events and community-based activities. Program in our area:

October 19, 2017 11 am
Northeast Classic Car Museum

Over 160 classic and vintage vehicles on display in five connected, climate-controlled buildings at the Northeast Classic Car Museum. Exhibits include the Fabulous Franklins, Cars Made in New York State, the Post-War collection and more. Visitors are also treated to original videos, WWI & WWII aircraft engines, period fashions, and much more. Enjoy a guided tour and walk at your own pace!



2017 Chenango County Fair Senior Day!

We would like to say thank you to all who attended this year's senior day and public hearing. The response was wonderful. We would also like to thank all of this year's sponsors.



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.