



The Bullthistle Bulletin

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

January-February-March 2018 Issue



Office Staff

Brian Wessels - Director

Nicole Ross - Coordinator of
Services, NY Connects
Coordinator

Jackie Lisk - Coordinator of
Nutrition Services

Deb Zampetti - Dietician

Jane Muserilli - Senior
Outreach Worker

Bridget Corcoran - Outreach
Worker

Linda Guinn - Outreach
Worker

Wendy Hayner - Outreach
Worker

Sandy Long - Outreach
Worker

Katherine Miller - Outreach
Worker, NY Connects

Ellen Cleveland - Budget
Technician

Rosemarie Pucci - Secretary

Joanne Clark - Receptionist

Sana Losee - Program Aide

Alyssa Gantt - Aging Services
Aide

**Lawrence Wilcox, Chairman
Board of Supervisors**

Website:

www.co.chenango.ny.us

WE HAVE A NEW WEBSITE!

Please log on to **www.co.chenango.ny.us**, go to Departments and click on Area Agency on Aging to check it out! Let us know what you think! Information on all of our services is there, nutrition program, upcoming events, photos of staff and links to other service organizations. This newsletter can be found on our web page as well.



Medicare Cards Are Changing!

Medicare is taking steps to remove Social Security numbers from Medicare cards. Through this initiative the Centers for Medicare & Medicaid Services (CMS) will prevent fraud, fight identity theft and protect essential program funding and the private healthcare and financial information of our Medicare beneficiaries.

CMS will issue new Medicare cards with a new unique, randomly-assigned number called a Medicare Beneficiary Identifier (MBI) to replace existing Social Security-based Health Insurance Claim Number (HICN) both on the cards and in various CMS systems we use now. We'll start mailing new cards to people with Medicare benefits in April 2018. All Medicare cards will be replaced by April 2019.

Centers For Medicare & Medicaid Services

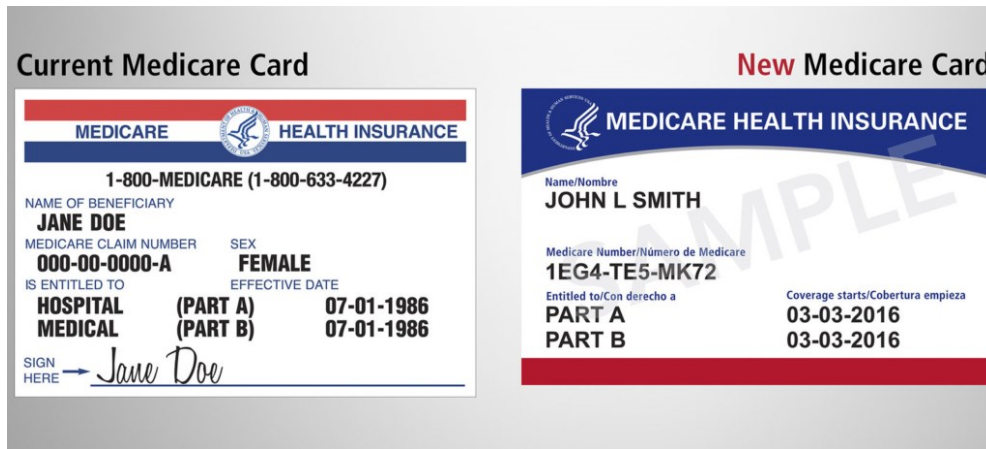


**Brian Wessels, Director
Area Agency on Aging**

Email:

chenaaoa@co.chenango.ny.us

MEDICARE CARD CHANGE (CONTINUED FROM PG 1)



5 Key Facts About Your New Medicare Cards

What Medicare beneficiaries should know!

1. Your new Medicare card will NOT have your SSN!

The Medicare Access and CHIP Reauthorization Act (MACRA) requires CMS (Centers for Medicare & Medicaid Services) to remove SSNs from all Medicare cards. The new cards will have a random 11 digit identifier that's a mix of numbers and letters.

2. You will not see your new cards before April 2018.

The transition period will begin no earlier than April 1, 2018 and run through April 2019.

3. This change will take some time.

With over 55 million Medicare beneficiaries in the US, moving to new Medicare numbers and cards requires a lot of changes to the CMS systems!

4. Your benefits will stay the same.

The new Medicare numbers will **NOT** change anything in your coverage. You can start using your new card as soon as you receive it.

5. You do not need to do anything!

This change will be automatic. There is no need to confirm your personal information with Medicare. When CMS sends your new Medicare card, they will mail it to you.

SCAM ALERT!!!

Scammers posing as Medicare reps will call asking for your current Medicare number and offer to send you a new card. **STAY ALERT.** Never give your information to anyone suspicious over the phone!

CONTACT THE NY SENIOR MEDICARE PATROL AT 877-678-4697 TO REPORT THIS!

HAPPENINGS AT OUR SENIOR CENTERS!

January-February-March 2018

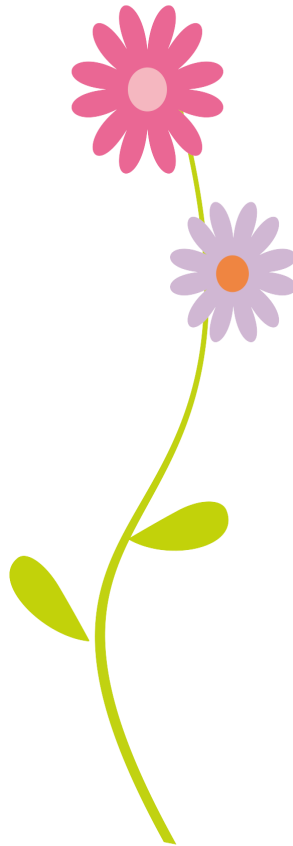
NORWICH (607) 334-2910

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:

- 01/01/18 - Office & Site Closed
 New Year's Day
- 01/10/18 - Celebrate Birthdays!
- 02/14/18 - Valentine's Day and
 Celebrate Birthdays!
- 02/19/18 - Office & Site Closed
 President's Day
- 03/14/18 - Celebrate Birthdays!



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:

- 01/01/18 - Office & Site Closed
 New Year's Day
- 01/10/18 - Celebrate Birthdays!
- 02/14/18 - Valentine's Day &
 Celebrate Birthdays!
- 02/19/18 - Office & Site Closed
 President's Day
- 03/14/18 - Celebrate Birthdays!

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

- | | | |
|---------|---------|---------|
| 1/04/18 | 2/01/18 | 3/08/18 |
| 1/18/18 | 2/15/18 | 3/22/18 |

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

- | | | |
|----------|----------|----------|
| 01/19/18 | 02/16/18 | 03/23/18 |
|----------|----------|----------|



HAPPENINGS AT OUR SENIOR CENTERS!

January-February-March 2018

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:

01/09/18 - Celebrate Birthdays!
02/13/18 - Celebrate Birthdays!
03/13/18 - 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:

01/09/18 - Celebrate Birthdays!
02/13/18 - Celebrate Birthdays!
03/13/18 - 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:

01/01/18 - Office & Site Closed
New Year's Day
01/10/18 - Celebrate Birthdays!
02/14/18 - Valentine's Day and Celebrate
Birthdays!
02/19/18 - Office & Site Closed
President's Day
03/14/18 - Celebrate Birthdays!



Reminder:

You Can Schedule for AARP's Driver's
Safety Course through the Chenango
County Area Agency on Aging!

If you need to take a course just give a
call to (607) 337-1770. We have cours-
es throughout the year. If one is not
currently scheduled we can put you
on our call list and call you when the
next class is scheduled. **Don't Miss
Out!**

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 am Jackie Lisk, I recently started working at the Chenango County Area Agency on Aging in August 2017, as the Nutrition Services Coordinator. I oversee the Meal Program for our Senior Centers and Home Delivered Meals.

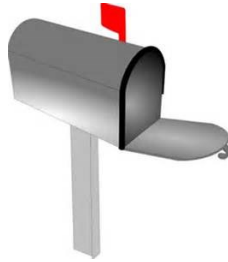
I grew up in a very small town in Upstate New York near the Watkins Glen area and moved to this area around 23 years ago with my husband Jeff. We have two children Joey and Jessica. Joey recently graduated from SUNY Cobleskill with a Bachelor's degree in Agricultural Equipment Technology and Jessica is attending college in Vermont for Psychology. I was a stay at home mother for seven years and decided to return to college when both of my children started attending school. I graduated from SUNY Morrisville in 2007 with a degree in Nutrition. Prior to working at the Chenango County AAOA I worked in the Long Term Care setting.

I truly enjoy working with our aging population and love to visit our Senior Centers and help deliver our Home Delivered Meals.

I would like to take this opportunity to thank the numerous volunteers who offer their time to help make our program successful.

Dear Marci,

Does Medicaid cover home health care?



Dear Marci,

My father might need care in his home. What type of home health care does Medicare cover?

-Musa (Cary, NC)

Dear Musa,

Original Medicare will cover certain home health care services through the home health benefit if your father meets a few requirements. Home health care services must be ordered by a doctor and coordinated through a home health care agency.

Medicare covers the following type of care:

- **Skilled nursing services.** Medicare pays in full for part-time skilled nursing care, which is care that can only be performed safely by a licensed nurse. Part-time means the care is provided up to seven days a week for no more than eight hours per day and 28 hours per week.
- **Skilled therapy services.** This includes physical, speech, and occupational therapy provided by a licensed therapist. Note that occupational therapy is only covered if your father also needs physical or speech therapy. Your father will not qualify for the home health benefit if he only has a need for occupational therapy.
- **Home health care services** provided by a home health aide if your father also needs skilled care. Home health aides provide personal care such as help using the bathroom. If your father only needs personal care, he will not qualify for the home health care benefit.

Under the home health care benefit, Medicare also covers medical social services such as counseling, medical supplies such as catheters, and durable medical equipment such as a wheelchair or a walker.

It is important to note that although the home health benefit covers the services of a home health aide when skilled care is also needed, it does not cover 24-hour care. The home health benefit also does not pay for meals delivered to your home or homemaker services such as grocery shopping.

Medicare covers home health care if:

- Your father's doctor has certified that he is homebound, meaning it is very difficult for him to leave home, and he needs help doing so.
- Your father needs skilled nursing services on a part-time basis and/or skilled therapy.
- Your father has a face-to-face meeting with a doctor within the 90 days before beginning to receive home health care, or within 30 days after the first day he receives care. His doctor must sign a certification of home health care and re-certify it every 60 days.
- Your father receives home health care from a Medicare-certified home health agency.

Your father should speak with his doctor to learn more about this benefit, and the types of care your father thinks he needs. You or your father's doctors can also find Medicare-certified home health agencies by going to www.medicare.gov/homehealthcompare.

-Marci

Tips for Caregivers: Coping With Stress and Anxiety

Here are a few guidelines you can use now to help alleviate your anxiety.

- Recognize and admit that you are feeling stressed and anxious.
- Become aware of your body's symptoms. Don't let them scare you, let them talk to you.
- Try to pinpoint what it is you are anxious about. What happened yesterday? What were you thinking about before you went to bed? If you can't pinpoint it, don't worry about it and move on.
- Give yourself permission to feel anxious about whatever it is that is bothering you. "Of course, I feel anxious about this problem, anyone would. But how much anxiety is too much?"

If you do know what it is that is bothering you, what can you do to eliminate or minimize the situation in some way so that it isn't so stressful? Most importantly, how can you react differently, so you won't be so affected by this situation? Here are some things to think about:

- Listen to the dialogue within yourself. Are you filling yourself full of negative thoughts about a certain situation? What could you say to yourself that would feel more comforting?
- Listen to the dialogue of those around you. Is someone around you being negative and dragging you down with them? If so, how could you change your reaction to their negative attitude, so that you would be less affected by it?
- Are you overwhelming yourself with "shouldas" and high expectations? If so, which ones could you eliminate?
- Are you blaming someone else for your anxieties, unhappiness, poor health, lack of success, etc.? How can you take responsibility for yourself and make some positive changes?
- Give yourself positive reinforcement for even the smallest accomplishments.

No one lives a life without a certain amount of stress and anxiety. The key is to get the level of both down to a manageable level. Listening to your "inner voice" is a step in the right direction. You know best what you need.



Educating, Empowering, Advocating *by the Office of the State Long-Term Care Ombudsman*

THE NYS LONG TERM CARE

OMBUDSMAN PROGRAM:

What are those things that make us who we are as individuals? It is our ability to make choices, to exercise our rights, and remain as independent as possible while maintaining our dignity. Many of us envision living our lives in this manner, surrounded by family and friends in our own homes and community. The reality, however, can be very different. Unforeseen circumstances such as a fall or illness can change a person's life plan, creating the need to be placed in a nursing home or adult home. Residents in these facilities deserve to continue to live their lives as independently as possible and often are able to accomplish this by utilizing their advocate, a certified ombudsman.

The New York State Long Term Care Ombudsman Program is available in all long-term care facilities across the state to assist individuals in keeping their sense of identity, self-worth, and ability to make choices regarding the care they are receiving. Simply put, the ombudsman program is resident-directed and resident-centered. Ombudsmen provide assistance to individuals and their families to understand and exercise their right to good care in a safe environment that promotes and protects their dignity and quality of life in the facility they now call "home."

At the heart of the NYS Long Term Care Ombudsman Program is its corps of specially trained and certified volunteers. Many volunteers are retired professionals from various backgrounds. These dedicated ombudsmen spend several hours per week in each of their assigned facilities, advocating for the residents by providing information and resolving complaints.

Little things make a big difference in everyone's lives. The certified ombudsman volunteers are a "regular presence" in facilities. Because of this "regular presence," these volunteers get to know residents, their needs, and those things that make a difference in their everyday lives. For residents without any family or loved ones, the ombudsman may be their only socialization from outside the facility and also may be the only advocate they have. The ombudsman becomes a "voice for the voiceless" and a lifeline for those who need assistance when they feel like they have nobody to turn to.

The Long Term Care Ombudsman Program is dedicated to educating, empowering and advocating for the residents in long-term care settings. Sometimes the role of the certified ombudsman is simply to empower residents and their families with education and knowledge so that they can advocate on their own behalf. An ombudsman can also advocate for residents by investigating and resolving complaints made by or on behalf of them, always with the residents' consent. Ombudsmen are committed to maintaining resident confidentiality, which is a cornerstone of the program. They represent residents and work on their behalf with facility administrators, staff, and family members to achieve a satisfactory resolution of their complaint and improve their quality of life.

At still another level, certified ombudsmen engage in systems advocacy by promoting the development of resident and family councils within facilities and by informing government agencies, providers, and the general public about issues and concerns impacting residents of long-term care facilities.

Throughout the state there are approximately 800 volunteers who provide residents with support and advocacy. The Long Term Care Ombudsman Program is always in need of more dedicated volunteers to provide this needed and beneficial service to the residents of long-term care facilities.

If you are interested in becoming a volunteer for Broome, Chenango, Delaware, or Tioga County or are in need of the assistance of a certified ombudsman, please call 607-722-1251 or check out our website at www.actionforolderpersons.org.

New Year's Resolutions?

By: Debbie Zampetti, RD

So it's that time of the year again when we make those resolutions to get organized, or to quit smoking or the number one resolution, **to lose weight**. Getting down to a healthy weight range and maintaining it is not only important for our self esteem but to prevent certain medical conditions such as hypertension, diabetes, strokes and heart disease. As we age, dropping pounds can seem harder than ever. Here are some tips to help with this battle and help you be successful with your goals.



1. Focus on fat loss, not weight loss: Put that scale away for good! As we age we cannot afford to lose muscle, organ tissue or bone mass which means focusing on that number on a scale is not appropriate. Instead use a measuring tape to measure your waist. Your waist size should not be more than half your height, so a woman who is 5'2" or 62 inches should have a waist no bigger than 31 inches.
2. Drink water...a lot of water: Water is key for digestion and metabolism. If we don't drink enough our bodies can confuse thirst for hunger making us eat more than our bodies need.
3. Add strength training to your daily routine: As we age our muscle mass decreases. When we lose muscle, our metabolism slows down. Adding some simple strength training with either small weights or strength bands can help rebuild some of that lost muscle.
4. Eat more protein: Studies show older Americans do not get sufficient protein which help build muscle. Aim for 30gms of protein at each meal.
5. Stretch...The more flexible you are the less likely you are to injure yourself during physical activity. Check out local yoga studios or YMCA for classes near you.

CONGRATULATIONS GLADYS ON YOUR RETIREMENT!

Chenango County Area Agency on Aging would like to wish Gladys Slentz a happy retirement.

Gladys was our site manager for the New Berlin center from April 2006 to September 2017.

Gladys was instrumental in making New Berlin a vibrant and inviting senior center. She always had a smile on her face and was helpful to co-workers and all the patrons.

SHE WILL BE MISSED BY ALL!

January 4th is National Trivia Day!

Here is Some Trivia For You About Potatoes!

- Thomas Jefferson first introduced French Fries to the White House during his presidency.
- Potato Chips were invented by Chef George Crum in Saratoga Springs, NY on August 24, 1853.
- Americans consume 30 pounds of potatoes per person per year.
- About 1/4 of the potatoes consumed are French Fries.
- Most people eat some form of potato every day.
- Potatoes were not part of the first Thanksgiving. Irish immigrants had not yet brought them to North America.
- When Sir Walter Raleigh first brought potatoes to the court of Queen Elizabeth I, there seems to have been a lack of communication. The cooks tossed out the tubers, and boiled the stems and leaves. Everyone who partook became deathly ill and potatoes were banned from the royal kitchen for a long time!
- National Potato Chip Day is March 14.
- Got a headache? An old fashioned remedy, was to place sliced, raw potatoes on your forehead.
- Most of the nutrients are in the skin of the potato.
- Potatoes have more potassium than a banana.
- The largest potato ever grown was 18lb 3oz.
- Over 45 million pounds of potatoes are produced in the U.S. each year.



February is Heart Health Month

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer. **FEBRUARY IS HEART HEALTH MONTH.** Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts checked and commit to heart-healthy lives.

AARP TAX-AIDE PROGRAM



The Income Tax season will be here soon. AARP volunteers will again be available to assist taxpayers in Chenango County. Here at the AAOA office we take appointments for those 60 and older. This program is available free of charge, and provides safe electronic filing for returns. The volunteers are certified to prepare individual income tax returns.

Starting in January please call the Chenango County Area Agency on Aging at 607 337-1770 to make an appointment to have your taxes done. Again this year they will be at the Guernsey Library.

Reminder:

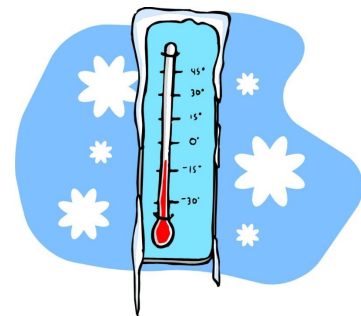
HEAP Is Open until March 15!

HEAP opened up November 13, 2017 and runs through March 15, 2018.

Emergency HEAP will open January 2, 2018 and will also end March 15, 2018.

Heating Equipment Repair and Replace opened November 9, 2017 No close date as of yet.

If you have questions or need an application for HEAP please call The Area Agency On Aging at 607-337-1770.



February 4th - Thank Your Mail Person Day!

Thank a Mail Person Day is your chance to say thanks to the guy, or gal, who delivers your mail. After all, they are there six days a week. The reliable postal worker is always there doing their job, regardless of the weather. They are a hardy lot. You'll find some mail carriers on walking routes, wearing shorts in all but the coldest of winter days.



5 Ways Social Security Protects You

Next payday, when you see a portion of your wages go toward FICA taxes, rest easier knowing that your investment in Social Security brings a lifetime of protections for you and your family.

From your first job and throughout your career, we track your earnings and give you credits for the contributions you've made through payroll taxes. Those credits can translate into important future benefits. As you prepare for a financially secure future, you should know about these five benefits that you, your spouse, and your children may become eligible for through Social Security:

- **Retirement benefits** provide you with a continuous source of income later in life. If you've earned enough credits, you can start receiving your full retirements at age 66 or 67 - depending on when you were born. You may choose to claim these benefits as early as age 62 at a permanently reduced rate, but waiting until after your full retirement age increases your benefit amount by up to 8 percent per year to age 70. Plan your retirement at: www.socialsecurity.gov/planners/retire.
- **Disability benefits** offer a financial lifeline if you're struck by a serious medical condition that makes it impossible for you to work and provide for yourself and your family and is expected to last at least one year or to result in death. Learn more at www.socialsecurity.gov/disability.
- **Child benefits** support your minor children while you're receiving Social Security retirement benefits or disability benefits. This financial support also is available to adult children who become disabled before age 22. Grandchildren and stepchildren may qualify in certain situations. Please see: www.socialsecurity.gov/people/kids.
- **Spousal benefits** supplement a couple's income if one of the two never worked or had low lifetime earnings. In some cases, this benefit is also available to divorced spouses. Please see: www.socialsecurity.gov/planners/retire/applying6.html.
- **Survivor benefits** ease the financial burden on your loved ones after you die by providing monthly payments to eligible widows, widowers, children, and dependent parents. It's likely the survivor benefits you have under Social Security carry greater value than your individual life insurance policy. Read more about survivor benefits at: www.socialsecurity.gov/survivors.

You must meet specific eligibility requirements to receive any type of Social Security benefits. Currently Social Security provides benefits to more than 61 million American workers and their families. And we'll be there for you and your family through life's journey.

Learn more about all of our programs at www.socialsecurity.gov.

Since Spring Is Right Around The Corner
Unscramble These Types of Flowers!

1. pitul _____
2. tojive _____
3. illy _____
4. sore _____
5. cilla _____
6. nicoatran _____
7. ypop _____
8. syanp _____
9. nebarer _____
10. xphoi _____
11. lorgidma _____
12. pakslur _____
13. occurs _____
14. naizin _____
15. oenyp _____
16. setra _____
17. smos _____
18. lijquon _____
19. sydia _____
20. rfen _____





NEWS RELEASE

Social Security Announces 2.0 Percent Benefit Increase for 2018

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 66 million American will increase 2.0 percent in 2018, the Social Security Administration announced.

The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017. (Note: some people receive both Social Security and SSI benefits) The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700 from \$127,200. Of the estimated 175 million workers who will pay Social Security taxes in 2018, about 12 million will pay more because of the increase in the taxable maximum.

**** As of this printing the new 2018 Social Security Award Letters are in the mail. When you get it keep in a safe place, you will need it as proof of income for many services.****

Answers To Puzzle on Page 13

- | | |
|--------------|--------------|
| 1. Tulip | 11. Marigold |
| 2. Violet | 12. Larkspur |
| 3. Lily | 13. Crocus |
| 4. Rose | 14. Zinnia |
| 5. Lilac | 15. Peony |
| 6. Carnation | 16. Aster |
| 7. Poppy | 17. Moss |
| 8. Pansy | 18. Jonquil |
| 9. Verbena | 19. Daisy |
| 10. Phlox | 20. Fern |

JOKES TO TELL YOUR FRIENDS!

What gets wetter and wetter the more it dries?

A: A Towel

What starts with the letter "t", is filled with "t", and ends in "t"?

A: A Teapot

What has hands but cannot clap?

A: A clock

What is at the end of a rainbow?

A: The letter W



Stepping On A Fall Prevention Program

Stepping On is a seven week program designed for people who are living at home and have experienced a fall or are concerned about falling.

The program is an evidence-based program that is effective and proven to reduce falls in older people living in the community. The program incorporates strategies to implement positive lifestyle changes to keep you independent, upright and active.

The evidence has proven that Stepping On reduces falls by 31% in the community.

This program is unsuitable for people with memory problems, certain progressive neurological disorders and people who are totally dependent on a walking frame. Stepping On has NOT been proven to work with Parkinson's Disease clients. Please refer these clients onto other appropriate evidence based treatment.

Content of classes are introduction, overview and risk appraisal, exercises and moving about safely, home hazards, community safety and footwear, vision, falls and vitamin D. Medication management and mobility mastery experiences and finally review and plan ahead. Any questions please call 607-337-1770.



Calling All Seniors!



NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long Term Care can include many services that will help people of all ages remain independent in their daily lives.

Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Chenango County NY Connects at (607) 337-1659.



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.

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

I would like my contribution to go to:

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

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.