



# The Bullthistle Bulletin

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



**Office for  
the Aging**

**April-May-June 2018 Issue**

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Aide

**OLDER  
AMERICANS  
MONTH**



**ENGAGE AT EVERY AGE: MAY 2018**

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you-those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

**Lawrence Wilcox, Chairman  
Board of Supervisors**

**Website:**

**[www.co.chenango.ny.us](http://www.co.chenango.ny.us)**



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

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## Safe Sleep and Recommendations for Baby

In 2014, approximately 100 infants died suddenly or unexpectedly in New York State. The numbers for Chenango County have also increased from 2014 to present. In light of the increased number of infant deaths in Chenango County due to unsafe sleep environments, the **Chenango County Health Department** is urging friends and family of expectant parents to learn about the current best practices to keep baby safe and to choose safe baby gifts when shopping for showers.

The message is quite simple, follow the **ABC's of Safe Sleep**:

**ALONE** – No co-sleeping, nothing in the crib including blankets, bumpers, toys, etc.

**BACK** - Always place baby on their back on a flat, firm surface for any sleep time

**CRIB** - Never fall asleep with the baby while you are in a recliner, chair, sofa, etc.

We've all been to baby showers where the expectant parents opened packages that contained many of the items we now know should not be put in the crib with the baby, such as padded bumpers, sleeping wedges, stuffed toys, pillows, and fluffy bedding. Baby showers are an ideal opportunity to have the conversation about a safe sleep environment. Unfortunately, too many parents and caregivers haven't heard the message, but hopefully they will listen to informed friends and family members.

Babies are not able to roll over or even turn their heads until they are older, so they can easily suffocate due to something as innocent as a pillow, toy, blanket or bumper pads in the crib. Instead of these types of items, here is a list of shower gifts that will keep babies safer:

- Sleep sack
- Fitted sheet
- Bassinet
- Portable crib
- Firm mattress to fit to crib or bassinet
- Breastfeeding related items
- Tummy Time play items

A sleep sack is the preferred sleepwear for an infant under the age of one and is recommended in place of covering the infant with a blanket. It is designed to keep the baby's temperature comfortable for sleep, making blankets and quilts unnecessary. The **Chenango County Health Department Nursing Division** will be mailing out a free sleep sack and a packet of information to all parents of new babies born in Chenango County during 2018. We hope this will help to inform and remind parents about safe sleep practices.



## Safe Sleep and Recommendations For Baby (Continued)

- The best way to prevent sleep-related infant deaths is to follow the American Academy of Pediatrics Recommendations for a Safe Infant Sleeping Environment which are:

Always place your baby on his or her back for every sleep time.

Always use a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep.

The baby should sleep in the same room as the parents, but not in the same bed (room sharing without bed-sharing). Ideally, infants should room-share for the first year of life, but at least for the first six months.

Keep soft objects or loose bedding out of the crib. This includes pillows, blankets, bumper pads, stuffed toys and any clutter.

Pregnant women should receive regular prenatal care.

Avoid smoke exposure during pregnancy and after birth.

Avoid alcohol and illicit drug use during pregnancy and after birth.

Breastfeeding is recommended.

Consider offering a pacifier at nap time and bed time.

Avoid covering the infant's head or overheating.

Do not use home cardiorespiratory monitors as a strategy to reduce the risk of SIDS.

Avoid the use of commercial devices that are inconsistent with safe sleep recommendations.

Infants should receive all recommended vaccinations.

Supervised, awake tummy time is recommended daily to facilitate development.

Infant deaths due to unsafe sleep environments are largely preventable. Using the ABC's of Safe Sleep EVERY time baby sleeps is the key to safety. The **Chenango County Health Department** believes that if we can educate grandmothers, aunts, friends and babysitters, they can help carry the message to parents. It is important to begin the conversation before baby is born and to make sure all caregivers get the message. You can make a difference.

The ABC's of Safe Sleep can be found at [www.health.ny.gov/safesleep](http://www.health.ny.gov/safesleep).

More details about these recommendations can be found at <http://pediatrics.aappublications.org/content/138/5/e20162938>

Or [www.aap.org](http://www.aap.org)

If you are interested in other health related topics, log on to the county website ([www.co.chenango.ny.us](http://www.co.chenango.ny.us)) to access the Public Health/Nursing icon. Fill out our new self-referral form and submit your request to us electronically.

Persons with questions or requiring additional information may contact the Chenango County Health Department at **(607) 337-1660**.

**HAPPENINGS AT OUR SENIOR CENTERS!**  
**April-May-June 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:** Bingo on Mondays, Pitch on Tuesdays, Every Friday a Movie and Pop-corn!

**Special Activities:**

- 04/06/2018 - Movie: New York, New York
- 04/11/2018 - Celebrate Birthdays!
- 04/13/2018 - Movie: The Music Man
- 04/20/2018 - Movie: Oklahoma
- 04/27/2018 - Movie: South Pacific
- 05/04/2018 - Movie: The Great Gatsby
- 05/09/2018 - Celebrate Birthdays!
- 05/11/2018 - Movie: We are Marshall
- 05/17/2018 - Evening Dine
- 05/18/2018 - Movie: Grease
- 05/25/2018 - Movie: Out of Africa
- 05/28/2018 - Site & Office Closed  
 Memorial Day
- 06/01/2018 - Movie: Carousel
- 06/06/2018 - Ice Cream Social
- 06/08/2018 - Movie: The African Queen
- 06/13/2018 - Celebrate Birthdays!  
 and Martha Hutchinson from Alzheimer's Association
- 06/15/2018 - Movie: Meet Me in St. Louis
- 06/22/2018 - Movie: The King and I
- 06/29/2018 - Movie: 7 Brides For 7 Brothers

**Also:** NBT Bank - Protection from Fraud  
 Valley Heights - Chorus  
 Candy Holbert - Nails  
 Rhond Conant - Hand Massages  
 Historical Society Presentation

**CALL THE CENTER FOR DATES AND TIMES OF THE ABOVE!**



**COVENTRY...(607) 656-8602**

Windy Hill Senior Center  
 Coventry Town Hall  
 1839 Route 235  
 Coventry, NY 13778  
 Hours: Tues & Thurs 10-2pm  
 Lunch Served at Noon

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

**Special Activities:**

- 04/03/2018 - Easter Celebration!**
- 04/10/2018 - Celebrate Birthdays!
- 04/12/2018 - "Dogs" Coloring Contest
- 04/19/2018 - "How Many" Trivia
- 04/24/2018 - Alzheimer's Association  
 Talk 11:00 am
- 04/26/2018 - National Arbor Day
- 05/03/2018 - Mexican "Cinco de Mayo"  
 Celebration
- 05/08/2018 - Celebrate Birthdays!
- 05/10/2018 - Mother's Day Celebration
- 05/15/2018 - Word Puzzle  
 "Covered Bridges"
- 05/24/2018 - Memorial Day  
 Commemoration
- 06/05/2018 - Baseball Games
- 06/07/2018 - Word Puzzle "On The  
 Boardwalk"
- 06/12/2018 - Celebrate Birthdays!
- 06/14/2018 - Father's Day Celebration
- 06/19/2018 - Picnic in Our Backyard  
 Indoor Picnic (Buffet Style Lunch)
- 06/21/2018 - Make Up Date for Picnic
- 06/28/2018 - Full Strawberry Moon



# HAPPENINGS AT OUR SENIOR CENTERS!

## April-May-June 2018

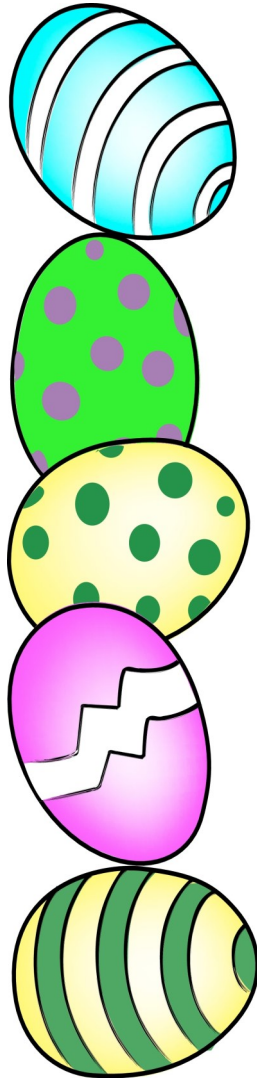
**GREENE.....(607) 656-4789**

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:**

- 04/02/2018 - Happy Easter Celebration
- 04/04/2018 - Alzheimer's Association  
Talk 11:00 AM
- 04/11/2018 - Celebrate Birthdays! And  
"Dogs: Coloring Contest
- 04/20/2018 - Word Puzzle "Covered  
Bridges"
- 04/23/2018 - "How Many" Trivia
- 04/27/2018 - National Arbor Day
- 05/04/2018 - Mexican "Cinco de Mayo"  
Celebration
- 05/09/2018 - Celebrate Birthdays!
- 05/11/2018 - Mother's Day Celebration
- 05/16/2018 - Word Puzzle "Covered  
Bridges"
- 05/25/2018 - Memorial Day  
Commemoration
- 05/28/2018 - Site and Office Closed  
Memorial Day
- 06/01/2018 - Baseball Games
- 06/04/2018 - Word Puzzle  
"On The Boardwalk"
- 06/13/2018 - Celebrate Birthdays!
- 06/15/2018 - Father's Day Celebration
- 06/20/2018 - Picnic Indoors  
(Buffet Style Lunch)
- 06/29/2018 - Full Strawberry Moon



**MCDONOUGH ..... (607) 337-1770**

Genegantslet Activity Center  
 McDonough United Methodist Church  
 County Route 5  
 McDonough, NY 13801

Hours: Two Evening Dines a Month  
 3-8pm/ Dinner Served at 5:30PM

- |            |            |
|------------|------------|
| 04/05/2018 | 05/03/2018 |
| 04/19/2018 | 05/17/1953 |
|            | 06/07/2018 |
|            | 06/21/2018 |

**SOUTH OTSELIC ..... (607) 337-1770**

Plum Valley Forever Young Center  
 Methodist Church  
 102 Clarence Church Street  
 S. Otselic, NY 13155

Hours: One Evening Dine a Month  
 3-8pm Dinner Served at 5 PM

- 04/20/2018 05/17/2018 06/22/2018

**SHERBURNE.....(607) 674-4600**

The Welcome Center  
 12 Knapp Street  
 Sherburne, NY 13460  
 Hours: M-W-F 10-2pm  
 Lunch Served at Noon

**Daily Activities:** Cards and Puzzles

**Special Activities:**

- 04/11/2018 - Celebrate Birthdays!
- 05/09/2018 - Celebrate Birthdays!
- 06/13/2018 - Celebrate Birthdays!



## **HAPPENINGS ...**

### **CONTINUED.....**

#### **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),  
Puzzles and 50/50 Raffle

#### **Special Activities:**

04/10/2018 - Celebrate Birthdays!  
04/24/2018 - Cornhole Game  
04/26/2018 - Love Music  
05/08/2018 - Celebrate Birthdays!  
05/29/2018 - Cornhole Game  
05/31/2018 - Live Music  
06/07/2018 - Alzheimer's Association  
Presentation 11:00 am  
06/12/2018 - Celebrate Birthdays!  
06/26/2018 - Cornhole Game  
06/28/2018 - Live Music

### **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.

Hello, my name is Alyssa Ganntt and I am an Aging Services Aide at the Area Agency on Aging. My primary responsibility is working in the Nutrition Program handling home deliver meal changes, preparing and organizing route sheets for drivers and volunteers, and entering all necessary data. When needed I help with delivering meals and cover at senior centers. I enjoy working with our seniors and listening to the many stories they have to tell.





## March is National Nutrition Month

Nutritional Changes for the Better!

By Debbie Zampetti, R.D.

March is National Nutrition Month! During March nutrition experts around the country are spreading the word about good nutrition and how it can have a positive impact on your life.

We are all aware that good nutrition practices should occur all year long. The holiday season was not that long ago where many of us found ourselves feasting and overindulging during family celebrations. As January rolled around we declared our New Year's resolutions and promised ourselves to take better care of our health and get back into those clothes that are just a little too snug. Some people signed up for exercise classes, some promised to eat less fast foods, others to drink more water and snack on fruits and vegetables, etc., etc.! We all have an initial enthusiasm, but for many, they become overwhelmed and soon become discouraged. Too many changes too quickly! If we do not see results almost right away, we tend to give up. Why bother wasting our time and energy? Well, you bother because you are worth it! As you make this journey towards a healthier you, here are some tips to assist you along the way:

1. Change takes time. You know how hard it is to break an old habit? Well, the same is true for getting a new behavior to become routine. Do not be discouraged if your efforts take you longer than you planned. If you have a day where you "slip up" and revert back to your old way of eating, don't beat yourself up over it. It's ok...it was just one day. Wake up the next morning and get back on track.
2. Be sure to consult with your primary care physician about your plans, and ask if he/she might have any concerns or advice for you. They may have some suggestions that might assist you on your journey for a healthier you.
3. Make the most of the nutrition experts in your community. You can reach me at the Area Agency on Aging office. It would be my pleasure to assist you in your efforts throughout the year.
4. If at all possible, get back to basic cooking, using more, fresh, non-processed items. Fresh is ideal because you are more likely to benefit from optimum nutrient content, fiber, as well as consume less added sodium, fats, sugars, and additives/preservatives.
5. Keep a food journal...write down EVERYTHING you consume during the day. This will keep you accountable for the calories you are taking in.
6. Get in the habit of reading food labels when you shop. The Nutrition Facts on the food labels provide a wealth of information that can help you with portion control, and weight management, as well as dietary restrictions.
7. Get moving! We can all benefit from more exercise and physical activity no matter what your desired changes or health issues might be. Walking is a wonderful way to burn more calories and doesn't cost a penny like those gym memberships.
8. Take your time whenever you eat. Eating slowly helps with digestion, as well as gives you the feeling of fullness and satisfaction. This practice helps deter the chance of overeating and undesirable snacking later on. Take the time to enjoy your food and the company around you.
9. Quench your thirst with plenty of water throughout the day. Don't wait for your body to tell you it needs water by your feeling of thirst. Carry a refillable water bottle with you during the day, keep it close by to remind yourself of your need to drink. Besides hydrating your body especially during hot weather, water fills you without extra calories. Drink for good health!

I am available to help you as you make these changes to a healthier you. You can reach me at the Area Agency on Aging at 607-337-1770.

*Dear Marci,*



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***What is a Medigap policy?***

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Dear Marci,

I am turning 65 soon and am confused about supplemental health insurance. I see so much advertising about these plans, but what are they and do I need one?

-Lenna (Rio Rancho, NM)

Dear Lenna,

You are in good company-many Americans becoming eligible for Medicare receive mail or see TV or newspaper ads for “Medicare supplements” or “supplemental health insurance.” Both of these terms usually refer to Medigap policies. A Medigap policy is a standardized supplemental health plan that pays for part or all of Medicare-related health care costs that you would otherwise pay out of pocket. Medigap policies only work with Original Medicare Parts A and B, which is Medicare coverage through the federal government. If you plan to get your Medicare benefits through a private insurance company, called a Medicare Advantage Plan, then you cannot purchase a Medigap.

Medigaps supplement Original Medicare costs. These costs include deductibles, coinsurance charges, and copayments (copays). Medigaps do not usually pay for coverage gaps in Medicare, such as excluded services like routine dental or vision care. However, some Medigaps cover emergency care received in foreign countries, which is typically not covered by Medicare.

Medigaps are regulated by each state, usually under a department of insurance or similar state agency. This means that some aspects of Medigaps work differently in each state. Medigaps are still subject to some federal regulations, but different states may have their own Medigap rules as well.

There are different types of Medigap policies that you can buy. Private insurance companies offer ten standardized Medigap policies in most states: Plans A, B, C, D, F, G, K, L, M, and N. Note that insurance companies do not have to offer all ten Medigap policies. Plans with same letter offer the same benefits, but each insurance company may charge a different monthly premium. For example, Medigap Plan A offered by Insurance Company 1 provides the same benefits as Medigap Plan A offered by Insurance Company 2, but the two companies may charge different premiums. This means that you can get the same coverage even if you choose a plan with a lower monthly premium.

Lenna, before you consider purchasing a Medigap, be sure to do your research. Take steps to help understand Medigaps and find the best option for you.



**Beginning February 12, 2018, a second emergency benefit is available for households who have exhausted both the Regular and first Emergency HEAP benefits and who are in a heat or heat-related energy emergency, as defined by HEAP and who meet the eligibility guidelines for emergency benefit assistance.**

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency.

Emergency HEAP benefits and eligibility are based on:

## **HEAP UPDATE!!!**

- income,
- available resources, and
- the type of emergency

If you have an emergency you must contact your [HEAP Local District Contact](#) for assistance. Chenango County contact is Social Services at 607-337-1500.

### **You may be eligible for an emergency HEAP benefit if:**

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or
- Your electric or natural gas heat is off or scheduled to be shut-off or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

and

- Your income is at or below the current income guidelines as posted in the table below or you receive Family Assistance, Safety Net Assistance, Supplemental Nutrition Assistance (SNAP) or Code A Supplemental Security Income.
- The heating and/or electric bill is in your name and
  - Your household's available resources are:
- less than \$2,000 if no member of your household is age 60 or older; or
- less than \$3,000 if any member of your household is age 60 or older.

### **2017-18 HEAP Benefit Gross Monthly Income Guidelines**

<b>Household Size</b>	<b>Max Monthly Gross Income</b>
1	\$ 2,318
2	3,031
3	3,744
4	4,457
5	5,170
6	5,883
7	6,017
8	6,150
9	6,284

**\*\*The HEAP program has been extended to April 27, 2018 \*\***



## Hydration in Elders: More Than Just a Glass of Water

By Rita Miller-Huey

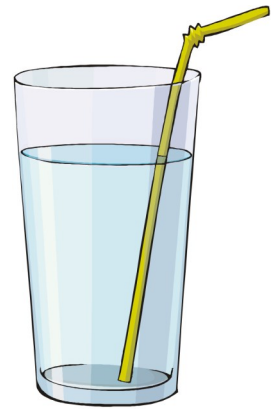
As we enter the warmer part of the year, it is more important than ever to drink enough fluids. This is particularly true for children and for persons 65 and older - which could be both the caregivers and their loved ones. Not drinking enough fluids can cause unwanted symptoms, complications from existing disease conditions and may account for many hospitalizations of our elders. Water and juices are the best; coffee, tea and colas with caffeine as well as alcoholic drinks cause the body to lose fluids and are recommended only in small amounts.

Elders are at risk for dehydration for many reasons:

- ◆ Age related. There is less water in the older body, greater difficulty for the older kidney to maintain fluid balance and less thirst sensations in older folks in general.
- ◆ Disease-related reasons for dehydration range from the complex to the simple. Infections such as pneumonia, chronic obstructive pulmonary disease (COPD) and urinary tract infections increase the need for fluids due to fevers and the overproduction of mucus. Some diseases, such as congestive heart failure, renal disease, stroke or other neurological disorders and diabetes, cause changes in the function of various hormones that regulate the fluid balance in the body. Also, there are acute reasons for dehydration such as prolonged vomiting or diarrhea, over-aggressive diuretic therapy and poor compliance to medication regimens.
- ◆ Environmental reasons. A decrease in mobility for those with arthritis, diminished vision or confined to bed rest who cannot as easily meet their own needs. Those with diminished appetite or reluctance to bother others for something as simple as assistance in getting a sip of water are definitely at risk.
- ◆ Medication reasons. May cause increased fluid losses through the kidneys. Diuretics, sedatives and laxatives are common, necessary drugs that require close attention to fluid intake. Other drugs and alcohol can cause the kidneys to work harder, and may damage them, making it harder to maintain fluid balance.
- ◆ Psychosocial reasons. This is the elder who is cognitively impaired, and possibly unable to drink without full assistance, or those who may intentionally restrict fluid intake in the hopes of decreasing the risk of incontinence.
- ◆ Economic reasons. This may include the lack of financial resources to maintain nutritional and fluid intake, extreme or prolonged weather fluctuations and the possibility of elder abuse.

How could you tell if your loved one might be becoming dehydrated? Ask yourself if they have any of the above mentioned risk factors. If they complain of nausea, are lethargic, have headaches, vomiting or dizziness, these could all be signs of dehydration. Call your doctor if your loved one has any or all of these symptoms.

## Hydration in Elders: More Than Just a Glass of Water (Continued)



Keep track of how much your loved one actually drinks in a day. A simple way to do this would be to put two quarts of water in the refrigerator first thing in the morning. Give all fluids for your loved one from his or her special pitcher. By the end of the day, they should have drunk most of the 2 quart pitcher. It could be plain water, water with lemon or other fruit juices made with water. Regular tea and coffee do not count because they promote fluid loss. Decaffeinated teas and coffees are OK (if your loved one will not drink plain water or juices) because they are less likely to promote urination. Foods that melt at room temperature, such as gelatin or ice cream also have a lot of water content. Serve foods with sauces, juices and gravies - every little bit helps.

There are some diseases for which it is not appropriate to offer so many fluids: congestive heart failure, cirrhosis of the liver and kidney disease. However, for most of us, young and older, the rule of thumb is to drink, drink, drink to keep the body hydrated, and stay away from the hospital and all the tubes and therapy needed if dehydration does occur.

[www.caregiver.co](http://www.caregiver.co)



### **Volunteer Recognition Day is April 20, 2018**

Volunteer Recognition Day is celebrated on April 20, 2018. It honors all volunteers who are working on behalf of others without being motivated by financial or material gain. You can celebrate Volunteer Recognition Day by thanking volunteers for their work, involving yourself in a volunteer activity or by donating to a volunteer group.

Volunteering is generally considered an altruistic activity and is intended to promote good or improve human quality of life. In return, this activity produces a feeling of self-worth and respect; however, there is no financial gain. Volunteering is also renowned for skill development, socialization, and fun.

### **Substitute Home Delivered Meal Volunteers Are Needed**

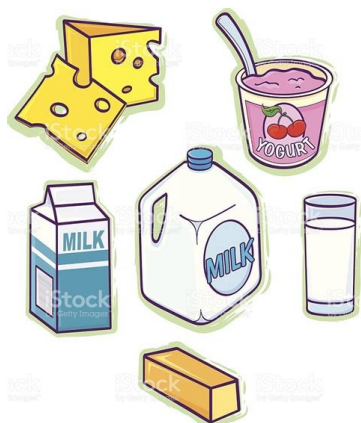
The Chenango County Area Agency on Aging is looking for substitute volunteers to deliver hot meals to home-bound senior citizens living in the Norwich or Sherburne areas. Please contact Jackie Lisk at 607-337-1770 for more information.





## Because June is Dairy Month.....

1. Clotted cream is associated with what event? \_\_\_\_\_
2. Milk that has not yet been pasteurized is called what? \_\_\_\_\_
3. Parmesan and Pecorino cheeses are associated with which style of cooking? \_\_\_\_\_
4. American cheese slices are commonly used for which dish? \_\_\_\_\_
5. Whey is associated with which nursery rhyme character? \_\_\_\_\_
6. Feta cheese is used most often in which style of cooking? \_\_\_\_\_
7. Which cheese, often found on pizza, gets stringy when hot? \_\_\_\_\_
8. What makes Swiss cheese so distinctive? \_\_\_\_\_
9. What is a puffy, baked mixture of eggs, milk and cheese called? \_\_\_\_\_
10. A creamy, baked dessert that usually has sour cream and cherries on top is what? \_\_\_\_\_
11. The classic French pie made with bacon, eggs, and cheese is what? \_\_\_\_\_
12. The Swiss originated which warm cheese dish? \_\_\_\_\_
13. Cheese logs and balls crusted with nuts and associated with what? \_\_\_\_\_
14. What is cheese on toast with seasonings called? \_\_\_\_\_



### Answers:

1. Tea Time
2. Raw
3. Italian
4. Grilled Cheese Sandwich
5. Miss Muffet
6. Greek
7. Mozzarella
8. Holes
9. Souffle, Omelette
10. Cheesecake
11. Quiche Lorraine
12. Fondue
13. Holidays and Parties
14. Welsh Rarebit

# Sundowning

Cathy Allen, CTRS, RCFE, CDP

Sundowning is a symptom of Alzheimer's disease and other forms of dementia and is also known as "late-day confusion." Individuals who exhibit sundowning behaviors have increased confusion, anxiety, aggression, and agitation in the afternoon. Additionally, there may be increased pacing and wandering behaviors.

## Possible Triggers

- ⇒ Poor sleeping patterns: tired, limited amount of sleep
- ⇒ Fatigue causing both mental and physical exhaustion
- ⇒ Restless or boredom
- ⇒ Infection (i.e., urinary tract infection)
- ⇒ Illness or experiencing flulike symptoms
- ⇒ Loud environment
- ⇒ Basic needs not being met (i.e., hunger, thirst, incontinence, temperature of rooms)
- ⇒ Poor lighting which can cause shadows and distractions
- ⇒ Delusions (unable to separate reality from dreams)
- ⇒ Stimulating beverages (i.e., caffeinated coffee or tea, alcohol)

## Tips

- ◇ Individuals with memory impairment exhibiting sundown will benefit from having a structured routine.
- ◇ Provide high energy level activities and programs and play active music in the morning and early afternoon. Provide calming activities and play relaxing music in the late afternoon and early evening.
- ◇ Keeping individuals active during the day and early evening can play a role in promoting a good night's sleep. Here are some suggestions of what to do:

Active games such as ring toss, balloon volleyball, ball toss, noodle exercises

Bowling

Parachute games

Walking (happy feet program)

Putting

Dancing or seated dancing

Bean bag toss games

Seated exercise programs

Floor or table top basketball

Shuffleboard

Proper-size (exercise with props)

Ribbon dancing

# Sundowning...(Continued)



◇ Ensure each person has a variety of familiar items to enhance reminiscing and provide comfort. Here are some ideas:

Memory and picture books

Shadow boxes

Photographs

Favorite pillow and blanket

Individualized memory baskets

Sorting and rummaging - Place familiar items in baskets or containers for the person to sort. These could include stuffed animals (may calm someone who is agitated or remind him or her of a pet), yarn and fabric swatches (can be reassuring to a person who knitted and/or sewed), playing cards, trading cards, and baseball cards (enhance memories of a hobby).

\* Offer tactile stimulation through hand massages with lavender-scented lotions.

\* Use aromatherapy through the use of a diffuser and essential oils:

Lavender oil reduces stress and anxiety

Chamomile and peppermint oil stimulates immediate relaxation

Lemon or eucalyptus oil with water soothes feet

◇ Promote a calming and relaxing environment by playing relaxation DVDs/movies. Examples of these themes are under the sea, aquarium relaxation, living arts, seascapes, forest relaxation, and waterfalls.

◇ Environment should be at a comfortable temperature - not too hot or cold.

◇ Studies show that light can reduce agitation and confusion. Open the shades and allow natural light to come in and ensure all the rooms are bright by keeping the lights on in the activity rooms.

Keeping the person engaged through socialization with peers, family and staff members, clergy, volunteers, animals, and entertainers can promote positive moods.

Creative Forecasting, Inc, May 2018

We are also on Facebook now at:  
[www.facebook.com/  
chenangcountyareaagencyonaging](http://www.facebook.com/chenangcountyareaagencyonaging)





## Linda Guinn is Retiring

Linda Guinn retired from the Agency on Aging at the end of March 2018. Linda started working with the Agency in February of 2008.

Linda worked as an Outreach Worker covering various townships in our County. Linda has been a tremendous ally of the older clients she served. Helping set up services through our Agency like meals or personal care or helping someone understand their options related to Medicare and making referrals to other county departments or organizations for assistance. Linda always spent the time with clients to make sure they got everything they needed.

We wish Linda the best in retirement. We are sure Linda will look forward to spending more time with her husband Jim, children and of course her grandchildren!

Best of luck Linda! Enjoy your well deserved retirement!



## APRIL 15-21ST

# National Volunteer Appreciation Week

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

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

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

For those looking to volunteer alongside these amazing people there will be a free 36-hour Certification Training to be held May 7, 9, 22, & 24<sup>th</sup>. To sign up or to receive more information, contact Rebecca Bradley or Morgan White at Action for Older Persons at 607-722-1251.

If you've received help from one of our volunteers and would like to recognize them, call us and we can add your compliments or recognition to our Facebook page during National Volunteer Week!

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.

**ONE LINERS ABOUT LIFE**

**Source Unknown**

- ◆ Time doesn't exist; clocks exist.
- ◆ Take my advice - I'm not using it.
- ◆ Talk is cheap until you hire a lawyer.
- ◆ Out of my mind - back in five minutes.
- ◆ Ever stop to think and forget to start again?
- ◆ I started with nothing, and still have most of it.
- ◆ My mind's made up so don't confuse me with facts.
- ◆ The problem with trouble shooting is trouble shoots back.
- ◆ Sure, I'd love to help you out..now, what way did you come in?



**APRIL IS NATIONAL HUMOR MONTH**



**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.*