



The Bullthistle Bulletin

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



Office for
the Aging

July-August-September 2018 Issue

Office Staff

Brian Wessels - Director
Nicole Ross - Coordinator of Services, NY Connects Coordinator
Jackie Lisk - Coordinator of Nutrition Services
Deb Zampetti - Registered Dietician
Jane Muserilli - Senior Outreach Worker
Bridget Corcoran - Outreach Worker
Bill Morley - Outreach Worker
Wendy Hayner - 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

Happenings At Your Area Agency on Aging!

Since our last edition that have been some changes at our Agency. Regarding the nutrition program, some of the meal sites have been changed. Norwich Westside Park Center has moved from the Baptist Church to the YMCA, 68 North Broad Street, Norwich. The Genegantslet located at the the McDonough Methodist Church has moved to the McDonough Fire Department, 1219 NY 220, McDonough. **All the times and days will remain the same.** Plum Valley Forever Young Center in South Otselic will now have 2 evening dines per month. As always if you are planning to attend any of our sites for either lunch or evening dines please call ahead to make a reservation at 607-337-1770. Please stop in and visit our sites!



We would like to welcome to our staff Bill Morley, who replaces Outreach Worker Linda Guinn. He came on board in May and is learning about our services and clients. We would also like to welcome Joe Coe, who is the Veteran's Services Officer for Chenango County. Joe's office is located within the Area Agency on Aging in the County Office Building. He can be reached at 607-337-1775.



Chenango Health Network Offers Financial Assistance for Women with a Breast Cancer Diagnosis

Chenango Health Network's Financial Assistance Program assists insured and uninsured women who live in Chenango County when they are diagnosed with breast cancer and need help with the cost of treatment. Examples of the type of assistance that will be considered include: travel expense (gas cards), co-pays for prescriptions or health care providers, wound care systems, lymphedema treatment, sleeves, prostheses, post-surgical clothing and wigs, treatments not covered by insurance such as acupuncture or massage therapy and medications not covered by insurance.

Women with a breast cancer diagnosis are encouraged to contact Chenango Health Network to see if help with their needs is available. All services are provided at no charge; however, there are certain eligibility requirements that apply. Chenango Health Network does not provide any cash grants to individuals. The Program is funded through the St. Agatha Foundation, Chenango United Way and local donations.

Chenango Health Network is a rural health network whose objectives are to increase access to health and wellness information and to health care services. Our mission is to bring together health and human service professionals, businesses and consumers to assess and strengthen health care in Chenango County.

To learn more about the program, contact Theresa Davis at 607-337-4128.



Sandy Long, Outreach Worker Retires!

Sandy Long retired from the Chenango County Area Agency on Aging at the end of June 2018.

Sandy started working for the Agency starting in August of 2007.

Sandy worked as an Outreach Worker covering more recently the towns of German, McDonough, Preston, Smithville, Oxford and Greene. Sandy also covered a portion of the City of Norwich.

Sandy proved to be a dedicated advocate for seniors the Agency serves. Sandy was particularly skillful at navigating through some very difficult Medicare/insurance related issues for clients.

We wish Sandy all the best in retirement.

Best of luck Sandy. Enjoy your well deserved retirement.



Foods to Boost Bone Health

By Debbie Zampetti, RD

Getting the calcium and Vitamin D you need is easier than you think, if you eat the right foods! If you have been diagnosed with, or at risk for osteoporosis you know you need lots of vital nutrients like calcium and Vitamin D. Turns out breakfast may be the best time to give your bone health a boost with foods such as orange juice, milk and cereals being rich in these nutrients.

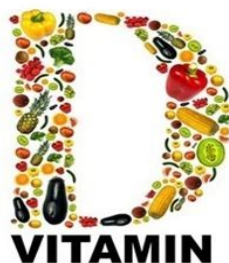
So what foods give you the biggest bang for your calcium buck? Here are 10 calcium rich foods that are easy to add to your diet. Try to incorporate one or two new food items into your meals each week. Also when you're browsing for new recipes, look for these calcium super rich foods as your main ingredient.

But wait! Before you get started eating your way to stronger bones you need to know how much calcium do you need anyway? Though experts haven't yet agreed on the ideal amount for people with a diagnosis of osteoporosis, your doctor may advise up to 1,500 milligrams of calcium a day, 3 doses of 500mgs elemental calcium a day. Why three separate doses? Because 500 milligrams is all your body can absorb at one time. So for strong bones, get your calcium throughout the day via your meals, then if necessary, add a calcium supplement to make up the difference.

Breakfast for Strong Bones

Fortunately grocery shelves are bursting with calcium rich foods for breakfast. The amount of calcium can vary wildly from one brand to another so read the food labels closely and compare the different brands. Some cereals for instance can give you half of the calcium you need all day, having fortified cereal with milk and OJ can satisfy your calcium needs before lunch:

Breakfast Foods:	Average Calcium (mg)
Cereal, calcium fortified, dry, 1 Cup	100-1000
Soy Milk, Calcium Fortified, 8oz	80-500
Milk (nonfat, 2% or whole), 8oz	300
Yogurt, 1 cup	300-400
Orange Juice, calcium fortified	200-340



Foods to Boost Bone Health, Continued...

Supper for Strong Bones

If cereal is not your thing, or you would rather spread your calcium across the day for better absorption, try adding a few calcium rich foods to your dinner or lunch. Make an omelet with some cheddar cheese and spinach. If you like soups or stews, try adding salmon, kale or your favorite greens to your other favorite recipes. Just as your bones store calcium, fish bones do too. So tiny bones in canned fish like sardines and salmon are very high in calcium and can be eaten as well.

Lunch, Dinner, and Snack Foods	Average Calcium (mg)
Canned sardines, 3oz	320
Swiss cheese, 1oz	270
Cheddar Cheese, 1oz	200
Cooked Greens, 1 cup (Kale or Turnip)	90-200
Broccoli, raw, 1 cup	90

How to find Calcium Rich Foods

Try this trick next time you're shopping for high calcium foods. The calcium amounts you see listed on food labels are percentages based on 1,000 milligrams a day. So to figure out how much calcium you're getting in each serving just add a zero to the percentage and that will convert it to actual milligrams. So if a cereal box says "Calcium 50%" then that cereal has 500 milligrams of calcium in each serving.

Bone Health and Vitamin D

The medical experts agree that Vitamin D is crucial in bone health as well. Vitamin D is needed to absorb that calcium from all these calcium rich foods. Our skin normally makes Vitamin D from the sunlight but as people age, their skin does not convert Vitamin D as well. The standard recommended daily allowance (RDA) for adults is 400 IU of Vitamin D. Calcium rich foods are often high in Vitamin D. So our Moms were right after all...drink your milk.

If you would like to discuss this topic or any other nutritional concerns please feel free to contact me
Deb Zampetti, RD at The Area Agency on Aging 607-337-1770



Annual Medicare Open Enrollment!

2019 Medicare Open Enrollment Period is October 15, 2018-December 7, 2018 for a January 1, 2019 effective date.



Every year a Medicare Open Enrollment Period, correctly referred to as the Annual Enrollment Period, is made available for people who qualify for Medicare benefits. During the 2019 Annual Enrollment Dates, anyone who is eligible for Medicare Parts A and B can enroll in or make changes to their Medicare coverage.

This includes being able to change from Original Medicare to Medicare Advantage, change back to Original Medicare from Medicare Advantage, switch from your current Medicare plan to a different Medicare Advantage plan, make changes to your Medicare Part D coverage, or apply for Medicare Part D even if you didn't when you originally applied, although some fees may be incurred.

Summertime Jokes!

Where was the Declaration of Independence signed?

A: At The Bottom

Why did the Triple A baseball player take an aspirin?

A: He had a minor headache

Where's the best place to get a small can of pop?

A: Minnesota

What is brown, hairy, and wears sunglasses?

A: coconut on vacation

Two Boy Scouts from the city were on a camping trip. The mosquitoes were so fierce the boys had to hide under their blankets to keep from being bitten. Then one of them saw some lightning bugs, and he said to his friend, "We might as well give up. They're coming at us with flashlights!"



THE HEAP CLEAN AND TUNE BENEFIT OPENED APRIL 2, 2018

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

You may be eligible for a benefit if:

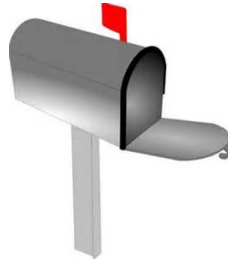
- You are the homeowner
- Your household's gross monthly income is at or below the current income guidelines for your household size as posted on the following table
- Your primary heating equipment is more than 12 months old
- Your primary heating equipment or chimney has not been cleaned within the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

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

2017-2018 HEAP Benefit Gross Monthly Income Guidelines

Household Size	Maximum Gross Monthly Income	
1	\$ 2,318	
2	3,031	Contact Chenango County Social Services at 607-337-1500 to apply.
3	3,744	
4	4,457	
5	5,170	
6	5,883	
7	6,017	
8	6,150	
9	6,284	
10	6,418	
11	6,733	
Each additional add \$523		





Dear Marci,

***What is a Medicare
Summary Notice?***

Dear Marci,

I have Original Medicare, and I just received a document that lists the procedures I've gotten from my doctors in the past few months. It says, "This is not a bill." What am I supposed to do with it?

-Constance (Santa Fe, NM)

Dear Constance,

It sounds like the document you are looking at is the Medicare Summary Notice (MSN). The MSN is a document that is sent to people with Original Medicare. It is a summary of health care services and items you have received during the past three months. The MSN is not a bill. The contractor that processes your claims from Medicare will send you the MSN, so it may have the name and address of a private company on it.

MSNs are usually mailed four times per year and contain information about charges billed to Medicare, the amount that Medicare paid, and the amount that you are responsible for. Note that you may receive additional MSNs if you receive reimbursement for a bill you paid.

In addition to the health care services you received in a given quarter, your MSN lists:

- The amount providers billed Medicare for those services (Note: the "Amount Provider Charged" field does not show your costs.)
- In an MSN for Part A services, the date that your benefit period began and the benefit days you have used in that benefit period.
- The Medicare-approved amount for each item or service. This is the amount that Medicare law sets as the price for an item or service.
- The amount Medicare paid providers for each service. This is a portion of the Medicare-approved amount. For the Part B-covered services, the "Amount Medicare Paid" is 80% of the Medicare approved amount. For many preventive services, the "Amount Medicare Paid" is 100% of the approved amount.
- The amount you may need to pay directly to providers (indicated in the "You May Be Billed" section). Note that you will receive a bill from providers and do not need to pay anything unless you have received a bill.

Dear Marci, (Continued)



Getting Medicare right

- Any non-covered charges. This column shows the portion of charges for services that are denied or excluded (never covered) by Medicare. A \$0.00 charge in this section means that were denied or excluded services. A charge in this section typically means that you are responsible for paying it. If you disagree with a non-covered charge, you should file an appeal.
- Notes for the claims included on the MSN. These notes might indicate that claims have been sent to your supplementary insurance for secondary payment. For denied claims, the notes will provide explanation about why the item or service was denied. These explanations are important, especially if you are proceeding with an appeal.

In many instances, Medicare or your provider forwards your MSN to your secondary insurer(if you have secondary insurance), which may then pay all or some of the remaining costs. Check the notes on your MSN because they may indicate if a claim has already been sent to another insurer. If not, you may need to submit a claim yourself. Call your secondary insurance plan to learn what (if any) steps you need to take, and speak to your provider to ensure that they have your most up-to-date insurance information.

When you receive your MSN, you should review it to make sure that it is accurate, and that you actually received the services and items on the dates of service listed. If there is any incorrect information (like, for example if your MSN lists a service that you did not receive), you should call the listed provider to check if their office made a billing error. If you suspect that a provider is intentionally billing Medicare for services they did not deliver, that someone is using your Medicare number or card, or that some other form of fraud is occurring, you should contact your local Senior Medicare Patrol (SMP). Your SMP will be able to help you identify fraud and, if necessary, report it to the proper authorities. To contact your SMP, call 877-808-2468 or visit www.smpresource.org.



Medicare Summary Notice for Part B (Medical Insurance)

Page 1 of 5

The Official Summary of Your Medicare Claims from the Centers for Medicare & Medicaid Services

Facility Name
Your Name Here
Street Address
City, State 12345-6789

THIS IS NOT A BILL

Notice for Your Name

Medicare Number	XXX-XX-1234A
Date of This Notice	September 16, 2011
Claims Processed Between	June 15 – September 15, 2011

Your Deductible Status

Your deductible is what you must pay for most health services before Medicare begins to pay.

Part B Deductible: You have now met \$85 of your \$162 deductible for 2011.

Be Informed!

Register at www.MyMedicare.gov for direct access to your Original Medicare claims, track your preventive services and print an "On the Go" report to share with your provider. Visit the Web site to sign up and access your personal Medicare information.

Your Claims & Costs This Period

Did Medicare Approve All Services?	NO
Number of Services Medicare Denied	2
See claims starting on page 3. Look for NO in the "Service Approved?" column. See the last page for how to handle a denied claim.	
Total You May Be Billed	\$150.86

Providers with Claims This Period

June 18, 2011
Jane Doe, M.D.
June 28, 2011
John Doe, M.D.
June 29 – June 30, 2011
Any Doctor, M.D.

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 Debbie Zampetti and I am the contracting Registered Dietitian at the Chenango County Area Agency on Aging. I have been a practicing dietetic for 20 years with my concentration in nutrition for the aging population. I received my Bachelors degree in Dietetics from SUNY Oneonta then completed my American Dietetic Association accredited year-long internship at Geisinger Medical Center in Danville, PA. Over the last 20 years I have practiced nutrition in several nursing homes, hospital settings and through community out-reach programs.

I was born and raised in Norwich, NY graduating from Norwich High School in 1990. My family and I moved to Cazenovia 13 years ago where we currently reside to be closer to Syracuse and my husband's employment. I am married to my husband Victor and we have 2 wonderful boys Shaun, 16 and Connor, 13. In my free time I love to kayak on the lakes in Cazenovia as well as hike with my two dogs Shea and Lambeau. We are all sports nuts in our house so we try to make it to NFL, NBA or MLB game as often as we can. I love traveling with my family and friends and find the beach is my "happy place".

If you would like to discuss any nutritional concerns or your current diet please feel free to call and ask to speak to me at The Chenango County Area Agency on Aging at 607-337-1770.

HAPPENINGS AT OUR SENIOR CENTERS!
July-August-September 2018

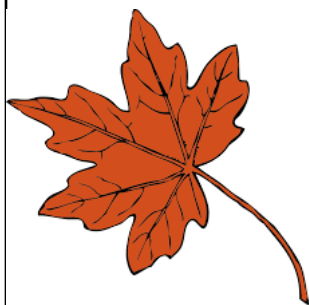
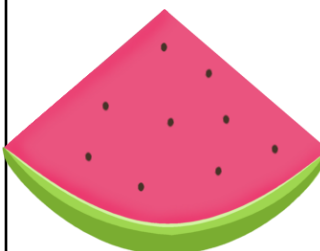
GREENE.....(607) 656-4789

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:

- 07/04/2018 - Office & Site Closed
4th of July
- 07/11/2018 - Celebrate Birthdays!
Word Puzzle "Friends Of Mine"
- 07/23/2018 - Cooperative Extension
Speaker Liz Coffey
"Food Safety"
- 07/30/2018 - Word Puzzle
"I'm Feeling..."
- 08/01/2018 - Hawaiian Day/Party
- 08/08/2018 - Word Puzzle
"Thanks A Lot"
- 08/13/2018 - "States" Trivia
- 08/15/2018 - Celebrate Birthdays!
- 08/22/2018 - Word Puzzle
"Costume Ball"
- 08/27/2018 - Crossword Puzzle
"What's in the Garden?"
- 09/03/2018 - Office & Site Closed
Labor Day
- 09/07/2018 - Word Puzzle
"Go Figure"
- 09/10/2018 - "Quotes"
- 09/12/2018 - Celebrate Birthdays!
- 09/19/2018 - Word Puzzle
"Med-School"
- 09/28/2018 - Crossword Puzzle
"Create a Holiday"



COVENTRY...(607) 656-8602

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

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

Special Activities:

- 07/10/2018 - Celebrate Birthdays!
- 07/12/2018 - Cooperative Extension
Speaker Liz Coffey
"Food Safety"
- 07/17/2018 - Word Puzzle
"Friends of Mine"
- 07/31/2018 - Word Puzzle
"I'm Feeling..."
- 08/02/2018 - Hawaiian Day/Party
- 08/07/2018 - Word Puzzle
"Thanks A Lot"
- 08/14/2018 - Celebrate Birthdays!
- 08/16/2018 - "States Trivia"
- 08/21/2018 - Word Puzzle
"Costume Ball"
- 08/30/2018 - Crossword Puzzle
"What's in the Garden"
- 09/06/2018 - Word Puzzle
"Go Figure"
- 09/11/2018 - Celebrate Birthdays!
and "Quotes"
- 09/18/2018 - Word Puzzle
"Med-School"
- 09/27/2018 - Crossword Puzzle
"Create A Holiday"

HAPPENINGS AT OUR SENIOR CENTERS!

July-August-September 2018

SOUTH OTSELIC (607) 337-1770

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

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

NOTE: NOW TWICE A MONTH!

07/06/2018	08/10/2018
07/20/2018	08/24/2018
09/07/2018	
09/21/2018	



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:

07/04/2018 - Office & Site Closed
4th of July
07/11/2018 - Celebrate Birthdays!
08/15/2018 - Celebrate Birthdays!
09/03/2018 - Office & Site Closed
Labor Day
09/12/2018 - Celebrate Birthdays!

NORWICH (607) 337-1770

NOTE: NEW LOCATION!

Norwich YMCA
68 North Broad Street
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 Popcorn!

Special Activities:

07/04/2018 - Office & Site Closed
For July 4th
07/11/2018 - Celebrate Birthdays!
08/15/2018 - Celebrate Birthdays!
09/03/2018 - Office & Site Closed
For Labor Day



MCDONOUGH (607) 337-1770

NOTE: NEW LOCATION!

McDonough Fire Department
1219 NY 220
McDonough, NY 13801

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

07/05/2018	08/09/2018
07/19/2018	08/23/2018
09/06/2018	
09/20/2018	

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:

07/10/2018 - Celebrate Birthdays!
08/14/2018 - Celebrate Birthdays!
09/11/2018 - Celebrate Birthdays!



Chenango County 2018 Older New Yorkers' Day Awardees

May 2018 was Older American Month, the theme this year was "Engage at Every Age". This year's recipients for Chenango County were Sally Supensky and Nancy Snell. Congratulations to both.



Sally Supensky began her service to her community as a child in the Girl Scouts, and she began volunteering at Hospice several years ago. Later, her husband became ill and eventually received Hospice services as a patient. Sally still volunteers at Hospice with patients who are in nursing homes and helps with other Hospice activities. She has experienced both sides of Hospice, as a volunteer and as a caregiver for her husband, so Sally truly values the organization and the work its staff and volunteers do for the community. She also volunteers regularly at the information desk at UHS Chenango Memorial Hospital, assists at Guernsey Memorial Library book sales, and helps the Board of Elections in Norwich.



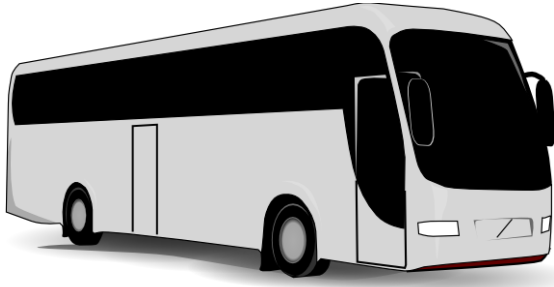
Sally and her husband had three children, and she has seven grandchildren. She enjoys spending even more time volunteering.

CONGRATULATIONS TO BOTH VOLUNTEERS!!!



Nancy Snell has volunteered in her community with several different organizations/events over the past 40 years. As a Hospice Volunteer, Nancy uses her skill and qualifications as a certified cosmetologist to cut and style patients' hair when requested. This is an invaluable service for patients who cannot leave their homes. She has organized concessions for the Gus Macker Basketball Tournament for several years and has helped with the Norwich YMCA Healthy Kids Day annual event. Ms. Snell has completed community members' income taxes at no charge as part of the AARP Tax Aide program at the Guernsey Memorial Library for seven years, has helped with registration at the Norwich Turkey Trot, and has participated with a team as part of the Norwich Relay for Life. Nancy uses her skill and passion to sew items to donate to her church's rummage sale and various Hospice causes. She also makes clothing for small dogs rescued by Bald is Beautiful Rescue.

Nancy is married, had 2 children and enjoys sewing, baking, gardening, and playing with her dogs.



Good Time Bus Tours
 6852 Indian Opening Road
 Bouckville, NY 13310
 315-729-8323
 www.goodtimesbustours.com

Trip for July, August and September

July 26 - CNY Food, Craft Beer & Shopping Trail, Erieville to Munnsville, NY \$108.00

Deadline: July 12, 2018

August 2 - Old Fashioned Country Music Hoedown, Moravia, NY \$ 85.00

Deadline: July 20, 2018

August 8 - Captain Bills' "DO WOP" Live Music Cruise, Seneca Lake, Watkins Glen, NY \$128.00

Deadline: July 17, 2018

August 21 - Old Jail Museum & Lehigh Gorge Railroad Train Ride, Jim Thorpe, PA \$101.00

Deadline: August 6, 2018

September 4 - Waterfalls, Cornell Botanical Garden Tour & Ice Cream, Ithaca, NY \$104.00

Deadline: August 20, 2018

September 19 - Lunch on Boat Cruise on Raquette Lake, Tour Great Camp Sagamore, Raquette Lake, NY \$126 **Deadline: August 29, 2018**

September 21 & 22 - **OVERNIGHT** Quilter's Delight Tour, Lancaster, PA \$220/double occupancy and \$276/single occupancy

Deposit Due \$75.00 June 20, 2018, Deposit Due \$ 75.00 July 25, 2018

Balance Due/Registration Deadline: August 15, 2018

Fourth Of July Word Scramble

- 1. yltreitb _____
- 2. gfa1 _____
- 3. dre _____
- 4. utnedi _____
- 5. htwie _____
- 6. steats _____
- 7. mdoefer _____
- 8. eondicaalrt _____
- 9. aamerci _____
- 10. ubel _____
- 11. radepa _____
- 12. rreskwiof _____



TO ALL MEAL RECIPIENTS

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

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

Thank You!



Answers to Fourth of July

Word Scramble

1. Liberty
2. Flag
3. Red
4. United
5. White
6. States
7. Freedom
8. Declaration
9. America
10. Blue
11. Parade
12. Fireworks

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

—*Francesca Reigler*

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

facebook



SENIORS, It's Your Day!

Enjoy a **Free Day** at the **Chenango County Fair!!!!**

Event runs from **10:00am - 4:00pm Thursday August 9th**

Informational Displays

Animals from Animal Adventure

Live Entertainment

Ice Cream Social

Door Prizes

BINGO

Chenango County Area Agency on Aging Public Hearing

Walk-ins enter through Gate 1

Cars enter through Gate 3

For more information call Area Agency on Aging at

337-1770

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.