



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



October - November - December 2018 Issue

Norwich Senior Center

In June we moved our Norwich Senior Center to the Norwich Family YMCA, located at 68 – 70 North Broad Street, Norwich NY. The Senior Center is located in the Community Room of the YMCA. During the hours of 9:00am to 1:00pm, Monday through Friday, Senior Center participants are welcome to utilize the Community Room, Field House and Lounge area. In the lounge participants are able to sit and visit with friends, play a board game or enjoy a game of cards. The Field House has a walking track and basketball courts. Wheeled walkers are allowed on the walking track. Within the community room we have tables set up for puzzles, cards, crafts, BINGO and Meals. Meals are served from 11:30am to 12:15pm and we request that you give 24 hour notice to reserve a meal by calling 337-1770. You can look at our menus on the Chenango County Area Agency on Aging website under the Nutrition tab or stop into the Senior Center and pick up a menu.

Activity Schedule for the Norwich Senior Center:

Monday

10:00 – 11:30 BINGO

10:00 – 11:00 Crafts with Dawn

Tuesday

10:15 – 11:15 Young at Heart Walking Club: For participants who don't want to walk alone

10:00 – 11:30 Pitch

Wednesday

10:00 – 11:30 BINGO

10:00 – 11:00 Crocheting/Knitting/Crafts

Thursday

10:15 – 11:15 Young at Heart Walking Club: For participants who don't want to walk alone

10:00 – 11:30 Pitch

Friday

10:00 – 11:30 BINGO

10:00 – 11:00 Crafts with Dawn



If Senior Center participants are interested in using the other facilities and or programs that the YMCA has to offer, during Senior Center hours or during times outside of the Senior Center hours, the YMCA staff are willing to discuss YMCA Membership options with participants. Membership options at the YMCA may include insurance covered memberships and scholarship assisted memberships. Please visit the YMCA membership desk or by calling 336-9622.

Emergency Food Packs



During the winter months Emergency Food Packs are available in case of inclement weather. All Home Delivered Meal participants will receive an emergency food pack in early December and are able to order additional packs as needed. Senior Center participants can order packs through the Senior Center Site Manager and packs will be delivered to the Senior Center in order for you to pick up your pack there. The Emergency Food Pack contains: Canned soup, canned tuna fish, canned fruit, juice, crackers and a dessert bar. The emergency food pack can be used when Home Delivered Meal drivers are unable to get to your home or when a Senior Center is closed due to bad weather.

A suggested contribution of \$3.00 per emergency pack is appreciated, however not required and no Senior will be denied an Emergency Food Pack for inability to pay.

EMERGENCY FOOD PACK FORM

NAME: _____

ADDRESS: _____

PHONE #: _____

Please circle appropriate one:

Home Delivered Meal Participant OR Senior Center Participant

Senior Center Name _____

WINTER WEATHER CLOSINGS

(ALSO ON TELEVISION NOW!)

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



Please listen to the Norwich radio station WKXZ FM 94/WCHN AM 970 and on television on **WBNG TV 12**. The closing will be announced as "Chenango County Meals and Senior Centers". This includes Senior Centers and all Home Delivery. You may also call the Area Agency on Aging at 337-1770 after 8:30AM if there is a question regarding closures.

Easy Cooking for One and Two

By: Debbie Zampetti, RD

Can you eat well when you eat alone or with two? No doubt it is not easy to shop for one or two, when most supermarkets emphasize large economy, family size packages. You run into fresh foods, such as produce, spoiling before you are able to eat them up. For many, it is a question of being able to motivate yourself to cook every night for just one or two. Here are some pointers to help you with shopping, and cooking so that you do eat nutritiously.

Tips for shopping and storing of food:

1. In choosing fresh produce, buy loose rather than prepackaged. This way you can purchase the exact number of each fruit or vegetable. This also provides you with more variety. Even though buying loose fruits and vegetables may be a few cents more per pound, you will have less spoilage from uneaten produce. Try to include produce that keep well for a week or more. Some examples of these are: potato, winter squash, parsnip, onion, kale, cabbage, carrot, beets, celery, apples and oranges.
2. Find a family member or friend to split a large package, such as potatoes, oranges, or apples, etc. You can divide just about any grocery, not just produce.
3. Frozen fruits and vegetables packaged in plastic bags can be handy to keep in your freezer, especially if you have to rely on others to get to the grocery store. You can take out what you want anytime and re-seal the rest. There is no chance of food going bad in the refrigerator this way! For variety, try to have several types of frozen fruits & vegetables on hand.
4. Generally the meat department is very happy to repackage meat into single or smaller sizes if you are unable to do it yourself. These meat packages can be frozen for another time. Remember, for freshness, label each package with what type of food it contains as well as the date of purchase.
5. If you depend on frozen entrees from the market for your daily meals, look for the ones that contain no more than 800mg sodium, 10mg fat and about 300 calories. Frozen entrees and dinners have a tendency to be highly salted.
6. Extra vegetables such as onions, green peppers, celery, or mushrooms can be chopped, stored in plastic bags in the freezer to be used later for sauces, stews, stir-fry, and omelets.

Tips for cooking:

1. Even though you might be cooking for one or two, make the time you spend cooking count, especially if you are not keen about cooking. You can use your favorite recipes to make casseroles, stews, soups, and divide the leftovers into single meal portion containers to be frozen for another time. Remember again to label and date all foods to be frozen.

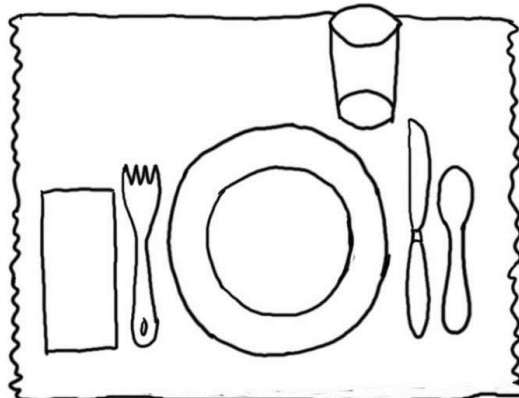
Easy Cooking for One and Two

By: Debbie Zampetti, RD

(Continued)

2. Although salad bars at grocery stores can be pricy, you are paying for convenience. For those of you who are not inclined or know your way around the kitchen, buying fruits and vegetables this way can be a great start to nutritious meals. These salad bar vegetables can easily be made into creative dishes by incorporating leftover meat such as chicken, turkey, ham, and items such as cheese, legumes, tuna, salmon, chopped eggs, or cottage cheese. Depending on your imagination, you can create tasty side salads or nutritious hearty dinner salads. This salad and your on hand meats can be rolled up in a whole wheat pita or tortilla shell for a great lunch.
3. How about buying a cooked roasted chicken from the supermarket deli? Have a delicious meal with cooked vegetables, possibly 100% whole wheat roll and a microwave baked potato white or sweet. The next day, slice up the leftover chicken for a healthy sandwich to have along with a low fat soup and whole grain crackers.
4. Another very easy and delicious meal can start with a microwave baked potato or sweet potato topped with leftover vegetables and cheese. Even items such as canned stews, chili, sour cream can dress a plain potato. You can get fancy by chopping up green onions, fresh sliced mushrooms, parsley or cilantro. Also try salsa or pesto on a plain potato.
5. Frozen pizzas can be dressed up to be more nutritious and interesting by adding items such as chopped tomatoes, sliced mushrooms, broccoli, red or green pepper, chopped onion and even pineapple chunks.
6. Choose frozen whole grain pancakes or waffles as a nutritious base for layers of nut butters, yogurt, frozen berries, sliced bananas to make a delicious breakfast or anytime meal. Dried raisins, cranberries, or any fruit can be added to hot and cold cereals.
7. A meal can be had by simply opening up a bag salad, topped with a reduced fat dressing, nuts, chopped fresh or dried fruit, shredded cheese or chopped vegetables, eggs, etc.
8. Canned soup can be the base for a hearty stew or soup by adding frozen vegetables, leftover meats, leftover starches such as rice, potato, pasta, canned legumes or leftover vegetables.

As you can see, meals do not have to be time consuming and you do not need to be a trained chef in order to eat healthily. Let your food preferences be the start and your imagination guide you. Use prepared foods such as roasted chicken, fruits and vegetables from salad bars from supermarkets. They may be a few pennies more to buy but it may mean the difference between you eating well or eating at all.



Chenango County
Potential Volunteer Driver Program

The purpose of this survey is to develop a list of reliable volunteers for a **potential volunteer** driver program.

Please limit **one** survey per person. Thank You!

1. If a **Volunteer** driver program was re-instated in the County would you be interested in volunteering? Yes _____ No _____

2. On what day(s) of the week would you be able to volunteer? (**Check all that apply**)
Monday _____ Tuesday _____ Wednesday _____ Thursday _____ Friday _____ Saturday _____ Sunday _____

3. How many hours a week would you be able to devote to volunteer?

4. Are you available year round? Yes _____ No _____

5. Would you be able to drive to cities such as Syracuse, Binghamton, and Oneonta... etc.?
Yes _____ No _____

6. Please leave your name and contact number for future contact regarding the program.

7. What would encourage more people to volunteer?

Send Completed Survey to: Chenango County Planning Dept. 5 Court St. Norwich, NY 13815 OR
Call: 607-337-1640 OR Email: Planning@co.chenango.ny.us

Christmas Word Search

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



- | | |
|-------------|-----------|
| candycane | ornament |
| chimney | presents |
| Christmas | reindeer |
| cookies | Rudolph |
| cranberries | Santa |
| elves | sleigh |
| family | stockings |
| holly | stuffing |
| lights | tinsel |
| mistletoe | turkey |

*Cold Weather is
 Coming!
 HEAP Can Help
 Keep You Warm!*

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

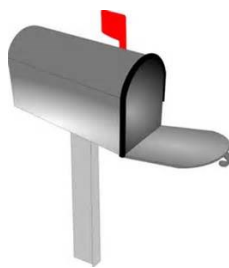
HEAP may be able to help you if your source of heat is:

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

FOR INFORMATION
 CALL 337-1770

Dear Marci,

What is Fall Open Enrollment?



Dear Marci,

I've heard that Fall Open Enrollment is coming up. What is Fall Open Enrollment, and what should I do to prepare for it?

- Andre (Dover, DE)

Dear Andre,

Fall Open Enrollment runs from October 15 through December 7 each year, and it's a time when you can make changes to your Medicare coverage if you want to. During Fall Open Enrollment, you can:

- Join a new Medicare Advantage Plan
- Join a new Part D prescription drug plan
- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from a Medicare Advantage Plan to Original Medicare

Between October 15 and December 7, 2018 you can make as many changes as you need to your Medicare coverage. The final change that you make will go into effect on January 1, 2019. To prepare for Fall Open Enrollment, you should begin to think about two major things.

First, think about your current health and drug coverage. If you have Original Medicare, review the 2019 Medicare & You handbook. This will outline your benefits for the upcoming year. If you aren't satisfied with Original Medicare, Fall Open Enrollment is a good time to make changes.

If you have a Medicare Advantage Plan or a stand-alone Part D drug plan, you should receive an Annual Notice of Change (ANOC) and an Evidence of Coverage (EOC) from your plan. These documents outline which providers, pharmacies, drugs, and services your plan covers, and what costs you will be responsible for. They'll also tell you what will change in 2019. If you aren't satisfied (for example, if a drug you need is no longer on your Part D plan's formulary, or a provider you see is no longer in your Medicare Advantage Plan's network), you can make changes during Fall Open Enrollment.

Even if you are happy with the coverage you get, you should review your current coverage and look at other options in your area to see if there are other plans that cost less and/or better suit your individual needs in the coming year.

Next think about costs. Costs can vary widely between different kinds of Medicare Advantage and Part D plans. Some Medicare Advantage Plans charge an additional premium on top of the Part B Medicare premium. Some Part D plans require people to pay a deductible, while others do not. Another plan in your area could offer you the same or better health and/or drug coverage at a more affordable price or have fewer coverage restrictions. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year.

Dear Marci, (Continued)



To prepare, create a list of all the health care providers you see, prescription drugs you take, and pharmacies you use. You might receive a lot of mail before and during Fall Open Enrollment, but keep an eye out for any notices from Medicare or your Medicare Advantage or Part D plan. If you decide you want to make change, you can do so by calling 1-800-MEDICARE or your local Area Agency on Aging.

-Marci

Staff Spotlight!

In each edition of the Bullthistle we will be introducing you to a member of our staff.

Hello, my name is Joanne Evans and I am the new Outreach Worker at the Chenango County Area Agency on Aging. The areas I will be serving will include, Greene, Oxford, Smithville, Preston, McDonough, German and parts of Norwich. Over the past 17 years I have worked as a Social Welfare Examiner at the Chenango County Department of Social Services.

I have lived in Chenango County all my life. I reside here in Norwich with my family. I am married to my husband Keith and we have 3 beautiful children, Kara (19), Emily (13) and Ryan (8). Our children are involved in various sporting events and you will see us running to practice, workouts and games, when we are not at work.

We are a very close family and really enjoy spending time together, whatever we may be doing. I am looking forward to working with the aging population and my new journey with the Chenango County Area Agency on Aging.



Holidays

The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer's may feel a special sense of loss during the holidays because of the changes he or she has experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care.

In the early stage, a person with Alzheimer's may experience minor changes. Some may withdraw and be less comfortable socializing, while others may relish seeing family and friends as before. The key is to check in with each other and discuss options. A simple "How are you doing?" or "How are you coping with everything?" may be appreciated. Plan the holidays together, focusing on the things that bring happiness and letting go of activities that seem overwhelming or stressful.

As the disease progresses into the middle and late stages, consider rethinking your holiday plans. Everyone is unique and finding a plan that works can involve trial and error. The following tips may help you make the holidays easier and happier occasions:

Adjust expectations.

- Call a face-to-face meeting or arrange for a group discussion via telephone, video chat or email for family and friends to discuss holiday celebrations. Make sure that everyone understands your caregiving situation and has realistic expectation about what you can and cannot do. No one should expect you to maintain every holiday tradition or event.
- Give yourself permission to do only what you can reasonably manage. If you've always invited 15 to 20 people to your home, consider inviting five for a simpler meal. Think about having a potluck dinner, asking someone to order and bring dinner, or asking others to host.
- Familiarize others with your situation by writing a letter or email.

Involve the person living with Alzheimer's.

- Involve the person in safe, manageable holiday preparation activities that he or she enjoys. Ask him or her to help you prepare food, wrap packages, help decorate or set the table. (Avoid using candies, artificial fruits and vegetables as decorations because a person with dementia might confuse them with real food. Blinking lights may also confuse the person.)
- Maintain the person's normal routine as much as possible, so that holiday preparations don't become disruptive or confusing. Taking on too many tasks can wear on both of you.
- Build on traditions and memories. Your family remember may find comfort in singing holiday songs, but you may also experiment with new traditions that might be less stressful or a better fit with your caregiving responsibilities, such as watching seasonal movies.

Adapt gift giving.

- Provide people with suggestions for useful and enjoyable gifts for the person, such as an identification bracelet (available through MedicAlert + Alzheimer's Association Safe Return); comfortable, easy to remove clothing, CDs of favorite music; photo albums of family and friends; or favorite treats.

Holidays (Continued)

- Advise people not to give gifts such as dangerous tools or instruments, utensils, challenging board games, complicated electronic equipment or pets.
- Depending on his or her abilities and preferences, involve the person in gift giving. For example, someone who once enjoyed baking may enjoy helping to make cookies and pack them in tins or boxes. Or you may want to buy the gift so that person can wrap it.
- If friends or family members ask you what you'd like for a gift, you may want to suggest a gift certificate or something that will help make things easier, like housecleaning; lawn, handyman or laundry services; restaurant gift cards; or even volunteer to visit with the person for an afternoon so you can have some time off.

Try to be flexible.

- Celebrate over lunch or brunch, rather than an evening meal, so you can work around the evening confusion, or sundowning, if it sometimes affects the person with Alzheimer's.
- Consider serving nonalcoholic drinks and keeping the room bright.
- Prepare for post-holiday letdown. Arrange for in-home care so you can rest, enjoy a movie or have lunch with a friend, and reduce post-holiday stress and fatigue.

Resources

MedicAlert + Alzheimer's Association Safe Return is a 24-hour nationwide emergency response service for individuals with Alzheimer's or other dementias who wander or have a medical emergency. To learn more or to enroll, call 888.572.8566 or register on line at alz.org/safety.

TS-0026 /Updated 2017

Managing Grief Through The Holidays

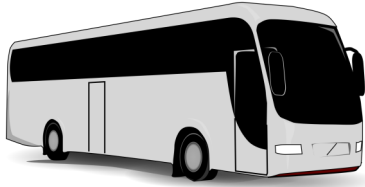
Holidays can be especially difficult after you have experienced the loss of a loved one. Hospice is offering a four-session support workshop to help you plan for the holidays and learn ways to cope with your loss.

THURSDAYS, NOVEMBER 15 AND 29, DECEMBER 20 and JANUARY 3

Registration is required. Please call Hospice and Palliative Care of Chenango County at (607) 334-3556 for more information or to register.



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



Saturday, October 27

Delaware Ulster Railroad, Train Ride & Lunch
Arkville, NY \$123.00

Sit at your table with linen-covered tables & fresh flowers aboard the vintage diesel *Rip Van Winkle Flyer* for 2 1/2 hours while enjoying a 3-course lunch in a domed dining car in the Catskills showing a panoramic view of passing farms, fields & the Delaware River. Entrees include a choice of Chicken Marsala, Beef Burgundy or Tortellini Primavera.

REGISTRATION DEADLINE: OCTOBER 12, 2018

Interpretation Services Available

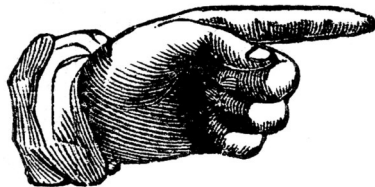
Chenango County Area Agency on Aging offers interpretation services for more than 200 languages. To inquire about our agency's services for the aging at no cost to you, please call (607) 337-1770.

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

Please Notice This



To Serve You Better...

**Chenango County Area Agency on Aging
Appointments Strongly Recommended!**

Nothing is more frustrating than driving all the way to our office for help with a problem only to find that the employees you need to see are busy assisting other clients. Given the number and complexity of issues we help with, we want you to meet with the employee best able to assist you.

Please remember to call ahead to schedule an appointment. This will guarantee that you'll be able to meet with someone experienced in the topics you're asking about. It will also reduce your wait time and increase our ability to serve and see everyone in a timely manner. Call (607) 337-1770 to schedule an appointment.

NY Connects is there to help



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 NY Connects of Chenango County at (607) 337-1659 to discuss needed services.

New Medicare Card Status

From Medicare.gov

You may have heard that we started mailing new Medicare cards to everyone with Medicare. Hang tight—mailing takes some time across the country, and you might get your card at a different time than friends or neighbors in your state. **In the meantime, keep using your current Medicare card until your new one arrives.**

We've got 3 ways for you to find out when you should expect your new Medicare card in the mail:

- **Check out the map on [Medicare.gov/New Card](https://www.Medicare.gov/NewCard).** Keep coming back to check the status of card mailings in your state. Remember, once card mailings begin in your state, it'll take about a month to finish.
- **Keep an eye on your email.** We'll send you an email update when new Medicare cards start mailing in your state.
- **Log in to your [MyMedicare.gov](https://www.MyMedicare.gov) account** to see if your new card has mailed. Don't have an account yet? Sign up now at [MyMedicare.gov](https://www.MyMedicare.gov)—it's a free, secure, and easy way to access all your Medicare information in one place.



HAPPENINGS AT OUR SENIOR CENTERS!

October-November-December 2018

NORWICH (607) 337-1770

Norwich YMCA

68 North Broad Street
 Norwich, NY 13815
 Hours: M-F 9-1pm
 Lunch Served at 11:45AM

Daily Activities: New Schedule:

Monday and Friday Bingo and
 Crafts, Tuesday and Thursday Walk-
 ing Club and Pitch, Wednesday Bin-
 go and Crochet/Knitting

Special Activities:

10/08/2018 - Office & Site Closed
 Columbus Day
 10/10/2018 - Celebrate Birthdays!
 10/31/2018 - Halloween!
 11/12/2018 - Office & Site Closed
 Veterans Day
 11/14/2018 - Celebrate Birthdays!
 11/22 & 11/23 - Office & Site
 Closed for Thanksgiving
 12/12/2018 - Celebrate Birthdays!
 12/25/2018 - Office & Site Closed
 Christmas Day



Happy



Thanksgiving



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

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

Daily Activities: Cards and Puzzles

Special Activities:

10/08/2018 - Office & Site Closed
 Columbus Day
 10/10/2018 – Celebrate Birthdays!
 10/31/2018 - Halloween
 11/12/2018 - Office & Site Closed
 Veterans Day
 11/14/2018 - Celebrate Birthdays!
 11/23/2018 - Office & Site Closed
 Thanksgiving
 12/12/2018 - Celebrate Birthdays!
 12/25/2018 - Office & Site Closed
 Christmas Day

MCDONOUGH (607) 337-1770

McDonough Firehouse
 1219 NY 220
 McDonough, NY 13801

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

10/04/20/18	11/01/2018
10/18/2018	11/15/2018
12/06/2018	
12/20/2018	

SOUTH OTSELIC (607) 337-1770

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

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

10/05/2018	11/02/2018 - Cancelled
10/19/2018	11/16/2018
12/07/2018	
12/21/2018	



HAPPENINGS AT OUR SENIOR CENTERS!

October-November-December 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)
and Puzzles

Special Activities:

10/09/2018 - Celebrate Birthdays!
11/13/2018 - Celebrate Birthdays!
11/22/2018 - Office & Site Closed
Thanksgiving
12/11/2018 - Celebrate Birthdays!
12/25/2018 - Office & Site Closed
Christmas Day!

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

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

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

Special Activities:

10/09/2018 - Celebrate Birthdays!
11/13/2018 - Celebrate Birthdays!
11/22/2018 - Office & Site Closed
Thanksgiving
12/11/2018 - Celebrate Birthdays!
12/25/2018 - Office & Site Closed
Christmas Day!



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

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

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

Special Activities:

10/08/2018 - Office & Site Closed
Columbus Day
10/10/2018 - Celebrate Birthdays!
10/31/2018 - Halloween
11/12/2018 - Office & Site Closed
Veterans Day
11/14/2018 - Celebrate Birthdays!
11/23/2018 - Office & Site Closed
Thanksgiving
12/12/2018 - Celebrate Birthdays!
12/25/2018 - Office & Site Closed
Christmas Day

REMINDER!

***MEDICARE OPEN
ENROLLMENT IS***

OCTOBER 15 - DECEMBER 7

***CALL 607-337-1770 FOR AN
APPOINTMENT***

**THIS NEWLETTER IS ALSO
AVAILABLE ONLINE AT**

WWW.CO.CHENANGO.NY.US

YOUR IMPORTANT PAPERS.....

WHERE ARE THEY?

Would you be able to locate all your important financial and medical documents quickly if you had to? Or would it take you several days to find them all? If you are not sure where your important papers are, it might be a good idea to look now for the following items and find a safe place to put them, such as a file cabinet or a folder. It's most important to be sure that you let your family or caregiver know where you have put these documents.

- ☑ Social Security Card
- ☑ Birth Certificate
- ☑ Marriage Certificate, Death Certificate, or Divorce Decree
- ☑ Veterans Discharge Certificate
- ☑ Real Estate Documents
- ☑ Life and Health Insurance Documents and Cards (Medicare, Medicaid and EPIC)
- ☑ Wills, Organ Donor Cards
- ☑ All Bank and Investment Records for at least five years
- ☑ Funeral and Burial Plan Documents
- ☑ All shelter expense bills (electric and gas, telephone, property/school taxes, homeowners insurance)
- ☑ All Social Security and pension statements
- ☑ Income Tax records
- ☑ Names of prescription medications taken, with daily dosages. Address of drug store used.
- ☑ Name, Address and Telephone numbers of all current doctors and therapists.



(Source: Broome County Senior News)



Look us up on Facebook and
give us a Like!



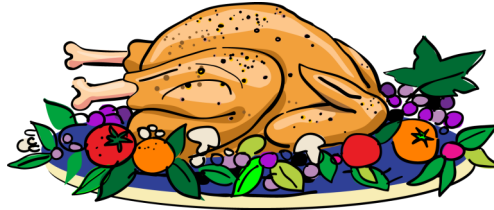
Free Holiday Meals

Thanksgiving - Emmanuel Episcopal Church, 37 E. Main Street, Norwich, NY 334-8801

November 22, One Serving at Noon, All Are Welcome, Ad will be in the Pennysaver, the week before, Take Out Available, Delivery Available Within 2 Mile Radius

Christmas - The River Club, 1 Maple Street, Afton, NY 639-3060

December 25, 11am - 2pm, Delivery Available with in a 15 Mile Radius
This is for people in need or alone during the holiday.



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.