



The Bullthistle Bulletin

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



Office for
the Aging

January - February - March 2019 Issue

HAPPY NEW YEAR

TAX AIDE PROGRAM FROM AARP

The Income Tax season will be here soon. AARP volunteers will again be available to assist taxpayers in Chenango County. Here at the Area Agency on Aging office we take appointments for those 60 and older. This program is available free of charge, and provides safe electronic filing for returns. The volunteers are certified to prepare individual income tax returns. It is always good to file if you can to avoid identity theft.

Starting in January please call the Chenango County Area Agency on Aging office at 607 337-1770 to make an appointment to have your taxes done. This year they will be at the United Church of Christ, 111 West Main Street, Norwich.

Medicare Advantage Open Enrollment Period

Starting in 2019, January - March of each year will be the Medicare Advantage Open Enrollment Period. Anyone in the MA plan on January 1 will be able to make one additional change as to how they receive their Medicare benefits. Beneficiaries can change to a different Medicare Advantage plan, or switch to original Medicare (with or without a Part D plan).



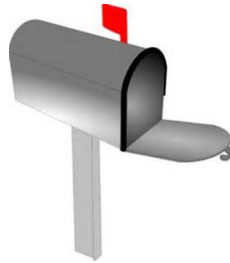
Reminder:

Our office and sites will be closed for:

New Year's Day - Tuesday, January 1, 2019

President's Day - Monday, February 18, 2019

Dear Marci,



What durable medical equipment does Medicare cover?

Dear Marci,

I have several health and mobility issues, and I need a lot of equipment and supplies to treat my illness and help me complete activities. What equipment and supplies does Medicare cover?

- Norma (Greensville, NC)

Dear Norma,

Medicare Part B covers some equipment, known as durable medical equipment (DME) that helps you complete your daily activities. Medicare usually covers DME if the equipment:

- Is durable, meaning it is able to withstand repeated use
- Serves a medical purpose
- Is appropriate for use in the home, although you can also use it outside the home
- And, is likely to last for three years or more.

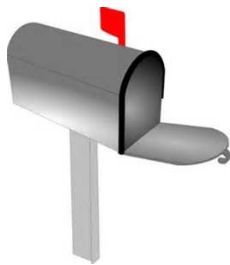
To be covered by Medicare Part B, DME must be prescribed by your doctor or primary care provider (PCP). If you are in a skilled nursing facility (SNF) or are a hospital inpatient, DME is covered by Part A.

Whether you have Original Medicare or a Medicare Advantage Plan, the types of Medicare-covered equipment should be the same. Examples of DME include:

- Wheelchairs
- Walkers
- Hospital Beds
- Power Scooters
- Portable Oxygen Equipment
- Orthotics
- Prosthetics
- Certain Diabetes Supplies



Dear Marci,
(Continued)



Medicare also covers certain prescription medication and supplies that you use with your DME, even if they are disposable or can only be used once. For Example, Medicare covers medications used with nebulizers. Medicare also covers lancets and test strips used with diabetes self-testing equipment.

There are certain kinds of equipment that Medicare does **not** cover, including the following:

- Equipment mainly intended to help you outside the home. For example, if you can walk on your own for short distances-enough to get you around inside your house-Medicare does not cover a motorized scooter that you only need outside the home.
- Most items intended only to make things more convenient or comfortable. This includes stairway elevators, grab bars, air conditioners, and bathtub and toilet seats.
- Items that are thrown away after use or that are not used with equipment. For example, Medicare does not cover incontinence pads, catheters, surgical facemasks, or compression leggings. However, if you receive home health care, Medicare pays for some disposable supplies-including intravenous supplies, gauze, and catheters-as part of your home health care benefit.

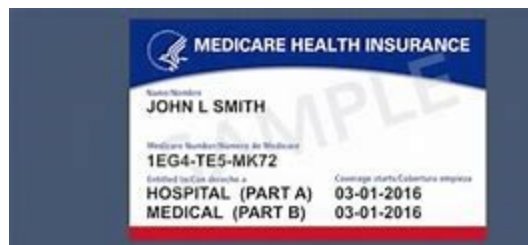
Note: catheters may be covered as prosthetics if you have a permanent condition.

- Modifications to your home, such as ramps or widened doors for improving wheelchair access
- Equipment that is not suitable for use in the home. This includes some types of DME used in hospitals or skilled nursing facilities (SNFs) like paraffin bath units and oscillating beds.

In order to have your DME covered, you will need to get a prescription or order from your doctor or PCP, and you will need to get your DME from the right kind of supplier.

To find out if Medicare covers the equipment or supplies that you need, or to find a DME supplier in your area, call 1-800-MEDICARE or visit www.medicare.gov.

-Marci



New Medicare Cards

Medicare has completed the mailings of new Medicare cards to New York State residents. The new cards use a unique 11-character identifier (which does not contain a Social Security number). While beneficiaries can continue to use their old Medicare cards through December 2019, anyone who has not received a new card is asked to call 1-800-MEDICARE.

Staff Spotlight!

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

Hello, my name is Jasmynn Abrams and I am the new Norwich Site Manager for the Area Agency on Aging. I am 20 years old. I have two brothers and one sister. I am the youngest in my family. I just graduated in May of this year with my associate degree in Human Services from Morrisville State College. I will be continuing my education in January at SUNY Oneonta studying for my bachelor's degree in Sociology with a concentration in Human Services. My goal in life is to help people.



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



Look us up on Facebook
and give us a Like!



Reminder: HEAP Is Open until March 15!

HEAP opened up November 13, 2018 and runs through March 15, 2019.

Emergency HEAP will open January 2, 2019 and will also end March 15, 2019.

Heating Equipment Repair and Replace opened November 5, 2018. No close date as of yet.



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.

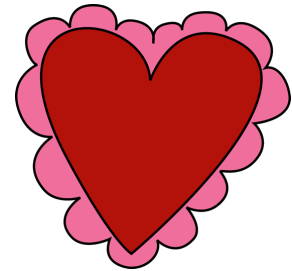
HEAP may be able to help you if your source of heat is:

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

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

Valentine's Day - February 14th!

Heart Idioms



- Person who is kind and generous is said to have this **HEART OF GOLD**
- Person with similar tastes and preferences to another **A MAN AFTER MY OWN HEART**
- Exclamation that something is too exciting or over-whelming for one to bear **BE STILL MY BEATING HEART**
- Done without much thought or effort **HALF-HEARTED**
- To share one's deepest or most intimate emotions, thoughts, or secrets **TO POUR OUT ONE'S HEART**
- To cry for an extended period of time **CRY YOUR HEART OUT**

MEDICARE RESOURCES

Medicare Interactive
www.medicareinteractive.org

Medicare Rights Center
www.medicarerights.org

Medicare
www.medicare.gov

March 17, 2019



February is American Heart Month!



- The purpose is to increase awareness about heart health.
- Every year, many American families are subjected to heart disease and stroke.
- It is still the leading cause of death and accounts for **\$1 of every \$6** spent on healthcare.
- The causes of heart disease can vary among people. But many cases are directly related to a person's lifestyle.
- Portion sizes of foods have grown to almost 5 times bigger than they were years ago.
- Beverages have calories too. These portion sizes have continued to increase. In the 1970's, the average sweetened beverage was about 13 ounces. Today, the average size is 20 ounces!
- Americans are eating 31% more calories than 40 years ago.
- This includes 56% more fat and 14% more sugars and sweeteners. The average person eats **15 MORE** pounds of sugar a year than in the 1970's.

Here are some simple steps that can help you prevent or control heart disease:

Remember Your ABC'S!

A: Appropriate Aspirin Therapy ****See your healthcare provider before taking aspirin.**

B: Blood Pressure Control

C: Cholesterol Management

Oven Crusted Chicken Breast (Makes 2 Servings)

2 Boneless Skinless Chicken Breast	¼ cup Quick oats crushed into smaller pieces
1 egg white	½ cup whole wheat flour
½ cup fat free milk	1 Tbsps. olive oil
½ cup seasoned breadcrumbs	

Put chicken in plastic bag or wrap in saran wrap and pound breast evenly to ½ inch thickness

Combine egg white and milk in bowl

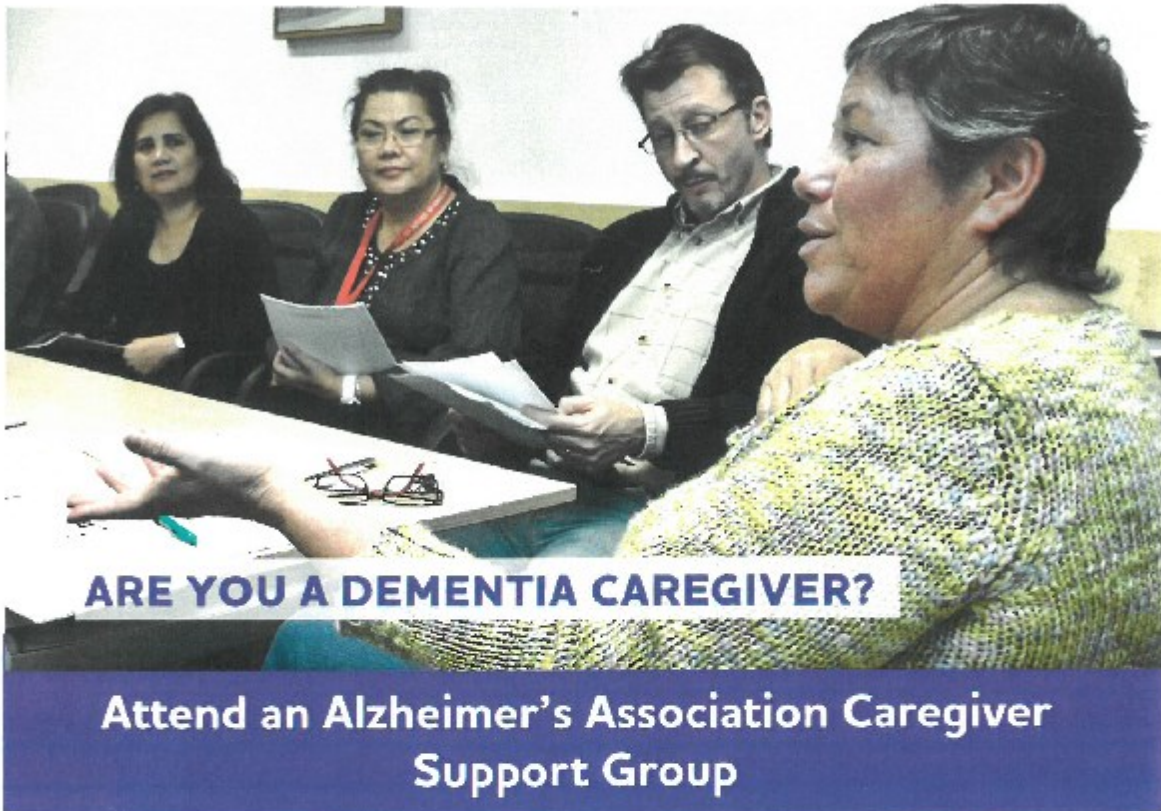
Combine breadcrumbs and oats in another bowl

Coat chicken in flour, dip in egg mixture and then breadcrumb mixture

Heat oil in pan, brown chicken on both sides for 2-3 minutes per side

Place on baking sheet and finish cooking in oven at 350 degree F for 8-10 mins or until internal temperature of 165 degrees F.

Nutritional Facts: Per Serving: 265 calories, 11gms total fat, 2gms saturated fat, 49mg cholesterol, 263mg sodium, 3gms total fiber, 18gms carbohydrates



ARE YOU A DEMENTIA CAREGIVER?

Attend an Alzheimer's Association Caregiver Support Group

Do you feel like you're all alone?

Would you like to learn from others dealing with the same challenges as you?

Support groups provide emotional, educational and social support for caregivers.

Join an Alzheimer's Association support group and learn how the power of your peers can help you navigate your journey.

Norwich

United Church of Christ
11 W. Main Street

3rd Thursday at 6 p.m.

Facilitator: Christina Reap
For more information, call (607) 785-7852.

800-272-3900
www.alz.org/cny

This activity is made possible, in part, by a grant from the New York State Department of Health.

alzheimer's  association*

This is a wonderful support group right in our own area. Start out the New Year learning from others dealing with the same challenges as you! You are not alone!

10 Warning Signs Your Older Family Member May Need Help



Changes in physical and cognitive abilities that may occur with age can be difficult to detect - for older adults and their family members, friends, and caregivers. To help in determining when an older adult may need assistance in the home, we have compiled this list of 10 warning signs. Any one of the following behaviors may indicate the need to take action. It is also important to inform the older adult's physician of these changes.

1. Changing eating habits, resulting in weight loss, appetite loss, or missed meals.
2. Neglecting personal hygiene, including clothing, body odor, oral health, nails and skin.
3. Neglecting the home, with a noticeable change in tidiness and/or sanitation.
4. Exhibiting inappropriate behavior, such as being unusually loud, quiet, paranoid, or agitated, or making phone calls at unusual hours.
5. Changing relationship patterns, causing friends and neighbors to express concern.
6. Showing physical injuries, such as burns, which may have resulted from general weakness, forgetfulness, or misuse of alcohol or medication.
7. Decreasing or stopping participation in activities that were once enjoyable, such as a bridge or book club, dining with friends, or attending religious services.
8. Exhibiting forgetfulness, resulting in unopened mail, newspaper piles, unfilled prescriptions, or missed appointments.
9. Mishandling finances, such as not paying bills or paying them more than once and losing or hiding money.
10. Making unusual purchases, such as more than one subscription to the same magazine, entering an unusually large number of contests, or increasing purchases from television advertisements.

www.eldercare.gov

"Snowflakes are one of nature's most fragile things, but look at what they can do when they stick together."

-Anonymous





New Year's Day Traditional Foods

By Debbie Zampetti, RD

Did you know traditional New Year's Day foods were prepared with the idea they would bring good luck for the coming New Year?

- Pork dishes were served in order to welcome the New Year! A pig will 'root forward' when it eats. So, people felt this would welcome the New Year and bring good luck to all! The colors green and gold were displayed as they were thought to bring wealth and prosperity.
- In New York during the colonial period, New Year's Day celebrations included 'opening the house' to family and friends with food and spirits. This became so popular that the custom of 'open house' hospitality was spread westward in the United States through the 19th century.
- Seeds have always been associated with fertility. In Greece on New Year's they hurl whole pomegranates to the floor to release a flood of seeds that symbolize life & abundance.
- New Year's traditional foods varied by areas of our country. For example, in the south, traditional foods included 'Hoppin John' (rice with black-eyed peas) and fried greens. In New England, crab and oyster dishes were popular as well as ham, minced pie, fruit cake and egg nog. In the 1950's and 1960's, a traditional New Year's Meal included eggnog, baked ham, roast turkey, rib roast with horseradish sauce, olives, radishes, pickle trays, cranberry jelly, and fruit cake.

Is eating healthier one of your New Year's Resolutions?

If so, skip the 'fad' diets and overly restrictive diets. Try to make simple changes, move more and make healthier food choices to achieve your New Year's resolutions without feeling 'deprived.' Choose colorful vegetables and fill your plate or bowl with them. Veggies are loaded with vitamins, antioxidants and fiber. They can fill you up so you are less likely to binge on high fat or processed foods. Snack on fresh or dried fruits instead of chips or cookies. They are also loaded with vitamins and antioxidants.

Turkey Meatloaf (Makes 6 Servings)

1 Pound Ground Turkey	2 Tsp ketchup
½ cup chopped zucchini with skin	½ tsp Dijon-style mustard
¼ cup diced red bell pepper	½ tsp dried thyme
½ cup diced green bell pepper	¼ tsp black pepper
¼ cup old-fashioned oats	1 egg, beaten

Preheat oven to 400F. Combine all ingredients in bowl and mix well. Spray a loaf pan with nonstick cooking spray.

Add meatloaf mixture to pan and press down with spoon to pack firmly and evenly.

Bake 30-40 mins until center of meat reached 165F. Remove from oven and let rest for 15 mins.

Sprinkle with parsley, cut and serve!

Nutrition Facts: 178 Calories, 2gms Total Fat, <1gm Sat Fat, 31gms Protein, 8gms Carbohydrate, 123mg Cholesterol, 1gm Fiber, 219mg Sodium

BE AWARE !

Medical Device Scam



The New York State Department of State's Division of Consumer Protection is alerting consumers to recent reports of medical device scams targeting seniors using unsolicited prerecorded messages, also known as "robocalls." These "robocalls" offer free medical alert devices along with money saving coupons.

The "robocalls" display many different numbers on the caller ID. When answered, the pre-recorded message urges consumers to press 1 to get their free device by providing their address and credit card, or to press 5 to opt out of future calls. However, pressing 5 will alert the scammers that they have reached a working phone number which they can use for future scam calls. Pressing 1 will put the consumer through to a live operator who will use scare tactics in order to get the personal and financial information from the consumer. They try to convince seniors that their health is in danger and need the medical device. Some scammers will entice consumers with bogus coupon offers or say that they are calling on behalf of AARP in order to get the consumer's information.

Follow these tips to avoid this type of scam:

- Hang up, without pressing any key.
- If you take the call, identify who is calling and what company they represent. Make sure to get an address and a phone number for the business.
- Never provide personal or financial information over the phone, including your name, address, date of birth, or Medicare and Social Security numbers.
- Even though the displayed phone numbers may be fake, you should report the phone numbers on your caller ID to the Federal Trade Commission at ftc.gov/complaint or 1-888-382-1222.
- Contact your telephone service provider and request to block robocall numbers. Avoid paying for this protection, as caller ID-displayed numbers are changed frequently.
- Remember that AARP does not ask for personal information, conduct financial transactions, or promote commercial activities over the phone.

For more information regarding identity theft prevention and mitigation, please contact the New York Department of State, Division of Consumer Protection at (518)-474-8583

News From the Nutrition Department

Over 1 million older adults attend senior centers across the United States every day. There are nearly 10,000 senior centers throughout the country, and according to National Council on Aging, “More than 60% of those centers are designated focal points for delivery of AAOA services-allowing older adults to access multiple services in one place.” One of the services offered by the Area Agency on Aging is Nutrition Education and Counseling, provided by a registered dietitian. The Registered Dietitian also plans nutritionally balanced menus for the meals that are served at each center. Other services available include outreach workers providing education and assistance with Medicare & insurance needs, as well as outreach workers making referrals and connections to other community support services depending on the client’s needs. Programming from outside agencies are also presented at Senior Centers, including education and activities that cover a wide array of topics such as Alzheimer’s Dementia, cooking demonstrations, food safety education, SNAP benefits, Farmers’ Market coupons and exercise demonstrations.

The benefits of attending a senior center go beyond education & assistance to include assistance with maintaining and improving mental & physical wellbeing. Games and socialization help keep the brain functionally active. Exercise helps to maintain and improve physical health. Participating in a senior center also provides a sense of belonging, gives people purpose and a reason to get up and get dressed every morning, and also helps maintain a regular routine. The programs and activities give the participants something to look forward to rather than sitting home day after day.

Additionally, senior centers offer opportunities for volunteer work. Volunteers may share a personal talent, help with set up and clean up, assist with meal service, deliver meals to home-delivered meal clients, make crafts for home-delivered meal clients, or lead a discussion group.

Perhaps the most important and beneficial aspect of participation in a senior center is the opportunity for socialization. Socialization improves both mental and physical health. A lack of social opportunities for older people may cause the tendency to withdraw from life and become socially isolated. According to the National Institute on Aging, “Social isolation constitutes a major risk factor for morbidity and mortality, especially in older adults.” Loneliness can be a risk factor for elevated blood pressure & depression. The National Council on Aging’s fact sheet on the impact of Senior Centers concluded that “Research shows that older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental and economic well-being.”

News From the Nutrition Department (Continued)

The Chenango County Area Agency on Aging has 7 Senior Centers located throughout the county in Coventry, Greene, McDonough, New Berlin, Norwich, Sherburne and South Otselic. Each center is unique to the area and participants that attend. We recognize the important role that the Senior Centers play in our seniors' lives and will be adding a new Program Aide position to the Area Agency on Aging in 2019. The program aide will help plan and organize additional programs and activities at our Centers to meet the needs of our seniors. Please follow us on Facebook or visit our website or call the agency for further information.

Sources:

National Council on Aging-www.NCOA

AARP-Loneliness Study-www.aarp.org

National Institute on Aging-www.nia.nih.gov

Evening Programs call 607-337-1770 for Schedule

McDonough

McDonough Fire House

1219 NY Rte 220

McDonough, NY 13801

Two Thursday Evening Dines per Month

3:00pm – 8:00pm

South Otselic

Methodist Church

102 Clarence Church Street

South Otselic, NY 13155

607-337-1770

Two Friday Evening Dines per month



Daytime Programs

Coventry

Windy Hill Senior Center

1839 State Highway 235

Greene, NY 13778

607-656-8602

Tuesday & Thursday

10:00am – 2:00pm

Greene

25 Birdsall Street

Greene, NY 13778

607-656-4789

Monday, Wednesday & Friday

10:00am – 2:00pm

New Berlin

First United Methodist Church

51 South Main Street

New Berlin, NY 13411

607-847-6350

Tuesday & Thursday

10:00am – 2:00pm

Norwich

Located at the Norwich Family YMCA

68 North Broad Street

Norwich, NY 13815

607-337-1770

Monday – Friday

9:00am – 1:00pm

Every February 3 is Feed the Birds Day



It was developed in 2016 by a man in Rochester, NY to bring awareness for the need for food for backyard birds especially during the coldest and snowiest times of winter. Bird seed provides energy and strength to help birds live through the winter. People are encouraged to leave food for wild birds. It is the hope that this practice continues and becomes a steady food source for these birds. Do you have an area in the community where you can feed the birds throughout the winter? Bird watching is enjoyable to many people, and there are many bird-watching clubs. Join FeederWatch at <https://feederwatch.org> and see what computer applications are available for bird-watching enthusiasts.

Cheerios Birdfeeders

1. Shape red pipe cleaners or floral wire into hearts, circles, and/or spirals.
2. String Cheerios onto the shapes then twist to connect the ends.
3. Add ribbons to each one to hang on trees for the birds.

2019 Medicaid Income and Resource Limits

Community Medicaid Income and Resource Allowance for household of 1:

- Income \$859/month (+\$20 for aged, blind and disabled)
- Resource: \$15,450

Community Medicaid Income and Resource Allowance for household of 2 (married):

- Income: \$1,267/month (+20 for aged, blind and disabled)
- Resource Allowance: \$22,800

Spousal Impoverishment Budgeting:

- Minimum Monthly Maintenance Needs Allowance (MMMNA): \$3,160.50/month
- Maximum Community Spouse Resource Allowance \$126,420

Supplemental Security Income:

- Federal Benefit Rate (FBR): \$771/single and \$1,157/couple
- Resource levels remain the same: \$2,000 for individuals and \$3,000 for couples

Other Updates:

- Home Equity Limit for Medicaid coverage: \$878,000
- \$135.50 is the new standard Medicare Part B monthly premium for beneficiaries with income less than \$85,000
- Standard Medicare Part A premium ranges from \$240 - \$437



Presidents' Day Word Scramble

Instructions: Unscramble the letters to find the Presidents' Day words from the list below.

n c y u o r t	_____
m e a i r c a	_____
n o m t n e u m	_____
d p e e l g	_____
e l i g c l e a n a	_____
e e g n r m n v t o	_____
c z t n e i i	_____
t c e e l	_____
g l a e e	_____
e l a d r e f	_____

Word List

allegiance	elect
america	federal
citizen	government
country	monument
eagle	pledge



Having Balance Issues?

Again in 2019 we will be holding our Stepping On Falls Prevention Program.



This program empowers older adults to carry out health behaviors that reduce the risks of falls. It is a community-based workshop offered once a week for seven weeks using adult education and self-efficacy principles. In a small group setting, older adults learn balance exercises and develop specific knowledge and skills to prevent falls. Older adults who should attend are those who: a) are at risk of falling, b) have a fear of falling, or c) who have fallen one or more times. Workshops are facilitated by two trained leaders, one who is a professional who works with older adults, and one older adult who meets the criteria for the class (peer leader).

Watch for information on upcoming classes!

Word Scramble Answers

1. Country
2. America
3. Monument
4. Pledge
5. Allegiance
6. Government
7. Citizen
8. Elect
9. Eagle

NEW YEAR'S DAY TRIVIA

- ⇒ The first month of the year, January, was named after the god Janus in the Roman calendar. Janus had two faces, one looking backwards and one forward at the same time.
- ⇒ It was once believed that the first visitor on New Year's Day would bring either good luck or bad luck for the rest of the year, depending on who he or she was.
- ⇒ The practice of making New Year's resolutions can be traced back to the Babylonians.
- ⇒ According to the data, nearly 45% of the people in the U.S. make New Year's resolutions.
- ⇒ The first New Year's ball dropping at Times Square in New York City took place on December 31, 1907.

Something To Make You Smile!

Round as a biscuit, busy as a bee, prettiest little thing I ever did see **A WATCH**

What did the male eye say to the female eye?
EYE LOVE YOU!

Two bodies have I, through both jointed in one. The stiller I stand, the fast I run.

AN HOURGLASS

What did the Mastercard say to the Visa card on Valentine's Day? **I GET A CHARGE OUT OF YOU.**

What is the first thing a gardener puts in the garden? **HIS OR HER FOOT**

Does February like March? **No, but April May**

What's Irish and comes out in Spring?
Paddy O'Furniture

What goes up when the rain goes down?
Umbrellas

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.