



## The Bullthistle Bulletin

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



*April - May - June 2019 Issue*

The Chenango County Area Agency on Aging is looking for  
Volunteers for **TAI CHI** for Arthritis. Training is involved!

Contact Nicole Ross @ (607) 337-1770



Dear Valued Client:

The Area Agency on Aging is working hard to make sure we deliver the best services to everyone in our county. With the changing times, and increasing number of people we see, we have realized the need to look at how our staff is structured and how services are delivered.

Within the next few months you will receive a phone call or home visit from the Outreach Worker that will be assigned to your area. This phone call or home visit is an opportunity for the worker to introduce themselves to you.

Thank you for your patience as we continue to serve you and the many seniors of Chenango County.

Should you have any questions please contact me at (607) 337-1770.

Sincerely,

Nicole Ross

Coordinator of Services

Chenango County Area Agency on Aging



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5 Court Street  
Norwich, NY 13815  
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## MEDICAL MONITORING

### **PERSONAL EMERGENCY RESPONSE UNIT**

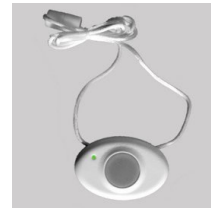
- Waterproof pendant or wristband with up to a 600 foot range.
- Unit is self-testing and equipped with a 2-way voice speakerphone.
- Compatible with landline phone or cable. Wireless option available.
- FREE installation and training by one of our professional installers.
- No installation fees, No service call fees, No hidden costs and No long-term contracts!



In the case of an emergency, a press of the button automatically connects him or her to a trained emergency responder. Depending on the severity of the situation, our emergency responders will notify key contacts and, in necessary situations, dispatch emergency services.

### **FALL DETECTION PENDANT**

- Detects a fall with OR without button push and contacts our emergency operator.
- Waterproof pendant with an up to 600 foot range.
- Lightweight and compact; up to 2-year battery life.



### **DOYLE ON THE GO**

- GPS mobile pendant enables monitoring both in and outside the home with a two-way hands free communication.
- One press of the state-of-the-art enhanced Wifi button connects you to the response center and determines your location in seconds.
- Extended battery life up to five days.
- Locate device with simple text message feature.
- Shower proof.

**For more information please call  
The Chenango County Area Agency  
on Aging at 607-337-1770**

## Staff Spotlight!

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



Hi I am Beth Furgeson and I grew up in Greene, NY. I started working as an Outreach Worker in October 2018, previously I worked at the Department of Social Services as a Social Welfare Examiner. I enjoy spending time with my friends and family, and two puppies. I like to bake in my spare time and bring in goodies to work. I love traveling, recently went on my first cruise to the Caribbean. I would like to travel to all 50 states eventually. I look forward to learning about my clients and helping you in any way I can.



### **Interpretation Services Available**

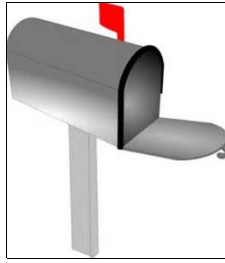
Chenango County Area Agency on Aging offers interpretation services for more than 200 languages. To inquire about our agency's services for the aging at no cost to you, please call (607) 337-1770.

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

*Dear Marci,*



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***Does Medicare work  
with VA benefits?***

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Dear Marci,

I am retired and I receive most of my health care through Veterans' Affairs (VA) benefits. I will be turning 65 soon. Will Medicare work with my VA benefits? Do I need to take Medicare Parts B and D?

-Domingo (Tempe, AZ)

Dear Domingo,

Medicare generally does not coordinate with Veterans Affairs (VA) benefits. You can have both Medicare and VA benefits, and many people choose to use both benefits in order to have access to more providers and services. However, with few exceptions, Medicare and VA benefits do not work together. Medicare generally does not pay for care that you receive at a VA facility.

In order for Medicare to cover your care, you usually have to receive care at a Medicare-certified facility that works with your Medicare coverage. In order for your VA coverage to cover your care, you must generally receive health care services at a VA facility. Exceptions can be made, such as if you receive prior authorization from the VA to receive VA covered services at a Medicare-approved facility. If an emergency occurs that requires you to receive such care, the VA may cover some of those costs until you can be moved to a VA facility for continued care.

Many veterans receive their VA health benefits to get coverage for health care services and items not covered by Medicare, such as over-the-counter medications, annual physical exams, and hearing aids. However, you may want to consider enrolling in Medicare Part B even if you have VA coverage. Part B may cover services you receive from Medicare-certified providers and provide you with medical coverage outside the VA health system. Without Part B, you will not have Medicare coverage for physician, outpatient, and ambulance services. In addition, if you do not enroll into Part B when you are first eligible to do so, but later decide to enroll in Part B, you will likely face Part B premium penalty for each 12 month period you were without Medicare Part B coverage. In addition, you may also experience gaps in coverage.

Dear Marci, (Continued)



Drug coverage offered by the VA is creditable. This means that it is as good as or better than Medicare Part D prescription drug coverage. As long as you remain enrolled in drug coverage through the VA, you can delay enrolling in a Medicare Part D without penalty. If you are interested in enrolling in a Part D plan in addition to your VA coverage, compare your options first. Some things to consider are the costs of a plan’s premiums, deductibles, and copays, the drugs that are available on a plan’s formulary (list of covered drugs), and the pharmacies that you can go to.

If you have a limited income, you may qualify for programs that help with some of the cost associated with Medicare. The Medicare Savings Program (MSP) pays the part B premium, and sometimes pays the Medicare Part A premium and Parts A and B coinsurances and deductibles. The Extra Help program can pay for most of some of your prescription drug costs. To learn more about these programs and for assistance with applying, you should contact your State Health Insurance Assistance Program (SHIP), which is The Chenango County Area Agency on Aging for Chenango County at 607-337-1770.

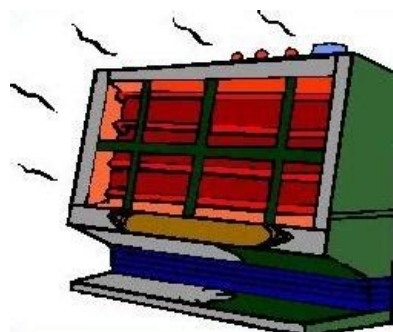
-Marci

### HEAP Update

The State has approved a 2nd Emergency Heap. The criteria will be the same as the 1st Emergency HEAP. The individual has to have an electric shut-off within 10 days or less than a week of fuel, wood, propane, etc.

The Regular HEAP program has been extended to 4/26/19.

Call Social Services at 607-337-1500 with any questions.

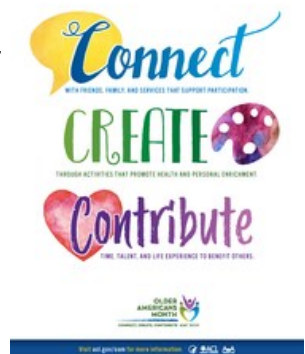


### MAY IS OLDER AMERICANS MONTH

Every May, the Administration for Community Living leads our nation’s observance of Older Americans Month.

The 2019 theme, **Connect, Create, Contribute**, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.



Communities that encourage the contributions of older adults are stronger, by engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

# Why Nutrition Matters For You

By: Debbie Zampetti, RD

Chenango County Area Agency on Aging

## Good nutrition is important throughout your life!

- It can help you feel your best and stay strong. It can help reduce the risk of some diseases that are common among older adults. If you already have certain health issues, good nutrition can help you manage the symptoms.
- Nutrition can sometimes seem complicated. But the good news is that the Food and Drug Administration has a simple tool to help you know what you're eating.
- It's called the **Nutrition Facts Label**. You will find it on all packaged foods and beverages. It serves as your guide for making choices that can affect your long-term health.

- **Check servings and calories.** Look at the serving size and how many servings are in the package of food. If you eat 2 servings of a food, you will consume double the calories AND the nutrients listed on the Nutrition Facts label.

Nutrition Facts		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 cup (228g)		Calories: 2,000 2,500	
Servings Per Container 2			
Amount Per Serving			
<b>Calories</b> 260		Calories from Fat 120	
		% Daily Value*	
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 5g			<b>25%</b>
Trans Fat 0g			
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 660mg			<b>28%</b>
<b>Total Carbohydrate</b> 31mg			<b>10%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 5g			
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	▪	Iron 4%	

- **Make your calories count.** When you look at a food's nutrition label, check the calories, and then check the nutrients to decide whether the food is worth eating.
- **Eat less sugar.** Foods with added sugars may provide calories, but few nutrients. So, look for foods and beverages low in added sugars. Read the ingredient list, and make sure added sugars are not one of the first few ingredients.
- **Names for added sugars** (caloric sweeteners) include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.
- **Know your fats.** Look for foods low in saturated and trans fats, and cholesterol, to help reduce the risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats, such as those in fish, nuts, and vegetable oils.
- **Reduce sodium (salt); increase potassium.** Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day may reduce the risk of high blood pressure. If you are an older adult, aim to eat no more than 1,500 milligrams of sodium each day. To meet the daily potassium recommendation of at least 4,700 milligrams, consume fruits and vegetables, low-fat milk products and other sources of potassium including: sweet potatoes, beet greens, white beans, plain yogurt, prune juice, and bananas. These help counteract some of sodium's effects on blood pressure.
- **Most sodium you eat is likely to come from processed foods**, not from the salt shaker. Read the Nutrition Facts label, and choose foods lower in sodium!

# Veteran's Corner



This article is designed to inform you about the benefits and services you may be entitled to as a Veteran or as the widow of a Veteran. Veteran's benefits are not granted automatically, they must be applied for, and the laws and regulations determining entitlement are numerous and complex in each state.

**WHO IS ELIGIBLE?** Veterans whose military service was completed under conditions other than dishonorable can qualify. Surviving widows and widowers of a Veteran may also be eligible for certain benefits.

**WHAT ARE THE BENEFITS?** Medical and health care is available to eligible Veterans.

All services are broken down into priority groups:

**Priority Group 1** - Veterans with service-connected disabilities rated 50% or more disabling

**Priority Group 2** - Veterans with service-connected disabilities rated 30% or 40% disabling

**Priority Group 3** - Veterans who are former POW's, Veterans whose discharge was for a disability that was incurred or aggravated in the line of duty, Veterans with service-connected disabilities rated 10% or 20% disabling, Veterans awarded the Purple Heart or Medal of Honor

**Priority Group 4** - Veterans who are receiving aid and attendance or house-bound benefits, Veterans who have been determined by VA to be catastrophically disabled

**Priority Group 5** - Nonservice-connected Veterans and service-connected Veterans rated zero percent disabled, whose income and net worth are below the established dollar thresholds

**Priority Group 6** - Veterans who served in the Republic of Vietnam between January 9, 1962 and May 7, 1975. Veterans who served in the Southwest Asia theater of operation from August 2, 1990 through November 11, 1998. Veterans discharged from active duty on or after January 28, 2003 for five years post discharge

**Priority Group 7** - Veterans with income below the geographic means test (GMT) income thresholds and who agree to pay the applicable copayment

**Priority Group 8** - Veterans with gross house-hold incomes above the VA national income threshold and the geographically adjusted income threshold for their resident location and who agrees to pay copays.

**AID AND ATTENDANCE:** Wartime Veterans, regardless of combat, and non-remarried surviving spouses may be eligible for significant financial assistance to pay for help with activities of daily living provided by a long term care facility, nursing home, or in home care provided by a family member, friend or an entity. Eligibility is based on income, assets, and need for assistance.

**BURIAL:** Federal: Financial assistance for burial and plot expenses available for eligible survivors of qualified Veterans. Burial in National Cemeteries available to certain Veterans and family members. Claim must be filed within two years after permanent interment. The VA provides headstone or grave markers for unmarked burial sites. An American flag is available to drape the casket and be given to next of kin.

State: Payments authorized by counties for indigent NYS Veterans and certain family members; purchase of headstone also authorized.

State: A supplemental burial allowance of up to \$6,000 is authorized for certain military personnel killed in combat or dying from combat wounds.

**DISABILITY BENEFITS:** VA Compensation: Veterans with a disability or disease incurred or exacerbated during active service are entitled to monthly compensation payments determined by the severity of the condition or loss of earning power. Application may be made for the benefit anytime during the Veteran's lifetime. Additional monetary allowances for dependents of Veterans with 30 percent or greater disability rating.

**VA DISABILITY PENSION (NON-SERVICE CONNECTED):** A monthly pension is payable to eligible wartime Veterans, or surviving spouses, with limited income and non service-connected disabilities that are permanent and totally disabling. Veterans must be determined to be permanently and totally disabled for pension purposes. Payments based on annual income.

**EMPLOYMENT & TRAINING:** As guaranteed by the New York State Veterans Bill of Rights for Employment Services, Veterans are entitled to priority service at all New York State Department of Labor offices in referrals to jobs, as well as for employment counseling, vocational testing and other services. Veterans receive special priority for all services and training funded by the Workforce Investment Act. For more information call 1-800-342-3358 or contact your nearest State Labor Office.

#### **PROPERTY TAX EXEMPTIONS:**

There are three different property tax exemptions available to Veterans who have served in the United States Armed Forces. The exemption applies to county, city, town, and village taxes. Exemptions may apply to school district taxes. Veterans can receive one of the three following exemptions:

1. Alternate Veterans' Exemption
2. Cold War Veterans' Exemption
3. Eligible Funds Exemption

Contact your local assessor for eligibility, additional details, filing deadlines and applications.

#### **HOME LOAN GUARANTY:**

Federal: Certain Veterans and spouses are eligible for GI loans for homes, condominiums and manufactured homes. Participating financial institutions receive a guarantee from the VA covering part of the loan in the event of default on repayment. Applicants must apply for a certificate of eligibility.

**CIVIL SERVICE:** Federal: Ten-point preference for eligible disabled Veterans in competitive exams only. Certain requirements waived and special priority given in certain job categories. Unremarried widow(er)s, certain spouses and mothers of disabled Veterans also are eligible for preference. Five-point preference for wartime Veterans honorably discharged.

State and Local: Ten-point additional credit preference toward original and future appointment for disabled wartime Veterans; five-points for wartime service; and two and a half points for competitive promotional exams. Job retention rights applicable to Veterans and spouses of totally disabled Veterans.

#### **For Additional Information:**

Chenango County Veterans Services Officer 607-337-1770  
New York State Division of Veterans' Affairs 1-888-838-7697 [www.veterans.ny.gov](http://www.veterans.ny.gov)  
U.S. Department of Veterans' Affairs 1-800-827-1000 [www.va.gov](http://www.va.gov)  
Veterans Crisis Line: 1-800-273-TALK (8255)



## Senior Center-Center Stage

### “The Welcome Center”

The Welcome Center is the location for our Sherburne Senior Center at 14 Knapp Street in Sherburne. Our Site Manager is Anita Smith. We have a small but welcoming group here in Sherburne who enjoy having new people come to visit. The Welcome Center is open Monday, Wednesday and Friday from 10:00am – 2:00pm. We have coffee hour every morning and the lunch meal is served at 12:00pm. We also have wonderful volunteers who help within the site and also those who help deliver meals throughout Sherburne. We offer a variety of activities including exercise group, live music, cards and crafts, watch our Facebook page or call the AAOA office for more information. If you are in the area please make a reservation for the lunch meal by calling Anita at 674-4600 or call the main office 337-1770.



## SENIOR CENTER NEWS!



Our Senior Centers have been busy with activities and events over the past few months. We have had visits from NY Connects, the SPCA and our Outreach workers have been out presenting Medicare Minutes and joining in on the fun with the center participants. The Alzheimer’s Association was at our Norwich Center to present Understanding Alzheimer’s and Dementia. Debbie Zampetti, RD our Consultant Dietitian has been visiting the sites to talk about Heart Health and National Nutrition Month and do activities like playing Nutrition Jeopardy.

Some new activities that we have enjoyed were a Sock Hop with 50’s music, Cheeseburgers, French Fries and Root Beer Floats. Blue Grass Gospel music from Terry & Sandy Bennett and a Pancake & Pajama Party.

We have been introducing new craft ideas and one craft that has been a favorite is the sun catcher craft that we got from the website My Crazy Happy Life. This craft is a fun craft that you can be as creative or simple as you would like to be and it is also a great craft to do with grandchildren. Other crafts have been tissue paper corsages and paper airplanes. To really see someone’s face light up let them build paper airplanes and send them flying all over.

Heather Everly brought her Karaoke machine to our Norwich Site and we have some pretty talented participants. Heather is also getting people involved in playing Wii games with possible future plans of a Wii bowling tournament.

The fourth Tuesday of every month Connie Dalrymple from the Guernsey Memorial Library will be presenting a new art project and in March Connie did a Tree of Life Painting with our participants.

# The Surprising Extra Benefits of Exercise for Seniors

By: Janet Crozier



We've all heard about the many benefits of exercise - a healthier heart, stronger bones, improved appearance and flexibility - but exercise has many additional benefits, especially for seniors.

"Many characteristics we associate with older age - like the inability to walk long distances, climb stairs, or carry groceries, are largely due to a lack of physical activity," explains Dr. John Montgomery, a family physician, medical Epidemiologist and vice-president of Senior Care Solutions with Blue Cross and Blue Shield of Florida.

However, according to AARP, 40 percent of people between 45 and 64 are considered sedentary. For people over 64, that number jumps to 60 percent.

"Some are worried that exercise will cause illness or injury," said Montgomery. "Others think exercise means they have to do something strenuous, which they may not be capable of. What they may not realize is that it could be more of a risk not to exercise," explains Montgomery.

Seniors can benefit tremendously from regular exercise. The Centers for Disease Control reports that seniors have even more to gain than younger people by becoming more active because they are at higher risk for the health problems that physical activity can prevent.

April 7 - 13 National Volunteer Appreciation Week

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



Many residents in long-term care (LTC) facilities have a variety of family and friends who visit and are able to assist the resident(s) with adjusting to living in their new home. What does a resident do when no one around? Who is there to explain their rights as residents?

Through the Long-Term Care Ombudsman Program, residents of LTC have a certified volunteer advocate who can improve their quality of life by advocating on their behalf. Coordinators Morgan White and Jessica Palmer of Region 11 of the 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 these residents.

Each of our volunteers have been the voice of residents who may not feel they have anyone to turn to. They've empowered residents by educating them about their rights. Staff members and family of residents can be assured that there is a resource for information and someone to assist their loved one. Thank you, again, to our volunteers for providing your valuable time to help the aging population to navigate.

For those looking to volunteer alongside these amazing people there will be a free 36-hour Certification Training with the potential dates of May 22<sup>nd</sup>, 23<sup>rd</sup>, 29<sup>th</sup>, 30<sup>th</sup>. To sign up or to receive more information, contact Morgan White or Jessica Palmer at Action for Older Persons at 607-722-1251.

## Rethink Your Drink Chenango: Drink Water

Small changes to your daily eating or drinking habits can make a positive difference to your health. The Chenango County Health Department 2019 Health Campaign encourages you to **RETHINK YOUR DRINK CHENANGO: DRINK WATER**. Drinking water is important for overall health and well-being. It is a simple change that anyone can make in their daily lives that can greatly change overall health for the better.

Heart Disease is the number one cause of premature death in Chenango County, ranking #1 in NY State. Four out of ten adults living in Chenango County are obese. This high incidence of obesity directly affects health outcomes such as diabetes and cardiovascular disease. Chenango County ranks #4 for its rate of hospitalization with diabetes as primary diagnoses. 35% of our residents suffer from high blood pressure. Three out of five children are affected by tooth decay. The numbers tell us that we have a lot of work to do to achieve better health.

Drinking water can reduce your risk for the following conditions:

- ◆ Obesity
- ◆ Dental Caries
- ◆ Heart Disease
- ◆ Stroke
- ◆ Type 2 Diabetes
- ◆ Liver Disease
- ◆ Kidney Disease



Drinking water is a healthy alternative to sugary drinks such as soda, fruit drinks, energy drinks or sports drinks. Many of these types of drinks contain more sugar than people often realize, giving them unwanted extra calories and causing tooth decay. Popular soda brands contain approximately 15-18 teaspoons of sugar in one 20 ounce bottle and 275 calories. Some sports drinks, iced teas and flavored waters that people often view as healthier alternatives to soda contain 8-12 teaspoons of sugar in one 20 ounce bottle and 160 calories. It is very important to read labels when choosing these drinks.

***Drinking one 12 ounce soda a day can lead to a weight gain of 15 pounds a year.***

The Chenango County Health Department will be doing a variety of education and awareness this year focused around **RETHINK YOUR DRINK: DRINK WATER**. We will be visiting medical providers, educating community partners, creating displays, posters and print materials, along with radio spots and variety of other activities. All new parents will receive information about drink recommendations by mail, including when to introduce juice and how much. Here is a short list of some of those tips:

- \* NO juice for under 12 months old, unless recommended by your child's doctor.
- \* Limiting to 4 ounces of juice per day for 1-3 year olds, 6 ounces of juice per day for 4-6 year olds and 8 ounces of juice per day for 7 years old through adulthood.
- \* Exclusive Breastfeeding is encouraged and recommended for 6 months and continued to 1-2 years of age.

- \* Toddlers should not be given juice or sugared drinks from bottles or sippy cups that allow them to easily drink throughout the day. Constant exposure of sugars on the teeth leads to decay.
- \* Children should be encouraged to eat whole fruits that provide more benefits and dietary fiber than juice.
- \* Add fruit to water to make it more appealing such as lemon, cucumber, berries, or mint.
- \* Only use 100% fresh or reconstituted fruit juice when given.
- \* Order water when you eat out or when you have fast food. It is often given for free.

The purpose of the **RETHINK YOUR DRINK** Campaign is to increase the public’s awareness of the importance of good nutrition. You can start by choosing more water. Your body depends on water to survive, making up 60 percent of your body weight. It helps to get rid of waste, regulate temperature, lubricate joints, make healthy skin, and protects sensitive tissues. Every cell, tissue and organ in your body needs water to work properly. We encourage you to make a small change for your health and **RETHINK YOUR DRINK: DRINK WATER CHENANGO.**

For more information contact the Chenango County Health Department at 607-337-1660 or visit <https://www.co.chenango.ny.us/public-health/nursing/drinkwaterchenango.php>

You may also find valuable health information at the following websites:

<http://www.eatright.org>

<http://www.cdc.gov/nutrition>

<http://www.choosemyplate.gov>



# Recognizing Depression in Elders

By Jennifer Buckley

“Depression in elderly people is a widespread and serious public health concern,” according to the National Institute of Mental Health. It has been estimated that 15% of older Americans experience depression at some point in their golden years. In nursing homes, around 20% of the residents are depressed, especially those living with a serious medical condition, like cancer or heart disease.

Unfortunately, depression goes under-diagnosed and under-treated in older Americans and this can seriously affect the worth of their life and their overall functioning. If ignored long enough, or, if the severity increases, depression could lead to suicide. In fact, America’s older population is responsible for 25% of completed suicides. There are complicating factors, which may mask signs of depression in the elderly. Factors that prohibit caregivers from recognizing the disorder or realizing their loved-one may need help. They may be:

- ⇒ Side effects from certain prescription medications can resemble symptoms of depression. In this case, caregivers may not realize their loved-one is depressed, but only displaying signs of drug side effects. Cardiovascular disease medication and hormones are among some of the drugs, which may cause a person to have side effects that are similar to symptoms of depression.
- ⇒ Depressive symptoms sometimes include mental cloudiness or confusion. These symptoms can parallel the normal aging process as many people have come to expect the elderly to have some cognitive deterioration. The quandary is that normal aging may be blamed for the mental confusion and not depression. The loss of friends and loved ones is a common occurrence of aging, which may cause much despair.
- ⇒ Depressive symptoms include feelings of hopelessness and sadness. These symptoms could be blamed on a recent loss to your loved one, and not one depression. Chronic medical condition such as Alzheimer’s or Parkinson’s disease may cause your loved one to experience a loss of appetite, sleep impairment, self-pity and lethargy. These symptoms are also encased in symptoms of depression.

The dilemma in this case is whether to target your loved-one’s illness for the depressive symptoms or depression itself. Real problems could develop if caregivers assume that depressive symptoms are causal of another underlying problem. To be safe, have your loved one’s doctor evaluate his or her condition. Also, there are online screening tests your loved one can take, print-out and bring to their doctor to help diagnose depression.

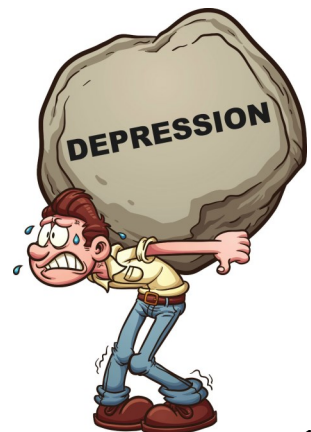
The biggest benefit of online depression screening tests is their ability to aid caregivers and their loved ones on how to talk to their doctor about depression, a sometimes difficult condition to discuss.

Some tests can be found at:

Mental Health America Depression Test

Psych Central Depression Screening Test

Anxiety and Depression Association of America Screening for Depression



## Memorial Day Word Scramble

### What is a Senior Citizen?

A Senior citizen is one who was born before television, the pill, penicillin, polio jabs and antibiotics. We were here before frozen food, nylon, radar, florescent lights, credit cards and ball point pens. For us, time sharing meant togetherness; a chip was a bit of wood or potato; hardware meant hardware and software was not even a word.

We were before tights, drip-dry clothes, dishwashers, tumbledriers, freezers and electric blankets.

We were before yogurt, the 40 hour week and the NHS.

We got married first and lived together afterwards. How quaint can you get? Girls wore Peter Pan collars and thought cleavage was something the butcher did?

In our day smoking was fashionable, grass was for mowing, coke was stuff you burnt on a stove and pot was something you cooked in.

A gay person was the life and soul of the party and nothing else and aids meant beauty lotions or help for people in trouble.

We are today's Senior Citizens; a hardy brunch when you think how the world was changed and the adjustments we have had to make.



### (ANSWERS ON PAGE 16)

1. CEYERMON
2. TEULAS
3. MIOOMNMORCTEA
4. IVCLI ARW
5. IOTRDECNAO AYD
6. ANLEREG ONAGL
7. OPIPESP
8. EERMFOOD
9. AEMLORIM AYD
10. RLNATGOIN TMRCEYEE

## ***Welcome Heather Everly!***

Introducing our new Program Aide, Heather Everly. Heather recently started working with the Area Agency on Aging and will be supporting the entire Agency with a focus on Senior Center activities and events, also on large projects such as the Senior Day at the Chenango County Fair. Heather comes to us with decades of experience in the entertainment industry and is eager to bring more excitement and fun to our Chenango County Senior Center Sites.

Heather moved to Norwich in 2017 from Branson Missouri to be closer to her parents and is loving the close community here in Norwich. After working at Disney, on cruise ships and shows in Branson, Heather raised a son Nathan, who is now proudly serving our country in the Air Force.

Outside of the office Heather owns her own Karaoke business, enjoys spending time with her family and dotes on her 3 cats. Please come meet Heather at one of our Centers, you never know what Heather will be up to, whether she is doing her best Charlie Chaplin impersonation or doing a Victory Lap after winning at BINGO.



# The Fearless Caregiver Manifesto

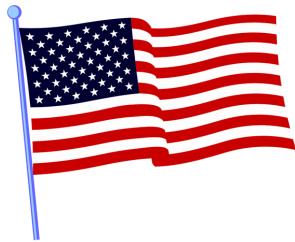
1. I will fearlessly assess my personal strengths and weaknesses, work diligently to bolster my weaknesses and to graciously recognize my strengths.
2. I will fearlessly make my voice be heard with regard to my loved ones care and be a strong ally to those professional caregivers committed to caring for my loved one and a fearless shield against those not committed to caring for my loved one.
3. I will fearlessly not sign or approve anything I do not understand, and will steadfastly request the information I need until I am satisfied with the explanations.
4. I will fearlessly ensure that all of the necessary documents are in place in order for my wishes and my loved ones wishes to be met in case of a medical emergency. These will include Durable Medical Powers of Attorney, Wills, Trusts and Living Wills.
5. I will fearlessly learn all I can about my loved one's healthcare needs and become an integral member of his or her medical care team.
6. I will fearlessly seek out other caregivers or care organizations and join an appropriate support group; I realize that there is strength in number and will not isolate myself from those who are also caring for their loved ones.
7. I will fearlessly care for my physical and emotional health as well as I care for my loved one's, I will recognize the signs of my own exhaustion and depression, and I will allow myself to take respite breaks and to care for myself on a regular basis.
8. I will fearlessly develop a personal support system of friends and family and remember that others also love my loved one and are willing to help if I let them know what they can do to support my caregiving.
9. I will fearlessly honor my loved one's wishes, as I know them to be, unless these wishes endanger their health or mine.
10. I will fearlessly acknowledge when providing appropriate care for my loved one becomes impossible either because of his or her condition or my own and seek other solutions for my loved one's caregiving needs.



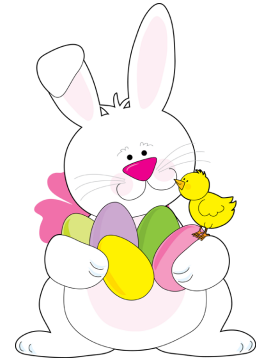
## Memorial Day Word Scramble

### Answers

1. Ceremony
2. Salute
3. Commemoration
4. Civil War
5. Decoration Day
6. General Logan
7. Poppies
8. Freedom
9. Memorial Day
10. Arlington Cemetery



## Easter Jokes!



Q. How did the eggs leave the highway?

A. They went through the "Eggs-it".

Q. What kind of jokes do eggs tell?

A. Egg yolks!

Q: What does the Easter Bunny get for making a basket?

A: Two points, just like anyone else.

Q: Where does the Easter Bunny get his eggs?

A: From Eggplants.

Q: Why do we paint Easter eggs?

A: Because it's easier than trying to wallpaper them!

## To Make a Donation, Subscribe or Change of Address

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**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 \_\_\_\_\_  
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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.*