

The Bullthistle Bulletin



**Chenango County Area Agency on
Aging**

"The Senior Specialists"



NY Connects
Your Link to Long Term
Services and Supports

May is Older Americans Month

By Nicole Ross, Director

May is Older Americans Month! Meaning it is a time to encourage and recognize the countless contributions that older adults make to our communities.

Older Americans Month was established in 1963, by President John F. Kennedy, at a time when only 17 million living Americans reached their 65th birthday. Today the average 65-year-old can expect to live to 84.3 years, which is nearly three years longer than a 60-year-old in 1980.

With that, we'd like to take the time to acknowledge all Older Americans and say **THANK YOU** for all the contributions you make throughout Chenango County.

When you volunteer immeasurable hours throughout the county through various programs like Home Delivered Meals, food pantries, senior centers, youth organizations and schools, your contribution helps and encourages many other folks to do the same. Your time, experience and talents shape our entire community, including your family, peers and neighbors.

For those of you reading this who are not Older Americans, celebrate your loved ones, neighbors and the older individuals you see. Listen to their stories, encourage, appreciate and keep in contact with them.

As James Firman stated "It's time to create new norms and expectations for people aged 60 to 100. Baby Boomers and Older Adults can continue to shape society, Lets not squander our longevity!" Keep on shaping!

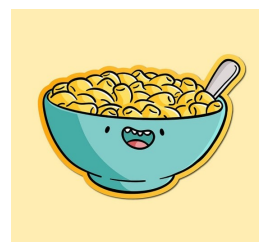
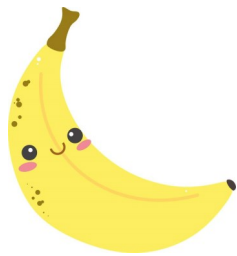
Nutrition Spotlight

We are happy to introduce to you our NEW Nutrition Services Coordinator, Erin Confer!

Erin comes to us from New Jersey where she attended The Culinary Institute of America in New York. She has also worked in several restaurants and food industry positions. Her passion for food started when she was little and helped her mom bake treats for their family.

She says “The community, the people, and the quality of food we fuel our bodies with, drives me to strive for excellence in the Nutrition Program”.

We are so excited to start offering new and exciting opportunities for our Meal clients under the direction of Erin! **Welcome to the Team!**



Senior Centers are Open!
Space is Limited Reservations are Required
CALL (607) 337-1770 for more information

Coventry- *Coventry Town Hall* Tuesday & Thursday 10:00-2:00
Greene- *Brightman Senior Center* Mon, Weds, Friday 10:00-2:00
McDonough- *McDonough Fire Dept.* 2 Thurs Evenings per Month
New Berlin- *Methodist Church* Tuesday & Thursday 10:00-2:00
Norwich- *St. Bart's* Monday, Wednesday, Thursday, Friday 10:00-2:00
Sherburne- *Grace Manor* Monday, Wednesday, Friday 10:00-2:00
South Otselic- *Methodist Church* 2 Friday Evenings per Month

Eating Healthy on a Budget by Erin Confer

We all know that grocery shopping can be a very mind-numbing task these days. The rows of products go on and on and it is becoming increasingly harder to know which healthy products are worth the buy or that they are indeed healthy for you to consume. The main issue with healthy food shopping, however, is that even when you know what healthy foods to buy the bill can rack up quite quickly, especially if you are on a fixed income!

There are all sorts of resources that can help you plan a food budget that matches your exact needs. “Food Cost Calculator” programs, such as “Eat Smart Idaho”, which was produced by the *University of Idaho Extension*, is a website where you can answer a series of questions to calculate the right amount of money to spend for the people you are buying for, income, etc.

The question then becomes, once you have a budget set in place what are ways to help ensure money saving when you are actually confronted with the grocery store shelves filled with enticing products. Well, you are in luck because we have a list of practical tips to help you throughout your shopping trip!

Plan a Menu and write a shopping list. Planning out a menu helps you know exactly what items to buy, staying away from unnecessary purchases. This is also a great way to cross-utilize items in multiple dishes so that you do not need to buy as many ingredients.

Flyers. If your local grocery store has a flyer ad that they send out to you weekly, try to plan your menu around sale items.

Discounts. Ask your local grocery store if they have any Senior discounts or if they have a loyalty card you can sign up for in order to get in store deals at the register!

Coupons. Always be on the lookout for coupons and only clip coupons that makes sense for your eating habits and menu choices.

Store Brands. Often store brands are significantly cheaper and taste the same as name brand products.

Convenience costs more! Always keep in mind that if you are willing to buy the ingredients and put in a little more work for your meal you will save money by cutting out the price of the manufacturer processing the item for ease. This will also result in a much healthier product, as you know what has gone into the food you are consuming.

Unit Prices. Some products might cost you a little more up front but are a larger value size and will save you money in the long run because it will take longer to use the product up.

Try to buy in bulk, but only when it makes sense. If you know you have chicken a lot on your menus, then buy a larger quantity that might last you a couple of weeks by portioning and freezing what you don't need now.

Cook in Bulk. When you make something that is easy to make a larger quantity of, do so and freeze, can or store the item in the refrigerator for multiple meals. This will lessen the amount you need to buy for the following shopping trip as you will have a backup of meals.

Sign up for a meal delivery. If all these tips sound helpful, but your main concern is preparing the meals, try getting involved with a meal delivery service that will bring you nutritionally balanced meals right to your door!

Nutrition Information with Debbie Z

BLOOD CHOLESTEROL



High Blood Cholesterol ... what you need to know!

BY DEBBIE ZAMPETTI, RD

Why Is Cholesterol Important?

We need a small amount of blood cholesterol because the body uses it to build the structure of the cell membranes. It makes hormones like estrogen, testosterone and adrenal hormones. It helps your metabolism work efficiently, for example, cholesterol is essential for your body to produce Vitamin D.

Why should you lower your cholesterol?

Too much cholesterol in the blood builds up on the walls of the arteries making them hard and narrow. When this happens less blood and oxygen get to the heart.

WHAT DO YOUR CHOLESTEROL NUMBERS MEAN?

High Cholesterol alone does not cause symptoms. Knowing your cholesterol numbers is important

A blood test will show your total cholesterol as well as your LDL or "bad" cholesterol and your HDL "good" cholesterol and triglyceride levels

Total Cholesterol

Best: Less than 200

Borderline High: Between 200-239

High: Over 240

LDL or "bad" Cholesterol

Best: Less than 100

HDL or "good" Cholesterol

Best: More than 60

HDL levels less than 40 put you at risk for heart disease

Triglycerides

WAYS TO IMPROVE CHOLESTEROL LEVEL

1. Know your numbers!
2. Be aware of your risks: some of your risk factors can be changed some cannot. Things you can change include your weight, what you eat, how much physical activity you get. What you can't change is your family history, your age and your gender.
3. Watch your weight status
4. Watch the amount and type of fat in your diet
5. Eat food high in fiber
6. Get Active
7. Stop Smoking
8. Talk to your health care provider

CONTACT ME:

Debbie Zampetti, RD

(607) 337-1770

JUST FOR FUN!**It's so Punny!!**

WHAT DO YOU CALL A PIG
THAT DOES KARATE?



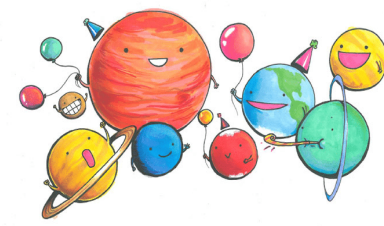
PORK CHOP

WHAT KIND OF SHORTS
DO CLOUDS WEAR?



THUNDERWEAR

HOW DO YOU ORGANIZE
A SPACE PARTY?



YOU PLANET.

Riddle Me This

Q. What part of a chicken has the most feathers?

A. The Outside



Q. What has 10 letters and starts with gas?

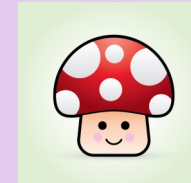
A. Automobile

Q. When is a door no longer a door?

A. When it's ajar

Q. What kind of room has no doors or windows?

A. A Mushroom

**Did you know?**

- 1. A Bolt of Lightening has enough energy to toast 10,000 slices of bread.**
- 2. The ratio of ants to humans is 1.6 million to 1.**
- 3. Honey Bees flap their wings 230 times every second.**
- 4. The nearest star to Earth is 4.24 light years away.**

Thank you for sponsoring the Bullthistle Bulletin



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John Antonowicz - Director

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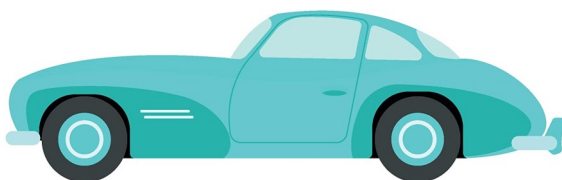
VOLUNTEER DRIVERS NEEDED

Can you deliver? Aging adults in your community are counting on it!

Our Agency delivers over 1,000 meals a week!! We rely on Volunteer Drivers for delivering many of these meals.

We need your help

By delivering meals you are making an incredibly positive impact on your community. It's more than just a meal it's making a connection.



Call our Office for more info

607-337-1770

Insurance Information with Jane

Have you seen the Medicare television commercials with Joe Namath or Jimmy Walker?

These commercials state that you can save money by calling an 800 number. We strongly recommend that you call us here first, at the Office For Aging, before calling a number that you've seen on TV.

Our outreach workers are **INSURANCE COUNSELORS**, we do not sell Medicare insurance. We counsel our clients to help find them the least expensive insurance. One of the programs we normally discuss with our clients is the **Medicare Savings Program**.

The Medicare Savings Program (MSP) will look at your gross monthly income to determine if you are eligible. There is no resource limit for MSP.

The MSP has 3 levels

QI: will pay the part B premium. Gross income limit \$1,529.00/single \$2,060.00/couple

SLIMB: pays Medicare part B premium. Gross income limit \$1,359.00/single \$1,831.00/couple

QMB: can pay for both Medicare premiums. Gross income limit \$1,133.00/single \$1,526.00/couple

The QMB program will cover the deductibles, coinsurance and copayments. Providers are prohibited from charging you for Medicare cost-sharing if you have QMB.

Happy Easter



Happy Mother's Day



Happy Father's Day



Veterans Services with Joe Coe

April is the Month of the Military Child

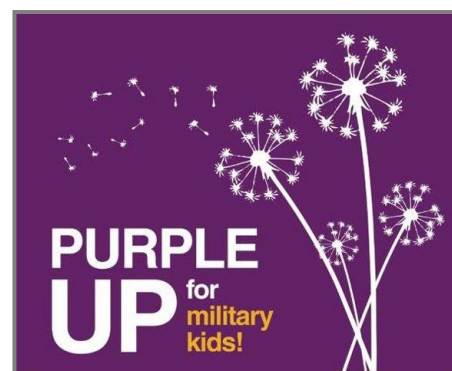
Each April The Department of Defense Education Activity joins the Department of Defense in celebrating April as the Month of the Military Child.

In DoDEA communities around the world, their most important missions are: establishing an educational system that progressively builds the college and career readiness of all DoDEA students; and establishing the organizational capacity to operate more effectively and efficiently as a model, unified school system. We aim to challenge each student to maximize his or her potential and to excel academically, socially, emotionally and physically for life, college and career readiness.

The Month of the Military Child is part of the legacy left by former Defense Secretary Casper Weinberger. It underscores the important role military children play in the armed forces community. April is the month to applaud military families and their children for the daily sacrifices they make and the challenges they overcome.

Throughout the month, DoDEA will encourage schools to plan special events to honor military children and have administrators and principles incorporate the themes of this month into their daily duties and responsibilities. These efforts and

special events will stress the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle.



Hey Boomer! by Heather Everly

On a chilly afternoon in December 1956, Sam Phillips, the owner of Sun Record Studios in Memphis TN, had a recording session booked with Carl Perkins. Perkins had already been a hit maker with "Blue Suede Shoes", and he was ready to record some new material.

Phillips, who wanted to fatten up the Rock-a-Billy sound of Perkin's music brought in his new protege, Jerry Lee Lewis, to play piano. Lewis was still an unknown outside of Memphis. His over-the-top style was just what Phillips wanted for a fresh sound.

Early in the session, 21 year old Elvis Presley stopped in with his then girlfriend Marilyn Evans. Elvis had recently moved to RCA from Sun Records and was already the most successful artist in the bunch. Then, by chance, Johnny Cash stopped into the studio. A rising star himself, Cash already had a

The Million Dollar Quartet

Number 1 country hit with "Walk the Line". After the group chatted for awhile they started a jam session that would go down in history. Phillips called the Memphis-Press Scimitar to let them know something magical was happening. A reporter rushed down and snapped the famous photo of Presley, Perkins, Cash, Lewis and Evans around the studio's piano.

Good thing Jack Clement, the studio engineer that day said to himself "I think I'd be remiss not to record this" and so he did.

The jam session that followed was made up of mostly country and gospel

standards with Elvis taking most of the lead vocals and the other boys providing the harmonies. The tracks that were recorded that day are what we now refer to as "The Million Dollar Quartet".

There've been a few releases of the music that was recorded that night, the first was released in Europe in 1981, the second release came in 1987 with some additional material that was discovered. The recordings were released again in 2006 for it's 50 year anniversary. For that album, the songs were put into the order they were actually recorded and contained an extra 12 minutes of unheard material. These four artists shaped American music forever, by gifting us with Rock N Roll!



NY Connects



NYS Low Income Household Water Assistance Program

Do you need help paying for overdue water and wastewater bills?

The Low Income Household Water Assistance Program (LIHWAP) can help.

Benefits are based on the amount of unpaid water and wastewater bills owed by the applicants. This assistance is targeted at low income households and income guidelines will mirror that of the Home Energy Assistance Program (HEAP).

LIHWAP benefits are based on actual amount of drinking water and/or wastewater arrears, up to a maximum of \$2,500 per drinking water or wastewater provider, or \$5,000 if drinking water and wastewater services are combined, per household. Benefits are paid directly to the household's drinking water and/or wastewater vendor(s).

Eligibility benefits are based on income, household size, household including a US citizen, amount owed to drinking/wastewater providers.

Primary applicants must provide: Proof of identity, Proof of residence, Documentation of earned and unearned income, Drinking water/wastewater or combined bill, Valid Social Security Number. Among other requirements.

Please contact NY Connects at our office for more information. 607-337-1770

Legal Assistance

Justice Alliance of Central New York: Central New York Legal HelpLine

1-877-777-6152

A free service for low-income people who need legal help with the following legal problems:

Consumer, Housing, Special Education & Other School Issues Public Benefits

Divorce & Other Family Matters, Domestic Violence,

Employment Disability Discrimination & other disability issues, Unemployment Benefits

Welfare, Medicaid and Food Stamps & Other Civil Legal Issues

The Legal HelpLine is a toll-free service for people who need help with civil (non-criminal) legal problems. All phones are voice/TDD equipped. Spanish speaking staff available.

The Chenango County Area Agency on Aging contracts with Legal Aid Society to provide legal assistance to Chenango County seniors at least 60 years of age. Services provided include: Wills, Power of Attorneys, and Health Care Proxies. There is a \$25 suggested contribution for these services. The time to take care of these necessary legal documents **and** give your loved ones' peace of mind is now, while you're feeling well. Contact our office today to schedule an appointment at **607-337-1770**.



Well Being

Caregiving While Working

Did you know 53 million Americans are serving as a caregiver for a loved one?

6 in 10 of them are doing so while working.

Many working caregivers report health problems, depression, and lost time and lower productivity at work. If your taking care of an aging or ailing family member you may be frequently distracted at work, emotionally drained and physically exhausted, consider the following steps to find workplace solutions and to build a caregiving support network.

Workplace benefits for caregivers

Knowing your options at work will help you be a better caregiver while taking care of yourself.

Meet with your manager or human resources rep. to discuss the policies and resources available to you. These might include Flexible Work Options, Counseling and support Services, Eldercare referrals, Share ideas, Using paid time off for caregiving, and unpaid leave under the Family and Medical Leave Act.

Understanding the Family and Medical Leave Act

The Family and Medical Leave Act (FMLA) entitles certain workers to take unpaid leave for up to 12 weeks per year, without losing job security or health benefits, to care for a spouse, child or parent who has a serious health condition. FMLA does not cover leave taken to care for in-laws.

Am I eligible for FMLA leave? You are covered by FMLA if you work in the public sector, or for a company or organization that employs at least 50 people who work within 75 miles of your work site. You must have worked for that employer for at least 1,250 hours in the last 12 months — about 24 hours a week.

How do I request FMLA leave? Notify your employer as soon as possible. If the need for leave is “foreseeable” — for instance, taking time off to care for a loved one after a scheduled surgery — 30 days’ notice is required.

What can I expect? Your employer is required by law to tell you your rights under FMLA and, if you qualify, to offer you leave. You may be asked to submit certification paperwork that includes confirmation from a health care provider of your loved one's condition and need for care. Employers may not threaten you or make your work life difficult because you requested leave.

Do I have to use all 12 weeks consecutively? You may take the 12 weeks of leave all at once or intermittently — for example, three days twice a month when a parent is receiving chemotherapy.

What about state caregiving laws? New York [have laws on the books](#) providing paid time off for caregivers through tax-funded family-leave insurance programs. It is your employer's responsibility to comply with all applicable laws, whether your leave qualifies for both state and FMLA leave or just one or the other.

Building a Caregiving Community

Connecting with other caregivers can help you share resources and talk to those facing the same issues at work, in your town, at home, online.

Utilizing support groups in your community are a great resource along with your local Aging Office.

Source: <https://www.aarp.org/caregiving/life-balance/info-2019/working-caregiver-tips.html>

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

The Mission of the Chenango County Area Agency on Aging is to advocate for, plan and provide a coordinated system of services 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, natural origin or sponsor, or sexual orientation!

WE APPRECIATE YOUR CONTINUED SUPPORT!

Clip and mail your contribution to
Chenango County Area Agency on Aging
5 Court St Norwich, NY 13815

Name _____ Address _____

I wish my contribution to be used for:

- | | |
|---|---|
| <input type="checkbox"/> Where Most Needed | <input type="checkbox"/> Insurance Counseling |
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| <input type="checkbox"/> Caregiver/Respite Services | <input type="checkbox"/> Personal Care Services |
| <input type="checkbox"/> Legal Services | <input type="checkbox"/> Case Management |

In Honor/Memory of: _____

*If you wish to remain anonymous check this box



Chenango County Area Agency on Aging & NY Connects

5 Court St
Norwich, NY 13815
Phone: 607-337-1770



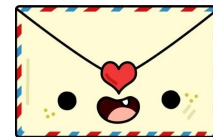
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Help us keep our mailing list up to date

- Remove me from mailing list
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