



# The Bullthistle Bulletin

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



Office for  
the Aging

*July-August-September 2020 Issue*

Lawrence Wilcox, Chairman  
Board of Supervisors

Website:  
[www.co.chenango.ny.us/aaoa](http://www.co.chenango.ny.us/aaoa)  
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Brian Wessels, Director  
Area Agency on Aging

## Farmers' Market Nutrition Program Benefits For Seniors

Farmers' Market Coupon Booklets (\$20.00 value) will be available through our Agency again this summer! The booklets are available at **NO CHARGE** to you. Eligibility for the booklets is based on income and they are intended for Chenango County residents 60 years of age or older. Participating Farmers' Markets accept the coupons for locally grown FRUITS and VEGETABLES.

**2020 eligibility requirements are:**

**60 years of age or older; AND**

**My monthly income is at or below:**

**\$ 1,967.00/month for one-person household,**

**\$ 2,658.00/month for a two-person household,**

**\$ 3,349.00/month for a three-person household;**

**OR**

**Currently receiving or eligible to receive, SSI, public assistance, or Section 8 housing subsidy.**

We expect the booklets by the middle of July. You may contact the Area Agency on Aging at 337-1770 for more information. Staff will also be issuing booklets via a drive through style distribution. Call the Area Agency on Agency for a schedule of these drive through sites. Again this year you can get more than one per household per eligible senior.

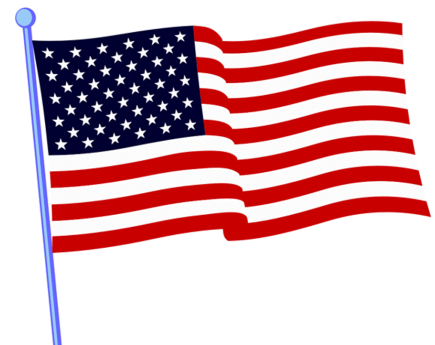


Reminder:

Our office will be closed on:

Friday, July 3rd for 4th of July

Monday, September 7th for Labor Day



# Memory Boosting Foods

Article Adapted by Debbie Zampetti, RD from “Types of Foods to Help Boost Your Memory” by Marisa Moore, MBA, RDN, LD

Our diet plays an important role in our overall health. It’s not just about calories in versus calories out, our diets can help and hinder us in so many ways, ways that scientists haven’t even fully uncovered yet. Currently researchers are studying the relationship between diet and brain function, especially relating to memory loss and cognition. The recent studies have shown that there is one diet specifically linked to improved brain function, the Mediterranean diet! The diet has shown improved cognitive function, memory and alertness. In addition diet high in saturated fat are thought to have a negative impact on brain function as well an increased risk for a stroke.

## Key Components to a Long-Lasting Memory!

**Veggies:** Vegetables contain a variety of micronutrients, cruciferous ones including broccoli, cabbage and dark leafy veggies are thought to improve memory.

**Brainy Berries:** Including blackberries, blueberries and cherries, try a handful of berries for a snack, or even as a topper for oatmeal or yogurt.

**Omega-3 Fatty Acids:** Foods rich in omega-3’s are known to be crucial for brain health as they improve vascular health. DHA, one specific omega-3 has been shown to improve memory function. Some of the best sources of omega-3 include seafood, salmon, Bluefin tuna and sardines.

**Healthy Nuts:** Known for their positive effect on heart health, walnuts may play a role in improving memory function. Snack on a handful or add them to any oatmeal or salad for a brain boost and a great source of extra protein.

**Want to discuss how to add the foods mentioned to your diet?**

**Contact me:**

**Debbie Zampetti, RD  
Consultant Dietitian  
607-377-1770**



Fruits, vegetables, whole grains, fish and olive oil improve blood vessel health, thus reducing the risk of a memory-damaging stroke.

## How else to improve/maintain brain health?

Control cholesterol, blood sugar and blood pressure

Quit smoking, which is associated with a higher risk of Alzheimer’s disease

Walk more, exercising 3x or more a week has shown to reduce the risk of dementia

Maintain a healthy weight



# **FAQS ON VA HEALTH CARE AND APPOINTMENTS**

The following are some of the VA's FAQs relating to health care and appointments right now.

## **What should I do if I have symptoms of Covid-19?**

If you have a fever, coughing, and shortness of breath, call your VA medical center before going to a clinic, urgent care, or emergency room. You can also send your doctor a secure message through HealtheVet.

Contacting VA first helps them protect you, medical staff, and other patients.

If you're not sure about your symptoms, the VA's Annie text messaging service can help you monitor them and advise you when to contact your VA care team or your facility's advice nurse.

The messages also provide general wellness tips and steps you can take to protect yourself. You can subscribe to Annie coronavirus precautions message yourself, or ask your VA care team to assign it to you.

## **Can I be tested for COVID-19?**

Testing is based on many factors, including the severity of symptoms, other existing illnesses or conditions, possible exposure, and other criteria. VA health facilities have been testing veterans who meet the testing criteria provided by the CDC. There's no charge for testing.

## **What should I do if I have an upcoming VA health appointment?**

For routine appointments, VA recommends using telehealth (phone or video) for your scheduled appointment. You can also cancel and reschedule your appointment for a later date.

If you have a non-urgent elective procedure scheduled, we may contact you to cancel or reschedule for a later date. **Note:** Urgent and emergent procedures will continue as scheduled.

To change your in-person appointment to a telehealth visit:

- Use Secure Messaging through My HealtheVet to send a message to your provider.
- Use the VA appointments tool to request a telehealth appointment online. (Available only for some types of health services.)

Once your provider schedules a telehealth appointment, you'll receive a VA Video Connect link (or another approved video meeting tool).

## **What should I do if I have a community care appointment?**

If you have a scheduled appointment with a community care (non-VA) provider, please contact them directly before going.

Some community care providers may be affected by closures, limited services, quarantining, or social distancing based on CDC and local health department guidelines. If your appointment is canceled, work with your community care provider to reschedule.

The VA says they understand that many communities are affected, so they're extending VA authorizations for community care referrals, so you can continue to work with your community care provider to meet your needs. If you have concerns about rescheduling your community care appointment, send a secure message to your VA provider.

## **How do I reschedule or cancel my upcoming VA appointment?**

Sign in to your VA.gov account to reschedule or cancel your appointments online.

## ***Chenango County Fair is Cancelled Due to Covid-19***

The Chenango County Fair 2020 season has been cancelled due to the COVID-19 pandemic. For many years the, Chenango County Area Agency On Aging has held our Senior Day Event at the Chenango County Fair.

The health and safety of our Seniors, Vendors, Entertainers, Staff and Volunteers is most important to us. The feasibility of holding an enjoyable, safe, social-distancing event is impossible.

Thank you so much for your understanding. We love our Event and the hundreds of participants it brings and we're looking forward to the Senior Day at the Fair in 2021.



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### **August 3rd is National Watermelon Day**

This big fruit deserves its own big day. So, we give pause to celebrate watermelons on National Watermelon Day. Sweet and tasty, watermelons, are one of summer's favorite fruit. It's standard fare at picnics. While watermelon is over 90% water, it sure tastes good. And, what picnic would be complete without a seed spitting contest.

Please don't limit your consumption of watermelon to just this month. Stores carry watermelon twelve months a year.

#### **Refreshing Cucumber Watermelon Salad**

- 1 - Small red onion, halved and sliced into thin half moons
- 2 - Tablespoons lime juice
- 2 - Tablespoons extra virgin olive oil
- 1 - Seedless watermelon, cut into cubes
- 3 - baby cucumbers, seeded and cut into cubes
- 1 - cup crumbled feta cheese
- 1/2 cup mint leaves, sliced thinly

- Mix red onion with lime juice in a bowl; set aside to marinate at least 10 minutes.
- Toss watermelon, baby cucumbers, and feta cheese together in a large bowl.
- Pour the red onion mixture over the watermelon mixture; toss to coat. Sprinkle mint over the salad; toss to coat. **Enjoy!**

## Older Americans Month

May is recognized nationally as [Older Americans Month](#), where we acknowledge the incredible efforts and diverse contributions older adults make to their communities. In New York, there are almost 1 million volunteers age 55+ who contribute almost 500 million hours of service annually at an economic value of more than \$13 billion. This year's Older Americans Month theme is "Make Your Mark," which perfectly captures the role older New Yorkers are making during this pandemic. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make—for older adults, to support caregivers, and to strengthen communities.

The New York State Office for the Aging and its 59 area agencies on aging across the state honor exceptional individuals, who through their actions, demonstrate the spirit of civic engagement and selflessness. Older New Yorkers who are volunteering are providing essential services during this pandemic as a result of [Matilda's Law](#) by delivering meals, groceries, supplies, and medication; providing transportation to critical medical appointments such as dialysis and cancer treatments; and making phone calls to older adults to combat social isolation. These volunteers are true heroes who deserve our gratitude for being on the front lines to help others.

### For Chenango County:



Nellie Davis has been an active volunteer, in Greene, at the Brightman Senior Center for over 10 years. Nellie welcomes guests with a smile and helps set up the center in the morning so everyone can come in and enjoy themselves. Nellie also helps serve and clean up at the end of the day. Nellie's support and dedication to the Brightman Senior Center has made a difference in the lives of countless seniors.

Nellie was born and raised in New Berlin, NY in the hills between New Berlin and Morris, NY. Nellie attended school in New Berlin and then moved to New Mexico shortly after being married. In New Mexico Nellie raised her family of six children.

In 1967 Nellie moved back to New York and worked at a knitting factory in Norwich, NY for 4 years. Nellie then started working in Greene, NY at the Raymond Corporation in the Electric Circuit Assembly division and officially retired after 26 years.

Nellie is currently the president of the Del-Se-Nango Fun Haven Dance Hall in McDonough, NY. Also a member of the Fort Hill American Legion Auxiliary Unit #376 in Oxford, NY. In 2019 Nellie was nominated as the Chenango County Senior of the Year and honored at the Chenango County Senior Day at the Fair.

At 89 years young Nellie loves to dance and if the weather cooperates, she will go dancing at least once a week. Her favorite music is classic country but she loves all types of music. When Nellie isn't dancing or volunteering at the Brightman Senior Center she enjoys reading and traveling. A favorite trip that Nellie had was a trip to Hawaii where she visited 5 different islands. Nellie also enjoys spending time with 4 Grandchildren and 4 Great grandchildren.

Nellie's advice on how you stay young and active: "Your outlook on life is better if you keep busy doing something that you enjoy."



## Older Americans For Chenango County (Continued)



Joanne Kinville-Salmon has always been involved in her community. As a child she was a member of 4H and later became a 4H leader when her children were young. Joanne was also a member of band boosters for the Richfield Springs Marching Band and she helped sew garment bags, altered band uniforms and marched with the band in parades. Also was a member of the Richfield Springs Garden Club for many years.

Joanne continues to be involved in her community by volunteering at the New Berlin Senior Center, where she is involved in all aspects of the Center and according to Peggy the Senior Center Manager, "Joanne is surely missed when she is not there." Joanne goes about her volunteering very quietly and doesn't expect a lot of fuss and bother in recognizing her contributions. She is involved in a little bit of everything and doesn't sit still for long. Joanne helps organize the birthday cards, sympathy cards and sympathy packages for the Senior Center participants. Also reaches out to those who are in need, whether it be for a helping hand or just to lend an ear if someone needs to talk. Joanne also helps unload the bus when the food arrives at the center, then serves up

For 27 years Joanne's career was as a School Lunch Manager, 17 years at the Richfield Springs School district and 10 years at the Mount Markham School District. During that time Joanne was an active member of the NYS School Food Service Association and served as an officer for both Herkimer and Otsego Counties. Joanne also worked at Robynwood Assisted Living, in Oneonta, NY as the evening supervisor for 3 years.

Joanne has 2 sons, 3 step daughters, 1 step son and 8 grand-children. Joanne and Warren will be celebrating their 20<sup>th</sup> wedding anniversary this year. Both are avid bird watchers and have 8 bird feeders and 5 suet feeders in their yard. Joanne also enjoys counted cross stitch, sewing and knitting and says she can't even begin to count how many baby sweaters she has knit over the years. During the warmer months Joanne enjoys working in her garden and cans vegetables to enjoy all winter long.



### **MARK YOUR CALENDARS!**

MEDICARE OPEN ENROLLMENT  
WILL BE OCTOBER 15 - DECEMBER 7

YOU CAN:  
SIGN UP FOR A PLAN,  
SWITCH PLANS  
OR LEAVE A PLAN



CALL OUR OFFICE AT 607-337-1770 TO SCHEDULE AN APPOINTMENT

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What is a Medicaid spend-down?

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*Dear Marci,*

My mother has significant medical needs and has a hard time covering the costs of her care. I want to help her apply for Medicaid, but I think her monthly income might be higher than the income limit in her state. Is it possible that she could still qualify?

Alfred (Omaha, NE)

Dear Alfred,

If your mother's income is above the Medicaid income guidelines in her state, her state may offer a spend-down for aged, blind, and disabled individuals who do not meet Medicaid income eligibility requirements. A spend-down would allow her to deduct certain medical expenses from her income so that she can qualify for ABD Medicaid benefits. If she has medical expenses that significantly reduce her usable income, she can use them to qualify for Medicaid coverage.

Below is a general guide to the Medicaid spend-down process. Contact your mother's local Medicaid office to learn if a spend-down program is available in her state, and the rules for applying.

- Your mother's spend-down amount will be the difference between her income and the Medicaid eligibility limit, as determined by her state over a given length of time (one to six months). Some states require Medicaid beneficiaries to submit receipts or bills to Medicaid to show their monthly expenses. Other states may let beneficiaries pay a monthly premium directly to Medicaid for the amount that their income is over their state's Medicaid spend-down level. Spend-down income limits may be lower than the Medicaid income limits for people who do not have a spend-down.
- Each period that your mother has enough medical expenses to meet her spend down, she will have Medicaid coverage. If she does not meet her spend-down amount for a certain period of time, she will not have Medicaid coverage for that time. She can still get Medicaid coverage later if she meets her spend-down amount during another period of the year.
- Medicare will pay first for covered services, and Medicaid will pay second for qualifying costs, such as Medicare cost-sharing.
- Your mother's state may require her to qualify and apply for spend-down for multiple periods in order to qualify for Medicaid inpatient hospital coverage.

Dear Marci,



- States with spend-down programs may allow people to use the spend-down program to qualify for Medicaid coverage of their nursing facility stays or home and community based waiver services.  
**Note: If your mother’s state does not have a spend-down program, it should have more generous Medicaid income guidelines for people who need nursing home care than for those who do not.**
- Your mother will automatically qualify for Extra Help the first month that she meets her Medicaid spend-down amount until the end of the calendar year (even if she doesn’t meet her spend-down amount every period).
- Trusts - such as Miller Trusts and Supplemental Needs Trusts or Special Needs Trusts-are available in some states to help people with Medicaid-eligible. Trusts allow people with disabilities and income or assets into the trust, where it will not be counted. Rules about how these trusts work vary greatly by state. For more information, contact your mother’s local Medicaid office or an elder law attorney.
- Some states offer the Medicaid Buy-In program, which allows people who are under age 65 and have a disability to work (as little as one hour per month) and still receive Medicaid benefits.
- The program is designed to help people with disabilities who would otherwise not be eligible for Medicaid health coverage because their income or assets are too high. If your mother qualifies, she may be able to receive Medicaid by paying a premium to buy in to the program. Financial eligibility guidelines vary by state. Check with your local Medicaid office for eligibility information.
- If your mother decides to work and is receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI), check with her local Medicaid office to see how much earned income she is allowed to have without losing those benefits.

- Marci

**The Meaning of a Caregiver**

- Caring
- Always There
- Ready to Give Their All
- Encouraging
- Gracious
- Incredible
- Valuable
- Exceptional
- Respectable





## News From the Nutrition Department

### Navigating the Pandemic with the Nutrition Program

Over the past several months navigating the pandemic has brought many changes to the Nutrition Program at the Area Agency on Aging.

On March 16<sup>th</sup> all Chenango County Senior Centers were closed until further notice due to the pandemic and NY on Pause. At this time the Senior Centers will remain closed as we continue to monitor New COVID-19 cases, NY State guidelines, CDC recommendations and the status of a new vaccine. When we feel the logistics of reopening our Senior Centers will be safe for those 60 and over and for our staff and volunteers we will then begin to reopen.

Our Home Delivered Meal program also saw many changes. Although we have learned many new things about the Corona Virus since it began, in early March many questions still remained. We knew that the Corona virus severely affected those 60 and over. Our clients and many of our volunteers are 60 and over, with the information that was available we knew we had to make changes in order to keep our clients, volunteers and staff safe. In order to do that we had to change the way we delivered our meals. As the pandemic continued to spread with an increasing daily total of positive COVID-19 cases and a rising death toll throughout the state we had to make decisions that would affect all of our clients, volunteers and staff.



The Area Agency on Aging began working with Chenango County Emergency Services to request the assistance of the NY Army National Guard to come to Chenango County and deliver meals to keep the vulnerable folks that we serve home and safe. The mission was accepted by the NY Army National Guard and in early April the National Guard, working with First Transit, began delivering two weeks-worth of shelf stable lunches to our Home Delivered Meal clients. Every other week the NY Army National Guard delivered to over 200 seniors in Chenango County and throughout the two months of delivering the National Guard delivered over 16,000 meals.

On June 29<sup>th</sup> we will transition our Home Delivered Meal program back to our Volunteers and First Transit delivering hot and frozen meals.



A special thank you to the NY Army National Guard and the Chenango County Sheriff's kitchen staff for preparing all of those shelf stable boxes that helped feed so many vulnerable people and helped keep them in their homes.

# 6 Signs of Caregiver Burnout

By Anne-Marie Botek

Chances are, if you've been a caregiver for more than a few weeks, you've experienced a certain degree of caregiver burnout-an overwhelming feeling of being unable to cope with responsibilities of providing care.

The demands involved in caring for an elderly loved one can add up quickly, leaving you exhausted and stressed out. Over time, the cumulative effect of caregiver stress can wreak havoc on your physical and mental health.

Be on the lookout for the following six signs of caregiver burnout so you can work quickly to reduce some of the burden. If you find yourself thinking, doing or saying any of these things, take action to reduce stress, find respite care and seek help from your doctor to protect your own well-being.

## 6 Signs of Caregiver Burnout

1. **I just don't feel like talking to or seeing anyone today-even my friends and family.** If you discover that you consistently don't want to interact with people, especially close family and friends, it could be a sign that caring for your elderly loved one is becoming too draining.
2. **I used to really enjoy reading mystery novels, but even a thrilling whodunit doesn't seem to hold my interest anymore.** If you've lost interest in your favorite hobbies and pastimes, it may indicate that you need a break from caregiving.
3. **Sometimes taking care of Mom is too much. I feel like I want to end it all.** Thoughts of suicide or hurting your elderly loved one are dangerous warning signs of extreme burnout and probable depression. You should immediately seek help from a mental health professional if you find yourself having violent thoughts. The National Suicide Prevention Lifeline is also available 24/7 at 1-800-273-8255 and provides free and confidential support and resources to individuals in distress.
4. **I've been eating weirdly lately.** Abnormal eating patterns-whether it's eating too much or not enough-can be symptoms of extreme stress. Many caregivers experience emotional eating and reach for comfort foods as a way of soothing negative feelings. Others are so wrought with stress that they lose their appetites and hardly eat at all. Digestive issues may accompany changes in appetite as well.
5. **I've been sleeping weirdly lately.** If you have trouble falling asleep at night, difficulty staying asleep or a hard time getting out of bed in the morning, you may be feeling the effects of caregiver burden.
6. **It's been several weeks, and I still can't seem to shake this cold.** Stress can devastate your immune system, especially over the long term. Illnesses that last longer than they should are a sign of compromised immune function that could be due to your caregiver duties. In addition to drawing out temporary illnesses, chronic stress can also contribute to serious chronic medical conditions like heart disease, diabetes, autoimmune diseases and gastrointestinal disorders.

The keys to combatting caregiver burnout are self-awareness and self-care. Both you and your care recipient will suffer if you've lost the interest or ability to provide quality care. Start by developing some self-care strategies to help you de-stress and prioritizing respite care so you can take breaks from caregiving. After all, caregivers need care too.

# TRAVEL

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Airport	Hike	Route
Auto	Hotel	Ship
Camera	Map	Ticket
Cruise	Motel	Tour
Directions	Motorcycle	Train
Ferry	Passenger	Vacation
Guide	Passport	World

## HAVE YOU FILLED OUT A CENSUS YET?

The next 10 years depends on your next 10 minutes. That is all the time it takes to fill out a 2020 Census. You can go online at [www.my2020census.gov](http://www.my2020census.gov) or call 1-844-330-2020.

**Your Response Matters!**

## Preventing Senior Accidental Overdoses

By Gary Barg, Editor-in-Chief

A growing concern for family caregivers is the possibility of a loved one's accidental overdose. This is an issue I hear about with alarming frequency. If nothing else, the statistics bear out the potential for danger to our loved ones.

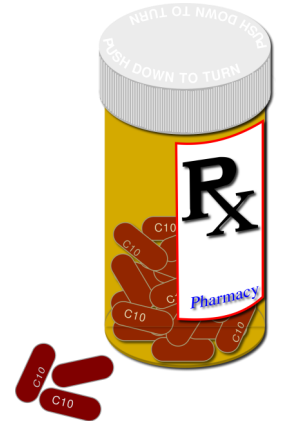
Older women consume 60 percent of all prescription and over-the-counter medications. The number of prescriptions written for older adults averages 18.5 per person per year, and 83 percent of people over 65 are taking prescription medications. With this many medications to take on a regular basis, an accidental overdose could be a problem for anyone; but for many of our loved ones, the risks are increased by memory loss, hearing difficulties and low vision.

It is vitally important that, as caregivers, we pay attention to the potential for an accidental overdose by a loved one.

Some things we can do:

- Pay attention to any changes in their speech patterns, mental acuity, physical strength or level of depression or confusion.
- Regularly check the medicine cabinet and refrigerator for medication usage patterns, expiration dates, and to ensure timely refills.

- Scoop all of the prescription bottles into a paper bag and carry them to their pharmacist to ensure that all medications work well together. If you take all prescriptions to one pharmacist, they can more easily cross-reference drugs to look for any potential adverse side effects. Actually, it is best to use the same pharmacy for all prescriptions. One of the most important partnerships we can have with a care professional is often overlooked - the pharmacist.
- Many of our loved ones are receiving medications from multiple doctors. Make a list of all the prescriptions and any over-the-counter medications they are taking and send it to your loved one's primary care physician for review.
- When discussing these concerns with your loved ones, remember that your most effective weapons against an accidental overdose are respect and understanding. Successful medication management works best when you are working as a team.



# STOP OVERDOSE



[www.caregiver.com](http://www.caregiver.com)

## Animal Humor

Which animal writes the best?

A. Pen-guin

What do you call a fish without an eye?

A. FSH

Who is a frog's favorite relative?

A. Aunt Fibbian

What are the strongest things in the ocean?

A. Mussels

What do you call an alligator in a vest?

A. An Investigator

Why did the frog take the bus to work?

A. His car got toad

## TRAVEL



Answers to the Travel Word Search



## **HEAP**

Watch your mail for your 2020-2021 recertification application. If you had HEAP in 2019-2020 you should receive one.

It will be coming around the end of August, beginning of September. Fill it out as soon as possible and mail to The Area Agency on Aging, 5 Court Street, Norwich, NY 13815.



## **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

## **Meet a Member of our Staff!**

I've worked for the Area Agency on Aging since 1999 and I have been the Director since 2015. The most satisfying aspect of my job is continuing to help with the Agency's mission of helping residents live safe independent lives. With the ever increasing number of residents looking for assistance through the Agency on Aging, securing funding to help support Agency programs is my biggest responsibility. I've been working for the Agency a long time and what I can continue to say is every day we are making positive impacts on a seniors' and their families' lives.

In my spare time I enjoy spending time with my wife Terri and our kids. Terri is an operating room nurse at Chenango Memorial Hospital. Our kids are actually young adults at this point. Two are attending college, one is in the US Air Force, another is graduating high school this year and heading to heavy equipment operator school, and the last two are in high school.

I absolutely enjoy the work I do and feel it is very important to serve the community I live in. The work the Area Agency on Aging provides has a tremendous impact on the individuals we serve but also impacts the greater community. Remember, we are all aging.



**TO MAKE A CONTRIBUTION FOR “THE BULLTHISTLE BULLETIN” OR  
FOR A CHANGE OF ADDRESS**

\_\_\_ **CONTRIBUTION** – Wish to make a contribution to “The Bullthistle Bulletin” but can’t remember when you last made one? Here’s a suggestion – consider contributing on your birthday, the first of the year or any holiday you choose. Planning tasks and yearly appointments on or around a specific day during the year that you already know and can easily remember makes it much easier to plan for those things which only occur once a year.

**SUGGESTED CONTRIBUTION: \$10 PER YEAR**

Most services provided have no fee, but you are welcome to contribute towards their cost. No one is ever denied service due to an inability or unwillingness to contribute. Those with a self-declared income at or above 185% of the Federal Poverty line are encouraged to contribute at levels based on the actual cost. All contributions are used to expand services to all who need them in Chenango County. We are grateful for your support.

**SEND YOUR CONTRIBUTION,**

(a check made payable to **CCAoA**)

TO: CHENANGO COUNTY AREA AGENCY ON AGING, 5 COURT ST., NORWICH, NY 13815

\_\_\_ **Address Change** – Are you going away or moving from the area? Do you live in Chenango County seasonally, heading to warmer climates during the winter months? Please let us know of your new address so that we can update our mailing list. Keeping our mailing list current helps keep mailing costs down.

\_\_\_ **Email Delivery** – Would you like to help us be more environmentally friendly and defray costs by subscribing to our email edition? Please provide us with your email address:

\_\_\_\_\_

FOR CHANGE OF ADDRESS: \_\_\_ PERMANENT \_\_\_ TEMPORARY

From (Date): \_\_\_\_\_; if TEMPORARY, to (Date): \_\_\_\_\_

New Address

Name \_\_\_\_\_ Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_ **Please remove from mailing list.**

**HELP US HELP OTHERS**

Our needs are always greater than the resources that are available. The Chenango County Area Agency on Aging encourages and appreciates your financial contribution to our programs and services that help area seniors.

*Please print*

Name \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_

Street/PO Box

City

NY

Zip

I/We designate my/our contribution of \$\_\_\_\_\_ for:

\_\_\_\_ **Use where most needed**

\_\_\_\_ Insurance Counseling

\_\_\_\_ Legal Services

\_\_\_\_ Home Delivered Meals

\_\_\_\_ Nutrition Counseling

\_\_\_\_ Tax Assistance

\_\_\_\_ Caregiver/Respite Services

\_\_\_\_ Personal Care Services

\_\_\_\_ Case Management

\_\_\_\_ Personal Emergency Response Program (PERS)

\_\_\_\_ In honor/memory (please circle one) of: \_\_\_\_\_

*If you have designated someone special to honor/remember, then you (and your designee) will be acknowledged in "The Bullthistle Bulletin" for your contribution.*

***If you wish your name to remain anonymous then please check here*** \_\_\_\_

PLEASE MAKE CHECK PAYABLE TO:

**CCAAoA**

Clip and return this coupon with your contribution to:

Chenango County Area Agency on Aging, 5 Court Street, Norwich, NY 13815

**THANK YOU!! All contributions are greatly appreciated!**

*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.*