



The Bullthistle Bulletin

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



**Office for
the Aging**

Happy New Year!
From The Area Agency on Aging!



MEDICARE SPECIAL ELECTION PERIOD (SEP)

Did you miss the December 7th deadline to enroll in a plan for 2021 if so, you may qualify for a special election period (SEP). MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD runs from (January 1 – March 31). This period is for anyone who is already enrolled in a Medicare Advantage plan to switch to Original Medicare. If you have questions call our office and speak to one of our trained HIICAP Counselors at (607)337-1770 to see if you qualify for this SEP.

Alcohol Concerns in Older Adults

Generational differences in attitudes about substance misuse and abuse conditions can make it difficult for older adults to seek help. Because many older adults are not in the same environment on a regular basis (ex: job), concerns can remain undetected. Additionally, health care providers often overlook these problems leaving people without needed assistance.

There are special considerations facing older adults who drink, including:

Increased Sensitivity to Alcohol

Aging can lower the body's tolerance for alcohol. Older adults generally experience the effects of alcohol more quickly than when they were younger. This puts older adults at higher risks for falls, car crashes, and other unintentional injuries that may result from drinking.

Increased Health Problems

Certain health problems are common in older adults. Heavy drinking can make these problems worse, including:

- Diabetes
- High blood pressure
- Congestive heart failure
- Liver problems
- Osteoporosis
- Memory problems
- Mood disorders

Symptoms for Concern

- Slurred speech
- Unexplained injuries and bruises
- Memory loss or confusion
- Sleep problems
- Mood swings
- Anxiety or depression
- Loss of interest in things they once enjoyed
- Poor hygiene
- Less contact with friends and family
- Health Disparities



Did you know LGBTQ individuals are 2.5 times more likely to experience substance misuse compared with heterosexual individuals?

Did you know that Alcohol-induced mortality rates for American Indians is 50.0 compared to 7.6 for all other races?

Resources:

SAMSHA National Help Line: 1-800-662-HELP (4357)

NYSOASIS 24/7 HOPEline: Call 1-877-8-HOPENY | Text 467369.

Reminder: Our office and will be closed for the following holidays:

Friday, January 1 for New Year's Day

Monday, January 18 for Martin Luther King Day

Monday, February 15 for President's Day



How the Hold Harmless Provision Protects Your Benefits

November 30, 2020 • By [Darlynda Bogle, Assistant Deputy Commissioner](#), Social Security Administration

Social Security works together with the Centers for Medicare & Medicaid Services to make sure you won't have a reduction in your Social Security benefits as a result of Medicare Part B premium increases.

A special rule called the "hold harmless provision" protects your Social Security benefit payment from decreasing due to an increase in the Medicare Part B premium. The Part B base premium for 2021 is \$148.50, which is \$3.90 higher than the 2020 base premium.

Most people with Medicare will pay the new premium amount because the increase is their benefit amount will cover the increase. However, a small number of people will see little or no increase in their Part B premium - and their Social Security benefit checks will remain the same - because the amount of their cost-of-living adjustment isn't large enough to cover the increase.

To qualify for the hold harmless provision, you must:

- Receive Social Security benefits or be entitled to Social Security benefits for November and December of the current year.
- Have your Medicare Part B premiums for December and January deducted from your monthly benefits.

There are exceptions:

The hold harmless provision does NOT apply to you if:

- You enroll in Part B for the first time in 2021.
- You pay an income-related monthly adjustment amount premium.
- You are dually eligible for Medicaid and have your premium paid by a state Medicaid agency.

You can learn more by calling The Area Agency on Aging at 607-337-1770.



JANUARY 1, 2021 OUR NY CONNECTS PHONE NUMBER IS CHANGING



NY Connects
Your Link to Long Term
Services and Supports

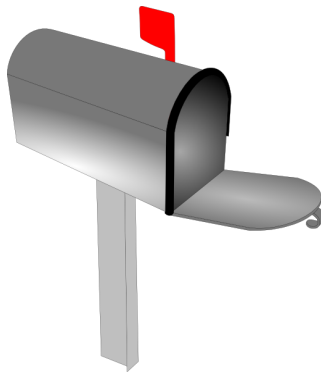
NY Connects of Chenango County

1-800-342-9871

1-607-337-1770



Dear Marci,



How can I appeal my discharge from a hospital?

Dear Marci,

I have been an inpatient at the hospital for a week, and I just received a notice that Medicare will no longer pay for my stay. I will be discharged from the hospital in two days, but I don't think I have recovered enough to leave yet. How can I appeal my discharge from a hospital?

-Ruby (South Bend, IN)

Dear Ruby,

If you are receiving care in a hospital and are told that your Medicare will no longer pay for your care (and you will be discharged), you have the right to file a fast appeal if you do not believe your care should end.

If you are a hospital inpatient, you should receive a notice titled **Important Message from Medicare** within two days of being admitted. This notice explains your patient rights, and you will be asked to sign it. If your inpatient hospital stay lasts three days or longer, you should receive another copy of the same notice up to two days, and no later than four hours, before you are discharged.

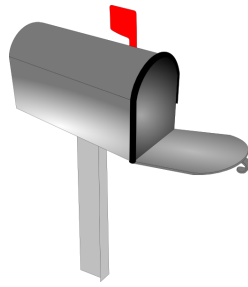
If you think you are being discharged too soon, follow instructions on the Important Message from Medicare to file an expedited appeal to the Quality Improvement Organization (QIO). Contact the QIO by mid-night of the day of your discharge.

Once you file the appeal, the hospital must give you a Detailed Notice of Discharge, which explains in writing why your hospital care is ending. The QIO should call you with its decision within 24 hours of receiving all the information it needs.

If the QIO decides your care should end, you will be responsible for paying for any care you receive after noon of that day after the QIO makes its decision. If your appeal to the QIO is successful, your care will continue to be covered.

Dear Marci,

(Page 2)



If your appeal is denied at this first level, you can continue to appeal by following instructions on the denial notices you receive. There are five levels of appeal in total; the timing and agency involved depend on whether you have Original Medicare or a Medicare Advantage Plan. You have the right to continue appealing if you are not successful. If you are unable to appeal, a family member or other representative can appeal for you.

Expedited appeals have tight deadlines, so it is important to pay attention to the timeframes for appealing at each level. Keep copies of any appeal paperwork you send out, and if you speak to someone on the phone, get their name and write down the date and time that you spoke to them. It is helpful to have all your appeal documents together in case you run into any problems and need to access documents you already mailed.

-Marci

(SAD) Seasonal Affective Disorder

Seasonal affective disorder is a type of depression related to changes in seasons. For most people with SAD feel symptoms begin in late fall or early winter and affect their energy, mood, and behavior through the end of winter. With fewer hours of sunlight and less socializing with others right now, SAD symptoms may affect many of us this winter. Rather than brush off the “winter blues,” recognize that you are not alone and that you can take steps to steady your mood throughout the year. Lifestyle and home changes (such as making your environment sunnier, getting outside, and exercising) can alleviate milder SAD symptoms. And while it’s normal to have some days where you feel down, you should see your doctor if you feel down for days at a time or you can’t get motivated to do activities you normally enjoy. To read more about SAD symptoms and treatments, visit Mayo Clinic. For 24/7 treatment referral and information, contact the SAMHSA National Helpline at 800-662-HELP (4357).



Valentine's Day is February 14



Preventative Nutrition During Pandemic

The best way to prevent disease is to avoid being exposed to the COVID-19 virus. Practicing social distancing and proper hand washing can help protect yourself and others from infection. You may be wondering what foods can I eat that can play a role in prevention? While diet alone may not be able to prevent infection, focusing on nutrient rich foods paired with healthy lifestyle behavior can help give your body extra protection by supporting a healthy immune system.

Immune Supporting Nutrients:

Vitamin A: Vitamin A is an important nutrient involved in immune function and can be found in many fruits/vegetables such as carrots, sweet potatoes, squash, broccoli, spinach, cantaloupe, mango, peppers and tomatoes.

Vitamin D: Vitamin D has many roles in the body, including contributing to immune function. Vit D is naturally found in fatty fish such as tuna, salmon and mackerel as well as small amounts in dairy products, egg yolks and mushrooms. Vitamin D fortified foods such a cow's milk, orange juice and ready to eat breakfast cereals provide most of the Vitamin D in American's diet.

Zinc: Zinc deficiency has been shown to increase susceptibility to various pathogens. Zinc can be found in meat, seafood, tofu, nuts and beans. Adding these to your daily meal plan will ensure adequate intake of this immune boosting mineral.

Vitamin C: While Vitamin C will not cure your cold it may help shorten the length of your illness. Vitamin C rich foods include oranges, lemons, grapefruits, berries, melon, tomatoes, bell peppers and broccoli.

Probiotic: Probiotics are beneficial bacteria that can promote a healthy gut and immune system. Probiotics can be found in cultured dairy products like yogurt and fermented products like apple cider vinegar and sauerkraut.

- When feeling ill, eating a variety of foods as tolerated is key. A fever especially can be a risk factor for dehydration. Individual experiencing fever should focus on drinking plenty of fluids. Healthy individuals need 8-10 cups of fluid each day. Sick individuals may need to drink more to replace fluids lost to the fever. Staying hydrated with water, seltzer and tea can loosen mucus that causes congestion.



Additional Lifestyle Tips:

- Focus on maintaining a well-balanced eating plan. Try to incorporate 5-7 servings of fruits and vegetables daily
- Find healthy and supportive ways to deal with stress such as meditation, yoga or journaling
- Incorporate physical activity. Try going for a walk on nice days or use exercise videos at home
- Practice good sleep habits, lack of sleep can contribute to a weakened immune system. 7-9 hours of sleep is recommended each day for most adults

If you have questions regarding this information or other nutrition related concerns, please feel free to contact AAOA at 607-337-1770
Debbie Zampetti, RD

Veterans News

This year's Veterans Day Recognition brought together a large number of volunteers to assist in placing the American flags. For a third consecutive year the Sherburne American Legion Auxiliary planted American flags beside the memorial walkway in front of Gaines Park, with each flag dedicated to a local veteran and displaying their name, service branch, and conflicts served.



This year the Sherburne American Legion Auxiliary erected 272 flags in honor of veterans that will stand for two weeks surrounding Veterans Day, and officials said next year they hope to do more. Included in the 272 flags were 6 military flags (branch flags) and 1 POW flag. Sherburne American Legion Auxiliary President Angela Jones said she was inspired to erect flags dedicated to veterans as part of a fundraising project for the legion auxiliary after seeing a similar display in another village. Last year Jones said she originally hoped to have 25 flags, but ended up easily surpassing that goal with 85 flags dedicated to local veterans. Those with questions about the Veterans Day service or the flags dedicated to local veterans, contact the Sherburne American Legion at (607) 674-9201.

VA Solid Start Program Makes Strides in First Year

Successful contact made with recently separated Veterans during first 365-days following transition from military service

WASHINGTON — The U.S. Department of Veterans Affairs (VA) announced today, as [VA Solid Start](#) celebrates its one year anniversary — the Veterans Benefits Administration connected with nearly 70,000 newly-separated service members.

Annually, the program aims to proactively contact Veterans three times during their first year of transition from military to civilian life at the 90-, 180- and 360-day mark after separation. “The department’s efforts have been effective,” said VA Secretary Robert Wilkie. “Approximately 124,000 service members separated from the military in fiscal year 2020, and nearly 60% of those Veterans called, answered — resulting in VA connecting recently separated Veterans to earned VA benefits, including, helping Veterans in crisis immediately connect with Suicide Prevention Specialists.” VA, in collaboration with the Department of Defense and Homeland Security, launched VA Solid Start December 2019 in response to [Executive Order \(EO\) 13822: Supporting Our Veterans During Their Transition from Uniformed Service to Civilian Life](#). The EO was issued to improve transitioning service members’ mental health care and access to suicide prevention resources in the year following discharge, separation or retirement.

If a Veteran has separated from the military in the past 90 days and has not been contacted by [VA Solid Start](#), call 1-800-827-1000 to reach a highly trained VA Solid Start representative.

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, seven days a week, 365 days a year. Call 800-273-8255 and Press 1, text to 838255 or chat online at [VeteransCrisisLine.net/Chat](#).

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

Groundhog Day Trivia and Facts

Impress your friends with your knowledge about Groundhog's Day:

The tradition of predicting weather on February 2, dates back to the Dark Ages. Peasants and farmers first noticed a strong connection between a bright, sunny, medieval Candlemas Day and long, dreary winter weather extending into the next 6 weeks.

Punxsutawney PA held the first Groundhog Day in the 1800's.

Punxsutawney Phil has been at Gobbler's Knob, predicting whether spring is near, since February 2, 1887.

Phil sees his shadow about 9 out of 10 times.

Punxsutawney Phil is the only true weather forecasting groundhog. There are others..... All others are imposters.

When he's not at Gobbler's Knob, Punxsutawney Phil and 3 other groundhogs, including his wife, Phyllis, live in the children's portion of the Punxsutawney Memorial Library.

A groundhog can whistle when it is alarmed. Groundhogs also whistle in the spring when they begin courting.

The celebration of Groundhog Day began with German immigrants, Pennsylvania's earliest settlers. They brought with them the legend of Candlemas Day, which states "For as the sun shines on Candlemas day, so far will the snow swirl in May...". In Germany, they used Hedgehogs to predict weather. The settlers found that groundhogs were plentiful and were the most intelligent and sensible animal to carry on the legend of Candlemas Day.

Groundhog Day the movie, premiered in 1993.

During the filming of Groundhog Day, Bill Murray was bitten by the groundhog twice during shooting. He had to have rabies shots.

Punxsutawney Phil is not the only one to come out on February 2 to make a prediction on when winter will be over. He is by far the best known. Others include:

- Buckeye Chuck in Ohio
- General Beauregard Lee in Georgia



Meet a Member of our Staff!

Many of you know her voice and you may have been greeted by her the last time you were able to visit our Agency in person. Our very own, Agency Receptionist, Joanne Clark. What you might not realize is that Joanne is also the editor of the Bullthistle Bulletin that you are reading at this very moment!

Joanne came to our Agency in July 2012. Since that time, she has become an integral part of our outreach to area seniors. It is Joanne who in addition to answering and directing hundreds of incoming calls each week, compiles and schedules the lists of participants for many of our programs. Some of which include the AARP's Driver Safety Courses or Income Tax Preparation services along with the Stepping-On or Tai Chi wellness programs. She is also the main contact for seniors who apply for the HEAP program. Working directly with many of the applicants, she ensures that the applications have been completed correctly and have the needed documentation so that recipients can receive their HEAP benefits as soon as possible.



Joanne travels from the Harpursville area each day where she lives with her husband, Ron. She is the proud Mom of 3 grown children. Her sons, Steven and Tommy and her daughter Kelly and son in law Mike. Joanne is very active in her community volunteering her time and energy wherever she is needed. She loves horses, her tropical fish and her fur ball named Dusty. This past summer she fulfilled a longtime dream to own a camper which she has parked at a local campground. She is looking forward to making many memories with her family and friends in the summers to come. She is a crafter who for the past several years with the help of her daughter, Kelly, has created beautiful handmade ornaments for our senior center and home delivered meal participants. Joanne is a cancer survivor who participates each year to raise funds for the local Relay for Life Cancer Charity Walk.

We here at the Agency appreciate Joanne and all that she does to contribute to the success of our Agency Team and the important services we provide to our area seniors.



Send a Card to a Friend Day

February 7th is Send a Card to a Friend Day is a great chance to get in touch with a friend. We all lead busy lives. Its easy to let a friendship or two lapse, as we try to shuffle kids to and from events. It's hard to stay in touch, when workload demands eat up countless hours.

Today is the perfect chance to send card to a friend. A paper card, or an Ecard, is just fine. You may likely find an Ecard is quicker and easier. And, you will save on postage, too.



COVID Information

What I Can Do To Stop the Spread!



- ⇒ Wear a mask
- ⇒ Wash hands often
- ⇒ Say NO to gathering in groups
- ⇒ If tested for COVID-19, take the time to jot down where you've been 3 days prior and who you've interacted with. This will help with Public Health act on contact tracing!

COVID Alert NY

<https://coronavirus.health.ny.gov/covid-alert-ny>

The official Exposure Notification App created by the New York State Department of Health in partnership with Google and Apple. This is an option for tech individuals! It is a way to use your phone in the fight against COVID-19. Enables you to get exposure alerts.

The COVID 19 Checkup

<http://newyork.cvcheckup.org>

We recommend using this free, anonymous, personalized online tool that evaluates your risks associated with COVID-19 based on life situation and behavior. It is easy to use, safe and confidential. It provides recommendations and resources to reduce your risks.



STOP CORONAVIRUS



I Feel Lonely...Can I Talk to You?

The Institute on Aging's 24-hour toll-free Friendship Line, 1-800-971-0016, is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. We also make on-going outreach calls to lonely older adults. While there are other organizations that respond to the needs of people who may be contemplating suicide, none provides the type of services that IOA's Friendship Line offers to respond to the public health problem of suicide among the elderly. Knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide, we created the only program nationwide that reaches out to lonely, depressed, isolated, frail and/or suicidal older adults. Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Founded in 1973 by Dr. Patrick Arbore, Director of IOA's Center for Elderly Suicide Prevention, and accredited by the American Association of Suicidology, Friendship Line provides round-the-clock crisis support services including:

- Providing emotional support
- Elder abuse reporting
- Well-being checks
- Grief support through assistance and reassurance
- Active suicide intervention
- Information and referrals for isolated older adults, and adults living with disabilities



In addition to receiving incoming calls, Friendship Line also offers outreach to eligible callers. We connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated callers. Any aging adult or person living with disabilities, who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide, can benefit from completely confidential phone calls with Friendship Line volunteers. **Sometimes the road to happiness begins by simply saying hello to someone who cares.**

Name: _____ Date: _____



Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f
u d t n m r y r h l b r f v j l
l p a j i a i e h s n e a m k o
b a i f f x y e f u n y g s q w
u z d c f u a n y s z n r r s e
g o s y n o l b l o s s o m a r
s r s o b i d e n y i i w v c s
s o x h r u c i n y m n t l d x
x b z p o p g i l p q a h c t b
q i a a u w a n e b q e r c h s
z n r t n r e n j u o i p c a r
b e e s q d u r n d i i k z h i
n t x c r j v z s s l g m u d r
n m j a v a x v c u x u j a o i
n n g j b s f m t m d u d b y s
o w h b u l b s c r o c u s h y

FIND THESE SPRING WORDS

daffodil	March	bulbs	rainy
garden	showers	buds	mud
blossom	flowers	ladybug	bugs
bees	growth	crocus	tulip
June	April	iris	picnic
robin	green	grass	
May			



The words may be hidden vertically, horizontally or diagonally.

The Importance of Tech Education for Older Adults

Seniors can face barriers to using technology, but the pandemic has pushed many to harness it for their health.

The onset of the COVID-19 pandemic has caused a surge in the use of digital health care, including among older adults.

The Centers for Medicare & Medicaid Services has expanded the list of telehealth services reimbursable by Medicare, and seniors are using them. According to a survey from Deloitte, more Medicare Advantage members said they used telehealth or virtual health through the first four months of 2020 than during all of 2019.

This increase in technology use among older Americans is not entirely unexpected. While this generation is adopting technology at slower rates than the rest of the population, research shows they're still more digitally connected than ever. Moreover, seniors are yearning to use more technology in all aspects of their lives, especially in health care. A recent study from CVS Health found that nearly half (45%) of all respondents 65 and older reported that they'd be more likely to communicate with health care professionals if they were able to do so through digital messaging.

Why Seniors Need Technology in a Pandemic

The rate at which seniors are adopting technology is exciting, especially considering the ways it can help maintain their total health during the COVID-19 Pandemic.

Tools like Facetime, Zoom and WhatsApp can help seniors stay connected with their families and friends while physically distanced. This is particularly important for a population at risk of social isolation, which research reportedly indicates can be as harmful to a person's health as smoking 15 cigarettes a day.



Programs like Silver Sneakers are proving live and on-demand virtual exercise classes to help seniors stay active from the comfort of their home, including yoga, balance, cardio and strength classes. According to a 2019 Silver Sneakers member survey, 86% of Silver Sneakers members who took part in such activities reported that the program improved their quality of life. A recent Silver Sneakers Pulse Survey further found that 51% of those surveyed participated in a digital exercise program in September 2020, up from 39% in April.

Of course, tools like telehealth are also available to help seniors continue to receive the medical and preventive care they need. At Aetna, a CVS Health company, we made this resource more accessible and affordable to our Medicare Advantage members throughout the pandemic by extending cost-share waivers for in-network primary care and specialist telehealth visits through December 31.

How to Overcome Barriers

While there's no doubt that technology is a convenient and beneficial tool for many, it can be confusing and difficult to navigate for others. Seniors face unique barriers to using and adopting technology, with a Pew Research Center study finding that some 34% of older people who use the internet have little to no confidence in being able to use electronic devices to perform tasks online. Nearly half of seniors responded that when they receive new electronic devices, they typically need someone else to set it up or show them how to use it.

The issue is not that seniors are technology-averse. They may just need more support than so-called digital natives. Luckily, there are resources available to help seniors overcome barriers to technology, incorporate it more easily in their day-to-day lives and use it as a tool on their overall health journeys.

For example, seniors can seek help from organizations like The Oasis Institute, an educational non-profit that offers classes, programs and resources that instruct older adults on using technology. Oasis offers a wide range of courses at all different levels of technology comfort, from "Introduction to Computers" to Blogging with WordPress."

The Importance of Tech Education for Older Adults (Continued)

Additionally, we at Aetna have developed a “Putting the ‘Me’ in Medicare” eBook with a chapter dedicated to helping seniors use technology. This includes a Q&A with tips on how to best use technology to help boost your total health, a piece on what telehealth is and why it’s important, and instructions for seniors on how they can join their own Zoom calls.

Will Expanded Telehealth Survive in Rural America?

There are also tips seniors can keep in mind when looking to use technology more. As with learning any new skill, it can be helpful to first start with a small undertaking. For example, most smartphones today come loaded with health apps that track wellness metrics, such as steps taken, as you go about your day. These apps require almost no technology skills, but they still provide a measurement tool for staying healthy. Once comfort levels increase, you may then be able to graduate to more substantial health-tracking tools, like meal trackers and exercise apps.

It is also important to note that those who don’t have access to smartphones can still benefit from technology resources. Landline telephones, for instance, can provide seniors with ample opportunity to integrate technology benefits into their lives. Many seniors can still receive telehealth during the COVID-19 public health emergency, as well as health coaching and services over the phone.

Use Technology in the Way That Suits You Best

Technology can be a useful tool for seniors in their daily lives and in achieving their best overall health. Regardless of comfort level, there are tools and resources that can help Seniors in your life. We encourage you or a loved one to seek out help in the way that best suits you.

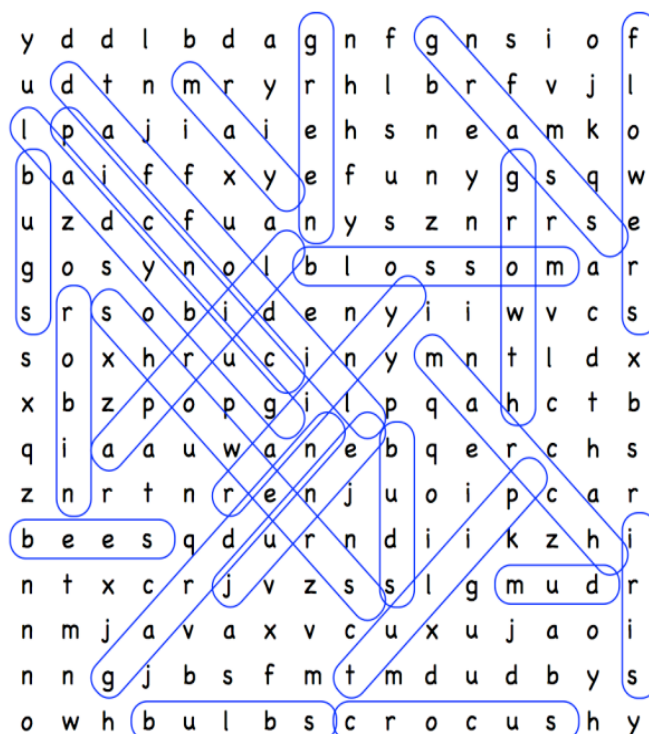


Keep up with all the news from our agency. Find us under Chenango County Area Agency on Aging.

Home Energy Assistance Program Reminder

Regular HEAP Is Open until March 15, 2021! Emergency HEAP will open January 4, 2021 and will also end March 15, 2021. Heating Equipment Repair and Replace, and Heating Equipment Clean and Tune both will be open until September 30, 2021. If you have questions or need an application for Regular HEAP please call The Area Agency On Aging at 607-337-1770.

Word Search Puzzle - Solution



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 CCAAoA)

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 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.