

# The Bullthistle Bulletin

## Chenango County Area Agency on Aging

### "The Senior Specialists"



## Animatronic Pets Are All The Rage!

### What's new?

- NY Connects is now a part of The Chenango County Area Agency on Aging. NY Connects assists people of ALL AGES! Read all about it on Page 2!

*Joy for All* Animatronic Companion Pets bring companionship to loved ones. Our interactive cats and dogs are all about ease-of-care, that pairs with technology, for the best possible experience.

The Cats look, feel and sound like the real thing. Their fur is soft, they purr and meow. The Dogs are sweethearts that won't chew your slippers! Built-in sensors allow

the pup to respond to petting and will give you a sweet bark!

We've been having a blast finding homes for dozens of these pets with our seniors. We just received a shipment of pets! If you or a loved one are interested in learning more or adopting a Companion Pet, please contact our office soon! These cuties go fast!

It's first come first serve so call us now!

These pets can also be purchased directly online.

Just google *Joy for All* Companion Pets.



Animatronic Pets are a big hit!!

### Inside this issue:

Linda Bartle	3
Entertainment	5
Hey Boomer!	8
Well Being	9
Meet our Team	10
Inside Story	5
Don't Get Scammed	12

## What's Going On At The Office?

**G**reetings and Welcome to Spring!!! The flowers and trees will soon be blooming, and the days are now getting longer. We are excited for nicer weather and being able to get out

and enjoy the fresh air! Here at the Area Agency on Aging we have been working hard to come up with new programs, revising existing programs as well as planning ways to enhance, educate and

empower the seniors of Chenango County as soon as it is safe for us all to be together again. We hope you like the changes to the Bullthistle Bulletin. Keep a lookout for future issues!



## New York Connects in the House NY Connects

### What is NY Connects?

NY Connects provides free, unbiased information and assistance to access long-term care services and supports. It is a trusted place where you can get the resources needed to make an informed decision.

### Who is eligible for NY Connects?

NY Connects is for all ages, any disability, and for caregivers. NY Connects can work with anyone who needs information on long term services and

supports – children or adults with disabilities, older adults, family members and caregivers, friends, neighbors, veterans and helping professionals.

### How can we help you?

Anyone can get help and information by phone, online, or in-person.

We can help link you to long-term services and supports.

We can coordinate with other agencies to guide you through the eligibility processes

We provide linkages for any necessary assessments you may need

Help is also available for application and enrollment in public assistance benefits



## Veterans Services with Joe Coe

**"SOLDIERS GO THROUGH A STRICT SELECTION PROCESS AND INTENSIVE TRAINING"**

In 1926, soldiers from Fort Myer, VA., started standing sentinel watch at the Tomb of the Unknown

Soldier. These soldiers were present during the daytime only, according to Arlington National Cemetery's official history of the tomb.

Soldiers began guarding all day, every day, in 1937. A decade later in 1948, the 3rd Infantry Regiment became the Army's

official ceremonial unit. Known as members of "The Old Guard", 3rd Infantry regiment soldiers are still based at Fort Myer. All soldiers who stand sentinel watch at the tomb are volunteers and stand watch 24 hours a day, 365 days a year. Even during severe weather, soldiers stand guard at the tomb.

According to Arlington National Cemetery, soldiers undergo "a strict selection process and intensive training". During watch, guards march back and forth in front of the tomb. Much like a 21 gun

salute, soldiers take 21 steps each time they march in front of the monument.



**Colorized photo of The World War I Unknown Arriving at the Washington Navy Yard in 1921.**

Resource: The American Legion Magazine

## CARING FOR CAREGIVERS



### Self-Care for Caregivers

- **Get Organized.** Make to-do lists, and set a daily routine.
- **Ask for help.** Make a list of how others can help. For instance, someone might pick up groceries or sit with the person while you run errands.
- **Keep up with your hobbies and interests.**
- **Join a caregiver's support group.** Meeting other caregivers may give you a chance to exchange stories and ideas.
- **Eat healthy foods, and exercise as often as you can.**
- **See your doctor regularly.** Be sure to tell your health care provider you're a caregiver and mention if you have symptoms of depression or sickness.
- **Build your skills.** Some hospitals offer classes on how to care for someone with an injury or illness. To find these classes, ask your doctor or contact your local Area Agency on Aging at [www.n4a.org](http://www.n4a.org).

## CONGRATULATIONS LINDA BARTLE



All of us at Action for Older Persons and the Chenango County Area Agency on

Aging want to congratulate Linda Bartle for 20 years of volunteer service in the Long-Term Care Ombudsman Program! Linda began as an advocate for residents in Nursing Homes and Adult Care Facilities through the Chenango

County Area Agency on Agency in April 2001. In 2015 the program shifted to a new organization, Action for Older Persons, and Linda continued with the program by assisting residents with their questions and concerns and helping to resolve them on the resident's behalf. Through the years Linda has helped residents of both Chenango Valley Home and Valley View Manor. She even participated in a Resident Council at NYS Veterans Home

at Oxford to help encourage residents to actively participate in the changes and decisions being made at their facility. Caring, compassionate, and supportive are a few of the words that describe Linda and her amazing efforts to help residents over the past 20 years. There is no way to express our gratitude deeply enough. Congratulations on 20 years of volunteer service Linda, we thank you from the bottom of our hearts.

## Senior Center Spotlight

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# ALL SENIOR CENTERS ARE CLOSED UNTIL FURTHER NOTICE



## Nutrition Information with Debbie Z

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### Tips for Lowering Your Cholesterol!

High cholesterol has no symptoms, so many people do not know that their cholesterol is too high. A simple blood test can check cholesterol levels. Having high blood cholesterol raises the **risk for heart disease**, the leading cause of death in the US. Below you will find several tips for helping you lower your cholesterol levels. It has been shown that saturated fat in the diet plays a large role in relation to our cholesterol levels, even more so than cholesterol we may consume from foods.

#### 1. Reduce your intake of Saturated Fats, foods to limit:

- Fatty Meats (beef, bacon, sausage, hot dogs, lamb)
- High fat dairy items (2% or whole milk fat, cheese, ice cream, mayo)
- Baked goods (cakes, pastries, pies, donuts)
- These foods **do not** need to be avoided completely but should be consumed in moderation.

#### 2. Avoid trans-fats, also known as partially hydrogenated vegetable oils, you can find this term on the ingredient list on a foods packaging.

- Avoid deep fried foods that are often cooked in oils containing trans-fats.

#### 3. Even minor weight loss can help reduce cholesterol levels

- Limit/Avoid sweetened beverages; soda, iced tea, sweetened juices
- Reduce intake of sugary foods; cakes, cookies, pies, etc.
- Move more, do extra trips around the house to burn more calories, avoid sitting for more than 60 minutes in a row without getting up and walking around the house.

#### 4. Increase your intake of soluble fiber

- Increase your intake of high fiber foods such as sweet potato, beans, whole grain bread, oatmeal, apples, oranges and pears.

If you have any questions at all feel free to contact me, Debbie Zampetti, RD at (607) 337-1770

**JUST FOR FUN!**

1.

**pants**  
**pants**

2.

**KNOCK**  
OAK PINE ASH

3.

**PLOT**

1. Pair of pants  
2. Knock on wood  
3. The plot thickens

# Spring Word Search

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



APRIL  
BASEBALL  
BLOOM  
BUNNY  
BUTTERFLY  
CHICK  
EASTER  
EGGS

FLOWERS  
GREEN  
GROW  
HATCH  
JUNE  
MARCH  
MAY  
NEST

PASSOVER  
PUDDLE  
RAINBOW  
RAINCOAT  
SEEDS  
SHOWERS  
SPRING  
UMBRELLA



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I used to be addicted to  
the hokey  
pokey, but  
then I  
turned  
myself  
around.



# Thank you for sponsoring the Bullthistle Bulletin



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## Medicare coverage you can count on.

Are you turning 65?

As part of the CVS Health family, Aetna takes a total, connected approach to your health and wellness. Get a low monthly plan premium with a firm limit on how much you pay for covered medical care each year, keeping your out-of-pocket medical costs more predictable.

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**Advertising Space is Available call 337-1770**

**Feeling alone?  
There's a friendly voice out there  
if you need to talk**

Friendship Line open 24 hrs: 1-800-971-0016  
NY Project Hope's Emotional Support Helpline 8am-10 pm 7 days/week: 1-844-863-9314  
Suicide Prevention Lifeline 1-800-273-8255 for English: 1-888-628-9454 for Spanish

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\* The Bullthistle Bulletin reaches over 1,000 Chenango County Seniors \*  
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**YOU CAN MAKE A  
DIFFERENCE IN  
OUR COMMUNITY**

**Become a Volunteer Driver!**  
**For our Home Delivered Meal Program**  
**Call 337-1770 for more info!**

## Hey Boomer!

The world of technology can be confusing to individuals who didn't grow up with a computer in their home or a cell phone in their hands. This is no reason to shy away from using all types of "Tech". Many Baby Boomers enjoy Facebook and



other Social Media for keeping up with their families. Facebook is a fantastic place to be able to see pictures of grandchildren and other family members. In addition to being able to Facetime with loved ones!

You don't need a PC to access Facebook— if you have a smartphone, or even a tablet you can visit Facebook.



Many seniors are afraid of putting personal information on the Internet. Don't be fearful, you are in total control of the information that can be seen by others on Facebook.

Another great thing about Facebook is the old friends you can connect with, folks that you went to Elementary School with!

There are so many ways to enjoy technology at any age!

## COVID VACCINE INFO FROM PUBLIC HEALTH

### Resources for age 65+ to receive a Covid-19 vaccination

**Bartle's Pharmacy** Oxford, NY: to be added to their waiting list send an email to [bartlespharmacy63@gmail.com](mailto:bartlespharmacy63@gmail.com) Must be 65+, include contact information.

**Bassett Health Care** – call the information line at 607-547-5555

**Chenango County Public Health** wait list for those in 1A and 1B categories which includes age 65+: Email your name, date of birth, address, phone number to : [covid19@co.chenango.ny.us](mailto:covid19@co.chenango.ny.us) For those without email/internet please call 607-337-1660

**Chenango Memorial Hospital – UHS** – call 607-337-4888

**CVS Pharmacy** - <https://www.cvs.com/immunizations/covid-19-vaccine>

**NYS Am I Eligible:** <https://am-i-eligible.covid19vaccine.health.ny.gov/>  
Or call 1-833-NYS-4-VAX (1-833-697-4829)

**Veterans:** Call the Syracuse VA Medical Center hotline - 1-315-425-4488, or the Binghamton VA Clinic, 607-772-9100, ext. 53126, or Chenango County Veterans Services at 607-337-1775.

**To View Southern Tier Locations** (Broome, Chemung, Chenango, Delaware, Schuyler, Steuben, Tioga and Tompkins: visit [www.nyuhs.org/southerntiervax](http://www.nyuhs.org/southerntiervax)



## Well Being

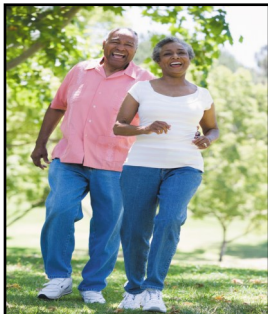
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### Are you interested in getting together with a group of friends to improve your health & fitness with less pain?

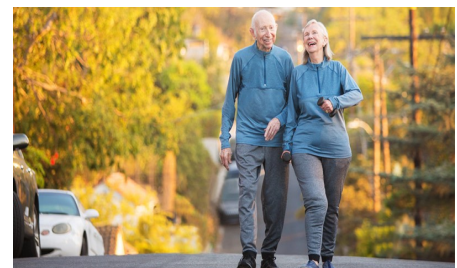
What if we told you there is a program called **Walk With Ease** that would help improve your mood, heart and lung strength, boost your energy, and fight osteoporosis!

Would you be interested in joining this group?

**Walk With Ease** is a program offered through the Arthritis Foundation that teaches the basic understanding about arthritis and the relationship between arthritis, exercise, and pain. You can learn how to exercise safely and comfortably. We make walking fun as we use groups to keep you motivated while helping you set realistic goals to help improve fitness.



If you are interested in this program please give our Agency a call at  
**607-337-1770!**



## Health Insurance information Counseling and Assistance (HIICAP)

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### What is HIICAP?

HIICAP is Health Insurance Information Counseling and Assistance Program designed to help individuals with Medicare in New York with health insurance options and concerns. HIICAP is federally funded by the Administration for Community Living (ACL) as well as New York State through the New York State Office for Aging. HIICAP can assist with the following:

- Medicare
- Medicare prescription drug plans (Part D)
- medical equipment
- screening and applying for financial assistance programs
- Medicare Advantage Plans
- Elderly Pharmaceutical Insurance Programs (EPIC)
- Understanding Medicare rules and your medical bills
- Medicare fraud and abuse
- Medicare appeals
- Long Term Services and supports
- Medicare supplemental insurance (Medigap)
- Learn about preventative health and screening

HIICAP Counselors are trained to provide free and unbiased services. Call Chenango County Area Agency on Aging with questions (607)337-1770. You can also call 1-800-Medicare (1-800-633-4227) or log on to [www.medicare.gov](http://www.medicare.gov).

## Meet the TEAM

**M**embers of our Outreach Workers TEAM serve as advocates to Chenango County seniors who have difficulty accessing benefits or services to which they may be entitled. They provide case management, information & assistance housing, finances, and many other matters. Additionally, they are trained insurance counselors and can assist local seniors with their Medicare, Medicaid, and other health insurance questions and issues.

Meet the team!

**Jane Muserilli** is our Sr. Outreach Worker. She came to the agency in August of 2003. She is the most senior member of the Outreach team with over 17 years of experience. She is the HIICAP (Health Insurance Information Counseling Assistance Program) Coordinator. She loves learning about Medicare and considers herself a Medicare nerd! Jane is driven by her desire to help people achieve their best quality of life.

**Kathy Miller** joined the team in November of 2014. Kathy enjoys reading doing needlecrafts and traveling. Her favorite adventure is to snorkell!

She loves to observe fish and other marine life in their natural habitat. Her favorite part of her job here is to meet and get to know her clients. In a few years, when Kathy retires, she's looking forward to having more time to delve into genealogy.

**Beth Furgeson** has been with our Agency for just over 2 years. When spending time at home, Beth loves cooking, baking and playing with her 2 dogs. Her co-workers here at the Agency enjoy eating the baked goodies that she brings in! She also enjoys traveling with her friends and family. Meeting new clients and assisting them in accessing available services is what she likes most about her job here.

**Wendy Hayner** joined the team in September of 2015. She loves to spend time with her 3 boys, her St. Bernard and tons of kitties! Wendy enjoys the opportunity her job provides her with to help area seniors. It enables her to assist clients in accessing services that are aimed at keeping them safely in their own homes for as long as possible.

**Bridget Corcoran** joined our Agency on the very same day as Wendy over 5 years ago. She enjoys hanging out with her family and friends and taking vacations to their favorite place, the beach. The family has a dog and several cats. Bridget's favorite part of her job is meeting new clients and helping them save money on their health insurance.

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Left to right bottom to top-  
Beth, Bridget, Kathy,  
Wendy and Jane



## 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   |
| <input type="checkbox"/> Home Delivered Meals       | <input type="checkbox"/> Nutrition Counseling   |
| <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

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



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### **Don't Get Scammed!!**

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While vaccination details are getting worked out, here's what you can be sure of!

**\*YOU CAN'T PAY TO PUT YOUR NAME ON A LIST**

**\*YOU CAN'T PAY TO GET EARLY ACCESS TO THE VACCINE**

**\*NOBODY LEGITIMATE WILL ASK FOR YOUR SSC#, BANK ACCT, OR CREDIT CARD**

**\*IGNORE ANY VACCINE OFFERS THAT SAY DIFFERENT, OR ASK FOR PERSONAL OR FINANCIAL INFORMATION**

***DON'T GET SCAMMED!***

