

The Bullthistle Bulletin



Chenango County Area Agency on Aging

"The Senior Specialists"

Senior Farmers' Market Nutrition Program

Income Requirements for SFMNP Coupons (Farmers' Market Coupons)

To be eligible for the SFMNP coupons your income must be at or below the following:

- **\$1,986** for a one-person household
- **\$2,686** for a two-person household
- **\$3,386** for a three-person household

Each year, in early July, we start handing out Farmers' Market Coupons to income eligible seniors. The coupons are part of the USDA sponsored program called the "Senior Farmers' Market Nutrition Program" (SFMNP). The program promotes the purchase of locally grown fruits, vegetables, and cut herbs. The coupons can be used at certified Farmers'

Markets in Chenango and surrounding counties. Each coupon comes with a list of the eligible Farmers' Markets in our area. The SFMNP program is a win-win for our Seniors and our Farmers who produce the goods the coupons can be used for. Currently, we are not allowing walk-ins in the office. **Page 10** has a list of dates, times and locations that the

coupons will be given out this year. Also look for the income guidelines to see if you qualify for the SFMNP program.



What's Going On At The Office?



Inside this issue:

Veterans Services	2
NY Connects	3
Nutrition with Deb Z	4
Glasbergen Cartoon	5
Hey Boomer!	8
Farmers' Market Coupon Schedule	10
Don't Get Scammed	12

Fall will be here before you know it. For us here at the Aging Office, that means time for sweaters, cider, football and **Medicare Open Enrollment!** For those of you that are not aware, every October 15 through December 7, is the period where anyone with Medicare can make various changes to their coverage. Our HIICAP (Health Insurance Information and Assistance Program)

Counselors are trained and certified by the Medicare Rights Center (CMS) every year. They are always up-to-date on how Medicare Benefits, Medicare Advantage, Medicare Supplements, Medicare Part D are changing and how that may affect you. They also know different resources that may assist in some of the costs related to these plans. Our Team will start

scheduling appointments beginning September 15th.

Call 607-337-1770 to review your current coverage and to explain your different options. Just like people's choice of football teams your health care is individually different. Better to be safe than have a penalty. We hope to see and talk to you this season!

Veterans Services with Joe Coe

Veteran Rapid Retraining Assistance Program (VRRAP)

The Veteran Rapid Retraining Assistance Program (VRRAP) offers education and training for high-demand jobs to Veterans who are unemployed because of the COVID-19 pandemic.

Am I eligible for this program?

To be eligible for this program, you must meet all the requirements listed here.

All of these must be true. You are:

- At least 22 years old, but not older than 66, **and**
- Unemployed because of the COVID-19 pandemic, **and**
- Not eligible for GI Bill or VR&E benefits (or, if you are eligible for the Post-9/11 GI Bill, you have transferred all of your benefits to family members) **and**
- Not rated as totally disabled because you cannot work, **and**
- Not enrolled in a federal or state jobs programs, **and**
- Not receiving unemployment benefits (including CARES Act benefits)

What types of education and training programs does VRRAP cover?

VRRAP covers education and training programs approved under the GI Bill and Veteran Employment Through Technology Education Courses (VET TEC) that lead to high-demand jobs. These include associate degrees, non-college degrees, and certificate programs. The Department of Labor determines what is considered a high-demand job for VRRAP.

What benefits can I get through this program?

If you are eligible for VRRAP, you can get:

- Up to 12 months of tuition and fees, **and**
- A monthly housing allowance based on Post-9/11 GI Bill rates

How long will this program be available?

VRRAP will be available until December 11, 2022. Payments will end on this date – or when we reach either the \$386 million funding limit or the 17,250 participant limit.

How do I apply?

You can apply by going online to:

www.va.gov/education/other-va-education-benefits/veteran-rapid-retraining-assistance

What if I have other questions?

You can call 1-888-442-4551 (TTY: 711). Monday through Friday, 8:00 am to 7:00 pm ET



Getthere CAN HELP YOU GET THERE!!

Have you rescheduled healthcare appointments because you couldn't find reliable transportation? Stop, Getthere can help you!

Getthere is a mobility management program of the **Rural Health Network of SCNY** which offers transportation coordination or financial assistance to get you to health-related appointments, COVID-19 vaccination clinics, or to pick up groceries or prescriptions. Contact the call center today (1-855-373-4040) and talk with a transportation advocate!

Have a bus route near you but aren't familiar with how it works?

Getthere provides travel training courses to walk you through the process. You, or a group, will work with a Getthere Travel Trainer to help you become more familiar with identifying available routes and getting on the bus.

Do you want to help others with transportation?

In the fall of 2019, **Getthere** began working with the Volunteer Transportation Center of Watertown, NY to recruit and train drivers in Broome, Chenango, Otsego, and Delaware counties.

Volunteer drivers are covered by an auto insurance policy and will receive reimbursement for mileage.



NY CONNECTS

New York Connects is located in the Chenango County Area Agency on Aging. Magean and Delf, your NY Connects Team, 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 of neighbors, veterans and helping professionals. Our primary goal is to assist individuals of all ages to remain healthy and independent.

Here are two **new resources** that you or someone you know may qualify/benefit from:

#1- Beat The Heat with HEAP! If the heat affects your health, you may be eligible for HEAP cooling assistance.

You may qualify for a window unit air conditioner if your household:

- Has a member with a documented medical condition worsened by heat
- Gross monthly income meets current HEAP guidelines
- Received a regular HEAP benefit greater than \$21 in the current program year or resides in government subsidized housing with heat included in your rent
- Did not receive a HEAP funded air conditioner within the past 5 years

#2- Are you a Homebound or Homeless Person? If you are looking for a COVID-19 Vaccine

Do you need the help of another person or medical equipment such as a walker, or a wheelchair to leave your home, or your doctor believes that your health or illness could get worse if you leave your home and, it is difficult for you to leave your home and you typically cannot do so? Then you may be eligible for a Public Health nurse to come to your home to administer the COVID-19 Vaccine.

Nutrition Information with Debbie Z

Donuts, cookies, chips-there is no denying that certain high fat and high sugar foods are the go-to ways to self-medicate when we're stressed. The truth is those same foods can send our feel-good hormones on a roller coaster ride and leave up feeling sluggish, depressed or worse than before. So rather than reaching for junk food the next time you're feeling frazzled, do your mind and body a favor by reaching for complex carbohydrates, healthy fats or lean protein.

- **Dark Chocolate**- Dark Chocolate has healthy antioxidants and can lower blood pressure which can make us feel relaxed.
- **Avocado**- Vit B deficiency can be associated with anxiety. Avocados are rich in stress relieving B Vitamins. They are also high in monounsaturated fats and potassium which can help lower blood pressure.
- **Berries**-The antioxidants in blueberries, raspberries and strawberries have stress-relieving properties and are high in Vit C which can control cortisol levels.
- **Nuts**- Almonds are rich in stress relieving nutrients such as Vit B, Vit E & Zinc. Walnuts and pistachios are rich in stress crushing Vit B as well.
- **Oranges**- The Vit C in oranges helps to combat the free radicals that are released and build up under stress.
- **Leafy Green Veggies**- The folate in leafy greens such as spinach produces dopamine, a brain chemical that stimulates pleasure & calmness.
- **Turkey**- Turkey contains the amino acid tryptophan which triggers the brain to release the feel-good chemical serotonin thus promoting calmness and tiredness.
- **Milk**- Warm milk at bedtime is used for insomnia because it is high in antioxidants, protein, calcium, Vit B2 & B12. Milk protein called lactium helps lower blood pressure and milk's potassium helps relieve muscle spasm.

If you would like to discuss this topic more or have any other nutritional concerns, please contact me at AAOA at 607-337-1770

Foods to relieve stress

By: Debbie Zampetti, RD



Stress Relieving Green Smoothie 2 Servings

2 cups fresh spinach

1/2 cup plain Greek yogurt

1/2 medium avocado, peeled and pitted

1 frozen banana

3/4 cup unsweetened almond milk

1/2 tsp ground cinnamon

1/8 tsp ground turmeric

1/8 tsp ground nutmeg

Place all ingredients in your blender, blend on high speed for 1 minute until smooth. If you like a bit of sweetness add honey or pure maple syrup.

JUST FOR FUN!

Happy National Senior Citizens Day! August 21st



The Chenango County Area Agency on Aging is happy to be bringing you art and humor from a LOCAL ARTIST! Randy Glasbergen, who's comic is featured below, lived and worked in Sherburne, NY. He is one of the most published cartoonists in America. His career started at 15 years old when his cartoons were first published in some of the most popular magazines of the time, including The Saturday Evening Post and Reader's Digest. Randy attended college in Syracuse before continuing his cartoon career with a syndicated comic panel he called *The Better Half*. By the end of it's 32 year syndication *The Better Half* was appearing in nearly 150 newspapers around the world.

Sadly, Randy passed away in 2015 after a short illness. Glasbergen's cartoons are still being used around the world in presentations, textbooks, newsletters and all forms of social media thanks to his family and their desire to continue his legacy.

We certainly hope you enjoy reading his cartoons in the Bullthistle Bulletin!



“When you’re retired, you’ll have plenty of time to do more reading...mostly prescription labels.”

Thank you for sponsoring The Bullthistle Bulletin



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Well Being

A4TD Associates for Training & Development The Senior Community Service Employment Program (SCSEP)

The SCSEP is a community service and work-based jobs training program for older adults.

Funded by the Older American Act, the program provides training for income eligible, unemployed job seekers age 55+.

A4TD Leverages the Power of experienced workers while engaging local businesses.

To learn more, visit a4td.org,
email: info@a4td.org,

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

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, Health Care Proxies and Deed Transfers. 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 Lisa today to schedule an appointment at **607-337-1770**.



Hey Boomer!



The Baby Boomer generation was born between 1946-1964. This year, the youngest

Baby Boomer will be turning 57, the oldest is 75.

The parents of Baby Boomers, the Silent Generation, came home from WWII feeling more comfortable with having larger families resulting in the post war “baby boom”. After WWII America’s improved economic

position, bolstered by The G.I. Bill, gave Veterans economical stability and low interest rates on loans.

1946 recorded the highest birth rate in America. In 1964 the U.S. baby-boom population was about 72.5 million.

Baby Boomers experienced many significant events: The Civil Rights Movement, The Vietnam War, the Cold War, Counterculture of the 1960s and a new empowerment of women. Also, the launch of Apollo II, which landed the first

men on the moon in 1969. They are also the creators of Rock and Roll and The American Dream!

Growing up in times that saw so many cultural changes and technological advances made the Boomer generation work hard for their money, value family relationships, and strive for excellence and quality in life.

If YOU have a story about growing up as a Boomer or a wonderful memory you would like to share with us— Write it down and mail it to the Office for Aging 5 Court St. Norwich, NY 13815.

HIICAP

DO YOU HAVE MEDICARE?

Do you want to know if you are eligible to save some money?

The HIICAP Program makes sure that if you have Medicare you’re informed about Medicare Savings Programs.

Medicare Savings Program can help with the payment of the Part B premium and possibly with payment of the Medicare Part A and Part B cost-sharing.

- Singles who have a **total monthly** income of less than \$1,469/month
- Couples who have a **total monthly** income of less than \$1,980/month

Extra Help Program can help lower prescription co-pays and premiums and cover the cost of the coverage gap.

- Singles who have a **total monthly** income of less than \$1,630/month; and less than \$14,790 in resources
- Couples who have a **total monthly income** of less than \$2,198/month; and less than \$29,520 in resources.

Using INSTACART to deliver your groceries is EASY!

INSTACART:

The service that brings groceries right to your door.

Download the Instacart app on your device. Create an account using your Apple ID, Google account, Facebook account, or email address.

Select a local store and browse what they have to offer.

After placing your order, the app will match you with a local "personal shopper", who will shop for you and deliver your groceries to you.

Instacart will charge you a fee for the delivery, and you should also tip your shopper.

When you done shopping, confirm and pay for your order.

You will be notified once a shopper accepts your order and starts picking up your items.

Make sure to pay attention to the app while your shopper is working. If there are any issues with the items you ordered — if the store is out of stock, for instance — you may be contacted by your shopper.

Instacart shoppers are not employees of the company. Instead, they are independent contractors who do not get benefits. Their pay is dependent on the number of orders they are able to fill and the amount of time they can work.



Health Insurance information Counseling and Assistance (HIICAP)

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)

Farmers' Market Coupon Distribution Schedule

July 2021 Farmers' Market Coupon Distribution Schedule

- 7/2- **Norwich** Episcopal Church **10:00-12:00**
- 7/6- **Coventry** Town Hall **10:30-12:00**
- 7/8- **New Berlin** First United Methodist Church (bottom parking lot) **10:30-12:00**
- 7/8- **New Berlin** Chase Housing **1:30-3:00**
- 7/9- **Afton** First Baptist Church **11:00-1:00**
- 7/9- **Afton** Edge Apartments **2:30-4:00**
- 7/12- **Norwich** Golden Age Apartments– **10:00-11:30**
- 7/14- **Norwich** Guernsey Memorial Library **9:00-3:00**
- 7/20- **Norwich** Grace View Manor **10:00-11:30**
- 7/22- **Greene** Berean Bible Church **9:30-12:00**
- 7/22- **Greene** Village Greene Apartments **1:30-3:00**
- 7/23- **Norwich** Peacock Park Manor **10:00-11:30**
- 7/26- **Norwich** Marlene Meadows Apartments **10:00-11:30**
- 7/28- **Cincinnati** Rural Services Bldg Food Pantry **9:00-12:00**
- 7/29- **Bainbridge** First United Methodist Church **8:30-10:00**

August 2021 Farmers' Market Coupon Distribution

- 8/4- **McDonough** Fire Department **3:00-5:00**
- 8/10- **Oxford** Community Food Pantry **8:30-12:00**
- 8/18- **Norwich** Guernsey Memorial Library **9:00-3:00**
- 8/20- **Sherburne** United Methodist Church **10:00-12:30**
- 8/24- **Smyrna** United Methodist Church **8:30-11:00**

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:

- | | |
|---|---|
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| <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

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



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Don't Get Scammed!!

DO YOU SUSPECT SOMEONE OF COMMITTING FRAUD, WASTE, OR ABUSE AGAINST SOCIAL SECURITY?

Social Security may call you but will **NEVER**:

- Threaten you.
- Suspend your Social Security number.
- Require payment by cash, gift card, pre-paid debit card, or wire transfer.
- Ask for gift card numbers over the phone or to mail cash.



What to look for

- The caller or sender says there is a **problem** with your Social Security number or account.
- Any call, text or email asking you to pay a fine or debt with gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers **pretend** they are from Social Security or another government agency. Caller ID, texts, or documents sent by email may look official but **they are not**.
- Callers **threaten** you with arrest or other legal action.