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Medicare Advantage Open Enrollment Begins On January 1st And Ends On March 31st

Older adults and people with disabilities who are currently enrolled in a Medicare Advantage (MA) plan have until March 31st to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who have a Medicare Advantage plan. One

change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in March, your new coverage begins April 1.

- Changes that can be made during this period include switching to:
- a different Medicare Advantage plan with drug coverage;
- a different Medicare Advantage plan

See "Medicare Advantage" page 3

New York State Makes Changes To Enhanced Star File Enhanced "STAR" Applications Before March 1

By: Sherri Falcone, Director, Real Property Tax Services

Residents can qualify for either the Basic or Enhanced STAR Exemption depending upon age and income. If total annual income is \$500,000 or less and the property in question is the primary residence, persons can qualify for the Basic STAR Credit. The total annual income represents income for ALL the property owners and any of their spouses who reside on the premises. However, individuals 65 years of age or older who own property **which is their primary residence**, with a total annual income of \$107,300 or less, qualify for the larger Enhanced STAR exemption. If you currently have the basic Star Exemption and are turning 65, please contact your local assessor to apply.

All new STAR applicants must apply with NY State to qualify for the STAR credit. New STAR applicants will receive a credit in the form of a check directly from New York State instead of receiving a school property tax exemption. New Basic and Enhanced STAR applicants need to register with the New York State Tax Department to receive a STAR check. Visit www.tax.ny.gov or call (518) 457-2036.

Further information is available at the local assessor's office or on the web site at www.tax.ny.gov. You can visit <http://orpts.tax.ny.gov/MuniPro> to find a list of local town assessors and their phone numbers or call Delaware County Real Property Tax Services at 607-832-5130.

PANCAKES, ANYONE?

What: Pancakes

When: March 15, 2025

Where: Hamden Town Hall

Cost: Free Will Donation (any offerings are greatly appreciated!)

By: Shirley Niebanck, Project Chair (607-287-2475)

With two feet of snow in the yard, pancakes are a welcome thought. The Delaware County Senior Council's fundraising event is a sign of Spring. All supplies for the day and financial contributions come from local businesses: Shaver Farms, Brookside Maple, Big M, Brooks Barbecue, Hannaford, WalMart, Price



Chopper, and Clark Companies. Use of coffee pots from Pindars Corners Fire House are a tremendous help.

After expenses all monies are given to support Office for the Aging programs for Seniors. Some of these funds underwrote Senior Health and Fun Day at Camp Shankitunk and the Senior Harvest Ball at the Walton Fair Grounds. Past funds have gone to buy a bus for OFA used in Senior Shopping trips.

The Senior Council is grateful for all donations and very much appreciates help from Senior Club members.

SEE you at Breakfast on March 15, 2025.

Chen-Del-O Federal Credit Union In Franklin Plays "Secret Santa" For Senior Citizens



By: Eric Benecke

'Tis the season for giving! As in the past, this Fall Chen-Del-O Federal Credit Union and its members again played "Secret Santa" to some senior citizens who receive assistance from the Delaware County Office for the Aging. With the help of the Delaware County Office for the Aging, who provided the Credit Union with a list of items needed for individuals/families, the Credit Union had members

choose a number from a list. The members shopped for the items and returned them wrapped for delivery by the Office for the Aging staff. The items were delivered prior to the Christmas holidays.

Thanks to the generosity of Chen-Del-O Federal Credit Union's members, staff, and volunteers, the Credit Union was able to help 25 senior citizens enjoy their holiday season!

Reminder To Make Your Annual Contribution To "The Dispatch"

"The Dispatch," which will be entering into its 47th year in publication, continues to be the most effective method of providing information and educating Delaware County's senior population. The paper continues to be published bi-monthly, reaching 10,500 readers. This is 2,000 less readers than in 2020. Currently, the readers can receive the Dispatch electronically. There are close to 50 readers

receiving the Dispatch electronically. This number continues to grow as more and more older adults are feeling comfortable using a computer.

DCOFA will continue to publish articles pertinent to the senior population such as articles on health insurance, financial assistance programs, legal needs, caregiver services, veteran

See "Annual Contribution" page 4

Emergency HEAP Benefit

By: Janelle Hartwell, NCRI, NCRT, Community Services Director, Delaware Opportunities Inc.

The 2024-2025 Emergency benefit is scheduled to open on January 2, 2025.

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency.

Emergency HEAP benefits and eligibility are based on:

- income,
- available resources, and
- the type of emergency

You may be eligible for an Emergency HEAP benefit if:

- Your electricity is necessary for your heating system or thermostat to

See "Emergency HEAP" page 3

News From The Director

By: Wayne Shepard

Happy New Year! New Year's resolutions are popular each year. The top 10 New Year's resolutions are: spend more time with family & friends; lose weight; volunteer to help others; quit smoking; quit drinking; get out of debt; get a better education; take a trip; get organized; and enjoy life more. According to statistics about 75% of people stick to their New Year's resolution for approximately one week and less than half are still following their target goal or goals six months later. I stopped making New Year's resolutions years ago as I'm only able to keep my resolution for one month or less.

I find New Years is a time for reflecting on what occurred in the past year, and more importantly, focusing on the coming year. I would like to take a moment to reflect on some of the highlights and events that took place in 2024 at Delaware County Office for the Aging and some of the agency's tentative plans for the up-and-coming year.

First, the agency had some major employee changes: Lyndsay Komosinski was promoted to Deputy Director Office for Aging; Victoria Ladlee was promoted to Aging Services Representative; and the agency hired a new NY Connects Specialist, Jonathan Moore, to replace Victoria Ladlee.

Office for the Aging also works in collaboration with the Delaware County Senior Council at the many fundraising events. The events include: All You Can Eat Pancake Breakfast, Big Wheels Golf Tournament, Pork Dinner and Pie Auction, and Harvest Festival where a quilt is raffled off. In June at the pie auction, one homemade pie went as high as \$1,200.



Wayne Shepard, Director

The Delaware County Senior Council co-sponsored the annual Delaware County Senior Health and Fun Day and Senior Harvest Ball. They support the senior meals program contracted with Delaware Opportunities and assist with the cost when it's time to purchase a new senior bus.

Delaware County Office for the Aging continues to offer two evidenced-based programs to seniors, "Tai Chi for Arthritis" and "Bingocize." Bingocize is a new evidence-based program that was introduced in 2024. There are four certified instructors for each of the evidence-based programs that deliver the classes. In 2024 there were over 180 participants for Tai Chi for Arthritis and 40 participants for Bingocize.

Another big highlight of 2024 was the second annual "Senior Harvest Ball" held at the Delaware County Fair grounds in Walton. The event was a huge success. The total attendance was close to 120 participants, of which 90 were guest. The 2023 Harvest King and Queen turned over their crowns to the 2024 Harvest King and Queen.

This year, the Delaware County Office for Aging celebrated its 50 years of service with an open house in February, senior recognition luncheon in June and ended its celebration at the ninth Annual Senior Health and Fun Day. Senator Peter Obercracker, Congressman Chris Tague and John Cochrane, from New York State Office for the Aging recognized the 50 years of service provided to Delaware County Older Adults.

Lastly, Delaware County Office for the Aging entered into a partnership with O'Connor Hospital and Bassett Health Care Network providing \$20,000 for produce through the SNAP-Ed program. 167 participants each received a series of 14 weekly boxes of produce either delivered to their homes or picked up at their neighborhood Senior Dining Center.

Wow, I'm exhausted just reviewing what took place in 2024. Above are just a few of the highlights that took place. I anticipate 2025 to be just as busy, if not busier.

I would like to take a moment to discuss some of the agency's tentative plans for 2025.

First, in 2025 there will be major changes taking place to the Caregivers Program (also known as "Legacy"). Along with the changes to the pro-

gram there will be a new case worker. Jonathan Moore has accepted the case worker position and will be starting in January.

Second, the plan is to get the Consumer Directed Program for the EISEP program up and operating.

Third, the tentative plan is to contract out the Non-Emergency Medical Program with Get-There-Call Center.

In 2025, the tenth annual "Senior Health and Fun Day" will be taking place once again at the 4H-Camp Shankitunk on Wednesday, August 20th. Please mark this date on your calendar as space is limited.

The Delaware County Office for Aging will continue offering both the Tai Chi and Bingocize evidenced based programs in 2025. If you would like to participate in either program, please contact our office at 607-832-5750 for further information or to add your name to the lists.

These are just a few of the many events that will be taking place at the Delaware County Office for Aging. On behalf of the Delaware County Office for the Aging staff and myself, we would like to thank all of you for your support. The Delaware County Office for Aging looks forward to serving you in 2025.

HELP US HELP OTHERS!

Our needs are always greater than the resources that are available. The Delaware County Office for the Aging, the Delaware County Senior Council, and the Delaware Opportunities Senior Meals Program encourage and appreciate your financial donation to our programs and services that help seniors.

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THANK YOU! All donations are greatly appreciated!
All donations are tax deductible to the extent of the law.
A receipt will be sent for all donations over the IRS stated requirement of \$250.

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DELAWARE COUNTY OFFICE FOR THE AGING

97 MAIN STREET, SUITE #2 • DELHI • NY 13753 • 607-832-5750

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<https://www.delcony.us/departments/ofa/ofa.htm>

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- Visit our website at <https://www.delcony.us/departments/ofa/ofa.htm>, scroll about halfway down and you will see a flier. Click where it says ALL PAID.
- You can also pay over the phone by calling our office at 607-832-5750.
- You can scan the QR code here with your cell phone. →



LEGACY CORNER

By: Susan Hammerslag

Did you try any new recipes over the holidays? This is a fun recipe I found while looking through my aunt's recipe collection.

Volunteer Recipe

- 1 cup human needs
- ½ cup caring and compassion
- 1 pint community interest
- ½ cup time and patience
- 2 tsp. determination
- 1 lb. laughter and smiles
- 1 heaping TBSP. organization and cooperation
- Dash of monetary aid
 1. Mix caring and compassion, gently blending it with community interest.
 2. Combine time and patience with determination.
 3. Add one heaping TBSP of organization and cooperation with the dash of monetary aid and mix with 1 lb. of laughter and smiles.
 4. Carefully fold the three mixtures together and pour in a pan greased generously with coordination.
 5. Sprinkle the top with human needs.

6. Serve proudly.
To the basic recipe for volunteers, you can add one additional ingredient—to give it a distinctive flavor this is truly your own—your special talents. Do not cover your special talent and refrigerate indefinitely. It must be constantly used to get the full aroma.

(This first appeared in the Parents of Diabetic Children, Inc., Newsletter.)

Legacy Corps program volunteers, to make friendly home visits, are needed in all areas of Delaware County. Volunteers may work puzzles, play cards, go for a walk, or have a friendly conversation with someone so their caregiver can go to a MD appointment, have a haircut, or grocery shop knowing their loved one is safe.

Are you seeking a way to help someone in your community? Volunteer with the Legacy Corps Caregiving Program to provide respite for caregivers in need of a break. Learn more about becoming a volunteer, call the Office for the Aging at 607 832-5750.



“Medicare Advantage”...continued from page 1

- without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

If you have a Medicare Advantage plan and a separate Part D plan, you can switch to a Medicare Advantage Plan that does not include drug

coverage or Original Medicare, but you cannot change Part D plans.

For more information, or to schedule an appointment, contact Delaware County Office for the Aging and NY Connects at (607) 832-5750 and ask to speak with HIICAP Coordinator, Victoria Ladlee.

Carbon Monoxide – Know The Hazards

By: New York State Department of Health

Never run generators in indoor spaces such as garages, basements, porches, crawlspaces, or sheds or partly enclosed spaces as carports or breezeways. Generators should only be operated outside, far away from and downwind of buildings.

Never use a gas range or oven for warmth. Using a gas range or oven for warmth can cause a buildup of toxic carbon monoxide (CO) inside your home, cabin, or camper.

Never use a charcoal grill or barbecue grill in your home or garage. Using a grill indoors will cause a buildup of toxic CO.

Never start up or run any gasoline-powered engines (mowers, weed trimmers, snow blowers, chain saws, generators, or other small motors) in enclosed spaces.

Never use a stove or fireplace unless it is properly installed and vented. Annually have it inspected and have oil and gas heat and hot water systems serviced.

Never run your car, truck or motorcycle inside a garage that is attached to a house or detached garage with the garage door shut; open the door to remove CO and other toxic gases in the exhaust.

What is Carbon Monoxide?

Carbon Monoxide (CO) is a poisonous gas that can kill you in minutes. It is invisible, tasteless, odorless, and non-irritating. It is produced from burning

fuel such as wood, oil, natural gas, propane, gasoline, and kerosene.

Symptoms of CO Poisoning

CO is known as the “silent killer.” It can prevent the body from getting oxygen. Symptoms can be flu-like: nausea, headache, dizziness, shortness of breath, sleepiness, and weakness. In large amounts, CO can cause loss of consciousness, brain damage or death.

If you suspect CO poisoning:

- Open all windows and doors
- Get out of the building and into fresh air
- Call the fire department from outside the building
- Call the gas company from outside the building
- Call 911 if you or someone else is experiencing symptoms or take ill person to the ER. Tell the physician you suspect CO poisoning.

CO Detectors

- Install a CO detector which is battery operated or has a battery backup life, and is certified by Underwriter Laboratories (UL)
- Carefully follow manufactures' instructions
- Check the CO detector batteries twice a year
- If the alarm sounds, get out of the building
- Don't let having a CO detector lull you into false sense of security. Preventing the problem is better than relying on the alarm.

“Emergency HEAP”...continued from page 1

work and is either shut-off or scheduled to be shut off, or

- Your electric or natural gas heat is off or scheduled to be shut-off, or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.

And

- Your household's gross monthly income is at or below the current income guides for your household size as posted in the table below, or
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI) Living Alone, and
- The heating and/or electric bill is in your name
- Your household's available resources are:
 - less than \$2,500; or
 - less than \$3,750 if any member of your household is age 60 or older, or under age 6.

Income guidelines for the 2024-25 HEAP season are as follows:

2024-2025 HEAP Benefit Gross Monthly Income Guidelines

Household Size	Maximum Gross Monthly Income
1	\$3,322
2	\$4,345
3	\$5,367
4	\$6,390
5	\$7,412
6	\$8,434
7	\$8,626
8	\$8,818
9	\$9,010
10	\$9,201
11	\$9,393
12	\$9,585
13	\$9,952

Each additional: Add \$672

For further information, if you are age 60 or older, please contact Mary Johnson, Office of the Aging, at 607-832-5750.

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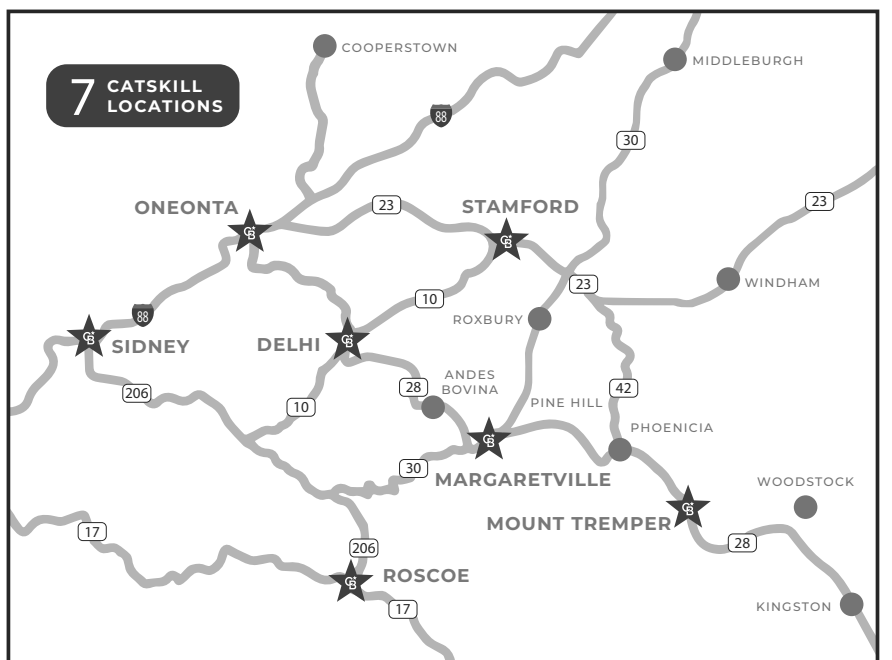
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HAPPY NEW YEAR!

**Searching for a resolution?
TAI CHI FOR ARTHRITIS may be on the list.**

By: Terri Tweedie, Coordinator of Aging Services

Reasons why:

The Administration on Aging found the Tai Chi for Arthritis program to meet the criteria for evidence-based disease prevention and health promotion programs. Through the Office for the Aging, seniors can take advantage of this evidence-based program that is proven to relieve pain, improve their health and their ability to do things. Tai Chi for Arthritis, an exercise program that originated in China, has been offered for several years through the Delaware County Office for the Aging. The Tai Chi for Arthritis program is a newly designed series of classes. There are two classes each week for ten weeks. The 20 classes now incorporate all 12 steps. There is no longer the need to choose between Basic steps 1-6 or Advanced steps 7-12. Seniors interested in a safe, low-impact exercise that works on core muscles and breathing can make it their New Year's resolution to attend a 10-week program.

Additionally:

The movements of Tai Chi for Arthritis join exercises that improve muscular health through weight bear-

ing motions, flexibility, and fitness. Improved muscular strength is important for supporting joints, which is important for normal physical function. Flexibility exercises allow people to move easier and loosen up joints and muscles. Tai Chi for Arthritis can improve a person's overall fitness level. In addition to these benefits, Tai Chi for Arthritis can help to reduce pain and stress. This is a mind and body exercise that relaxes the mind which allows those who practice to experience less depression and improved immunity.

Those who participate in the Tai Chi for Arthritis program find it to be an enjoyable experience. They find that their balance and coordination improve which will reduce their risk of falling. They notice an improvement in their flexibility and range of motion. Their cardio-respiratory function improves through breathing techniques. They see a reduction in their stress and experience a feeling of serenity. They notice an improvement in concentration and memory. Their overall health improves, and they become more confident.

Finally:

Consider a Bingocize class which



is also an evidence-based falls prevention program. See Shirley Niebanck's Bingocize article elsewhere in this issue.

If you would like to attend a Tai Chi for Arthritis &/or Bingocize, please call 607-832-5750.

BINGOCIZE

By: Shirley Niebanck, Instructor

B16; I29; N42; G51; O62...BINGO!

What do Bingo and fall prevention have in common? Bingocize, a program developed and copyrighted by Western Kentucky University Research Foundation, Dr. Jason Crandall.

From the workbook:

Question: "True or False? Fear of falling, even among those who haven't fallen before, may lead to more falls:

- a. True
- b. False

Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten older adults' safety and independence and generate enormous economic and personal costs. However, falling is not an inevitable result of aging. Additionally, fear of falling can lead older adults to be less active, which leads to poor physi-

cal health. Poor physical health can then lead to falls, even for those who have never fallen before."

Enter Bingocize. The program combines the game of Bingo with questions and information in a workbook developed for the classes, along with a regimen of moderate exercises that can be done while in a chair or standing in place. Recently, a ten-week session sponsored by the Office for the Aging was conducted in the Delhi Senior Meals location in September, October, and November. Daily average attendance was between 8 and 12 seniors, ranging in age from 55 to 90. Many of them remained for the daily meal so well prepared by Christine and her staff.

Responses on participant evaluation forms were positive - good location, excellent material, group participation and enthusiasm were all mentioned. The Delhi Dining Center is an excellent venue for this class: ample space, no stairs, parking in the lot behind the building, and lunch!

Terri Tweedie, Coordinator of Programs, is hoping to organize a Bingocize class early in 2025. Suggestions for sites and interest in participating should be sent to Ms. Tweedie at the Office for the Aging, 92 Main Street, Suite 2, Delhi, NY, 13753 or email to her at terri.tweedie@co.delaware.ny.us

"Annual Contribution" ...continued from page 1

services, and retirement planning.

There is a request for contributions published two times each year. The targeted amount for contributions between August 2023-July 2024 was \$6,000. The agency met its goal. The actual amount received was close to \$9,600. The targeted amount for 2024-2025 has been increased to \$8,000. The readers always have positive comments regarding the senior newspaper: "I enjoy reading this paper." "I look forward receiving and reading each Dispatch issue." "I read every issue of the Dispatch from cover

to cover. I save helpful articles for me and my husband as future references. I also give the articles to my daughter as she begins to assume some degree of caregiving for me and my husband. Delaware County Office for the Aging helped my parents in the 1990's and now it's our turn." "Thank-you for keeping us informed."

Readers who still feel that "The Dispatch" is a useful publication are encouraged to share their comments with the Office for the Aging. Reminder, a contribution coupon is located on the back page of each issue.



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Transforming Care With Ai For Older Adults: Two Years of Success of NY Older Adults Living with ElliQ

Taken from: <https://aging.ny.gov/transforming-care-older-adults-two-years-of-success-of-older-adults-with-elli/pdf>

In a groundbreaking initiative, the New York State Office for the Aging (NYSOFA) and The Association on Aging in New York (AgingNY) partnered with Intuition Robotics to combat loneliness and social insolation among older adults using ElliQ, an AI companion robot. ElliQ is the first AI companion designed to alleviate loneliness and promote engagement, connection, health, and wellness.

This case study reflects data true to July 2024, regarding the impact ElliQ had since the program launched two years prior.

The data in this report reflects anonymous ElliQ usage data collected directly through users' interactions with ElliQ, along with responses from ElliQ users to the Cobot-I-7 survey, a tool specifically built to measure robots' impact on human wellbeing.

Program Overview:

Launched two years ago, the program involved approximately 900 older adults across New York State who were provided ElliQ. ElliQ was designed to provide companionship, foster engagement, and reduce feelings of loneliness



through interactive features and personalized support.

Key Findings:

- **Daily Interactions:** Participants average 28 interactions per person per day with ElliQ, indicating high levels of engagement and user satisfaction. ElliQ's CSAT (Customer Satisfaction Score) score is 4.9 (highest rating = 5).
- **Loneliness Reduction:** The latest data reveals a sustained 93% reduction in loneliness among participants, maintaining the initial success rate reported two years ago.
- **Measurable Impact:** 96% of partici-

pants reported improvement in their overall wellness, 73% reported feeling more connected to the outside world and 86% of users stated ElliQ improved their quality of life.

- **Enhanced Features:** New additions to the product offering in year two include AI-based open conversation, poetry writing and painting, weekly live community bingo event, and the ability to create and share a digital memoir, enriching the user experience.
- **Usage Insights:** The most used capabilities of ElliQ include the daily greetings, conversations with ElliQ, music, messaging contacts and cognitive games.

What does living with ElliQ look like for the average NY user?

- Average duration of living with ElliQ -

296 days • Average time spent with ElliQ per (active) day - 28 minutes in an active day.

- Average number of active days per week - 5 active days a week.

In an average month 64% of users participate in bidirectional communication, 55% participate in physical activity and 86% report health measurements.

Community Activities and Games

In March 2024 a weekly live bingo game was launched. The game happens weekly on Saturday evenings and users are invited to play 3 rounds of bingo. This is the first time ElliQ users have interacted with one another in real-time and they seem to love it!

- 45 NY users (avg) show up for Bingo Night every week, consistently
- 85% play all 3 rounds of the game (that's 45 minutes of interaction with ElliQ)
- 85% send emoji reactions to other players throughout the game (social interaction)

To qualify for an ElliQ robot you must:

- Be a Delaware County resident age 60 and older
- Live alone or spend a lot of time alone
- Have Internet in your home (Wi-Fi)

You do not have to be a current client of Office for Aging to qualify, but you must be willing to maintain contact with the agency after you receive ElliQ. To learn if you are eligible, please contact Delaware County Office for Aging at 607-832-5750.

Hamden Seniors



By: Patsy Moody

Smiling faces as we gathered together. The group is looking forward to designing and erecting a new sign to direct the public to the Hamden Schoolhouse Museum. We hope to locate it on the corner of NYS 10 and Co. Rte. 26. The address for the schoolhouse is 5594 East River Road. The District #1 one-room school-

house built in 1859 served rural children continuously for 95 years. Among the interesting items on display include a rare 1849 map and teacher's handbell that was used by Mrs. Bertha Broughton who taught there from 1947 until the school's closing in 1954. There will be special tours and opening times to visit the Museum in July, the weekend of the Hamden Bicentennial.

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Senior Dining – Inclement Weather

By: Pattie Warfield, Interim Senior Project Director

As we enter the winter season, the senior meals program wishes to remind area seniors that in the event that inclement weather makes driving too dangerous, it may be necessary to close senior dining centers and cancel home delivered meals. This means meal sites would be closed and that no meals would be delivered to homebound participants. Closings are made on the basis of recommendations by the County Sheriff's Office and school closings. Driving conditions may force cancellation of meal deliveries in one area but not another. If you are receiving home delivered

meals, you will be provided – in advance – with frozen emergency meals to be used when delivery of meals is not possible.

Meal delivery cancellations will be announced on the following radio stations: WDLA (1270 AM or 92.1 FM), WDOJ (730 AM), WCDO (100.9 FM), WIYN (680 AM OR 94.7 FM), WIOX (91.3 FM), WZOZ (103.1 FM), WSRK (103.9 FM), WCHN (970 AM), WBKT (95.3 FM), WTBD (97.5 FM), WKXZ (93.9 FM). Cancellations can also be found on television channel WBNG Binghamton Channel 12 and MTC Margaretville Channel 10.

Be sure your driveway, walkways and stairs are clear so your driver can safely deliver your meals. We thank you for your assistance and cooperation. For more information regarding home delivered or congregate meals, please contact the Senior Meals Office at 607-746-1710.

The Delaware County Senior Dining Program is operated by Delaware Opportunities Inc. under contract with the Delaware County Office for the Aging with funding from the Delaware County Board of Supervisors, New York State Office for the Aging and the Department of Health, federal and other state funds and contributions provided by program participants.

“Like” us on facebook

Do you have a Facebook account? If you do, we would love for you to check out our Facebook page! On it, you will find things like upcoming program information, agency sponsored events,



volunteer opportunities and much more. Search for Delaware County Office for the Aging and click “Like”.

Nutrition Tips For Caregivers

By: Andrea Martell RDN, CDN.
Retrieved from: https://www.glwd.org/wp-content/uploads/2019/09/Nutrition-Tips-for-Caregivers_English.pdf

and dependence, decreased quality of life, and poorer health outcomes.

Keeping track of weight and intake of food and fluids can help identify problems before they become serious. Many older adults take multiple daily medications that interact with each other and with food. They also can cause changes in appetite, food intake, and hydration. Be sure to ask a medical provider, registered dietitian, or pharmacist for special instructions to avoid complications.

Nutrition issues related to age, such as reduced appetite, sense of taste, and thirst, are special considerations when caring for older adults. Many body functions slow with age, creating unique nutritional needs. Common concerns are unintentional weight loss and dehydration which can lead to increased frailty

Things to watch for	How to watch for them	Further Considerations
Weight changes	Check weight regularly – at least monthly.	Report any changes to medical provider or dietitian.
Dental or mouth pain	Observe eating, keep regular dental visits	Report any changes to dentist or medical provider.
Skin breakdown (increased risk with diabetes, incontinence)	Observe skin, especially at bony prominent points, avoid excessive moisture (perspiration/urine).	Report any changes to medical provider immediately; change bedding frequently.
Hydration	Prompt to sip water throughout the day. Offer high water content foods. Keep log of amount of fluid consumed.	Check with medical provider or dietitian for individualized fluid recommendations.
Depression/ mood	Observe mood, desire to take part in usual activities and sleep patterns.	Report any changes to medical provider or mental health professional.
Changes in food intake	Watch for changes in amount and types of food eaten, or shifts in schedule.	Alter mealtimes/foods as needed in order to maximize intake. Consider special equipment and/or assistance with feeding as needed.

SENIOR DINING PROGRAM MENU

MILK IS SERVED WITH EVERY MEAL. NUTRITIONAL ANALYSIS AVAILABLE UPON REQUEST TO CONSULTANT DIETITIAN. MENU SUBJECT TO CHANGE.

DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-3 Thru 2-7	Stuffed Shells Winter Blend Veggies Apple Juice Italian Bread Diced Pears	Country Fried Steak Mashed Potatoes Vegetable Medley Whole Wheat Bread Apple Crisp	Spicy Cranberry Pork Baked Sweet Potatoes Steamed Peas Creamy Cucumber Salad Fruited Jello	BBQ Chicken Baked Beans Zucchini & Squash Cole Slaw Sherbet	Turkey Penne Bake Garden Fresh Carrots Snow on the Mountain Whole Wheat Bread Yellow Cake
2-10 Thru 2-14	Swedish Meatballs Egg Noodles Broccoli Florets Fruit Cocktail Banana Pudding	Chicken Stir Fry Steamed Brown Rice Diced Carrots Whole Wheat Bread Mandarin Oranges	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Chocolate Brownie	Homestyle Meatloaf Mashed Potatoes Green Beans Diced Peaches Sugar Cookies	Turkey Pot Pie Brussels Sprouts Cranberry Sauce Whole Wheat Bread Upside Down Cake
2-17 Thru 2-21	CLOSED PRESIDENTS' DAY	Chicken Parmesan Spaghetti w/Sauce String Beans Orange Juice Vanilla Ice Cream	Turkey Ala King Buttermilk Biscuit Zucchini & Squash Snow on the Mountain Spiced Peaches	Pot Roast w/Gravy Mashed Potatoes Red Cabbage Tossed Salad, Dinner Roll Butterscotch Pudding	Tuna Noodle Casserole Steamed Peas/Carrots Apple Juice Whole Wheat Bread Cranberry Crisp
2-24 Thru 2-28	Beef Pepper Steak Parmesan Rice Broccoli/Cauliflower Whole Wheat Bread Diced Pears	California Chicken Roasted Potatoes Sliced Carrots Cranberry Sauce Sherbet	Spaghetti & Meatballs Green Beans Tossed Salad Italian Bread Vanilla Pudding	Baked Tavern Ham Baked Potato Butternut Squash Rosey Apple Relish Jello w/ Topping	Potato Crusted Pollock Sweet Potato Fries Steamed Peas Cole Slaw Lemon Squares
3-3 Thru 3-7	Chili Con Carne Steamed Brown Rice Winter Blend Veggies Fruit Salad Ice Cream Sundae	Chicken Florentine Capri Blend Veggies Cabbage Salad Bowl Whole Wheat Bread Lemon Pudding	Scrambled Eggs Mini Pancakes w/Syrup Sausage Patty/Links Orange Juice Cinnamon Applesauce	Roast Turkey w/Gravy Whipped Potatoes Cut Green Beans Cranberry Sauce Iced Yellow Cake	Crab Topped Tilapia Parmesan Bow Ties Steamed Broccoli Whole Wheat Bread Peachy Cream Pudding
3-10 Thru 3-14	Swiss Steak Oven Roasted Potatoes Seasoned Spinach Three Bean Salad Whole Wheat Bread Brownie	Orange Pork Steamed Brown Rice Steamed Peas Whole Wheat Bread Sugar Cookies	Sunrise Chicken Buttered Noodles Steamed Broccoli Apple Juice Chocolate Pudding	Beef Stew Cauliflower Tossed Salad Italian Bread Sliced Peaches	Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Cucumber Salad Cinnamon Apples
3-17 Thru 3-21	Corned Beef & Cabbage Sliced Carrots Boiled Potatoes Dinner Roll Pistachio Cake	Sloppy Joe on a Bun Greek Oven Fries Mixed Vegetables Apple Juice Vanilla Ice Cream	Cranberry Chicken Rice Pilaf Capri Blend Veggies Grape Juice Butterscotch Pudding	BBQ Pork Sweet Potatoes Cauliflower Snow on the Mountain Pineapple Tidbits	Breaded Fish on a Bun Roasted Potatoes Mixed Vegetables Fruited Jello
3-24 Thru 3-28	Swedish Meatballs Steamed Brown Rice Red Cabbage Whole Wheat Bread OatmealRaisin Cookies	Chicken Parmesan Spaghetti Noodles Italian Style Beans Italian Bread Vanilla Pudding	Roast Pork w/Gravy Whipped Potatoes Succotash Apple Sauce Mandarin Oranges	Home Style Meatloaf Mashed Potatoes Peas & Carrots Diced Pears Sherbet	Vegetarian Lasagna Sautéed String Beans Tossed Salad Italian Bread Jello w/ Topping
3-31 Thru 4-4	Tangy Baked Chicken Baked Potato Butternut Squash Rosey Apple Relish Lemon Pudding	Braised Beef Mushrooms/Egg Noodles Sautéed Zucchini Mandarin Oranges Peanut Butter Cookies	Taco Pie Seasoned Spinach 3 Bean Salad Whole Wheat Bread Vanilla Ice Cream	Roast Turkey w/Gravy Mashed Potatoes Sliced Carrots Cranberry Sauce Diced Pears	Broccoli Cheddar Quiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet

FOR RESERVATIONS, PLEASE CALL BY 10 AM ON THE SERVING DAY. SERVING 11:30 AM - 12:30 PM

DELHI 607-746-2250
GRAND GORGE 607-588-6166

HANCOCK 607-637-2219
MIDDLETOWN 845-586-4764

SIDNEY 607-563-2212
WALTON 607-865-6739

How To Avoid Snow Removal Scams

Taken from: <https://edenapp.com/blog/how-to-avoid-snow-removal-scams>

Every year, people get taken in by scammers. In summer, these schemes tend to focus on roofing and/or the paving of driveways. In winter, the most popular scams center on snow removal. They can happen to anyone. However, there are ways to recognize scammers, and to avoid losing money, you cannot afford to throw away.

Snow removal or snowplow scams frequently prey on the disabled and the elderly. They know many cities require their residents to remove the snow from their sidewalks. Some people cannot do so. To avoid fines, they need to hire someone to do it for them. Scammers know this. They

place flyers in mailboxes or, in some cases, go door-to-door advertising their highly affordable services. They offer their would-be victims a deal that seems too good to ignore e.g. twice a week snow removal services from now until the snow stops. All you have to do is pay half now and sign this contract.

Representatives actually show up at your door after the phone call with an apparently legit contract in hand. They do not give you time to hesitate, ask questions, or check the contact information. They use hard-sell tactics to get you to sign the contract then take your money.

The problem is, after you have provided them with the requested money, you may not see them again. In

some instances, a person may show up to shovel the sidewalk once or twice. However, s/he may also request payment, saying the person who has contracted them to actually do the snow removal has not paid them. When a complaint is laid with the Better Business Bureau or the police, it is found the company no longer exists.

If you want to avoid getting sucked in by a snowplow scam, you have to do your due diligence. Prior to signing on with any snowplow contractor, request references. Never sign a contract with someone at your door until you have checked out their company's credentials including, license and identification. The resources are available online, and you can always call the BBB to find out if they have had any complaints about each company.

In addition, talk to neighbors, friends, and colleagues about whether they use a snow removal service. If they do, ask about their level of satisfaction. Compile a list of names and comparison shop, checking to see what they offered in terms of:

- **Services:** What do they include? Do they only do driveways? Do they have package deals with driveways, sidewalks, and walkways? What's the plan for salting and de-icing?

- **Factors affecting price:** Does the depth of snow or the property layout have an impact on the price? Some companies do charge by the inch and not by the job. Get a detailed estimate outlining the scope of work, costs, estimates, and make an informed decision. Ask for the cost up front to avoid any surprises. Also find out what types of payments are accepted.

- **Contract:** Do you have to sign a contract for an entire season?
- **Technology:** What type of equipment do they use? This applies particularly to those who have pets and children. Some ice melts and deicers can negatively impact their well-being. Moreover, if you have a brick driveway, it is important to know whether the snowplow or snow blower will damage it.

One of the best ways to avoid scammers is not to rely on flyers or door-to-door agents. Instead, use a reliable third-party service who can help you find exactly what you need at a price you can afford. You can then choose the snow removal services you need and want, knowing the company is going to take care of them. You can then get on with your daily life, not worrying about what to do when a snowstorm strikes.

Defensive Driving Insurance and Points Reduction Classroom Program

One Day Classes:

February 9th, Oneonta, NY

March 4th, Delhi, NY

All classes are 6 hours. Cost: \$35

Reservations: Call Sherry, 607-538-9632

This class provides a 10% reduction in auto liability insurance and reduces qualifying four points on you NYS driver's license.

Presented by Booty Security LLC Delivery Agent #760 of Defensive Drivers Discount. Instructors: Tim and Sherry Stewart.

SENIOR ACTIVITIES FOR FEBRUARY 2025 AND MARCH 2025

HOLIDAY CLOSINGS: Monday 2/17/25 for President's Day. *St. Patrick's Day Dinner will be served at all dining centers on Monday 3/17/25.*

Delhi Senior Dining Center (97 Main Street, Delhi, NY 13753 – side entrance) (607) 746-2250. CENTER MANAGER: CHRISTINE WINNER.

Grand Gorge Senior Dining Center (Old School, Civic Center, Rte. 30) (607) 588-6166. CENTER MANAGER: JOY JOHNSON.

Hancock Senior Dining Center (Baptist Church, Messenger Hall, Wheeler Street) (607) 637-2219. CENTER MANAGER: ANDREA MIKULA.

Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764. CENTER MANAGER: JOHN BRESSETT. *Center's 51st Anniversary celebration will be Monday 3/17/25.*

Sidney Senior Dining Center (Civic Center, Liberty Street) (607) 563-2212. CENTER MANAGER: JENNIFER ANDERSON. *Center's 51st Anniversary celebration will be Wednesday 2/5/25.*

Walton Senior Dining Center (St. John's Catholic Church, Benton Ave.) (607) 865-6739. CENTER MANAGER: JIMMY JACKSON. *Center's 51st Anniversary celebration will be Wednesday 3/6/25.*

NOTE: Suggested contribution for all regular meals is \$3.00 for seniors and \$4.00 for non-seniors. Contribution for *St. Patrick's Day Dinner* is \$4.00 seniors and \$5.00 non-seniors. The Delaware County Senior Dining Program is operated by Delaware Opportunities Inc. under contract with the Delaware County Office for the Aging with funding from the Delaware County Board of Supervisors, New York State Office for the Aging and the Department of Health, federal and other state funds, and contributions provided by program participants.

DINING CENTER PRESENTATION SCHEDULE

The following presentations will be held at the dining centers during the regular lunchtime meal on the dates listed below.

OFA Outreach Dining Center Presentations Schedule

January 2025 topic will be

"Tax Season Information

& STAR property tax exemptions"

• Delhi Dining Center on 1/14/25

• Deposit Dining Center 1/16/25

• Grand Gorge Dining Center on 1/8/25

• Hancock Dining Center on 1/14/25

• Margaretville Dining Center on 1/15/25

• Sidney Dining Center on 1/9/25

• Walton Dining Center on 1/21/25

February 2025 topic will be

"SNAP Ed events"

• Delhi Dining Center on 2/4/25

• Deposit Dining Center 2/20/25

• Grand Gorge Dining Center on 2/12/25

• Hancock Dining Center on 2/11/25

• Margaretville Dining Center on 2/19/25

• Sidney Dining Center on 2/13/25

• Walton Dining Center on 2/18/25

Are You A "Snowbird"

If you're a Snowbird please notify Delaware County Office for the Aging of your temporary address so that you will not miss out on any issues. If you do go away for the winter and do not notify Delaware County Office for the Aging there is a good possibility that your Dispatch will be discontinued as the Post Office will not forward the se-

nior newspaper to you temporary address without first notifying Office for the Aging of the address change.

Upon returning to Delaware County, if you would like to continue receiving a physical copy of "The Dispatch", please notify Delaware County Office for the Aging at 607-832-5750 of your return address.

WCCRC

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Financial Counseling with a HUD Certified Counselor

Home Repair Grant Programs

Contact us 607-652-2823 ext 105

ATTENTION – ATENCIÓN – 注意 – AUFMERKSAMKEIT – UWAGA

Delaware County Office for the Aging offers interpretation services for more than 200 languages. To inquire about our agencies services for the aging at no cost to you, please call (607) 832-5750.

(Spanish) Oficina del Condado de Delaware para el envejecimiento ofrece servicios de interpretación para más de 200 idiomas preguntar acerca de nuestros servicios de agencias para el envejecimiento, sin costo para usted. Por favor llame al (607) 832-5750.

(Chinese) 特拉华县办事处老化超过200种语言提供口译服务。在没有你的成本询问我们的机构老龄化的服务，请致电 (607) 832-5750.

(German) Delaware County Amt für Aging bietet Dolmetscherdienste für mehr als 200 Sprachen. Um mehr über unsere Agenturen Dienste für das Altern ohne Kosten für Sie, rufen Sie bitte (607) 832-5750.

(Polish) Delaware County Urząd the Aging oferuje usługi w zakresie tłumaczeń ustnych na ponad 200 języków. Aby dowiedzieć się o naszych usługach agencji do starzenia bez kosztów dla Ciebie, zadzwoń (607) 832-5750.

Thank You Dispatch Donors

Jack & Kathleen Beach, D. Brown, Donald & Vera Buel, Neil & Eileen Calvanese, Paul Cicio, Grace Cornell, Monique Erlichman, Frank & Kathleen Geosits, Gary Gray, David Hollenbaugh, Shirley Ann Homovich, Monica Lem, Wilbur Nichols, Jamie O'Donnell, Scott Piesecki, Ruth Reynolds, Marjorie Rockefeller, Carolyn Schoonmaker, Ronald & Betty Venh, Concetta Young

The Importance Of A Health Care Proxy

By: *Melissa Krause New York State Legal Aid Society*

For many people, the holiday season is a perfect opportunity to sit down with their family and talk about a Health Care Proxy.

I have always believed that, of all the

possible estate planning documents that are available, the Health Care Proxy is probably the most important of them, because that is the document that allows a person to declare who has the right to make medical decisions for them, if they're not able to make those decisions themselves.

If a person does not have a Health Care Proxy, a law called the "Family Health Care Decisions Act" allows a surrogate, chosen from a prioritized list, to make medical decisions for them. The first choice for a surrogate is a legally appointed guardian, if any, followed by a spouse, followed by an adult child, and so on. This can work for a lot of people.

But what if you and your spouse disagree on certain medical practices for religious or ethical reasons? What if your adult children are resistant to your end-of-life plans? What if someone is afraid, or a bit too eager, to "pull the plug"?

What if the person that is appointed as the surrogate is the person that you'd have chosen anyway, but you'd never had a conversation about what kind of medical care that you'd want or refuse? They would have to guess at what you'd want, which would be a very emotionally difficult situation for them, as well as a risk for you.

The Health Care Proxy, instead, allows you to choose the person making the medical decisions for you if you

can't. You can choose anyone, regardless of family relation. It's also the perfect opportunity to sit down and have an actual conversation about your wishes, when it comes to health care. You can even expressly state whether or not you want your agent to be able to "pull the plug" and under which circumstances that you'd feel it was appropriate.

There are additional advantages to Health Care Proxies, because most include language for a "living will" as well. A "living will" is a very simple document that allows a person to give their doctors directions as to treatment if they're unable to make decisions for themselves, and if their Health Care Proxy is not available. It is very common for the "living will" to include provisions like "I do not want to be kept alive on machines, if there is no hope for recovery."

No one can predict the future, but that's why a Health Care Proxy is such an important document, as it allows you to ensure that there will always be someone that you trust, who knows your wishes, making any medical decisions if you cannot.

OFA LOAN CLOSET

By: *Wayne Shepard, Director*

The Delaware County Office for the Aging has available various equipment/supplies to lend to residents of Delaware County who are 60 years of age or older. Some of the equipment we have are wheelchairs, canes, commodes, walkers, shower benches, etc. If you need such equipment, don't hesitate to contact our office to see if we have what you are looking for. You must come

into the office to pick-up the equipment and sign a form. You are entitled to keep the equipment for the period in which you need it.

Suggested contributions for this service is based on item or items borrowed. All contributions are confidential and voluntary and are used to expand services to all who need them in Delaware County. For more information contact Delaware County Office for the Aging at 607-832-5750.



Wheelchairs



Transport Chairs



Walkers



Rollator



Commodes



Raised Toilet Seats



Shower Benches



Canes

TO MAKE A CONTRIBUTION FOR "THE DISPATCH" OR FOR A CHANGE OF ADDRESS

TAPE THE CURRENT DISPATCH LABEL HERE

CONTRIBUTION – Wish to make a contribution to "The Dispatch" but can't remember when you last made one? Here's a suggestion – contribute 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: \$7 PER YEAR

Most services provided have no fee, but you are welcome to contribute toward their cost. No one is ever denied service due to 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 Delaware County. We are grateful for your support.

SEND YOUR CONTRIBUTION,

(Cash OR, If You Prefer, A Check Made Payable To **Office For The Aging**),

TO: OFFICE FOR THE AGING, 97 MAIN STREET, SUITE #2; DELHI, NY 13753

Address Change - Are you going away or moving from the area? Do you live in Delaware 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. We incur an expense with every paper that can't be delivered and is returned to us when you go away. Keeping our mailing list accurate helps keep mailing costs down.

FOR CHANGE OF ADDRESS: PERMANENT TEMPORARY

FROM (DATE): _____; IF TEMPORARY, TO (DATE): _____

NEW ADDRESS:

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

Our household receives more than one copy. (Please send labels from ALL copies you received for this issue, indicating which one is correct.)

Please remove name from mailing list.

Nutritional Workshops Available in your Community

New! 10 Tips for Adults

The Workshops include:

- My Plate**
 - Eat foods from every food group
- Budgeting**
 - Plan meals ahead
 - Shop for best prices
- Activity**
 - Add physical activity to your daily routine

Join a workshop, Bring a Friend! Reservations Appreciated

DELHI
 First class: Feb. 17 at 11am
Delhi Alliance Church
 16178 NY-28 Delhi, NY
 4 weeks: 2/17, 2/24, 3/3, 3/10

HANCOCK
 First class: Feb. 18 at 9:30am
Hancock Senior Dining Center
 232 Wheeler St
 (enter parking from Read St.)
 4 weeks: 2/18, 2/25, 3/4, 3/11

DOWNSVILLE
 First class: Jan. 21 at 1pm
Downsville Fire Hall
 15166 NY-30, Downsville, NY
 Following the community lunch at the Downsville Fire Hall
 4 weeks: 1/21, 1/28, 2/4, 2/11

Delaware County Office for the Aging
 Call the SNAP-Ed Coordinator at **607-832-5750**
 DelCoEatHealthy@gmail.com

Call us to Plan a Workshop Near You!

MyPlate.gov

SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity provider.

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