



## Come To The Tenth Annual Delaware County Senior Health & Fun Day!!

**Save the Date!!** Come join us for the tenth annual Delaware County “Senior Health & Fun Day” to be held at Delaware County 4H-Camp Shanktunk on Arbor Hill Road in Delhi on **Wednesday, August 20<sup>th</sup> from 9:30am to 3:00pm.**

- Once again, Delaware County Office for Aging is collaborating with co-sponsors Delaware Opportunities Inc. and the Delaware County Senior Council in planning for this event.

- Off-site parking will be available with constant shuttle service to the camp starting at 9:00am. Location of shuttle parking will be announced in the July issue of *The Dispatch*.

- Exhibitor tables will be set up by 9:00am for seniors to peruse and activities will start at 10:30am. Activities

for this year’s event will also be announced in the next *Dispatch*.

- Lunch will be provided, at noon, by Delaware Opportunities Inc. Lunch will include a delicious picnic fare of Wilson BBQ’s famous grilled chicken, baked beans, salad, dessert and beverages. A contribution of \$7 is requested per person for the meal.

**Reservations are required and need to be made by August 8th. Please contact the Delaware County Office for the Aging at (607) 832-5750 to make your reservation.**

Watch for complete details of this year’s Delaware County “Senior Health & Fun Day” in the July issue of *The Dispatch*.

We are all looking forward to this year’s event and hope to see you there!

## Nominations Sought For Senior Citizen Of The Year

By: Suzanne MacDonald

The Delaware County Senior Council is seeking nominations for the 2025 Senior Citizen of the Year Award. The award honors a Delaware County resident aged 60 or older who stands out in the community for ongoing devotion of time and talent in a variety of areas.

1. The nominee must be age 60 or older.
2. The nominee must have an on-going record of community service for which they receive no remuneration.
3. Candidates must be nominated by an individual or group; they may not nominate themselves.
4. Only nominations received on the official form will be considered. The Delaware County Senior Council committee will review only these forms; no additional documentation will be considered.
5. No employee who currently works for the Delaware County Office for

the Aging is eligible for consideration.

6. Nominations are kept for one year. If the candidate is not selected for that year’s award, they will automatically be entered for consideration for the following year’s award.

7. The Delaware County award winner will be entered for judging in the New York State Senior of the Year Award contest the following year.

The Delaware County Senior Council Senior Citizen of the Year Committee selects the winner from the nominations. The winner will be announced at this year’s Delaware County Senior Council Annual meeting scheduled for October.

Nominations must be received on or before July 7, 2025, and must be mailed to Delaware County Senior Council, 97 Main Street Suite #2; Delhi, NY 13753.

For more information or an application, call Delaware County Office for the Aging at 607-832-5750.

## DEFENSIVE DRIVING

Booty Security’s Defensive Driving Insurance and Points Reduction Classroom Program

One Day Classes:

- June 8<sup>th</sup>, Oneonta, NY
- June 24<sup>th</sup>, Delhi, NY

All classes are 6 hours. Cost: \$35

Reservations: Call Sherry,

607-538-9632

This class provides a 10% reduction in your basic liability insurance and reduces qualifying four points on your NYS driver’s license.

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

## OFA Bus Schedule Changes/Additions For May-July 2025

Here is a list of bus schedule changes or additions for our Senior Transportation Bus System. If you have any questions or wish to reserve a seat on any of these trips, please contact the Office for the Aging at 607-832-5750.

### CHANGED/MOVED TRIPS

- Friday, July 4<sup>th</sup> trip to Oneonta **Moved to** Tuesday, July 1<sup>st</sup>.

### ADDED TRIPS

Rules for using our bus service still apply for all added trips. Bag limit, pick-up times, and shopping time remain the same as they are for the regular bus runs. (Note: these trips will occur on either a Monday or Tuesday)

### BUS PICKUP ROUTE (Wednesday’s Route):

Delhi (8:05), Downsville (8:35), East Branch (8:50), Fishs Eddy (8:55), Hancock (9:00), Deposit (9:20), Masonville (9:45).

#### Destination

#### Dates

Bainbridge – Frog Pond/Pine Ridge Store ..... Monday- May 12, June 23, & July 7  
Fly Creek/Cooperstown..... Tuesday, June 17

### BUS PICKUP ROUTE (Thursday’s Route):

Bovina (8:15), Andes (8:20), Margaretville (8:40), Arkville (8:45), (Fleischmanns), Roxbury (9:05), GG (9:15), Stamford (9:30), Harpersfield (9:40), Davenport (9:50).

#### Destination

#### Dates

Cobleskill/Carrot Barn..... Tuesday, May 13; Monday- June 16 & July 21  
Fly Creek/Cooperstown..... Monday, June 9

### BUS PICKUP ROUTE (Friday’s Route):

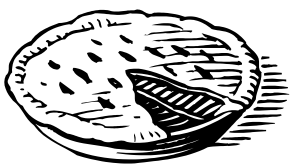
Hamden (8:15), Walton (8:30), Sidney (9:30), Franklin (9:45).

#### Destination

#### Dates

Bainbridge – Frog Pond/Pine Ridge Store ..... Monday- May 19, June 30, & July 14  
Fly Creek/Cooperstown..... Tuesday, June 10

## 39<sup>TH</sup> ANNUAL PORK ROAST & PIE AUCTION

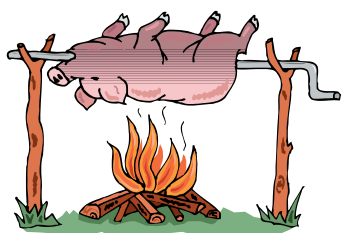


TUESDAY, JUNE 10<sup>th</sup>, 2025  
at the  
Delhi American Legion



Dinner Served from 4:30 pm-6:00 pm

TICKETS: \$10.00



Tickets available from:  
Office for the Aging in Delhi,  
Senior Council Delegates,  
Dining Center Managers, and  
a limited number at the door.

Sponsored by the Delaware County Senior Council  
Proceeds to benefit  
Programs and Services for the Elderly



# News From The Director



Wayne Shepard, Director

By: Wayne Shepard

It is a common misconception that, as we age, falling is somewhat inevitable for everyone. There are many myths (untruths) that are shared regarding the issue of falling and how it can affect us as we get older.

Here are some of the most common myths:

**Falling happens to others not me.**

Like many things in life, we think, “It will never happen to me.” The truth is that about 1 in 4 adults fall every year, resulting in injury.

**Falling is normal as we get older.**

Falling is not an inevitable, normal part of aging. Although the risk may be higher for older adults, certain steps and actions can be taken to greatly reduce your risk of falling. Doing things like strength and balance exercise, medication management and making your home environment safer (eliminating tripping hazards, walk-in shower, etc.) can help prevent a fall from occurring.

**If I limit my activity, then I won’t fall.**

Although this may be true in theory, the opposite is true. If you severely limit or eliminate activities, your strength and range of motion will be

greatly reduced, resulting in greater risk of falling.

**As long as I stay home, I can avoid falling.**

Even though this might seem like a good idea, more than 50% of falls occur in the home due to things like clutter, throw rugs, and poor lighting. Inspecting your home for these fall risks and making small modifications (e.g. grab bars in the bathroom, handrails on the stairs, etc.) can greatly reduce your risk.

**Muscle strength and flexibility can’t be regained.**

Although it is true that we lose muscle mass as we age, being active and exercising can still partially restore strength and flexibility. Even if you haven’t been very active your whole life, doing exercises now will benefit you in many ways, including protection from falls.

**Taking medication doesn’t increase my risk of falling.**

Medications can have many side effects including dizziness and drowsiness. Be aware of the possible side effects of any medications you are taking and be especially careful when starting a new medication until you adjust to any new side effects that you may experience.

**I don’t need to get my vision checked every year.**

Vision is a very important factor for falls. As we age, we may have different types of vision loss, so it is important to monitor your vision regularly with an annual eye exam. Situations with low-lighted areas and decreased depth perception can have a profound impact on your balance which could result in a fall if your vision is not checked regularly.

**Using a walker or cane will make me more dependent.**

There are probably significant reasons why a medical professional has recommended someone to use a walking aid, with risk falling being a factor. Don’t let pride or stubbornness cause you to not use a proper assistive device. Speaking from personal experience (my wife had to use a walker and cane for many years due to a back injury), you would rather remain safe and balanced instead of taking a fall which could result in a substantial injury.

**I don’t need to talk to anyone about my concerns about falling. I don’t want to alarm them, and I want to keep my independence.**

Fall prevention should involve everyone in your life (e.g. doctors, family members, etc.). Everyone in your life wants to help you maintain independence. If they are made aware of your concerns about falling, they will be more supportive in reducing the risk when they are with you.

**I don’t need to talk to my parents, spouse, or other older adults if I’m concerned about their risk of falling.**

**ing. It will hurt their feelings and it’s none of my business.**

Mentioning your concerns about someone falling can be presented in a way to help them keep their highest level of independence. If you are concerned, then others (including the older adult) are probably concerned as well. It is best if the issue is discussed openly and honestly so that the older adult can remain independent and safe as much as possible.

Although the risk of falling can increase as we age, taking some simple steps can help greatly reduce the risk of getting injured from a fall. Delaware County Office for the Aging offers two evidenced based programs called Tai-Chi for Arthritis and Bingocize which are geared towards older adults in prevention or reduction of the possibility of falling.

If you or a loved one are 60 years of age and would like to learn more about either of these programs and other services contact Delaware County Office for the Aging at 607-832-5750.

## Food For Concentration

*Revised by Andrea Martell RDN, CDN. Retrieved from [https://healthysd.gov/link\\_brain-foods-that-may-help-you-concentrate/](https://healthysd.gov/link_brain-foods-that-may-help-you-concentrate/)*

There’s no denying that as we age, our body ages right along with us. The good news is that you can improve your chances of maintaining a healthy brain if you add “smart” foods to your diet.

**Fish Really is Brain Food.** A protein source linked to a great brain boost is fish — rich in omega-3 fatty acids that are key for brain health. These healthy fats have amazing brain power: A diet with higher levels of them has been linked to lower dementia and stroke risks and slower mental decline; plus, they may play a vital role in enhancing memory, especially as we get older. For brain and heart health, two servings of fish weekly are recommended.

**Eat Breakfast to Fuel Your Brain.** Tempted to skip breakfast? Studies have found that eating breakfast may improve short-term memory and attention. Foods at the top of researchers’ brain-fuel list include high-fiber whole grains, dairy, and fruits.

**Add Avocados and Whole Grains.** Every organ in the body depends on blood flow, especially the heart and brain. A diet high in whole grains and fruits like avocados can cut the risk of heart disease and lower bad cholesterol. This reduces your risk of

plaque buildup and enhances blood flow, offering a simple, tasty way to fire up brain cells. Though avocados have fat, it’s the good-for-you, mono-unsaturated fat that helps with healthy blood flow.

**Blueberries are Super Nutritious.** Research shows that blueberries may help protect the brain from the damage caused by free radicals and may reduce the effects of age-related conditions such as Alzheimer’s disease or dementia. Studies also show that diets rich in blueberries improved both learning and muscle function.

**Add a Daily Dose of Nuts and Dark Chocolate.** Nuts and seeds are good sources of the antioxidant vitamin E, which is linked to less cognitive decline as you age. Dark chocolate also has other powerful antioxidant properties, and it contains natural stimulants like caffeine, which can enhance focus. Enjoy up to an ounce a day of nuts and dark chocolate to reap the benefits.

**Benefits of a Healthy Diet.** It may sound trite but it’s true: If your diet lacks essential nutrients, it can hurt your ability to concentrate. Eating too much or too little can also interfere with your focus. A heavy meal may make you feel tired, while too few calories can result in distracting hunger pangs. Benefit your brain: Strive for a well-balanced diet full of a wide variety of healthy foods.

THE DISPATCH IS PUBLISHED EVERY OTHER MONTH BY THE

**DELAWARE COUNTY OFFICE FOR THE AGING**

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

**Wayne Shepard • DIRECTOR**

**Lyndsay Komosinski • DEPUTY DIRECTOR**

**Joanne Sampson • ASSISTANT TO DIRECTOR**

**Terri Tweedie • COORDINATOR OF AGING SERVICES**

**Amy Bowie • CASEWORKER**

**Eric Benecke • CASEWORKER**

**Jonathan Moore • CASEWORKER**

**Susan Sainsbury • CASEWORKER**

**Victoria Ladlee • AGING SERVICES REPRESENTATIVE**

**Bette Jo Bojo • ADMINISTRATIVE ASSISTANT**

**Rachel Ryan • ACCOUNT CLERK TYPIST**

**Susan Hammerslag • SNAP-ED COORDINATOR**

**Mary Johnson • HEAP EXAMINER**

**Andrea Martell • DIETITIAN**

FUNDING PROVIDED IN PART BY THE NEW YORK STATE

OFFICE FOR THE AGING AND THE U.S. ADMINISTRATION ON AGING

### Find us on the Web!

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

1.

2.

3.

Open Camera   Frame the QR   Click the Pop-Up

SCAN ME

Delaware County Office for The Aging is now accepting Credit/Debit Card Payments!

If you would like to make a payment or contribution to Delaware County Office for the Aging by credit/debit card here is how you can do that.

- 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: Jonathan J. Moore, Caregiver Coordinator

Happy Spring! I am sure everyone is ready for summertime. From fun in the sun to comfortable walks and perhaps a dip in a pool or lake – sounds like a welcome change. With that in mind, I’d like to dive into volunteering. Today’s world has so many concerning issues – food insecurity, wars and conflicts, infectious disease, water shortages, extreme poverty, and caregiver needs – the number of people who need a helping hand has only increased. It is clear volunteering matters, and the benefits of volunteering go far beyond altruism. Time has shown that volunteering can be very self-rewarding and beneficial. Here are 11 bonified benefits:

**The power to change lives.** Whether you’re collecting supplies or food for someone, building a home for a family, or fostering or adopting a pet, you’re making a tangible change in a person’s (or animal’s) life. Even better, you’re also giving them hope.

**The ability to involve more people.** When you volunteer, you’re raising awareness for an organization and its cause. You may often mention your service to friends and family – perhaps even without noticing you’re doing it. You might even post something about it on your social media platforms, which spread the word. That can encourage more people to get involved.

**A physical feeling of satisfaction.** There’s scientific evidence that volunteering positively affects your body. Studies show that when people donate to charity, either financially or through volunteering, they trigger

the mesolimbic system – the portion of the brain responsible for feelings of reward. The brain releases good chemicals, spurring you to perform more kind acts. This is widely known as, “helpers high.”

**New friends and stronger friendships.** When you help others, you give off positive vibes, which can rub off on peers and improve your friendships, creating strong, lasting bonds. For instance, if you’re volunteering for caregivers, chances are good you’ll meet people who care about caregivers. Volunteering is an excellent way to find your “tribe.”

**Connection and confidence.** Silence the inner voice that’s saying you’re not enough! Those who volunteer have been found to have higher self-esteem and a better overall well-being. Some experts explain that the more connection you feel, the higher your self-esteem.

**Social and networking skills.** Volunteering is a social activity, so it can build up your list of important contacts. For example, the people you volunteer with are great candidates for recommendation letters. After all, these are the people who have seen you interact with others and handle new challenges.

**A readiness to take on the world.** Those who participate in volunteer work feel rewarded, more fulfilled. Volunteers report that helping others enriches their sense of purpose and empowers them.

**Value to schools and employers.** Volunteer experience can set you apart from other applicants for jobs

and colleges. Your volunteer experience tells them that you are ambitious, care about your community and are willing to put in the work that brings about change.

**A chance to pay it forward, or “Acts of Kindness.”** Acts of kindness are more often than not, contagious. Simply seeing someone help another person can give a good feeling. And that inspires us to do something altruistic ourselves.

**A sense that you have more time.** Now, volunteering won’t literally give you more than 24 hours in a day; but it makes those hours seem more fulfilling. Studies have shown those who volunteer their time feel like they have more time.

**Feelings of gratitude.** Helping others is a wonderful way to gain perspec-

tive on your own situation, and that can make you more appreciative of what you do have.

**Ready to benefit from volunteering?** The Legacy Program, like many others, always needs volunteers to sustain its effectiveness and connect with those in need. Legacy is a caregiver respite program offered to Delaware County residents. This program provides a range of supports that assist families and informal caregivers in caring for someone at home for as long as possible. For more information contact Delaware County Office for the Aging Caregiver Coordinator, Jonathan Moore, at (607) 832-5750 or by emailing jonathan.moore@co.delaware.ny.us.

Information and research adapted from KEY CLUB @ [www.keyclub.org](http://www.keyclub.org).

## News From NY Connects

By: Lyndsay Komosinski, Deputy Director

### What is NY Connects?

Perhaps you’ve heard the term but are unfamiliar with what the program entails. Truth is, if you have ever contacted Delaware County Office for the Aging to inquire about services, you most likely spoke with a NY Connects staff member. NY Connects is a trusted place to go for free, unbiased information and assistance. NY Connects staff can help you link to long term services and supports, such as home care, transportation, meals, education about programs and services, options counseling, and so much more. The primary goal of NY Connects is to help individuals remain in their homes for as long as possible.

NY Connects was created as part of a No Wrong Door system. In short, no wrong door means that any person, any age, can contact NY Connects and receive support with connecting to all long-term services and supports. NY Connects staff have the ability to serve a wide variety of individuals. The program can assist older adults, individuals with disabilities, Veterans, caregivers, family members, friends, neighbors, and helping professionals. Primarily, NY Connects helps with connection to personal care services, education and counseling, behavioral health/developmental supports and services, and health and wellness.

Any person who contacts NY Connects will get help with information about resources by telephone, online,

or in-person. Our dedicated staff can assist with linking individuals to long term services and supports regardless of diagnosis, age, or payor source. NY Connects staff often coordinate with other agencies to guide each individual through the program eligibility process and can assist with applications and enrollment into any public assistance benefits. Staff provide seamless linkages for any necessary assessment that an individual may need.

One misconception when thinking about long term care is that it pertains to nursing home placement. It’s important to know that long term care means so much more than facility based placement. In fact, when it comes to NY Connects, placement is often a last resort. Staff from the NY Connects team can provide options counseling to develop a person centered approach to supports. Staff can aid in finding and connecting to both formal and informal supports.

Delaware County residents can receive support from NY Connects staff by calling Delaware County Office for the Aging & NY Connects at (607) 832-5750.

Out of county? No problem! Call our NY Connects statewide toll-free number at 1 (800) 342-9871 to be connected to NY Connects staff in your county.

The NY Connects Resource Directory is an online portal, providing information and guidance on supports and services. Visit the Directory at [www.nyconnects.ny.gov](http://www.nyconnects.ny.gov).

## “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”.

### 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.

Please print

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

Address \_\_\_\_\_  
Street/PO Box City State Zip

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

☐ In honor/memory (please circle one) of: \_\_\_\_\_  
If you have designated someone special to honor/remember, then you (and your designee) will be acknowledged in “The Dispatch” for your donation.  
If you wish to remain anonymous then please check here. ☐

And/Or, indicate below which program(s) you wish to support:

<input type="checkbox"/> Use where most needed	<input type="checkbox"/> Insurance Counseling	<input type="checkbox"/> Senior Meals
<input type="checkbox"/> Caregiver/Respite Services	<input type="checkbox"/> Legal Services	<input type="checkbox"/> Tax Aide
<input type="checkbox"/> Del. County Senior Council	<input type="checkbox"/> Non-Emergency Medical Transport	
<input type="checkbox"/> EISEP	<input type="checkbox"/> Senior Bus	

PLEASE MAKE CHECK PAYABLE TO:  
**DELAWARE COUNTY SENIOR COUNCIL**

Clip and return this coupon with your donation to:  
Delaware County Office for the Aging, 97 Main Street, Suite #2; Delhi, NY 13753

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.

Are you or your loved one worried about safely remaining in  
the comfort and security of your *own* home?



At Home Care Partners  
Licensed Home Care Agency

For more information of our in home Personal Care Services, please call us:

At Home Care Partners, Inc.

1-866-927-0366 or 607-432-1005

“Assisted Living...in Your Own Home”



# General Estate Planning

*By: Melissa Krause, Staff Attorney, Legal Aid Society of Mid-NY, Inc.*

When I first sit down with a client for an estate planning meeting, I always ask them what they want to do. They, in turn, always ask me “well, what do I need?” That’s a good question, but it does not have a straightforward answer.

There’s a lot of confusing or misleading information out there about estate planning and it’s a good idea to try to straighten that out so that you can decide what you want to do.

**Myth: If I don’t have a will, the government will come in and take everything when I die.**

Fact: This is incorrect. When a person dies without a will, their property passes according to statute – the written laws of New York State. According to those laws, your heirs are your nearest family members, and there’s a hierarchy of priority: spouse and children first, then direct descendants by generation, and if there are no direct descendants, then parents, then siblings, then nieces and nephews, and so on and so forth.

The primary advantage of a will is that it allows you to be specific about what you are giving to whom, you can give different things to different peo-

ple, you can leave property to people who are not your immediate family (you may be as close to a long time partner or a step-child as you would a spouse or biological child, but they don’t inherit anything unless you specifically say so in a will), you can omit someone who would otherwise inherit, and cut through some of the red tape involved with the process.

So, truth be told, if you intend your property to go to your spouse and/or children, you might not need a will at all. There are still some advantages to having one, but it isn’t a necessity, per se, and your property will pass even without one.

**Myth: If I have a will, nothing needs to go through probate.**

Fact: Probate is simply the process of administering an estate and is generally a necessary part of the process with or without a will. Whether or not your heirs will have to go through the full rigamarole of probate will depend more on what specific belongings you own at the time of your death. If your estate, for example, is primarily just the belongings in your home, then it’s possible that a full probate proceeding won’t be necessary. If you own a real property, such as a house or land, then most likely that will have to go

through the court.

There are some types of estate planning that can transfer an asset, like your home, and bypass the need for the court. A pay on death deed, a life tenancy deed, and certain types of trusts are examples of estate planning that likely would allow your property to pass directly without court involvement and it would be good to talk to an attorney about whether or not they’d be applicable.

**Myth: My spouse will be able to do everything for me if I am incapacitated.**

Fact: That depends on what we’re talking about. There are many things that spouses are generally able to do on behalf of one another: access a joint bank account, for example, pay bills or take out a mortgage on a joint property.

If someone does not have a health care proxy (a document appointing someone to make medical decisions for you if you cannot), a spouse would likely be entitled to do so under the Family Health Care Decisions Act.

But there’s a lot a spouse cannot do without your specific permission. Your spouse would not be able to talk to your insurance company without your okay. They cannot sign your name or consent on your behalf to a property transfer of your individu-

al property.

If you want to ensure that your spouse has this authority, then a document called a Power of Attorney would allow you to give that to them. And even though a health care proxy isn’t expressly necessary to allow your spouse to make medical decisions for you, it can still be a good motivation to discuss your actual preferences and to choose secondary or successor agents who can make the decisions if your spouse cannot.

**Myth: A Power of Attorney determines who is in charge of everything after I die.**

Fact: This is the opposite of what a Power of Attorney is. A Power of Attorney is a document that specifically empowers someone to act on your behalf, in financial and legal matters, while you are alive. It terminates on death, whereupon, the executor named in your will would then be in charge of your estate.

In this article, I’ve mentioned the three most common forms of estate planning that I personally work with: a will, a health care proxy, and a power of attorney. I can’t say whether an individual person specifically “needs” any of these documents, but they’re all very helpful, useful documents and it’s worth considering how useful they can be to you in the future.

## Thank You To Our Generous Contributors

Thank you to all the generous “Help Us Help Others” contributors for supporting programs and services that help seniors in Delaware County. Donations made by those for “In Honor/Memory” of someone special are acknowledged below unless anonymity was requested.

- Jean Corliss: In Memory of **Richard Cormack**

### 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.**

## Time To Start Thinking About Staying Cool In The Heat

*By: Wayne Shepard, Director*

Summer is now upon us. With summer, comes heat, and that presents a challenge for people as they get older. Older adults and those with chronic medical conditions often have difficulty regulating their body temperature. Summer is the is the start of the season for family get-togethers, picnics, backyard barbecues, vacations, and other fun festivities that make summer an enjoyable time of year. When planning your summer activities please keep one thing in mind – anyone can be vulnerable to the summer heat; however, those that are particularly at risk are seniors.

Older adults appear to be more active today. The body of an older adult is less able to detect the heat and will not adequately respond to rising temperatures as quickly as it did when they were younger. This may be related to medical conditions that can change normal body response to heat. Older adults are more likely to take prescription medications that can impair or reduce the body’s ability to regulate its temperature or, in some instances, prevent perspiration. Older adults should take a moment to talk with their physician or pharmacist regarding the side effects of medications and adhere to the warnings of those that state, “**Avoid extreme heat and sun.**” It’s important to develop a plan to avoid becoming overheated or becoming dehydrated.

How do you do that? You need to develop ways to help you stay cool. Listed below are CDC recommendations on how to stay cool during the summer:

- Drink plenty of cool water and avoid alcohol and caffeine. Don’t wait until you feel thirsty. Stay hydrated throughout the day.

- Eat cool snacks, like fruit popsicles or frozen grapes. These are healthy snacks that could also help to cool you off in the heat.

- Choose to eat lighter, cooler meals rather than heavy, hot meals. Cold salads and sandwiches are great choices.

- Wet a washcloth with cold water and put that on the back of your neck if you are feeling overheated. You could also try putting your feet in a pan of cold water to help cool yourself down.

- Keep your home as cool as possible. Pull the shades or curtains closed during the hottest part of the day.

- Wear light layers of clothing. Cotton fabrics are an excellent choice because cotton fabric is lightweight and breathable. Avoid wearing heavy polyester fabrics. Wear loose fitting clothing.

- Visit a senior center, grocery store, shopping mall, library, movie theatre, or any other kind of public shop. This is a terrific way to find a cool, air-conditioned environment.

- Take cool showers and baths to feel cooler quickly.

- Consider installing an air conditioner. If that’s not possible, at the very least, use a fan to circulate the air.

- Avoid any strenuous activity during the hottest hours of the day. Instead, stay indoors where you are out of the sun and heat outside.

- Stay in touch with family and friends.

So, keep these, and any strategies you think of yourself, in mind when the hot days of summer approach. Some of these ideas are quick and easy, and these can make a huge difference in helping your body adjust to the hot temperatures.



# VA Proposes New Measures To Expand Telehealth For Rural Veterans

By: Mark Dunlop, Director, Delaware County Veterans Services

I hope everyone is doing well. Below I would like to showcase the new measures proposed by the Veterans Administration to expand telehealth for rural veterans.

The U.S. Department of Veterans Affairs (VA) has unveiled a proposal to eliminate copayments for all telehealth services and launch a grant program amendment at improving telehealth access in rural and underserved communities.

The proposed grant program, titled Accessing Telehealth through Local Area Stations (ATLAS), seeks to provide funding to organizations, including nonprofits and private businesses,

to establish telehealth access points. These access points will offer veterans private, comfortable spaces equipped with high-speed internet and telehealth technology, enabling them to connect with VA providers remotely. Additionally, the grants will fund the training of on-site personnel to assist veterans in using the equipment and navigating telehealth services.

VA is enhancing its telehealth services to ensure veterans can access high-quality care regardless of their location. Utilizing advanced virtual health technologies, VA telehealth services provide innovative care solutions at home, in clinics, and in hospitals across the country.

At home, veterans can securely

connect with their VA care teams through tools like VA Video Connect, allowing them to attend appointments virtually. Remote monitoring devices enable veterans to share health data from their homes, making it easier to manage chronic conditions or receive follow-up care. For those lacking reliable internet or devices, the ATLAS program offers designated locations in rural and underserved communities where veterans can connect with providers in private, well-equipped spaces.

In clinics, telehealth bridges the gap between local facilities and VA specialists nationwide. Veterans can schedule video appointments or share

health data securely with specialists in other locations. This “store and forward” capability allows healthcare teams to collaborate on developing personalized treatment plans.

In hospitals, telehealth technologies enable VA providers to collaborate remotely with leading specialists, ensuring veterans receive expert care for complex conditions such as cancer, heart disease, or stroke. These technologies facilitate real-time consultations and provide access to the latest research and treatment options.

For more information regarding this and other services contact Mark Dunlop at 607-832-5345.

## Are You Caring For Someone Who Would Benefit From A PERS Unit

By: Wayne Shepard, Director OFA

Caring for a loved one who lives alone or spends significant time alone can be challenging. Ensuring their safety while they maintain their independence is crucial. One effective solution is a Personal Emergency Response System (PERS).

What is a Personal Emergency Response System? A PERS is a monitoring device designed to provide assistance in emergencies, especially for individuals who may not be able to reach a phone. The wearable device, such as a pendant or wristband, is connected to a base unit installed in the home. Pressing the button connects the user to an operator through the base unit. The operator will ask about the nature of the emergency. If the user can communicate, the operator will contact either the user’s primary

contact or emergency services (911). If the user is unable to respond, the operator will automatically dispatch emergency services.

Mobile devices are also available in some areas of the count. In addition, PERS unit are now equipped with full detection.

Your loved one might be eligible to obtain a PERS through the Office for the Aging (OFA). The caregiver should reach out to the OFA to begin the intake process.

A PERS can be an invaluable tool in ensuring the safety and wellbeing of those who live alone or require additional support. By providing quick access to help, it offers peace of mind both to the user and their caregivers. If you or someone you know is interested in a PERS, please call our office at 607-832-5750 to obtain more information.

## E-Zpass Text Message Scam

Taken from: [www.governor.ny.gov/news/governor-hochul-warns-consumers-e-pass-text-message-scam](https://www.governor.ny.gov/news/governor-hochul-warns-consumers-e-pass-text-message-scam)

Governor Kathy Hochul put out a press release on February 16, 2025 warning New York consumers of E-ZPass text message scams. Consumers have reported receiving SMS text messages attempting to collect tolls. These fake texts are often sent from an international number and request the consumer to reply with “Y” to receive a link and contain an unofficial website. Consumers should be aware that E-ZPass or Tolls by Mail **will never** send a text or email requesting sensitive personal information such as credit card, birthday, Social Security number or other personally identifiable information.

If you are unsure about a message you received, call E-ZPass directly at 1-800-333-8655 or Tolls by Mail at 1-844-826-8400. You may also directly access the official websites from your browser at: EZPassNY.com and Tolls-ByMailNY.com.

If you receive a fraudulent or sus-



picious SMS text message of any kind and have questions, you can contact the New York Department of State’s Division of Consumer Protection Consumer Assistance Helpline at 1-800-697-1220, Monday to Friday from 8:30am to 4:30pm; excluding State Holidays. Consumer fraud complaints may also be filed at any time with the Federal Trade Commission at [report-fraud.ftc.gov](https://report-fraud.ftc.gov).

**Tips to follow if you or someone you know receives a fraudulent SMS text message:**

- Don’t reply to text messages from unknown numbers. It could lead to a scam. Be wary of unsolicited messages from unknown senders that request personal information or payments and don’t respond to the message.

- Don’t click on any links in the message or attempt to access a website through the text.

- Delete and report the message using your phone’s “report junk” option. Forward unwanted texts to 7726 (SPAM) and unwanted emails to your email provider. Use the reporting features that are built into devices or email platforms. Reporting suspicious phishing messages is one of the most efficient methods for protecting you as it helps identify new or trending phishing attacks.

- Block the sender’s email address or phone number.

- Remember, it’s always better to be cautious. If you’re unsure of the legitimacy of a message, avoid engaging with the sender.

**Clicking a link from a fraudulent text message puts your personal information and money at risk. Scammers may be able to:**

- Install ransomware or other programs in your device that can spy on your online activity or hold your device hostage by encrypting your data and demanding payment to unscramble it.

- Gain access to your personal or sensitive information — including passwords, credit card numbers, banking PINs, etc. This information can be used to take out loans or credit cards in your name or perform other fraudulent financial transactions.

## Delaware County Senior Clubs Meeting Schedule

Last updated 4/14/2025

Senior Club	Contact Name	Phone # &Email	Meeting Day, Time & Location
Andes Senior Club	Jane Berghammer	845-676-3529 janeberghammer@gmail.com	3rd Thursday, @ 12pm Noon Andes Fire Hall, 5259 Co Rd 1, Andes
Bovina Senior Club	Margaret “Peg” Hilson	607-832-4202 peg.hilson@icloud.com	2nd Tuesday, @12pm Noon Bovina Presbyterian Church, 5177 Bovina Rd, Bovina Center
Colchester Senior Club	Alfretta Doig	607-363-2208 dalfretta@yahoo.com	3rd Thursday, @ 12pm Noon Downsville American Legion Hall, 4466 River Rd, Downsville
Hamden Senior Club	Bill & Patsy Moody	607-434-7449	Last Wednesday, @12pm Noon Hamden Town Hall, 37029 St Rt 10, Hamden
Hancock Senior Club	Ken Colgan	607-637-2466	4th Friday, @12pm Noon Hancock Senior Dining Center, Messenger Hall, 56 Wheeler Street, Hancock
Meredith Senior Club	Joan Burger	607-278-5830 joanburger41@gmail.com	3rd Monday, @ 12pm Noon Meridale Community Church, County Hwy 10, Meridale
Roxbury Senior Club	Robert S. Young	917-538-2382 rsyoung1944@gmail.com	3rd Tuesday, @ 12pm Noon Roxbury Fire Hall, 53613 NY-30, Roxbury
Stamford/Harpersfield Senior Club	Fred Hitchcock	215-490-4192 fredhitchcock@gmail.com	Every Tuesday, @11am Hobart Community Hall, 8 Pine St, Hobart
Tri-County Senior Center	Carol Allen	607-563-8065 callen4@stny.rr.com	2nd Wednesday, @ 10:30am Sidney Civic Center, 21 Liberty Street, Sidney



# Neuromuscular Aging: Why Balance Matters More Than You Think

Taken from: *The Epoch Times*, Nov. 20-24-2024

Recent findings show that balance reflects overall health, offering a simple test to gauge neuromuscular aging as we grow. A simple exercise—standing on one leg—can reveal a lot about how we age, according to new research from the Mayo Clinic.

Standing on one leg is a good measure of your overall health because balance reflects how the body’s systems work together, lead study author Kenton Kaufman, a senior research scientist at the Mayo Clinic, said in a statement. The study, published on Oct. 23 in the journal *PLOS One*, found a “significant decline with age” in the ability to stand on one leg.

“Balance is crucial to every aspect of life and influences participation and well-being,” Anat Lubetzky, an associate professor of physical therapy at New York University, told *The Epoch Times*. “It helps us navigate stairs,

carry groceries, and avoid falls or serious injuries.”

As we age, our muscles, coordination, and senses weaken, making it harder to maintain balance. Unintentional falls are the leading cause of injuries among adults aged 65 and older, and most falls result from a loss of balance. Understanding these changes is essential for maintaining health and independence.

### Declining Balance: A Key Indicator of Aging

According to the study, as we age, our ability to balance on one leg decreases.

Among 40 participants over 50—all in good health and free from neuromuscular disorders—the time they could maintain a one-legged stance decreased by two seconds per decade. For instance, if someone could balance for 30 seconds in their 50s, they might only manage about 28 seconds in their 60s and around 26 seconds

in their 70s. Participants performed several balance exercises, including standing on both legs with eyes open, standing on both legs with eyes closed, and single-leg standing on each leg, each lasting 30 seconds.

In addition to balance, researchers compared other factors, such as walking speed, grip strength, and knee strength. They found that balance and knee strength show significant declines with aging. Dominant grip and knee strength also decreased every decade, with one-legged balance deteriorating fastest.

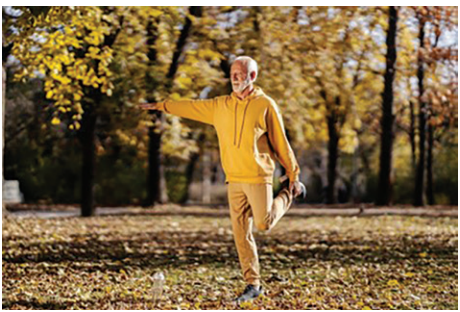
This decline in balance “can serve as a reliable and gender-independent measure of neuromuscular aging,” the researchers said, often occurring before noticeable changes in other physical abilities, such as muscle strength and walking speed.

Kaufman believes proactive steps can improve balance: Standing on one leg helps you to train your muscles and vestibular responses to maintain balance. If you can stand on one leg for 30 seconds, you’re doing well, he said.

### Understanding and Monitoring Balance

While losing balance on one leg is correlated with aging, that does not mean that training for it will stop aging or aging of the nerves, according to researchers not involved in the study.

While exercises like standing on one leg can be helpful, Dr. Clifford Segil, a neurologist at Providence Saint John’s Health Center, cautions against relying solely on these tests for clinical decisions. “Balance problems are often multifactorial, influenced by muscle weakness, neuropathy, and neurological conditions,” Segil told *The Epoch Times*. Neuropathy, which involves the fraying of nerves over time, is a common cause of balance issues. “When patients experience neuropathy, we look for reversible causes like diabetes or vitamin deficiencies,” Segil said. “Identifying and treating these issues can lead to significant im-



provements.” Segil and Lubetzky agree that experiencing an inability or decline in ability to stand on one leg doesn’t necessarily indicate a health problem; rather, it often reflects the challenge of the task itself, which is likely practiced less than activities like walking or standing on both feet.

As we age, balance challenges become more complex, so it’s crucial to address multiple aspects of strength and coordination, said Lubetzky. “If we practice standing on one leg, we’ll get better at standing on one leg. That’s great, but it’s not going to solve all balance problems and fall risks that happen with aging.”

“If you don’t use it, you lose it,” said Segil. “When you walk, you make sure your bones don’t get brittle, you lubricate your joints, and you maintain your muscle mass. So, in my world, the most important activity is walking. I tell my patients every day, at 10 o’clock and 2 o’clock, go for a walk.”

“I also think we should not ignore the decrease in knee strength and grip strength. Resistance training is very important as we age and can improve function in older age,” Lubetzky said.

**Training Balance for Older Adults**  
To enhance balance at home, Lubetzky, who has provided workshops for seniors on training for balance and preventing falls, recommends engaging in a diverse exercise program that challenges people without overwhelming them.

“In my lab, we’re developing technology to create an accessible balance monitoring tool. This would allow individuals to assess their balance more effectively at home, beyond just one-leg standing time,” she said, noting that a physical therapist can evaluate your balance and help design a personalized program tailored to your needs.

Segil suggests that if you’re experiencing difficulties with walking or balance, see a doctor or neurologist to assess underlying conditions.

### Getting Started

The Mayo Clinic suggests incorporating simple exercises like balancing on one foot while brushing your teeth. Other effective exercises include standing up from a seated position without using your hands or walking heel to toe for a short distance.

It recommends starting with these exercises:

**WEIGHT SHIFTS:** Stand with your feet hip-width apart, shift your weight to the right, and lift your left foot off the floor. Repeat on the other side. Increase repetitions as your balance improves.

**SINGLE-LEG STAND:** Practice standing on one leg while holding onto a sturdy surface for support. Gradually increase the duration as you improve.

**BICEP CURLS:** Stand with feet hip-width apart, holding a dumbbell in one hand. Lift your opposite leg and bend it at the knee while performing curls. Then, switch sides. As you improve, add repetitions or weight.

## Because Balance Matters!

By: Terri Tweedie, Coordinator of Services for the Aging

### Delaware County Office of Aging has 2 Evidenced Based Falls Prevention Programs: Tai Chi for Arthritis & Bingocize.

There will be a **Tai Chi** series beginning in Grand Gorge, NY at the Senior Dining Center/gymnasium. The series will begin on May 6, 2025, and continue until July 10, 2025. There will be 10 weeks of classes meeting two times per week for one hour each. These classes will be held on Tuesday and Thursday from 10:30 to 11:30 am. PLEASE consider staying for lunch at 11:30 am. Reservations for lunch are needed to ensure meals for all. They can be made when you call OFA at 607-832-5750 to register for the class.

There is also a **Tai Chi** class scheduled for June 23, 2025, through August 28, 2025. It will be on Monday

and Thursday 10 - 11 am. The location will be determined soon. It will be at the Delaware County Historical Association on Rt. 10 in Delhi OR in Hobart (community center?) Call OFA for details and to say which location you prefer.

A **Bingocize** class started on 4/11/25 in Bovina at the library. It will go through June 20, 2025, and is meeting two times per week on Tuesday and Friday from 10:30 – 11:30 am. NO CLASS on May 9th due to the Big Wheels Golf Tournament Fund Raiser for OFA services. Feel free to stop in and check it out!

It is anticipated that a **Bingocize** class will be held in late May early June 2025. The class will be held in Downsville or Walton. Location will be determined by participant interest. Please call if interested and state which of the two towns is preferred.



The better you feel,  
the brighter your days.

If you or a loved one is coping with a serious illness at home, Helios Care can still help make your days brighter. Our team provides a range of expert, compassionate care to guide and support you and your family at every step – including education and training for family caregivers. Let us brighten your days and keep you home. Contact us for details.





# Celebrating 51 Years Of Community At Walton Senior Dining

By: Pattie Warfield, Senior Dining Project Director

The Walton Senior Dining program celebrated its 51st anniversary on March 3, 2025. This milestone not only reflects decades of dedicated service but also highlights the incredible volunteers and staff who make it all possible. The anniversary celebration meal featured chicken cordon bleu and delicious Boston cr me pie for dessert, both made in-house by our talented staff.

A big round of applause for the incredible ARC volunteers who bring their warm hearts, community spirit, and kindness to the dining site. They each play a pivotal role in creating a welcoming atmosphere for everyone

who walks through the doors. Each volunteer received a certificate of appreciation and keychain as a thank you for their dedication and service to the Senior Dining Program.

Another shining star of the day was Cindy Astor, the dedicated volunteer driver who, with her husband Mark, goes above and beyond by delivering meals to our homebound clients. Cindy’s commitment to ensuring that those living in remote parts of Walton receive their meals no matter what kind of weather is happening on delivery days, speaks volumes about the heart of Walton Senior Dining volunteers.

Adding to the festivities was the live music provided by Walton resident

Randy Hulse who played a mix of rock and roll and classic country that created a cheerful backdrop for the day. Music has a way of bringing people together, and on this occasion, it did just that—enhancing the camaraderie and joy among all attendees.

As we look back at 51 wonderful years, it’s important to remember that moments like these are made possible through the hard work and dedication

of our volunteers, staff, and, of course, our seniors who come out and join us for lunch each day.

Here’s to many more years of serving delicious meals, making new friends, and creating cherished memories! Let’s raise a fork to good food and great company—because at Walton Senior Dining, that’s what it’s all about.



# Roxbury Senior Citizens Club

By: Rob Young



“Photos from our St. Paterick’s Catered Luncheon at the Hidden Inn in South Kortright on March 18<sup>th</sup>, where 37 of our members enjoyed a full Corn Beef luncheon with special treats and door prizes.”



## Go green – view “The Dispatch” online

In an effort to “go green,” The Dispatch offers alternative ways of receiving the newspaper. Sign up to receive notice by e-mail when future issues of The Dispatch are available to view online. Simply e-mail Delaware County Office for the Aging at [ofa@co.delaware.ny.us](mailto:ofa@co.delaware.ny.us). Be sure to provide your name, e-mail address, and current mailing address, so we can remove your name from our postal mailing list.

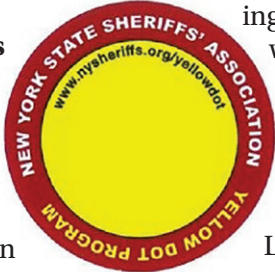
# Yellow Dot Program

Taken from: Delaware County Sheriffs website, [www.co.delaware.ny.us/departments/shrf/s\\_yellowdot.htm](http://www.co.delaware.ny.us/departments/shrf/s_yellowdot.htm)

Yellow Dot is a free program designed to help first responders provide life-saving medical attention during that first “golden hour” after a crash or other emergency. A Yellow Dot in the driver’s-side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment. If you sell your car, remove the Yellow Dot sticker.

**How Yellow Dot Works** – The Yellow Dot kit contains a personal information card and a Yellow Dot decal.

1. Complete both sides of the personal information card as fully as possible, in pencil. Attach a recent photo of yourself and place it in a visible location in your car’s glove compartment.
2. Complete one card for each person who regularly occupies the vehicle.
3. Place the Yellow Dot decal on the rear driver’s side window to alert first responders to look in the glove compartment for your medical information.
4. Update the card annually yourself or bring it to your annual medical check-up.



**Use Yellow Dot at Home** – A Yellow Dot kit can also be used to alert those who respond to an emergency in your home. Simply place a Yellow Dot decal on or beside your front door and place a completed card for each occupant in a clear plastic freezer bag and place in a visible location in the freezer compartment of your refrigerator.

**How To Get A Free Yellow Dot Kit** – To request a kit, you can contact Delaware County Office for the Aging at 607-832-5750, the Delaware County Sheriffs Office at 607-832-5555, or go online to [www.co.delaware.ny.us/departments/shrf/s\\_yellowdot.htm](http://www.co.delaware.ny.us/departments/shrf/s_yellowdot.htm) and click on the “Email Link” (be sure to include your name & mailing address) and one will be sent to you in the mail. Request kits for your friends and family, too!

Remember, the Official Yellow Form Card is used to quickly Identify the form (due to the color) in an emergency situation. Use of downloaded sample forms, Is Not recommended. We will gladly send you additional Kits if requested.

*Yellow Dot is sponsored and funded by the New York State Sheriffs’ Association.*

 **COLDWELL BANKER**

 **TIMBERLAND PROPERTIES**

# WE ARE THE TOP DOG IN CATSKILL REGION REAL ESTATE



Come visit us at one of our 8 Catskill Locations!

<b>MARGARETVILLE</b> (845)586-3321	<b>BOICEVILLE/ MOUNT TREMPER</b> (845)657-4177	<b>DELHI</b> (607)746-7400	<b>ONEONTA</b> (607)435-3280
<b>STAMFORD</b> (607)652-2220	<b>SIDNEY</b> (607)604-4394	<b>ROSCOE</b> (607)290-4130	<b>WALTON</b> (607)865-7000

**TIMBERLANDPROPERTIES.COM**



# Tri-County Seniors

*By: Carol Allen, President*

Our March meeting was on Wednesday, March 26, at the senior center. We made plans for the Community Yard Sale Day on May 3, the Community Tea on May 1st. Lorrie Roach spoke to us about the Sidney Shade Tree Commission, what they do and how you can get involved.

**Summer trip** – Everyone loves our water trips, so we’re going to do another one this summer. On **Wednesday, July 30**, we’ll travel to Alexandria Bay, NY, for a **luncheon cruise through the Thousand Islands** with a stop to explore **Boldt Castle**. Cost is \$165 per person.

- Itinerary
- 7:30 am Depart from Price Chopper Plaza in Oneonta
  - 8:00 am Depart from McDonald’s parking lot in Sidney. (Brief rest stop)
  - 11:30 am Arrive in Alexandria Bay. Free time to explore along the harbor.
  - 12:00 pm Board Uncle Sam’s Boat Tours
  - 12:30 am-2:45 pm Cruise with buffet luncheon
  - 2:30 pm Stop at Boldt Castle. Stay as long as you wish. Shuttle boats return to Alexandria Bay every 30 minutes. (Be sure to be back at bus by 4:30)
  - 4:30 pm Board bus for trip home. Stop for supper at Cracker Barrel in Watertown (On your own; not included in price).

- 9:00 pm Arrive back in Sidney
  - 9:30 pm Arrive in Oneonta
- Includes: Transportation, Lunch, Cruise, Admission to Boldt Castle.
- Not included: Supper at Cracker Barrel; tip for bus driver.
- CALL FIRST TO RESERVE YOUR SPOT. Carol at (607) 563-8065. Our water trips fill up fast!
- Make checks payable to: Tri-County Senior Center. Send to: PO Box 275, Sidney, NY 13838.

Include phone # and where you will board the bus - Sidney or Oneonta.

**Deadline to RECEIVE payment is Tuesday, June 2.**

I can add you to the list now, but please wait until after May 10 to send in payments for this trip so we can finalize our June trip first.

**Everything Bagelry tour** – I don’t have a new date for the tour of Everything Bagelry yet. We’re hoping to do it sometime in May. I’ll send out that information just as soon as I have it. In the meantime, if there is an area business you would like to tour, let me know and I’ll see if we can make it work.

**OTHER NEWS:**

**CHANGES AT THE SENIOR CENTER** – For over two years, we have been blessed to have the entire second floor of the hospital building for our use at no cost to us. Our only “neighbor” has been Mariah Olcott, the

beautician who moved in across the hall from us a year ago, and that has worked out very well. We have known from the beginning that the Town of Sidney was trying to rent space in the building as the cost of maintaining it is very high. We are about to get some new neighbors which will result in some changes for us.

- **Moving the coat rack** – Effective April 1, Delaware County Mental Health will be moving into the first three rooms in the hallway opposite our room. We need to move our coat rack out of the hallway as it is a possible obstruction to the fire exit. To make space for the rack in our room, we will be removing the small sofa which is rarely used.
- **No more indoor walking** – A more significant change is that the doors in the middle of both hallways will now remain closed with a sign saying, “Restricted Area – Authorized Personnel Only.” This is to prevent people from wandering around the building which could be a security risk. Because of this restriction, there will no longer be indoor walking allowed at least for the time being. I hate to do this because I know some of you rely on that space for regular walking. I’m hoping we might find a way around this at some point. In the meantime, let’s hope for warm and sunny weather so we can walk outdoors.
- **Fire drills** – There may be fire drills in the building as required by

law. If there is a drill, we should exit the building via the door where we enter from the back parking lot. There is also an emergency exit opposite our kitchenette area.

- **Use of Kitchenette area** – We will still be able to use the kitchenette area, but on a more restricted basis. Those of you who use that area regularly should enter as inconspicuously as possible and keep your voices at a respectful level. Nothing of value should be left out in that area, including the money jar. We will also be able to pass through the hall for our special activities in the room at the far end, i.e. Tai Chi classes, etc., but the hallway door must remain closed at all times. We should be able to continue our veterans’ social hour, but we may need to move our monthly meetings to our lounge room due to the noise level. We’ll just have to take things a step at a time.
- **Public restroom** – Due to clientele for the mental health offices coming in and out, there is now a restroom for public use in the corner of the hall directly across from our room. No one other than our seniors should use our restroom.

Inside doors will be locked – To prevent unauthorized people from wandering into the room, the doors to our room will now be locked when we are not there.

Call Carol Allen, President Tri-County Seniors, at (607) 563-8065 for any questions or to sign up for a trip.

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
6-2 Thru 6-6	Maple Mustard Chicken Baked Sweet Potato Steamed Peas Three Bean Salad Pineapple Tidbits	Scrambled Eggs Home Fries Sausage Links Whole Wheat Bread Cinnamon Applesauce	Macaroni & Cheese Steamed Broccoli Stewed Tomatoes Whole Wheat Bread Mandarin Oranges	Beef Pot Pie String Beans Mixed Garden Salad Whole Wheat Bread Cranberry Crisp	PotatoCrusted Pollock Roasted Potatoes Diced Beets Cole Slaw Vanilla Pudding
6-9 Thru 6-13	Cajun Style Jambalaya Steamed Brown Rice Brussels Sprouts Fruit Salad Sherbet	Meatloaf w/Gravy Mashed Potatoes Red Cabbage Whole Wheat Bread Fruited Jello	BBQ Pork Baked Beans Seasoned Corn Medley Rosie Apple Relish Molasses Cookies	Stuffed Shells Italian Blend Veggies Tossed Salad Italian Bread Mandarin Oranges	Sliced Turkey TriColor Pasta Salad Broccoli/Cauliflower Grape Juice Ice Cream Sundae
6-16 Thru 6-20	Chicken & Biscuit Capri Blend Veggies Pineapple Juice Apple Sauce Peanut Butter Cookies	Pot Roast w/Gravy Mashed Potatoes Steamed Peas Fruit Cocktail Butterscotch Pudding	Eggplant Parmigiana Penne w/Sauce Sautéed Green Beans Tossed Salad Brownie	CLOSED FOR JUNETEENTH	Tuna Salad on Greens Potato Salad MarinatedVeggie Salad Dinner Roll Strawberry Sundae
6-23 Thru 6-27	BBQ Chicken Sweet Potato Fries 4-Way Vegetable Blend Apple Juice Sugar Cookies	Hot Dogs w/Buns Smokey Mountain Beans Zucchini/YellowSquash Pickled Beets Sliced Peaches	Italian Baked Tilapia Roasted Potatoes Peas Cole Slaw Orange Fluff Salad	BraisedBeef/Mushrooms Egg Noodles Steamed Green Beans Fresh Fruit Salad Apple Crisp	Egg Salad on Greens Two Potato Salad Creamy Cucumber Salad Dinner Roll Fresh Watermelon
6-30 Thru 7-4	Sunrise Chicken Baked Sweet Potato Seasoned Spinach Cranberry Sauce Vanilla Ice Cream	Tuna Noodle Casserole Sliced Carrots Tossed Salad Whole Wheat Bread Brownie	Homestyle Meatloaf Mashed Potatoes Capri Blend Veggies Grape Juice Butterscotch Pudding	Chicken Cacciatore Spaghetti Steamed Peas Three Bean Salad Lemon Pudding	CLOSED FOR JULY 4th HOLIDAY
7-7 Thru 7-11	Chicken Alfredo w/ Broccoli &Penne Pasta Diced Beets Whole Wheat Bread Vanilla Pudding	Spinach Quiche Green Beans/Mushrooms Orange Juice Whole Wheat Bread Cinnamon Applesauce	Chicken Salad Fresh Potato Salad Tomato Cucumber Salad Sweet Pickles Fresh Watermelon	Roast Turkey w/Gravy Potatoes & Stuffing Zucchini/YellowSquash Waldorf for all Seasons Chocolate Cream Pie	Fish on a Bun Sweet Potato Fries Broccoli/Cauliflower Cole Slaw Fruited Jello
7-14 Thru 7-18	Swedish Meatballs Egg Noodles Brussels Sprouts Whole Wheat Bread Mandarin Oranges	Taco Pie Mixed Veggies Cranberry Juice Whole Wheat Bread Peanut Butter Cookies	BBQ Pork Loin Baked Potato Sliced Carrots Apple Sauce Jello w/Topping	Chicken/Mushroom Gravy Lemon Couscous Ratatouille Tossed Salad Lemon Mousse Pie	Pepper Steak Roasted SweetPotatoes Steamed Broccoli Orange Juice Ice Cream Sundae
7-21 Thru 7-25	Ravioli & Meatballs String Beans Italian Bread Peachy Cream Pudding Macaroni & Cheese	Stewed Tomatoes Green Beans/Mush-rooms Whole Wheat Bread Diced Pears	Egg Salad on Greens TriColor Pasta Salad Carrot Raisin Salad Sweet Pickles Fresh Watermelon	Beef Cabbage Bake Steamed Broccoli Whole Wheat Bread Diced Pears	Ham Steak/Pineapples Roasted SweetPotatoes Parslied Cauliflower Fresh Fruit Cup Iced Chocolate Cake
7-28 Thru 8-1	Chicken Fajita Steamed Rice Zucchini & Yellow Squash Grape Juice Vanilla Pudding	Pot Roast w/Gravy Mashed Potatoes Mixed Veggies Fresh Fruit Salad Cinnamon Coffee Cake	Turkey Penne Bake Garden Fresh Carrots Snow on the Mountain Whole Wheat Bread Yellow Cake	Shepard’s Pie Seasoned Spinach Apple Juice Whole Wheat Bread Ice Cream	Eggplant Parmigiana Noodles with Sauce Italian Blend Veggies Tossed Salad Fresh Fruit Cup
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



# 2025 Medicaid Guidelines

By: Victoria Ladley, Aging Services Representative

If you live in New York, you may be able to get assistance with your health care costs through a Medicare Savings Program (MSP) or Medicaid. MSP, will help pay your Medicare costs if you have limited income. Medicaid is health coverage for certain people with limited income and assets.

**Qualifying Individual (QI)**

- Pays for your Part B premium
- May receive up to three months retroactive reimbursement for Part B premiums
- You cannot have both QI and Medicaid

**Qualified Medicare Beneficiary (QMB)**

- Pays for Medicare premiums
- Providers are prohibited from charging you for Medicare cost-sharing (deductibles, coinsurance, and copayments). This means you should not be billed for any Medicare-covered services you receive from Original Medicare providers or providers in your Medicare Advantage Plan’s network
- You can have both QMB and Medicaid

**Medicaid**

- Health coverage for certain people with limited income and assets
- For services covered by Medicare and Medicaid, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsur-

ance and copayments

- May cover services that Medicare does not, such as dental and/or vision
- You may also qualify for QMB, which will pay for your Part B premium
- If you need Medicaid coverage and your income is above the income guidelines, you may be eligible for the Medicaid spend-down. Contact your local Medicaid office for more information.

New York disregards/excludes the cost of certain health insurance premiums from your income. For example, if you are over the income limit for an MSP but pay a premium for a Medigap or other secondary health insurance, you may deduct the premium from your gross monthly income to qualify. Sometimes a portion of your Part D premium can also be deducted from your income. The Part B premium (\$185) deducted from your Social Security award cannot be used as a disregard.

If you enroll in an MSP, you will also automatically get Extra Help, the federal program that helps pay your Medicare prescription drug (Part D) plan costs. If you apply, you will be required to submit a signed application and copies of the following documents:

- Social Security card
- Medicare card
- Birth certificate, passport, or green card
- Proof of address (e.g., electric or phone bill)

New York gross monthly income limits			New York asset limits	
Program	Individuals	Couples	Individuals	Couples
QI	\$2,446	\$3,299	No limit	No limit
QMB	\$1,820	\$2,453	No limit	No limit
Medicaid	\$1,820	\$2,453	\$32,396	\$43,781

Income limits are based on the 2025 Federal Poverty Level (FPL). These limits include a standard \$20 disregard. You may qualify even if your income is slightly higher. Ask a Medicaid counselor about whether you can subtract certain expenses from your income.

- Proof of income (e.g., Social Security Administration award letter, income tax return, pay stub)

**Applying for a Medicare Savings Program**

If you meet the income limits above and live in New York, Delaware

County Office for the Aging can help you apply for a Medicare Savings Program. Call 607-832-5750 for more information or to apply. You can also contact the Delaware County Department of Social Services at 607-832-5300 and ask for a copy of the application to mail in or apply in person.

## Pancake Breakfast Thank You

By: Shirley Niebanck, Event Coordinator

A beautiful sunny day, the smell of pancakes, sausage, and eggs cooking, and the hum of happy conversation describes the essence of the Senior Council Pancake Fundraiser.

Volunteers set tables, washed dishes, and performed numerous other tasks. A group of students from SUNY Delhi racked up Community Service points. The students were enthusiastic, saw things that needed to be done, and did them!



At least 100 people enjoyed the meal. Donations, financial as well as food items, enabled the Senior Council to make a sizable contribution to Office for the Aging programs. Heating Assistance, Personal Emergency Response System, medical transportation – these are a just a few of the programs available through the Delaware County Office for the Aging.

The Senior Council sends thanks to those who cooked, served, cleaned the hall, and especially those who came to enjoy the meal and the sense of community.

### SENIOR ACTIVITIES FOR APRIL 2025 AND MAY 2025

**HOLIDAY CLOSINGS:** Thursday 6/19/25 for Juneteenth, Friday 7/4/25 for Independence Day.

Senior Council Annual Pork Barbeque and Pie Auction at the Delhi American Legion from 4:00pm – 7:00pm on Tuesday 6/10/25.

**Evening Meals:** No evening meal in June, all meal sites closed for Juneteenth. July evening meal will be 7/17/25, dinner served at 4:30pm.

**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.  
*Center’s 46th Anniversary celebration will be 7/17/25.*

**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.** INTERIM CENTER MANAGER: STEFANIE BLANCHARD.

**Sidney Senior Dining Center (Civic Center, Liberty Street) (607) 563-2212.** CENTER MANAGER: JENNIFER ANDERSON.

**Walton Senior Dining Center (St. John’s Catholic Church, Benton Ave.) (607) 865-6739.** CENTER MANAGER: JIMMY JACKSON.

Evening meal will be served Thursday 7/19/25 at 4:30pm in place of lunch.

**NOTE:** Suggested contribution for regular meals is \$5.00 seniors and \$10.00 non-seniors. Starting May 2025, the suggested contribution for regular meals will be \$7.00 for seniors and \$12.00 for non-seniors. Those with incomes above the 185% of poverty are asked to contribute the full cost of the meal (\$13.52). 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

May 2025 topic will be “Mental Health Awareness”

- Delhi Dining Center on 5/13/25
- Deposit Dining Center on 5/15/25
- Grand Gorge Dining Center on 5/14/25
- Hancock Dining Center on 5/13/25
- Margaretville Dining Center on 5/21/25
- Sidney Dining Center on 5/8/25
- Walton Dining Center on 5/20/25

June 2025 topic will be “Stay Cool with HEAP”

- Delhi Dining Center on 6/10/25
- Deposit Dining Center on 6/19/25
- Grand Gorge Dining Center on 6/11/25
- Hancock Dining Center on 6/10/25
- Margaretville Dining Center on 6/18/25
- Sidney Dining Center on 6/12/25
- Walton Dining Center on 6/17/25

## UPPER DELAWARE REAL ESTATE

LICENSED REAL ESTATE BROKER  
NEW YORK & PENNSYLVANIA



COVERING ALL OF DELAWARE COUNTY  
AND PARTS BEYOND FOR OVER  
**25 YEARS!**

WITH OFFICES IN HANCOCK AND  
DOWNSVILLE, NY.  
STAFFED BY LICENSED EXPERIENCED PROFESSIONALS.

CHRIS GROSS - BROKER  
JOSEPH GROSS, MBA  
BONNIE ELMORE  
BILL POKON  
PATRICIA POKON

MARY JO MACRABIE  
BARRY JONES  
TARA D’ADDEZIO

538 WEST MAIN ST.  
HANCOCK, NY 13783  
**607-637-5588**

MAIN ST - PO BOX 316  
DOWNSVILLE, NY 13755  
**607-363-2008**

SEE FOR YOURSELF AT UPPERDELAWAREREALTY.COM



# September Is Sepsis Awareness Month

By: Wayne Shepard, Director OFA

You may ask yourself what Sepsis is. Sepsis is the body’s overwhelming and life-threatening response to an infection. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. It can happen quickly and be confused with other conditions. Sepsis is a medical emergency – without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Anyone can get sepsis. It affects the healthy, the ill, the strong, the weak, the young, older adults, grandparents, and grandchildren. Among all however, older adults, the chronically ill, immunocompromised, and those with opportune exposure to infections are the highest at risk. Two-thirds of all cases occur in adults over the age of 60. An infection may develop in an organ such as the lungs from pneumonia, or through a cut or incision, and in some cases a urinary tract infection. Older adults are at higher risk for sepsis due to weakened immunity. Adults aged 65 years and older are thirteen times more likely to be hospitalized with sepsis than adults under the age of 65, and 63% of older adults 60 years and older are admitted to an Intensive Care Unit with sepsis.

Early symptoms of sepsis may in-

clude general to extreme weakness and fatigue, breathing difficulties, general body pain and aches, rapid heart rate and rapid breathing. When an older adult is septic, fever may not happen. In fact, they may have the opposite, cold, clammy skin temperature, or hypothermia. Older adults are likely to experience sudden mental confusion or delirium along with malaise, fatigue, weakness, sudden shortness of breath, chills, dizziness, and low blood pressure.

If you experience any of these symptoms, you need to immediately seek medical attention. *TIME* is of the essence: *T- temperature, I- infections, M-Mental Decline, E- Extremely ill.* Call your physician or call 911. If you speak to a family member, friend, nurse, physician, EMT (Emergency Medical Technician) ER (emergency room) let them know that you suspect having SEPSIS. Not all infections develop into sepsis; however, progression from infection to full blown sepsis can occur in hours. For every hour delay in appropriate treatment, the risk of death increases by up to 8%.

How can you prevent sepsis from occurring? By getting vaccinated (flu, COVID, Pneumonia), good hand-

When it comes to sepsis, remember **IT'S ABOUT TIME™**. Watch for:

**T**  
TEMPERATURE  
higher or lower than normal

**I**  
INFECTION  
may have signs and symptoms of an infection


**M**  
MENTAL DECLINE  
confused, sleepy, difficult to rouse

**E**  
EXTREMELY ILL  
severe pain, discomfort, shortness of breath

If you experience a combination of these symptoms: seek urgent medical care, call 911, or go to the hospital with an advocate. Ask: "Could it be sepsis?"

©2020 Sepsis Alliance

sepsis.org



washing and personal hygiene, proper wound care, and knowing the signs and symptoms of infection (fever, chills, etc).

Sepsis needs immediate treatment in a hospital setting because it can get worse quickly. Most likely treatment will consist of intravenous fluids, antibiotics, possibly being on a machine to help you breathe, surgery to remove areas of infections, and close monitoring in the intensive care unit.

Most people make a full recovery from sepsis. Individuals that recover from sepsis may continue to have physical and emotional symptoms. Long-term effects from sepsis are

called post-sepsis syndrome. This can include feeling very tired, weak, difficulty sleeping, lack of appetite, changes in mood, anxiety, depression, and nightmares. The symptoms should eventually get better on their own. For some recovery may be several months to even up to a year.


I highly recommend that you take a moment to review the chart “It’s About Time” below and place it on your refrigerator or in a safe place as a reference tool to refer to when you may not be feeling well. Keep in mind the best medicine for sepsis is prevention and knowing the signs and symptoms to report to your physician immediately.

## Romance Scam

Taken from: Romance Scams:  
<https://www.care4yourfuture.org>

In today’s digital age, online relationships have become a common way to connect with others. Alongside genuine connections with others lies the dark reality of romance scams. These scams prey on emotions and manipulate people into parting with their money or personal information, often leading to emotional and financial distress. Understanding how these scams work is important to protect yourself.

Romance scams involve perpetrators creating fake profiles on dating websites, social media platforms, or other online forums to target unsuspecting individuals. Common tactics used by romance scammers include “too good to be true” profiles. They often use stolen photos and describe themselves as highly attractive and accomplished people. They will pose as caring and attentive people to build trust and form emotional connections with their potential victims, investing time in conversations, and building bonds by claiming shared interests or life struggles. They quickly express love and affection to build these bonds quickly. Once a scammer establishes a connection with someone, they try to exploit the relationship for financial gain, often through concocting emergencies, such as needing money for medical expenses or a family crisis. The requests for money often start small but escalate over time. They may ask for money through wire transfers, gift cards, or cryptocurrency to avoid detection. They also tend to avoid real-life contact by making




excuses to avoid meeting in person, explaining it away with reasons such as military service or employment abroad. Warning signs you may be being courted by a romance scammer include a sense of rushed intimacy, where the person quickly expresses affection or love. The scammer will have an unverifiable background. They claim to have jobs or lifestyles that make it hard to verify their identity, such as an international worker or member of the military. They have inconsistent stories about their life. Ways, you can protect yourself include being cautious of overly flattering or fast-moving online friendships and romances. You can research online profiles by using reverse image searches to verify photos and crosscheck information. Never send money to someone you have not met in person, no matter how convincing their story is. Never share sensitive details like your address, financial information, or passwords. If you suspect a scam, report the profile to the platform and the appropriate authorities. If you realize you have been scammed, act immediately. Block the scammer on all platforms. Report the incident to authorities and notify any financial institutions you have sent money from. Finally, be sure to seek support from someone you trust.

## 2025 Heap Cooling Program (Air Conditioner) Opened April 15th

By: Wayne Shepard, Director

Did you know that HEAP (Home Energy Assistance Program) can assist you with cooling assistance? The Cooling Assistance benefit opened April 15th.

Eligible participants can receive one air conditioner or fan plus installation. Your household is allowed one or the other, and the price cannot be more than \$800 with installation for a window, portable air



conditioner or fan and not to exceed \$1,000 for an existing wall sleeve unit. No additional cash HEAP benefits are available.

You may be eligible for a Cooling Assistance HEAP benefit if:

- Your household gross monthly income is at or below the current income guidelines for your household size.
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits.
- You receive Temporary Assistance.
- You receive Supplemental Security Income (SSI Living Alone).

- You received a regular benefit greater than \$21 in the current program year or received a regular benefit equal to \$21 during the current program year and reside in government subsidized housing with heat included in your rent.
- You have not received a HEAP funded air conditioner within the last five years.
- Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat.
- Your household contains a vulnerable member based on their age (age 60 or older, or under age of 6) which meet all other component eligibility criteria.
- You currently do not have a working air conditioner or the air conditioner you have is five years old or older.

It will be your responsibility to maintain the air conditioner. This includes removing, covering, storing and/or reinstalling the air conditioner.

For information on program eligibility and availability please contact Alicia DeSilva with HEAP Cooling Assistance Program of Delaware County Social Services at 607-832-5238.



Thank You Dispatch Donors

Andes Senior Citizens (for Lynda Plouts), Margaret Bauer, Arlene Bria, Raymond & Rosemarie Busch, Sharon Cole, David & Ann Cooke, Maria Costa, Richard & Joanne Engelhardt, Monique Erlichman, Kevin & Marian Ewain, Richard Fife, Carmen Garcia, William Gruber, Brian Hanrahan, Skip & Barbara Jester, Betty Johnston, Kay Kaufman, Frank & Rosemarie Leonardo, Sophie MacIntyre, Juergen & Lore Mahler, Debbie Mansheffer, Helen McLean, Cheryl Myers, Jamie O'Donnell, Richard & Patricia Rossi, Elwin Sackett, Gerald & Elke Scheck, Edith Thomsen, Ichael & Virginia Tiska, Christine VanKleeck, Lorraine Vause, Ramona Wachtler, Lorna Walters, Jean Warner, Ron & Ellen Whipple, Cookie White, Claudia Woodard

Eating Enough Fruits And Vegetables?



Adapted from: *Easy Ways to Eat More Fruits & Veggies at Every Meal*  
By: *Samantha Boesch* fact checked by *Olivia Tarantino* Published on February 5, 2024

Eating more fruit and vegetables is important for your health. You may struggle to fit them into your meals throughout the day, especially if you’re not used to eating them often.

Fruits and vegetables are rich in essential vitamins, minerals, and antioxidants that promote overall health and well-being, including reducing the risk of chronic diseases like heart disease, diabetes, and certain cancers. They also provide dietary fiber, which aids in digestion and helps you feel full and satisfied. By incorporating fruit and vegetables into your meals, you’ll not only increase your intake of essential nutrients but will also enjoy a wider variety of flavors and textures in your diet.

So how can we include more produce into our diets to get these health benefits? The key is making them available and finding creative ways to incorporate them into your meals and snacks. You can incorporate them into smoothies, salads, and sandwiches or use them as colorful toppings or substitutes in various dishes.

Breakfast

One way you can incorporate more fruits and vegetables when you first wake up is to scramble them into your eggs. Include vegetables like spinach, tomatoes, bell peppers, onions, or mushrooms in your omelets or scrambled eggs for a flavorful morning meal.

Want more antioxidant-rich fruit in the morning? Create a colorful fruit salad by mixing a variety of fresh fruits such as berries, oranges, and melon. When making a fruit salad,

just be sure to pair it with some protein for a balanced breakfast. Enjoy your fruit salad with scrambled eggs or veggie omelets, cottage cheese or low-sugar Greek yogurt. If you like to start your day with a bowl full of oatmeal or cereal, you can easily up your fruit intake by adding some of your favorites on top. Put fresh berries, bananas, or chopped apples on top of cereal or oatmeal.

Lunch

Blending vegetables like spinach, carrots, or butternut squash into soups or pasta sauce is a great way to eat more veggies. Incorporate vegetables into sauces and soups by pureeing or finely chopping them.

Make a main course salad. Don’t

underestimate the nutrient density and flavor potential of a salad. Choose a salad as the main course when you need more vegetables. You can load it up with leafy greens, cucumbers, cherry tomatoes, and grated carrots. You can also add grilled chicken, tofu, or beans for protein.

Pack veggies into your sandwich. If a salad isn’t your thing, you can always make a sandwich and incorporate some of your favorite fruits and vegetables that way. For instance, make a veggie-packed sandwich or wrap with plenty of lettuce, tomato, and avocado. Or for a hot sandwich, you can make a panini with zucchini, eggplant, and bell peppers pressed with deliciously melted cheese.

To include both fruit and vegetables in your salad, fill a bowl with leafy greens and top with blueberries, strawberries, or orange slices. Add a classic balsamic vinaigrette for a sweet and savory side dish packed full of nutrients.

Dessert

You may not think that vegetables and dessert belong in the same sentence, but there are easy ways to sneak veggies into your favorite baked goods. For instance, Goodson says you can “Incorporate grated carrots or zucchini into baked goods such as muffins or pancakes.”

When the craving for a little something sweet strikes at the end of a meal, use this time to get more fruit into your diet. Create a fruit-based dessert like a berry parfait with layers of yogurt, granola, and fresh berries. Or add fruit compote to get some fruit with your favorite desserts. Make a compote by simmering fruits like apples, pears, or berries with a touch of cinnamon and a dash of honey. Serve it warm with a scoop of vanilla yogurt or a small piece of angel food cake.

Small changes can make a big difference in your health. To learn more about your nutrition needs join Registered Dietician Andrea Martell for the “10 Tips for Adults” workshop near you. Call the Office for the Aging SNAP-Ed Coordinator (607) 832-5747 for more information. SNAP-Ed is funded by the USDA’s Supplemental Nutrition Assistance Program or SNAP. This institution is an equal opportunity employer and provider.





