

THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING

97 MAIN ST., SUITE 2 • DELHI, NY 13753



NY Connects
Your Link to Long Term
Services and Supports

PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 46
PLATTSBURGH, NY
12901

Change
Service
Requested

VOLUME 49 • NUMBER 6 Website: www.delcony.us/departments/ofa/ofa.htm • Email: ofa@co.delaware.ny.us NOVEMBER • 2024

HEAP 2024-2025

By: Rhonda Barriger,
HEAP Examiner

Beginning November 1, 2024, regular benefits for HEAP (Home Energy Assistance Program) will be available for lower income families in Delaware County to help supplement their home heating expenses.

Applications for those persons receiving SNAP benefits and/or public assistance will be processed by the Delaware County Department of Social Services, 607-832-5300. Applications for applicants age 60 or older will be processed by the Delaware County Office of the Aging, 607-832-5750. All other income applications will be processed by Delaware Opportunities Inc., 607-746-1615.

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

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

All households wishing to apply for HEAP, who have not received an application through the early outreach process, may request to have an application mailed to them or can go online at www.mybenefits.com. For those applicants who are required to complete an interview; interviews can be completed face to face or via telephone. It is recommended that applicants apply prior to their fuel level getting extremely low or out, in an effort to avoid off-route charges or emergency deliveries from fuel vendors. If a client has an emergency after hours or on the weekend, they should contact the Delaware County Sheriff's Office at 607-746-2336.

Senior Meals Gift Certificates For The Holidays

By: Pattie Warfield, Interim Senior Project Director

Are you looking for a Holiday gift for your favorite senior citizen? It could be a close friend, parent, loved one, a neighbor, a grandparent, aunt, or uncle. Give the gift of a hot nutritious meal that can be enjoyed in a social setting at one of our six senior dining centers or a meal for a senior who is currently receiving Home Delivered Meals. As fall gives way to winter you may want to consider a Senior Meals Gift Certificate. You may also want to consider sponsoring a homebound senior this time of year. A confidential anonymous sponsorship in any amount is a great way to help a senior in these difficult times. \$30.00 will provide 10 meals; \$60.00 will provide 20 meals;

or \$90.00 will provide 30 meals at the current suggested donation of \$3.00 per meal. The gift certificates can be used at any of the six senior dining centers or for home delivered meals. For more information on eligibility criteria, delivery options or purchasing a senior meals gift certificate contact the senior dining program 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 donations provided by program participants."

Second Annual Harvest Ball

The "Enchanted Harvest Ball" was the second Senior Ball held on Sunday, September 15th, from 2pm-6pm at the Delaware County Fair grounds. Again, the Ball was a huge success! The pavilion was transformed into a magical world of enchantment. Décor included a magnificent and dreamy forest back drop, autumn floral chandeliers, pumpkins, fall leaves, colorful mums and moss-covered lanterns as centerpieces. Guests dined on a variety of hot and cold appetizers that made for a filling and satisfying dinner catered by Packin Heat. Dinner was followed by an endless buffet of baked treats. The cakes included maple walnut, lemon, pumpkin, chocolate and buttermilk. Decadent chocolate pretzels were also a part of the buffet. Baker's Grimm donated delicious cream puffs. TA's Place donated trays of various cookies. Tina Mole, Chairman of the Board of Supervisors, and Wayne Shepard, Director Office for the Aging, pinned the beautiful "boutonniere or corsage" of dried flowers made by Butterfly Whisper Farm on each attendee.

At the time of registration each guest received a ticket. The "Harvest King" and "Enchanted Queen" were selected at random as tickets were pulled from a jar. The 2023 Harvest King - Nobel O'Dell and Sunflower Queen - Cathy Roloson turned over their crowns to the 2024 Harvest King -



Photo Caption: Senior Harvest Ball King and Queen: Loretta Laing (left) and Robert Abbate (right).

Robert Abbate and Enchanted Queen - Loretta Laing. Music was provided by KPd Events. The center floor was filled with energy and laughter with guests dancing and enjoying the music through the different decades. Several local merchants donated gift certificates that were raffled throughout the event which added to the fun. Jessica Wheeler-Hanley, photographer with "Stella B. Studio & Happy Camper," took photos of each attendee. Photos were printed out and given to guests to take home. Guests also received prisms with a ribbon of gold as a party favor.

Wellcare, who made a generous
See "HARVEST BALL" page 3

Social Security Announces 2.5 Benefit Increase For 2025

Taken from: ssa.gov/new/press-release/2025

Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.

Over the last decade the COLA increase has averaged about 2.6 percent. The COLA was 3.2 percent in 2024.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment (COLA) beginning in January 2025. Increased payments to nearly 7.5 million people receiving SSI will begin on December 31, 2024. (Note: Some people receive both Social Security benefits and SSI).

"Social Security benefits and SSI payments will increase in 2025, helping tens of millions of people keep up with expenses even as inflation has started to cool," said Martin O'Malley, Commissioner of Social Security.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

Social Security begins notifying people about their new benefit amount by mail starting in early December.

This year, for the first time, Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only

See "SOCIAL SECURITY" page 5

UPCOMING EVENTS

Tai Chi Classes Scheduled To Start 2025

More will follow

Delhi Alliance Church	January 6 - March 13	Mon. & Thur. 10-11 a.m.
Downsville Fire Hall	January 7 - March 13	Tues. & Thur. 2 - 3 p.m.
Hancock Dining Center	January 7 - March 13	Tues. & Thur. 10:30 - 11:30 a.m.
Trout Creek	March 25 - May 29	Tues. & Thur. 11 a.m - 12 p.m.
Deposit	March 25 - May 29	Tues. & Thur. 2 - 3 p.m.

Registration required. Must attend a minimum of 16 classes.

News From The Director

By: Wayne Shepard, Director

Highlights From the Annual Public Hearing

Each year Delaware County Office for the Aging (DCOFA) holds a Public Hearing. On Monday, October 21, the Public Hearing was held at the Hamden Town Hall. Below is a summary of what was presented at the Public Hearing:

Animatronic Pets: Social isolation continues to be a real problem for many people. Animatronic pets, designed as companion animals specifically for seniors, act as a therapeutic tool for those who can no longer care for a traditional pet. The agency has received close to 500 animatronic pets from New York State Office for the Aging (NYSOFA) over a period of three years. They have all been distributed to our clients who were feeling socially isolated. DCOFA was able to receive additional dogs, cats, and squawker birds from NYSOFA.

Dispatch: "The Dispatch," which will be entering into its 48th 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. 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 services, and retirement planning.

Expanded In-Home Services for the Elderly Program (EISEP): The EISEP program continues to be our most effective tool in assisting non-Medicaid, homebound clients in remaining safely in their homes. There continues to be a nationwide short-

age of both home health and personal care aides which creates a major challenge in providing in-home services. We are not always able to secure personal care aides for our clients through our subcontractors, even with available funding. There is another method of delivery of home care services - it is Consumer Directed Care. DCOFA is working to develop and implement this service in 2025. It will allow the client to secure their own trusted person to assist with their care to remain at home. DCOFA contracts with two aide provider agencies which provide both personal care and chore services.

SNAP-ED: A nutrition education program for those 60 and over that includes both educational workshops and activities to promote policy, system and environmental changes (PSEs). This is the fourth year DCOFA is participating in this NYSOFA program funded by a grant from United States Department of Agriculture (USDA). The program covers territory including Delaware, Sullivan, and Greene counties. The coordinator of the SNAP-Ed program is contracted through DS&S. The DCOFA Dietician presents ("10 Tips for Adults") workshops consisting of four classes, throughout the region. Workshops presented at Senior Dining Centers or in conjunction with other programs offered by DCOFA, such as Tai-Chi and Bingocize, attract the greatest number of participants. Attendees are also familiarized with the SNAP program. A partnership with O'Connor Hospital and Bassett Healthcare Network provided \$20,000 for produce. 167 participants received a series of 10 weekly produce boxes either delivered to their homes or picked up at their neighborhood Delaware Opportunities Dining Center.

Bingocize: Tai Chi & Bingocize are

both evidence based fall prevention. Programs offered for 10 weeks one hour per class for a total of 20 classes. Each program is instructed by certified instructors.

HEAP: The Delaware County Department of Social Services continues to contract with Delaware Opportunities to provide HEAP services to Delaware County's senior population. The HEAP Coordinator and the HEAP Assistant work out of the DCOFA office building to provide HEAP assistance to qualifying seniors 60 years of age and older. Households continue to have the opportunity to apply for regular HEAP benefits by submitting applications electronically through MyBenefits at www.mybenefits.ny.gov. The DCOFA and NY Connects staff can make home visits to assist seniors who are homebound in completing a HEAP application.

Health Insurance Information Counseling and Assistance Program (HIICAP): Victoria Ladlee was hired as DCOFA's HIICAP Coordinator in January of 2024. From September 1, 2023, to September 1, 2024, the HIICAP Program has assisted 648 individuals with a Medicare Counseling session. New-to-Medicare clients continue to have a large need for the HIICAP program to better understand the enrollment process. The HIICAP Coordinator and Counselors help clients to understand their options when enrolling and how to decipher whether they would benefit from Original Medicare with a Supplemental and a Prescription Drug Plan or a Medicare Advantage plan. Counselors also assist clients with the appeals process and navigate insurance issues. There is always an increase in demand for this service during the open enrollment period, which starts October 15 and runs through December 7.

Language Link: The DCOFA continues to contract with phone line language interpretation provider Language Link. The language interpretation provider allows the agency to provide outreach and accessibility to persons with limited English proficiency who may be seeking services.

Legacy: The Legacy Program is a respite program that is currently designed to utilize trained volunteers to give caregivers a break. As of now, the



Wayne Shepard, Director

Legacy program has four volunteers who are actively serving families in Downsview, Delhi, Sidney, and Sidney Center. There are four additional volunteers who are available in the same are, as well as in Andes. The volunteers are trained by the Alzheimer's Association, and an updated training was provided in June of 2024.

Looking ahead, DCOFA will look to expand the Legacy Respite program by contracting with local aid agencies and opening the availability to older parents of disabled adult children.

Legal Services: DCOFA continues to contract with the Legal Aid Society of Mid-New York to provide legal services to those Delaware County residents who are 60 years of age and older. During the 2023-24 program year, 103 seniors were served. This is up 15% compared to the previous year.

Personal Emergency Response System: The DCOFA's Emergency Response program, which started in 1983, continues to be a valuable service, summoning help for those in distress and saving lives. Currently, the program provides services to over 500 subscribers in Delaware County. DCOFA has partnered with Connect America to provide this personal emergency response service.

Non-Emergency Medical Transportation: Because of the remote na-

See "NEWS FROM THE DIRECTOR" page 8

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

Susan Hammerslag • LEGACY & SNAP-ED COORDINATOR

Victoria Ladlee • AGING SERVICES REPRESENTATIVE

Jonathan Moore • NY CONNECTS SPECIALIST

Amy Bowie • CASEWORKER

Eric Benecke • CASEWORKER

Susan Sainsbury • CASEWORKER

Bette Jo Bojo • ADMINISTRATIVE ASSISTANT

Rachel Ryan • ACCOUNT CLERK TYPIST


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. 
Open Camera

2. 
Frame the QR

3. 
Click the Pop-Up

SCAN ME



DISPATCH PUBLISHING DATES FOR 2025

The Office for the Aging publishes its newsletter, "The Dispatch," every two months. Organizations are invited to submit articles concerning programs and services that would be of interest or benefit to senior citizens. "The Dispatch" also sells advertising space (contact the Office for the Aging for details and rates).

Below is the 2025 annual schedule for "The Dispatch." The article due date is the date all articles need to be received at the Office for the Aging to be put in the corresponding issue of

2025 DISPATCH DATES

ARTICLES DUE

- Thursday, December 5
- Thursday, February 6
- Thursday, April 10
- Thursday, June 12
- Thursday, August 7
- Thursday, October 16

DISPATCH MAILING

- Wednesday, January 8
- Wednesday, March 5
- Wednesday, May 7
- Wednesday, July 9
- Wednesday, September 10
- Wednesday, November 12

Be Prepared To Stay Safe And Healthy In Winter

By: Wayne Shepard, Director

Fall is upon us and the autumn leaves have been beautiful this year. We've seen such vivid colors of red, orange, and yellow. The night temperatures have been unusually warmer. Our furnaces have not had to work to heat our homes while we are sleeping. The temperatures during the day are coming down but they are still pleasant. But, as much as I hate to admit it, winter is on its way. In all reality, living in Delaware County, we just can't avoid it.

We know that winter storms can be cold and dangerous. Our best defense against the snow, the cold and ice is to be prepared for the season. Now is the best time to prepare your home and car, for power outages and for travel and outdoor activity. CDC.gov gives the following recommendations:

Winterize your home

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Check your heating systems
- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- If you do not have a working smoke detector, install one. Test batteries monthly and replace them twice a year.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide (CO) emergencies.
 - ✓ Install a CO detector to alert you of the presence of deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
 - ✓ Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Prepare your car

- Service the radiator and maintain antifreeze level.
- Check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
 - ✓ cell phone, portable charger, and extra batteries
 - ✓ blankets
 - ✓ food and water
 - ✓ booster cables, flares, tire pump, and a bag of sand or cat litter (for traction)
 - ✓ compass and maps
 - ✓ flashlight, battery-powered radio, and extra batteries
 - ✓ first-aid kit
 - ✓ plastic bags (for sanitation)
- **Equip in advance for emergencies**
 - Stock food that needs no cooking or refrigeration and water stored in clean containers.
 - Ensure that your cell phone is fully charged.
 - When planning travel, be aware of current and forecast weather conditions.
 - Keep an up-to-date emergency kit, including:
 - ✓ Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps
 - ✓ Extra batteries
 - ✓ First-aid kit and extra medicine
 - ✓ Baby items (if applicable)
 - ✓ Cat litter or sand for icy walkways
 - Protect your family from carbon monoxide.
 - ✓ Keep grills, camp stoves, and generators out of the house, basement, and garage.
 - ✓ Locate generators at least 20 feet from the house.

✓ Leave your home immediately if the CO detector sounds and call 911.

Precautions for outdoors

- Wear appropriate outdoor clothing
 - ✓ Tightly woven, wind-resistant coat, or jacket
 - ✓ Inner layers of light, warm clothing
 - ✓ Mittens
 - ✓ Hats
 - ✓ Scarves
 - ✓ Waterproof boots
- Sprinkle cat litter or sand on icy patches.
- Follow safety precautions to follow when outdoors.
 - Work slowly when doing outside chores.
 - Take a buddy and an emergency kit when you are participating in outdoor recreation.
 - Carry a cell phone.
 - Do this when planning to travel
- Avoid traveling when the weather service has issued advisories.
 - If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
 - Follow these safety rules if you become stranded in your care:

✓ Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).

✓ Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.

✓ Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets or newspapers. Huddle with other people if you can.

✓ Stay awake and stay moving - you will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.

✓ Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe. This will reduce the risk of carbon monoxide poisoning.

Helping those around you

- Make it a habit to check on family, neighbors, and friends who are especially at risk from cold weather hazards.
- If you have pets, please bring them inside.

HARVEST BALL... continued from page 1

contribution, also had two representatives present during the event. Participants had the opportunity to inquire about their different Medicare insurance plans, cost, and coverage.

The Harvest Ball committee received many compliments regarding the Enchanted Harvest Ball. Some of the compliments were: "What a wonderful afternoon at our own Walton Astoria! The decorations, the 'Enchanted' atmosphere, the food and spectacular dessert display were a sight to behold! What a team you are!

We feel blessed to have you making this occasion a five-star party that we can brag about!" "It was an amazing experience, and I had a blast! "The iced ginger tea was absolutely delicious!" "Loved the vintage sitting area was so cozy and great for taking pictures!" "We can't wait to attend next year's event!" The committee has already started to plan for next year's event. The Harvest Ball is scheduled for Sunday, September 14, 2025. Be sure to attend next year's Ball for an unforgettable experience and beyond splendid afternoon!

Stamford-Harpersfield Seniors

By: John Adams

On October 15th Stamford-Harpersfield Senior Club gathered for an annual anniversary luncheon. This event was to celebrate the 51st anniversary of

the formation of that group; 29 of the current 43 members were able to attend. President Fred Hitchcock gave opening remarks and a blessing before members enjoyed a delicious meal at the Quality Inn in Oneonta, NY.

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.

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. →

News From The Legacy Corps

By: Susan Hammerslag, Legacy Coordinator; Adapted from: *Taking Care of Yourself: Tips for Caregivers* | National Institute on Aging

Caregiving is not easy — not for the caregiver and not for the person receiving care. Many people find that caregiving provides a sense of fulfillment and that they like feeling useful and needed. Taking care of yourself is one of the most important things you can do as a caregiver.

If you're feeling overwhelmed by caregiving, tending to your own needs may be the last thing on your mind. But taking time for yourself can make you a better caregiver. If you can find small ways to lower your stress and boost your mood, you'll have more strength and stamina to take care of someone else.

Be active. Find something active that you enjoy. That might be walking, dancing, gardening, or playing with a pet. Even short periods of exercise can be beneficial.

Eat well. Work on having a well-balanced diet that includes a variety of healthy foods. Drink plenty of water every day.

Prioritize sleep. Aim to get seven to nine hours of sleep each night. Develop a relaxing bedtime routine to make it easier to fall asleep. Try to go to sleep and get up at the same time each day.

Reduce stress. Experiment with relaxation techniques like meditation, tai chi, or yoga. Download a smartphone app with guided meditations or relaxing music. Many of these apps are free.

Make time to relax. Carve out time each week to do something you enjoy

that has nothing to do with caregiving. It can be as simple as watching a favorite TV show, reading a magazine, or working on a hobby.

Keep up with your own health. Make that doctor's appointment you've been putting off. Tell your doctor that you're a caregiver, they may be able to suggest resources online or in your community.

Reach out for support. Talk to a trusted family member or friend or seek counseling from a mental health professional. Join an online or in-person support group for caregivers. These are people who will know what you're going through and may have suggestions or advice.

Take a break if you need it. Ask another family member or friend to step in, hire an aide to come for a few hours a week, or sign up the older person for an adult day care program.

Be kind to yourself. You don't have to pretend to be cheerful all the time. Feelings of sadness, frustration, and guilt are normal and understandable. Express your feelings by writing in a journal or talking with a friend.

Remember that you are doing the best you can and that you are not alone. Many caregivers have trouble tending to their own health and well-being. But give yourself credit for everything you're doing. Your caregiving makes a big difference in someone else's life.

Are you a caregiver in need of respite? Or would you be willing to help a family in your community by volunteering? Call Susan Hammerslag, Legacy Program Coordinator at the Delaware County Office for the Aging 607-832-5750.



OFA Bus Schedule Changes/Additions For December 2024- January 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 Office for the Aging at 607-832-5750.

MOVED TRIPS

→ Wednesday, December 25th trip to Norwich **Moved to Tuesday, December 24th**

→ Wednesday, January 1st trip to Oneonta **Moved to Tuesday, December 31st**

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 a Monday or Tuesday)

BUS PICKUP ROUTE

(Thursday 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:** Cobleskill/Carrot Barn; **Date:** Dec. 9
- **Destination:** Kingston; **Date:** Dec. 17
- **Destination:** Albany; **Date:** Dec. 23

Griefshare – Surviving The Holidays

By: Pastor Robert Wilson

GriefShare: Surviving the Holidays is a helpful, encouraging seminar for people facing the holidays after a loved one's death. This free seminar will be held on Saturday, November 23, 10:00- 12:00 at Immanuel Lutheran Church, Delhi, NY.

The seminar features practical suggestions and reassurance through video interviews with counselors, grief experts, and other people who have experienced the holidays after their loved one's death. Topics to

be discussed include dealing with hard-hitting emotions, what to do about traditions, how to survive social events, and where to find comfort and strength.

Those who attend will receive a Survival Guide filled with practical tips, encouraging words, journaling ideas, and exercises for daily help throughout the holiday season.

To register, go to immanueldelhi.org. For more information, call Pastor Robert Wilson at (607) 233-4765 or email delawarepastor@gmail.com.

Tri-County Seniors



TriCounty Seniors -Megan Blenis

By: Carol Allen, President

At their September meeting, the Tri-County Seniors in Sidney heard a presentation by Megan Blenis, Assistant Director of GetThere, a mobility management program of the Rural Health Network of South Central New York. The October meeting featured a question and answer session on Medicare by Lyndsay Kominski of the Delaware County Office for the Aging. Coming up at the November 20th meeting, Sergeant Eric Alexander from the Delaware County Sheriff's Office, will talk about scams aimed at seniors as well as how to be safe in our homes.

Each year the Tri-County Seniors do a community service project during the holiday season. This year, they will be collecting small items to be placed in Blessing Bags which will be distributed by Catholic Charities to those in need. There will be

collection boxes from November 1st through December 6th in Sidney at the Tri-County Senior Center, Trackside Dining, Club 55, and Sidney Memorial Public Library. Boxes will also be available at The Green Giraffe in Unadilla and Conklin Fashions in Bainbridge. There is a list of suggested items for the Blessing Bags at each collection site as well as on their Facebook page at "Tri-County Senior Center."

To celebrate the holiday season, the Tri-County Seniors will have a Holiday Luncheon at noon on Friday, December 6th, at the Sidney American Legion Hall on Union Street. In addition to the meal, there will be door prizes, and Bob Mesmer will provide easy listening music for the event. The cost will be \$15 per person payable at the door. All area seniors are welcome, but reservations are required by November 22 by calling Carol at (607) 563-8065.

“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".

DELHI SENIOR COMMUNITY

- Located at 7 Main Street, Delhi, NY -

A Community Managed by DePaul Housing Management

**** ALWAYS ACCEPTING APPLICATIONS ****

Must be 62 or older.

Affordable Rent Based on Income

Heat Included - Community Room - Elevators

Fully Accessible - Social Activities

Laundry Facility On-Site - Pet Friendly

SMOKE FREE

FOR MORE INFORMATION PLEASE CALL (607) 746-8142

For an application call (518) 389-6335, OR
TTY Voice Relay Services #7-1-1



Holiday Scams: How To Spot & Avoid Them

By: *United States Attorney's Office
Western District of North Carolina*

The holiday season can be a time of joy and celebration. It is also a prime time for scammers looking to exploit busy and often distracted consumers. With more people shopping online, booking trips, and donating to charities during the holidays, scammers use this opportunity to profit from unsuspecting victims. Protect yourself with these tips:

• **Fake Online Stores & Deals:** Scammers create fake sites that offer heavily discounted prices on popular holiday gifts to lure in shoppers. The sites look legitimate, often mimicking well-known businesses, but once you make a purchase you may receive a counterfeit item, a low-quality version, or nothing at all. To avoid this scam, be sure to shop only from trusted websites. Look for secure payment methods; website addresses beginning with "https." Read reviews and verify the site or online store is legitimate by contacting them directly.

• **Travel Scams:** Scammers target travelers through fake rental listings, fraudulent airline tickets, or non-existent travel packages. These scams often offer "too good to be true" deals, with large discounts on popular destinations or all-inclusive trips that turn out to be fake. To avoid these scams, always use reputable booking sites or travel agencies. Verify the legiti-

macy of the travel company or listing through reviews or accreditation.

• **Charity Scams:** The spirit of giving makes the holiday season the perfect time for scammers to set up fake charities. Beware of people calling, e-mailing, or texting with emotional appeals to ask for donations. To make sure your money goes to the right place, give only to well-known and established charities. You can check the legitimacy of a charity and check the charity's eligibility to receive tax-deductible charitable contributions through the Tax-Exempt Organization Search (TEOS) tool on IRS.gov. Charity Navigator (<https://www.charitynavigator.org>) is also a resource that is a free, independent organization that helps people find and support charities by providing information on their financial health, accountability, and transparency. Avoid making donations through unverified links or unfamiliar callers.

• **Gift Card Scams:** Scammers target shoppers by manipulating gift cards. They may steal card numbers, replace them with fake ones, or hack online gift card systems. Scammers also ask for payment in gift cards, a common red flag. To avoid these scams, only buy gift cards directly from stores. Never buy gift cards from second-hand or third-party sellers. Keep receipts and avoid sharing gift card information online. Never pay

for goods or services with a gift card.

• **Phishing E-mails and Texts:** Phishing attacks surge during the holidays, often disguised as shipping notifications, order confirmations, or holiday discounts. Scammers will send e-mails or text messages with malicious links, claiming to be from legitimate companies like Amazon, UPS, or major retailers. To avoid these scams, be very cautious of unsolicited e-mails and text messages, even if they look legitimate. Do not click on these links. Instead, contact the company through their official website or call them. They should have the information you need, and you will have protected yourself from a potential scam.

If you suspect you have fallen victim to a holiday scam, take immediate action. Report the fraud to your

financial institution or credit card company. File a report with your local law enforcement agency and the Attorney General's Office. You may also file a report with agencies such as the Federal Trade Commission and Better Business Bureau. Change your passwords on any accounts that may have been compromised and enable extra security measures like two-factor authentication. Continue to monitor your accounts closely for further suspicious activity.

To report elder fraud please call the Justice Department's Elder Fraud Hotline at 1-833-FRAUD-11 (833-372-8311). If you believe you are the victim of an online scam call the FBI and file a report with the FBI's Internet Crime Complaint Center at [IC3.gov](https://www.ic3.gov) or contact local law enforcement.

SOCIAL SECURITY... continued from page 1

one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person's new benefit amount and any deductions.

Individuals who have a personal *my* Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in *my* Social Security.

People will need to have a personal *my* Social Security account by Nov. 20 to see their COLA notice online. To get started, visit www.ssa.gov/myaccount.

Information about Medicare changes for 2025 will be available at www.ssa.gov/col.

[medicare.gov](https://www.medicare.gov). For Social Security beneficiaries enrolled in Medicare, the 2025 benefit amount will be available via *my* Social Security's Message Center starting in late November. Those who have not opted to receive messages online will receive their COLA notice by mail in December.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.

To read more, please visit www.ssa.gov/col.

Lifeline Program Scam

By: *United States Attorney's General Office*

Scammers may target the Lifeline program (or other Personal Emergency Response programs) by:

- Asking if you're looking for affordable health insurance
- Recording your answers to questions and using them to authorize charges on your bills and credit cards
- Ways to avoid becoming a victim of a Lifeline scam:
- Don't answer unfamiliar numbers, let it go to voicemail so you can screen incoming calls

• Don't be pressured into making fast decisions

• Research the organization they claim to represent

• Do not share personal and payment information over the telephone unless you initiated the conversation or confirmed the identity of the caller

If you suspect fraud in the Lifeline program, you can report it to the FCC's Enforcement Bureau by calling 1-855-4LL-TIPS (or 1-855-455-8477), contact local law enforcement or Delaware County Office for the Aging at 607-832-5750.

New RSV Vaccine Offers Seniors Vital Protection

By: *Melissa Ackerly, MSN, RN*

As the fall season approaches, health experts urge seniors to consider the new Respiratory Syncytial Virus (RSV) vaccine. Typically, RSV is known for causing cold-like symptoms but can lead to severe respiratory issues in adults, such as pneumonia, and require hospitalization.

The FDA has approved RSV vaccine for adults 60 and older, providing a shield against this common, but dangerous virus. Clinical trials have shown to be highly effective with reduction of severe RSV cases by 80% in the senior population.

For those with a weakened immune system or other underlying conditions, RSV poses a significant health threat. There is no specific treatment for RSV, only supportive care to manage symptoms. Vaccination is one of the most effective tools to prevent serious illness. RSV vaccine is 83%-89%

effective.

Health officials recommend discussing the RSV vaccine with your healthcare provider to ensure optimal protection during this cold and flu season.

For seniors, staying proactive about respiratory health is key to maintain well-being as the temperatures drop. Take the Initiative - Get Vaccinated!

Ask your healthcare provider for all your vaccines to be entered into the New York State Immunization Information System (NYSIIS)! This state-wide system allows providers access to your vaccine record to assure you are up to date on you vaccines.

Delaware County Public Health Service (DCPH) encourages readers to know where to get vaccinated such as local pharmacies or your healthcare provider. Please call us (607) 832-5200 for information about vaccinations.

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](https://www.UPPERDELAWAREREALTY.COM)

Nutritional Workshops Available in your Community
New! 10 Tips for Adults

Join a workshop, Bring a Friend!

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

UPCOMING WORKSHOPS

Delhi Dining Center

97 Main St., Delhi

9am, Nov. 19

Stay for BINGOsize & Lunch!

Walton First Baptist Church

55 Townsend St., Walton

9am, Nov. 14 & 21

Tri-County Senior Club

At Tri-Town Regional Hospital, 43 Pearl St., W., Sidney

Access from the right rear of bldg.

10am,

Nov. 26

& Dec. 3



Grandma's Stuffing

This stuffing has lots of crunch and flavor from the apples, celery, and onions. Whole wheat bread gives this recipe a boost of whole grains.

Servings: 8

INGREDIENTS

- 10 slices whole wheat bread, cubed (or white bread or buns, dry)
- ½ cup water
- ½ cup onion (chopped)
- ½ cup celery (chopped)
- 1 teaspoon parsley, dried (or 1 Tbsp fresh parsley chopped)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ cups milk, fat free
- 1 egg (lightly beaten)
- 2 apples (optional - medium, pared, cored and chopped, or ¼ cup raisins)
- raisins (optional, ¼ cup)

Cook for 5 minutes. Do not drain. Pour over bread cubes.

1. Wash hands with soap and water.
2. Preheat oven to 350 °F.
3. Put cubes in a large bowl. Set aside.
4. Put water in medium saucepan. Add onion, celery, parsley, salt, and pepper.
5. Stir in milk and egg. Gently stir in apples, and raisins, if desired.
6. Spoon into a greased 2-quart baking dish.
7. Bake at 350 °F for 1 hour.

2024 Quilt Raffle Winner



By: Peg Hilson

Kate Liddle, who lives in Andes, is the winner of our Senior Council 2024 quilt raffle. Kate bought the winning ticket from her neighbor Ellen Weaver. Ellen is a member of our senior council and is very active in

promoting the raffle, and all our fundraising efforts. This year's quilt was donated by the very generous members of the Susquehanna Quilt Guild. Thank you to everyone who supported this fundraising project. Close to \$600 was raised.

Roxbury Senior Citizens Group



By: Jamie O'Donnell

On September 17th twenty-three members of the Roxbury Group met under the leadership of President Rob Young for the groups monthly meet-

ing of good fellowship and good food in the form of a dish to pass. Rob introduced the speaker, Megan Blenis. Megan is associated with Rural Health Network of South Central New York. Today's presentation was on the Get there program. This program is your one-stop resource for transportation and trip planning. If you have a transportation need or would simply like some information about getting to a health care appointment, transportation to employment, travel for training, trip planning or other transportation needs please call toll free 1-855-373-4040 and staff will be happy to assist you.

Delaware County Office for the Aging

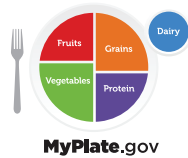
Call the SNAP-Ed Coordinator at

607-832-5750

DelCoEatHealthy@gmail.com

Reservations Appreciated

Call us to Plan a Workshop Near You!



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



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.



607.432.5525 HeliosCare.org

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. Be sure to provide your name, e-mail address, and current mailing address, so we can remove your name from our postal mailing list.

Health & Fitness

By: Terri Tweedie, Coordinator of Aging Services

Tai Chi for Arthritis is a one hour, twice a week program which runs for ten weeks. Participants learn steps 1-12 of Sun Style Tai Chi by Dr. Paul Lam. There are four certified instructors, two of them deliver classes as a team. Since January of this year classes have been held in Walton, Franklin, Arkville, Harpersfield, Downsville, and Delhi. There have been over 180 participants.



Tai Chi Instructors: Adriane Jackson (AJ) and Joanne Dewitt

Bingo into one hour of non-stop activity. This is a 10-week program that meets two times per week. Bingocize takes participants through a series of balance-enhancing exercises, including oblique crunches, resistance-band chest presses, and static balance stands, among others. This is no ordinary workout. Between each 30-60-second exercise cycle, seniors are challenged with trivia questions that sharpen their minds, gives them information to reduce falls risk, and, of course, rounds of Bingo that fuel their competitive spirit.

It's multidimensional," said partici-



Left to right: Gloria Callahan and Pat Park



Delhi Bingocize class.

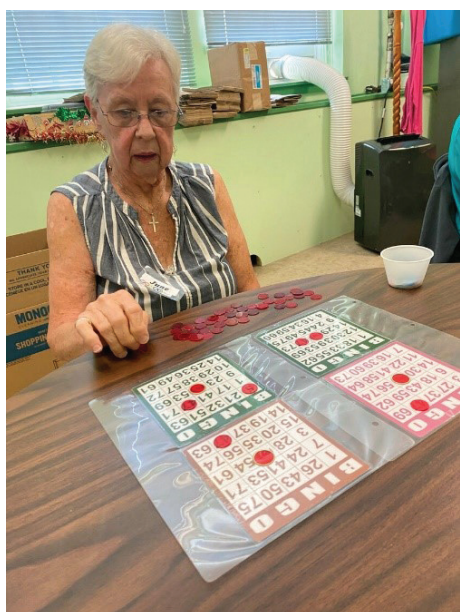
part Janet Povlock. "It's a great way to socialize and have fun." For Pat Park, who looks forward to the program each week, Bingocize is more than just exercise; "It's good for the soul. It makes you feel better," she said. As someone who lives alone, Park finds the program, along with the senior

meals that follow, to be a crucial opportunity for connection and camaraderie, especially since the death of her husband.

***Both Tai Chi and Bingocize are evidence-based falls prevention programs.**



Joey Darling (front left) states, "I was facing knee surgery in 2019. I had a vision to try Tai Chi for Arthritis. Five years later, no surgery & moving well thanks to genuine and caring instructors!"



June Clark enjoying Bingo!

Bingocize

Delaware County Office for the Aging introduced Bingocize in 2024. Bingocize strategically combines the game of bingo, health education, and exercise. There are four certified instructors to deliver this program. Since January of this year classes have been held in Grand Gorge, Sidney, and Delhi. There have been over 40 participants.

Bingocize, as stated by Lillian Browne from The Reporter, is a program that fuses physical exercise, mental stimulation, and the fun of

WEATHERIZATION ASSISTANCE PROGRAM

How does the program work?
This is for Delaware & Sullivan County NY Residents

- An application is submitted to the local service provider to determine eligibility
- An energy audit of the home is conducted to identify needs
- The home is weatherized, and
- The home is inspected to assure quality of work completed.

Services Can Include:

- ✓ Sealing of cracks and holes to reduce heat loss
- ✓ Insulation of attics and walls
- ✓ Heating system clean & tunes
- ✓ Providing efficient lighting and refrigeration
- ✓ Window and/or outside door repair or replacement
- ✓ Other minor repairs which are needed to ensure maximum efficiency of the weatherization services



CALL NOW
607-746-1692
LNeidig@delop.org

www.delawareopportunities.org/weatherization

“NEWS FROM THE DIRECTOR”...

continued from page 2

ture of living in Delaware County, assisting people without transportation to non-emergency medical appointments continues to be a major problem. With no public transportation system in Delaware County, residents have relied heavily on the agency’s Non-Emergency Medical Transportation program. DCOFA makes referrals to “Get There” through South Central New York Rural Health when unable to provide transportation through the Non-Emergency Medical Transportation. The Medical Answering Services (MAS) system through the state continues to provide medical transportation service for those on Medicaid.

In 2025 there is a possibility of contracting out the non-emergency medical transportation program to “Get There” through South Central New York Rural Health.

NY Connects: NY Connects exists to provide education and connection to long term services and support. This can consist of a wide variety of services including, but not limited to, navigation long term care insurance, comparing senior housing, assisted living facilities and skilled nursing homes, application assistance, finding transportation, respite care, legal assistance, nutrition services, and personal care assistance.

Senior Council: The Delaware County Senior Council, an organization that has been in existence since 1973 and is responsible for the creation of Delaware County’s OFA, continues to meet the second Monday of each month. Since that time, both organizations have worked together to develop and enhance programs that

have an impact on Delaware County seniors. The Senior Council consistently works towards raising funds to purchase equipment and enrich under-funded programs for seniors. The key fundraiser for 2023 was the Big Wheels Golf Tournament. It continues to be their most lucrative event. The committee, comprised of local citizens – several of whom are seniors, have worked hard to make this activity a success. The Big Wheels committee was able to raise over \$6,000. The Delaware County Senior Council’s motto is “Seniors Helping Seniors.” They once again lived up to this motto through their different fundraising efforts such as: the Council’s 38th annual Pork Roast and Pie Auction in June at the American Legion (this year’s event raised close to \$2,500.00 from pie sales, one homemade pie went as high as \$1,200); the September Harvest Fest where apples, cider, and any dessert that is made with apples are sold; and lastly, the annual quilt raffle running from May through September. The Delaware County Senior Council co-sponsored the ninth Annual Delaware County “Senior Fun Day” and the second “Senior Ball” with DCOFA. The Council donated to support this event.

Senior Fun Day: The ninth annual Senior Fun Day was a huge success. The total attendance was close to 500 participants of which about 350 were Delaware County seniors. DCOFA celebrated its 50 years of service at the ninth Annual Senior Health and Fun Day. The event was held on Wednesday, August 21st at Camp Shankitunk in Delhi. Senator Peter Oberacker and Congressman Chris Tague proudly

presented a joint proclamation to Wayne Shepard, Director of the Delaware County Office for the Aging, in recognition of the agency’s 50 years of dedicated service to the older residents of Delaware County.

Wayne Shepard humbly recognized the collective effort behind the agency’s success, stating, “This recognition is not just about one person, it’s about all the dedicated individuals who have made the Delaware County Office for the Aging what it is today. For 50 years, countless people have worked tirelessly to support our older adults, and today we honor their commitment and service. It has been a privilege to be part of this journey, and I am grateful for everyone who has contributed to our mission over the past five decades.”

Thank you to everyone who made this day possible, and most importantly, thank you to our older adults for their unwavering contributions to our community! The 2025 event is scheduled for Wednesday, August 20th.

Shopping Assistance: NY Connects Staff are available to assist with grocery shopping and prescription pickup on an as needed basis. This service would be available to individuals who have recently been discharged from a medical facility, or who need food with no other means of obtaining food items.

Transportation: The Delaware County Senior Transportation System provides transportation to residents of Delaware County who are 60 years of age or older and are under 60 and disabled. This service is targeted at getting seniors to stores for needed purchases such as groceries and other day-to-day necessities, as well as to medical services and supplies. This service operates three days per week using a 14-passenger bus with wheelchair accessibility and two part-time drivers.

In 2024 a transportation survey was handed out to each of the riders. Of the surveys that were returned, some of them included comments such as: “The bus driver was very courteous and polite.” “Excellent bus driver.” “I think the bus service is great!” “I use the bus to pick up my meds and shop.” “The driver is amazing, patient and helpful.” “The person doing the scheduling for the bus is the sweetest, kindest person.” “I love my bus trips. I go to Albany Price Chopper. I’m a double amputee. The drivers are always very helpful. Thank you for the service.”

ELLI-Q: ELLI-Q is a friendly pres-

ence in your daily life - engaging you in conversation, motivating you to adopt healthier habits, surprising you with jokes, and suggestions. ELLI-Q is the first ever proactive, voice-operated care companion designed to empower independence and support you in taking control of your social, mental, and physical wellbeing. ELLI-Q is different from other devices on the market. ELLI-Q doesn’t wait to be called on - like a real person. DCOFA has installed close to 25 units. The units are sponsored by NYSOFA at no cost to the agency or the home of the older adult.

An elderly man who lives in Sidney Center was struggling to remember to take his medication prior to having ELLI-Q. Since having ELLI-Q he always remembers to take his medication because ELLI-Q gives him daily friendly reminders. This is one of the many reasons why he loves ELLI-Q.

Congregate and Home Delivered Meal: Delaware Opportunities sub-contracts with the DCOFA for provision of congregate and home delivered meals. The program is designed to provide a nutritious meal for the home bound as well as seniors who come to dining centers for the meal, recreation, and socialization. The cost of the program is supported by Federal and State grant funds, contributions from senior citizen participants, and the Delaware County Board of Supervisors. A confidential contribution is solicited at \$3 per meal for senior 60 years of age and older, and \$4 per meal for non-Seniors, although no one is turned away due to the ability to pay. Based on past and pre-COVID trends, we expect to serve more than 85,000 meals, essentially the same as we projected and served pre-COVID.

Between April and October in 2025, evening meals will once again be offered in lieu of the lunch meal once per month. The evening meals provide an enhanced menu and entertainment. Locally grown produce will be purchased to help support the local agricultural market while providing tasty and nutritious fresh vegetables.

We’d like to thank all our volunteers, staff, and other County agencies for all the assistance they’ve provided throughout 2024. If you were unable to attend the Public Hearing, you can submit comments for the Public Hearing by mailing or drop-off to:

Delaware County Office for the Aging and NY Connects
97 Main Street, Suite #2
Delhi, NY 13753

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.

Are you or your loved ones 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:

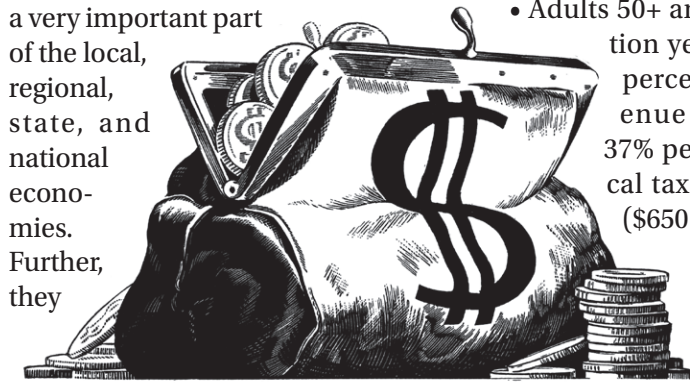
At Home Care Partners, Inc.
1-866-927-0366 or 607-432-1005

“Assisted Living...in Your Own Home”

Aging Re-Framed

By: Wayne Shepard, Director OFA

The Social, Economic, & Intellectual Contributions of Older Adults in New York. 4.6 million older adults bring enormous intellectual, social, and economic capital. Older New Yorkers and baby boomers make up 65% of all household income generated in New York State. They have high home ownership rates, are supporting schools, local businesses, and support almost 7 million jobs. “For decades, older adults have been portrayed as frail, needy, and costly to the health and social services systems. This is a misnomer. Individuals of all ages sometimes need assistance, but older adults consider themselves healthy, remain active and engaged, and are a very important part



of the local, regional, state, and national economies. Further, they give a tremendous amount of their time to hundreds of civic groups and organizations that are critical in delivering direct services and supporting local agencies. Older adults are committed to improving their communities and helping their neighbors,” according to New York State Office for the Aging Director, Greg Olsen.

Greg reports on Older New Yorkers and their Volunteerism:

- 935,000 individuals age 60+ contribute 495 million hours of commu-

nity service at an economic value of \$13.8 billion.

- Individuals age 50+ account for the most volunteering, philanthropy, entrepreneurs, and donation activities in the U.S. out of any demographic group.

Older New Yorkers:

- Contribute to the Tax Base.
- 64% of individuals age 60+ own their own homes and have no mortgage, contributing directly to the local tax base.

- Adults 50+ are responsible for approximately \$1.8 trillion in federal, state, and local taxes (2018), a figure that will quadruple by 2050.

- Adults 50+ are 36% of the population yet support about 43% percent of federal tax revenue (\$1.4 trillion) and 37% percent of state and local tax revenue nationwide (\$650 billion).

- Adults 50+ contribute \$72 billion in state and local taxes (39% of total), a contribution that will triple to \$255 billion by 2050. Older NYers and Caregiving

- 4.1 million caregivers (average age of 64) provide unpaid care for a loved one (spouse, child, grandchild, or others) at a total market value of \$32 billion.

Older New Yorkers - Economic Contributions:

- 80% of NYS Retirement System Payments Stay in NY (\$10.6 billion annually), contributing to state and local economic activity.

- 83% of U.S. household wealth is held by people over 50. Access to credit and assets allows older adults to spend more on goods, services, and investments than their younger counterparts, contributing \$9 trillion in economic and unpaid activities (2018).

- Adults 50+ support more than 88.6 million jobs (44% of total employment) and over \$4.7 trillion in labor income.

- New Yorkers 50+ are 36% of the population yet contribute 43% (or \$719 billion) of Gross Domestic Product (GDP). This is expected to reach \$2.2 trillion by 2050.

- New Yorkers 50+ support 5.9 million jobs, a figure that will reach 6.6 million by 2050.

- New Yorkers 50+ generated \$482 billion in wages and salary, a figure that will reach \$1.46 trillion by 2050.

SENIOR ACTIVITIES FOR DECEMBER 2024 AND JANUARY 2025

HOLIDAY CLOSINGS: Tuesday 12/24/24 and Wednesday 12/25/24 for Christmas; Wednesday 1/1/25 for New Year's Day; Monday 1/20/25 for Martin Luther King Day.

CHRISTMAS DINNER WILL BE SERVED AT ALL MEALSITES ON FRIDAY 12/20/24 at 11:30am. NEW YEAR'S DINNER WILL BE SERVED AT ALL MEALSITES ON 12/30/24 at 11:30am.

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.

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: JAMES JACKSON.

NOTE: Suggested contribution for all regular meals is \$3.00 for seniors and \$4.00 for non-seniors. Contributions for all Holiday meals 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

November 2024 topic will be "Home Energy Assistance Program (HEAP)"	December 2024 topic will be "Legal Aid Services"
• Delhi Dining Center on 11/12/24	• Delhi Dining Center on 12/10/24
• Deposit Dining Center on 11/21/24	• Deposit Dining Center on 12/19/24
• Grand Gorge Dining Center on 11/13/24	• Grand Gorge Dining Center on 12/11/24
• Hancock Dining Center on 11/12/24	• Hancock Dining Center on 12/10/24
• Margaretville Dining Center on 11/18/24	• Margaretville Dining Center on 12/18/24
• Sidney Dining Center on 11/18/24	• Sidney Dining Center on 12/12/24
• Walton Dining Center on 11/20/24	• Walton Dining Center on 12/17/24

What Is Alpha-Gal Syndrome

By: Kim Cassano, Delaware County Sheep Farmer

There is a new threat lurking in our woods and meadows carried by a familiar nemesis. As if it weren't enough that a tick bite can transmit Lyme's and other nasty diseases, we now know that it can also make you allergic to red meats and other mammal products. Yes, it's true! A simple tick bite can mean the end of summer's juicy burgers and ice cream cones!

Alpha-gal Syndrome is an allergy to all mammal meats and can include reactions to dairy, gelatin, carrageenan and other mammal byproducts. That includes beef, pork, lamb, goat, venison, rabbit and even racoon if you're an adventurous eater.

This allergy is particularly sneaky because the reactions don't start immediately. They often start 2-8 hours after a meal. You may wake up in the middle of the night after a particularly delicious steak dinner, with swelling or itching and hives--or you may have abdominal cramping and other stomach ailments. You might even experience full-blown anaphylaxis and need a trip to the ER—like 60% of people who have this syndrome.

And if that wasn't sneaky enough the reactions don't occur every time you eat a burger. They call this the "anytime not every time" allergy be-

cause it is so unpredictable. The allergy is affected by cofactors such as exercise, alcohol, and NSAIDs. You might notice a stronger or faster reaction if you have a few beers with that burger. Some people only seem to react with the help of one of these cofactors. In children reactions often occur after playing sports.

Unlike Lyme's and other diseases, the tick does not have to stay attached for 24 plus hours to transmit this allergy. A simple bite will do. This makes it even more important to avoid contact in the first place. Luckily, permethrin treated clothing is very effective against ticks. You can treat your own clothing or buy it pre-treated from several retailers. I use both methods because additional tick bites increase sensitivity and can lead to bigger reactions.

If you think you may be experiencing an allergic reaction to meat and other mammal products talk to your doctor about getting a blood test for Alpha-gal IgE (Quest's test code: 10554 and Labcorp's: 650001).

And wear permethrin treated clothing and footwear to protect yourself from tick bites -I wish I had!

You can find much more information at Alpha-Gal Alliance's website alphagalinformation.org.

WCCRC
Proudly Serving Our Community Since 1981



Financial Counseling with a HUD Certified Counselor
Home Repair Grant Programs
Contact us 607-652-2823 ext 105

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 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), WDOS (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.”

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.

Volunteer Drivers Needed

By: Wayne Shepard, Director

There are many proven benefits of volunteering to you and your community. Studies have shown that volunteering can increase happiness, self-confidence and physical health. Volunteering can also increase job experience and teach new job skills. Volunteers working with Delaware County residents age 60 and older provide countless hours of service.

Delaware County Office for the Aging is in desperate need for volunteer drivers in all areas of Delaware County. Transportation for the Non-Emergency Health Related Medical

Transportation program is provided by volunteer drivers and can be used for medical related trips such as doctor/dental visits, laboratory tests, prescription pick-ups or even drop-offs for hospital stays. The program is open to seniors, age 60 or older, who are Delaware County residents, non-Medicaid recipients and are able to move about with minimal assistance. This is a volunteer program; however drivers are reimbursed mileage to and from their homes.

For more information in regards to being a volunteer driver contact Delaware County Office for the Aging at 607-832-5750.

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
12-2 Thru 12-6	Chicken Parmesan Spaghetti Noodles Sautéed String Beans Snow on the Mountain Fruit Cocktail	Potato Crusted Pollock Sweet Potato Fries Steamed Broccoli Three Bean Salad Ice Cream	Vegetarian Lasagna Butternut Squash Grape Juice Whole Wheat Bread Cinnamon Coffee Cake	Salisbury Steak Rice Pilaf Mixed Veggies Cabbage Bowl Chocolate Pudding	Road House Chicken Baked Potato Capri Blend Veggies Rosey Apple Relish Lemon Bars
12-9 Thru 12-13	Beef Cabbage Bake Fresh Carrots Cran-Apple Juice Whole Wheat Bread Ice Cream Sundae	Italian Baked Tilapia Parmesan Bow Ties Diced Beets Apple-Grape Juice Jello w/ Topping	Ham w/ Raisin Sauce Sweet Potatoes Buttered Peas Quick Fruit Salad Sugar Cookies	Macaroni & Cheese Stewed Tomatoes Tossed Salad Mandarin Oranges Vanilla Pudding	Tuna Noodle Casserole Harvard Beets Fresh Fruit Salad Whole Wheat Bread Lemon Pudding
12-16 Thru 12-20	Scrambled Eggs French Toast Sticks Sausage Links Orange Juice Cinnamon Applesauce	Taco Pie Broccoli Pea Salad Whole Wheat Bread Tapioca Pudding	Cran-Orange Chicken Buttered Egg Noodles Italian Green Beans Tossed Salad Peaches	Beef Stew Cauliflower Cran-Apple Juice Whole Wheat Bread Blondie Bars	Roast Turkey & Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Apple Pie
12-23 Thru 12/27	Baked Tilapia Mixed Veggies Mashed Sweet Potatoes Rosey Apple Relish Peanut Butter Cookies	CLOSED CHRISTMAS-EVE DAY	CLOSED CHRISTMAS DAY	Stuffed Shells Sautéed String Beans Italian Bread Vanilla Pudding	BBQ Chicken Baked Potato Seasoned Corn Medley Spectacular Cole Slaw Sherbet
12-30 Thru 1-3	Roast Pork & Gravy Savory Stuffing Mashed Potatoes Steamed Peas Brownie Ala Mode	Beef Pepper Steak Oven Baked Potatoes Seasoned Spinach Cranberry Juice Diced Pears	CLOSED NEW YEARS DAY	Chicken Risotto Sliced Carrots Apple Juice Whole Wheat Bread Fruit Salad	Homestyle Meatloaf Mashed Potatoes Brussels Sprouts Marinated Carrot Salad Iced Yellow Cake
1-6 Thru 1-10	Swedish Meatballs Egg Noodles Winter Blend Veggies Mandarin Oranges Hot Apple Crisp	Ham w/Louisiana Sauce Scalloped Potatoes Butternut Squash Grape Juice Ice Cream	Spanish Rice Steamed Broccoli Cottage Cheese/Peaches Whole Wheat Bread Chocolate Cake	Chicken & Biscuit Succotash Cranberry Juice Lemon Pudding	Turkey Penne Bake Carrots Snow on the Mountain Whole Wheat Bread Molasses Cookies
1-13 Thru 1-17	California Chicken Parmesan Penne Pasta Mixed Vegetables Fruit Salad Jello w/ Topping	Scrambled Eggs Mini Pancakes Sausage Patty Orange Juice Cinnamon Applesauce	Country Chicken Buttered Egg Noodles Steamed Broccoli Carrot Raisin Salad Spiced Peaches	Eggplant Parmesan Spaghetti w/ Sauce String Beans Tossed Salad Oatmeal Raisin Cookies	Pot Roast w/ Gravy Baked Potato Red Cabbage Apple Juice Butterscotch Pudding
1-20 Thru 1-24	CLOSED MARTIN LUTHER KING JR DAY	Beef Stew Brussels Sprouts Apple Juice Whole Wheat Bread Sugar Cookies	Sweet & Sour Pork Steamed Brown Rice Green Bean Sauté Cucumber Salad Fruit Cocktail	Roast Turkey & Gravy Mashed Potatoes Peas & Carrots Cranberry Sauce Chocolate Mousse	Crab Topped Tilapia Baked Sweet Potato Steamed Broccoli Cran-Orange Juice Ice Cream
1-27 Thru 1-31	Baked Ziti Casserole Italian Blend Veggies Creamy Cucumber Salad Italian Bread Chocolate Pudding	Spicy Cranberry Pork Roasted Sweet Potatoes Steamed Peas Rice Pudding Chicken Alfredo	Chicken Alfredo Buttered Carrots Apple Juice Whole Wheat Bread Upside Down Cake	Meatloaf w/ Gravy Mashed Potatoes Red Cabbage Fruit Salad Oatmeal Raisin Cookies	Salisbury Steak Rice Pilaf Mixed Veggies Cabbage Bowl Lime Jello

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

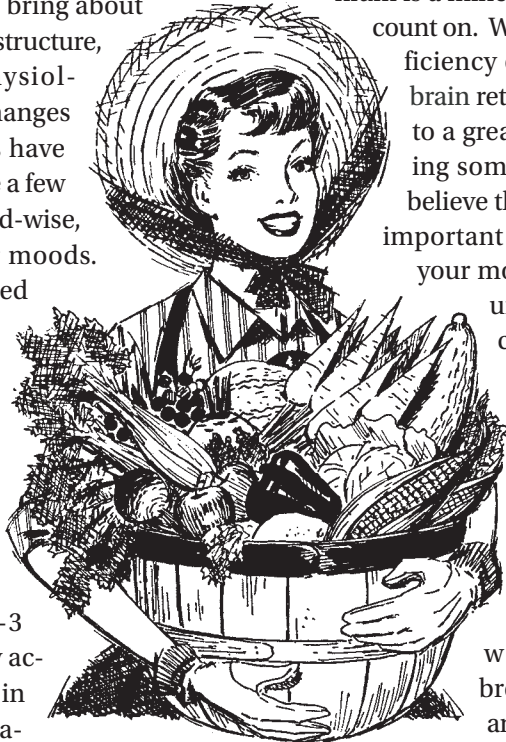
SIDNEY 607-563-2212
WALTON 607-865-6739

Foods To Uplift Your Mood

Revised By: Andrea Martell RDN, CDN. Retrieved from: <https://www.webmd.com/diet/features/foods-to-uptlift-your-mood>

It's easier to face the world when your spirits are high, but it's hard to be in a good mood when you're feeling hungry or if your body is lacking key nutrients. Basically, the science of how food affects our moods is based on this equation: dietary changes bring about changes in our brain structure, chemistry, and physiology, which lead to changes in behavior. Studies have shown there are quite a few things we can do, food-wise, to help stabilize our moods. Some of them are listed below. These suggestions offer many other health benefits too, so you have nothing to lose.

1. **Include more omega-3 fatty acids.** Researchers have noted that omega-3 polyunsaturated fatty acids, like those found in fish, may be mood stabilizers, which can play a role in your overall mental well-being. Eating plant foods rich in omega-3's is also a good idea. A good source of this nutrient is ground flaxseed, canola oil, cauliflower, red kidney beans, and broccoli.



2. **Eat a balanced breakfast.** Include lots of fiber, some lean protein, and healthy (unsaturated) fats to balance out your whole-grain carbohydrates every single morning. Regularly eating breakfast leads to improved mood, according to researchers, (along with better memory, more energy throughout the day, and feelings of calmness).

3. **Eat more selenium-rich foods.** Selenium is a mineral the brain can count on. When there's a deficiency of selenium, the brain retains this mineral to a greater extent, leading some researchers to believe that it can play an important role in uplifting your mood. Top selenium-rich foods include tuna, shellfish, saltwater and freshwater fish, pork, chicken, eggs, tofu, brazil nuts, sunflower seeds, pinto beans, whole wheat bread, brown rice, and oatmeal.

4. **If you are overweight, lose weight gradually.** Some researchers advise that slow weight loss in overweight women can help to elevate mood. Fad dieting isn't the answer—depriving yourself of calories and carbohydrates can bring on irritability.

drates can bring on irritability.

5. **Boost your serotonin levels.** Serotonin, known as the "feel-good" neurotransmitter, communicates "happy" messages to your brain. Basically, the more serotonin circulating in your bloodstream, the better your mood. There are several components of food that may influence the serotonin levels in our brains, including:

- a. **Tryptophan** – as more of the amino acid tryptophan enters the brain, more mood-improving serotonin is produced. Tryptophan is in almost all protein-rich foods. In addition, eating carbohydrates can help tryptophan cross the blood-brain barrier
- b. **Carbohydrates** – the carbohydrate-serotonin connection can be a bit tricky. We *do* need carbs, especially those that come with lots of fiber, so be sure to choose nutrient dense carbs like those found in whole grains, beans, fruits, and

vegetables. However, the carbs found in processed snack foods (potato chips, baked goods, etc.) should be limited.

c. **(folate)** – too little folic acid in our diets can cause lower levels of serotonin in our brains. Folate-rich foods include Brussels sprouts, spinach, romaine lettuce, asparagus, broccoli, beans (lentils, pinto, black, navy, kidney), beets, orange juice, papaya, and tofu.

Join me for a series of SNAP-ed nutrition classes in November and December where we'll discuss feel-good foods you can consume year-round. Classes are being held in Delhi at the Delhi Senior Meal Site on 11/5, 11/12, 11/19 at 9:00 am; Walton at the First Baptist Church on 11/7, 11/14, 11/21 at 9:00 am; Sidney at the Tri-county Senior Center on 11/26, 12/3, 12/10, 12/17 at 10:00 am. Contact Susan Hammerslag at Office for the Aging if you have any questions (607) 832-5750.

ROXBURY LIBRARY EVENTS

By: Mary Jean Scudder, Director, Roxbury Library Association

- Thursday, November 14: Chair Yoga with Twisted Sister Yoga, 3:30-4:15pm. Suggested donation to Twisted Sister Yoga \$10.00
- Tuesday, November 19: Medicare with Robin, 1:00-3:00pm: Robin Williams will meet by appointment only with individuals to discuss Medicare enrollment before the December 7 deadline. Please call Robin directly at 607-646-1180 to make an appointment. Appointments will meet in the Library.
- Saturday, November 23: Toddler Time! with Ellen and Maggie,

11:00am. Bring in your little one(s) for a fun time of stories, snack, and a craft. No charge and open to all!

- Wednesday, November 27 and Thursday, November 28: CLOSED FOR THANKSGIVING HOLIDAY. We'll reopen Saturday, November 30, 10-2.
 - Friday, November 29: 3:00-5:00pm. Write Through the Amherst Method with Sharon Israel of Writers in the Mountains. Please pre-register at www.writersinthemountains.org; fee \$12 payable on the website.
- Any questions, please call Mary Jean Scudder, 607-326-7901.

Delaware County Office for the Aging

We hope you are satisfied with the service you have received from the Office for the Aging. We pride ourselves in providing expert information, assistance and services to older individuals and their caregivers, helping them to maintain their dignity, respect and independence.

Most of the services provided have no fee, but you are welcome to contribute towards 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.

Suggested contributions for services provided are:

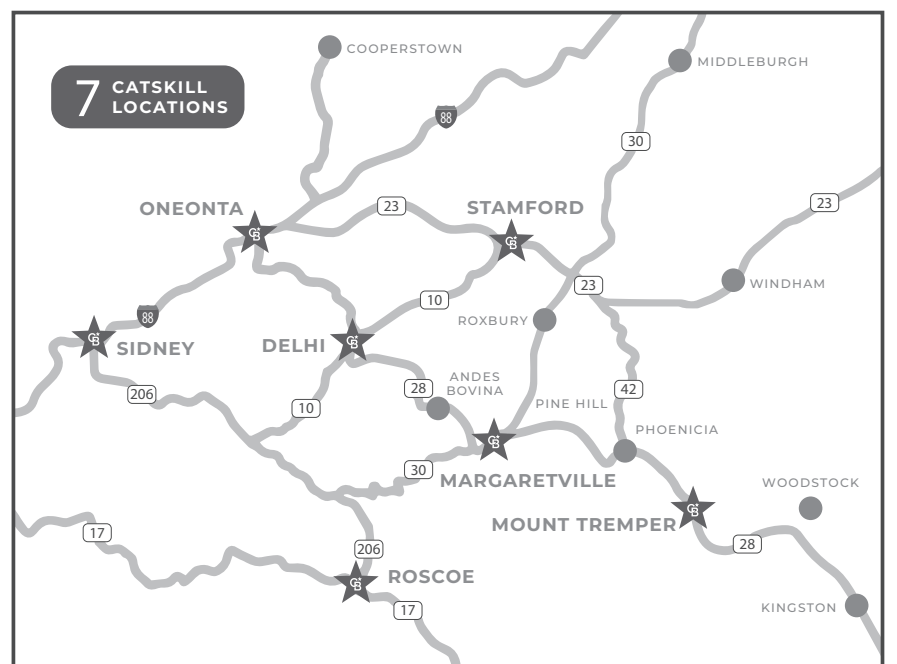
The DISPATCH Newsletter	\$7.00 per year
Transportation-Bus	\$5.00 per ride
Meals	\$3.00 per meal for Seniors
.....	\$4.00 per meal for Non-Seniors
Emergency Response Service	\$18 - \$32 per month (based on income level)
HIICAP	\$10.00 per session
Legal Services	\$10.00 per visit
Loan Closet.....	\$1 - \$10 per month (based on item borrowed)
Non-Emergency Medical Transportation	\$5.00 within the community
.....	\$0.50 per mile outside the community
Copies	\$0.25 per copy
Caregiver Respite	\$5.00 per visit
Nutritional Counseling.....	\$5.00 per visit
Case Management	\$10.00 per month

All contributions are confidential and voluntary and will be used to expand services to all who need them in Delaware County. We are grateful for your support. If you have any questions regarding contributions, please call the Office for the Aging Director at 607-832-5750.

**Delaware County Office for the Aging
97 Main St. Suite 2, Delhi, NY 13753**



WE ARE THE TOP DOG IN CATSKILL REGION REAL ESTATE



Come visit us at one of our 7 Catskill Locations!

- | | | |
|---------------------------------------|---------------------------------------|--------------------------------|
| MARGARETVILLE
(845)586-3321 | MOUNT TREMPER
(845)657-4177 | DELHI
(607)746-7400 |
| ONEONTA
(607)435-3280 | STAMFORD
(607)652-2220 | SIDNEY
(607)604-4394 |
| ROSCOE
(607)290-4130 | | |

TIMBERLANDPROPERTIES.COM

Seasons Greetings

from the staff at OFA



WAYNE SHEPARD
Director



LYNDSAY KOMOSINSKI
Deputy Director



JOANNE SAMPSON
Assistant to the Director



TERRI TWEEDIE
Coordinator of Aging Services



ANDREA MARTELL
Dietitian



SUSAN HAMMERSLAG
Legacy & SNAP ED Coordinator



JONATHAN MOORE
NY Connects I & A Specialist



MARY JOHNSON
HEAP Examiner



AMY BOWIE
Caseworker



RACHEL RYAN
Account Clerk Typist



VICTORIA LADLEE
Aging Services Representative



SUSAN SAINSBURY
Caseworker



BETTE BOJO
Administrative Assistant



HEATHER MILLER
HEAP Administrative Assistant



TOM BATSON
Bus Driver



ERIC BENECKE
Caseworker



BOB MOODY
Bus Driver

Thank You Dispatch Contributors

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 Venth, Concetta Young