

THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING



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



NY Connects
Your Link to Long Term
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VOLUME 49 • NUMBER 4 Website: www.delcony.us/departments/ofa/ofa.htm • Email: ofa@co.delaware.ny.us JULY • 2024

AARP Smart driver class

By: Patrick Clark

Register now for this Insurance Reduction Program / Point Reduction Program.

This is a 6-hour class taught by AARP Instructors. Our next Classes are scheduled for Saturday, September 14, 2024, from 9:00am-3:30pm at the American Legion Post 216, at 903

Main Street, Margaretville, NY. A second Class will be taught Wednesday, September 18, and Thursday, September 19, from 10:00am-1:00pm on both days at the American Legion Post 216 at 903 Main Street, Margaretville, NY.

For more information and registration, contact Patrick Clark at 607-326-4158.

2024 Senior farmer's market nutrition program

By: Lyndsay Komosinski, Deputy Director

Farmer's Markets and participating farm stands are now open to provide farm-fresh fruits and vegetables for good health and nutrition. Delaware County older adults, aged 60 and older, may take advantage of the Farmer's Market Coupon Program to receive twenty-five dollars (\$25) worth of free New York State grown produce at any participating vendor. These coupons can only be used for fresh fruits and vegetables. You will not be able to purchase any baked or processed foods with the coupons. Delaware County Office for the Aging & NY Connects will coordinate the distribution of the booklets for households of older adults.

Eligibility Criteria for 2024:

To be eligible for Farmer's Market Coupons, a person must be:

- 1) Aged 60 or older,
- 2) AND a NY State Resident
- 3) AND have an income that meets one of the following criteria:
 - a **one-person household** with a gross income of **\$2,322** or less
 - a **two-person household** with a combined gross income of **\$3,152** or less
 - a **three-person household** with a combined gross income of **\$3,918** or less (+\$830 for each additional member)

Program Guidelines

This year, each older adult in a household is eligible to receive one coupon booklet, if they meet the age and income requirements. Eligible older adults must personally sign to receive their coupon booklet; no one else will be allowed to sign for them unless they have a legal POA (power of attorney) and can show proof. A client may elect to have a proxy pick up coupon booklets for them. The proxy must be present at the time of pickup. A client can call the office to request a proxy form be mailed/emailed to them. At the markets, caregivers/others can redeem coupons if the recipient is unable to shop in person. Coupon booklets can be mailed this year if the recipient is unable to pick them up. ****Clients take full responsibility for mailed coupons and will not be issued another booklet if they are lost in the mail.**** For those that are unable to make it to a distribution site, and do not wish to have them mailed, delivery may be arranged. The deadline for distributing Farmer's Market Coupons this year is September 30 - booklets cannot be issued after this date. Coupons are only valid during the current program year from July 1st - November 30, 2024. If you do not use your coupons by November 30, they should be discarded.

See "FARMERS MARKET" page 5



Senior Citizens' Day at the Delaware County Fair! Thursday, August 15, 2024

Senior Admission Reduced to \$5

The Delaware County Office for the Aging and NY Connects will be at the fair all week long! August 12 - 17

Find us in the Commercial Tent.

- A Medicare Counselor will be available all week to answer any questions!
- Learn about Public Benefits, Programs & Services
- Senior Farmer's Market Coupons will be available all week!



The 9th Annual Delaware County Senior Health And Fun Day

Wednesday, August 21, 2024

9:30am to 3:00pm at 4-H Camp Shankitunk,
Arbor Hill, Delhi

- Delaware Co. Sheriff's Department will be there with the medication disposal box
- Music by Bob Mesmer and Disc Jockey
- Tai Chi for Arthritis
- Bingo, Corn Hole, and other activities
- Craft and snack (limited space, must sign-up when registering for event) Cost \$5 per person
- **New SNAP-Ed Activity - Make Your Own Herb Garden:** Plant your own container garden of herbs. (limited number of gardens available, must sign-up when registering for event)

Picnic food provided by Delaware Opportunities of salads, dessert and beverages. Featuring Wilsons BBQ Chicken. A suggested contribution of \$5 is appreciated.

Off-site parking is being set up at SUNY Delhi, parking Lot G, with continual shuttle services to the camp starting at 9:00am.

RESERVATIONS BY AUGUST 9, 2024, ARE REQUIRED TO ATTEND

Picnic is open to all Delaware County seniors, age 60 and older, and their assistants (if needed). Everyone attending must register in advance.

NO children and NO pets
NO smoking on the premises.

Call Delaware County Office for the Aging at 607-832-5750.

SPONSORED BY DELAWARE COUNTY OFFICE FOR THE AGING AND
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Hello, my name is Jonathan Moore, and I am excited to be fulfilling the position of NY Connects Specialist at Office for the Aging (OFA) in Delhi NY. I Reside in South Kortright NY with my wife, Ashley Silano-Moore, and our five children, ages 3, 9, 10, 11, and 13. My professional background spans roles at DSS, Del Arc, and OCFS. I am bringing extensive human services experience to my newly acquired role here at OFA. Outside of work, I devote my time to coaching my children's sports teams and indulge in my passion for hunting, fishing, and many other outdoor activities. I am excited for the new opportunity and am thrilled to be joining an extraordinary team here at OFA.

News from the director

By: Wayne Shepard

Every four years, Delaware County Office for the Aging is required to do a "Needs Assessment." As the Director, Delaware County Office for the Aging, I am interested in hearing what you have to say about what is important to you to be able to "Age in Place" in Delaware County. Our mission is to help make Delaware County a great place for older adults. Specifically, we're interested in what is important to you in order to live here in Delaware County, safely and happily.

We would like your help in determining the services that are important to enabling you to live independently in your community. In our region of New York State, the cost of assisted

living is now over \$55,000 per year, and care in a skilled nursing facility is around \$150,000 annually. In communities where services are not readily available, nursing homes may be the only option for older adults who need care. The older adult may prefer to remain at home (which is usually the case) with various kinds of lower costing supports in place.

Our hope is that you will assist us in determining what kinds of services are important and necessary in our community to support our residents as they age. Taking a moment to complete the brief survey that is included in this issue of The Dispatch.

At the end of the survey, there are some personal questions that will as-

sist us in planning, but we assure you that we will not know who returned the survey. Your identity will not be known to us, unless you share that information so that we may contact you with information.

It will be a small but important gesture on your part toward supporting our efforts to improve the quality of life for all of Delaware County's older adult population. Please complete the survey and return to: Delaware County Office for the Aging; 97 Main St. Suite#2; Delhi, NY 13753 by October 15. If you have any questions, please contact Delaware County Office for the Aging at 607-832-5750. (See survey on page 3.)



Wayne Shepard, Director

Upcoming Delaware Opportunities food distribution dates

By: Susan Sainsbury, OFA Caseworker

Delaware Opportunities will be hosting several food distribution events for 2024. These will be held from 12:00pm - 3:30pm on the following dates: July 26, August 30, September 27, and October 25. The distributions are open to all Delaware County residents. There are no income requirements, and you don't have to be receiving any income-based services. Distributions will be held at Delaware Opportunities, Inc., 35430 State Highway 10, Hamden, NY.

Sign-up is required prior to the event and can be done online or by

phone. Online sign-up dates open at 8:00am on July 18, August 22, September 19 and October 17. A link will be posted on the Delaware Opportunities Facebook page and on delawareopportunities.org.

Phone sign-ups begin at 8:00am on July 19, August 23, September 20 and October 18. Please call one of the following numbers: 607-746-1685; 607-746-1670; 607-746-1716; or 607-746-1657.

For more information or for assistance with food if you are unable to secure a spot, contact Kelly at the Delaware Opportunities food bank 607-746-1865.

SNAP-ED NY announces nutrition workshops are now available

By: Susan Hammerslag, Coordinator-SNAP-Ed

There are two new 10 Tips for Adults workshops now scheduled in Arkville and Franklin. Each workshop consists of four days, or sessions.

- Arkville at the Catskill Recreation Center, 651 CR 38, on Wednesdays 7/24, 7/31, 8/7, and 8/14 at 12:30pm.
 - Franklin at the American Legion Hall, 327 Main Street, on Tuesdays, 9/3, 9/10, 9/17, and 9/24 at 1pm.
- Both workshops are presented by

Registered Dietician Andrea Martell. These lively and informative classes include tastings and recipes.

Interested in improving your health and wellness? Consider joining a Tai-Chi class also. Consider a Tai-Chi class with the 10 Tips for Adults workshops in the same outing. For more information see the Tai-Chi article by Terri Tweedie in this paper.

To learn more about the "10 Tips for Adults" workshop call the SNAP-Ed Coordinator at (607) 832-5750.

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. →



ATTENTION – ATENCIÓN – 注意 – AUFMERKSAMKEIT – UWAGA

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

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

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

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

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

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

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Find us on the Web!

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

1.

2.

3.

SCAN ME

Open Camera

Frame the QR

Click the Pop-Up

Delaware County resident community survey

I live in the Village of _____ OR Township of _____

DEMOGRAPHICS: This information will be kept confidential and used only for statistical purposes

Gender: Male Female Other Years of Age: Under 60 60-64 65-74 75-84 85-94 95-99 100+

Housing: Own Rent Senior/Subsidized Housing

Living Arrangements: Live Alone Spouse/Domestic Partner Only Spouse/Domestic Partner and Others Relatives Non-Relatives

How many people live in your household? (Please include yourself): _____

Marital Status: Married Widowed Divorced/Separated Never Married

Race: Amer. Ind./Alaskan Nat. Asian Black/African Amer. Hawaiian/Pacific Islander Hispanic White

Other (list): _____

PLEASE CHECK WHICH HOUSEHOLD SIZE (Size) AND MONTHLY INCOME APPLY

Size	Monthly Income	Monthly Income	Monthly Income	Monthly Income	Monthly Income
1	<input type="checkbox"/> \$ 973 or Less	<input type="checkbox"/> \$ 974 - \$1,216	<input type="checkbox"/> \$1,217 - \$1,459	<input type="checkbox"/> \$1,459 - \$1,799	<input type="checkbox"/> OVER \$1,799
2	<input type="checkbox"/> \$1,311 or Less	<input type="checkbox"/> \$1,312 - \$1,639	<input type="checkbox"/> \$1,640 - \$1,966	<input type="checkbox"/> \$1,967 - \$2,425	<input type="checkbox"/> OVER \$2,425
3	<input type="checkbox"/> \$1,649 or Less	<input type="checkbox"/> \$1,650 - \$2,062	<input type="checkbox"/> \$2,063 - \$2,474	<input type="checkbox"/> \$2,475 - \$3,051	<input type="checkbox"/> OVER \$3,051

Please rate the following by checking one box in each of the following in regards to their importance to you!

	IMPORTANT and a CONCERN	IMPORTANT but NOT a CONCERN	NOT IMPORTANT and NOT a CONCERN		IMPORTANT and a CONCERN	IMPORTANT but NOT a CONCERN	NOT IMPORTANT and NOT a CONCERN
HOUSING				TRANSPORTATION			
Able to perform household chores (cleaning, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	To local medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Able to perform personal care (bathing, dressing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	To out of county medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessibility in the home (ramps, accessible bathrooms, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	To the grocery store and other errands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Finding reliable help to perform home maintenance/repairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Driving my own car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to financial afford home maintenance/repairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Using Delaware County Senior Bus (our local bus system)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to pay rent or taxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Able to pay for home heating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
What type of housing do you currently live in? <input type="checkbox"/> Apartment <input type="checkbox"/> One Level House <input type="checkbox"/> Multi-Level House <input type="checkbox"/> Senior/Supported Housing							
If you had to move from your current living situation, would you consider any of the following? <input type="checkbox"/> Apartment <input type="checkbox"/> One Level House <input type="checkbox"/> Multi-Level House <input type="checkbox"/> Senior/Supported Housing							

SERVICES/SUPPORTS

Respite services for caregivers of people with dementia or other functional impairments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transportation options for those unable to drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In-home personal care services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to participate in Congregate Dining Centers or receive Home Delivered Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A centralized Senior Center for activities and meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CAREGIVERS - If you are caring for another individual, please answer the following questions:

For whom do you provide care?

- Spouse Parent Adult Child (21+)
 Child (20 and younger) Non-Relative

Does this individual live in your home? Yes No

Does this individual have memory problems and/or dementia?
 Yes No

Do you feel overwhelmed and/or stressed in providing care? Yes No

HELP AND SUPPORT - Where you turn for help:

If you, or someone you know, have been in the hospital in the past year, did you/they have the information and supports needed to return home?
 Yes No Not Applicable

Have you heard of "NY Connects," the local program that helps consumers with information, assistance and connections to needed long term care services and supports? Yes No

Do you feel you have enough contact with others, (seeing friends, social engagements, etc.)? Yes No

See "COMMUNITY SURVEY" page 4

INSURANCE/HEALTH & WELLNESS

Understanding Medicare and various options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding low-income health insurance subsidies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding long term care services and supports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Managing a chronic health condition(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wellness programs, including exercise classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preventing falls, improving balance, dealing with fear of falling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NUTRITION/FOOD

Having enough money for nutritious food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being able to shop and cook for myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Able to follow a special diet recommended by my doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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




“Community survey” ...continued from page 3

SERVICES AVAILABLE AT THE OFFICE FOR THE AGING

	<u>Have Used</u>	<u>Need</u>	<u>Don't Need</u>
Home Delivered Meals (<i>Meals-on-Wheels</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senior Dining Centers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition Counseling (Information on special diet needs, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Farmers Market Coupons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assistance in the home for yourself. - Housekeeping/Chores <i>and/or</i> Personal Care (Bathing, Dressing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assistance in the home for someone you care for: - Housekeeping/Chores <i>and/or</i> Personal Care (Bathing, Dressing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caregiver/Respite Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Support Groups (Caregivers or Alzheimer's)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Emergency Response System (Link to Life)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assistance with Understanding Health Insurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legal Services (Wills, POA, Health Care Proxy) Other Legal Services Needed (please list): _____ _____ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transportation Services (Rides to medical appointments, shopping, errands, meals, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assistance with Utility Bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Federal and State Tax Return Assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Assistance with General Information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

COMMENTS (Needs or Services NOT covered above, list here): _____

OPTIONAL (Please complete if you would like us to contact you about services or with more information):

Name: _____ Phone #: _____

Address: _____

Email Address: _____

Please complete this survey and return to

Delaware County Office for the Aging by August 15, 2024.

Mail this survey to:

Delaware County OFA
97 Main St., Suite #2, Delhi, NY 13753

or drop off at our office during regular office hours.

Thank you for your feedback!

LEGACY CORNER

By: Susan Hammerslag, Legacy Program Coordinator

Do you provide unpaid care to a family member, friend, or neighbor who has an illness, disability, memory loss, or injury? If you answered yes to any of these questions, you are a caregiver! Are you feeling overwhelmed, constantly worried, tired, sad, easily irritated, and/or extremely stressed? You are not alone and there is support available. If you would like to learn more about resources, tools, and supports available for caregivers, please answer the following questions to get connected to the right starting place.

- 1) Are you over the age of 18 and caring for an older adult (age 60+)?
- 2) Are you over the age of 18 caring for an individual (any age) with Alzheimer's disease or a related disorder (e.g., dementia, traumatic brain injury, mild cognitive impairment, chronic traumatic encephalopathy)?
- 3) Are you over the age of 55 and living with and caring for a child (not biological) under the age of 18?
- 4) Are you over the age of 55 and living with and caring for an adult (can be a biological child) aged 18-59 with a disability?

If you answered yes to any of the questions above, you are eligible for the National Family Caregiver Support Program (NFCSP). The goal of the NFCSP is to support family caregivers so they may continue to carry out their caregiving roles and responsibilities. The program can provide services such as caregiver counseling, information and assistance, caregiver training, respite care (a break from caregiving), and much more. If you would like to learn more about how

this program can assist you, please contact the Delaware County OFA by calling (607) 832-5750.

If you answered no to all the questions above, or you are not interested in learning about the resources available through the NFCSP, there is still help available to you through the Any Care Counts - New York (ACC-NY) Campaign

which recognizes and supports the millions of unpaid caregivers across the state! Through ACC-NY you can discover your caregiver intensity score by taking the ARCHANGELS Caregiver Intensity Index (CII). It takes just two minutes to complete. You will find out whether you are “in the red,” “yellow” or “green,” and be connected to trusted resources.

Do you prefer to search resources on your own? Visit the [NY Connects Resource Directory](#). NY Connects links individuals of all ages and their caregivers to long term services and supports and provides one stop access to free, objective, comprehensive information and assistance.

If you are a caregiver in need of respite:

Call Susan Hammerslag, Legacy Program Coordinator at the Delaware County Office for the Aging (607) 832-5750.

Are you seeking a way to help someone in your community?

Volunteer with the Legacy Corps Caregiving Program. We provide respite for caregivers in need of a break. The program especially needs volunteers in the Roxbury, Grand Gorge and Margaretville areas. To learn more about becoming a volunteer call Susan Hammerslag, Legacy Program Coordinator (607) 832-5750.



Adults need vaccinations too!

By: Melissa Ackerly, Delaware County Public Health

Do you know if your tetanus is up to date? Spring planting is done, and summer gardening has started for 2024! Maybe you are working in the yard, barn, or just cleaning up and sustain a cut or burn from a dirty item. Or someone visits with a new baby! Do you know that adults should routinely get the tetanus shot that contains Pertussis protection too? Pertussis is also known as whooping cough and babies and older folks are highly susceptible to becoming seriously ill from this vaccine preventable disease. The shot is a vaccine called Tdap and all older adults should be sure they are up to date to protect themselves, immune suppressed friends, family, and babies. Delaware County Public Health and the CDC recommends pregnant women or mom-to-be to get vaccinated early in the 3rd trimester for each pregnancy. This will protect her newborn from pertussis for months after birth.

Tdap stands for Tetanus, Diphtheria, and Pertussis. Why get vaccinated for these diseases? They are all vaccine preventable!

- Tetanus (T): also known as “lock-jaw,” causes painful muscle stiffness and can lead to serious health problems, including difficulty opening

the mouth, trouble swallowing, and even death.

- Diphtheria (D): can cause difficulty breathing, heart failure, paralysis, or death.
- Pertussis (P): known as “whooping cough or the 100-day cough,” causes uncontrollable coughing, violent coughing spasms which can be life threatening especially to babies and young children.

The vaccine Tdap is given every 10 years or even sooner if the last Tetanus shot did not contain Pertussis, or in the event a booster dose is needed for a dirty wound of any sort. Tdap contains no live vaccine and usually can be given at the same time as other vaccines.

Remember, staying up to date with vaccinations helps protect yourself and those around you! Take the Initiative - Get Vaccinated! Ask your healthcare provider for all of your vaccines to be entered into the New York State Immunization Information System (NYSIIS) in the event your provider should forget to ask you!

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

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 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. According to CDC (Centers for Disease Control and Prevention) factors that might increase your risk of developing a heat related illness include: High levels of humidity, obesity, fever, dehydration, prescription medications, heart disease, mental illness, poor circulation, sunburn and consumption of alcohol. 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."

What should you do before a heat wave occurs? Know the symptoms of heat exhaustion: heavy sweating, cool, pale and clammy skin, fast, weak pulse, nausea or vomiting, muscle cramps, tiredness or weakness, dizziness, headache, fainting (passing out). Make sure your air conditioner is working properly. Find out where to cool down (see the article on "Cooling Centers in Delaware County").

It's important to develop a plan to avoid becoming overheated or 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

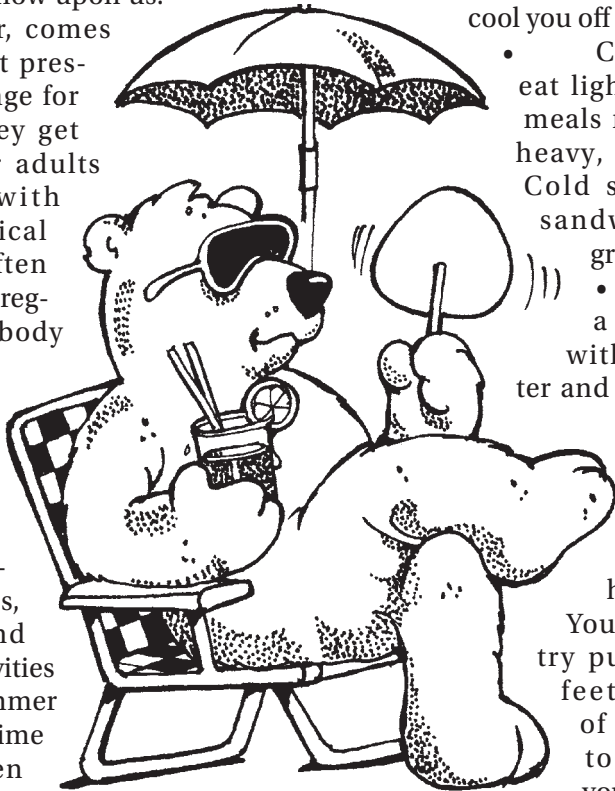
home as cool as possible.

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. Individuals who are eligible can apply for cooling assistance through HEAP (Home Energy Assistance Program).
- Avoid any strenuous activity during the hottest hours of the day (between 11am-3pm). Instead, stay indoors where you are out of the sun and heat outside.
- Never leave children, pets or those with special needs in a parked car, even briefly. Temperatures in the car can become dangerous within a few minutes.
- Check on your neighbors and stay in touch with family and friends, especially those who are older or have special needs.

In New York you can subscribe for NY-Alert to receive critical information and emergency alerts on what is happening in the area, including information about weather-related events. Information may include severe weather warnings, significant highway closures, hazardous material spills and other emergency conditions. Learn more and sign up at <https://alert.ny.gov/>.

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 can make a huge difference in helping your body adjust to the hot temperatures.



"Farmer's market" ...continued from page 1

Distribution Sites and Market Locations

Eligible older adults may pick up coupons at the Office for the Aging, located at 97 Main Street, Suite 2, Delhi, NY, Monday through Friday between the hours of 8am and 4pm. There will be a Delaware County Office for the Aging and NY Connects booth at the Delhi Farmer's Market every Wednesday from July 10 through August 7 from 10am-2pm for distribution. In addition, Office for the Aging & NY Connects staff will be hosting a booth with available coupons in the Commercial Tent at the Delaware County Fair from Monday, August 12 – Saturday, August 17 from 10:00am-8:30pm. Staff will have a booth setup with distribution on Sunday, August 11 at the fair as well from 1:00pm-4:00pm. There is no charge to enter the grounds on Sunday. Other distribution sites are as follows:

- Downsville Fire Department- Senior Meals site: Tuesday, July 9, 10am-1pm; 15166 NY 30, Downsville, NY 13755
- Delhi Senior Community: Tuesday, July 9, 1:50pm-3pm; 7 Main Street, Delhi, NY 13753 in the Community Room
- Davenport Town Hall: Thursday, July 11, 10am-Noon; 11790 NY-10, Davenport Center, NY 13751
- Roxbury Town Hall: Friday, July 12, 12:30pm-2:30pm; 56 Hillcrest Drive,

Roxbury, NY 12474

- Walton Veteran's Plaza: Monday, July 15, 11am-1:30pm; 171 Delaware Street, Walton, NY 13856
- Stamford Senior Housing: Tuesday, July 16, 10am-Noon; 125 Main Street, Stamford, NY 12167- Front Door Entrance
- Grand Gorge Civic Center: Tuesday, July 16, 1:00pm-2:30pm, 60933 NY-30, Grand Gorge, NY 12434
- Sidney Civic Center: Thursday, July 18, 10:30am-12:30pm, 21 Liberty Street, Sidney, NY 13838
- Sidney Senior Village: Thursday, July 18, 1:00pm-2:30pm, 200 Fox Street, Sidney, NY 13838
- Read Memorial Apartments: Monday, July 22, 11:00am-1:00pm, 266 Leonard Street, Hancock, NY 13783
- The Hubb: Tuesday, July 23, 10:00am-2:00pm, 905 Main Street, Margaretville, NY 12455
- Deposit Dining Center: Thursday, July 25, 10:30am-12:00pm, 14 Monument Street, Deposit, NY 13754
- Meadow Park Apartments: Thursday, July 25 12:30pm-2:00pm, 85 Fair Street, Deposit, NY 13754
- Covered Bridge Farm Market: Friday, July 26, 11:00am-2:00pm, 331 Covered Bridge Rd, Unadilla, NY 13849
- Delhi Telephone Company Open House: Wednesday, August 7, 11:00am-2:00pm, 107 Main Street, Delhi, NY 13753

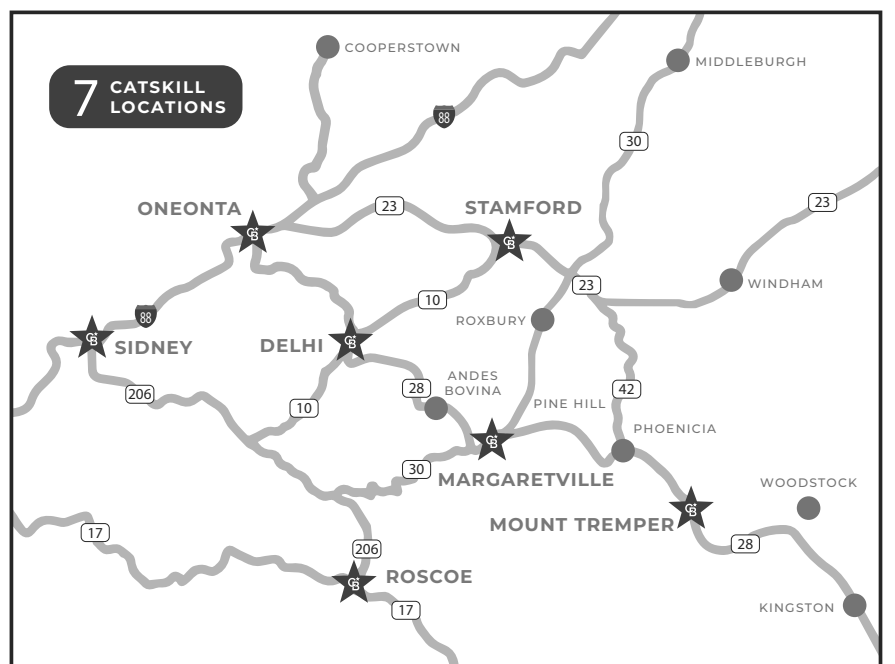
Thank you to our generous contributors

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.

- Betty Carlson: *In Memory of Loved Ones*

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Tri-county senior center



Picture from Tri-County Seniors last veterans' social hour on June 5th.

By: Carol Allen

The Tri-County Seniors will hold their Annual Picnic at Copes Corners Park in Gilbertsville on Wednesday, July 24. Attendees are asked to bring a dish to share if they are able. Setup will begin at 11:30am. Place settings, beverages and meat will be provided. Following the meal, there will be time for lawn and board games or just to relax and visit.

Area seniors are invited to join the Tri-County Seniors on Wednesday, August 28, as they travel to West Point Military Academy for a bus tour followed by a buffet lunch at the historic Thayer Hotel on the West Point grounds. After lunch they'll continue to Newburgh, NY, for a two-hour cruise on the Hudson River. The \$210 cost for the trip includes transportation, the West Point tour, lunch and

the river cruise. A short dinner stop on the return trip is not included in the price. A Hale Transportation bus will leave from the Price Chopper Plaza in Oneonta at 6:00am then pick up behind the McDonald's Restaurant in Sidney at 6:30am. Return times will be approximately 8:30pm in Sidney and 9:00pm in Oneonta. Anyone interested in the trip should call Carol Allen at (607) 563-8065 for more information or to reserve a spot. The trip is filling up fast, so call right away.

On the first Wednesday of each month, the Tri-County Senior Center is open for a social hour for senior veterans from 10:00am to noon. The center is located in the right rear of the AO Fox Campus at 43 Pearl Street in Sidney. Take the driveway to the right of the building and enter on the covered deck with the picnic table.

Tai Chi thank you

From: Instructors Jo-Ann and A.J

We wish to thank the Tai Chi classes of Delhi and Harpersfield for their at-

tentiveness and appreciation. Hope you all continue to progress and that we will see you the next time around.



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

38th Annual pork roast and pie auction a success



“Wayne Marshfield purchased a delicious cheese cake baked from a chef in New York City that sold for \$1,200.”

The Delaware County Senior Council and the Office for the Aging wish to thank the pie makers who provided 47 of their delicious home-made pies for auction at the annual Pie Auction and Pork Roast in June. This year's attendance was just over 100 participants, and the average pie bid was \$40 and the highest bid for a pie went for \$1,200. Our thanks to Chuck McIntosh, the auctioneer, who kept the bidding going. Our thanks as well to Dennis Rockefeller for barbecuing the pork and many thanks to Delaware Opportunities and Office for the Aging staff for preparing and serving the meal. Everyone's contribution helped make this event run smoothly.

The event raised over \$2,500 for

Elderly Programs and Services. The Senior Council's fundraising support programs and services such as the Personal Emergency Response System, Home Delivered Meals, Senior Transportation and Expanded In-Home Services for the Elderly Program. We want to thank everyone who participated in our annual event. It was once again a huge success.



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.

Stay hydrated for better health

Reviewed/Revised by Andrea Martell RDN, CDN. Retrieved from: <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>

Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health.

What is the meaning of "hydrated"? Being hydrated simply means that your body has enough fluids to function properly. According to the American Heart Association, the amount of water each person needs can vary. A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale yellow in color and clear, you are likely well-hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated.

What is dehydration? Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness.

Why dehydration is more likely to affect older adults:

As you get older, it's even more important to stay hydrated. Recent studies have found that up to 40% of older adults may be chronically underhydrated. This population is more vulnerable to dehydration for a number of reasons: 1) Appetite and thirst tend to diminish



with age. This means that even when your body is craving fluids, you might not be aware of it—therefore, you may be drinking less than you need to stay healthy. 2) Older adults experience body composition changes over time that leave them with less water in their bodies to start with. 3) Older adults are also more likely to take medications that increase dehydration risk. In addition, as age advances the body doesn't regulate temperature as efficiently as those of younger people. This means that during exercise or activity, you are more likely to become dehydrated through sweating. Even mild dehydration can cause an array of uncomfortable and debilitating symptoms. Understanding the warning signs can help you take action before the situation becomes severe.

Early dehydration symptoms include: Dark-colored urine; urinating less frequently; fatigue or feeling weak; irritability; dizziness; headaches; muscle cramps in arms or legs; dry mouth; confusion and decreased cognitive function. Tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is simple: drink more water throughout the day.

How much water do you need to stay hydrated?

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink at least 50 ounces, or about 6-7 cups, of water each day. The National Academy of Medicine suggests an adequate intake of daily fluids between 8 and 12 cups depending on age, gender, and weight. All sources of fluids—drinking water, food, and beverages—are counted in recommendations. However, it's best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over-the-counter or prescription medications you're currently taking. Certain medications cause the body to flush out more water.

How can you stay hydrated every day?

There are simple steps you can take to get the water your body needs.

1) **Choose foods with high water content.** If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths, and stews are also a good way to boost your fluid intake, especially in the colder

weather. If you're watching your sodium, be sure to opt for low-sodium versions.

- 2) **Keep water with you, always.** Having hydration at your fingertips can make it easier to get adequate amounts of fluid. Carry a refillable water bottle with you wherever you go or keep a lightweight water pitcher and cup near your favorite chair at home.
- 3) **Avoid or reduce your alcohol intake.** Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive.
- 4) **Change it up.** Pure, clean water is the best way to stay hydrated. But let's face it—drinking plain water all day can get boring! Try jazzing up your water by adding slices of fresh lemon, orange, cucumber or berries. You may also choose to switch up water with other options such as 'no sugar added' juice, or protein and nutritional shakes specifically designed for older adults. Coffee and tea count toward your daily fluid intake but keep in mind they can have a slight dehydrating effect.
- 5) **Build hydration into your routine.** Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity. Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.

Stamford-Harpersfield seniors

By: Janet Frazee

Stamford-Harpersfield Seniors have been busy this spring!! Thanks to our "arts & craft" leader, Debby Graver, we have been painting rocks to decorate the entrance of our meeting place. We meet every week at 9:30am at the Hobart Community Center to play games, socialize, and enjoy coffee and snacks. We have a business meeting at 11:00am. We are sponsoring a bus trip on July 31 to the Erie Canal for a sightseeing cruise! Also, a trip in September to Villa Roma for a musical tribute to the Beetles!!

We have about 40 members, and always welcome new members!! Come join us!!!



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Cooling centers in Delaware County

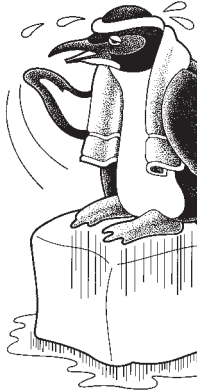
Delaware County Cooling Centers

Call before you go to make sure the cooling center is open.

Facility	Street Address	Contact Number	Days and Hours of Operation
Andes Public Library	242 Main St, Andes, NY 13731	845-676-3333	Mon: 11:00 AM - 4:00 PM; Tues: 1:00 PM - 6:00 PM; Wed: 11:00 AM - 4:00 PM; Thurs: 4:00 PM - 7:00 PM; Fri: 1:00 PM - 5:00 PM; Sat: 10:00 AM - 12:00 PM
Bovina Public Library	33 Maple Ave, Bovina Center, NY 13740	607-832-4884	Tues: 10:00 AM - 5:00 PM; Wed: 1:00 PM - 7:00 PM; Thurs: 1:00 PM - 5:00 PM; Sat: 10:00 AM - 1:00 PM
Cannon Free Libray	40 Elm Street, Delhi, NY 13753	607-746-2662	Tues: 9:30 AM - 7:00 PM; Wed: 9:30 AM - 5:00 PM; Thurs: 9:30 AM - 7:00 PM; Fri: 9:30 AM - 5:00 PM; Sat: 10:00 AM - 1:00 PM
Fairview Public Library	43 Walnut St, Margaretville, NY 12455	845-586-3791	Tues: 11:00 AM - 6:00 PM; Wed: 11:00 AM - 7:00 PM; Thurs, Fri: 11:00 AM - 5:00 PM; Sat: 10:00 AM - 3:00 PM
Morton Memorial Public Library	22 Elm St, Pine Hill, NY 12465	845-254-4222	Tues, Fri: 11:00 AM - 5:00 PM; Wed, Sat: 10:00 AM - 2:00 PM; Thurs: 2:00 PM - 6:00 PM
Roxbury Library	53742 NY-30, Roxbury, NY 12474	607-326-7901	Mon, Wed, Thurs: 8:30 AM - 3:30 PM; Sat: 10:00 AM - 2:00 PM
Sidney Memorial Public Library	8 River Street, Sidney, NY 13838	607-563-1200	Tue-Thurs: 9:00 AM - 8:00 PM; Fri: 9:00 AM - 6:00 PM; Sat: 9:30 AM - 4:00 PM; Sun: 1:00 PM - 4:00 PM
Stamford Library	117 Main St, Stamford, NY 12167	607-652-5001	Mon: 12:00 PM - 6:00 PM; Tues & Thurs: 12:00 PM - 6:00 PM; Wed: 10:00 AM - 5:00 PM; Fri: 10:00 AM - 5:00 PM; Sat: 11:00 AM - 2:00 PM
William B. Ogden Library	42 Gardiner Place, Walton, NY 13856	607-865-5929	Tues: 9:00 AM - 5:00 PM; Wed: 1:00 PM - 8:00 PM; Thurs: 1:00 PM - 8:00 PM; Fri: 9:00 AM - 5:00 PM; Sat: 9:00 AM - 2:00 PM

Taken from: Division of Homeland Security and Emergency Services website <https://www.dhss.ny.gov/extreme-heat-safety-0>

Cooling centers are facilities where you can go to cool off during extreme heat. The New York State Department of Health collects information about seasonal cooling centers from local health departments and emergency management offices.



If a cooling center is not available, libraries, supermarkets, malls, and community swimming pools are great places to stay cool. You can always check with your local health department or local news sources for possible additional cooling centers during heat events.

Remember, call before you go! Cooling centers may be closed at certain times or only available during extreme heat events. The phone number and address of each cooling center is provided. The information below represents the most up to date information provided by local agencies.

“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: _____

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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:

- Use where most needed
- Insurance Counseling
- Senior Meals
- Caregiver/Respite Services
- Legal Services
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- Del. County Senior Council
- Non-Emergency Medical Transport
- EISEP
- Senior Bus

PLEASE MAKE CHECK PAYABLE TO:
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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.



VALife

By: Mark Dunlop, Director, Delaware County Veterans’ Services Agency

VALife is Veterans Affairs’ (VA) first new life insurance program in nearly 50 years and, since 1/1/2023, has provided Veterans with the peace of mind that comes from knowing loved ones will have some funds after their departure.

VALife eliminates time limits to apply, which increases access to more veterans than it did prior. The program offers guaranteed acceptance, whole life insurance to veterans aged 80 or under with any level of service-connected disability (0-100%). Veterans aged 81 and over may qualify if they meet certain criteria and apply within a certain timeframe. The VA is the nation’s 12th largest life insurer and has issued up to \$950 million in coverage to 31,400 veterans for VALife

in its first year since becoming available to our nation’s veterans.

VALife key features include:

- Coverage up to \$40,000, available in \$10,000 increments.
- No health questions or medical exam to enroll.
- No deadline to apply if you are age 80 or under.
- Convenient online application and enrollment.
- Cash value that builds over the life of the policy, after the first two years of enrollment.

If you would like more information on VALife go to <https://www.va.gov/lifeinsurance/options-eligibility/valife/> or www.va.gov/life-insurance. Delaware County Department of Veterans’ Services Agency is also available to assist at 607-832-5345.

Big Wheels Golf Tournament raises over \$6,000

By: Wayne Shepard, Director

The Delaware County Senior Council Annual Big Wheels Golf

Tournament that was scheduled on Friday, May 12, at the Delhi College Golf Course was cancelled due to inclement weather. Those golfers

who wanted to golf were given the opportunity to golf. At noon a delicious meal took place at the SUNY Delhi Blue Stone restaurant. The Big Wheels committee (consisting of Jim and Peg Hilson, Terry Mostert, Tom Briggs, Jamie O'Donnell, Terri Tweedie, Lyndsay Komosinski, Joanne Sampson, and Wayne Shepard) recruited close to 50 golf sponsors who made generous donations toward the cost of the event. Despite the cancellation of the tournament the sponsors donated over \$6,000. This event is the

largest fundraising event to support the many programs serving Delaware County older adults. The funds are used to help pay for a variety of services for older adults, especially those who have low income, poor health, or are trying to continue living on their own as long as possible.

Thank you to everyone who made this event a huge success. The Office for the Aging thanks everyone who supported in this year's tournament. We look forward to seeing you again next year!

An introduction to advanced directives

By: Melissa Krause, Legal Aid Society of Mid-New York

An "Advanced Directive" is a legal document by which you can make provisions for future health care decisions in the event that you are unable to make such decisions for yourself.

There are three main types of Advanced Directives in New York State. These are the "Health Care Proxy," the "Living Will," and the "Do Not Resuscitate" Order.

The first type of Advanced Directive is a "Health Care Proxy." This is a document in which you can appoint someone to make medical decisions for you if you cannot. An agent who has been named in a Health Care Proxy may request medical information, authorize specific types of treatment, and you can even give them specific permission to direct that medical treatment be withdrawn or withheld, if they think that's what you'd want.

There are multiple ways to obtain a health care proxy: you can ask your doctor, you can receive one at a hospital, and you can hire an attorney to draft one for you. These documents can take many forms, some are as small as a card that you can fit in your wallet, but they are all equally valid.

The second type of Advanced Directive is a "Living Will." Many people find the name of this document confusing. "A living will" has no relation to a standard will document and does not have anything to do with the distribution of your property after your death. Instead, a living will is a document where you can make specific instructions about the medical treatment that you want, or do not want, to receive if you are unable to make decisions or express your wishes in the future.

Often a health care proxy and a living will end up combined into one document. It's very common for even a small health care proxy to include some living will language: for example, you might include, in your health care proxy, a statement that you don't want to be kept alive on machines. It is important to keep in mind that the person named in your health care proxy can overrule what you say in your living will. This is because, as a living person that presumably knows what you'd want, your health care agent would be able to determine if there is new information that would change the preferences that you've established in your living will.

It is therefore vitally important that you communicate with your agent about your wishes and preferences, so that you can be confident in the decisions that they'll make for you.

The third type of Advanced Directive is a "Do Not Resuscitate Order." This is specifically a medical document that instructs medical providers to not perform CPR or other life-sustaining emergency procedures. This is a very specific document that you can only obtain through a medical provid-

er, as it is important that you have the opportunity to consult with knowledgeable professionals before making this decision.

If you do not have an Advanced Directive, a court can name someone to be your "surrogate." This person would be chosen based on priority: a spouse would be prioritized over children, who would be prioritized over parents, siblings, or close friends. This surrogate would have the same powers as a Health Care Proxy, but you would not have the opportunity to personally choose the surrogate and they may not know what your wishes are regarding your medical care.

Health care decisions are very personal, so the best thing that you can do is to create Advance Directives to make sure that your wishes are understood and followed.

Announcing two new Tai Chi for arthritis classes:

- Catskill Recreation Center, Arkville NY. Instructor: Nina Pfeffer; July 24- September 27, 2024; Wednesdays: 11:30am - 12:30pm and Fridays: 10:30 - 11:30am. AND
- Franklin American Legion, Franklin NY. Instructor: Andrea Martell; September 3- November 7, 2024; Tuesdays and Thursdays 2:00 - 3:00pm.

Call Terri Tweedie to register, 607-832-5750.

Andrea is also a Registered Dietician and she will be offering four workshops, 10 Tips for Adults, to be presented prior to or just after the Tai Chi classes. Call SNAP Ed. Coordinator Susan Hammerslag for details, 607-832-5750.

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

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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.

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Please remove name from mailing list.

Delaware County Public Health 2024

FREE RABIES VACCINATION CLINICS



Walton- July 11, 2024, 4 PM-6 PM (Walk-in)
Walton Highway Garage, 25091 State Highway 10, Walton, NY 13856
Arkville- July 18, 2024, 4 PM-6 PM (Walk-in)
Arkville Fire Hall, 43365 State Highway 28, Arkville, NY 12406

Registration Suggested for the following clinics:

Delhi- August 22, 2024, 5 PM-7 PM (Register/Walk-in)
Delhi Fire Hall, 140 Delview Terrace Extn. Delhi, NY 13753

Stamford-September 12, 2024, 5 PM-7 PM(Register/Walk-in)
Stamford Fire Hall, 111 Main St. Stamford, NY 12167

Deposit- October 8, 2024, 5:30 PM-7:30 PM(Register/Walk-in)
DPW garage 1 Village St (200 Front St), Deposit, NY 13754



Public Health
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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
8-5 Thru 8-9	Spanish Baked Steak Oven Browned Potatoes Broccoli/Cauliflower Apple Juice Pudding	Breakfast Souffle Waffles w/ Syrup Sausage Patty Whole Wheat Bread Cinnamon Applesauce	BBQ Chicken Oven Fries Zucchini/Squash Cole Slaw Sherbet	Egg Salad Tortellini Salad Carrot Raisin Salad Sweet Pickles Watermelon	Baked Pollock Kiev Baked Sweet Potato Seasoned Spinach Italian Bread Oatmeal Raisin Cookies
8-12 Thru 8-16	Chicken Parmigiana Noodles w/ Sauce Italian Blend Veggies Cucumber Salad Fresh Fruit Cup	Meatloaf w/ Gravy Roasted Potatoes Pickled Beets Brussels Sprouts Ice Cream	Sliced Turkey Breast Bed of Fresh Greens Potato Salad Sweet Pepper Slaw Lemon Mousse	Roast Pork w/ Gravy Mashed Potatoes Apple Sauce Bavarian Red Cabbage Ice Box Cake	Potato Crusted Pollock Sweet Potato Fries Green Beans Grape Juice Brownie
8-19 Thru 8-23	Pepper Steak Oven Browned Potatoes Seasoned Broccoli Orange Juice Chocolate Sundae	Macaroni & Cheese Stewed Tomatoes Seasoned Peas Whole Wheat Bread Jello w/ Topping	SENIOR FUN DAY ALL CENTERS CLOSED	Chicken Alfredo Zucchini/Squash Ambrosia Salad Italian Bread Butterscotch Pudding	Tuna Salad Macaroni Salad Three Bean Salad Sweet Pickles Fresh Watermelon
8-26 Thru 8-30	Swedish Meatballs Egg Noodles Steamed Spinach Cranberry Juice ChocolateChip Cookies	Baked Ham Sweet Potatoes Red Cabbage Apple Sauce Lemon Pudding	Baked Crusted Pollock Rice Pilaf Oriental Blend Veggies Cole Slaw Strawberry Sundae	Chicken & Biscuits Steamed Broccoli Carrot Raisin Salad Rosey Apple Relish Pineapple Tidbits	Turkey Salad Potato Salad Pickled Beets Dinner Roll Vanilla Ice Box Cake
9-2 Thru 9-6	CLOSED LABOR DAY	Meatloaf w/ Gravy Mashed Potatoes Mixed Veggies Waldorf Seasons Salad PeanutButter Cookies	Fish on a Bun Potato Fries Steamed Cauliflower Cole Slaw Apple Crisp	CranOrange Chicken Buttered Noodles String Beans Whole Wheat Bread Fruited Jello	Stuffed Shells Steamed Broccoli Pineapple Juice Italian Bread Sherbet
9-9 Thru 9-13	Spanish Rice Fresh Squash Medley Three Bean Salad Whole Wheat Bread Spiced Peaches	Chicken Ala King Fresh Baked Biscuit Capri Blend Veggies Snow on the Mountain Lime Jello	Pasta Primavera Sliced Carrots Grape Juice Garlic Bread Molasses Cookies	Pot Roast w/ Gravy Mashed Potatoes Peas & Pearl Onions Rosey Apple Relish Coconut Cream Pie	Baked Tuna Casserole String Beans Mixed Garden Salad Whole Wheat Bread Cinnamon Coffee Cake
9-16 Thru 9-20	Chili con Carne Steamed Rice Diced Carrots Corn Bread Pineapple Tidbits	Roast Pork w/ Gravy Mashed Potatoes Butternut Squash Rosey Apple Relish Tapioca Pudding	Macaroni & Cheese Fresh String Beans Stewed Tomatoes Cole Slaw Ice Cream	Scrambled Eggs French Toast Sticks Sausage Patty Orange Juice Applesauce	Arroz con Pollo (SpanishChicken/Rice) Steamed Broccoli Pineapple Juice Chocolate Cake
9-23 Thru 9-27	Shepard's Pie Seasoned Spinach Apple Juice Whole Wheat Bread Ice Cream	Ham w/ Raisin Sauce Baked Sweet Potato Parslied Cauliflower Waldorf All Seasons Peachy Cream Pudding	Swedish Meatballs Egg Noodles Fresh Carrots Tossed Salad Mandarin Oranges	Creole Chicken Oven Roasted Potatoes Steamed Broccoli Pineapple Juice Cinnamon Coffee Cake	Meatloaf w/ Gravy Mashed Potatoes Green Beans Whole Wheat Bread Brownie

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

Evidence based health & falls prevention programs

Tai Chi For Arthritis & Bingocize Available in Delaware County.

By: Terri Tweedie and adapted from The Mayo Clinic, National Council on Aging & Harvard Health Publishing

Balance exercises help you keep your balance and confidence at any age. Balance exercises are especially important for older adults because they can help prevent falls and help them keep their independence. It's a good idea to include balance training along with physical activity and strength training in your regular activity.

Nearly any activity that keeps you on your feet and moving, such as walking, can help you keep good balance. But specific exercises designed to improve your balance are helpful to include in your daily routine and can help improve your stability.

For example, balance on one foot while you're standing for a period at home or when you're out and about.

Stand up from a seated position without using your hands. Try walking in a line, heel to toe, for a short distance. You also can try Tai Chi for Arthritis or Bingocize forms of movement that may improve balance and stability and lower the incidence of falls.

If you have severe balance problems or an orthopedic condition, get your health care professional's OK before doing balance exercises.

Bingocize Health outcomes:

- Improved lower/upper body strength, gait, balance, and range of motion
- Improved aspects of cognition
- Increased social engagement
- Improved knowledge of falls risk reduction and nutrition

Tai Chi - No Pain, Big Gains

Although Tai Chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness - muscle strength, flexibility, balance, and to a lesser degree aerobic conditioning. Here's some of

the evidence:

Muscle Strength. Tai Chi can improve both lower-body strength and upper-body strength. When practiced regularly, Tai Chi can be comparable to resistance training and brisk walking. Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in Tai Chi strengthens your upper body. Tai Chi strengthens both the lower and upper extremities and the core muscles of the back and abdomen.

Flexibility. Tai Chi can boost upper- and lower-body flexibility as well as strength.

Balance. Tai Chi improves balance and can reduce falls. Proprioception - the ability to sense the position of one's body in space - declines with age. Tai Chi helps train this sense, which is a function of sensory neu-

rons in the inner ear and stretch receptors in the muscles and ligaments. Tai Chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that Tai Chi training helps reduce that fear.

Stress Reduction & Brain Health. Tai Chi's meditative aspect can help reduce stress and promote a sense of calm and well-being. It can also improve brain function and cognitive performance. The mindful focus during practice contributes to mental well-being. Its gentle movements and relaxation techniques positively impact mental health.

If interested in Tai Chi for Arthritis or Bingocize please call Terri at Delaware County Office for the Aging, 607-832-5750.

SENIOR ACTIVITIES FOR AUGUST 2024 AND SEPTEMBER 2024

HOLIDAY CLOSINGS: Wednesday 9/2/24 for Labor Day. All Centers will be closed Thursday 8/1/24 for In-Service Training; and Wednesday 8/21/24 for Delaware County Senior Fun Day.

POTENTIAL EVENING MEALS: Potential evening meals would be on the 3rd Thursday of the month. Please check with your meal site to confirm a mealtime.

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: MORGAN BEERS.

NOTE: Suggested contribution for all regular meals is \$3.00 for seniors and \$4.00 for non-seniors. Contributions for all evening meals is \$5.00 seniors and \$6.00 non-seniors. Those with incomes above the 185% of poverty are asked to contribute the full cost of the meal (\$7.38). 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 SHCEDULE

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

<p>July 2024 topic will be "Loan closets/ Durable Medical Equipment"</p> <ul style="list-style-type: none"> • Delhi Dining Center on 7/9/24 • Deposit Dining Center on 7/18/24 • Grand Gorge Dining Center on 7/10/24 • Hancock Dining Center on 7/9/24 • Margaretville Dining Center on 7/17/24 • Sidney Dining Center on 7/11/24 • Walton Dining Center on 7/16/24 	<p>August 2024 topic will be "Emergency/Disaster Preparedness, Yellow Dot Prog."</p> <ul style="list-style-type: none"> • Delhi Dining Center on 8/13/24 • Deposit Dining Center on 8/15/24 • Grand Gorge Dining Center on 8/14/24 • Sidney Dining Center on 8/8/24 • Margaretville Dining Center on 8/28/24 • Hancock Dining Center on 8/13/24 • Walton Dining Center on 8/20/24
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Nutritional Workshops Available in your Community

New! Ten 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

Reservations Appreciated

Arkville:
Catskill Recreation Center
651 Cty. Hwy 38
Wednesdays, 12:30PM
July 24, 31 & August 7, 14

Franklin:
American Legion Hall
327 Main St.
Tuesdays, 1PM
September 3, 10, 17, 24

Mediterranean Salad

Servings: 4

Ingredients:

- 1 cup whole wheat pasta
- 1 cup cooked chicken, cut in cubes
- 1 cup cherry tomatoes, washed and cut in half
- 1 small zucchini, washed and chopped
- ½ cup black olives, pitted and cut in half
- 2 tablespoons lemon juice
- ¼ cup vegetable oil
- 2 cups lettuce, washed and chopped
- ¼ cup crumbled feta or shredded mozzarella cheese
- Pepper

Directions:

1. Cook pasta in 2 quarts of boiling water, rinse and drain.
2. Combine pasta with chicken and vegetables (except the lettuce) and toss with the lemon juice and oil.
3. Add lettuce and mix just before serving.

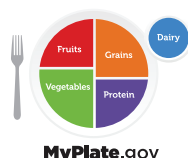
Suggestion: Chopped hard boiled eggs, cheese or other cooked meat can be substituted for chicken.

Delaware County Office for the Aging

Call the SNAP-Ed Coordinator at
607-832-5750

DelCoEatHealthy@gmail.com

Call us to Plan a Workshop Near You!



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

Are you new to medicare?

By: Victoria Ladlee, Aging Services Representative

Medicare Basics

Medicare is the federal health insurance program for:

- People who are 65 or older
- Certain younger people with disabilities
- People with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant, sometimes called ESRD.)

When you first sign up for Medicare and during certain times of the year, you can choose how you get your Medicare coverage. There are two main ways to get Medicare:

Original Medicare

- Original Medicare includes Medicare Part A (Hospital Insurance) and Part B (Medical Insurance).
- You can join a separate Medicare drug plan to get Medicare drug coverage (Part D).
- You can use any doctor or hospi-

tal that takes Medicare, anywhere in the U.S.

- To help pay your out-of-pocket costs in Original Medicare (like your 20% coinsurance), you can also shop for and buy supplemental coverage.

Medicare Advantage Plan (Part C)

- Medicare Advantage is a Medicare-approved plan from a private company that offers an alternative to Original Medicare for your health and drug coverage. These "bundled" plans include Part A, Part B, and usually Part D.
- In most cases, you'll need to use doctors who are in the plan's network.
- Plans may have lower out-of-pocket costs than Original Medicare.
- Plans may offer some extra benefits that Original Medicare doesn't cover—like vision, hearing, and dental services.

For more information call Victoria Ladlee, the Delaware County Office for the Aging HIICAP Coordinator at 607-832-5750.

Genetic testing fraud

Taken from: SMP Resource Center

One of the biggest scams targeting Medicare beneficiaries in the last decade has been the genetic testing scam. Recently, the Senior Medicare Patrol (SMP) has seen an increase in genetic testing complaints. Across the nation, genetic testing company representatives are offering "free" genetic tests, also referred to as DNA screenings, cancer screenings, and hereditary testing, in exchange for beneficiaries' Medicare numbers.

Beneficiaries are getting calls about genetic tests claiming that the results will help them avoid or detect diseases like cancer and Alzheimer's.

According to the SMP Resource Center, scammers can steal people's medical identity and falsely bill Medi-

care (around \$10,000 a claim), draining the Medicare program.

Protect yourself and your personal information by doing the following:

- If you receive a genetic testing kit in the mail, don't accept it unless it was ordered by your physician.
- Be suspicious of those who offer you "free" genetic testing, then ask for your health insurance information.
- Always read your Medicare statements. The words "gene analysis" or "molecular pathology" as service codes may indicate questionable genetic testing.

If you are contacted by anyone who offers these tests, report it to the NYS Senior Medicare Patrol. **Call the NYS SMP Helpline at 800-333-4374.**

Save the Date

September 15, 2024

Delaware County Office for the Aging and NY Connect's 2nd Annual Harvest Ball

More information to be announced at a later date.

