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Celebrating Senior Citizen Service



Courtesy of The Reporter

Lynn Hoover and Elfie Anschlowar facilitate a weekly senior citizen gathering at the United Presbyterian Church in Walton.

By Lillian Browne

WALTON - Two women who exemplify the spirit of community through their dedication to volunteerism, Lynn Hoover and Elfie Anschlowar, have been named Delaware County's Senior Citizens of the Year for 2024 by the Delaware County Senior Council. They are both longtime volunteers at Our Place, a senior citizen "program" that meets in the basement of the United Presbyterian Church in Walton on Wednesdays. The recognition celebrates their impact on their community and their embodiment of what it means to be a senior citizen volunteer in Delaware County.

The annual award is given to a Delaware County resident aged 60 or older who stands out in the community for ongoing devotion of time and talent in a variety of areas.

They were nominated for the annual award by Karen "Kit" Marshfield, treasurer of the Delaware County Senior Council. Marshfield was the original facilitator of Our Place, which began as a funded program, that included featured speakers, scheduled activities and field trips. When funding was discontinued, the program was reimagined as it runs today - with self-directed activities and games

and coffee, tea and conversation. The program is much less formal but continues to combat isolation and forge friendships.

Hoover and Anschlowar did not have to continue the program on a volunteer basis, but they chose to which allows others to have the connection and comradery that is so needed in that demographic, Marshfield continued.

"Their hearts are just so good," Marshfield said. "They are just so dedicated. I admire them greatly. I think they are amazing."

Lynn Hoover: A Legacy of Care

Lynn Hoover's Walton journey began in 1977 when she moved to the area and started a 25-year career as a kindergarten teacher. Her path to volunteering was paved by personal experience modeled for her by her mother and other adults. While caring for a neighbor who had no family, Hoover sought respite care through the Office for the Aging, connecting with former staff member Karen "Kit" Marshfield, who introduced Hoover to Our Place.

"I grew up doing all of this stuff [volunteering] in my church and in

See "CELEBRATING SENIOR" page 4

Maxwell Named Outstanding Contributor Of The Year

By: Wayne Shepard, Director for OFA

The staff of the Delaware County Office for the Aging are pleased to announce that Arthur "Art" Maxwell of Delhi has been selected for the "Outstanding Contribution by a Senior Citizen" award. This award has been given annually since 1983 and recognizes a Delaware County senior citizen who has been active in improving the quality of life for the county's older adult residents.

Art was born in 1942 in Delhi at the old Delhi Hospital located on Franklin Street to the late Arthur and Constance "Connie" Maxwell of Delhi. Art has three siblings, Marily McGawn of Indiana, Patricia Linehan of Syracuse, and Russell Maxwell of Delhi. His mom was a kindergarten teacher at Delaware Academy and his dad owned and operated the Maxwell Dairy Farm located on Route 28 in the Town of Delhi until he retired from farming and went to work at SUNY Delhi.

Art attended Delaware Academy Central School where he graduated in 1960. While in high school Art enjoyed playing football and being a member of FFA (Future Farmers of America).

Upon graduating from high school, he attended SUNY Delhi where he majored in Animal Husbandry and graduated from the program in 1971. In 1966, Art started working at the College Farm where he would be responsible for the operation of the farm which included milking the cows twice a day, haying, and maintenance of the farm equipment, etc. In between milking, Art would drive school bus for Delaware Academy. Upon retiring from SUNY Delhi in 1991 and later retiring from Delaware Academy as a school bus driver, Art decided to continue his journey behind the wheel and accepted a position with Eastern Travel for close to 20 years. Art stated, "In driving for Eastern Travel, I was able to see parts of the country that I would otherwise never have seen."



Arthur "Art" Maxwell

While attending the United Ministry he met his wife, Renee. They were married in 1977. They celebrated their 47th anniversary this past August. Art has two daughters: Susan (Tom) Little of Andes where she taught kindergarten and Margaret Maxwell of Syracuse where she is a Registered Nurse at the VA Hospital. Art also has three stepchildren: David (Lori) Wyman of Fayetteville, Heather (Damon) Wilson of Stafford, Virginia and Leanne (Terrance) Legg of Hamden. He has two grandchildren: Jason (Gillian) Little and Kelsey (Dylan) Cole; and seven step grandchildren Daniel Wayman, Andrew Wayman, Shawn Wayman, Alex Legg, Emily Legg, Kyle Wilson, and Maya Wilson. One great grandchild, Johana Little.

He began volunteering with Office for the Aging in 2018 as a volunteer driver for the Non-Emergency Medical Transportation program. Art has a long history of volunteer work in the community. He is an active member of the Delhi First Presbyterian Church, served as the Delhi Mayor from 1988 to 1992. He is an active member over 55 years with the Masonic Lodge. In the early 1970's he was a volunteer member for over 13 years with the Delhi Emergency Ambulance service.

It takes a special person to give so

See "MAXWELL NAMED" page 2

Office For The Aging To Hold Public Hearing

On Monday, October 21st, the Delaware County Office for the Aging will be conducting its annual public hearing. The event will take place at the Hamden Town Hall, 20 Covert Hollow Road, Hamden, and will begin at 9:00am. Light pastries and beverages will be provided. At the annual public hearing, staff members from the Delaware County Office for the Aging and Delaware Opportunities will discuss their service plans for seniors in the year 2025 and encourage input from the seniors regarding future planning. The hearing will be open to seniors, community leaders and the public.

If you are unable to attend but would like to comment on services that the Delaware County Office for the Aging provides or services we are lacking, please send all comments to Delaware County Office for the Aging, 97 Main St., Suite #2, Delhi, NY 13753.

The Delaware County Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging with additional funding from the New York State Office for the Aging, Delaware County Government, and contributions from participants and local charitable organizations.

Tai Chi For Arthritis & Bingocize – Upcoming Classes

Both of these classes are Evidenced Based Fall Prevention Programs.

• **Tai Chi** in Franklin at the American Legion, 9/3/24-11/7/24, Tuesdays & Thursdays 2-3pm.

• **Tai Chi** in Walton at the First Baptist Church, 9/17/24- 11/21/24, Tuesdays & Thursdays 10-11am.

• **Tai Chi** in Sidney at the Tri County Senior Center, 10/8/24-12/19/24, no class 11/28 (make-up class built into series), Tuesday & Thursday

11am-12pm.

• **Bingocize** at the Meridale Church OR Delhi Senior Dining Center, 9/17-11/26/24, Tuesdays & Thursdays 10-11am OR 10:30-11:30am.

If you are interested in bringing Tai Chi or Bingocize to your community and believe there may be 15 people (ages 50+) who want to consider participating, feel free to contact Terri Tweedie at Delaware County Office for the Aging 607-832-5750.

News From The Director

By: Wayne Shepard

Are you prepared should a disaster strike? Lately, no matter when you turn on the television to listen to local, world news, or even the weather channel, you continually hear how the weather pattern over the years has changed. This past spring and summer alone it seemed almost every day there have been warnings across the country for tornados, flooding, high winds, and wildfires taking place out west. As I'm writing this article, we have flood warnings for Delaware County and upstate New York related to the remnants of Hurricane Debby. You think living in New York State you are safe from tornados and flooding. Not so, as there have been 16 twisters reported in New York in the month of July. New York sees on average nine tornados a year. The most recent tornado hit a small upstate city. It tore off rooftops, leveled brick buildings and toppled the steeples of historic churches. The good news is that no one was killed, but the twister left a pile of debris strewn through this community and damaged close to 400 homes.

Are you prepared should a disaster occur in your area? Here are a few tips and suggestions that you should consider taking when preparing in advance for a disaster.

Make Your Own Contact Lists

- List phone numbers for ambulance, poison control center, doctors, pharmacy, weather stations, school and bus companies, and workplaces and keep in plain sight.
- Add these emergency numbers to your cell phone, too.
- Keep a contact list of family and friends in your children's backpacks,

your wallet and at work. Explain to your children when to use the contact list.

- Remember to update the contact list at least once a year or when any changes occur.

Make Your Own Family Emergency Plan

Use a recycled binder to keep your materials together. What you should include:

- A plan to get out of the house fast.
 - A place to meet if your family is split up.
 - A phone contact list.
 - Emergency plans for school, work, and home.
 - Copies of ID cards, credit card numbers, extra set of house and car keys, insurance policies, current family photos, and some cash.
 - Copies of your health insurance and Medicare Benefits card.
 - Keep all important documents in a waterproof container.
 - A list of everyone's medications, medical histories, allergies, blood type, and immunization records.
 - Pet boarding information, photos, and copies of vet records. Emergency shelters may not allow pets. Plan ahead of time where you could leave your pet if needed.
 - People with disabilities may take their service animals to a shelter. Take pet food, pet toys and vet records.
 - If you take medications or use medical treatment daily, make sure to have on hand at least one week's worth.
- Keep backpacks ready to go**
- Pack clothing for each family member, high energy foods (peanut butter,

crackers, granola bars, trail mix, nuts, and seeds), flashlights, and first aid kit.

- Make a kit for work.

Make Your Own Car Kit

• Pack walking shoes, a warm jacket, blankets, a flashlight and extra batteries, a battery-operated radio, a first aid kit, list of personal medical information and emergency contacts, and boiled/bottled water.

Buy Extra Food and Items

- Stock essentials like powdered milk, high energy foods, canned meats, soups, pasta, and other family favorites. Consider adding flashlights, radios and extra batteries, disposable diapers, baby food and formula, paper products, a manual can opener, bleach, and plastic bags.
- Three-day supply of food per person.
- Water, one gallon of water per person per day for at least three days. Remember if you have a pet, you will need additional water for your pet.
- Buy in bulk and split costs with another family.
- Use coupons and watch for sales.
- Buy a little at a time if you can. Store in a dry, dark place, such as a closet.
- Rotate items and check for expiration dates, such as batteries and bottled water.

Stay connected

- Connect with family and friends through your cell phone or land line. Stay connected with loved ones during uncertain times is comforting.



Wayne Shepard, Director

- Weather news and emergency advice can change rapidly and without warning. Check for updates.
- Get emergency news by registering for NY Alert at www.nyalert.gov.
- You can receive alerts through your phone, computer, or text messages (remember the text messages are charged to your mobile account).

I hope that you never have to use these safety tips – but if a storm occurs, be sure that you are able to weather the storm safely. I would encourage every reader to consider signing up for NY-ALERT or an app from your local weather station if you have not already done so. It is free and allows the subscriber to be informed of pending events, such as warnings of severe weather, tornados, snowstorms, wildfires, and etc. To register, go to the NY-ALERT website at www.nyalert.gov.

“Maxwell Named” ...continued from page 1

much of their time to help others, to be so compassionate and enjoy working with others. Art Maxwell can easily be counted as one of these special people. He makes the seniors he helps feel comfortable and really gets to know them personally. An example, one client that he transports told him that he is glad to have a male driver “Because we can talk fishing, hunting, golfing, and stuff like that.”

Art has demonstrated a commitment to serving others, often going above and beyond the call of duty.

Lastly, Art's advice for volunteering is, “Volunteering is rewarding. When volunteering it keeps you busy, healthy, keeps you going, and you get to meet a lot of wonderful people.”

“If there is one requirement, you must like people, and you must be easygoing. I feel that I can deal with most situations.” “When volunteering those you are serving appreciate your service that you provide very much.”

Art stated, “There is no pressure in his volunteer work, only the joy of staying active and making a difference in someone's life.” “I will keep volunteering as a NEMT driver as long as I'm able to keep my wheels turning. I have no intentions of slowing down.”

The staff members of the Delaware County Office for the Aging are proud to be able to recognize Arthur “Art” Maxwell for this year's Outstanding Contributor.

The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

DELAWARE COUNTY OFFICE FOR THE AGING

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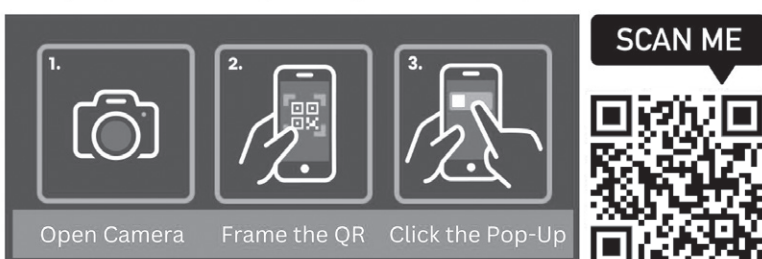
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OFA Bus Schedule Changes/Additions For September-November 2024

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.

CHANGED/MOVED TRIPS

- Wednesday, October 9th Norwich trip **Now Going to** Woodstock
- Friday, October 25th Norwich trip **Now Going to** Woodstock
- Thursday, November 28th trip to Kingston **Moved to** Tuesday, November 26th

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

- **Destination:** Bainbridge – Frog Pond/Pine Ridge Store; **Dates:** Sept. 9, Oct. 15
- **Destination:** Fly Creek/Cooperstown; **Date:** Oct. 1

BUS PICKUP ROUTE (Thursday's Route): Bovina (8:15), Andes (8:20), Margaretville (8:40), Arkville (8:45), (Fleischmanns), Roxbury (9:05), GG (9:15), Stamford (9:30), Harpersfield (9:40), Davenport (9:50).

- **Destination:** Cobleskill/Carrot Barn; **Dates:** Sept. 23, Oct. 21, Nov. 18
- **Destination:** Fly Creek/Cooperstown; **Date:** Oct. 7

BUS PICKUP ROUTE (Friday's Route): Hamden (8:15), Walton (8:30), Sidney (9:30), Franklin (9:45).

- **Destination:** Bainbridge – Frog Pond/Pine Ridge Store; **Dates:** Sept. 24, Oct. 29
- **Destination:** Fly Creek/Cooperstown; **Date:** Oct. 8

BUS PICKUP ROUTE (Wednesday/Friday combined route): Delhi (8:05), Walton (8:30), Downsville (8:55), East Branch (9:10), Fishs Eddy (9:15), Hancock (9:20), Deposit (9:40), Masonville (10:05), Sidney (10:10).

- **Destination:** Albany; **Date:** Nov. 5
- **Destination:** Bainbridge – Frog Pond/Pine Ridge Store; **Date:** Nov. 12

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.

Andes Senior Club

By: Peg Hilson

On June 18th, the Andes Senior Club and Bovina Seniors met at Van Winkle Putt-Putt golf in Bovina for a lovely outing. Several of us actually tried the challenging course, although no scores were recorded! Thank you to our hosts, Brooke and Scott. The putt-putt course is a work of art that must be seen to appreciate. Lunch was prepared by our neighbor Gary Simmons. Our neighboring senior clubs will be planning more joint events!



HELP US HELP OTHERS!

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

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“Celebrating Senior” ...continued from page 1

Girl Scouts,” Hoover said. “Volunteering has always been a part of my life.”

After her neighbor died, Hoover found purpose in volunteering at Our Place. Her dedication is driven by a deep sense of fulfillment from seeing people come together and support one another. She recalls a poignant moment with a friend, who on her deathbed urged Hoover to “continue to build your circle” and be inclusive. The advice has remained a guiding principle in her volunteer work.

Elfie Anshlowar: A Journey Across Continents

Elfie Anshlowar’s story begins far from Walton, in Yugoslavia and Slovenia, before her family immigrated to the United States in 1952. Settling in Queens, Anshlowar quickly immersed herself in community activities, joining the PTA (parent teacher association) and volunteering at her local Catholic church after marriage and starting a family. She came to Delaware County in the 1970s when her family purchased property in Hamden.

“Volunteering gives me a sense of accomplishment and purpose,” Anshlowar said. “It’s about giving back

to the community and building relationships.”

Anshlowar’s involvement extends beyond Our Place. She is a Legacy Corps program volunteer through the Office for the Aging, providing respite care and support to those in need. Her faith plays a significant role in her volunteerism, guiding her to help others without seeking recognition.

The Senior Experience in Delaware County

For both Hoover and Anshlowar, being seniors in Delaware County means more than just reaching a certain age. It’s about community, support, and purpose. They emphasize the importance of social connections and the role of programs like Our Place in combating isolation.

“Being with others and doing things together gives us community connection,” Hoover said. “It’s a supportive social network.”

Hoover said she felt others are also deserving of the annual recognition. “I am humbled,” she said of the award.

Those that attend the Wednesday program pay special attention to attendance and will check up on their peers, which can make them feel

cared for and included.

Anshlowar echoes the sentiment, fulfilled by her volunteer work. “It was a real surprise to be appointed.”

Both women are faithful and involved in their church communities. Both also find that there is a thriving senior community in the Walton area, with plenty of activities and opportunities for connection and engagement.

A Celebration of Service

The two will be honored in a special celebration recognizing their contributions to the community by the Office for the Aging in September. The recognition not only celebrates their individual achievements but also highlights the vital role of seniors and senior volunteers in Delaware County.

Hoover and Anshlowar are emblematic of the power of unity and service. Their dedication, compassion, and commitment to building a better community is evident in their daily activities including their volunteerism.

Their lives are a masterclass in the art of giving, proving age is no barrier to making a lasting impact.

For a list of senior meeting places and programs throughout Delaware County call Delaware County Office for the Aging at 607-832-5750.

For previous reporting on Our Place: www.the-reporter.net/stories/gamers-unite-walton-seniors-meet-weekly-at-our-place,143350

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Creative Aging With The Altered Book Art Project



Altered book with collage, watercolor, cutout and foldout pages.

By: Susan Sainsbury, OFA EISEP Case Manager, Mixed Media Artist

The Delaware County Office for the Aging is launching a countywide creative aging program beginning with a 4-week (1x a week for 2 hours) altered book art project that will explore the theme “Memories, Dreams, Reflections.” The workshop is an opportunity to have fun, socialize and explore the creative process using various materials and techniques. All materials and supplies are included. The class-

es are perfect for beginners and experience makers, as well as for people with limited dexterity and other physical disabilities.

What’s an altered book? An altered book is a mixed media art form that changes an old discarded book into a different form by altering its appearance and/or meaning. The process of altering can involve cutting, painting, pasting, folding, stitching, stamping, collaging, and much more! Each altered book becomes a unique work of art with a new story to tell.

Why the focus on the arts? In 2001, The National Endowment for the Arts and the Center on Aging, Health, and Humanities at George Washington University studied seniors in art programs for two years. The study followed 300 older adults between 65 and 103 years old. Half the seniors took weekly art classes, while the other half served as a control group. Over the study period, people in the art classes: visited the doctor less often, needed fewer medications, improved their mental and physical health, participated in more community activities and had wider social circles. Mastering new creative skills in a social setting helped reduce cognitive decline and social isolation and loneliness. Also, after taking a class older adults were more inclined to try other new things following their initial artistic success.

If you’re interested in having the Altered Book Art Project Workshop in your area please contact: **Susan Sainsbury at 607-832-5750** or email susan.sainsbury@co.delaware.ny.us Once we have a group of five or more; OFA will secure dates, time, event space and post to the public.

Also, be sure to tell us your ideas and suggestions for future creative aging classes!

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Celebrating 50 Years Of Service At The Ninth Annual Senior Health And Fun Day

By: Jessica Vecchione, Vecc Videography

At the 9th Annual Delaware County Senior Health and Fun Day, held on 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.

Senator Peter Oberacker praised the milestone, saying, "Today, we honor an extraordinary 50 years of service by the Delaware County Office for the Aging. Wayne and his team have gone above and beyond to ensure our seniors are cared for and connected. This day is not just about recognition—it's about celebrating the lives that have been enriched by the programs and services offered over the years. It's an honor to be here and to celebrate this legacy with all of you."

Congressman Chris Tague emphasized the importance of this event, saying, "Just look at the amount of folks here today. In our rural areas, it's vital for our seniors to get out, especially after the isolation many faced during Covid. Wayne has done an incredible job making this possible, offering services, a nice lunch, bingo, and other activities. It's a great day for our rural communities to honor our senior citizens and for them to simply enjoy."

John Cochran from the New York State Office for the Aging highlighted the broader impact of such gatherings: "Events like these are significant not just for those who attend but for the public to better understand and appreciate the amazing contributions older people make every day to their communities. Older adults are the foundation and bedrock of many communities, representing both economic and social capital. We are delighted to be part of this celebration



From left to right Chris Tague, Peter Oberacker, Wayne Shepard, John Cochran

recognizing their vital roles."

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 commit-

ment 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!

O' Connor Hospital Provides \$20,000 In Funding, Supporting Fresh Produce Deliveries To Seniors

By: Gabrielle Argo, Director of Public Relations

O'Connor Hospital, an affiliate of Bassett Healthcare Network, has provided \$20,000 in funding to Delaware County Office for the Aging to support a pilot program to deliver fresh local produce to older adults.

In cooperation with Schoharie Valley Farms, Delaware County Office for the Aging and New York Connects – with funding from Supplemental Nutrition Assistance Program-Education (SNAP-Ed) New York – is assembling boxes of fresh produce to deliver to local seniors in need. O'Connor Hospital's leadership and clinicians, together with Bassett Healthcare Network's Population Health Department, have been a key part of the project, offering community needs assessment data and outreach support, in addition to funding.

"Access to nutritious food is healthcare," says Peter J. Hamilton, Chair of O'Connor Hospital's Board of Trustees. "With an estimated 18% of adults across Delaware County experiencing food insecurity, it is our responsibility as the trusted healthcare provider in our communities to connect area residents with the resources they need to stay healthy."

Delaware County Office for the Aging surveyed potential recipients by doing outreach to residents who regularly use Delaware Opportunities Dining Centers (either through home-delivered meals or at congregate meal sites). More than 200 residents expressed interest in receiving produce boxes. Funding has supported the allocation of 167 boxes so far, which are being distributed among dining centers. Volunteers at regional dining centers are delivering boxes to community members' homes.

"Hunger is often silent," says Diane Cusworth, RN, BSN, MSHA, Director of Community Health, Strategy, and

Population Health at Bassett Healthcare Network. "By coordinating resources among local farms, healthcare services, and other agencies, we can bring interventions to our communities that are sustainable and successful. Our goal is to make this program part of the fabric of our region every year, making a difference in the health and lives of potentially hundreds of families. As we codify our assessment tools and processes, this program could be replicated in many other regions."

Delaware County Office for the Aging and NY Connects will continue produce box deliveries through the fall. Schoharie Valley Farms, O'Connor Hospital and Bassett Healthcare Network, Delaware Opportunities Dining Centers, SNAP-Ed New York, and other organizations will continue to collaborate with hopes of expanding the program next spring.

"This is truly a community effort," says Susan Hammerslag, Coordinator of SNAP-Ed at Delaware County Office for the Aging. "It's amazing to see so many people come together to make this vision a reality. Our wonderful farmer, Ethan Ball of Schoharie Valley Farms, is selecting a variety of produce for deliveries. In the first couple of weeks, we delivered sweet corn, potatoes, yellow squash, zucchini, cucumbers, broccoli, tomatoes, garlic scapes, and kohlrabi. We are so grateful to O'Connor Hospital and the greater Bassett Healthcare Network for their support. I would also like to extend a special thank you to Delaware Opportunities Dining Centers for their assistance connecting our seniors with food – including getting boxes delivered to the last mile."

Learn more about the program and how to get involved by calling 607-832-5747 or emailing DelCoEatHealthy@gmail.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

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

Hancock:
Presbyterian Church
217 W. Main St.
Hancock, NY
Wednesday,
1PM
Sept. 25



Baked Apples

Servings: 4

INGREDIENTS

- 4 apples
- ½ cup raisins, dates, or mixed dried fruits
- 2 Tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ½ cup water or apple juice
- Nonstick spray

DIRECTIONS

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. Spray baking pan with nonstick spray.
4. Wash, dry, and core apples, leaving them whole. Slice bottoms to sit level.
5. Combine dried fruits, brown sugar, cinnamon, and nutmeg. Spoon into centers of apples. Pour apple juice or water into the baking pan.
6. Bake at 350°F for 30-40 minutes or until apples are tender, basting occasionally with the water or juice.
7. Serve warm with low-fat vanilla yogurt, regular or frozen.

Delaware County Office for the Aging

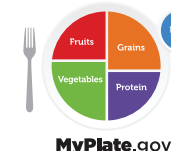
Call the SNAP-Ed Coordinator at

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.

Giving Nursing Home Residents A Voice



Office of the State Long Term Care Ombudsman

By: Dani LaBare, Senior Long Term Care Ombudsman Program Coordinator

Long-Term Care Ombudsmen (LT-COP) are advocates for residents of nursing homes, adult care facilities and family type homes. Ombudsmen provide information and assistance to long-term care residents and their families in an effort to attain quality care. They are specifically trained to investigate complaints and resolve problems. Under the Federal Older Americans Act, every state is required to have an Ombudsman Program that addresses complaints and advocates for improvements in the long-term care system.

Action for Older Persons in Endicott, NY sponsors the regional Long-Term Care Ombudsman Program in this local area. This locally based program provides Ombudsman services to approximately 46 fa-

cilities and approximately 3,773 residents who reside in these facilities in Broome, Chenango, Delaware, and Tioga Counties.

Ombudsmen provide a “regular presence” in facilities and because of this, are able to get to know residents, their needs, and those things that make a difference in their everyday lives. Ombudsmen are another set of eyes in facilities. For those residents without any family or loved ones, ombudsmen may be their only socialization from outside the facility and the only advocate they can truly count on. The Ombudsman becomes a “voice for the voiceless” and a lifeline for those who need assistance when they feel like they have nobody to turn to.

LTCOP Volunteers bring compassion and understanding to the residents of Long-Term Care in our community. They serve our community not because they have the time, but because they have the “heart.” If you are interested in becoming a “voice for the voiceless” contact Danielle LaBare at Action for Older Persons, (607)722-1251, or dlabare@actionforolderpersons.org for more information.

Protecting Our Elders: Annual Flu Vaccine Crucial For Seniors

By: Melissa Ackerly, MSN, RN

As the flu season approaches, public health officials are urging senior citizens to get their annual flu vaccine. Preventing the flu or minimizing the illness is well worth an annual vaccine. Vaccination is the best defense we have against the influenza virus. The flu vaccine not only helps prevent the spread of the virus, but also protects against other common flu strains, reducing the overall incidence of illness among this vulnerable population.

Dr. Lisa Thompson, a public health expert, emphasizes, “Senior citizens are particularly susceptible to the flu due to age-related weakening of the immune system. The flu vaccine is an essential safeguard.” Seniors are at a higher risk for severe complications of the flu, including hospitalization and

even death.

The flu vaccine is readily available with your healthcare provider or local pharmacies. Health officials recommend that all senior citizens, especially those with coexisting medical conditions, get vaccinated as soon as possible. Protecting our elders and ensuring the health of our community is a priority this flu season.

Help protect yourself and those around you – Get Vaccinated! Ask your healthcare provider for all of your vaccines to be entered into the New York State Immunization Information System (NYSIIS)!

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.

SENIOR ACTIVITIES FOR OCTOBER 2024 AND NOVEMBER 2024

HOLIDAY CLOSINGS: Monday 10/14/24 for Columbus Day, Monday 11/11/24 for Veterans Day, Thursday 11/28/24 and Friday 11/29/24 for the Thanksgiving Holiday.

POTENTIAL EVENING MEALS: The last potential evening meal for 2024 will be Thursday 11/17/24.

Please check with your meal site to confirm a meal time.

THANKSGIVING DINNER WILL BE SERVED AT ALL MEAL SITES ON FRIDAY 11/22/24 AT 11:30 am.

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 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 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

September 2024 topic will be “Fall Prevention featuring Bingocize & Tai Chi for Arthritis”

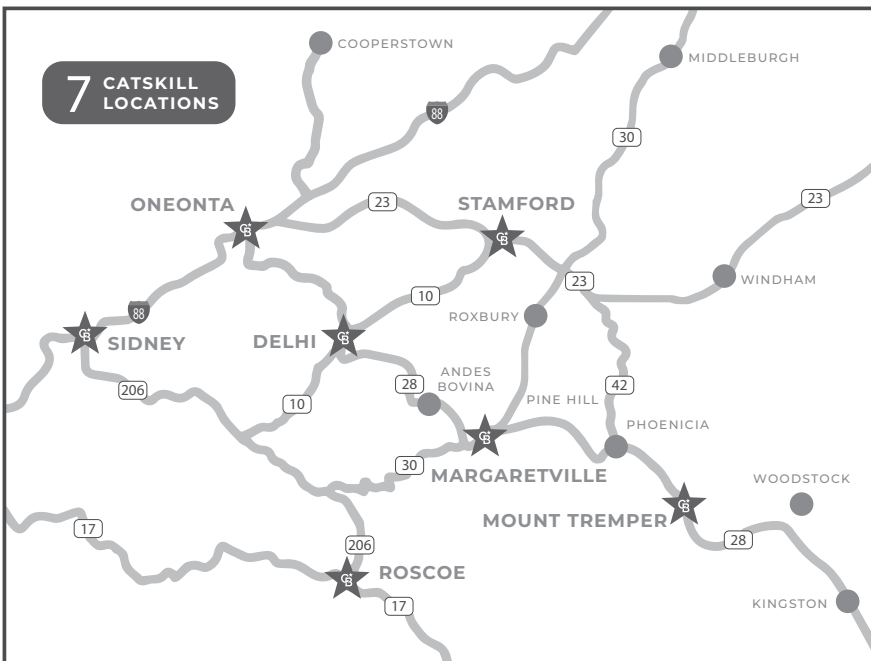
- Delhi Dining Center on 9/10/24
- Deposit Dining Center on 9/19/24
- Grand Gorge Dining Center on 9/11/24
- Hancock Dining Center on 9/10/24
- Margaretville Dining Center on 9/18/24
- Sidney Dining Center on 9/12/24
- Walton Dining Center on 9/17/24

October 2024 topic will be “Guest Speaker Ann Thayer from the Alzheimer’s Association”

- Delhi Dining Center on 10/8/24
- Deposit Dining Center on 10/17/24
- Grand Gorge Dining Center on 10/16/24
- Sidney Dining Center on 10/10/24
- Margaretville Dining Center on 10/23/24
- Hancock Dining Center on 10/8/24
- Walton Dining Center on 10/15/24

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Medicare Open Enrollment 2024

By: Victoria Ladlee, ASR, HIICAP Coordinator; Article Adapted from Medicare Resources and CMS

Medicare open enrollment runs from **October 15 through December 7** each year. This enrollment period is also known as the Annual Enrollment Period.

During this annual window, Medicare plan enrollees can reevaluate their coverage, whether it's Original Medicare with supplemental drug coverage, or Medicare Advantage – and make changes or purchase new policies if they want to do so. Changes made during this time will go into effect **January 1st, 2025**.

During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (you must be enrolled in both Medicare Part A and Part B).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap Plan).
- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you didn't enroll when you were first eligible for Medicare. If you haven't maintained other creditable coverage, a late-enrollment penalty may apply.

How do people know if they need

to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plan will meet their needs for next year and it's still being offered, they don't need to do anything. People who choose not to change their plan will be auto renewed and will remain in their current plan.

- Information for next year's plans will be available beginning in October.
- If a plan has been discontinued

the enrollee will receive a notice in the mail.

Please Note:

If you did not enroll in Medicare when you were first eligible, you cannot use the fall open enrollment period to sign up. Instead, you'll use the Medicare General Enrollment period, which runs from January 1 to March 31.

Reviewing Your Plan:

If you want to review your current plan or make changes to your plan, please contact Office for the Aging to schedule an appointment. Call 607-832-5750 and ask to speak to a Medicare Counselor or call Medicare at 1-800-633-4227.

GriefShare Program Offered To The Local Community

By: Pastor Bob Wilson

Community members who have experienced the death of a family member or friend are invited to register for the GriefShare program held at Immanuel Lutheran Church, 565 Andes Rd., Delhi, NY.

This nondenominational program features Christ-centered, biblical teaching that focuses on grief topics associated with the death of a loved one. The DVD seminar features na-

tionally respected grief experts and real-life stories of people, followed by small group discussion and sharing.

Many grieving people find they are only beginning the work of healing when friends or family have returned to their daily life routines. Past participants have related how helpful the information and follow-up discussions were to them. Your bereavement experience may be recent or not so recent. But either way, you will find encouragement, comfort, and

help in grieving the death of a spouse, child, parent, sibling, other family member, or friend. No matter what the cause of your loved one's death, this is an opportunity to be around people who understand what you are feeling. You will learn how to recognize the symptoms of being stuck in grief, and you will learn valuable information about facing your new normal in life and renewing your hope for the future. Grief-related books/materials are made available free of

charge at our first meeting.

GriefShare will be held at Immanuel Lutheran Church, 565 Andes Rd, Delhi (across from O'Connor Hospital), on Wednesdays from September 18 to December 11, 1:00-3:00 PM. To register or for questions, call or text (607) 233-4765. You may also check out our website, immanuel-delhi.org, or email delawarepastor@gmail.com. There is no charge to participate.

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
9-30 Thru 10-4	Country Fried Steak Baked Potato Peas & Carrots Cran-Apple Juice Ice Cream	Orange Pork Steamed Brown Rice Zucchini/Squash Fruit Salad Butterscotch Pudding	Chicken Alfredo Diced Beets Christmas Salad Italian Bread Peach UpsideDown Cake	Ravioli & Sausage Sautéed String Beans Tossed Salad Italian Bread Fruit Cocktail	Crab Topped Tilapia Roasted Potatoes Steamed Broccoli Cucumber Salad Pineapple Tidbits
10-7 Thru 10-11	Turkey Divan Baked Sweet Potatoes Steamed Cauliflower Whole Wheat Bread Lemon Pudding	Spanish Rice Seasoned Corn Three Bean Salad Whole Wheat Bread Peachy Cream Pudding	Chicken Pot Pie Steamed Broccoli Applesauce Whole Wheat Bread Fruited Jello	Round House Chicken Egg Noodles Brussel Sprouts Snow on the Mountain Vanilla Ice Cream	Potato Crusted Pollock Roasted Potatoes Mixed Vegetables Cole Slaw Chocolate Cake
10-14 Thru 10-18	CLOSED COLUMBUS DAY	Ham Steak w/Pineapples Scalloped Potatoes Sliced Carrots Three Bean Salad Blondie Cookie Bar	Pot Roast w/Gravy Mashed Potatoes Capri Blend Veggies Italian Bread Cranberry Crisp	Roast Turkey w/Gravy Mashed Potatoes Green Beans Cranberry Sauce Pumpkin Mousse	Chili Con Carne Steamed Brown Rice Mixed Vegetables Corn Bread Fruited Jello
10-21 Thru 10-25	Roast Pork w/Gravy Baked Potato Butternut Squash Applesauce Oatmeal Raisin Cookies	Irish Beef Stew Buttermilk Biscuit Red Cabbage Cran-Pineapple Juice Cinnamon Coffee Cake	Breakfast Soufflé Biscuit & Gravy Sausage Links Orange Juice Cinnamon Applesauce	Meatloaf w/Gravy Mashed Potatoes Garden Fresh Beans Sliced Apricots Chocolate Mousse	Fish on a Bun Oven Fries Sliced Beets Cole Slaw Sherbet
10-28 Thru 11-1	BBQ Pork Loin Baked Sweet Potatoes Mixed Veggies Whole Wheat Bread Scalloped Apples	Sloppy Joe on a Bun Zucchini/Squash Three Bean Salad Fruit Salad Vanilla Pudding	Chicken Parmigiana Spaghetti Noodles Bean & Mushroom Sauté Tossed Salad Jello w/Topping	Salisbury Steak Mashed Potatoes Broccoli/Cauliflower Apple Juice Ice Cream w/Peaches	Maple Mustard Chicken Parmesan Egg Noodles Sliced Carrots Tomato Cucumber Salad Diced Pears
11-4 Thru 11-8	Potato Crusted Pollock Parslied Potatoes Diced Beets Orange Juice Chocolate Pudding	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Apple Crisp	Swedish Meatballs Whipped Potatoes Red Cabbage Rosey Apple Relish Mandarin Oranges	BBQ Chicken Baked Beans Corn & Zucchini Sauté Diced Peaches Sherbet	Baked Ziti Casserole Italian Style Beans Apple Juice Italian Bread One Cup Fruit Salad
11-11 Thru 11-15	CLOSED VETERANS DAY	Tuna Noodle Casserole Broccoli/Cauliflower Pineapple Juice Whole Wheat Bread Iced Yellow Cake	Ham w/Raisin Sauce Scalloped Potatoes Brussel Sprouts Carrot Raisin Salad Rice Pudding	Taco Pie Seasoned Spinach Cranberry Juice Whole Wheat Bread Molasses Cookies	Meatloaf w/Gravy Mashed Potatoes Red Cabbage Fruit Salad Oatmeal Raisin Cookies
11-18 Thru 11-22	Beef Pepper Steak Steamed Brown Rice Italian Blend Veggies Whole Wheat Bread Butterscotch Pudding	Roast Pork w/Gravy Roasted Potatoes Butternut Squash Apple Sauce Jello w/Topping	Baked Chicken w/Gravy Mashed Potatoes Mixed Vegetables Buttermilk Biscuit Pineapple Tidbits	Scrambled Eggs Home Fries Sausage Patty Orange Juice Cinnamon Applesauce	Roast Turkey w/Gravy Savory Stuffing Peas & Pearl Onions Cranberry Sauce Pumpkin Pie & Topping
11-25 Thru 11-29	Spaghetti & Meatballs Italian Blend Veggies Three Bean Salad Italian Bread Sherbet	Spicy Cranberry Pork Roasted Sweet Potatoes Steamed Peas Applesauce Rice Pudding	Chicken Alfredo Buttered Carrots Apple Juice Whole Wheat Bread Upside Down Cake	CLOSED THANKSGIVING DAY	CLOSED DAY AFTER THANKSGIVING

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
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Harvest Fest In Delhi

Saturday, September 21, 2024

10 AM to 4 PM

COURT HOUSE SQUARE & MAIN STREET



The Senior Council for the Office for Aging (OFA) will have an 'APPLE FEST' table on Main Street in front of the OFA office that day.

A variety of apples, apple cider and apple baked goods will be sold.

This will be your last chance to buy a ticket for this year's quilt raffle. The winner of the quilt, 'Tribal Vibes', donated by the Susquehanna Quilt Guild, will be drawn at the end of Har-

vest Fest, at 4PM. Proceeds will benefit program for seniors.

BAKERS NEEDED - Apple pies, apple muffins, apple cookies, apple cake, apple bread, apple pudding, apple crisp, apple strudel, or anything else you can think of that is made with apples will be greatly appreciated. You can drop off your baked goods at the Office for Aging on Friday or just bring it to our table out front on Saturday.

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**

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CITY _____ STATE _____ ZIP _____

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Please remove name from mailing list.

Stamford-Harpersfield Seniors



By: John Adams

The Stamford-Harpersfield Senior Club were invited guests of the Jefferson NY Senior Club at a picnic held on July 8, 2024. The event was held at the Lansing Manor grounds - part of the PASNY Blenheim Power project in Schoharie County. Members met at 10am and enjoyed games and conversation until a BBQ lunch time. Entertainment was provided by Jody Fancher of Summit, NY, who played guitar and sang familiar songs.

Senior Summer Sailaway: On August 31, seniors from the Stamford-Harpersfield Senior Club and the Jefferson Senior Club joined forces to



enjoy a tour of the Erie Canal. The trip was organized by coordinator, Phyllis Thorpe Hillis, who made the bus trip to Herkimer, NY, more entertaining with various games and jokes. It was an informative and happy occasion for all.

Join the Stamford-Harpersfield Senior Club to the Villa Roma Resort in Callicoon, NY, on

TUESDAY, SEPTEMBER 17, 2024 for

THE BEAT TELLS: TRIBUTE TO THE FAB 4

COST: \$96 (Includes Bus, Tip, Meal, & Show)

On arrival, enjoy coffee and cake and enter a raffle to win a 3 day/2 night stay for 2 adults! Join Social Director, Doc Holiday, for a Trivia Challenge!

Lunch Menu: Fruit Cup & Pumpkin Soup. *Entrée Choices:* Roast Loin of Pork, Chicken Francaise, or Fillet of Cod. All served with assorted vegetables and Chef's Surprise dessert. Carafes of Red & White Wine on every table, Coffee, Tea, Decaf, Unsweetened Iced Tea.

After lunch, enjoy a fantastic Beatles Tribute starring **The Beat Tells!**

The Beat Tells show features all Beatles eras with a show that captivates the audience

Bus Pick-ups: Stamford - 8:20am, Hobart - 8:30am, Bloomville - 8:40am, Delhi - 9am, Hamden - 9:15am.

For Reservations and Information contact **ASAP** (and to send check):

Phyllis Thorpe-Hillis (607-538-1242)

Stamford-Harpersfield Senior Club, Trip Coordinator

815 Madison Hill Rd., Hobart, NY 13788