

# THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING



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



**NY Connects**  
Your Link to Long Term  
Services and Supports

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

Change  
Service  
Requested

VOLUME 49 • NUMBER 1 Website: [www.delcony.us/departments/ofa/ofa.htm](http://www.delcony.us/departments/ofa/ofa.htm) • Email: [ofa@co.delaware.ny.us](mailto:ofa@co.delaware.ny.us) JANUARY • 2024

## Chen-Del-O Federal Credit Union In Franklin Plays “Secret Santa” For Senior Citizens



By: *Chen-Del-O Federal Credit Union*

Tis the season for giving! This Fall Chen-Del-O Federal Credit Union and its members played “Secret Santa” to some senior citizens who receive assistance from the Delaware County Office for the Aging. With the help of the Delaware County Office for the Aging, who provided the Credit Union with a list of items needed for individuals/families (male/female), the Credit Union had members choose a number from a list. The members shopped for the items and returned

them wrapped for delivery by the Office for the Aging staff. Thanks to the generosity of Chen-Del-O Federal Credit Union’s members, staff, and volunteers, the Credit Union was able to help 26 senior citizens enjoy their holiday season! The items were delivered prior to the Christmas holidays.

Chen-Del-O Federal Credit Union (which began as Delaware County Teacher’s FCU) has served the area since 1954 and is located at 114 Main Street in Franklin. To see if you’re eligible for membership, check out their website at [www.chendelo.org](http://www.chendelo.org).

## Reminder To Make Your Annual Contribution To *The Dispatch*

“The Dispatch,” which will be entering into its 47th year in publication, continues to be the most effective method of providing information and educating Delaware County’s senior population.

The paper continues to be published bi-monthly, reaching 10,500 readers. This is 2,000 more readers than in 2019.

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

There is a request for contributions published two times each year. The agency had hoped to receive contributions of more than \$5,000 between June 2022-July 2023. The agency met its goal. The actual amount received was close to \$5,300. The targeted amount for 2023-2024 will be increased to \$6,000. The readers always have positive comments regarding the senior newspaper: “I enjoy reading this paper.” “I look forward receiving and reading each Dispatch issue.” “Very informative articles.”

And “Thank you for keeping us informed.”

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

## It’s Not Too Late To Change Your Medicare Advantage Plan

By: *Bette-Jo Bojo, Administrative Assistant*

If you missed the Medicare Annual Enrollment period between October 15-December 7 and you’re unhappy with your Medicare Advantage plan, it’s not too late to change! The Medicare Advantage Open Enrollment period gives Medicare Advantage plan beneficiaries another opportunity to change. This enrollment period occurs every year between January 1 and March 31. Medicare consists of several different parts: Medicare A (hospital), Medicare B (doctors), Medicare Part C (Advantage plan), and Medicare Part D (prescription) coverage. Together, Medicare Parts A and B are often referred to as traditional Medicare. Medicare Part D plans are only available through private insurance companies. Medicare Part C, also known as Medicare Advantage plan, is an alternative to traditional Medi-

care. Advantage plans are also only available through private health insurance companies that contract with Medicare to provide a Medicare recipient the same or better than what traditional Medicare offers. Medicare Advantage combines Medicare Parts A and B services. Most Advantage plans also include prescription drug coverage. Depending on the plan the beneficiary chooses, it may also cover extras such as dental services, vision coverage, or gym memberships. Medicare Advantage plan premiums, copays, and deductibles vary depending on the plan you select. During the Medicare Advantage Open Enrollment period, a beneficiary can switch their Medicare Advantage plan to another Advantage plan OR if a beneficiary decides a Medicare Advantage is not for them, they can drop their Medicare Advantage coverage

See “MEDICARE ADVANTAGE” page 3

## EMERGENCY HEAP BENEFIT

By: *Rhonda Barriger*

**The 2023-2024 Emergency benefit is scheduled to open on January 2, 2024.**

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

Emergency HEAP benefits and eligibility are based on:

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

**You may be eligible for an Emergency HEAP benefit if:**

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off or

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

- And
- Your household’s gross monthly income is at or below the current income guides for your household size as posted in the table below or
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits or
- You receive Temporary Assistance (TA) or
- You receive Code A Supplemental Security Income (SSI) Living Alone.

See “HEAP” page 5

### ALL YOU CAN EAT PANCAKE BREAKFAST

RAIN OR SHINE.

SNOWING OR BLOWING

Saturday, March 16, 2024

At the Hamden Town Hall

8:00 am to 12:00 noon

Adults - \$10

Children 6 through 10 - \$7

Children under 6 - free

Sponsored by the

Delaware County Senior Council

Proceeds to benefit

Programs and Services for

the Elderly

SEE YOU THEN!



**Delaware County  
Office for the Aging**

est. May 1974

Please join us to kick off our 50<sup>th</sup> Anniversary Celebrations  
with our Open House

February 9, 2024

From 12p to 5pm

97 Main Street

Delhi, NY 13753

We will be having events scheduled throughout 2024.

# NEWS FROM THE DIRECTOR

By: Wayne Shepard

Happy New Year! For many of us the New Year is a time to accomplish a personal goal, break a habit, or make positive lifestyle changes. It is a tradition where we look back at the previous year and attempt to make improvements as the new year begins. I have made a list of some suggestions or tips to consider for having a healthier and happy New Year.

You may want to consider exercise. Exercise is essential for good health, but most people don't get enough of it. Experts suggest at least 30 minutes of exercise three to five days per week. The good news is that you don't need an expensive gym membership or fancy equipment to be active. You may want to discover water exercise, a fun and effective way to stay fit. Tai Chi for Arthritis has been shown to improve balance, strength, mobility, flexibility, pain, and reduce falls. If you are fortunate enough to live within walking distance of your favor-

ite store, walk rather than getting into your automobile.

As we get older, it is important to boost our brain health. Exercise isn't only essential for your body; it is also good for your brain. It has been proven that regular physical and mental activity can boost your brain health by helping to grow new brain cells. Besides exercise, reading is good for your brain. Studies have shown that reading slows down memory decline. Instead of buying expensive books and magazines consider checking out the local library in the town in which you reside. Almost every town in Delaware County has a library. The local libraries have an excellent source of books and magazines at no cost. If the library does not have the book or magazine you are looking for, they can get it through the Four County Library System.

Eating healthy is one of the hardest resolutions to make and keep. You need to start by making small,

manageable changes in your eating habits. A good suggestion is to start by taking smaller portions or adding an extra serving of vegetables to your meal. Try not to deprive yourself of foods that you love. Water is a healthy drink rather than soda, sugary drinks, coffee, etc. If you don't like the tap water from your faucet, consider looking into purchasing a filter for your faucet or a filtered pitcher to remove the chlorine, lead and other substances that might affect the taste. Over a period of time bottled water is much more expensive than a filtration system.

Reduce stress in your life. Reducing or better managing stress can help improve your outlook on life, as well as your overall health. A way to start reducing stress is by feeling thankful. This alone can improve your sleep, immunity, and reduce depression, anxiety, and pain according to studies. The more grateful we are the more content we tend to be with what we have.

Did you know that your social life, spending time with your friends and family can improve your health? Take time out of your busy schedule to reconnect with old friends, making new friends and scheduling family time. Reconnecting with loved ones will not only improve your health but



Wayne Shepard, Director

your well-being.

Lastly, consider volunteering. Volunteering gives you the opportunity to meet new people, improve your social and relationship skills. The happiness that many people feel when volunteering gives them a sense of purpose and self-confidence. Volunteering not only lowers your stress level, it will also improve your physical health. Local areas to consider volunteering at are animal shelters, Delaware County Office for the Aging (contact the office for a list of volunteer opportunities), your church, community gardens, Delaware Opportunities Big Buddy Program and Senior Dining Center. These are just a few organizations that are looking for volunteers. There are many other organizations not mentioned.

I want to wish each and every one of you a happy and healthy 2024!

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



At Home Care Partners  
Licensed Home Care Agency

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

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

"Assisted Living...in Your Own Home"

The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

## DELAWARE COUNTY OFFICE FOR THE AGING

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

Wayne Shepard • DIRECTOR

Joanne Sampson • ASSISTANT TO DIRECTOR

Terri Tweedie • COORDINATOR OF AGING SERVICES

Lyndsay Komosinski • NY CONNECTS COORDINATOR

Victoria Ladlee • AGING SERVICES REPRESENTATIVE

Susan Hammerslag • LEGACY & SNAP-ED COORDINATOR

Amy Bowie • CASEWORKER

Eric Benecke • CASEWORKER

Susan Sainsbury • CASEWORKER

Bette Jo Bojo • ADMINISTRATIVE ASSISTANT

Rachel Ryan • ACCOUNT CLERK TYPIST

Mary Johnson • HEAP EXAMINER

Jessica Kilmurray • HEAP ADMINISTRATIVE ASSISTANT

Andrea Martell • DIETITIAN

FUNDING PROVIDED IN PART BY THE NEW YORK STATE OFFICE FOR THE AGING AND THE U.S. ADMINISTRATION ON AGING

Find us on the Web!

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

1.

2.

3.

SCAN ME

Open Camera
Frame the QR
Click the Pop-Up

### HELP US HELP OTHERS!

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

Please print  
Name \_\_\_\_\_ Phone: \_\_\_\_\_

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

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

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

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

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

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

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

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

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



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

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



# LEGACY CORNER

By: Susan Hammerslag, Legacy Program Coordinator

## The Benefits of Reminiscence

Adapted from an article by Daily-Caring editorial team

Reminiscence can give seniors a feeling of success and confidence because it's something they're still able to do. It gives them an opportunity to talk and share something meaningful rather than just listen to others speak. Talking about happy memories of the past also brings joy, which is especially helpful if your older adult is having a hard time with everyday life - it helps them cope with stress.

Reminiscing is not the same as asking someone to remember something from the past. Remembering something specific, even from long ago, can be stressful for someone with dementia because they're likely to feel pressured or put on the spot.

In contrast, when they share a pleasant memory with you, they'll feel good. For example, your older adult might not remember or know how to answer when you ask a simple question like "Where did you grow up?" That could make them feel embarrassed or angry. But if you're looking through old photographs, they might spontaneously say "Oh look, there's my house. My mom baked my favorite cookies every Saturday - chocolate chip."

You never know which memories will come up when reminiscing about the past. Sometimes a painful or unhappy memory will surface. This isn't necessarily a bad thing, but it's important to respond with kindness and understanding. You know your older adult best, so if something negative comes up, you'll have a better idea of whether it's best to

listen and offer support or if it's wiser to gently steer them toward a happier memory so they won't get stuck in a sad, distressed state.

The goal is to enjoy time with your older adult and set the stage so they have a chance to talk about any memories that might come up. For the best results, plan for a time of day when they're most interested in activities. For many older adults, that tends to be earlier in the day. Next, choose a quiet, comfortable location where they'll be able to hear and see you well. If your older adult doesn't recall any memories during the activity, that's absolutely fine - maybe nothing came to mind at that moment.

Memories can be associated with different parts of the brain, so it's helpful to try activities that stimulate different senses. Use these ideas to spark your imagination and think of additional ways of reminiscing that are specific to your older adult's interests.

Music helps people reminisce and relate to emotions and past experiences. That's why it's often recommended for people with Alzheimer's or dementia. And it's even been shown to reach seniors with advanced dementia. You can play their favorite songs, have a little sing-along, or play music on simple instruments like shakers, bells, tambourines, or a DIY drum.

Pictures or keepsakes that bring back memories are another excellent way to reminisce. Photos of family, friends, and important life events are wonderful choices. Photos of things that remind them of favorite hobbies are also great.

Smell is a powerful way to access memories. You could create scent cards or jars using spices or essential oils to remind them of favorite foods or places -

See "LEGACY CORNER" page 4

## "MEDICARE ADVANTAGE" ...continued from page 1

and go back to traditional Medicare. If an individual drops a Medicare Advantage altogether and goes back to original Medicare (Part A and Part B), the beneficiary can enroll in a stand-alone Part D prescription drug plan. A Medicare Advantage plan beneficiary should choose wisely, the Medicare Advantage Open Enrollment can only be used ONCE during the January 1 to March 31 time period. If a Medi-

care Advantage plan beneficiary has more questions regarding the Medicare Advantage Open Enrollment period or would like a one-on-one appointment comparing the Medicare Advantage plans offered in Delaware County, please call Delaware County Office for the Aging and ask to speak with a certified Medicare counselor at (607) 832-5750.

## ALL WWII VETERANS NOW ELIGIBLE FOR VA HEALTHCARE

By: Mark Dunlop, Director, Delaware County Veterans Services

There has been an abundance of confusion during the past several weeks due to a press release issued by the United States Department of Veterans Affairs regarding medical care for World War II Veterans. This confusion is completely understandable, as the VA's recent press release made several statements that were not accurate. My hope through this article is to clarify what the VA has done, as well as what the VA has not done for World War II Veterans through their newly announced initiative.

### The Has:

All World War II Veterans are now eligible to enroll in VA healthcare. (The majority were already eligible, but ALL are eligible now). Even a World War II Veteran who did not meet the minimum length of active-duty service is eligible to enroll in VA healthcare now. All World War II Veterans who enroll in VA healthcare will not have to pay co-pays for inpatient OR outpatient care.

### The Has Not:

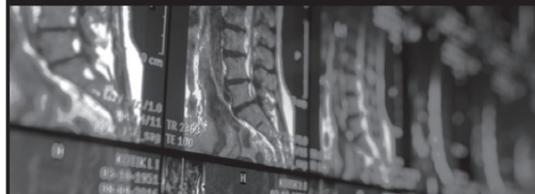
The VA did not make nursing home care free for all World War II Veterans. (The majority of World War II Veterans do meet the criteria for free skilled nursing care from the VA but did not grant free nursing home care for all World War II Veterans).

The VA did not remove all medication co-pays for World War II Veterans. Depending on the VA priority group into which a World War II Veteran is placed, the Veteran may still have to pay co-pays for medications prescribed by Veterans Health Administration personnel. (This is contrary to what the language says, however, a World War II Veteran is not automatically exempted from medication co-pays).

Some of this information the VA has disseminated can be difficult to grasp, but I hope this helps breakdown what the verbiage regarding what the VA has and has not accomplished is easier to understand when broken down such as this.

I hope everyone is doing well and stays warm during our winter months.






**Please join us at our MRI Open House**

**Thursday, January 18**  
**2:00-4:00pm**

UHS Delaware Valley Hospital  
 1 Titus Place, Walton NY  
 Snow date: Friday, January 19, 2-4pm  
 Light refreshments will be served

**Learn about MRIs and how they work**  
 This is the only full-time MRI in Delaware County.

For more information call:  
**607-865-2706**  
 Tuesday, Wednesday or Thursdays

**UHS Delaware Valley Hospital**  
 1 Titus Place, Walton  
 607-865-2100  
 24-hour Emergency Dept.

**UHS Primary Care**  
 Walton: 607-865-2400  
 Downsville: 607-363-2517  
 Roscoe: 607-498-4800

UHS Delaware Valley Hospital nyuhs.org   YOUR CARE. YOUR WAY.

**UPPER DELAWARE REAL ESTATE**

LICENSED REAL ESTATE BROKER  
 NEW YORK & PENNSYLVANIA



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

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

CHRIS GROSS - BROKER	MARY JO MACRABIE
JOSEPH GROSS, MBA	BARRY JONES
BONNIE ELMORE	TARA D'ADDEZIO
BILL POKON	
PATRICIA POKON	

538 WEST MAIN ST. HANCOCK, NY 13783 <b>607-637-5588</b>	MAIN ST - PO BOX 316 DOWNSVILLE, NY 13755 <b>607-363-2008</b>
---	---

SEE FOR YOURSELF AT UPPERDELAWAREREALTY.COM

# HAMDEN SENIOR CITIZENS CLUB



On November 29th, the Hamden Seniors gathered for their monthly meeting at the town hall. There were 12 seniors present who had the opportunity to listen to Mark Dunlop, Director of the Delaware County Veterans Services. Mr. Dunlop shared with the group information about benefits for veterans and their families and discussed VA Survivor's Pension guidelines. The meeting was very informative, and several questions were asked by the seniors in attendance. Prior to Mr. Dunlop's presentation a delicious potluck lunch was served. It was a very enjoyable afternoon.

## “LEGACY CORNER” ...continued from page 3

like fresh-baked cookies or a pine forest near their childhood home.

Taste is another wonderful way to evoke fond memories. Maybe your older adult always made a special dish for holiday celebrations. Now, you could make it for them and reminisce while eating it together. Or recreate a favorite snack or treat they made for you when you were a child.

Touch can also remind someone of the past. Familiar tactile activities like drawing, painting, pottery, knitting, sewing, or other crafts can spark old memories. Even if they can't participate in these hobbies anymore, doing things like touching paintbrushes, swirling watercolors, scribbling with drawing chalk, squeezing yarn, or playing with fabrics can evoke strong memories.

Another way to use touch is through objects. Maybe wearing or handling favorite pieces of jewelry or accessories (like a watch or a necklace) would bring

up memories of significant life events.

See the original article at: [https://dailycaring.com/4-ways-reminiscence-therapy-for-dementia-brings-joy-to-seniors/?utm\\_source=DailyCaring&utm\\_campaign=c1b7ad0296-dc\\_email\\_2023-08-07&utm\\_medium=email&utm\\_term=0\\_57c250b62e-c1b7ad0296-123515225](https://dailycaring.com/4-ways-reminiscence-therapy-for-dementia-brings-joy-to-seniors/?utm_source=DailyCaring&utm_campaign=c1b7ad0296-dc_email_2023-08-07&utm_medium=email&utm_term=0_57c250b62e-c1b7ad0296-123515225)

### 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. To learn more about becoming a volunteer call Susan Hammerslag, Legacy Program Coordinator, 607 832-5750.

# THE REPORTER

LOCAL NEWS SPORTS & EVENTS

**SUBSCRIPTIONS MAILED TO DELAWARE COUNTY ADDRESSES**  
(Including: Bainbridge, Grand Gorge, Livingston Manor, Oneonta, Roscoe and Unadilla.)

1 Year \$59

**SUBSCRIPTIONS MAILED TO ALL OTHER U.S. ADDRESSES**

1 Year \$69

**FOR ONLINE ONLY SUBSCRIPTIONS**

180 Days \$25      365 Days \$40

**SIGN UP AT: WWW.THE-REPORTER.NET**

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_

Make your check payable to *The Reporter*, or if you prefer to pay by credit card, fill out information below:

NAME \_\_\_\_\_ AS IT APPEARS ON CREDIT CARD  
 CARD # \_\_\_\_\_  
 EXP. DATE \_\_\_\_\_ SECURITY CODE \_\_\_\_\_ CARD HOLDER ZIP CODE \_\_\_\_\_  
ON THE BACK OF CARD  
 PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_

**Print Subscriptions Include Access to the-reporter.net**  
(non-refundable / non-transferable)

Mail your subscription information along with payment to  
 39 Elm Street, Delhi, NY 13753  
 Mon. - Fri. 8:30am-5pm • [www.the-reporter.net](http://www.the-reporter.net) 607-464-4009



# FREE TAX PREP

Provided by **IRS CERTIFIED VOLUNTEERS**

**What HARTWICK COLLEGE VITA (Volunteer Income Tax Assistance) Will Do For You:**

- 1-on-1 sessions (in-person and online)
- IRS-certified volunteers prepare both federal and state returns
- A proven record of success (since 2019, 2,860 federal in-state tax returns, \$2.59 million in tax refunds, tax credits, and stimulus checks)

**What You'll Need:**

- Social Security or Individual Taxpayer Identification Number (ITIN) for each family member
- All tax forms: W-2s, 1099s, 1098s
- Childcare provider name, address, and tax ID, if applicable
- Bank routing and account numbers for checking or savings account
- 2022 federal and state tax returns (if available)

**When and Where:**

- Hartwick College, Golisano Hall, Oneonta**  
Feb 5 - Apr 15, Mon. & Tue. 6 - 8 p.m.  
Reservation: 211 or 607-431-4338
- Huntington Memorial Library, Oneonta**  
Feb 5 - Apr 15, Sat 10 a.m. - 3 p.m.  
Reservation: 607-432-1980
- GHS Federal Credit Union, Norwich/Binghamton**  
Feb 5 - Apr 15, Fri. 10 a.m. - 3 p.m.  
Reservation: 607-472-2876
- Laurens Central School, Laurens**  
Feb 16, 4:30 to 6:30 p.m.  
Reservation: 607-432-2050 ext. 1120
- Tabernacle Baptist Church, Utica**  
Feb 24, 10 a.m. to 3 p.m.  
Reservation: 315-735-7534
- Charlotte Valley Central School, Davenport**  
Mar 8, 4:30 to 6:30 p.m.  
Reservation: 607-431-4338

For information, call: 607-431-4338 or email: [vita@hartwick.edu](mailto:vita@hartwick.edu) for appointment  
 Hartwick College IRS VITA Tax Preparation Program, Director: Li Luo, CPA, MSA, MBA

## “EAT HEALTHY, BE ACTIVE”



# FREE Nutrition Workshops!

### (4-Part Series)

- Enjoy Healthy Food Choices that Taste Great
- Quick, Healthy Meals & Snacks
- Eating Healthy on a Budget
- Making Healthy Eating Part of Your Lifestyle

**If you would like our nutrition workshops to come to your town, call us!!!**

**Delaware County Office for the Aging**  
**TO CONFIRM Call (607) 832-5750, Ask for Susan H.**  
**DelCoEatHealthy@gmail.com**




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

**“HEAP” ...**

continued from page 1

And

- The heating and/or electric bill is in your name
- Your household’s available resources are:
  - less than \$2,500; or
  - less than \$3,750 if any member of your household is age 60 or older, or under age 6.

**Income guidelines for the 2023-24 HEAP season are as follows:**

Household Size	Maximum Gross Monthly Income
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838
5	\$6,772
6	\$7,706
7	\$7,881
8	\$8,056
9	\$8,231
10	\$8,407
11	\$8,582
12	\$8,890
13	\$9,532
Each additional	Add \$642

**NO COST FOR ADULT COVID-19 VACCINES**

*By: Heather Warner, Public Health Programs Manager*

The distribution of COVID-19 vaccines changed in September 2023 as these products moved the commercial market. COVID-19 vaccines are still available at no cost to most people living in the U.S. through their private health insurance, Medicare, and Medicaid plans. However, there are 25-30 million adults without health insurance and additional adults whose insurance does not offer COVID-19 vaccines at no cost to them. CDC’s Bridge Access Program provides no-cost COVID-19 vaccines to adults without health insurance and adults whose insurance does not cover all COVID-19 vaccine costs. There is no enrollment process, providers will ask patients whether they have health insurance at the point of care to determine eligibility. The Bridge Access Program will provide no-cost COVID-19 vaccines to eligible adults through December 31, 2024. All CDC-recommended updated COVID-19 vaccines are included in the Bridge Access Program.

**Who can get a no-cost COVID-19 vaccine through this program?**

- Adults 18 years and older without health insurance and adults with health insurance that does not provide zero-cost access to COVID-19 vaccines.

**Where can someone get a no-cost COVID-19 vaccine through the Bridge Access Program?**

- Select pharmacies: CVS, and Walgreens.
- Select county health departments  
\*not available at Delaware County Public Health.\*

Visit [vaccines.gov](https://www.vaccines.gov) to find a provider that offers no-cost COVID-19 the Bridge Access Program. For in-

## WANT TO HELP YOUR COMMUNITY?

**Delaware County Office for the Aging Non-Emergency Medical Transportation**  
is seeking community members to help transport local seniors to medical appointments.



HOW IT WORKS...

- \* You decide how many times you want to commit
- \* Complete a volunteer application, background check
- \* Office for the Aging and NY Connects notifies you in advance of a local senior needing a ride
- \* If you decide you’re available, Office for the Aging and NY Connects provides details of transport (destination, time)
- \* Provide door-to-door transportation to and from medical appointment
  - \* Submit mileage to Office for the Aging and NY Connects
    - **Mileage reimbursement available**

Please call for more information  
Delaware County Office for the Aging and NY Connects  
607-832-5750

**OFA LOAN CLOSET**

*By: Wayne Shepard, Director*

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

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

Suggested contributions for this service is based on item or items borrowed.

All contributions are confidential and voluntary and are used to expand services to all who need them in Delaware County. For more information contact Delaware County Office for the Aging at 607-832-5750.



formation or assistance call Delaware County Public Health Services at 607-832-5200.

Protect yourself with COVID-19 vaccines at no cost to you.



Find a COVID-19 Vaccine at [Vaccines.gov](https://www.vaccines.gov)



## GO GREEN – VIEW “THE DISPATCH” ONLINE

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

### 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



## SENIOR DINING – INCLEMENT WEATHER

By: Rick Angerer, Director  
Senior Meals

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

Meal delivery cancellations will be announced on the following radio stations:

WDHI 100.3 FM, WDLA 1270 AM or 92.1 FM, WIOX 91.3 FM, WZOZ 103.1 FM, WSRK 103.9 FM, WCHN 970 AM, WBKT 95.3 FM, WTBD 97.5 FM, WKXZ 93.9 FM. Cancellations can also be found on television channel WBNG Binghamton Channel 12.

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

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

## “LIKE” US ON FACEBOOK

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



information, agency sponsored events, volunteer opportunities and much more. Search for Delaware County Office for the Aging and click “Like”.

# 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
1-29 Thru 2-2	Stuffed Shells Winter Blend Veggies Apple Juice Italian Bread Diced Pears	Country Fried Steak Mashed Potatoes Vegetable Medley Whole Wheat Bread Apple Crisp	Spicy Cranberry Pork Baked Sweet Potatoes Steamed Peas Creamy Cucumber Salad Fruited Jello	BBQ Chicken Smokey Baked Beans Zucchini/Yellow Squash Cole Slaw Sherbet	Turkey Penne Bake Garden Fresh Carrots Snow on the Mountain Whole Wheat Bread Yellow Cake
2-5 Thru 2-9	Swedish Meatballs Egg Noodles Broccoli Florets Fruit Cocktail Banana Pudding	Chicken Stir Fry Steamed Brown Rice Diced Carrots Whole Wheat Bread Mandarin Oranges	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Chocolate Brownie	Spaghetti & Meatballs Green Beans Tossed Salad Italian Bread Rice Pudding	Turkey Pot Pie Brussels Sprouts Cranberry Sauce Whole Wheat Bread Upside Down Cake
2-12 Thru 2-16	Beef Pepper Steak Parmesan Rice Broccoli/Cauliflower Whole Wheat Bread Diced Pears	Chicken Parmesan Spaghetti w/ Sauce String Beans Orange Juice Vanilla Ice Cream	Turkey Ala King Buttermilk Biscuit Zucchini/Yellow Squash Snow on the Mountain Spiced Peaches	Pot Roast w/ Gravy Mashed Potatoes Red Cabbage Tossed Salad Butterscotch Pudding	Tuna Noodle Casserole Steamed Peas/Carrots Apple Juice Whole Wheat Bread Cranberry Crisp
2-19 Thru 2-23	CLOSED PRESIDENT’S DAY	California Chicken Roasted Potatoes Sliced Carrots Cranberry Sauce Sherbet	Homestyle Meatloaf Mashed Potatoes Green Beans Diced Peaches Sugar Cookies	Baked Tavern Ham Baked Potato Butternut Squash Rosey Apple Relish Jello w/ Topping	Potato Crusted Pollock Sweet Potato Fries Steamed Peas Cole Slaw Lemon Squares
2-26 Thru 3-1	Chili Con Carne Steamed Brown Rice Winter Blend Veggies Fruit Salad Ice Cream Sundae	Chicken Florentine Capri Blend Veggies Pineapple Juice Cabbage Salad Bowl Lemon Pudding	Roast Turkey w/ Gravy Whipped Potatoes Cut Green Beans Cranberry Sauce Iced Yellow Cake	Scrambled Eggs Mini Pancakes & Syrup Sausage Patty or Links Orange Juice Cinnamon Applesauce	Crab Topped Tilapia Parmesan Bow Ties Steamed Broccoli Whole Wheat Bread Peachy Cream Pudding
3-4 Thru 3-8	Swiss Steak Oven Roasted Potatoes Seasoned Spinach Three Bean Salad Brownie	Orange Pork Steamed Brown Rice Steamed Peas Pineapple Juice Sugar Cookies	Sunrise Chicken Buttered Noodles Steamed Broccoli Apple Juice Chocolate Pudding	Beef Stew Cauliflower Tossed Salad Italian Bread Sliced Peaches	Macaroni & Cheese Stewed Tomatoes Brussels Sprouts Cucumber Salad Cinnamon Apples
3-11 Thru 3-15	Sloppy Joe on a Bun Greek Oven Fries Mixed Veggies Apple Juice Vanilla Ice Cream	BBQ Pork Rib Sweet Potatoes Cauliflower Snow on the Mountain Pineapple Tidbits	Cranberry Chicken Rice Pilaf Capri Blend Veggies Whole Wheat Bread Butterscotch Pudding	Breaded Fish on a Bun Sweet Potato Fries Mixed Veggies Fruited Jello/Topping	Corned Beef & Cabbage Sliced Carrots Boiled Potatoes Dinner Roll Pistachio Cake
3-18 Thru 3-22	Swedish Meatballs Steamed Brown Rice Red Cabbage Whole Wheat Bread Oatmeal Raisin Cookies	Chicken Parmesan Spaghetti Noodles Italian Style Beans Italian Bread Tapioca Pudding	Roast Pork w/ Gravy Whipped Potatoes Succotash Apple Sauce Apricots	Home Style Meatloaf Mashed Potatoes Peas & Carrots Tossed Salad Sherbet	Vegetarian Lasagna Sautéed String Beans Tossed Salad Italian Bread Jello w/ Topping
3-25 Thru 3-29	Tangy Baked Chicken Baked Potato Butternut Squash Rosey Apple Relish Lemon Pudding	Braised Beef/Mushrooms Egg Noodles Sautéed Zucchini Mandarin Oranges Peanut Butter Cookies	Taco Pie Seasoned Spinach 3 Bean Salad Whole Wheat Bread Vanilla Ice Cream	Roast Turkey w/ Gravy Mashed Potatoes Sliced Carrots Cranberry Sauce Diced Pears	Broccoli Cheddar Quiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet

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

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

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

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

# HEALTHY EATING GETS RESULTS!!!

By Andrea Martell, RDN CDN

Nutrition classes provided by SNAP-Ed NY in conjunction with NYS Office for the Aging are offered year-round throughout Delaware County. Maxine and her husband Bob of Walton, NY attended the 4-part series of nutrition classes “10 Tips for Adults” this past October. Maxine reported a long history of poor dietary choices along with chronic tiredness and fatigue. During recent medical appointments in September, Bob’s doctor wanted to put him on a statin due to his high cholesterol, and Maxine’s doctor began talking about prescribing several different medications based on her lab results. Maxine decided that she did not want her and her husband taking multiple medications, instead she wanted to learn more about nutrition to see if that would help them. Looking for some simple diet changes in hopes of improving their overall health, Maxine and Bob found that the tips and suggestions provided during the classes were easy to apply at home. Each week they reported some of the small changes they made: adding

fruit to oatmeal, drinking homemade teas, cutting back on foods high in saturated fat, adding more beans and vegetables to meals.

In mid-December, Bob had his cholesterol rechecked. His doctor wrote, “Very pleased with the serious improvement in lab results since last visit.” Bob’s **Total Cholesterol** went from **247** down to **191**, and his **LDL** (also known as ‘bad cholesterol’) went from **158** down to **117, in less than 3 months!** “Bravo!” stated Dr. Freeman. Bob does not need to take any statin medication for his cholesterol as his doctor is in favor of the “excellent dietary changes” he has made. Maxine has not had her labs rechecked yet, but she reports feeling much better due to improving her nutritional intake. She states that she is not tired all the time and has the energy to prepare healthy meals which she feels good about. She also reports that both she and her husband are enjoying the meals they have tried over the past three months as they have acquired many new recipes from the nutrition classes as well as from their own online search.

“The recipes with lentils are surprisingly good,” Maxine replied.

Small changes really do make a big difference. Maxine and her husband found the “10 Tips for Adults” 4-part series of nutrition classes very useful and highly recommend the program to others. We greatly appreciate and thank

Maxine for sharing her success story with Office for the Aging. We will be posting our schedule of classes in The DISPATCH and The REPORTER in the near future; however, if you would like to inquire about our “10 Tips for Adults” nutrition education program please call (607) 832-5750, ask for Susan H. Coordinator of SNAP-Ed NY services.

## DON'T CLICK ON THAT RANDOM TEXT "IT'S A SCAM"

Taken from: <https://consumer.ftc.gov>

The Federal Trade Commission is reporting an increase in people getting text messages that look like they are coming from well-known businesses such as USPS, Costco, Home Depot, Amazon, and others. The text messages can be different each time, but the senders always want one of two things: money or your personal information. These texts will claim that a package was not delivered, that you are being charged for

something, a chance to win a free gift, power tool, or that you need to fill out a survey. They often include a link to a website. Remember, do not click on the link. If you are concerned about a delivery or an item you purchased, you can always contact the business directly to speak with a customer service representative. So, do not trust random text messages from companies. If you would like more information about scams, or would like to report a scam, please call the Delaware County Office for Aging at 607-832-5750.

## DEFENSIVE DRIVING CLASS

Register now for a defensive driving class by **ROADRUNNERS**, instructors for Defensive Driver’s Discount. All New York State licensed drivers are entitled to a 3-year insurance reduction and may also have points removed from their license. Our next class will be held at the Delhi Alliance Church, 16178 State Highway 28, Delhi, NY, on Saturday, March 9, 2024 from 9am - 3:30pm. For information and registration, contact Ken Brown at 607-832-4839 or email Ken at [roadrunners.ddc@gmail.com](mailto:roadrunners.ddc@gmail.com). BEEP, BEEP!

### 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.

## SENIOR ACTIVITIES FOR FEBRUARY 2024 AND MARCH 2024

**HOLIDAY CLOSINGS:** Monday, 2/9/24, for President’s Day. **St. Patrick’s Day Dinner** will be served at all dining centers on Friday, 3/15/24.

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

**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: JENNIFER APPELY. Congregate Dining reopening Tuesday, 1/2/24.

**Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764.** CENTER MANAGER: MICHELLE SCUDDER. Center’s 50th Anniversary celebration will be Friday, 3/15/24.

**Sidney Senior Dining Center (Civic Center, Liberty Street) (607) 563-2212.** CENTER MANAGER: JENNIFER ANDERSON. Center’s 50th Anniversary celebration will be Wednesday, 2/21/24.

**Walton Senior Dining Center (St. John’s Catholic Church, Benton Ave.) (607) 865-6739.** CENTER MANAGER: MORGAN BEERS. Center’s 50th Anniversary celebration will be Wednesday, 3/20/24.

**NOTE:** Suggested contribution for all regular meals is \$3.00 for seniors and \$4.00 for non-seniors. Suggested contribution for St. Patrick’s Day Dinner is \$5.00 seniors and \$6.00 for non-seniors. The Delaware County Senior Dining Program is operated by Delaware Opportunities Inc. under contract with the Delaware County Office for the Aging with funding from the Delaware County Board of Supervisors, New York State Office for the Aging and the Department of Health, federal and other state funds, and contributions provided by program participants.

### DINING CENTER PRESENTATION 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

January 2024 topic will be “Tax Season Info. STAR Exemptions”

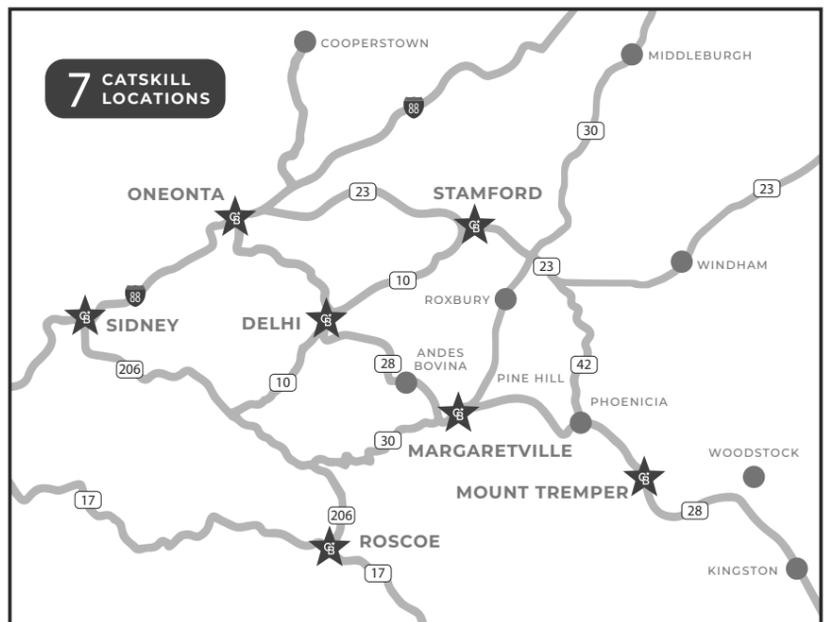
- Delhi Dining Center on 1/9/24
- Deposit Dining Center 1/18/24
- Grand Gorge Dining Center on 1/17/24
- Hancock Dining Center on 1/9/24
- Margaretville Dining Center on 1/24/24
- Sidney Dining Center on 1/11/24
- Walton Dining Center on 1/16/24

February 2024 topic will be “Highlights of Office for the Aging Services”

- Delhi Dining Center on 2/13/24
- Deposit Dining Center 2/15/24
- Grand Gorge Dining Center on 2/14/24
- Hancock Dining Center on 2/13/24
- Margaretville Dining Center on 2/21/24
- Sidney Dining Center on 2/8/24
- Walton Dining Center on 2/20/24



## WE ARE THE TOP DOG IN CATSKILL REGION REAL ESTATE



Come visit us at one of our 7 Catskill Locations!

**MARGARETVILLE** (845)586-3321 **MOUNT TREMPER** (845)657-4177 **DELHI** (607)746-7400

**ONEONTA** (607)435-3280 **STAMFORD** (607)652-2220 **SIDNEY** (607)604-4394 **ROSCOE** (607)290-4130

**TIMBERLANDPROPERTIES.COM**

## Thank You Dispatch Donors

*American Legion Ladies Auxilliary, Steven Baldauf, Renee Barchitta, Kenneth & Barbara Brown, Michael & Dorothy Carroll, Betty A. Clark, Joyce DeVivo, JoAnn Dewitt, Elizabeth Friedner, Stephen & Helen Gendle, Mark & Bonnie Hamilton, Ronald Hayden, Hilda Hoffman, Joyce Lewis, Jane Madore, James & Katherine McGrail, Connie Mokay, George & Kay Nearing, Donald Ronk, Leslie & Virginia Sanford, Terry & Linda Stiefel, John Taylor, Edith Thomsen, Richard Walley*

## 2024 HAS ARRIVED AND MAYBE SOME NEW YEAR'S RESOLUTIONS TO BE MORE ACTIVE!

*By: Terri Tweedie, Coordinator of Services for the Aging*

Delaware County Office for the Aging is now offering two Evidence Based Health Promotion programs.

### Option 1: Tai Chi for Arthritis

*Adapted from Dr. Paul Lam, Tai Chi for Health Institute*

Tai Chi is a **moving meditation** in the form of a series of gentle exercises that create harmony between the mind and body. The ultimate purpose is to cultivate our inner life energy (qi) to flow smoothly and powerfully

through the body. This is a spiritual experience, as much as a physical one.

Movements are fluid, graceful, circular, and slow. Breathing is deep, aiding visual and mental concentration. This relaxes the body and allows the life force to flow freely. This practice is so effective because it consists of exercises that are equally balanced between yin and yang (opposite forces that complement each other, such as dark and light, or female and male).

### Option 2: NEW! BINGOCIZE

#### Fall Prevention workshop

Bingocize is an innovative health

and wellness program that combines the traditional game of bingo with physical activity and health education. Developed by Dr. Jason Crandall, professor at Western Kentucky University, to promote an active lifestyle and community engagement. Bingocize is suitable for individuals of all ages and fitness levels.

People interested in Tai Chi for Ar-

thritis &/or Bingocize coming to your community can call Terri at 607-832-5750. It is recommended you have a group of 10-15 people and a location. Call and have your name on a waiting list. It is a 10-week series that meets two times per week for a total of 20 classes. It is very important for funding assistance that people commit to attending at least 16 of the classes.

## 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.

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

**TAPE THE CURRENT DISPATCH LABEL HERE**

**CONTRIBUTION** – Wish to make a contribution to "The Dispatch" but can't remember when you last made one? Here's a suggestion – contribute on your birthday, the first of the year or any holiday you choose. Planning tasks and yearly appointments on or around a specific day during the year that you already know and can easily remember makes it much easier to plan for those things which only occur once a year.

#### SUGGESTED CONTRIBUTION: \$7 PER YEAR

Most services provided have no fee, but you are welcome to contribute toward their cost. No one is ever denied service due to inability or unwillingness to contribute. Those with a self-declared income at or above 185% of the Federal Poverty line are encouraged to contribute at levels based on the actual cost. All contributions are used to expand services to all who need them in Delaware County. We are grateful for your support.

SEND YOUR CONTRIBUTION,

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

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

**Address Change** - Are you going away or moving from the area? Do you live in Delaware County seasonally, heading to warmer climates during the winter months? Please let us know of your new address so that we can update our mailing list. We incur an expense with every paper that can't be delivered and is returned to us when you go away. Keeping our mailing list accurate helps keep mailing costs down.

**FOR CHANGE OF ADDRESS:**  PERMANENT  TEMPORARY

FROM (DATE): \_\_\_\_\_ ; IF TEMPORARY, TO (DATE): \_\_\_\_\_

NEW ADDRESS:

NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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

**Please remove name from mailing list.**



Tai Chi class in Harpursville, NY.



**Helios Care**

COMPASSION, CHOICES & DIGNITY

Providing patient focused and family-centered care.

607-432-5525

HeliosCare.org