

THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING

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OPTIONS FOR DOING YOUR INCOME TAXES

By: Terri Whitney, Director

It's tax season. There's no getting around it. If you need to file an income tax return and you've not done it already, you'll need to get it done soon. The submission deadline of Monday, April 18 is right around the corner. If you're looking for help with completing and filing your tax return, don't waste any time figuring out your strategy.

A great place to start would be with the IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs. These programs offer free basic tax return

preparation to qualified individuals. The IRS manages these programs and operates the sites. The sites are staffed by volunteers who provide the tax counseling service. All volunteers who provide tax counseling must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information. In addition, volunteers must certify their knowledge of tax laws. Finally, the IRS requires a quality review check for every return prepared at a VITA/TCE site prior to filing the return.

See "INCOME TAX OPTIONS" page 2

NEW COORDINATOR OF SERVICES FOR THE AGING

By: Terri Tweedie

My name is Terri Tweedie and I am a life-long resident of Delaware County, as well as a native of Walton. During my 30 years of experience working in human services, I have worked for the Delaware County Department of Social Services by providing long term care services to county residents. I've also served as the Director of Social Work and Director of Activities in local rehabilitation and nursing care facilities. It has always been a passion of mine to work in collaboration with other community agencies in identifying programs that will assist our ag-



ing people to remain in the comfort of their own homes. Joining the caring team at Office for the Aging as the Coordinator of Services for the Aging allows me to continue to dedicate efforts and focus on safe ways for people to age in places of their own choosing.

All of my family members live in Walton. My daughter has spent the last three years in college studying for a career in ultrasound, which she is looking forward to. Her parents look forward to every chance to spend time with her!

I dedicated many years to martial arts and achieved the rank of black belt. I also instructed students in the Korean style Tae Kwon Do. Here is an interesting fact. My youngest student was four years old and my oldest was 54. Reading, gardening, and spending time at our family cabin brings me much enjoyment. The cabin was built

See "NEW COORDINATOR" page 3



Hi! My name is Tom Batson. I've recently started driving for the Delaware County Senior Bus Transportation system. I am very happy to be part of such a terrific program. It's truly my pleasure, and I look forward to driving for you.



IRS Certified Volunteers Providing FREE TAX PREPARATION

IRS VITA/TCE return preparation sites are operated by certified volunteers. Site operating hours and services offered may be limited. In addition, by law, some sites provide priority services to seniors. Please be advised that you may not be immediately served. Your patience and understanding are appreciated.

Will Prepare

- Wages, salaries, etc. (Form W-2)
- Interest Income (Form 1099-INT)
- Dividends Received (Form 1099-DIV)
- State Tax Refunds (Form 1099-G)
- Unemployment Benefits (Form 1099-G)
- IRA Distributions (Form 1099-R)
- Pension Income (Forms 1099-R, RRB-1099-R, CSA-1099)
- Social Security Benefits (Form SSA-1099, RRB-1099)
- Simple Capital Gain/Loss (Form 1099-B) *limited*
- Sale of Home (Form 1099-S) *limited*
- Prior Year and Amended Returns

- Self-Employed Income (Form 1099-MISC, Form 1099-NEC) *limited*
- Gambling Winnings (Form W-2G)
- Cancellation of Debt (Form 1099-C) *limited*
- Health Savings Accounts (Form 1099-SA) *limited*
- Itemized Deductions *limited*
- Education Credits (Form 1098-T)
- Child Tax Credit
- Earned Income Credit
- Health Insurance Statements (Forms 1095-A, B or C)
- Credits for Sick Leave and Family Leave for Certain Self-Employed Individuals (Form 7202)
- Economic Impact Payment (Recovery Rebate Credit)

Will Not Prepare

- Schedule C with loss, depreciation or business use of home
- Complicated Schedule D (capital gains and losses)
- Form SS-5 (request for Social Security Number)
- Form 8606 (non-deductible IRA)
- Form 8814 (child taxed at parent's tax rate)
- Form SS-8 (determination of worker status for purposes of federal employment taxes and income tax withholding)
- Parts 4 & 5 of Form 8962 (Allocation of Policy Amounts, Alternative Calculation for Year of Marriage)

- Form W-7 (application for Individual Taxpayer Identification Number (ITIN))
- Returns with casualty/disaster losses



Please see a professional preparer for assistance with complicated returns.

What to Bring

- For married filing joint, both spouses must be present
- Government issued photo identification for you and your spouse (if married)
- Social Security cards or Individual Taxpayer Identification Number documents for you, your spouse, and/or dependents
- Birth dates for you, spouse, and/or dependents
- A copy of last year's tax return
- All Forms W-2 and 1099
- Letter 6419 (en-sp) - Advance Child Tax Credit Payments
- Forms 1095-A, B or C (ACA Statements)
- Information for other income
- Information for all deductions (including charitable contributions)/credits
- Total paid to day care provider and their tax ID number
- For direct deposit of refund, proof of account and bank's routing number
- For prior year returns, copies of income transcripts from IRS (and state, if applicable)
- Notice 1444-C, Your 2021 Economic Impact Payment



Site Name: Hartwick College VITA Site

Location: On Campus: 2nd Floor, Golisano Hall

Days: February 7,8,14,15,21,22,28;
March: 1,7,8,14,15,21,22;
April: 4,5,11,12,18

Hours: Mondays & Tuesdays 6:00 to 8:00pm

By Appointment Only, Call: (607) 431-4338, Extn. 211

Hartwick College VITA Site

Huntington Memorial Library

Saturdays: February 5,19,26;
March: 5,12,19;
April: 9,16

10:00am to 12pm; and 1:00pm to 3:00pm

By Appointment Only, Call: (607) 432-1980

FROM THE DIRECTOR'S DESK

By: Terri Whitney, Director

How nice is it that spring is just around the corner! That means it's the perfect time for you to shake off that cabin fever and take a ride on the Delaware County senior transportation bus. There are bus stops located all around the county, making it convenient for you to board the bus. With a variety of destinations on the schedule, depending on where you get picked up, you can do some shopping in Oneonta, Kingston, Binghamton, and/or Norwich. Advance reservations are required in order to ride the bus. Reservations can be made easily by calling the Delaware County Office for the Aging at 607-832-5750.

The bus doesn't only have to be used for shopping purposes. If you can get your medical appointments scheduled to fit within the parameters of the bus schedule, you could ride the bus to get to your appointments or pick up needed prescriptions.

During these times when the price



Terri Whitney, Director

of gasoline is high, riding the bus is an economical way to take care of your transportation needs. For a suggested contribution of \$5.00, you can get your shopping done and/or attend your doctor appointments. In this day and age, that's a bargain! Please call the

office if you'd like to have a bus schedule mailed to you.

You might also want to give the Tai Chi for Arthritis program a try. With spring on its way, you might be wanting to be more active. The Tai Chi for Arthritis program is a good way for you to get ready to increase your activity level and help you gain confidence.

Increased muscular strength supports and protects joints, which can reduce pain. Flexibility exercises can also help to reduce pain and stiffness. This can improve your mobility and reduce the rate of falls with older adults. Stamina and fitness is important for overall health and proper function of your heart, lungs, and muscles.

The Tai Chi for Arthritis program helps to improve all of these areas and even more. It improves balance both mentally and physically. Additional benefits of the program include improving relaxation, vitality, posture, and immunity.

In an effort to bring the classes closer to you, Tai Chi for Arthritis classes are being held throughout Delaware County. To be added to the list of those wishing to attend Tai Chi for Arthritis classes, please contact the Delaware County Office for the Aging at 607-832-5750.

For your safety and the safety of those around you, facial masks are required when riding the bus and when participating in Tai Chi for Arthritis classes.

Both of these programs offer you a chance to meet new people and socialize with others. Getting a chance to socialize is a great way to start off the spring season. Don't want to try this alone? Talk with your spouse or a friend and sign up to ride the bus or take Tai Chi for Arthritis classes together.

Spring is on its way. The cold, snowy, icy weather will soon be behind us. Until then, stay warm and stay safe. I hope the last of the winter season is good to you!

INCOME TAX OPTIONS... continued from page 1

VITA/TCE services are free and reliable. Each filing season, tens of thousands of dedicated VITA/TCE volunteers prepare millions of federal and state returns. We just so happen to be fortunate enough to have one of these sites locally. Please review the VITA/TCE poster in this issue of "The Dispatch" for information on signing up for assistance with filing your taxes. It's important that you don't delay. These appointments will likely be filling up quickly.

If you prefer to complete your taxes yourself, you can complete the paper forms and mail them in to the IRS, or you can use tax software and file your taxes online. Another option available is to go to a human tax preparer. There are too many of them to mention here, but you can find one by searching the yellow pages or the computer. There are tax software providers that will offer access to human preparers who can answer questions, review your return, and file tax returns electronically for you. With the many software options out there, you will find that often

times a simple return can be completed free of charge, while more complicated returns will have varying levels of fees for service provided. Software programs are generally easy to follow, however, if you have a business, don't want to miss out on any deductions, or you just want help understanding the work on the forms, you may want to seek out a human preparer for their professional guidance.

If you will be getting a tax refund, there are a couple of things that you can do to ensure that your money is deposited in your bank account as quickly as possible:

- Avoid filing your tax return on paper as paper returns usually take six to eight weeks to process. When you file electronically, your return should be processed in just a few weeks.
- Sign up to have your refund sent to your bank account by direct deposit.

Here's another tidbit of advice. It is recommended that you file your taxes early, so don't delay.

Are you looking for a way to give back to your community?

Volunteers at Delaware County Office for the Aging help install Link to Life units, provide transportation to doctor appointments, staff the reception area, provide data entry, support care givers with respite visits, and more. Are you interested in helping our community's older adults and the families that care for them? If yes, please E-mail ofa@co.delaware.ny.us or call our office at 607-832-5750.

COVID-19 IN-HOME TEST KITS

AVAILABLE AT:

**DELAWARE COUNTY
OFFICE FOR THE AGING
97 MAIN STREET, DELHI, NY 13753**



The Town of Delhi and Delaware County Emergency Services have given Office for the Aging a supply of COVID-19 tests to be distributed to Delaware County Seniors.

**Please call Office for the Aging at
607-832-5750
To request an in-home test kit.**

Supply is limited.
First come, first served!

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

Terri Whitney • DIRECTOR

Terri Tweedie • COORDINATOR OF AGING SERVICES

Lyndsay Komosinski • NY CONNECTS COORDINATOR

Amy Bowie • CASEWORKER

Eric Benecke • CASEWORKER

Susan Sainsbury • CASEWORKER

Virginia Perez • AGING SERVICES REPRESENTATIVE

Bette Jo Bojo • ADMINISTRATIVE ASSISTANT

Rachel Ryan • ACCOUNT CLERK TYPIST

Carli Pinner • PRINCIPAL ACCOUNT CLERK

Mary Johnson • HEAP EXAMINER

Andrea Martel • DIETITIAN

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LEGACY CORNER

By: Susan Hammerslag, Legacy Coordinator

(Following excerpt from Judy Belmont – mental health author, motivational speaker, and psychotherapist)

THE 10 ESSENTIAL HABITS OF POSITIVE PEOPLE

1. Positive people don't confuse *quitting* with *letting go*.

Instead of hanging on to ideas, beliefs, and even people that are no longer healthy for them, they trust their judgement to let go of negative forces in their lives. Especially in terms of relationships, they subscribe to *The Relationship Prayer* which goes: *I will grant myself the ability to trust the healthy people in my life ... To set limits with, or let go of the negative ones ... And to have the wisdom to know the DIFFERENCE!*

2. Positive people don't just have a good day, they make a good day.

Waiting, hoping, and wishing seldom have a place in the vocabulary of positive individuals. Rather, they use strong words that are *pro-active* and not *reactive*. Passivity leads to a lack of involvement, while positive people get very involved in constructing their lives. They work to make changes to feel better in tough times rather than wish their feelings away.

3. For the positive person, the past stays in the past.

Good and bad memories alike stay where they belong – in the past where they happened. They don't spend much time pining for the good ol' days because they are too busy making new memories now. The negative pulls from the past are used not for self-flagellation or unproductive regret, but rather productive regret where they use lessons learned as stepping stones towards a better future.

4. Show me a positive person and I can show you a grateful person.

The most positive people are the most grateful people. They do not focus on the potholes of their lives. They focus on the pot of gold that awaits them every day, with new smells, sights, feelings, and experiences. They see life as a treasure chest full of wonder.

5. Rather than being stuck in their limitations, positive people are energized by their possibilities.

Optimistic people focus on what they can do, not what they can't do. They are not fooled to think that there is a perfect solution to every problem and are confident that there are many solutions and possibilities. They are not afraid to attempt new solutions to old problems, rather than spin their wheels expecting things to be different this time. They refuse to be like Charlie Brown expecting that this time Lucy will not pull the football from him!

6. Positive people do not let their fears interfere with their lives!

Positive people have observed that those who are defined and pulled back by their fears never truly live a full life. While proceeding with appropriate caution, they do not let fear keep them from trying new things. They realize that even failures are necessary steps for a successful life. They have confidence that they can get back up when they are knocked down by life events or their own mistakes, due to a strong belief in their personal resilience.

7. Positive people smile a lot!

When you feel positive on the inside it is like you are smiling from within, and these smiles are contagious. Furthermore, the more others are with positive people, the more they tend to smile too! They see the lightness in life and have a sense of humor even when it is about themselves. Positive people have a high degree of self-respect but refuse to take themselves too seriously!

8. People who are positive are great communicators.

They realize that assertive, confident communication is the only way to connect with others in everyday life. They avoid judgmental, angry interchanges, and do not let someone else's blow up give them a reason to react in kind. Rather, they express



themselves with tact and finesse. They also refuse to be non-assertive and let people push them around. They refuse to own problems that belong to someone else.

9. Positive people realize that if you live long enough, there are times for great pain and sadness.

One of the most common misperceptions about positive people is that to be positive, you must always be happy. This cannot be further from the truth. Anyone who has any depth at all is certainly not happy all the time. Being sad, angry, or disappointed are all essential emotions in life. How else would you ever develop empathy for others if you lived a life of denial and shallow emotions? Positive people do not run from the gamut of emotions and accept that part of the healing process is to allow themselves to experience all types of feelings, not only the happy ones. A positive person always holds the hope that there is light at the end of the darkness.

10. Positive people are empowered people, they refuse to blame others and are not victims in life.

Positive people seek the help and

support of others who are supportive and safe. They limit interactions with those who are toxic in any manner, even if it comes to legal action and physical estrangement such as in the case of abuse. They have identified their own basic human rights, and they respect themselves too much to play the part of a victim. There is no place for holding grudges with a positive mindset. Forgiveness helps positive people become better, not bitter.

Read the original article at: <https://www.lifehack.org/articles/lifestyle/the-10-essential-habits-of-positive-people.html>

Consider becoming a volunteer with the Legacy Corps Caregiving Program. We provide respite for caregivers of loved ones age 60 and over. For more information on becoming a volunteer, or 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.

NEW COORDINATOR... continued from page 1

by family and friends 30 years ago. Trees were selected from the property to build the cabin. Debarking each log by hand was a labor of love. The idea of being at camp is to shut off all devices, enjoy time together, cooking over the fire, visiting around the campfire, walking trails, riding ATV's, swimming in the pond, and target shooting. I may never be able to outscore my father but my daughter can!

It is a great honor for me to be part of the OFA team and to be focused on making life in our communities a fantastic experience for all of us!

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(TTY 777) for information and an application.



MEDICARE TO COVER AT-HOME COVID-19 TESTS

By: AARP, February 3, 2022

Medicare’s 64 million beneficiaries will soon be able to get free over-the-counter COVID-19 tests from pharmacies and other stores that participate in the program.

Medicare enrollees will be able to receive up to eight at-home tests per month, the Centers for Medicare and Medicaid Services (CMS) announced on Feb. 3. CMS officials say the initiative will be up and running in early spring, but exact dates and details have not yet been announced. Medicare will pay eligible pharmacies and other participating locations directly, so beneficiaries will not have to pay anything up front for the tests.

This new program will apply to people with original Medicare and to those who are enrolled in a Medicare Advantage (MA) plan. In addition, until then, MA plans are now authorized to offer the over-the-counter COVID-19 tests at no charge as a supplemental benefit, so beneficiaries should check with their plan to see if it includes such coverage. Medicare will cover only over-the-counter tests approved or authorized by the U.S. Food and Drug Administration (FDA).

Medicare beneficiaries originally left out

When the White House first announced in January its plan to require insurers to pay for at-home tests, it did not include coverage for Medicare beneficiaries. AARP and other advocates pushed back strongly, saying that America’s older adults, who are most vulnerable to the coronavirus, need to have these tests available to them at no charge. This will be the first time that Medicare will cover any over-the-counter products at no cost to beneficiaries.

“We know that people 65 and older are at a much greater risk of serious illness and death from this disease – they need equal access to tools that can help keep them safe,” said Nancy LeaMond, AARP executive vice president and chief advocacy and engagement officer. “The cost of paying for tests and the time needed to find free testing options are barriers that could discourage Medicare beneficiaries from getting tested, leading to greater social isolation and continued spread of the virus.”

“It is clear that regular testing is a crucial part of managing the spread of COVID-19,” LeaMond added. “That’s why AARP has been calling for coverage of at-home tests under Medicare equal to that of private health insurance. We are pleased that CMS listened to our concerns and found a path forward to cover over-the-counter tests for seniors.”

Rapid tests, also known as antigen tests, provide results in as little as 15 minutes, compared to the several days it can take to get results from PCR – polymerase chain reaction – tests, which must be processed by a lab. PCR tests, however, are generally considered more accurate than rapid antigen tests. The rapid tests are typically sold in boxes of two.

Until the new program begins, Medicare beneficiaries can still request four free over-the-counter tests delivered to their homes through the federal government website covidtests.gov. These tests are available to all Americans. If a beneficiary’s provider prescribes a PCR test, they are available at no charge at more than 20,000 free testing sites. In addition, people with Medicare can still access one PCR test for free, without a prescription.

HOMEBOUND COVID-19 VACCINES

Are you homebound?
Are you unable to get out of your house to be vaccinated?



To be added to the list of those who are homebound and wish to receive their COVID vaccination in their home, please call
Office for the Aging.

607-832-5750

UPCOMING TAI CHI FOR ARTHRITIS CLASSES

By: Terri Tweedie, Coordinator of Services for the Aging

We are in the process of planning upcoming Tai Chi for Arthritis classes in Delaware County and would like your input.

We currently have class locations available to us in Arkville, Delhi, Franklin, Harpersfield, Hobart, and Sidney. We will be exploring locations in Walton as well.

There are two levels of movements with the Tai Chi for Arthritis program. The Basic Six are movements 1-6, and the advanced movements are 7-12.

You need to begin with the Basic Six movements. Once you’ve learned the Basic Six, then you can advance to the 7-12 movements.

What we’d like to hear from you is what movements you are interested in working on, and what town you’d like to take classes in.

If you’d like to share your class location and/or movement level preferences, please call Terri Tweedie at the Delaware County Office for the Aging at 607-832-5750. Terri can also add you to the waiting list for upcoming classes.

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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Name _____ Phone: _____

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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 your name to remain anonymous then please check here.

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

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

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

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



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2022 MEDICAID & MEDICARE SAVINGS PROGRAM INCOME GUIDELINES

By: Lyndsay Komosinski, NY Connects Coordinator

Medicaid is a program for low-income persons whose income and/or resources are below certain levels. Eligible populations include children, pregnant women, single individuals, families and individual's certified blind or disabled. In addition, persons with medical bills may be eligible for Medicaid even if their income and resources are above the allowable Medicaid income levels. Medicaid income and resource levels generally change on January 1 of each year. Only certified blind individuals, disabled individuals, and individuals over 65 have a resource test. Children and families may be eligible for Child Health Plus or Family Health Plus if they are not eligible for Medicaid.

The Medicaid income and asset limits for individuals certified blind, disabled, or over 65 years of age are as follows:

The **Medicare Savings Program (MSP)** is a Medicaid-administered program that can assist people with limited income in paying for their Medicare premiums. Depending on your income, the MSP may also pay for other cost-sharing expenses.

When you enroll in an MSP, you will also automatically get **Extra Help**, the federal program that helps pay most of your Medicare prescription drug (Part D) plan costs.

There is no resource test for the MSP programs. This means many Medicare beneficiaries who may not qualify for Medicaid because of excess resources can qualify for an MSP.

There are **three benefit levels**. Each has a different income eligibility limit.

- Qualified Medicare Beneficiary (QMB)
- Specified Low Income Beneficiary (SLMB)
- Qualified Individual (QI)

| Household Size | Monthly Income | Annual Income | Resource Limit |
|----------------|----------------|---------------|----------------|
| 1 | \$934 | \$11,200 | \$16,800 |
| 2 | \$1,367 | \$16,400 | \$24,600 |

The Income Guidelines are as follows:

| Medicare Savings Program | Individual Monthly Income Limit | Married Couple Monthly Income Limit | Helps Pay Your |
|--------------------------|---|---|---|
| QI | \$1,549 | \$2,080 | Only Part B premiums + Extra Help** You can not have both QI & Medicaid |
| SLMB | \$1,379 | \$1,851 | Only Part B premium + Extra Help** You can have both SLMB & Medicaid |
| QMB | \$1,153 | \$1,546 | Part A and Part B Premiums, and cost-sharing like coinsurance, copayments, and deductibles + Extra Help** You can have both QMB & Medicaid |
| Medicaid | \$934 New York Asset Limits: \$16,800 | \$1,367 New York Asset Limits: \$24,600 | Pays your Medicare Part B premium, deductibles & co-insurances. |

If you would like additional information about Medicaid or Medicare Savings Program, or would like assistance applying, contact Lyndsay Komosinski, NY Connects Coordinator, at lyndsay.komosinski@co.delaware.ny.us or contact Delaware County Office for the Aging at (607) 832-5750.

mosinski, NY Connects Coordinator, at lyndsay.komosinski@co.delaware.ny.us or contact Delaware County Office for the Aging at (607) 832-5750.

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



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"Assisted Living...in Your Own Home"

MARCH IS NATIONAL NUTRITION MONTH

By: Andrea Martell, RDN CDN, Retrieved from <https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

Tips For A Better You In 2022

My motto is, keep it simple:

1. **Make half your plate fruits and vegetables.** Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Fill the other half of your plate with whole grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt.
2. **Fix healthy snacks.** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: whole grains, fruits, vegetables, low-fat dairy, and lean protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
3. **Get to know food labels and reduce added sugars.** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs. Foods and drinks with added sugars can contribute empty calories and little or

no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

4. **Eat seafood twice a week.** Seafood, fish, and shellfish contain a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3's and lower in mercury. And when it comes to cooking methods: grilled, baked, broiled, or steamed are the better options.
5. **Experiment with plant-based meals.** Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week.
6. **Be active and drink more water.** Regular physical activity has many health benefits. Adults should get at least two hours and 30 minutes per week. You don't have to join a gym, you can take a Tai Chi class, walk after dinner, or put on music and dance at home. Also, be mindful of hydration. Quench your thirst with water instead of sugary drinks. Stay hydrated and drink plenty of fluids, especially if you are active or an older adult.

Incorporate as many of these tips as you can for a better you in 2022.

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OVER \$1 BILLION

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SENIOR ACTIVITIES FOR APRIL 2022 AND MAY 2022

HOLIDAY CLOSINGS: Monday, 5/30/22, for Memorial Day.

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

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

Grand Gorge Senior Dining Center (Old School, Civic Center, Rte. 30) (607) 588-6166. CENTER MANAGER: NICOLE REGAZZI.

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

Hancock Senior Dining Center (Baptist Church, Messenger Hall, Wheeler Street) (607) 637-2219. CENTER MANAGER: LISA DRAKE.

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764. CENTER MANAGER: KIM SEGNINI.

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

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

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

Walton Senior Dining Center (St. John's Catholic Church, Benton Ave.) (607) 865-6739. CENTER MANAGER: MORGAN BEERS.

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

*NOTE: Suggested contribution for all **regular** meals is \$3.00 seniors and \$4.00 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.*

“Eat Healthy Be Active”

*****FREE Nutrition Workshops!*****

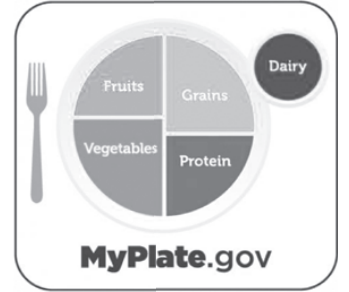
[4-Part Series]

****Now Available *In-Person*, by Phone, or Computer****

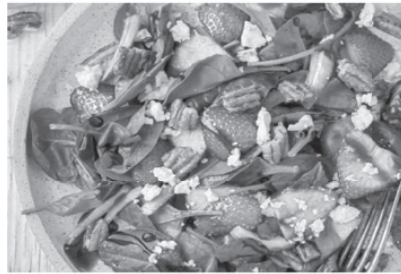
*Delaware County
Office for the Aging*

If you are interested in attending a workshop, call (607) 832-5750

*Or email Andrea the dietitian directly at:
Nutritionnut916@gmail.com*



*Date & Time to be arranged by Nutrition Educator based on availability & group preference.



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

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 |
|---|---|---|---|---|---|
| APRIL 4 THROUGH APRIL 8 | Beef Pepper Steak Oven Browned Potatoes Steamed Peas Whole Wheat Bread Fruit Cocktail | Chicken Risotto Capri Blend Veggies Cucumber Salad Whole Wheat Bread Chocolate Chip Cookies | Spaghetti & Meatballs Brussels Sprouts Tossed Salad Italian Bread Jello w/ Topping | Scrambled Eggs Mini Pancakes w/Syrup Sausage Patty Whole Wheat Bread Cinnamon Applesauce | Potato Crusted Pollock Parslied Potatoes Sliced Beets Cole Slaw Lemon Pudding |
| APRIL 11 THROUGH APRIL 15 | Chicken Cacciatore Penne Pasta Italian Blend Veggies Grape Juice Vanilla Pudding | Liver & Onions w/ Gravy Mashed Potatoes Steamed Peas Fresh Fruit Salad Cinnamon Coffee Cake | Spicy Cranberry Pork Steamed Brown Rice Seasoned Spinach Whole Wheat Bread Jello w/ Topping | Chicken Cordon Bleu Parmesan Bow Ties Green Beans Dinner Roll Banana Cream Pie | Broccoli Cheddar Quiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet |
| APRIL 18 THROUGH APRIL 22 | Turkey Tetrazzini Sautéed Zucchini Three Bean Salad Whole Wheat Bread Diced Pears | Beef Stew Roasted Cauliflower Fruit Cup Whole Wheat Bread Peanut Butter Cookies | Neptune Pasta Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello | Baked Chicken w/Gravy Steamed Brown Rice String Beans Rosy Apple Relish Peaches | Home Style Meatloaf Whipped Potatoes Steamed Broccoli Apple Sauce Yellow Cake |
| APRIL 25 THROUGH APRIL 29 | Swiss Steak Baked Potato Steamed Peas Pineapple Juice Butterscotch Pudding | Roast Pork w/ Gravy Mashed Potatoes Capri Blend Veggies Applesauce Ice Cream Sundae | Taco Pie Spinach Cran-Orange Juice Whole Wheat Bread Cinnamon Coffee Cake | Maple Mustard Chicken Buttered Egg Noodles Mixed Vegetables Whole Wheat Bread Fruited Jello | Baked Tilapia Sweet Potato Fries Steamed Broccoli Cucumber Salad Apricots |
| MAY 2 THROUGH MAY 6 | Spanish Rice Corn/Zucchini Medley Apple Juice Whole Wheat Bread Vanilla Ice Cream | Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Rosy Apple Relish Chocolate Chip Cookies | Caribbean Pork Rib Baked Sweet Potatoes Parslied Cauliflower Three Bean Salad Lemon Pudding | Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Upside Down Cake | Chicken Salad Italian Pasta Salad Snow on Mtn. Salad Dinner Roll Fresh Watermelon |
| MAY 9 THROUGH MAY 13 | Ravioli w/ Sausage Sautéed Zucchini Three Bean Salad Italian Bread Fruit Cocktail | BBQ Pork Smokey Mountain Beans Corn/GreenBean Medley Carrot-Raisin Salad Sherbet | Citrus Chicken Glazed Sweet Potatoes Parslied Cauliflower Cran-Orange Juice Sugar Cookies | Hamburger Stroganoff Egg Noodles Steamed Broccoli Whole Wheat Bread Diced Pears | Baked Tilapia Baked Potato Steamed Peas Coleslaw Ice Cream |
| MAY 16 THROUGH MAY 20 | Swedish Meatballs Buttered Noodles Sliced Carrots Apple Juice Chocolate Pudding | Fish on a Bun Greek Oven Fries Steamed Peas Harvard Beets Fruited Jello | Roadhouse Chicken Roasted Potatoes Mixed Blend Veggies Cran-Apple Juice Oatmeal RaisinCookies | Lasagna Green Beans Italian Bread Strawberry Short Cake | Turkey Salad Potato Salad Cucumber Salad Dinner Roll Fresh Watermelon |
| MAY 23 THROUGH MAY 27 | Stuffed Shells Seasoned Spinach 3 Bean Salad Italian Bread Vanilla Ice Cream | Shepard's Pie Parslied Cauliflower Orange Juice Whole Wheat Bread Apricots | Pineapple Chicken Buttered Egg Noodles Mixed Vegetables Whole Wheat Bread Sliced Peaches | Meatloaf w/ Gravy Swiss Baked Potatoes Green Beans Applesauce Rice Pudding | Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Cinnamon Coffee Cake |
| MAY 30 THROUGH JUNE 3 | CLOSED MEMORIAL DAY HOLIDAY | Chicken Alfredo Stewed Tomatoes Apple Juice Italian Bread Lemon Pudding | Pot Roast w/ Gravy Mashed Potatoes Zucchini & Squash Rosy Apple Relish Sherbet | Orange Pork Steamed Rice Sliced Carrots Fruit Cocktail Jello w/ Topping | Tuna Casserole String Beans Tossed Salad Italian Bread Spiced Peaches |

Congregate dining centers currently closed due to COVID.
Home delivered meals are available.

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

DELAWARE COUNTY SENIOR TRANSPORTATION – BUS SCHEDULE

The Delaware County Senior Transportation System is designed to cover the main routes that pass through Delaware County. Reservations are required in order to ride the bus at this time. Reservations should be made by 1:00pm the day before the desired trip. New passengers should contact Office for the Aging at 607-832-5750 at least 24 hours in advance.

Although the system serves primarily persons 60 years of age and older, we will transport persons with disabilities (age 18 or older) on a space available basis. Persons having difficulty in getting to the designated bus stops should call our office and we will see if an alternate location can be arranged.

SUGGESTED CONTRIBUTION - \$5

All contributions are confidential and voluntary and will be used to expand services to all who need them in Delaware County. Those with a self-declared income at or above 185% of the Federal Poverty line are encouraged to contribute the actual cost of \$15 per round trip. However, no one will be denied this service due to inability or unwillingness to contribute. We are grateful for your support.

DUE TO STATE AND FEDERAL REGULATIONS, REGARDING SOCIAL DISTANCING AND CURRENT COVID MANDATES STILL IN EFFECT FROM THE COVID-19 PANDEMIC, THE FOLLOWING POLICIES HAVE BEEN ADOPTED UNTIL THESE RESTRICTIONS HAVE BEEN FULLY LIFTED:

- **All riders and bus driver will be required to wear a mask at all times while on the bus, this includes when boarding and getting off the bus.** Drivers will have extra masks for those riders not equipped with one when boarding. **No rider will be allowed on the bus without a mask!**
- There is a temporary **cap of eight riders per trip** (more will be allowed if transporting households of two who can sit in one bench seat together).
- To make sure OFA can serve all who rely on this service, riders may be limited to riding only once or twice per month depending on the demand for this service. Therefore, **confirmed reservations will be required ONE DAY IN ADVANCE in order to ride the bus. If you do not have a confirmed reservation to ride, you will not be allowed on the bus.**
- **Requests for next day trips must be made by 1pm the day before.**
- To help protect you and other riders - if you are feeling ill, experiencing any symptoms of COVID, or are on quarantine due to COVID exposure/ illness on the day you are to ride, then **please cancel your trip.** We can reschedule you to another week when you are feeling better.

BUS STOPS

Andes.....Hogan's General Store
 ArkvilleLaundromat
 Bloomville.....Post Office
 Bovina Center.....Presbyterian Church
 Davenport.....Quickway
 Davenport Center.....Town Hall
 Delhi.....Ace Hardware
Delhi Senior Housing
 Deposit.....Quickway *
Meadowpark Apts.
 Downsville.....Country Store
 East Branch.....Johnson & Rhodes
 Fishs Eddy.....Post Office
 Fleischmanns.....Village Parking Lot
 Franklin.....Quickway *
 Grand Gorge.....Senior Apartments *
 Halcottsville.....Fire Hall
 Hamden.....Town Hall
 Hancock.....Grand Union
Read Apts, McDonald's *
 Harpersfield.....Town Hall
 Hobart.....Hobart Activity Center
 Margaretville.....Sunoco Fast Stop *
 Masonville.....Quickway
 Roxbury..Roxbury Convenience Store
 Sidney.....Laundromat-Downtown
Sidney Senior Village
 Sidney Center.....General Store
 South Kortright.....Post Office
 Stamford.....Village Hall *
Tops
 ...Robinson Terrace Assisted Living
 Treadwell.....Barlows
 Trout Creek.....General Store
 Walton.....Big M
 West Davenport.....Post Office
 * Designated Rest Stops

HOLIDAYS

The office is always closed on the following holidays. Please contact the office at least a week in advance for any schedule changes.

*New Year's Day ~ Presidents' Day
 ~ Memorial Day ~ Independence Day
 ~ Labor Day ~ Columbus Day ~ Veterans' Day ~ Thanksgiving Day ~ Christmas Day*

SHOPPING TIME

The bus will remain at the final destination for two hours only so plan shopping time accordingly. Listed arrival/leave times may vary depending on daily rider locations, so be sure to check with the driver for departure time before exiting the bus at the destination.

**** Limit 5 bags per rider ****

DESTINATION STOPS

Oneonta: Walmart, Southside, Hannaford, Downtown, FoxCare Center, Price Chopper

Binghamton: Boscov's, Parkway Plaza (Target, Kohls), Town Square Mall (Walmart), Oakdale Mall & Wegmans

Norwich: Walmart, Price Chopper, Marshals, Label Shopper, and Dollar Stores

Kingston: Walmart, and Hudson Valley Mall

SCHEDULE

* = Designated Rest Stops
 Δ = Add 10-20 min. to times following stops at these locations

1ST & 5TH WEDNESDAYS

~Oneonta~
 PICK UP
 8:05 amDelhi
 8:35 amDownsville
 8:50 amEast Branch
 8:55 amFishs Eddy
 9:00 amHancock *
 9:20 amDeposit *
 9:45 amMasonville
 Arrive Oneonta ~ 10:20 am
 Leave Oneonta ~ 12:20 pm
 RETURN
 12:55 pm.....Masonville
 1:20 pm.....Deposit
 1:40 pm.....Hancock *
 1:45 pm.....Fishs Eddy
 1:50 pm.....East Branch
 2:05 pm.....Downsville
 2:35 pm.....Delhi

2ND & 4TH WEDNESDAYS

~ Norwich ~
 PICK UP
 8:05 amDelhi
 8:35 amDownsville
 8:50 amEast Branch
 8:55 amFishs Eddy
 9:00 amHancock *
 9:20 amDeposit *
 9:45 amMasonville
 Arrive Norwich ~ 10:25 am
 Leave Norwich ~ 12:25 pm
 RETURN
 1:00 pm.....Masonville
 1:25 pm.....Deposit
 1:45 pm.....Hancock *
 1:50 pm.....Fishs Eddy
 1:55 pm.....East Branch
 2:10 pm.....Downsville
 2:40 pm.....Delhi

3RD WEDNESDAYS ~

Binghamton ~
 PICK UP
 8:05 amDelhi
 8:35 amDownsville
 8:50 amEast Branch
 8:55 amFishs Eddy
 9:00 amHancock *
 9:20 amDeposit *
 Δ(Masonville)
 Arrive Binghamton ~ 10:10 am
 Leave Binghamton ~ 12:10 pm
 RETURN
 Δ(Masonville)
 12:45 pm.....Deposit
 1:00 pm.....Hancock *
 1:10 pm.....Fishs Eddy
 1:15 pm.....East Branch
 1:35 pm.....Downsville
 2:05 pm.....Delhi

1ST, 3RD, & 5TH THURSDAYS

~ Oneonta ~
 PICK UP
 8:15 amBovina
 8:20 amAndes
 8:40 amMargaretville *
 8:45 amArkville
 Δ(Fleischmanns)
 8:55 amHalcottsville
 9:05 amRoxbury
 9:15 amGrand Gorge *
 9:30 amStamford *
 9:40 amHarpersfield
 9:50 amDavenport
 9:55 amDavenport Center
 10:00 am.....West Davenport
 Arrive Oneonta ~ 10:10 am
 Leave Oneonta ~ 12:10 pm
 RETURN
 12:20 pm.....West Davenport
 12:25 pm.....Davenport Center
 12:30 pm.....Davenport

12:40 pm.....Harpersfield
 12:50 pm.....Stamford *
 1:05 pm.....Grand Gorge *
 1:20 pm.....Roxbury
 1:30 pm.....Halcottsville
 Δ(Fleischmanns)
 1:40 pm.....Arkville
 1:45 pm.....Margaretville*
 2:05 pm.....Andes
 2:10 pm.....Bovina

2ND & 4TH THURSDAY

~ Kingston ~
 PICK UP
 8:05 amDelhi
 8:15 amBloomville
 8:25 amSouth Kortright
 8:30 amHobart
 8:35 amStamford *
 8:50 amGrand Gorge *
 9:05 amRoxbury
 9:15 amHalcottsville
 9:25 amMargaretville *
 9:25 amArkville
 9:30 amFleischmanns
 9:35 amPine Hill
 Arrive Kingston ~ 10:30 am
 Leave Kingston ~ 12:30 pm
 RETURN
 1:30 pm.....Pine Hill
 1:35 pm.....Fleischmanns
 1:40 pm.....Arkville
 1:40 pm.....Margaretville *
 1:50 pm.....Halcottsville
 2:00 pm.....Roxbury
 2:10 pm.....Grand Gorge *
 2:25 pm.....Stamford *
 2:30 pm.....Hobart
 2:35 pm.....South Kortright
 2:45 pm.....Bloomville
 3:00 pm.....Delhi

1ST & 5TH FRIDAYS ~ Oneonta ~

PICK UP
 8:15 amDeLancey/Hamden
 8:30 amWalton
 9:00 amSidney
 9:15 amFranklin *
 Arrive Oneonta ~ 9:30 am
 Leave Oneonta ~ 11:30 am
 RETURN
 11:45 am.....Franklin *
 12:00 pm.....Sidney
 12:30 pm.....Walton
 12:45 pm.....DeLancey/Hamden

2ND & 4TH FRIDAYS ~ Norwich ~

PICK UP
 8:15 amDeLancey/Hamden
 8:30 amWalton
 8:55 amFranklin *
 9:15 amSidney
 Arrive Norwich ~ 9:50 am
 Leave Norwich ~ 11:50 pm
 RETURN
 12:35 pm.....Sidney
 12:55 pm.....Franklin *
 1:10 pm.....Walton
 1:25 pm.....DeLancey/Hamden

3RD FRIDAYS ~ Binghamton ~

PICK UP
 8:15 amDeLancey/Hamden
 8:30 amWalton
 8:55 amFranklin *
 9:15 amSidney
 Arrive Binghamton ~ 10:00 am
 Leave Binghamton ~ 12:00 pm
 RETURN
 12:45 pm.....Sidney
 1:05 pm.....Franklin *
 1:20 pm.....Walton
 1:35 pm.....DeLancey/Hamden

Thank You Dispatch Donors

Dorothy Accurso, Barbara Arnott, Joseph Bellows, Dorothy Brizzee, Joan Burger, Sandra Butler, Carl & Valerie Cangialosi, Susan Cavanagh, Cynthia Cobbe, Richard & Jane Cormack, Dean & Bettye Darling (in memory of Mommom & Mrs. Herbie), JoAnn DeWitt, Ruth Dibble, Barbara Dirig, Anne Haney, Margaret Hume, Frank Lippmann, Audrey MacGibbon, Lloyd & Irene Marlett, Richard Mattice, Burr & Tera Mauer, Joyce Murphy, Lori Nelson, Frederic & Anita Salvante, Franklin Selleck, Ralph Sheehan, Robert & Judith Sniegocki, Robert & Frances Stevens, Patricia Teter, Marge Tweedie, Sandra VanTassel

THE ELDERLY PHARMACEUTICAL INSURANCE COVERAGE (EPIC)

By: Virginia Perez, Aging Services Representative; Article adapted from Department of Health

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a New York State program for seniors administered by the Department of Health. EPIC helps people ages 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. EPIC provides secondary coverage for Medicare Part D and EPIC-covered drugs purchased after any Medicare Part D deductible is met. EPIC also covers approved Part D-excluded drugs once a member is enrolled in Part D.

EPIC helps pay the Medicare Part D drug plan premiums for members with income up to \$23,000 if single or \$29,000 if married. EPIC has two plans based on income. The Fee Plan is for members with income up to \$20,000 if single or \$26,000 if married. The Deductible Plan is for members with incomes ranging from \$20,001 to \$75,000 if single or \$26,001 to \$100,000 if married.

EPIC supplements Medicare Part D drug coverage for greater annual benefits and savings. When purchasing prescription drugs, the member shows both their EPIC and Medicare Part D drug plan cards at the pharmacy. After any Medicare Part D deductible is met, if the member has one, drug costs not covered by Part D (including co-payments/co-insurance) can be submitted

to EPIC for payment. The member will pay an EPIC co-payment ranging from \$3 to \$20 based on the cost of the drug. For example, if the EPIC member's out-of-pocket drug cost is \$100, the member will pay \$20.

Because EPIC is a State Pharmaceutical Assistance Program, EPIC can provide:

- a Medicare Special Enrollment Period (SEP) so that a new member may enroll in a Part D drug plan at any time during the year;
- a Medicare one-time plan change per calendar year for existing members;
- Medicare Part D drug plan premium assistance;
- co-payment assistance after the Medicare Part D deductible is met, if the member has one;
- EPIC also covers approved Part D-excluded drugs once a member is enrolled in a Part D drug plan.

Income-eligible EPIC seniors are required to apply for Extra Help. This may be done at the time of completing the EPIC application to enable EPIC to apply for this federal benefit on their behalf. This can also be done after becoming an EPIC member by using the application, but checking off the box "Extra Help only." The application for Extra Help will also be submitted to the New York State Medicaid program for eligibility in a Medicare Savings Program that provides additional benefits, as well as LIS for ap-

proved members.

Extra Help from Medicare comes in two levels - full and partial. All levels of Extra Help provide a Low Income Subsidy (LIS) with reduced co-payments for approved drugs. Drug co-payments were as low as \$9.20 for brand or \$3.70

for generic drugs in 2021 when enrolled in a Part D drug plan.

For more information regarding Prescription Drug Coverage and the EPIC program, please contact Virginia Perez at Virginia.perez@co.delaware.ny.us or Office for the Aging at 607-832-5750.

NEWS FROM THE SENIOR COUNCIL

By: Peg Hilson, Senior Council President

Like organizations everywhere, it has been almost two years since the Delaware County Senior Council has been able to participate in our traditional events and fund raising efforts, but we have been meeting monthly. Well into the COVID pandemic we began meeting remotely and have recently started to meet in person.

We are cautiously optimistic that COVID numbers will continue to drop, and the arrival of spring weather will permit safe outdoor gatherings. We won't be having our Pancake Breakfast in March, but we think we can safely plan on promoting our annual quilt raffle. Local quilter, Eloise Henault, has donated one of her fascinating Mystery Message quilts to be raffled. If you have never seen a mystery message quilt let me try to describe one. There is a hidden message in the quilt, written in patterned fabric. The first row is the alphabet key, each fabric representing a letter of the alphabet. For example: apples for A, bears for B, all the way through to zebras for Z. To decipher the mystery message, you use the key to detect each word.

I have seen Eloise's quilts at the Can-

non Library and at local quilt shows, they are stunning and intriguing. I expect that once the public sees this quilt, many of us will begin collecting fabric to try our own. I'm thinking of quotations I want to use already.

So keep an eye out for our quilt at events like Fair on the Square, Meredith Dairy Days, the Delaware County Fair, and maybe the Farmers Market, etc. I'd be happy to bring the quilt to any senior citizen club meeting for a closer look.



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 towards their cost. No one is ever denied service due to inability or unwillingness to contribute. Those with a self-declared income at or above 185% of the Federal Poverty line are encouraged to contribute at levels based on the actual cost. 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.

Annual Big Wheels Golf Tournament

Friday, May 13th, 2022 at 8:30 am

College Golf Course at Delhi

Registration Forms will soon be available at the Delaware County Office for the Aging, 97 Main Street, Suite #2, Delhi, 607-832-5750; or the College Golf Course. To have an application mailed to you please contact Office for the Aging.

All proceeds to benefit Delaware County Senior Transportation & Senior Meals Program