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MEET VOLUNTEER GAIL EKLOFF



Gail Ekloff

Gail volunteers one day each week at the Office for the Aging. She began about five years ago and loves being in the office helping. She has recently created a small lending library inside the Senior Dining Center at 97 Main Street in Delhi. Stop by Monday through Friday between 9am and noon to leave a book or borrow a book. Book donations are gladly accepted. Please no large quantities, textbooks, or encyclopedias. Donations of children's books are appreciated. It's always great to have a new book to share with a grandchild.

Gail would also like to start a book club. If you are interested in joining, call the Office for the Aging at 607-832-5750 and leave your name and number for Gail to contact you.

JOIN NUTRITIONIST ANDREA MARTELL FOR “EAT HEALTHY”

- William B Ogden Library 42 Gardiner Place, Walton; Wednesdays in March: 3/15, & 3/22 @ 2:30pm
 - Masonville Branch Library 15565 NY-8, Masonville; Fridays in March: 3/17, & 3/24 @ 2:30pm
 - Skene Memorial Library 1017 Main St, Fleischmanns; Wednesdays in April: 4/5, 4/12, 4/19, & 4/26 @ 2:00pm
 - Deposit Free Library 159 Front St, Deposit; Thursdays in April: 4/6, 4/13, 4/20, & 4/27 @ 2:30pm
- Please call Susan H. at the Delaware County Office for the Aging to confirm 607 832-5750 or email DelCoEatHealthy@gmail.com.

NOMINATIONS SOUGHT FOR SENIOR CITIZEN OF THE YEAR

By: Suzanne MacDonald

The Delaware County Senior Council is seeking nominations for the 2023 Senior Citizen of the Year Award. This award honors a Delaware County resident age 60 or older who stands out in the community for ongoing devotion of time and talent in a variety of areas.

1. The nominee must be age 60 or older.
2. The nominee must have an ongoing record of community service for which they receive no remuneration.
3. Candidates must be nominated by an individual or group; they may not nominate themselves.
4. Only nominations received on the official form will be considered. The Delaware County Senior Council committee will review only these forms; no additional documentation will be considered.
5. No employee who currently works for the Delaware County Office for the

Aging is eligible for consideration.

6. Nominations are kept for one year. If the candidate is not selected for that year's award, they will automatically be entered for consideration for the following year's award.

7. The Delaware County award winner will be entered for judging in the New York State Senior of the Year Award contest the following year.

The Delaware County Senior Council Senior Citizen of the Year Committee selects the winner from the nominations. The winner will be announced at this year's Delaware County Senior Council Annual meeting scheduled for October.

Nominations must be received on or before July 10, 2023, and must be mailed to Delaware County Senior Council, 97 Main Street Suite #2; Delhi, NY 13753.

For more information or an application, call Delaware County Office for the Aging at 607-832-5750.

2023 BIG WHEELS GOLF TOURNAMENT



“The Hilson’s plus One” team, enjoying the day playing a round of golf at last year’s Big Wheels Golf Tournament. From left to right: Jim Hilson, Margaret “Peg” Hilson, JoAnn Kaufman, and Tom Hilson (back).

The annual Big Wheels Golf Tournament, held at the Delhi College Golf Course, will take place on Friday, May 12, 2023, according to the Big Wheels tournament committee. The event serves as a primary fundraiser for programs and services which provide assistance to Delaware County senior

citizens. The entry fee this year will be \$80 which will be all inclusive; covering greens fees for 18 holes of golf, cart use, guaranteed prizes and a post tournament dinner. Registrations for the tournament can be obtained by contacting the Delaware County Office for the Aging at 607-832-5750.

WELCOME JOANNE SAMPSON



Joanne Sampson

Hello, my name is Joanne Sampson, Assistant to the Director at the Delaware County Office for the Aging. I came to this beautiful area of

New York State to raise my family, and Walton has been my home for 36 years. My son graduated from WCS and served 10 years of active duty in the USMC. He and my grandchildren make their home in South Carolina.

While my professional background is primarily in finance, I have also provided in home respite care for individuals with disabilities as well as home care for the elderly. My new position affords me the opportunity to combine my experience and knowledge in both areas: handling the fiscal affairs for the Office for the Aging, in addition to serving and assisting the senior community of Delaware County.

I am excited for this opportunity and very much look forward to working with Wayne and this amazing staff.

NEWS FROM THE DIRECTOR

By Wayne Shepard

Here we are in March. Where did January and February go? As I write this article the temperature outside is close to 60 degrees. In looking outside my office window the sky is blue and clear, the sun is shining, birds are chirping. I took a quick stroll walking the streets to run errands without my coat. It's a perfect spring day. This year's winter temperatures have been warmer than the previous winter season. Please keep in mind that we still have a few more weeks of winter before spring officially arrives. A lot can change in that period of time. However, each day is getting closer to spring. The signs of spring are beginning to show as we will be turning the clocks ahead, the days will be longer, the birds will be chirping when waking up, crocus, daffodils, and snow drops are starting to pop through the ground. Even some of the trees I notice are starting to bud.



Wayne Shepard, Director

Spring is an exciting time of year at the Office for the Aging. It's a time when preparation takes place for different fund raising events such as Senior Fun Day, and the possibility for the first time planning a Senior Prom. It's a time when seniors come out of hibernation, attend the differ-

ent senior events, and the snowbirds return home.

The first fund raiser by the Delaware County Senior Council is the "All You Can Eat" pancake breakfast. This event took place at the Hamden Town Hall on March 11. Once again, I had the opportunity to volunteer in the kitchen making scrambled eggs. The meal was delicious.

This month, the Delaware County Senior Council starts preparation for its annul Big Wheels Golf Tournament in May. The committee consists of eight core members who dedicate their time and effort each year to make this fund raiser a huge success. This is the biggest fund raiser event that takes place. The golf tournament raises close to \$7,000. The proceeds of this event have been used to support the expansion of home delivered meals to the homebound, extended medical transportation, and purchase of a new senior bus.

In June, the annual Senior Council Pork Barbeque and Pie Auction take place. The event usually takes place at the American Legion on Page Avenue in Delhi. This is another fund raising activity undertaken by the Senior Council in collaboration with the Office for the Aging and Delaware Opportunities. The barbequed pork is tender, moist, delicious, and locally grown accompanied by locally grown vegetables, coleslaw, applesauce, beverages, and dessert. Following the meal, homemade pies donated by the Senior Club members and Delaware County Senior Council are auctioned off. This event tentatively will be tak-

ing place on Tuesday, June 13th. Mark this date on your calendar. It's an exciting time to see how high the pies are auctioned off for. Last year, a lemon meringue pie went for \$150. I wait each year to purchase my favorite pie "pecan." A pecan pie can go anywhere from \$100-\$175.

For the first time Delaware County Office for the Aging is considering planning a Senior Prom. Office for the Aging is in the beginning phases of planning for this event. Details on date, time, place, and cost to follow.

Preparations are underway for the eighth annual Delaware County Senior Fun Day. It is a great opportunity for Seniors to come together for socialization, entertainment, a delicious meal, and take the opportunity to talk with the different vendors on the many services that are available. The event will once again take place at the 4H-Camp Shankitunk on Arbor Hill Road, Delhi on Thursday, August 24. Please note that the date has changed from a Wednesday to a Thursday this year. Mark your calendar to attend this annual event.

These are just a few of the many up and coming events that will be sponsored by Delaware County Office for the Aging this year. For further information on programs, services, and events available through Delaware County Office for the Aging, check our website at <https://www.delcony.us/departments/ofa/ofa.htm> or follow us on Facebook. You can also call the office at 607-832-5750. Our office is open Monday through Friday, 8am till 4pm.

ABOUT THE NEW YORK STATE OFFICE FOR THE AGING

The mission of the New York State Office for the Aging (NYSOFA) is to help older New Yorkers be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs, and services that support and empower older adults

and their families, in partnership with the network of public and private organizations that serve them.

Stay connected to the New York State Office for the Aging! Download the NYSOFA mobile app for iOS or Android; visit the NYSOFA Facebook page; follow @NYSAGING on Twitter; or visit www.aging.ny.gov.

The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

DELAWARE COUNTY OFFICE FOR THE AGING

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

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

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☐ **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,

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LEGACY CORNER

By: Susan Hammerslag, Legacy Coordinator

Many Benefits of Volunteering

Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering provides many benefits to both mental and physical health. Volunteering connects you to others, is good for your mind and body, and brings fun and fulfillment to your life.

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: it can benefit you as much as the cause you choose to help.

Volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life. Volunteering is a great way to meet new people. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve

a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

Research shows that just two to three hours per week, or about 100 hours a year, can confer the most benefits—to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering helps you stay physically healthy. Studies have found that

those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also reduce symptoms of chronic pain and the risk of heart disease.

(Adapted from: <https://www.bigstwincities.org/volunteering-and-its-surprising-benefits/>)

An article by authors: Jeanne Segal, Ph.D. and Lawrence Robinson)

Volunteer with the Legacy Corps Caregiving Program. We provide respite for caregivers of loved ones age 60 and over. To learn more about becoming a volunteer or if you are a caregiver in need of respite call Susan Hammerslag, Legacy Program Coordinator, at the Delaware County Office at the Delaware County Office for the Aging, 607-832-5750.



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WELCOME ED!!

Everyone asks the question, after 36 dedicated years with the Delaware County Department of Social Services – Whatever happened to Ed Chytalo???

Having retired on November 16, I started this new volunteer job at Delaware County Office for the Aging on November 21. Volunteering three to four mornings weekly, I enjoy assisting all the staff in various tasks. I thoroughly enjoy this new work environment and look forward to assisting the senior community (I’m 66) in all their needs. On my days off, you can usually find me out and about in the village mowing lawns, shoveling snow, doing my famous bubble shows on the Courthouse Square, racing one of my go-carts down Court Street,



and growing massive giant pumpkins in the Delaware Academy Elementary School playground for all the students to enjoy.

HEAP PROGRAM UPDATE

By: Janelle Hartwell, Community Services Director, Delaware Opportunities Inc.

The HEAP program is scheduled to close the regular and emergency components March 15, 2023 (or earlier if all monies are exhausted). Until the program closes, you may still be eligible to receive a benefit if you qualify.

The regular component benefit is \$500 to \$1050 depending on heat source with \$35.00 add on benefit for a household with a vulnerable member (under 6, 60 and older or disabled) and \$45.00 add on benefit for a household that is at or below 130% of federal poverty level for their household size.

The emergency component benefit amount is \$185.00 to \$900 depending

on the emergency (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 or you have a termination notice for electric or natural gas and you have exhausted your regular HEAP benefit).

Any clients receiving SNAP should contact Department of Social Services, 607-832-5300.

Any clients over 60 should contact Office of the Aging, 607-832-5750.

Any clients under 60 and not receiving SNAP should contact the HEAP Program at Delaware Opportunities, Rhonda Barriger, 607-746-1615.

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QUILT RAFFLE



By: Shirley Niebanck

The Delaware County Senior Council’s Quilt Raffle for 2023 is about to begin. Polly DellaCross of Delhi, a well known local quilter, has donated this year’s quilt. The colorful design created by Polly, we have named “Polly’s Fans.” Tickets will be sold at \$1 each or \$5 for six tickets. Tickets will be available at all Senior Council fundraising events, beginning with the Pancake Breakfast at Hamden Town Hall on Saturday, March 11, 2023. Drawing for the quilt will occur at the

Delhi Harvest Fest, Saturday, September 23, 2023.

Proceeds from the quilt raffle, as with all fundraising events of the Senior Council, will be used for “Seniors Helping Seniors.” Programs such as Senior Fun Day and the recent purchase of a bus used for seniors by Office for the Aging, have received funds from these events.

Please contact Senior Council President, Peg Hilson, at peg.hilson@icloud.com for further information or to purchase tickets for the quilt.

“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”.



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TAI CHI FOR ARTHRITIS CLASSES



By: Terri Tweedie, Coordinator of Aging Services

“Tai Chi for Arthritis” is a ten-week program (20 classes) that was designed by Dr. Paul Lam in conjunction with his Tai Chi associates and a team of medical experts. It is based on the Sun style Tai Chi. “Tai Chi for Arthritis” is easy to learn, effective and safe. It increases flexibility, muscle strength, increases heart/lung activity, aligns posture, improves balance and integrates the mind and body. The Centers for Disease Control & Prevention recommends the program for fall prevention in older adults. The “Tai Chi for Arthritis” program is officially supported by the Arthritis Foundation of the United States and Australia.

This program is sponsored by Delaware County Office for the Aging (OFA) and available to Delaware County residents (60 years of age or older) who faithfully attend these 20 classes. There is a suggested contribution of \$20 for the entire series.

This ten-week, 20 class series, could

be offered in your community! OFA will be planning additional series to be held in 2023. We need to hear from you if you want a series in your community. Currently, we are hearing from Sidney and Walton residents. Do you have 10 or more residents (age 60 years and older) in your community that would faithfully attend this ten-week, 20 class, series? Do you have a site in your community accessible to hold 15 to 20 adults, arms width apart? Do you want to be put on a waiting list to be notified of future classes? If interested in the Delhi/Harpersfield classes (see below details), having a program in your community, or for further information contact the office at 607-832-5750. When signing up you need to provide your full name, date of birth, phone number, mailing address, and 911 address (if different).

OFA will be starting a ten-week series (20 classes) of “Tai Chi for Arthritis” (moves 1 to 12) on April 10-June 19, 2023. The classes will be held at the Harpersfield Grange Hall on Mondays & Thursdays 10:00-11:00am.

There are 11 people pre-registered for this class. If you have NOT already pre-registered and would like to participate call OFA before the class fills up at 607-832-5750.

There will also be a class in Delhi (location TBD) beginning on June 26 and ending August 30, 2023. Classes will be Mondays & Thursdays,

10:00-11:00am.

This program is being offered in collaboration with NYSDOH Older Adult Falls Prevention grant through the Administration for Community Living and through funding provided by New York State Office for the Aging Title IIID and Delaware County Rural Health Alliance.



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

MARCH IS NATIONAL NUTRITION MONTH, TIPS TO HELP YOU FEEL YOUR BEST

Revised by Andrea Martell, RDN CDN.

Retrieved from <https://www.eat-right.org/food/resources/national-nutrition-month/toolkit>

Preparing and eating balanced meals may seem overwhelming at times but keep it simple.

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.

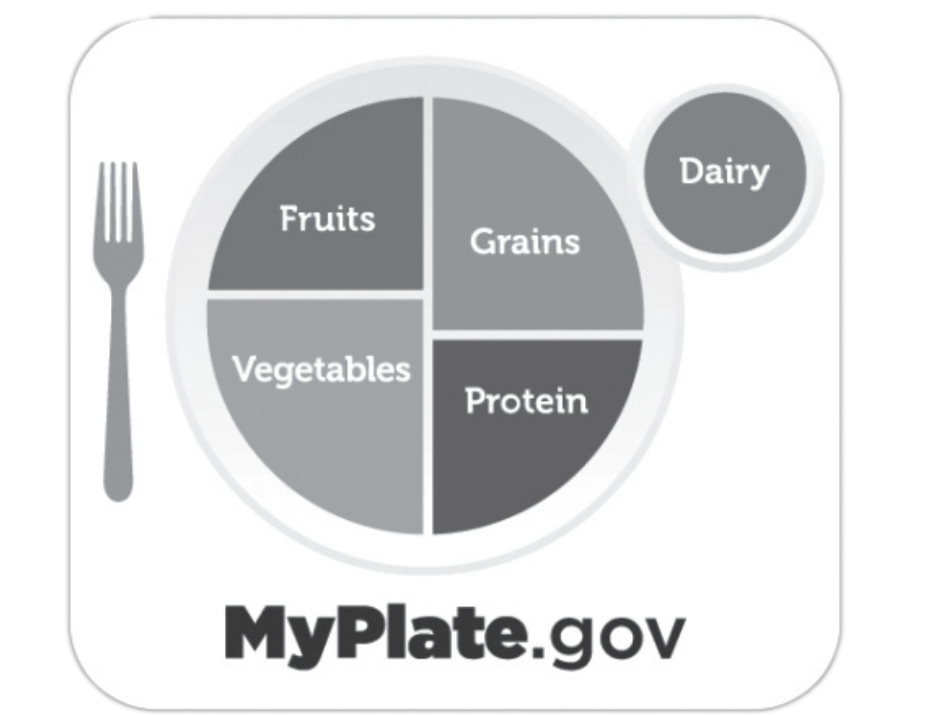
Fix healthy snacks. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: whole grains, fruits, vegetables, low-fat dairy, and lean protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon

of nut or seed butter with an apple or banana.

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

Eat seafood twice a week. Seafood, fish and shellfish, contains 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.

Experiment with plant-based meals. Expand variety in your food plans 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.

Be active and drink more water. Regular physical activity has many health benefits. Adults should get at least 2 ½ hours 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 to help you feel your best.

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 3 THROUGH APRIL 7	Beef Pepper Steak Oven Browned Potatoes Steamed Peas Whole Wheat Bread Fruit Cocktail	Chicken Risotto Capri Blend Veggies Cucumber Salad Whole Wheat Bread ChocolateChip 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	Baked Tilapia Sweet Potato Fries Steamed Broccoli Creamy Cucumber Salad Apricots
APRIL 10 THROUGH APRIL 14	Chicken Cacciatore Penne Pasta Italian Blend Veggies Grape Juice Vanilla Pudding	Eggplant Parmesan Spaghetti w/ Sauce Steamed Peas Fresh Fruit Salad Cinnamon Coffee Cake	Spicy Cranberry Pork Steamed Brown Rice Seasoned Spinach Whole Wheat Bread Jello w/ Topping	Baked Chicken w/Gravy Steamed Brown Rice String Beans Rosy Apple Relish Diced Peaches	BroccoliCheddarQuiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet
APRIL 17 THROUGH APRIL 21	Turkey Tetrazzini Sautéed Zucchini Three Bean Salad Whole Wheat Bread Diced Pears	Beef Stew Roasted Cauliflower Fruit Cup Whole Bread Peanut Butter Cookies	Neptune Pasta Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello	Chicken Cordon Bleu Parmesan Bow Ties Green Beans Dinner Roll Banana Cream Pie	Homestyle Meatloaf /Gravy Whipped Potatoes Steamed Broccoli Apple Sauce Yellow Cake
APRIL 24 THROUGH APRIL 28	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	PotatoCrusted Pollock Parslied Potatoes Sliced Beets Cole Slaw Lemon Pudding
MAY 1 THROUGH MAY 5	Spanish Rice Corn/Zucchini Medley Apple Juice Whole Wheat Bread Vanilla Ice Cream	Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Rosey Apple Relish ChocolateChip Cookies	Caribbean Pork Loin 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 8 THROUGH MAY 12	Ravioli Italian Sausage Sautéed Zucchini Three Bean Salad Fruit Cocktail	BBQ Pork Smokey Mountain Beans Corn & Green Beans Carrot-Raisin Salad Sherbet	Citrus Chicken Glazed Sweet Potatoes Parslied Cauliflowe Cran-Orange Juice Sugar Cookies	Hamburger Stroganoff Egg Noodles Steamed Broccoli Whole Wheat Bread Diced Pears	BakedCrusted Tilapia Baked Potato Steamed Peas Coleslaw Ice Cream
MAY 15 THROUGH MAY 19	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 Dinner Roll OatmealRaisin Cookies	Lasagna Green Beans Italian Bread Strawberry Short Cake	Turkey Salad Potato Salad Creamy Cucumber Salad Dinner Roll Fresh Watermelon
MAY 22 THROUGH MAY 26	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 Veggies 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 29 THROUGH JUNE 2	CLOSED MEMORIAL DAY HOLIDAY	Chicken & Broccoli Alfredo Stewed Tomatoes Italian Bread Lemon Pudding	Pot Roast w/ Gravy Mashed Potatoes Zucchini/YellowSquash Rosey Apple Relish Sherbet	Orange Pork Steamed Rice Sliced Carrots Fruit Cocktail Jello w/ Topping	Tuna Casserole String Beans Tossed Salad Italian Bread Spiced Peaches

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

MEDICARE AND PREVENTATIVE SERVICES

By: Virginia Perez, Aging Services Representative; Article Adapted from Medicare.gov and Medicare Rights Center

Preventive care is care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services, such as screenings, vaccines, and counseling. If you meet the eligibility requirements and guidelines for a preventive service, you must be allowed to receive the service. This is true for Original Medicare and Medicare Advantage Plans. However, your plan’s coverage rules may apply.

During your preventive care appointment, your provider may discover and need to investigate or treat a new or existing problem. This additional care is considered diagnostic, meaning your provider is treating you because of certain symptoms or risk factors. Medicare may bill you for any diagnostic care you receive during a preventive visit. For example, if your doctor finds and removes a polyp during a colonoscopy, costs related to removing the polyp will apply.

Keep in mind that each preventive service has its own eligibility requirements and guidelines. Medicare may only cover a service a certain amount of times each year or under specific circumstances.

- Covered Services include:
- Abdominal aortic aneurysm screening
 - Alcohol misuse screenings & counseling
 - Bone mass measurements (bone density)
 - Cardiovascular disease screenings
 - Cardiovascular disease (behavioral therapy)
 - Cervical & vaginal cancer screening
 - Colorectal cancer screenings
 - Multi-target stool DNA tests
 - Screening barium enemas
 - Screening colonoscopies
 - Screening fecal occult blood tests
 - Screening flexible sigmoidoscopies
 - Depression screenings
 - Diabetes screenings
 - Diabetes self-management training
 - Flu shots
 - Glaucoma tests
 - Hepatitis B shots
 - Hepatitis B Virus (HBV) infection screening
 - Hepatitis C screening test
 - HIV screening
 - Lung cancer screening
 - Mammograms (screening)

- Nutrition therapy services
- Obesity screenings & counseling
- One-time “Welcome to Medicare” preventive visit
- Pneumococcal shots
- Prostate cancer screenings
- Sexually transmitted infections screening & counseling
- Shots:
- COVID-19 vaccines
- Flu shots
- Hepatitis B shots
- Pneumococcal shots
- Tobacco use cessation counseling
- Yearly “Wellness” visit

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.

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 your name 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.

NEW GRANT FUNDING

By: Antonia Besculides, Executive Director, Western Catskills Community Revitalization Council, Inc. (WCCRC)

We have just received two new grants to help seniors and disabled residents fix up their home at no cost.

RESTORE – Emergency home repairs for residents over 60 years old with income at or below 100% of County Median Income.

ACCESS to HOME – Accessibility modifications for disabled or senior residents with income at or below 80% of County Median Income.

Qualifying towns include: Middletown, Margaretville, Fleishmanns, Roxbury, Stamford, Kortright, and Harpersfield.

Call 607-652-2823, ext. 103, or visit www.westerncatskills.org, for more information or to apply

SENIOR ACTIVITIES FOR APRIL 2023 AND MAY 2023

HOLIDAY CLOSINGS: Monday, 5/29/23, for Memorial Day. **Easter Dinner Served at all meal sites on Friday, 4/7/23, at 11:30 am**

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.

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

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

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

NOTE: Suggested contribution for all regular meals is \$3.00 seniors and \$4.00 for non-seniors. Contribution for all evening meals is \$5.00 seniors and \$6.00 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 donations provided by program participants.

Outreach Dining Center Presentations Schedule

Presentations will be held at the dining centers during the regular lunchtime meal on the dates listed below.

March 2023 topic will be “Elder Abuse & Scams

- Delhi Dining Center on 3/7/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 4/19/23
- Hancock Dining Center on 3/14/23
- Margaretville Dining Center on 3/22/23
- Sidney Dining Center on 3/9/23
- Walton Dining Center on 3/21/23

April 2023 topic will be “Personal Emergency Response System”

- Delhi Dining Center on 4/4/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 4/19/23
- Hancock Dining Center on 4/11/23
- Margaretville Dining Center on 4/11/23
- Sidney Dining Center on 4/13/23
- Walton Dining Center on 4/18/23

Thank You Dispatch Donors

Kathy Alle, Elfriede Anschlowar, Linda Aragoni, James & Audrey, Archibald, Gloria Bacon, Dawn Bals, Carmel Banks (in memory of Tom & Tina Banks), Karen Barkman, Thomas & Nancy Barnes, Nancy Barnhart, Nicholas & Theresa Barone, Ronald & Dorothy Beers, James & Nancy Benenati, Alf Berg Jr., George Bolles, Wanda Bookhout, David Bosket, Arlene & Sylvid Bria, Fern Briggs, Thomas & Donna Briggs, Bill & Liz Brosi, Joan Burger, Sandra Butler, Joyce Butts, Edith Campbell, Betty Carlson, Celia Clark, Cynthia Cobbe, Thomas & Sandra Cole, Betty Constable, James & Deborah Corcoran, Jane Cormack, Harry Cornell, David Curley, Ruth Dibble, Patsy Dinardo, Barbara Dirig, Mary Dunne, Arthur & Marcia Edel, Susan Esposito, Richard Fife, Nicholas Genovese, Patricia Greene, Ann Hammerslag, Anne Haney, Brian Hanrahan, Nina Hart, Peter Hathaway, Betty Heiseler, James & Rosemarie Hoover, Patricia Howard, Norris & Elsie Howland, Margaret Hume, Buelah Hussey & Irene Catron, Elaine Janas, Helen Johnston, Barbara Juba, Kay Kaufman, Mariane Kiraly, Lillian Koenig, Lois Kohler, David & Rebecca Leidy, Frank & Rosemarie Leonardo, Edward & Ruth Lowell, George & Gail Mack, Gary & Joyce Manning, Richard Mattice, Burr & Tera Mauer, Douglas McKown, Robert & May Miller, Bill & Patsy Moody, Laura Mullinnex, Herman Mummenthey, Joyce Murphy, Cheryl Myers, William & Adela Nagel, Shirley Niebanck, Paula Nissen, Gregory & Victoria O’Connell, Jamie O’Donnell, Alice Oblinski, Robert Orr, Bessie Payne, Ken Penny, Dennis Porter, Gabrielle Pysnik, Wanda Raymond, Ronald Reiss, Marjorie Rockefeller, Peter & Louise Rossi, Richard & Patricia Rossi, Robert & Sandra Russell, Shirley Sanford, Erika Scheuermannn, Myra Schofield, Florence Senterman, Shirley Smith, Robert Sniegocki, John Soldovieri, Joseph Spinella, Linda Thorington, Debra Totten, Barbara Tyler, Sandra Vantassel, Ronald & Betty Venth, Lorna Walters, Herbert Weixlbaum, Paul & Janet Wenner, Douglas Whittaker & Ellen O’Hara, Michael Wood, Bernard Wormuth, Joy Wormuth, Sandra Yark

STAMFORD-HARPERSFIELD SENIOR CLUB

By: Phyllis Thorpe-Hillis

The Stamford-Harpersfield Senior Club is sponsoring a BUS TRIP to the Villa Roma Resort in Callicoon, NY on TUESDAY, MAY 2, 2023 for the **Tribute to Simon & Garfunkel and the Everly Brothers Luncheon Show** COST: \$95

Bus Pick-ups: Towns on Route 10 starting at Stanford, south to Walton.
Arrival Time: 10:30am – Coffee and cake, raffle & activities
12pm – Served lunch with carafe of red & white wine at every table.

Menu
Fruit Cup & Soup du Jour
Entrée Choices: Roast Loin of Pork, Chicken Parmigiana over Linguini, or Flounder Francese
With Chef’s Choice: Vegetables and Dessert

For Reservations and Information contact (and to send check):
Phyllis Thorpe-Hillis (607-538-1242)
Stamford-Harpersfield Senior Club, Trip Coordinator
815 Madison Hill Rd., Hobart, NY 13788

TRI-COUNTY SENIORS

By: Carol Allen, President

The Tri-County Seniors are excited to announce their move to a new location in the AO Fox Tri-Town Campus building at 43 Pearl Street in Sidney. With the help of Sidney Town Supervisor, Eric Wilson, the group was able to secure a room on the second floor of the former Sidney hospital which is owned by the Town. The space, originally part of the nursing home facility, was refurbished several years ago with fresh paint, new carpet and windows, but has remained vacant in recent years. The new senior center offers books, puzzles, board games, and DVDs which can be borrowed or used on site, and a 50” TV for viewing movies and for Xbox activities. Three new round tables, purchased with funds from Sidney United Way, will be used for playing cards, monthly meetings, and coffee hours.

Currently, the Tri-County Senior Center is open on Wednesday, Thursday, and Friday from 10am to 2pm. There is a gentle seated exercise program via DVD on Wednesdays at 10:30am. On Thursdays a group plays Pitch, and on Fridays, Mahjong. Local seniors are invited to participate in any of these activities or just hang out, relax, and visit. Indoor walking is also available throughout the entire floor when the center is open. There is a coffee maker, microwave, and refrigerator in a small kitchenette area down the hall.

Reservations are being taken now for a day bus trip to the Capital Region Flower and Garden Expo in Troy, NY, on Friday, March 24. The price of \$115 per person includes transportation, the show, and \$20 towards lunch at participant’s choice of either Red Lobster or Olive Garden which are located side by side.

Some activities being considered over the next few months include a Hands Only CPR class by the Red Cross, a series on Alzheimer’s Disease by Ann Thayer of the Northeastern New York Alzheimer’s Association, and a possible cruise on the Erie Canal, all of which are open to seniors in Delaware, Chenango, and Otsego counties. They are seeking suggestions on other programs or trips the seniors would like to do.

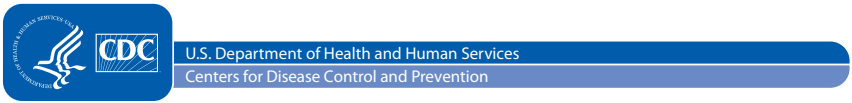
For information on the Tri-County Seniors contact Carol Allen at (607) 563-8065, or email callen4@stny.rr.com.

NO MORE EXCUSES THERE ARE MANY PLACES TO GET YOUR FLU VACCINE.

Anyone can get the flu, and it can be serious. Every year, protect yourself and those around you by getting a flu vaccine.

DOCTOR'S OFFICE	SCHOOLS	PHARMACIES	RETAIL STORES
GROCERY STORE	PEDIATRICIAN'S OFFICE	HEALTH DEPARTMENT	WORKPLACE
MEDICAL CENTER	DRUG STORE	CLINICS	COMMUNITY CENTER

For more information, visit <http://www.cdc.gov/flu>



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 to the right with your cell phone ->

The Children in the Delaware Opportunities Big Buddy Program

NEED YOU!

Become a Big Buddy for at-risk youth in our community. Your friendship can help Guide, Inspire and Transform a youth's Confidence and Trust

START MAKING A DIFFERENCE TODAY!

Delaware Opportunities Big Buddy Program
607-434-1496
Jamie Smith: jsmith@delop.org