

THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING



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Come To The Seventh Annual Delaware County Senior Fun Day

Save the Date!! Come join us for the seventh annual Delaware County "Senior Fun Day" to be held at Delaware County 4H-Camp Shankitunk on Arbor Hill Road in Delhi on **Wednesday, August 24th, from 9:30am to 3:00pm.**

Once again, Delaware County Office for the Aging is collaborating with co-sponsors Delaware Opportunities

Inc. and the Delaware County Senior Council in planning for this event.

- Off-site parking will be available with constant shuttle service to the camp starting at 9:00am. Location of shuttle parking will be announced in the July issue of The Dispatch.
- Exhibitor tables will be set up by

See "SENIOR FUN DAY" page 4

DEFENSIVE DRIVING CLASSES

By: Lori White

New classes of Defensive Driving are starting. These are six hour courses. New York State license holders of all ages completing the course are entitled to a deduction on their insurance over a three year period. It can be used to reduce points on licenses. The fee for each class is only \$25!

MERIDALE

Two classes will be held at Meridale Community Church (Corner of State Hwy 28 & County Hwy 10 in Meridale). *Each class has two sessions, you must attend both days to complete the class.

- One class will be held on May 23rd

& 24th from 9am-12pm.

- The other two-day class will be held June 13th & 14th, same time.

For more information or to sign up call Karen Barkman at 607-746-2093.

BAINBRIDGE

There will be two classes held at St. Peter's Church (1 Church Street) in Bainbridge. *Each class is a one-day class.

- The first class will be on May 14th from 9:30am-3:30pm.
- The other full day class will be on June 29th same time.

For more information or to sign up call Lori White at 607-435-5398.

OUTSTANDING CONTRIBUTOR SUBMISSIONS

By: Terri Whitney, Director

It is that time of year again, when we take a moment to think about all the wonderful things that seniors in our communities have done to support their friends, neighbors, clubs, and organizations in Delaware County.

We've all been through some challenging times these past couple of years. Instead of business as usual, we've all had to figure out a new way to live our day to day lives. For many people, this created frustration and struggles. Throughout these unprecedented times, there were people who looked out for others by helping them individually, or volunteering for an agency or organization that assisted others. These people made a

difference in other people's lives in various ways.

We will soon be naming the Outstanding Contributor of the Year for 2021 and we are asking for your nominations. If you know of someone living in your community who has gone above and beyond to help others, we want to hear about them. Would you please take a moment to write a brief note giving the person's name and an explanation as to why you are nominating them and send it to:

Delaware County Office for the Aging
Attn: Wayne Shepard, Deputy Director
97 Main Street, Suite 2
Delhi, NY 13753.

We look forward to hearing from you!

OFA BUS SCHEDULE CHANGES FOR MAY-JULY 2022

For the current and upcoming months, the Office for the Aging has to reschedule some bus runs for the Senior Transportation System due to scheduling conflicts.

Some of the trips normally taken on Thursday will need to be changed to Tuesday. Please review the list below to find out what dates will be affected by this change.

Thursday, May 12th to Kingston will be moved to Tuesday, May 10th.

Thursday, May 19th to Oneonta will be moved to Tuesday, May 17th.

Thursday, June 2nd to Oneonta will be moved to Tuesday, May 31st.

Thursday, June 9th to Kingston will be moved to Tuesday, June 7th.

Thursday, June 16th to Oneonta will be moved to Tuesday, June 14th.

Thursday, June 23rd to Kingston will be moved to Tuesday, June 21st.

Thursday, June 30th to Oneonta will be moved to Tuesday, June 28th.

Thursday, July 14th to Kingston will be moved to Tuesday, July 12th.

If you'd like to ride on any of these Tuesday runs, please be sure to call the office by 3:00pm on the Monday before the trip to schedule your reservation. This change will not affect the pick-up times, so be prepared to be picked up at your usual pick-up time. The agency apologizes for any inconvenience this might cause you, and thanks you for your understanding and cooperation.

In addition to these changes, we have a further update regarding our Senior Transportation System. In our continuing efforts to resume normal operations after the COVID pandemic,

we have once again reopened our bus to full capacity. However, all riders will still need to wear a mask when on the bus; and a reminder; **there is still a shopping limit of 5 bags per rider.**

To schedule a ride on any of our bus trips, please call the Office for the Aging at 607-832-5750.



36TH ANNUAL PORK ROAST & PIE AUCTION

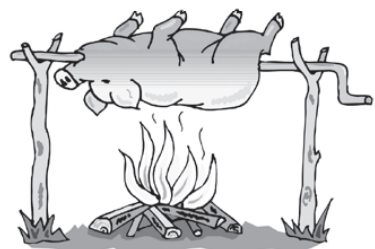
TUESDAY, JUNE 14TH, 2022

at the

Delhi American Legion

Dinner Served from 4:30 pm-6:00 pm

TICKETS: \$10.00



Tickets available from:
Office for the Aging in Delhi,
Senior Council Delegates,
Dining Center Managers, and
a limited number at the door.

Sponsored by the Delaware County Senior Council
Proceeds to benefit
Programs and Services for the Elderly



Hello everyone, my name is Samantha Roe. I am the NY Connects I&A Specialist. Prior to accepting this position, I worked in homecare for more than six years. During that time, I was able to provide individuals with the opportunity to remain in the comfort of their own homes, and to assist them with the ability to live as independently as possible, for as long as they were able to. I am excited to begin this new journey with Office for the Aging, where I will continue to help the senior and disabled population by providing information and referral to all of the wonderful programs offered.

FROM THE DIRECTOR’S DESK

By: Terri Whitney, Director

Oh, how wonderful it is that spring is here! I’ve seen so many signs of spring’s arrival this past week or so: robins filling up my back yard; the turkey vultures and the Canadian geese are back; squirrels are chasing each other on the tree limbs; and cardinals are singing their happy tunes. Well, last night I found my faithful underground resident, the woodchuck (or groundhog as they are also commonly known as). It was cold and windy while he was trying to poke his head up out of his hole. He’d only come up so far and then he’d dart back down. I guess he wasn’t quite ready to take the cold weather yet. The wind let up enough that he finally made it outside of his hole.



Hello, my name is Virginia Perez. Many of you may have worked with me over the past two years through NY Connects. I have recently accepted the position of Aging Services Representative/HIICAP Coordinator. I look forward to working with the Delaware County residents and assisting with any Medicare needs or concerns they may have. While I am taking on the HIICAP Coordinator role I will continue to assist individuals through the NY Connects Program. If you need assistance, please call 607-832-5750 and ask for Virginia Perez or reach out by email at virginia.perez@co.delaware.ny.us.

Thinking about this little woodchuck made me think about how we’ve all been throughout this COVID pandemic. We’ve taken care to isolate ourselves throughout the pandemic. Just when we thought it was safe to come out of our isolation, the COVID numbers would creep up again and we’d go back into our isolation status. Slowly but surely we’ve been trying to stick our heads up out of the COVID hole just like that little woodchuck. Well, just like the woodchuck made it out of its hole, now it’s time for us to start sticking our heads up out of the hole here at Office for the Aging and keep working at opening up more of the services that were shut down during COVID.

Office for the Aging managed to get the senior bus transportation system back on the road in October 2020. We opened this program with limited seating and have slowly increased the number of riders allowed in the bus at one time. Tai Chi for Arthritis classes began again in the summer of 2021. We’ve had a very encouraging response from those wanting to take these classes. We’ve had five classes since we started up again. We’re already working on setting up more classes.

So what’s next? We’ve opened up the Delhi and Walton Senior Dining Centers for congregate (in-person) dining. Other Dining Centers around the county will be opening in due time. Throughout COVID, the congregate Senior Dining Centers remained closed, and those who used to come to the congregate sites to enjoy their meal received a home delivered meal instead. We look forward to seeing more and more familiar faces at the congregate sites as they start to open up again. For everyone’s protection, there will be a COVID screening form that will need to be completed every day when attending one of the congregate sites.

I can’t forget to mention the spring & summer activities that we’ve had to cancel for the last two years. These activities are going to be opening up again this year. The Big Wheels Golf



Terri Whitney, Director

Tournament was held on Friday, May 13, at The College Golf Course at Delhi. The Annual Barbecue & Pie Auction is being scheduled for Tuesday, June 14. The Delaware County Senior Council plans to have a table set up at the Fair on the Square in Delhi every Friday night in July. They’ll also plan to have a table set up at the Meredith Dairy Fest to be held on June 11 & 12. The Senior Council also plans to set up a table for the Delhi Harvest Festival on October 1. Raffle tickets for this year’s quilt (made and donated by Eloise Henault) will be available for purchase at all of the Senior Council’s events. Last but certainly not least, Senior Fun Day will be happening this year! The tentative date is Wednesday, August 24. It’s still too early for any details on this very popular event but stay tuned. We’ll have more information for you in the July issue of “The Dispatch.”

For the past year and a half, OFA has been popping its head up out of the COVID hole. But now, just like the woodchuck, we have made it out of the hole and we are making things happen once again. If the coming of spring has got you wanting to get out the COVID hole, then come join us at any of the events that are listed here. We’d love to see you. Feel free to call the Office for the Aging, at 607-832-5750, for more information on any of these events that interest you.

Spring is the season during which nature revives after the cold months of winter. We are so happy to see services and events through the Office for the Aging and the Senior Council come to life again. We hope you think so, too!

In closing, I’d like to take this moment to announce that after 40 years of working for Delaware County, I have retired. My years with the Delaware County Office for the Aging have been special to me. I couldn’t have chosen a better field to work in. Being a part of providing services to Delaware County’s senior citizens has been a privilege. I have met so many of you, and have made many memories through the years. As I start this next chapter in my life, I will continue to feel blessed to have been able to be a part of improving the lives of Delaware County’s seniors. I wish you all the very best in the future. Stay safe, be well, and if you have any questions or need assistance, don’t hesitate to contact the Office for the Aging. They are available to help you. I wish you all the very best!

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.**

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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- Samantha Roe • NY CONNECTS I & A SPECIALIST
- Susan Hammerslag • LEGACY COORDINATOR & SNAP ED COORDINATOR
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NEWS FROM NY CONNECTS

By: Lyndsay Komosinski, NY Connects Coordinator;

Article adapted from acpbenefit.org

What is the Affordable Connectivity Program?

The Affordable Connectivity Program (ACP) is a Federal Communications Commission (FCC) program that replaces the Emergency Broadband Benefit Program (EBB Program) to help low-income households pay for internet service and connected devices.

If your household is eligible, you can receive:

- Up to a \$30/month discount on your internet service
- Up to a \$75/month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Only one monthly service discount and one device discount is allowed per household. To receive the connected device discount, consumers need to enroll in the ACP with a participating provider that offers connected devices (Note: not all internet companies offer device discounts). The internet company will provide the discount to the consumer.

You are eligible for the ACP if your income is 200% or less than the Federal Poverty Guidelines (see the table below). The guideline is based on your household size and state.

The table below reflects the income limit by household size, which is 200% of the 2022 Federal Poverty Guidelines.

- Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, Medicaid
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (FPHA)
- Veterans Pension and Survivors Benefit
- Free and Reduced-Price School Lunch Program or School Breakfast Program, including at U.S. Department of Agriculture (USDA) Community Eligibility Provision schools
- Received a Federal Pell Grant in the current award year

You may need to show a card, letter, or official document as proof that you participate in one of these programs when you apply for the ACP.

If You Already Receive a Lifeline Benefit

Lifeline is a Federal Communications Commission program to help make communications services more affordable for low-income consumers. If you currently receive a Lifeline benefit, you automatically qualify for the ACP, and you can receive both benefits at the same time. You can apply your ACP benefit and your Lifeline benefit to the same or separate services. Talk to your internet company to learn how to start receiving ACP discounts.

Qualify Through Your Child or Dependent

Any member of your household can make your household eligible

Household Size	48 Contiguous States, D.C., and Territories	Alaska	Hawaii
1	\$27,180	\$33,980	\$31,260
2	\$36,620	\$45,780	\$42,120
3	\$46,060	\$57,580	\$52,980
4	\$55,500	\$69,380	\$63,840
5	\$64,940	\$81,180	\$74,700
6	\$74,380	\$92,980	\$85,560
7	\$83,820	\$104,780	\$96,420
8	\$93,260	\$116,580	\$107,280
For each additional person, add:	\$9,440	\$11,800	\$10,860

You may have to show proof of income, like a tax return or three consecutive pays stubs, when you apply for the ACP.

Federal Assistance Programs

You are eligible for the ACP if you (or someone in your household) participate in one of these programs:

if they participate in one of the programs above. For example, if your child or dependent participates in the Free and Reduced-Price School Lunch Program or is enrolled in a USDA Community Eligibility Provision school, your household qualifies for the ACP benefit.

DELHI SENIOR COMMUNITY

Affordable Housing for Seniors

Rare Opportunity!

Our waiting list is at an all-time low.

Now is the time to apply.

Stop in our office at

7 Main Street, Delhi, New York or

Call 607-746-8142

(TTY 777) for information and an application.



LEGACY CORNER

By: Susan Hammerslag, Legacy Coordinator



5 Ways to Keep Arthritis from Slowing You Down

Arthritis is a painful problem that can interfere with your ability to do the things you enjoy; but, you can take steps to protect your joints, reduce discomfort, and improve mobility.

Physical or occupational therapists can be very helpful in teaching you how to modify activities and accomplish daily tasks more easily. However, there are simple things you can do for yourself, starting today. Here are five of them:

- 1. Keep moving.** Avoid holding one position for too long. When working at a desk, for example, get up and stretch every 15 minutes. Do the same while sitting at home reading or watching television.
- 2. Discover your strength.** Put your strongest joints and muscles to work. To protect finger and wrist joints, push open heavy doors with the side of your arm or shoulder. To reduce hip or knee stress on stairs, let the strong leg lead going up and the weaker leg lead going down.
- 3. Plan ahead.** Simplify and organize your routines so you minimize movements that are difficult or painful. Keep items you need for cooking, cleaning, or hobbies near where they are needed (even if that means multiple sets of cleaning supplies, one for your kitchen and each bathroom, for example).

4. Take advantage of labor-saving devices and adaptive aids. Simple gadgets and devices can make it easier to perform daily activities such as

cooking, gardening, or even getting dressed. Long-handled grippers, for example, are designed to grasp and retrieve out-of-reach objects. Rubber grips can help you get a better handle on faucets, pens, toothbrushes, and silverware. Pharmacies, medical supply stores, and online vendors stock a variety of aids for people with arthritis.

5. Ask for help. People with arthritis often worry about the possibility of growing dependent on others. But only a very small percentage of people with arthritis become severely disabled. Still, the emotional burdens of arthritis can be considerable. Educate family members and friends about how arthritis affects you, and don't be afraid to ask for help when you need it.


(This excerpt is from Harvard University Focus on Healthy Living Issue #4 of 7 in an e-mail series)

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.

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SENIOR FUN DAY...continued from page 1

9:00am for seniors to peruse and activities will start at 10:30am. Activities for this year's event will also be announced in the next Dispatch. Lunch will be provided, at noon, by Delaware Opportunities Inc. Lunch will include a delicious picnic fare of Wilson BBQ's famous grilled chicken, baked beans, salad, dessert and beverages. A donation of \$5 is requested per person for the meal.

Reservations are required and need to be made by August 12th. Please contact the Delaware County Office for the Aging at (607) 832-5750 to make your reservation.

Watch for complete details of this year's Delaware County "Senior Fun Day" in the July issue of *The Dispatch*.

We are all looking forward to this year's event and hope to see you there!

MEDICARE BASICS

By: Virginia Perez, Aging Services Representative ; Article adapted from Medicare.gov

Parts of Medicare:

Part A (Hospital insurance): Helps cover inpatient care in hospitals, skilled nursing facility care, hospice care, and home health care.

Part B (Medical insurance): Helps cover:

- Services from doctors and other health care providers
- Outpatient care
- Home health care
- Durable medical equipment (like wheelchairs, walkers, hospital beds, and other equipment)
- Many preventive services (like screenings, shots or vaccines, and yearly "Wellness" visits)

Part D (Drug coverage): Helps cover the cost of prescription drugs (including many recommended shots or vaccines). You join a Medicare drug plan in addition to Original Medicare, or you get it by joining a Medicare Advantage Plan with drug coverage. Plans that offer Medicare drug coverage are run by private insurance companies that follow rules set by Medicare.

Medicare Supplemental Insurance (Medigap): Extra insurance you can buy from a private company that helps pay your share of costs in Original Medicare. Policies are standardized, and in most states named by letters, like Plan G or Plan K. The

benefits in each lettered plan are the same, no matter which insurance company sells it.

Original Medicare

- Original Medicare includes Part A and Part B.
- You can join a separate Medicare drug plan to get Medicare drug coverage (Part D).
- You can use any doctor or hospital that takes Medicare, anywhere in the U.S.
- To help pay your out-of-pocket costs in Original Medicare (like your 20% coinsurance), you can also buy supplemental coverage, like Medicare Supplement Insurance (Medigap), or have coverage from a former employer or union, or Medicaid.

Medicare Advantage (also known as Part C)

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

Upcoming Tai Chi Classes

Basic Moves 1-6 Series: Walton (Congregational Church). Series plans to start 5/10/22 and will meet Tues/ Thurs 1:00 - 2:00 pm.

Advanced Moves 7-12 Series: Franklin (United Methodist Church). Series plans to start on 5/10/22 and will meet Tues/ Thurs 3:00 - 4:00 pm.

The Tai Chi for Arthritis program meets for one hour twice a week for an 8-week series. If you are a small group of adults age 60+ who would like to gather for Tai Chi classes in a specific area of Delaware County, please contact the Office for the Aging (607) 832-5750.



Participants for the Tai Chi for Arthritis class in Delhi practice their moves at one of their sessions.



If you would like more information on Tai Chi for Arthritis classes, contact the Office for the Aging at 607-832-5750, and ask to speak with Terri Tweedie.



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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 | |

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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.

Understanding VA Pension W/Aid And Attendance Or Housebound Status

By: Charlie Piper, Director, Delaware County Veteran Services

Over the years, Delaware County Veteran Services have worked with numerous veterans and spouses in assisting them with benefits. Even though we're not employed by the VA and are NOT associated with them, we do work with the VA to accommodate veterans who require certain benefits. There are numerous programs available but in this article, I would like to inform the Dispatch audience about the VA Pension w/Aid and Attendance benefit, and the Housebound status program.

Both the VA Aid and Attendance and Housebound benefits provide monthly payments added to the monthly VA pension for qualified Veterans and survivors. Now the question, do you qualify?

VA Pension Requirements

You may be eligible for the Veterans Pension program if you meet these requirements.

Both of these must be true:

- You didn't receive a dishonorable discharge, **and**

- Your yearly family income and net worth meet certain limits set by Congress. Your net worth includes all personal property you own (except your house, your car, and most home furnishings), minus any debt you owe. Your net worth includes the net worth of your spouse.

And at least one of these must be true about your service:

- You started on active duty before September 8, 1980, and you served at least 90 days on active duty with at least 1 day during wartime, **or**
- You started on active duty as an enlisted person after September 7, 1980, and served at least 24 months or the full period for which you were called or ordered to active duty (with some exceptions) with at least 1 day during wartime, **or**
- You were an officer and started on active duty after October 16, 1981, and you hadn't previously served on active duty for at least 24 months

And at least one of these must be true:

- You're at least 65 years old, **or**
- You have a permanent and total disability, **or**

- You're a patient in a nursing home for long-term care because of a disability, **or**
- You're getting Social Security Disability Insurance or Supplemental Security Income

How do I know if I served under an eligible wartime period?

- Under current law, the VA recognizes the following wartime periods to decide eligibility for VA pension benefits:
- Mexican Border period (May 9, 1916 to April 5, 1917, for Veterans who served in Mexico, on its borders, or in adjacent waters)
- World War I (April 6, 1917 to November 11, 1918)
- World War II (December 7, 1941 to December 31, 1946)
- Korean conflict (June 27, 1950 to January 31, 1955)
- Vietnam War era (November 1, 1955 to May 7, 1975, for Veterans who served in the Republic of Vietnam during that period. August 5, 1964 to May 7, 1975, for Veterans who served outside the Republic of Vietnam.)
- Gulf War (August 2, 1990, through a future date to be set by law or presidential proclamation)

VA Aid and Attendance Eligibility

You may be eligible for this benefit if you get a VA pension and you meet the following requirements.

At least one of these must be true:

- You need another person to help

- you perform daily activities, like bathing, feeding, and dressing, **or**
- You have to stay in bed—or spend a large portion of the day in bed—because of illness, **or**
- You are a patient in a nursing home due to the loss of mental or physical abilities related to a disability, **or**
- Your eyesight is limited (even with glasses or contact lenses you have only 5/200 or less in both eyes; or concentric contraction of the visual field to 5 degrees or less)

Housebound Benefits Eligibility

You may be eligible for this benefit if you get a VA pension and you spend most of your time in your home because of a permanent disability (a disability that doesn't go away).

Note: You can't get Aid and Attendance benefits and Housebound benefits at the same time.

How do I get this benefit?

Based on how confusing this information can become, if you are eligible, please contact our office to schedule an appointment in processing the appropriate forms. Many times additional information may be required for proof of your situation and we can walk you through the process to gather that information.

Hopefully this information will help in understanding what is required to qualify for the benefit. As always, it's best to contact us directly to determine the best course of action. Also, just a reminder, we are now at 97 Main Street, Suite 4, in Delhi. Our phone number is 607-832-5345.

JUNE IS LGBTQ+ PRIDE MONTH!

By: Susan Sainsbury, OFA Caseworker

After a long winter, several years of sheltering in place, and other COVID restrictions, June is the perfect time to get outside and celebrate Pride month. LGBTQ+ Pride Month is celebrated in the United States each year during the month of June to honor the 1969 Stonewall Uprising in Manhattan. LGBTQ is an acronym for lesbian, gay, bisexual, transgender, and queer or questioning. These terms are used to describe a person's sexual orientation or gender identity.

This year, you can attend the "Small City, Big Pride!" Oneonta Pridefest on Saturday, June 4, from 2pm - 8pm at Neahwa Park by the pond. The Parade will start at 2pm at the Foot-hills Performing Arts & Civic Center. For more information visit <https://www.otsegopridealliance.org/pride-fest-2022/>.

In Delaware County, you can join the newly formed Delaware County Pride organization for the LGBTQ+

community, their friends, and families. The organization can be found on Instagram and Facebook at [delawarecountypride](https://www.instagram.com/delawarecountypride) or email delawarecountypride@gmail.com. Delaware County Pride will be hosting meet-ups and other social events throughout the year to address isolation in the community and provide a supportive environment for interaction between members.

Another great resource for people over 60 is the national organization SAGE Advocacy & Services for LGBTQ+ Elders at <https://www.sageusa.org/>. The website is packed with information and resources. SAGE also offers a program for the homebound that matches volunteer callers with LGBTQ+ elders for casual, friendly conversations. Sign up for the program at [sageusa.org/SAGEConnect](https://www.sageusa.org/SAGEConnect) or call the SAGE LGBTQ+ Elder Hotline at 877-360-LGBT (5428) available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages.

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



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SCIG WALKING TRAIL COMPLETE

By: Michael Sellitti, President, Sidney Center Improvement Group (SCIG)

The Sidney Center Improvement Group (SCIG) and its volunteer members are proud to share the completion of the most recent addition to the Sidney Center Park & Playground Restoration project. The walking trail around the perimeter of the park, along with ten activity stations spread out along the trail, has been completed and is ready for the community to use.



Since late 2017, SCIG has been actively fundraising and planning for improvements to the park and playground located off Baker Street in Sidney Center. SCIG has also been working directly with community organizations like the Sidney United Way, Sidney Alumni Association, Sidney Rotary, and others to garner additional funds to move the project forward. SCIG has also had the support of the Town of Sidney in executing the planning, layout, and implementation of the project.



To date SCIG has raised funds for and completed or working on the following improvements:

- Resurfaced blacktop for the basketball court and installed new post, backboards and rims
- Installed a new welcome message center to display park and community announcements
- Repainted the swing set and will be adding an infant swing
- Purchased a shed located at the park for storing related equipment
- Excavations of an approximately ¼ mile long walking trail
- Purchase and installation of 10

Trail-Fit Activity Stations for individuals of all ages

- Started the construction of a community art installation mural project involving professional and student artists funded by a Delaware County Arts Grant through the Roxbury Arts Group
- New playground equipment, which will be installed this summer
- Working with Sidney High School construction class in designing and building a 16'x24' pavilion to be completed this spring

See “SCIG WALKING TRAIL...” page 8

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
JUNE 6 THROUGH JUNE 10	Maple Mustard Chicken Baked Sweet Potato Steamed Peas 3 Bean Salad Pineapple Tidbits	Scrambled Eggs Home Fries Sausage Links Orange Juice Cinnamon Applesauce	Macaroni & Cheese Steamed Broccoli Stewed Tomatoes Whole Wheat Bread Mandarin Oranges	Beef Pot Pie String Beans Mixed Garden Salad Whole Wheat Bread Cranberry Crisp	Potato Crusted Pollock Roasted Potatoes Diced Beets Cole Slaw Vanilla Pudding
JUNE 13 THROUGH JUNE 17	Jambalaya Steamed Brown Rice Brussels Sprouts Fruit Salad Sherbet	Homestyle Meatloaf Mashed Potatoes Red Cabbage Whole Wheat Bread Fruited Jello	BBQ Pork Loin Baked Beans Seasoned Corn Medley Rosie Apple Relish Molasses Cookies	Baked Tilapia Fresh String Beans Tossed Salad Italian Bread Brownie ala Mode	Egg Salad on Greens 2 Potato Salad Creamy Cucumber Salad Dinner Roll Fresh Watermelon
JUNE 20 THROUGH JUNE 24	CLOSED FOR JUNETEENTH	Pot Roast w/Gravy Mashed Potatoes Steamed Peas Fruit Cocktail Butterscotch Pudding	Chicken & Biscuit Capri Blend Veggies OrangePineapple Juice Applesauce Peanut Butter Cookies	Stuffed Shells Italian Blend Veggies Tossed Salad Italian Bread Mandarin Oranges	Tuna Salad Potato Salad MarinatedVeggie Salad Dinner Roll Ice Cream Sundae
JUNE 27 THROUGH JULY 1	BBQ Chicken Sweet Potato Fries Seasonal Blend Veggies Cran-Orange Juice Sugar Cookies	Hot Dogs on Buns Smokey Mountain Beans Zucchini/YellowSquash Rosy Apple Relish Sliced Peaches	Italian Baked Tilapia Roasted Potatoes Peas & Carrots Cole Slaw Orange Fluff Salad	Braised Beef Mushrooms/Egg Noodles Steamed Green Beans Fresh Fruit Salad Apple Crisp	Sliced Turkey Tri-Color Pasta Salad Broccoli/Cauliflower Grape Juice R/W/B IceCream Sundae
JULY 4 THROUGH JULY 8	CLOSED FOR JULY 4TH HOLIDAY	Sunrise Chicken Baked Sweet Potato Seasoned Spinach Cranberry Sauce Vanilla Ice Cream	Homestyle Meatloaf Mashed Potatoes Capri Blend Veggies Grape Juice Butterscotch Pudding	Tuna Noodle Casserole Sliced Carrots Tossed Salad Whole Wheat Bread Brownie	Roast Pork w/Gravy Roasted Potatoes Brussels Sprouts Applesauce Spiced Peaches
JULY 11 THROUGH JULY 15	Chicken Alfredo w/ Broccoli Penne Pasta Diced Beets Vanilla Pudding	Macaroni & Cheese Stewed Tomatoes Green Beans &Mushrooms Whole Wheat Bread Diced Pears	Egg Salad Tri-Color Pasta Salad Carrot Raisin Salad Sweet Pickles Fresh Watermelon	Baked Chicken w/Gravy Buttered Brown Rice Zucchini/YellowSquash 3 Bean Salad Lemon Pudding	Fish on a Bun Sweet Potato Fries Broccoli/Cauliflower Cole Slaw Fruited Jello
JULY 18 THROUGH JULY 22	Swedish Meatballs Egg Noodles Brussels Sprouts Mandarin Oranges Peanut Butter Cookies	Taco Pie Mixed Vegetables Cranberry Juice Whole Wheat Bread Peanut Butter Cookies	BBQ Pork Loin Baked Potato Sliced Carrots Applesauce Jello w/ Topping	Roast Turkey w/ Gravy Savory Stuffing Zucchini/Yellow Squash Waldorf Salad Chocolate Cream Pie	Pepper Steak Roasted SweetPotatoes Steamed Broccoli Whole Wheat Bread Ice Cream w/Topping
JULY 25 THROUGH JULY 29	Ravioli & Meatballs String Beans Italian Bread Peachy Cream Pudding	Scrambled Eggs French Toast Sticks Sausage Links Whole Wheat Bread Cinnamon Applesauce	Chicken Salad Fresh Potato Salad Cucumber Salad Sweet Pickles Fresh Watermelon	Beef Cabbage Bake Steamed Broccoli Whole Wheat Bread Diced Pears	Ham Steak w/Pineapple Roasted Sweet Potatoes Parslied Cauliflower Fruit Cup Iced Chocolate Cake
AUGUST 1 THROUGH AUGUST 5	Chicken Fajita w/Rice Zucchini/Yellow Squash Apple-Grape Juice Whole Wheat Bread Vanilla Pudding	Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Fruit Salad Cinnamon Coffee Cake	Turkey Penne Bake Garden Fresh Carrots Snow on Mtn. Salad Whole Wheat Bread Yellow Cake	IN-SERVICE TRAINING ALL DINING CENTERS CLOSED	Sloppy Joe on a Bun Tater Tots Green Beans Apple Sauce Oatmeal Raisin Cookies

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

EAT RIGHT WITH MYPLATE

Edited by: Andrea Martell RDN, CDN. Retrieved from: https://www.eatrightpro.org/-/media/feature/eatright/campaign/nnm-2022/tip_sheets/eat-right-with-myplate.pdf

The Academy of Nutrition and Dietetics encourages you to find your healthy eating routine using these recommendations from the 2020-2025 Dietary Guidelines for Americans. Simply start with small changes to make healthier choices you can enjoy.

Make half your plate fruits and vegetables:

- Focus on whole fruits. Vary your veggies.
- Choose whole, cut, or pureed fruits – fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.
- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Make half your grains whole grains.

- Look for whole grains listed first on the ingredients list - try oatmeal, popcorn, teff, quinoa, millet, bulgur, brown rice, or breads, crackers, and noodles made with whole-grain flours.
- Limit grain desserts and snacks such as cakes, cookies, and pastries.

Vary your protein routine.

Mix up your protein foods to include seafood, beans, peas and lentils, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try meatless meals made with beans, and have fish or seafood twice a week.

Move to low-fat or fat-free dairy milk or yogurt.

- Choose fat-free milk, yogurt, and calcium-fortified soymilk to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat or fat-free yogurt, milk, and cheese.

Choose foods and beverages with less added sugars, saturated fat, and sodium.

- Use the Nutrition Facts Label and ingredients list to limit items high in saturated fat, sodium, and added sugars.
- Choose vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink plain water and naturally flavored water or seltzer instead of

sugary drinks.
Find more healthy eating tips at: www.eatright.org and www.myplate.gov.

“Eat Healthy Be Active”

**FREE Nutrition Workshops! (4-Part Series)

“Enjoy Healthy Food Choices that Taste Great;” “Quick, Healthy Meals & Snacks;” “Eating Healthy on a Budget;” and “Making Healthy Eating Part of Your Lifestyle.”

Being Held at Various Locations throughout Delaware County:

Senior Dining Congregate Meal Sites –*Pending permission and If dining centers open/ remain open. [Call Office for the Aging after May 11th for more information].

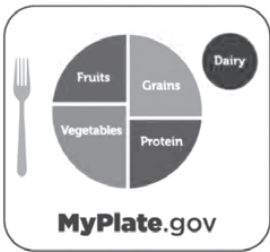
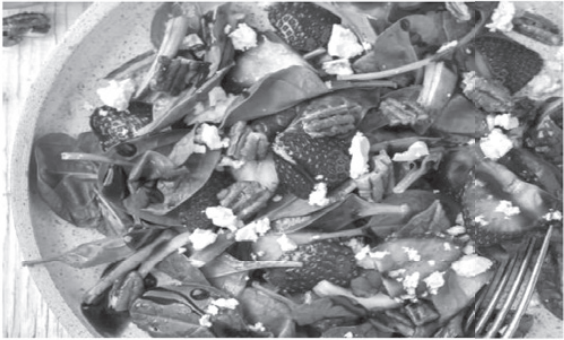
***Sidney United Methodist Church - Mondays: 5/16, 5/23, 5/30 -OR- Wednesdays: 6/8, 6/15, 6/22, 6/29. From 3:00 – 4:00 pm.**

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

Delaware County Office for the Aging
Interested in our workshops?

Call (607) 832-5750
Ask for Susan Hammerslag

DelCoEatHealthy@gmail.com
Nutritionnut916@gmail.com



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

SENIOR ACTIVITIES FOR JUNE 2022 AND JULY 2022

HOLIDAY CLOSINGS: Monday, 6/20/22, for Juneteenth; and Monday, 7/4/22, for Independence Day.
Senior Council Annual Pork Barbeque and Pie Auction at the Delhi American Legion from 4:30pm – 6:00pm on Tuesday, 6/14/22.

CONGREGATE MEALS AND ACTIVITIES HAVE BEEN REINSTATED FOR THE DELHI AND WALTON MEAL SITES. ALL OTHER MEALSITES REMAIN CLOSED FOR CONGREGATE DINING AT THIS TIME.

Delhi Senior Dining Center (97 Main Street, Delhi, NY 13753 – side entrance) (607) 746-2250. CENTER MANAGER: NAKOTA LAME.
Becky-Ann Sears from the Bassett Health Care Safety and Fall Prevention Program will present safety tips regarding falls and older adults on Monday, 6/13/22, prior to lunch.
Evening meals will be served Thursday, 6/16/22, and 7/21/22 at 4:30pm in place of lunch.

Grand Gorge Senior Dining Center (Old School, Civic Center, Rte. 30) (607) 588-6166. CENTER MANAGER: NICOLE REGAZZI.
****ALL CONGREGATE MEALS AND ACTIVITIES ARE STILL SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

Hancock Senior Dining Center (Baptist Church, Messenger Hall, Wheeler Street) (607) 637-2219. CENTER MANAGER: COLLEEN ROMANOFSKI.
****ALL CONGREGATE MEALS AND ACTIVITIES ARE STILL 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 ARE STILL 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 ARE STILL SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

Walton Senior Dining Center (St. John’s Catholic Church, Benton Ave.) (607) 865-6739. CENTER MANAGER: MORGAN BEERS.
Evening meals will be served Thursday, 6/16/22, and 7/21/22 at 4:30pm in place of lunch.

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

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

Thank You Dispatch Donors

Betty Bergleitner, William Branciforte, Donna Byrnes, Richard & Joanne Engelhardt, Frank Holden, Pamela Homovich, Beulah Hussey, Betty Johnston, Nancy Mable, Robert & Deb Mattice, James & Dawn Merwin, Terry Mostert, Dave & Betty Ogborn, Mrs. Wilhelm Rendler, John & Nancy Rice, Louise Rossi, Edward Sturm, Jean Warner, Ellen Weaver

“SCIG WALKING TRAIL” ...continued from page 6

The most recent achievement, the walking trail, is one which SCIG is excited to share with the community. While this aspect of the park improvement project was not part of the original plan, it was a result of the pandemic. After careful consideration, SCIG members thought it would be necessary to add elements to the park which promoted healthy, outdoor activities for everyone to get

back out after being restricted indoors for so long. SCIG decided the addition of a walking trail around the perimeter of the park, along with activity stations, would be just what the park needed. SCIG sought out grant funding to make it a reality, and in 2021 was awarded a Community Impact Grant by the Community Foundation of South Central New York.

THANK YOU TO OUR GENEROUS CONTRIBUTORS

Thank you to all the generous “Help Us Help Others” contributors for supporting programs and services that help seniors in Delaware County. Donations made by those for “In Honor/

Memory” of someone special are acknowledged below unless anonymity was requested.

- Louise Rossi: *In Memory of Peter T. Rossi*

The walking trail was designed with accessibility in mind to accommodate all mobility types and all ages. The approximately ¼ mile long trail starts at the parking area and wraps around the perimeter of the park – making for a nice leisurely walk along the converging streams and through the natural beauty of the park. Placed along the trail are ten individual activity stations equipped with signage to explain and demonstrate how to accomplish each activity. The stations are designed for people of all ages and are intended to be low-impact exercises to encourage heart-healthy activities that can be done at one’s own pace and comfort level. As an added benefit, every activity station has a line-of-site view of the playground area, so parents can be working on an activity while their children play and still be able to safely observe them. For older individuals or those with

limited mobility, the walking trail is gently sloped, has a smooth surface to walk on, and is handicap accessible. Sidney Center resident, Kaiko Howard, expressed her appreciation of the new park features, “I took my children there and we enjoyed all of the activity stations – simple but really made me sweat (a healthy one)! The [park] has turned into a pleasant one!”

SCIG would like to encourage everyone in the surrounding area to come see the progress at the park and take advantage of the new additions mentioned. SCIG will also be hosting a free community event on July 3rd from 11-4 to welcome everyone to the restored park and enjoy all that it has to offer. Please visit the SCIG facebook (www.facebook.com/scigny) for more information. SCIG and its members are grateful to so many individuals and organizations who have graciously donated or offered assistance to seeing this project realized.



NYS Kinship Navigator

Statewide Information and Resources 877-4KinInfo (877-454-6463) www.nysnavigator.org

We are pleased to announce that grandparents and other relatives who are caring for children now have one statewide resource for information and referral! The **NYS Kinship Navigator Program** is designed to assist all caregivers throughout the State: from New York City to Binghamton – Rochester to Syracuse – Albany to Long Island and all points in between. Through the web address noted above, you can visit our interactive site to learn more about caregiver rights and resources. In addition, from the hours of 10:00 a.m. to 4:00 p.m. weekdays, you can receive phone consultation from an experienced Kinship Specialist.

Our Kinship Specialists can:

- Identify local resources for kinship caregivers and their families
- Provide information on the state and federal laws governing kinship care, schooling, special needs, medical decision making, custody, guardianship, adoption, and much more
- Mail or fax our kinship care fact sheets
- Provide a kinship care guide book
- Connect caregivers directly with services in their area and arrange in-depth interviews with experts in kinship care
- Identify eligible benefits using AARP’s Benefit Check-up.

Our Website can provide:

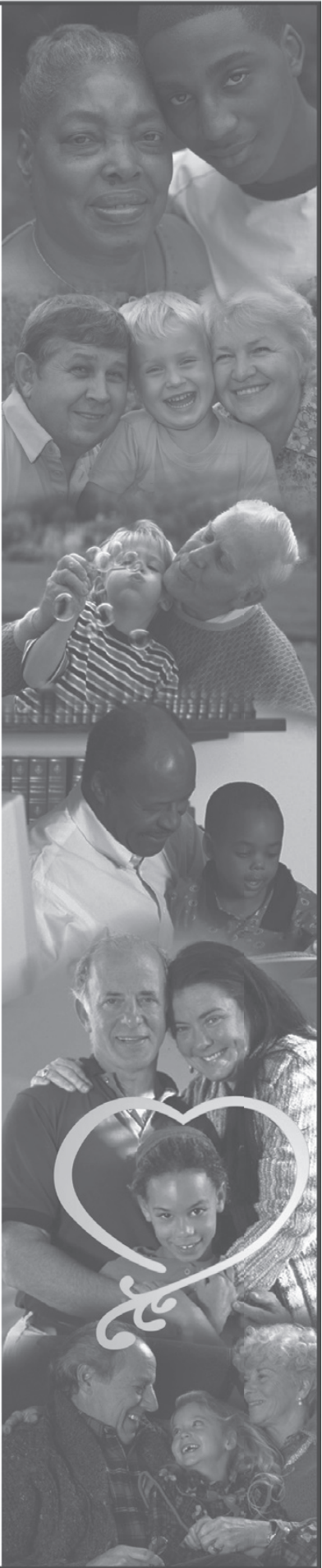
- Interactive statewide mapping: click on a caregiver’s county for a current list of resources
- Links to other state and local resources
- Downloadable fact sheets and county guides
- “Contact Us” links to a kinship specialist to answer questions.

Grandparents and other relatives who are caring for children are no longer without support in their search for resources, information and other assistance. Contact the **NYS Kinship Navigator Program** toll-free at 877-454-6463 and let us know what you think!

The New York State Kinship Navigator is funded by the New York State Office of Children and Family Services to provide a statewide information and referral service to kinship caregivers.

A Program of Catholic Family Center

30 N. Clinton Ave ~ Rochester, NY 14604
Phone: 877-4KinInfo (877-454-6463)
Fax: 585-454-6286
www.nysnavigator.org



VELVET RED

By: Amy Bowie

Scarlet poppy flower
so vibrant in its own
behold its strength
in silence speaks.

How it does flourish
in both beautiful pasture
and most bleak and ominous place.

Out of chaos and ruins
the poppy took root, growing wild
in what was once a battle field.

Crimson flower in all its glory
was chosen by nature
to honor and watch over the fallen.

Heroic soldiers
who took their final breath
on a faraway land
called Flanders Field.

As the wind blows
the poppies wake
in the breeze speaks
whispers of prayer.

For all men who were lost
it was the ultimate sacrifice to unfold.

Yesteryear and forevermore
the poppy flower will be a reminder
of the bloodshed in war.

Petals of red, velvet to touch
center of darkness so black
does mourn.

How does a simple flower
exude such power?

Scarlet poppy, within you holds
the secrets of great soldiers told
and stories we shall never know.