

# THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING



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



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

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

Change  
Service  
Requested

VOLUME 47 • NUMBER 4 Website: [www.co.delaware.ny.us/departments/ofa/ofa.htm](http://www.co.delaware.ny.us/departments/ofa/ofa.htm) • Email: [ofa@co.delaware.ny.us](mailto:ofa@co.delaware.ny.us) JULY • 2022

## 2022 SENIOR FARMER'S MARKET NUTRITION PROGRAM

By: Lyndsay Komosinski, NY Connects Coordinator

Farmers Markets and participating Farm Stands are now open to provide farm fresh fruits and vegetables for good health and nutrition. Delaware County senior citizens may take advantage of the Farmers Market Coupon Program to receive twenty-five dollars (\$25) worth of free New York State grown produce at any participating vendor. These coupons can only be used for fresh fruits and vegetables. You will not be able to purchase any baked or processed foods with the coupons. Delaware County Office for the Aging will coordinate the distribution of the booklets for households of eligible seniors.

### ELIGIBILITY CRITERIA FOR 2022

To be eligible for Farmers Market Coupons, a person must be:

- 1) Age 60 or older,
- 2) AND a NY state resident,
- 3) AND have an income that meets one of the following criteria: a one-person household with a gross income of \$2,096 or less per month; a two-person household with a combined gross income of \$2,823 or less per month; a three-person household with a combined gross income of \$3,551 or less per month.

### PROGRAM GUIDELINES – UPDATES FOR 2022

This year, each older adult in a household is eligible to receive one coupon booklet, if they meet the age and income requirements. Eligible seniors must personally sign to receive their coupon booklet; no one else will be allowed to sign for them unless they have a legal POA and can show proof. A client may elect to have a proxy pick up coupon booklets for them. The proxy must present a proxy form signed by the client at time of pick up. A client can call the office to request a proxy form be mailed/emailed to them. At the markets, caregivers/others can redeem coupons if the recipient is unable to shop in person. Coupon booklets can be mailed this year if the recipient is unable to be pick them up. \*\*Clients take full responsibility for mailed coupons and will not be issued another booklet if they are lost in the mail.\*\* For those that are unable to make it to a distribution site, and do not wish to have them mailed, delivery may be arranged.

The deadline for distributing Farmers Market Coupons this year is September 30th – booklets cannot be issued after this date. Coupons are only valid during the current program year from June 1st – November 30th, 2022.

See "NUTRITION PROGRAM" page 3

## OFA FARMERS MARKET BUS RUNS

By: Bette Bojo, Administrative Assistant

Delaware County Office for the Aging will be hosting Farmers Market Bus Runs in the months of July & August 2022. The following trips will coincide with regular bus schedule hours.

**Please contact the Office for the Aging at 607-832-5750 to register for a date!**

- **July 18th** the scheduled bus run will be going to the Frog Pond Farms & Pine Ridge Grocery. The bus will be picking up in the following towns: Delhi, Downsville, East Branch, Hancock, Deposit, and Masonville. (Cash, Credit/Debit, Check, SNAP accepted at Frog Pond Farm.)
- **July 19th** the scheduled bus run will be going to the Carrot Barn & Apple Barrel. Both locations have options for lunch; when registering please let us know if you plan to have lunch at either location. The bus will be picking up in the following towns: Margaretville, Andes, Arkville, Fleischmanns, Roxbury, and Grand Gorge. (Cash, Credit/Debit, Check, and Farmers Market Coupons accepted at Carrot Barn)
- **August 8th** the scheduled bus run will be going to the Frog Pond Farms & Pine Ridge Grocery. The bus will be picking up in the follow-

ing towns: Hamden, Walton, Franklin, and Sidney. (Cash, Credit/Debit, Check, and SNAP accepted at Frog Pond Farm)

- **August 30th** the scheduled bus run will be going to the Carrot Barn & Apple Barrel. Both locations have options for lunch; when registering please let us know if you plan to have lunch at either location. The bus will be picking up in the following towns: Margaretville, Andes, Arkville, Fleischmanns, Roxbury, and Grand Gorge. (Cash, Credit/Debit, Check, and Farmers Market Coupons accepted at Carrot Barn)

## OFFICE FOR THE AGING WELCOMES SIERRA KEESLER



Hello, my name is Sierra Keesler. I have taken on the position as the Assistant to Director for The Office of Aging. Prior to accepting this position, I worked as an Admissions Counselor at SUNY Delhi. During my time at SUNY Delhi, I took part in many facets of community engagement as well as administrative duties within my position. I am excited to work with and serve our local community through the OFA. I look forward to being a part of the special events we put on and getting to know everyone.

## The 7<sup>th</sup> Annual Delaware County Senior Fun Day Wednesday, August 24, 2022 9:30am to 3:00pm at 4-H Camp Shankitunk, Arbor Hill, Delhi



- ☞ Delaware Co. Sheriff's Department will be there with the medication disposal box
- ☞ Music by Bob Mesmer and Disc Jockey
- ☞ Tai Chi for Arthritis
- ☞ Bingo, Corn Hole, and other activities
- ☞ Paint and snack (**limited space, must sign-up when registering for event**)

Picnic food provided by Delaware Opportunities of baked beans, salads, dessert and beverages.

Featuring Wilsons BBQ Chicken. A suggested contribution of \$5 is appreciated.

Off-site parking is being set up at SUNY Delhi, parking Lot G, with continual shuttle services to the camp starting at 9:00am.

### **RESERVATIONS BY AUGUST 12, 2022 ARE REQUIRED TO ATTEND**

Picnic is open to all Delaware County residents, age 60 and older, and their assistants (if needed). Everyone attending must register in advance.

**NO children and NO pets**

**NO smoking on the premises.**

**Call Delaware County Office for the Aging at 607-832-5750.**

SPONSORED BY DELAWARE COUNTY OFFICE FOR THE AGING AND  
CO-SPONSORED BY DELAWARE COUNTY SENIOR COUNCIL



NEWS FROM THE DIRECTOR

By: Wayne Shepard

Lately, no matter when you turn on the television to listen to local, world news, or even listen to the weather channel, you continually hear how the weather pattern over the years has changed. Just this spring alone it seems almost every week there have been warnings in Delaware County for tornados, flooding, high winds and even some instances of hail.

With the first day of summer officially starting on June 21, this is the start of the season for family get-togethers, picnics, backyard barbecues, vacations, and other fun festivities that make summer an enjoyable time of year. When planning your summer activities please keep one thing in mind – anyone can be vulnerable to the summer heat; however, those that are particularly at risk are seniors.

Seniors appear to be more active today. A senior’s body is less able to detect the heat and will not adequately respond to rising temperatures. This

may be related to medical conditions that can change normal body response to heat. Seniors are more likely to take prescription medications that can impair or reduce the body’s ability to regulate its temperature or, in some instances, prevent perspiration. Seniors should take a moment to talk with their physician or pharmacist regarding the side effects of medications and adhere to the warnings of those that state, “**Avoid extreme heat and sun.**”

The scorching summer temperatures, however, don’t have to put a damper on a senior’s ability to enjoy the season. While getting outdoors to engage in summer activities with family and friends, it is important to maintain good health, wellness, and make common sense choices in staying cool and hydrated.

The most important thing for a senior to remember is to slow down. Curtail strenuous activities and, if need be, reschedule when the weather is cooler. If you must go for your daily

walk, do yard work, gardening, mow the lawn, or any other strenuous activities do it during the coolest part of the day, which is usually in the early morning between 5am and 10am or late afternoon after 6pm. Remember, when working outside, to wear sunscreen of 30 SPF (Sun Protection Factor) or higher, wear a wide-brimmed hat, sunglasses, pace yourself, take frequent breaks in the shade, and drink plenty of water even if you don’t feel thirsty. Seniors on fluid restrictions, or who have problems with fluid retention, should consult their physician before increasing their fluid intake.

During the hottest part of the day stay indoors - this may be your home, library, mall, grocery store, or some place in the community that will get you some relief from the heat. Some tips on how to keep your home cool: close blinds, shades, and drapes to reduce the amount of sunlight entering your home. If it is safe to do so, leave the windows open at night. Use room or ceiling fans to keep the air circulating. When at all possible avoid using home appliances like the dishwasher and clothes dryer during peak daylight hours. These appliances generate heat and also add humidity to the home. It is best to use these appliances during the early morning or late evening when it is cooler.

It is very important to dress appropriate for the season. Seniors have a tendency to layer their clothing; they should wear **only one layer** during the summer. Wearing loose fitting, light materials (such as linen and cotton) will allow air movement over the skin to help cool you off, and light colors will help reflect the sun and heat; wearing materials such as rayon and polyester tends to trap the heat.

When it is extremely hot and humid, it is important to drink and eat as normally as you can. Avoid drinks such as soda, coffee, teas, alcohol, and energy drinks as they pull water from the body and promote dehydration. Fresh fruits such as watermelon, cantaloupe, grapes, fruit slushies, and yogurt are cool and refreshing at the same time are another way to keep



Wayne Shepard, Director

hydrated. Eat cold foods such as sandwiches and salads and avoid heavy foods like meats and cheeses as they make your body work harder to digest them, and therefore will make you feel hotter.

Lastly, you need to make sure pets are taken care of during the hot weather. Pets have become more of a part of our life and our lifestyle than ever before. For example, like going for a ride in the car, whether it be running errands or on a family vacation, you need to keep in mind the dangers in leaving a pet inside a parked car during the summer heat. Simply parking in the shade or leaving the window cracked is not enough for the safety of your pet. Studies show that a car’s temperature can increase as much as 40 degrees in an hour with 80 percent of that increase in the first 30 minutes. On an 80 degree day, the temperature inside a car with the windows cracked slightly can reach 97 -100 degrees within 10 minutes.

If you feel you need to leave your pet in the car while you run errands you may want to consider carrying two sets of car keys with you, so you can leave the engine running with the air on and take the second key with you. How many times do you see a pet in a parked car with the windows slightly cracked? If you see a pet in a parked car on a hot summer day with the windows slightly cracked report this immediately to your local police or if the car is parked in front of a store have the owner paged.

With these suggestions on keeping cool and avoiding the sun and heat, I hope each and everyone of you has an enjoyable summer. Take time in making memories with your family and friends.

PROTECTING YOURSELF FROM MEDICARE SCAMS

By: Virginia Perez, Article Adapted from Medicare.gov

Identity theft is a serious crime that happens when someone uses your personal information without your consent to commit Medicare fraud or other crimes. Use the following tips and knowledge to protect yourself from becoming an identity theft victim.

Keep in mind that Medicare will never call you to sell you anything or visit you at your home. Medicare, or someone representing Medicare, will only call and ask for personal information in these 2 situations:

- A Medicare health or drug plan may call you if you’re already a member of the plan. The agent who helped you join can also call you.
- A customer service representative from 1-800-MEDICARE can call you if you’ve called and left a message or a representative said that someone would call you back.

Protect yourself from Medicare Scams:

Don’t...

- give your Medicare card, Medicare Number, Social Security card, or Social Security Number to anyone except your doctor or people you know should have it.
- accept offers of money or gifts for free medical care.
- allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- join a Medicare health or drug plan over the phone unless you called us.

Do...

- protect your Medicare Number and your Social Security Number.
- guard your Medicare card like it’s a credit card.
- call your local Office for the Aging to ask about any mail or television ads you see that you may want to engage with.

If you experience provider fraud or abuse, contact 1-800-MEDICARE (1-800-633-4227) or call your local Office for the Aging at 607-832-5750.

The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

DELAWARE COUNTY OFFICE FOR THE AGING

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

Wayne Shepard • DIRECTOR

Terri Tweedie • COORDINATOR OF AGING SERVICES

Lyndsay Komosinski • NY CONNECTS COORDINATOR

Samantha Roe • NY CONNECTS I & A SPECIALIST

Susan Hammerslag • LEGACY & SNAP-ED COORDINATOR

Amy Bowie • CASEWORKER

Eric Benecke • CASEWORKER

Susan Sainsbury • CASEWORKER

Virginia Perez • AGING SERVICES REPRESENTATIVE

Sierra Keelser • ASSISTANT TO DIRECTOR

Bette Jo Bojo • ADMINISTRATIVE ASSISTANT

Rachel Ryan • ACCOUNT CLERK TYPIST

Mary Johnson • HEAP EXAMINER

Andrea Martel • DIETITIAN

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

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.



“NUTRITION PROGRAM” ...continued from page 1

If you are unable to use the coupons prior to November 30th, we ask that you please discard them.

DISTRIBUTION SITES AND MARKET LOCATIONS

Eligible seniors may pick up coupons at the Office for the Aging at 97 Main Street, Suite 2, Delhi: Monday-Friday, 8am-4pm. Other distribution sites will include senior housing units. Please **contact Lyndsay Komosinski at Delaware County Office for the Aging, 607-832-5746**, for further information. We will be distributing coupons at the OFA office, as well as the places listed below:

- Delhi Farmer’s Market: Wednesday’s from 10am-2pm, for the month of July (beginning 7/6)
- Deposit Senior Dining Center (14 Monument Street, Deposit) – July 12, 11am-12:30pm
- Meadow Park Apartments (85 Fair Street, Deposit) – July 12, 1-2pm
- Delhi Senior Community (7 Main Street, Delhi) – July 14, 9:30-10:30am
- Margaretville Amphitheater Park (Main Street, Margaretville) – July 14, 1-3pm
- Sidney Civic Center (21 Liberty Street, Sidney) – July 19, 10am-Noon
- Sidney Senior Village (200 Fox

- Street, Sidney) – July 19, 12:30-2pm
- Stamford Senior Housing (125 Main Street, Stamford) – July 21, 10am-Noon
- Grand Gorge Civic Center (60933 NY-30, Grand Gorge) – July 21, 1-3pm
- Covered Bridge Farm Market (331 Covered Bridge Rd, Unadilla) – July 22, 10am-2pm
- Read Memorial Apartments (266 Leonard Street, Hancock) – July 25, 11am-1pm
- Downsville Fire House (15166 NY-30, Downsville) – July 26, 11am-1pm
- Davenport Town Hall (11790 St. Hwy 30, Davenport Center) – July 28, 10am-Noon
- Walton Farmer’s Market (Veteran’s Plaza, Walton) – July 29, 11am-2pm
- Delaware County Fair (Commercial Tent: Office for the Aging & NY Connects booth) – Free day, August 14, 1-3pm; and August 15 thru August 20, 10am-8:30pm each day.

*Farmers Market Nutrition Program, now a permanent federal program, is sponsored by New York State Department of Agriculture and Markets, New York State Department of Health, New York State Office for the Aging, Cornell Cooperative Extension, and the U.S. Department of Agriculture Food and Nutrition Service.*



Team Atkin 2022 Big Wheels Golf Champions – (from left) Kevin Valk, Dave Hull, Gary Atkin, Dave Truran.

BIG WHEELS GOLF TOURNAMENT RETURNS

By: Wayne Shepard, Director

The Big Wheels Golf Tournament returned to the College Golf Course at Delhi on May 13, despite a two-year hiatus related to the COVID-19 pandemic. The tournament was a huge success. The Big Wheels committee (consisting of Jim and Peg Hilson, Terry Mostert, Rick Angerer, Tom Briggs, Jamie O’Donnell, Terri Tweedie, Lyndsay Komosinski, and Wayne Shepard) recruited close to 50 golf sponsors who made generous donations toward the cost of the event.

Tee off time was 8:30am. Twenty-two teams (86 golfers) participated in the tournament. Participants paid \$75 for entry fee which included 18 holes

of golf, use of a cart, and a delicious meal immediately following the tournament at the SUNY Delhi Blue Stone restaurant. The Senior Council netted over \$6,000.

This event serves as a primary fundraiser for programs and services which provides assistance to Delaware County senior citizens. This year the monies raised will go towards the purchase of a new bus for the senior bus transportation system and the Delaware County Senior Meals program.

The Office for the Aging thanks everyone who participated in this year’s tournament. We’ll see you again next year!

10 TIPS TO KEEP COOL IN HOT WEATHER

*Adapted from: Senior Caring <https://dailycaring.com/10-tips-to-keep-seniors-cool-in-hot-weather>*

Seniors need to be more careful of overheating and heat stroke because their bodies can’t adjust to high temperature. Older adults are more likely to be dehydrated which increases their risk. In fact, 36% of heat-related deaths in the U.S. were among people over age 65, according to a CDC report.

In hot weather, it’s best for older adults to stay indoors and avoid strenuous activities because their bodies don’t adjust as well to sudden changes in temperature. Chronic medical conditions can change their body responses to heat. Prescription medicines can impair the body’s ability to regulate temperature or could prevent sweating.

1. Drink plenty of cool water throughout the day (don’t wait to feel thirsty) and avoid alcohol and caffeine
2. Eat cooling snacks like homemade popsicles (Tip: catch drips with a cupcake liner), frozen peas, or slightly frozen grapes
3. Eat light, cold meals like chicken or pasta salad instead of heavy, hot dishes like pot roast
4. Place a cool washcloth on the back of the neck and a pan of cool water close by to periodically re-cool the towel

5. Sit with feet in a pan of cool (but not too cold) water
6. Keep the house as cool as possible by keeping shades closed during the hottest part of the day and using inexpensive mylar solar curtains
7. Wear layers of lightweight clothing in light colored cotton so it’s easy to adjust to the temperature throughout the day by removing or adding layers
8. Visit a public cooling center like a recreation center, senior center, library, coffee shop, or shopping mall
9. Take a cool shower, bath, or washcloth wipe-down. For maximum cooling, keep the water just below body temperature.
10. Cover up with a flexible ice blanket – always use a towel to protect fragile senior skin from direct contact with the ice

**Bonus tip:** If the extreme heat will last for weeks, consider buying an indoor air conditioning unit. Or contact a local air conditioning store or chain store like Rent-A-Center to find out about their rental options.

Volunteer with the Legacy Corps Caregiving Program. We provide respite for caregivers of loved ones age 60 and over. For 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).



TIMBERLAND PROPERTIES

# NO BONES ABOUT IT

COLDWELL BANKER TIMBERLAND PROPERTIES IS THE TOP DOG IN CATSKILL REGION REAL ESTATE

TIMBERLANDPROPERTIES.COM | CATSKILLPREMIER.COM

## OFFICE LOCATIONS

**MARGARETVILLE**  
(845) 586-3321

**BOICEVILLE**  
(845) 657-4177

**DELHI**  
(607) 746-7400

**STAMFORD**  
(607) 652-2220

**SIDNEY**  
(607) 604-4394

**ROSCOE**  
(607) 290-4130



# OVER \$1 BILLION

IN SALES SINCE 1971

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



At Home Care Partners  
Licensed Home Care Agency

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

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

“Assisted Living...in Your Own Home”



# CAPTEL CAPTIONED TELEPHONES



By Charlie Piper, Director, Delaware County Veteran Services

Over the years, people and businesses drop by our office and provide us information about products or services for veterans. Sometimes it requires payment, but other times it is advertised as a free service. CapTel, (short for captioned telephone) provides a product for peoples' homes and is free to qualified users.

So let me explain about CapTel phones. CapTel works like other amplified telephones, with an important addition: every word your caller says is displayed on the CapTel screen to read (similar to closed captioning for TV). To use this in your home CapTel requires someone in the household with hearing loss, high-speed internet, and standard dial-tone. However, even some with no internet could use the non-internet model.

The phone itself will fit your lifestyle and comes as touch screen phones, traditional phones, or even large visual display phones for an easier read. It includes an answering machine (voice and captions of messages), amplified sound (up to 4 times louder than

standard phones), WiFi connectivity, caller ID, Bluetooth connectivity and speakerphone. It includes 24/7 one-touch customer service to contact someone in the United States.

By now, you may be wondering what it will take to acquire this product and service. To qualify for the No-Cost Internet-based CapTel phone send in their form, signed by an independent third-party professional who is qualified to evaluate your hearing loss and certify that you require captioning support. This can be signed by your physician, PA, nurse, audiologist, or other qualified hearing health professional. For veterans, it can be signed by a Veteran Service Officer who can attest to the veterans hearing loss.

If you are interested in the CapTel phone please contact Kassey Granger, 518-681-9445, email [kassey.granger@oeius.org](mailto:kassey.granger@oeius.org); or for veterans, call the Veteran Ambassador, Jim Clark, 518-223-2750, to request the form and get more information. We will also have brochures/forms available at Delaware County OFA and Veteran Services with contact information.

# 36TH ANNUAL PORK ROAST AND PIE AUCTION A SUCCESS

The Delaware County Senior Council and the Office for the Aging wish to thank the pie makers who provided 33 of their delicious home-made pies for auction at the annual Pie Auction and BBQ in June. This year's attendance was just short of 100 participants, and the average pie bid was \$40 and the highest bid for a pie went for \$150. Our thanks to Chuck McIntosh, the auctioneer, who kept the bidding going. Our thanks as well to Dennis Rockefeller for barbecuing the pork and many thanks to Delaware Opportunities and Office for the Aging staff for preparing and serving the meal. Everyone's contribution helped make this event run smoothly.

The event raised \$1,265.00 from



Wayne Marshfield purchased a delicious lemon meringue pie that sold for \$150.



pie sales and netted a total of close to \$1,000.00 for elderly programs and services. This year the monies raised will go towards the purchase of a new bus for the senior bus transportation system and the Delaware County Senior Meals program. The Senior Council's fundraising support programs and services such as the Link to Life Personal Emergency Response System, Home Delivered Meals, Senior Transportation and Expanded In-Home Services for the Elderly Program. We want to thank everyone who participated in our annual event. It was once again a huge success.

# DISPATCH ATTEMPTING TO GO GREEN

In an effort to Go Green, "The Dispatch" offers alternative ways of receiving the newspaper. Sign up to receive "The Dispatch" electronically by e-mail. Simply e-mail Delaware County Office for the Aging at [ofa@co.delaware.ny.us](mailto:ofa@co.delaware.ny.us). Be sure to provide your name, e-mail address, and current mailing address, so we can remove your name from our postal mailing list.



Living with a chronic condition like diabetes, chronic pain, depression, anxiety, COPD/asthma, heart disease, or cancer?

Learn to manage your condition with the Living Well program

New 6-week workshop series start each month. Sign up for a **FREE** workshop that has been redesigned for your health and safety. Participate in *Living Well with Diabetes*, *Living Well with Chronic Pain*, or *Living Well with Chronic Conditions*, either online or through a mailed toolkit.



For more information call 607-547-3948 or [LivingWellSignUp.com](http://LivingWellSignUp.com)



Bassett Healthcare Network



# Helios Care

COMPASSION, CHOICES & DIGNITY

## Providing patient focused and family-centered care.



### 607-432-5525



### HeliosCare.org



# TAI CHI FOR OSTEOPOROSIS

By: Dr Paul Lam. Adapted by: Terri Tweedie

### What is Tai Chi?

“Tai Chi is sometimes described as ‘meditation in motion.’ ...Purported health benefits include increased flexibility, greater balance, and reduced stress.” (Mayoclinic.com)

Most Tai Chi styles are slow and gentle and can be suitable for people with osteoporosis. Tai Chi movements are fluid and graceful. Well-modified forms for health benefits are safer and easier to learn.

### The Advantage of a Modified Program

Tai Chi was originally a complex martial art. Its training method was very strict and physically demanding. Nowadays, most people use Tai Chi for its health benefits. With the change of focus, the art would serve people better if modified for the purpose. Most research studies on Tai Chi are based on modified forms. The ideal way to compose a designed program should include health professionals in the respective field and Tai Chi experts of different styles.

### How Does It Work for Osteoporosis?

There are many ways that Tai Chi works well for people with osteoporosis and other conditions. An excellent study showed Tai Chi slowed down the loss of bone mineral density approximately three-fold. Another study indicated that people who practice Tai Chi regularly have higher bone mineral density and better flexibility, muscle strength and balance.

### Fall Prevention

Many studies have shown that Tai Chi reduces falls. This is especially important because when people with osteoporosis fall, they are more like to sustain a fracture. A fracture can be a very serious problem; for example, hip fractures have a mortality rate of approximately 50%. It also seriously affects your quality of life. Tai Chi has also been shown to improve balance and strength so even if you fall, you have a lesser chance of serious injury.

### Associated Conditions

People with osteoporosis often have arthritis, loss of function due to age and weakness. Studies have shown that Tai Chi relieves pain from arthritis, improves balance and the



ability to do daily activities.

### Stress

People with chronic conditions such as osteoporosis are more likely to be mentally stressed and depressed because of the increasing inability to function normally on a day-to-day basis. Tai Chi has been shown to improve the mind, help people feel more relaxed and improve mental strength so they can cope better with chronic diseases.

### How to Try Tai Chi

It is important to know a little bit about Tai Chi and to understand that it is a very different exercise from what we are used to in the western world. We are used to exercise being fast and strong whereas Tai Chi emphasizes the balance of nature, so hardness and softness are balanced. Tai Chi works through internal strengthening, which means that the internal

organs, deep or core muscles and the mind are strengthened. Therefore, physical exertion is minimized so that there is less risk of injury. In Tai Chi you are required to move slowly, to be aware of your body and use your mind to control your movements. Tai Chi works on the ancient Chinese understanding of nature in that a movement usually travels in a curve or takes a circular path instead of a straight line as we are used to.

Getting accustomed to the speed, the control, the mind components, and moving circular rather than straight may take a little time. We have found that most of our students take about three months to get over that feeling of clumsiness and then they begin to enjoy their Tai Chi. In most of our scientific studies, we have found that if we can keep students interested more than six months, they tend to adhere to Tai Chi for life. That is almost addictive!

## STAMFORD/HARPERSFIELD SENIOR NEWS



By: John Rice

Our senior club is back to meeting regularly for cards and games prior to our meetings.

May was a busy month for our group! May 19th we took a bus trip to the Southern Tier Stables in Moravia, NY. We went on a tractor pulled hay ride with a stop along the way for a taste of wine, cheese, and crackers. We all enjoyed a delicious chicken

and biscuit luncheon, followed with music entertainment by Donna & The Mystics. We took a trip down memory lane with “Ladies of the Opry” tribute show. A big thank you to Phyllis Thorpe-Hillis for arranging this trip for us!

May 24th we celebrated Mother’s Day / Father’s Day with a luncheon catered by TP’s. It was delicious and enjoyed by all who attended!

## 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.



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



# HOW TO STAY HYDRATED FOR BETTER HEALTH

*Taken from: <https://www.ncoa.org/article/how-to-stay-hydrated-for-better-health>. Adapted by: Andrea Martell RDN, CDN.*

**Staying hydrated** is a key part of maintaining good health. Being hydrated simply means that your body has enough fluids to function properly. A quick way to tell if you're drinking enough is to check the color of your urine. If it's pale in color and clear, you are likely well-hydrated. If it's dark-colored with amber or brown tones, you may be dehydrated.

**What is dehydration?** Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health complications ranging from mild to life-threatening, such as urinary tract infections (UTI's), heat stroke, heart problems, and kidney failure. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness.

**Older adults are more vulnerable to dehydration.** Appetite and sense of thirst tend to diminish with age. This means that you may be drinking less without realizing it. According to a recent study, during exercise or activity, older adults are more likely to become dehydrated through sweating. In addition, older adults are more likely to take medications that increase dehydration risk.

Early dehydration symptoms include dark-colored urine, urinating less frequently, fatigue, irritability,

dizziness, headaches, muscle cramps in arms or legs, dry mouth, confusion, and decreased cognitive function. Tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is the simplest: drink more water throughout the day. As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day.

**How to stay hydrated every day:**  
1) Choose foods with high water content such as cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths, and stews are also a good way to boost your fluid intake. 2) Keep water with you and carry a refillable water bottle wherever you go or keep a lightweight water pitcher and cup near your favorite chair at home. 3) Avoid or reduce your alcohol intake. Alcohol is a diuretic, therefore limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive. 4) Change it up. Pure, clean water is the best way to stay hydrated. If you're getting bored, try jazzing up your water by adding slices of fresh lemon, apple, cucumber, or berries. Also, consider low-sugar beverages or nutritional shakes specifically designed for older adults. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake. 5) Build hydration into your routine. Making it a point to drink water at certain times

each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity. Getting enough water each day is an easy yet vitally important way to stay healthy and active as an older adult.

## Senior Citizens' Day at the Delaware County Fair!

Thursday, August  
18<sup>th</sup>, 2022

Admission for Seniors: \$5.00



The Delaware County  
Office for the Aging and  
NY Connects will be at  
the fair all week long!

Find us in the Commercial Tent.

- **A Medicare Counselor** will be available all week to answer any questions!
- **Learn about** Public Benefits, Programs & Services
- **Farmer's Market Coupons** will be available all week!



## 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
AUGUST 8 THROUGH AUGUST 12	Spanish Baked Steak Oven Browned Potatoes Broccoli/Cauliflower Apple Juice Chocolate Pudding	Breakfast Soufflé Waffles w/ Syrup Sausage Patty Whole Wheat Bread Cinnamon Applesauce	BBQ Chicken Macaroni Salad Zucchini/YellowSquash Cole Slaw Sherbet	Egg Salad Tortellini Salad Carrot Raisin Salad Sweet Pickles Watermelon	Baked Pollock Kiev Baked Sweet Potato Seasoned Spinach Cran-Orange Juice Oatmeal Raisin Cookies
AUGUST 15 THROUGH AUGUST 19	Chicken Parmigiana Italian Blend Veggies Cucumber Salad Italian Bread Fresh Fruit Cup	Meatloaf w/Gravy Roasted Potatoes Pickled Beets Brussels Sprouts Ice Cream	TurkeyBreast w/Greens Potato Salad Sweet Pepper Slaw Dinner Roll Lemon Mousse	Roast Pork w/ Gravy Mashed Potatoes Applesauce Bavarian Red Cabbage Chocolate Ice Box Cake	Potato Crusted Pollock Sweet Potato Fries Green Beans Cran-Apple Juice Brownie
AUGUST 22 THROUGH AUGUST 26	Pepper Steak Oven Browned Potatoes Seasoned Broccoli Whole Wheat Bread Ice Cream Sundae	Macaroni & Cheese Stewed Tomatoes Peas Apple Juice Jello w/ Topping	CLOSED OFA SENIOR FUN DAY	Chicken Alfredo Zucchini/YellowSquash Ambrosia Salad Italian Bread Butterscotch Pudding	Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables Rosey Apple Relish Iced Yellow Cake
AUGUST 29 THROUGH SEPTEMBER 2	Swedish Meatballs Egg Noodles Steamed Spinach Cranberry Juice Chocolate Chip Cookies	Baked Ham w/ Sauce Sweet Potatoes Red Cabbage Apple Sauce Lemon Pudding	Baked Crusted Pollock Rice Pilaf OrientalBlend Veggies Cole Slaw Ice Cream Sundae	Chicken & Biscuit Steamed Broccoli Carrot Raisin Salad Rosey Apple Relish Pineapple Tidbits	Turkey Salad w/Greens Potato Salad Pickled Beets Dinner Roll Vanilla Ice Box Cake
SEPTEMBER 5 THROUGH SEPTEMBER 9	CLOSED LABOR DAY	Meat Loaf w/ Gravy Mashed Potatoes Mixed Vegetables Waldorf Salad Peanut Butter Cookies	Fish on a Bun Sweet Potato Fries Steamed Cauliflower Cole Slaw Apple Crisp	Cran-Orange Chicken Buttered Noodles Tossed Salad String Beans Fruited Jello	Stuffed Shells Steamed Broccoli OrangePineapple Juice Italian Bread Sherbet
SEPTEMBER 12 THROUGH SEPTEMBER 16	Spanish Rice Squash Medley Three Bean Salad Whole Wheat Bread Spiced Peaches	Chicken ala King Fresh Baked Biscuit Capri Blend Veggies Snow on the Mtn. Lime Jello	Pasta Primavera Sliced Carrots Grape Juice Garlic Bread Molasses Cookies	Pot Roast w/ Gravy Mashed Potatoes Peas w/ Pearl Onions Rosey Apple Relish Coconut Cream Pie	Baked Tuna Casserole String Beans Mixed Greens Salad Wheat Bread Cinnamon Coffee Cake
SEPTEMBER 19 THROUGH SEPTEMBER 23	Chili con Carne Steamed Rice Carrots Corn Bread Pineapple Tidbits	Roast Pork w/ Gravy Mashed Potatoes Butternut Squash Rosey Apple Relish Tapioca Pudding	Macaroni & Cheese Stewed Tomatoes Fresh String Beans Cole Slaw Ice Cream	Scrambled Eggs French Toast Sticks Sausage Patty Whole Wheat Bread Cinnamon Apple Sauce	Arroz con Pollo (SpanishChicken/Rice) Steamed Broccoli Whole Wheat Bread Chocolate Cake
SEPTEMBER 26 THROUGH SEPTEMBER 30	Shepard's Pie Seasoned Spinach Apple Juice Whole Wheat Bread Ice Cream	Ham w/ Raisin Sauce Baked Sweet Potato Parslied Cauliflower Waldorf Salad Peachy Cream Pudding	Swedish Meatballs Egg Noodles Fresh Carrots Tossed Salad Mandarin Oranges	Creole Chicken Oven Roasted Potatoes Steamed Broccoli Whole Wheat Bread Cinnamon Coffee Cake	Meatloaf w/ Gravy Mashed Potatoes Green Beans Whole Wheat Bread Brownie

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



SENIOR ACTIVITIES FOR AUGUST 2022 AND SEPTEMBER 2022

HOLIDAY CLOSINGS: Monday, 9/5/22, for Labor Day.  
All Centers will be closed Thursday, 8/4/22, for In-Service Training and Wednesday, 8/24/22, for Delaware County Senior Fun Day.

ALL SENIOR DINING MEALS SITES HAVE BEEN REOPENED FOR CONGREGATE DINING AND ACTIVITIES AT THIS TIME.

- Delhi Senior Dining Center (97 Main Street, Delhi, NY 13753 – side entrance) (607) 746-2250.** CENTER MANAGER: NAKOTA LAME.  
There will be no evening meal in August. September’s evening meal will be Thursday, 9/15/22, 4:30pm.
- Grand Gorge Senior Dining Center (Old School, Civic Center, Rte. 30) (607) 588-6166.** CENTER MANAGER: NICOLE REGAZZI.  
There will be no evening meal in August. September’s evening meal will be Thursday, 9/15/22, 4:30pm.
- Hancock Senior Dining Center (Baptist Church, Messenger Hall, Wheeler Street) (607) 637-2219.** CENTER SITE AIDE: COLLEEN ROMANOFSKI.  
There will be no evening meal in August. September’s evening meal will be Thursday, 9/15/22, 4:30pm.
- Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764.** CENTER MANAGER: KIM SEGNINI.  
There will be no evening meal in August. September’s evening meal will be Thursday, 9/15/22, 4:30pm.

- Sidney Senior Dining Center (Civic Center, Liberty Street) (607) 563-2212.** CENTER MANAGER: JENNIFER ANDERSON.  
There will be no evening meal in August. September’s evening meal will be Thursday, 9/15/22, 4:30pm.
- Walton Senior Dining Center (St. John’s Catholic Church, Benton Ave.) (607) 865-6739.** CENTER MANAGER: MORGAN BEERS. T  
here will be no evening meal in August. September’s evening meal will be Thursday, 9/15/22, 4:30pm.

*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. 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 donations provided by program participants.*

DISPATCH CONTRIBUTION REMINDER

By: Wayne Shepard, Director

If you haven’t already done so this year, please consider making your 2022 annual contribution to “The Dispatch.” This newspaper, published and distributed bi-monthly, has been in circulation for 47 years. We currently reach nearly 11,385 readers. The annual cost for printing and mailing “The Dispatch” is over \$37,000 and continues to increase as the cost of printing and postage increases. To date, the agency has received over \$1,085 in contributions from our readers. If you’ve already sent in your contribution this year, the Office for the Aging thanks you for your kind support.

The Office for the Aging suggests an annual contribution of \$7.00. No one is ever denied “The Dispatch” due to inability or unwillingness to contribute. The Office for the Aging appreciates your contribution as it is used to help expand the senior newsletter in Delaware County. “The Dispatch” is filled with timely, informative, and educational articles geared toward those aged 50 and over.

“The Dispatch” can be a great source of information. Articles published will provide you with current, accurate information to keep you on top of what is important to you.

If you feel that “The Dispatch” is a useful publication, the Office for the Aging encourages you to share your comments with us. Direct-mail subscriptions are available at a suggested contribution of \$7.00 per year. Subscribe yourself or get a subscription for a friend or family member! Call the Office for the Aging at (607)832-5750 to learn more. Reminder, if you have not made a contribution and would like to do so, a contribution coupon is located on the back page of each issue.

DUAL ACCESS (D-SNPS)

By: Virginia Perez, Article Adapted from ritterim.com

What are Dual Access Plans, also known as D-SNPs?

D-SNPs are a type of Medicare Advantage. Most D-SNPs are health maintenance organization (HMO) plans, though some are preferred provider organization (PPO) plans. Generally speaking, D-SNPs include the following:

- Care coordination
- \$0 monthly premiums
- Over-the-counter quarterly benefits
- Dental, vision, and hearing benefits
- Transportation benefits
- Gym memberships
- Telehealth services

Who qualifies for a D-SNPs?

Dual-eligible, individuals of any age who are eligible and enrolled in both Medicare and Medicaid, qualify for D-SNPs.

Beneficiaries eligible for the LIS/ Dual SEP will be permitted to make a coverage change one time per quarter during the first nine months of the year, during the following months: January – March, April – June, and July – September.

The effective date of the enrollment into the new plan will be the first of the month following the receipt of an enrollment request.

If you believe you are eligible for a D-SNP plan, contact Office for the Aging at 607-832-5750.

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.**

**Around The Clock  
In-Home Care Referrals**  
Quality In-Home Nursing Care Referrals.



*We are a NYS Licensed Employment Agency and Nurse Registry. Let us find the professionals for you!  
Call Us Today!*

**Referred Nurses and Non-Medical Companions**



**Around The Clock**  
IN-HOME CARE REFERRALS

5 1/2 Main St., Suite 8, Delhi, New York 13753

**607-746-7455**  
[www.atcinhomecare.org](http://www.atcinhomecare.org)

We are not a home care services agency and do not provide home care services or employ those who do.



## Thank You Dispatch Donors

Janice Armstrong, Arow & Fay Brannen, Dennis & Mary Brockway, Donald & Vera Buel, Betty Clark, Ralph Darmstadt, Elizabeth Eckert, Bonnie Fleming, Paul Goebel, Fern Hale, Vera Haviland, Carol Jensen, Jane Magenheim, Douglas McKown, Ronald Morse, Jamie O'Donnell, Mary Rehbock, Fred Salvante, Ruth Storey, Susan Terry, Grace Tuthill, Doreen VanValkenburgh, Connie Young

## 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.

- Sylvia Dymond: *In Memory of David T. Sellevold*
- Debbie Barnes: *In Memory of Mary Jane Parsons*

## EAT HEALTHY BE ACTIVE

By: Andrea Martell RDN, CDN

**FREE Nutrition Workshops! (4-Part Series) – Join us any day**

Delaware County Office for the Aging is offering these workshops in the following locations:

- **Margaretville Fairview Public Library:** Tuesdays, July 12, 19, 26, & August 2 @ 2:30
- **Delhi Cannon Free Library:** Thursdays, July 14, 21, 28, & August 4 @ 2:30
- **Walton William B. Ogden Library:** Tuesdays, August 9, 16, 23, 30 @ 2:30
- **Deposit Free Library:** Thursdays, August 11, 18, 25, & September 1 @ 2:30
- **Stamford Village Library:** Tuesdays, September 6, 13, 20, 27 @ 2:30
- **Franklin Free Library:** Thursdays, September 8, 15, 22, 29 @ 2:30

If you are interested in attending any of these workshops, please contact Susan Hammerslag at 607-832-5750 or email [DelCoEatHealthy@gmail.com](mailto:DelCoEatHealthy@gmail.com).



# JOIN US!

## Delaware County Office for the Aging is looking for Volunteers!

### Non-Emergency Medical Transportation Program



#### APPLY NOW

Please stop by our office at  
97 Main Street, Suite 2  
Delhi NY 13753 or Call at  
607-832-5750

Please Visit us at <https://www.delcony.us/departments/ofa/Transportation.htm>

Mileage Reimbursement  
Available for Volunteers

# “EAT HEALTHY, BE ACTIVE”

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

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


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

### Delaware County Office for the Aging



Call (607) 832-5750, Ask for Susan H.

[DelCoEatHealthy@gmail.com](mailto:DelCoEatHealthy@gmail.com)

[Nutritionnut916@gmail.com](mailto:Nutritionnut916@gmail.com)



## Happy 30<sup>th</sup> Anniversary SNAP-Ed!



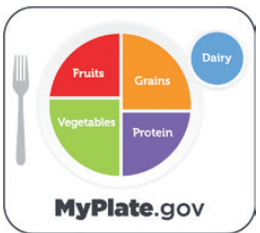
SNAP-Ed is celebrating 30 years since the launch of the program in 1992, when seven states including New York first conducted nutrition education using federal funds. Today, the program reaches individuals, groups, and organizations in all 50 states, the District of Columbia, Virgin Islands, and Guam.

SNAP-Ed has educated participants on how to get the most out of their SNAP benefits, while also promoting a healthy diet and staying active. The SNAP-Ed program continues to make a positive impact throughout the country by providing nutrition education.

For example, adults participating in SNAP-Ed often eat more fruits and vegetables and engage in more vigorous physical activity. SNAP-Ed is an important tool that provides Americans with nutrition education and nutrition security. From community gardens to cooking classes, SNAP-Ed shares the importance of eating a healthy diet, in a hands-on, meaningful way.

**SNAP benefits are available to all eligible households regardless of race, sex, religious creed, national origin, or political beliefs.**

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital and family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write:  
USDA, Director, Office of Civil Rights  
Room 326-W Whitten Building  
14th and Independence Avenue, SW,  
Washington, D.C. 20250-9410  
or call (202) 720-5964 (voice and TDD).  
USDA is an equal opportunity provider and employer.



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