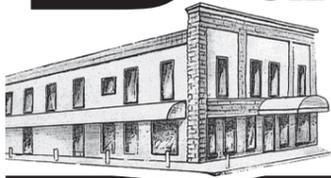


THE DISPATCH

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2023 SENIOR FARMER'S MARKET NUTRITION PROGRAM

By: Lyndsay Komosinski, NY Connects Coordinator

Farmer's Markets and participating Farm Stands are now open to provide farm fresh fruits and vegetables for good health and nutrition. Delaware County senior citizens, aged 60 and older, may take advantage of the Farmer's 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 & NY

See "Farmer's Market" page 3

2023 HEAP COOLING PROGRAM (AIR CONDITIONER)

By: Wayne Shepard, Director

Did you know that HEAP (Home Energy Assistance Program) can assist you with cooling assistance? The Cooling Assistance benefit opened May 1st.

Eligible participants can receive one air conditioner or fan, plus installation. Your household is allowed one or the other, and the price cannot be more than \$800 with installation for a window, portable air conditioner or fan and not to exceed \$1,000 for an existing wall sleeve unit. No additional cash HEAP benefits are available.

You may be eligible for a Cooling Assistance HEAP benefit if:

- Your household gross monthly income is at or below the current income guidelines for your household size.
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits.

- You did not receive a HEAP funded air conditioner within the last five years.
 - Your household contains at least one individual with a documented medical condition that is exacerbated by extreme heat.
 - Your household contains a vulnerable member based on their age (age 60 or older, or underage of 6) which meet all other component eligibility criteria.
 - You currently do not have a working air conditioner or the air conditioner you have is five years old or older.
- It will be your responsibility to maintain the air conditioner. This includes removing, covering, storing and/or reinstalling the air conditioner.

For information on program eligibility and availability please contact Rhonda Terry with HEAP Cooling Assistance Program of Delaware County Social Services at 607-832-5242.

PETS BRING JOY TO ALL



By: Wayne Shepard, Director

Did you grow up with a dog or cat, or have a neighborhood cat hanging around? Owning a furry companion can have many positive effects on your life. Not only do you get to live with a friend, but pets provide companionship and love that you never forget. As we grow older, it becomes harder to keep up with the needs of our pets. A team in Hasbro, Rhode Island, was formed in 2015 and saw this problem and empathized with the senior community and ultimately made it their mission to fill a void. They decided to make products which bring fun and play to older adults. They developed animatronic companion cats, dogs,

and later introduced walker squawkers. The New York State Office for the Aging (NYSOFA) granted Delaware County Office for the Aging animatronic cats, dogs, and walker squawkers to give out to older adults over the age of 60 who are at risk for complications related to loneliness and isolation.

The Delaware County Office for the Aging has several animatronic pets for adoption. These pets are looking for a loving home with seniors who live alone and need a little something in their lives to make them smile.

There are a few options of these animatronic pets available to choose

See "PETS BRING JOY" page 6

The 8th Annual Delaware County Senior Fun Day

Thursday, August 24, 2023

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
- ☞ Lourdes Mobile Mammography (See page 8 to schedule a mammogram appointment.)
- ☞ Music by Bob Mesmer and Disc Jockey
- ☞ Tai Chi for Arthritis
- ☞ Bingo, Corn Hole, and other activities
- ☞ Craft and snack (limited space, must sign-up when registering for event) cost \$5 per person

Picnic food provided by Delaware Opportunities of 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 14, 2023 ARE REQUIRED TO ATTEND

Picnic is open to all Delaware County older adults, 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.

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2023 BUS SCHEDULE CORRECTION

In our previous issue of The Dispatch we posted updates/changes to our Senior Transportation Bus Schedule, but realized after the fact that the dates for the Carrot Barn/Apple Barrel trips were wrong. Please see the corrected dates below for these trips.

BUS PICKUP ROUTE: (Following Thursday's bus route) Bovina, Andes, Margaretville, Arkville, (Fleischmanns), Roxbury, GG, Stamford, Harpersfield, Davenport

Destination: **Carrot Barn and the Apple Barrel in Schoharie.**

Added Trips: (corrected dates)

- Monday, July 11, 2023.
- Monday, August 15, 2023.
- Monday, September 12, 2023.
- Monday, October 3, 2023.

Here is a reminder of the other market trips we are offering:

See "BUS SCHEDULE" page 5

NEWS FROM THE DIRECTOR

By: Wayne Shepard

Lately, no matter when you turn on the television to listen to local, world news, or even the weather channel, you continually hear how the weather pattern over the years has changed. This spring alone it seems almost every day there have been warnings across the country for tornados, flooding, high winds, and smoke exposure due to the wildfires in Canada. In Delaware County there was a burn ban through most of June because of a lack of precipitation. A couple of days in the first week of June the sky was cloudy (appeared to be overcast outside), the sun was bright orange, and the air was filled from smoke. This was all due to the wildfires in Canada. The smoke from the wildfires filtered through Delaware County, and all the way down to North Carolina.

The meteorologists have informed residents that there is most likely to be several more days during the summer in which there will be smoky conditions that will impact the United States.

Smoke exposure may affect your health by a number of factors, including the length of time you are exposed. Young children, older adults, and people with heart or lung conditions, like asthma, chronic bronchitis, emphysema, chronic obstructive pulmonary disease, and congestive heart failure are more sensitive to the effects of smoke exposure.

Smoke exposure can cause sore eyes, tears, cough, and a runny nose. If the smoke lasts for several days or is very heavy, like it was in the beginning of June, it can cause lung problems and a longer-lasting cough.

If the smoke from the Canadian



Wayne Shepard, Director

fires continues to filter into Delaware County there are several easy ways to protect yourself. First, stay indoors and limit outdoor activities/exposure as much as possible. Second, when indoors, keep doors and windows shut so the smoke stays out. Third, if you have a portable air purifier run it to keep the air clean. Fourth, make sure any filters or air conditioners are set to recirculate indoor air to avoid bringing in smoke for outside. Fifth, if you go outside in smoky conditions, consider wearing a mask, like N-95 to protect your lungs.

A person's age, existing health problems, or the symptoms a person is experiencing at the time should be factored in for determining when to seek medical care. It is important to listen to your body's cues. If you or someone you know experiences the following symptoms it is important to seek medical attention as soon as possible: a persistent or worsening cough, shortness of breath, chest pain

or tightness, and significant weakness or fatigue.

In June the firefighters responded to several grass fires throughout Delaware County. Fortunately, they were able to put all fires out before they got out of control. I thought what better time to remind Delaware County residents to take into consideration creating a personal plan in case an emergency should strike. Listed below are some things to keep in mind to help you prepare.

Make Your Own Contact Lists

- List phone numbers for ambulance, poison control center, doctors, pharmacy, weather stations, school and bus companies, and workplaces. Keep in plain sight.
- Add these emergency numbers to your cell phone, too.
- Keep a contact list of family and friends in your children's backpacks, your wallet and at work. Explain to your children when to use the contact list.
- Remember to update the contact list at least once a year or when any changes occur.

Make Your Own Family Emergency Plan

- Use a recycled binder to keep your materials together. What you should include:
 - A plan to get out of the house fast.
 - A place to meet if your family is split up.
 - A phone contact list.
 - Emergency plans for school, work, and home.
 - Copies of ID cards, credit card numbers, extra set of house and car keys, insurance policies, current family photos, and some cash.
 - Copies of your health insurance and Medicare Benefits card.
- Keep all important documents in a waterproof container.
- A list of everyone's medications, medical histories, allergies, blood type, and immunization records.
- Pet boarding information, photos, and copies of vet records. Emergency shelters may not allow pets. Plan ahead of time where you could leave your pet if needed.
- People with disabilities may take their service animals to a shelter. Take pet food, pet toys and vet records.
- If you take medications or use medical treatment daily, make sure to have on hand at least one week's worth.

Keep backpacks ready to go

- Pack clothing for each family mem-

ber, high energy foods (peanut butter, crackers, granola bars, trail mix, nuts, and seeds), flashlights, and first aid kit.

- Make a kit for work.

Make Your Own Car Kit

- Pack walking shoes, a warm jacket, blankets, a flashlight and extra batteries, a battery-operated radio, a first aid kit, list of personal medical information and emergency contacts, and boiled/bottled water.

Buy Extra Food and Items

- Stock essentials like powdered milk, high energy foods, canned meats, soups, pasta, and other family favorites. Consider adding flashlights, radios and extra batteries, disposable diapers, baby food and formula, paper products, a manual can opener, bleach, and plastic bags.
- Three-day supply of food per person.
- Water, one gallon of water per person per day for at least three days. Remember if you have a pet, you will need additional water for your pet.
- Buy in bulk and split costs with another family.
- Use coupons and watch for sales.
- Buy a little at a time if you can. Store in a dry, dark place, such as a closet.
- Rotate items and check for expiration dates, such as batteries and bottled water.

Stay connected

- Connect with family and friends through your cell phone or land line. Staying connected with loved ones during uncertain times is comforting.
- Weather news and emergency advice can change rapidly and without warning. Check for updates.
- Get emergency news by registering for NY Alert at www.nyalert.gov.
- You can receive alerts through your phone, computer, or text messages (remember the text messages are charged to your mobile account).

I hope that you never have to use these safety tips - but if a storm or forest fire occurs, be sure that you are able to weather the storm and fire safely. I would encourage every reader to consider signing up for NY-ALERT or an app from your local weather station if you have not already done so. It is free and allows the subscriber to be informed of pending events, such as warnings of severe weather, tornados, snowstorms, wildfires, etc. To register, go to the NY-ALERT website at www.nyalert.gov.

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DELAWARE COUNTY OFFICE FOR THE AGING

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

Wayne Shepard • DIRECTOR

Joanne Sampson • ASSISTANT TO DIRECTOR

Terri Tweedie • COORDINATOR OF AGING SERVICES

Lyndsay Komosinski • NY CONNECTS COORDINATOR

Victoria Ladlee • 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

Bette Jo Bojo • ADMINISTRATIVE ASSISTANT

Rachel Ryan • ACCOUNT CLERK TYPIST

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Andrea Martell • DIETITIAN

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



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

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



“FARMER’S MARKET” ...continued from page 1

Connects will coordinate the distribution of the booklets for households of eligible seniors.

ELIGIBILITY CRITERIA FOR 2023

To be eligible for Farmer’s 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 \$2,248 or less per month.
 - a two-person household with a combined gross income of \$3,041 or less per month.
 - a three-person household with a

combined gross income of \$3,833 or less per month.

PROGRAM GUIDELINES – UPDATES FOR 2023

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 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 Farmer’s Market Coupons this year is September 30th – booklets cannot be issued after this date. Coupons are only valid during the current program year from July 1st – November 30th, 2023.

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 through Friday, 8am-4pm. There will be a Delaware County Office for the Aging Booth at the Delhi Farmer’s Market every Wednesday from July 5th – August 9th for distribution. In addition, we will be hosting a booth with available coupons in the Commercial Tent at the Delaware County Fair from Monday, August 14th – Saturday, August 19th. Other distribution sites are as follows:

- Delhi Senior Community (7 Main Street, Delhi): July 5th, 10:00am – Noon
- Hamden Town Hall (37029 St Rt 10, Hamden): July 5th, 12:30pm – 2:30pm
- Deposit Senior Dining Center (14 Monument Street, Deposit): July 6th, 11:00am – 12:30pm
- Meadow Park Apartments (85 Fair Street, Deposit): July 6th,

- 12:45pm – 2:00pm
- Delhi Dining Center (97 Main Street, Delhi): July 7th, 11:30am – Noon
- Margaretville Municipal Parking Lot (Across from Fresh Town): July 7th, 1:00pm – 3:00pm
- Downsville Dining Center (Fire House, 15166 NY-30, Downsville): July 11th, 10:30am – 12:30pm
- Our Place- Lake Delaware (55 Lake Delaware Dr, Delhi): July 19th, 12:00pm – 1:00pm
- Unadilla Covered Bridge Farm Market (289 Covered Bridge Rd., Unadilla): July 20th, 11:00am – 2:00pm
- Sidney Civic Center (21 Liberty Street, Sidney): July 21st, 10:00am – 12:15am
- Sidney Senior Village (200 Fox Street, Sidney): July 21st, 12:30pm – 2:00pm
- Stamford Senior Housing (125 Main Street, Stamford): July 24th, 10:00am – Noon
- Grand Gorge Civic Center (60933 NY-30, Grand Gorge): July 24th, 1:00pm – 2:30pm
- Robinson Terrace- The Pavilion (One Buntline Drive, Stamford): July 25th, 11:00am – 1:00pm
- Davenport Town Hall (11790 NY-23, Davenport): July 27th, 10:00am – Noon
- Read Memorial Senior Housing (266 Leonard St, Hancock): July 28th, 11:00am – 1:00pm
- Delaware County Fair Free Day: August 13th, 1:00pm – 4:00pm

For more information, to request delivery, or to request coupons by mail, please contact Delaware County Office for the Aging & NY Connects at (607) 832-5750, or NY Connects Coordinator, Lyndsay Komosinski by email at lyndsay.komosinski@co.delaware.ny.us.

LEGACY CORNER

Caregiver Guilt: Two Common Myths Increase Stress

By: DailyCaring Editorial Team

Don’t let undeserved caregiver guilt add to your stress. There are many common misconceptions about what caregivers *should* do or how they *should* feel that can cause guilt that isn’t deserved. Unfortunately, these misguided beliefs and unrealistic expectations about caregiving can also hurt you by causing burn-out, compassion fatigue, or serious health conditions caused by chronic stress.

Caregiver guilt might also influence you to take on unrealistic responsibilities, avoid getting help you need and deserve, or be too hard on yourself. All this only adds to your stress, makes you feel worse, and makes an already tough situation even more challenging. To help you recognize when you’re feeling guilt that isn’t deserved, we share two common myths about what caregivers “should” do and explain the truth behind these incorrect assumptions.

MYTH #1: If you don’t provide full-time, hands-on care, you’re not doing your job as a caregiver.

Popular belief: You can only call yourself a caregiver if you always help your older adult with tasks like bathing, dressing, eating, etc. If you aren’t doing full-time care, you’re not doing enough.

Truth: That’s absolutely false! There are many roles a caregiver can take on. Everything you do for your older adult is important and makes a difference in their lives.

For example, you might spend hours every week managing your dad’s finances, visit their assisted living community every other day, or actively manage their hired caregiver helper. Or you might be working closely with a geriatric care manager to make sure your mom, who lives across the country, has the best care possible. Some caregivers are able to go with their older adult to medical appointments and advocate for them. Many regularly buy groceries, deliver meals, do household chores, or go for

long visits.

If you didn’t take on those responsibilities, your older adult would suffer for the lack of help and companionship. Being a critical part of their support system makes you a wonderful caregiver.

MYTH #2: You should be able to do everything by yourself and shouldn’t need help from anyone.

Popular belief: One person should take responsibility for everything their older adult needs and should handle it all by themselves. If they

can’t, it’s because they’re not doing a good job.

Truth: No caregiver should be made to feel like they need to do everything alone.

Caregiving requires a team. It doesn’t matter if your caregiving team is made up of family, friends, hired professionals, or care programs. Trying to do everything completely on your own often causes chronic stress that can lead to burnout and serious illness.

Adapted from DailyCaring
https://dailycaring.com/dont-fall-for-the-caregiver-guilt-trap-two-common-myths/?utm_source=DailyCaring&utm_campaign=5671e80c19-dc_email_2023-06-09&utm_medium=email&utm_term=0_57c250b62e-5671e80c19-123515225

If you are a caregiver in need of respite

Call Susan Hammerslag, Legacy Program Coordinator, at the Delaware County Office for the Aging, 607-832-5750. If you have no idea where to start, check out the NewYork-Caregivers.com website.

Are you seeking a way to help someone in your community?

Volunteer with the Legacy Corps Caregiving Program. We provide respite for caregivers in need of a break from caregiving. Learn more about becoming a volunteer. Call Susan Hammerslag, Legacy Program Coordinator, at 607-832-5750.



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STAMFORD-HARPERSFIELD SENIOR CLUB

By: Phyllis Thorpe-Hillis

The Stamford-Harpersfield Senior Club is organizing a bus trip to the following event.

Mark and Donna Minnoe at Southern Tier Stables in Moravia, NY
Would like to present at the "The Golden Horse Shoe"
Donna and Her Horse Doc
Old Fashion Classic Country Music
on THURSDAY, SEPTEMBER 14, 2023

That's right, this show will not only include lots of great music but lots of things to take in at the Farm. Come see our display of Farmall Tractors, the Mystic Music Museum, the New Agricultural Museum with a Stagecoach, Sleighs, and much more. Enjoy a wagon ride to Turn Back Time with our version of Green Acres Petticoat Junction, with a stop for Wine and Cheese, Little House on the Prairie, and The Waltons. Then a return to the Golden Horse Shoe to enjoy some good ole country music, a Turkey Dinner (lunch), and a patriotic grand finale with Donna and her horse Doc!!!
Truly a spectacular event you won't want to miss!

11am - Wagon Ride to Turn Back Time
12:30pm - Turkey Dinner and all the fixings
1:45pm - Donna and The Mystics

Cost for the trip is \$92 which includes the bus ride, lunch, show, and tip. Reservations required.

Bus Pick-ups: Towns on Route 23 starting in Prattsville, to Grand Gorge, Stamford, Davenport, and Oneonta.

For trip information and reserva-

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

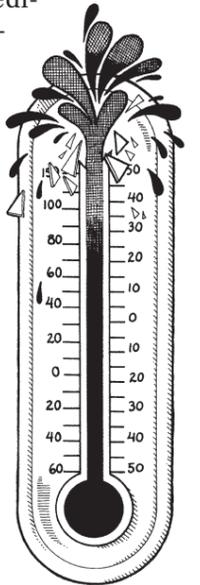
TIME TO START THINKING ABOUT STAYING COOL IN THE HEAT

By: Wayne Shepard, Director

Summer is now upon us. With summer, comes heat, and that presents a challenge for people as they get older. Older adults and those with chronic medical conditions often have difficulty regulating their body temperature. Summer 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.

Older adults appear to be more active today. The body of an older adult is less able to detect the heat and will not adequately respond to rising temperatures as quickly as it did when they were younger. This may be related to medical conditions that can change normal body response to heat. Older adults 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. Older adults 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." It's important to develop a plan to avoid becoming overheated or becoming dehydrated.



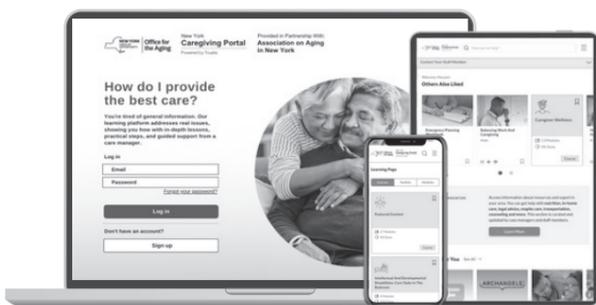
How do you do that? You need to develop ways to help you stay cool. Listed below are CDC recommendations on how to stay cool during the summer:

- Drink plenty of cool water and avoid alcohol and caffeine. Don't wait until you feel thirsty. Stay hydrated throughout the day.
- Eat cool snacks, like fruit popsicles or frozen grapes. These are healthy snacks that could also help to cool you off in the heat.
- Choose to eat lighter, cooler meals rather than heavy, hot meals. Cold salads and sandwiches are great choices.
- Wet a washcloth with cold water and put that on the back of your neck if you are feeling overheated. You could also try putting your feet in a pan of cold water to help cool yourself down.
- Keep your home as cool as possible. Pull the shades or curtains closed during the hottest part of the day.
- Wear light layers of clothing. Cotton fabrics are an excellent choice because cotton fabric is lightweight and breathable. Avoid wearing heavy polyester fabrics. Wear loose fitting clothing.
- Visit a senior center, grocery store, shopping mall, library, movie theatre, or any other kind of public shop. This is a terrific way to find a cool, air-conditioned environment.
- Take cool showers and baths to feel cooler quickly.
- Consider installing an air conditioner. If that's not possible, at the very least, use a fan to circulate the air.
- Avoid any strenuous activity during the hottest hours of the day. Instead, stay indoors where you are out of the sun and heat outside.
- Stay in touch with family and friends.

So, keep these, and any strategies you think of yourself, in mind when the hot days of summer approach. Some of these ideas are quick and easy, and can make a huge difference in helping your body adjust to the hot temperatures.

Access free, online caregiver education and support from the comfort of home.

Taking care of a loved one is hard work. Newyork-caregivers.com is designed to support families. Our short articles and videos provide expert caregiving tips. Families can reduce stress, find local resources and provide better care to loved ones.



"The caregiver portal was my first support system when caring for my mother with dementia.

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- Laura W, Trualta user caring for her mother

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“BUS SCHEDULE” ...continued from page 1

ADDED TRIPS TO FARMER’S MARKETS

Last summer we added some trips to Farmer’s Markets: Frog Pond in Bainbridge and the Carrot Barn in Schoharie. We heard positive feedback from the individuals who went, so we are going to go back. Below is the list of the days we are planning to go.

All rules pertaining to using our bus service still apply for these added Farmer’s Market trips. Bag limit, pickup times, and shopping time remain the same as they are for the regular bus runs.

****Minimum of 6 riders required for each Farmer’s Market trip, or the trip will be cancelled.**

BUS PICKUP ROUTE: (Following Wednesday’s bus route) Delhi, Downs-

ville, East Branch, Fishs Eddy, Hancock, Deposit, Masonville

Destination: Frog Pond and the Pine Ridge Store in Bainbridge.

Added Trips:

- Monday, July 10, 2023.
- Monday, August 14, 2023.
- Monday, September 11, 2023.
- Monday, October 16, 2023.

BUS PICKUP ROUTE: (Following Friday’s bus route) Hamden, Walton, Sidney, Franklin

Destination: Frog Pond and the Pine Ridge Store in Bainbridge.

Added Trips:

- Monday, July 24, 2023.
- Monday, August 28, 2023.
- Monday, September 25, 2023.
- Monday, October 23, 2023.

BEING IN CLOVER

By: Ann L. DuBois

Last week when I was walking my dog, I noticed that the Dandelions had now disappeared, and a new flower was in their place. I loved seeing the vivid yellow Dandelions and their white lacy globe-shaped seeds disperse but now these small white delicate Clover are everywhere; and I realized I also know nothing about them except their name.

Well to Google I go. Not surprisingly I found they, like the Dandelion, are not a weed and, also like the Dandelion, the English settlers brought them to North America. Both on purpose and by mistake.

Clover is a perennial and in the bean family. I never would have guessed that. They are a favorite of bumblebees and honeybees (as many Honey lovers are aware). They are a tried-and-true herbicide-free way to control weeds. Before the widespread use of herbicides, most lawns contained Clover. As it grows, the Clover adds nitrogen to the soil which then chokes out the weeds. Adding Clover to our lawns and fields instead of herbicides is also in harmony with nature. Also, it has resistivity to drought, a very good thing if you desire a consis-

tently attractive lawn and food for the foraging animals.

Besides making an excellent forage crop for livestock, its leaves and flowers are also a valuable survival food for us – traditionally used in salad since being high in protein and abundant. I’m also surprised to find out the dried flowers have been used as a herbal replacement for tobacco.

Clover also has medicinal uses; in folk medicine it is used against worms and counters the infection caused by tapeworm.

When I was a kid, my friends and I use to search in the fields for a four-leaf Clover, which exists but is very rare – one in 10,000. The plant usually has many green leaves with each flower; but it was thought by the Pagans that the rare four-leaf was a symbol of hope, faith, love, and luck. Anyone who found one would receive all those good things in their life. The Christians adapted the four-leaf clover, seeing it as a symbol of their cross. To be in Clover is expressed in many ways and it means to be prosperous, living well, and being lucky. The famous performer Jennifer Lopez said it this way “I’m feeling lucky like a four-leaf clover.”

MEDICARE CARD SCAMS

By: Virginia Perez, Aging Service Representative, Article Adapted from AARP

The Centers for Medicare & Medicaid Services are not sending out new Medicare Cards. If a beneficiary needs a replacement card, they can contact Social Security and request one. If a beneficiary has a Medicare Card that lists their ID number as their social security number, they are encouraged to call Social Security at 877-628-6581 and request one with a new number that will be randomly assigned to them.

Medicare impostors are calling beneficiaries claiming they need to replace or upgrade their Medicare card. They might ask for your Social Security number or date of birth to “activate” your card or confirm that you received it. They might try to entice you to pay a fee to switch from a paper to a plastic card, or one with a chip. Another trick is to claim there’s been

suspicious activity on your Medicare account, and you need to verify your identity to avoid losing your benefits. These are all scams. Medicare employees will never call you without being invited to do so, for example if you left a message at Medicare’s customer service line.

If you do receive a call from a Medicare impersonator you are encouraged to hang up immediately and not to engage with the person on the phone. You should never share your Medicare or Social Security number (or other personal information) with anyone who contacts you out of the blue by phone, text or email or shows up unannounced at your door. If you suspect a Medicare card scammer has contacted you, you can report it to Medicare at 800-633-4227.

If you have further questions about Medicare scams please contact Office for the Aging at 607-832-5750.

ROMANCE SCAMS

Revised by Wayne Shepard, Director

Retrieved from <https://www.aarp.org/money/scams-fraud/info>

Scammers are like viruses. They continually evolve in response to the latest news and trends, using them for new ways to separate us from our cash.

Adults of all ages are going online in hopes of finding love and companionship. But seeking romantic bliss online can have a major downside: Cyberspace is full of scammers eager to take advantage of lonely hearts, and their ranks are growing.

The con typically works something like this: You post a dating profile and up pops a promising match — good-looking, smart, funny, and personable. Supposed suitors might also reach out on social media; more than a third of people who lost money to a romance scam in 2021 reported that it started on Facebook or Instagram, according to the FTC. They’ll use pictures of an attractive person that they have stolen.

This potential mate claims to live in another part of the country or to be abroad for business or a military deployment. But he or she seems smitten and eager to get to know you better, and suggests you move your relationship to a private channel like email or a chat app.

Over weeks or months, you feel yourself growing closer. You make plans to meet in person, but for your new love something always comes up. Then you get an urgent request. There’s an emergency (a medical problem, perhaps, or a business crisis) and your online companion needs you to send money fast, usually via gift cards, prepaid debit cards, cryptocurrency, or a bank or wire transfer.

They’ll promise to pay it back, but that will never happen. Instead, they will keep asking for more until you realize it’s a scam and cut them off.

How to protect yourself from this scam

- Take it slowly. Ask your potential partner a lot of questions and watch for inconsistencies that might reveal an impostor.
- Talk to family and friends about a new love interest and pay attention if they have concerns.
- Cut off contact immediately if you begin to suspect that the individual may be a swindler.
- Limit the amount of personal information you provide.
- Don’t send cash, cryptocurrency, gift cards, or put money on a reloadable debit card for someone you’ve met online.
- Contact your local police department.

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: _____

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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.
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Clip and return this coupon with your donation to:
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“Assisted Living...in Your Own Home”

“PETS BRING JOY” ...continued from page 1

from, which include a yellow golden retriever dog, cats of various colors, and bluebird or cardinal walker squawkers. These pets have been designed to bring comfort, companionship, and fun. The pups have all the love in the world to give but they won't chew up your furniture, woodwork, or slippers! The cats respond to petting and hugging, motion like live cats do, but won't shed hair or require a litter box. The birds chirp and sing

a beautiful tune while on your walker to remind you to use your walker but require no cage.

These pets require batteries. That's all the care they require. The only other thing they need is companionship. If you, or someone you know, could benefit from having a furry friend that doesn't require a lot of care, please contact the Office for the Aging at 607-832-5750 to inquire about adopting these adorable pets!

**INTRODUCING MARK DUNLOP
THE NEW DIRECTOR OF DELAWARE
COUNTY VETERANS SERVICES**



By: Mark Dunlop

To all readers of The Dispatch, Charlie Piper, the Director of Veterans Services, has served the county for many years and will be enjoying a much-deserved retirement. I, Mark Dunlop, am taking over the position as Director of Veterans Services for Delaware County.

I would like to share my background with you all as I look forward to this opportunity to serve our veterans within the community. I am from

Hamden, New York. My family has a farm where we raise beef cattle. I graduated from Delaware Academy in 2002 and enlisted in the United States Army in May, 2003. I have recently retired from the Army with 20 years of service and have lived in a few different locations throughout my military career to include: Germany, Fort Bragg, North Carolina, and Fort Polk, Louisiana. I thoroughly enjoyed my time in the service, which allowed my family and I the opportunity to experience living in so many different wonderful parts of our country. All those different places on the map did not compare to the charisma of Delaware County, which made returning to the area an easy decision.

I am very honored and excited to serve in this position to assist all veterans within our great community. I wish Charlie the best in his future endeavors and thank him for the devotion he put forth for our county's veterans. I look forward to meeting as much of the community as possible, so feel free to stop by the office at any time you are in the area.

**HAMDEN
SENIOR CITIZENS CLUB**



The Hamden Senior Citizens met in March for fellowship and food. An informational program about the Fellowship of Christian Farmers (FCFI) was presented. Laurie and Russ Bedford, of Jefferson, shared of their mission week in central Florida after devastation from hurricane Ian. They also told the group about the Christian Farmers Bead Story, telling of 'God's' Truths through the colors on the wordless walking sticks. The next projects for the local FCFI will be attending Meredith Dairy Fest and a bead tying event in Marcy, NY.



In April, the Hamden Senior Citizens were blessed to have George Conklin, join us to share history and memories of the O&W railway. His recap began in 1866 with six different rail companies that touched Delaware County. He continued sharing delightful stories of financing and building rail transportation from Oswego to NYC. Karen Marshfield shared that Hamden is looking for a caboose to use as a museum piece near the covered bridge.



This group of smiling seniors gathered in Hamden for our May 2023 luncheon. We were pleased to honor all of our members who are veterans. Harry Bell, (standing at head table) and Bill Nagel (seated right front) spoke about their experiences attending the 'Honor Flight' to Washington D.C.

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DelawareCountyOffice for the Aging
Call (607) 832-5750, Ask for Susan H.
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37TH 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 27 of their delicious home-made pies for auction at the annual Pie Auction and BBQ in June. This year's attendance was just over 100 participants, and the average pie bid was \$40 and the highest bid for a pie went for \$400. Our thanks to Chuck McIntosh, the auctioneer, who kept the bidding go-



ing. 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 \$1,808.00 from pie sales and netted a total of close to \$1,000.00 for Elderly Programs and Services. The Senior Council's fundraising support programs and services such as the 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.



Wayne Marshfield purchased a delicious coconut cream pie that sold for \$400."

MEREDITH SENIOR CLUB



Meredith Senior Club members at the monthly meeting, on the third Monday of the month at the Meridale Community Church.

President of the Senior Council, Peg Hilson, visits with Joan Burger, President of the Meredith Senior Club

On Monday, June 19, 2023, President of the Senior Council, Peg Hilson, visited the Meredith Senior Club for their monthly pass-a-dish meeting. President Hilson plans to visit all the clubs which are part of the Delaware County Senior Council. She hopes to

increase interest in the Council and boost membership in the clubs. The Meredith club meets on the third Monday of the month in the church, Route 10, just beyond the Meridale Fire Department. Joan Burger, president of the Meredith Club, plans interesting and informative programs. The next meeting will be a picnic at Hanford Mills, starting at noon on July 17.

Everyone is welcome - bring a dish!

SENIOR COUNCIL AT THE MEREDITH DAIRY FEST



President of the Delaware County Senior Council, Margaret (Peg) Hilson, had a table at the Meredith Dairy Fest on June 10 and 11. Peg was selling raffle tickets for the quilt donated to the Council by Polly Delacrosse. Visitors at the Fest were very generous in their purchase of tickets for the raffle.

President Hilson had many good comments on the Fest. She praised the Fest Committee for their efforts and described the day as one of community building. The Dairy/Children's tent was busy all day with games, face painting, and making butter. An un-



usual attraction was the game of Cow Plop Bingo. Pure Catskills had a full tent of local artisans. The Delaware County Senior Council wants to thank everyone for their support. We plan to participate next year on the second weekend in June. Come join us!

Sunflower Harvest Ball

Date: September 10, 2023

Time: 2 PM to 6 PM

Location: Birdsong Farm

28718 Route 10
Hamden, NY 13782

First Annual Semi-Formal Adult Ball

Contribution of \$5 per person

Hosted by: Delaware County Office for the Aging

Limited seating available

Contact the office at 607-832-5750

by September 1st, 2023 to make your reservation



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MEET OUR TAI CHI FOR ARTHRITIS INSTRUCTORS

By: Terri Tweedie



Andrea Martell

Andrea Martell is our Office for the Aging contract dietitian and one of our newest Tai Chi for Arthritis instructors. She received her initial certification from Asian Arts Tai Chi in April 2019. Since then, Andrea practices Tai Chi for both personal and professional growth. "It helps to keep me calm, focused, and connected to myself," she says, "as well as improves my balance." Andrea most thoroughly enjoys instructing classes of older adults. While it may be challenging to learn something new later in life, time and time again Tai Chi has proven to be well worth it. Most of her class participants have reported numerous benefits and satisfaction with learning and practicing the Tai Chi for Arthritis program. Andrea looks forward to meeting more of you and having you in her future classes.



From left to right: Adriaen Jackson (AJ) & Jo-Ann DeWitt

Namaste. I am Adriaen Jackson, better known as AJ. Jo-Ann DeWitt and I have been team teaching Dr. Lams Tai Chi for Arthritis and fall prevention since 2018. During that time, we have had the pleasure and excitement of working with about 114 men and women.

I so enjoy doing the program because I am helping others of my age group to enjoy their lives safely and without pain. It is such a pleasure to hear someone say, "I haven't fallen since I started the program" or, "I have been able to cut back on my medications, and better yet, how good it feels to be able to control some of the stress in my life."

I truly enjoy doing Tai Chi myself and want to help others to enjoy and reap the benefits. I hope you'll come join us sometime. It's not difficult and a wonderful way to spend one hour a day, twice a week enjoying meditation while enhancing your balance and agility!

Jo-Ann DeWitt

When I retired in 2018, I was determined to find some interesting endeavor to help people and ease the shock of retirement. I knew there was a need for Tai Chi teachers and that would certainly make me step out of my comfort zone big time. It just so happened there was a training/certification coming up locally, perfect timing, and a sure sign this was meant to be. Adriaen Jackson was in that same class and somehow, we connected and inquired about teaching. Here we are five years later thoroughly enjoying our classes, and a close bond of friendship is a priceless bonus. We mainly rotate every 12 weeks between Delhi and Stamford/Harpersfield areas. From the first day of class to the twentieth day of class, we witness amazing improvement in posture, balance, and flexibility of our students. Sociability enhances teamwork, and the flow of a whole class in sync energizes us all with CHI energy!



Nina Pfeffer

my overall health while helping me develop a calmness of spirit. I've met so many interesting people from all walks of life, many who have become great friends. It's been a very positive experience overall but bringing Tai Chi into my neighborhood, a very rural area here in the Catskills Mountains, was especially rewarding.

This is a chance for me and Delaware County Office for the Aging to thank these people for all their time and dedication to make this program the super success that it is. If anyone would like more information regarding classes and or would like to consider becoming an instructor, please contact Terri Tweedie at 607-832-5750.

Nina Pfeffer

I retired from my job in 2017 with a master's degree in education. I then became certified to teach Tai Chi and have been teaching it ever since.

For me, Tai Chi is a meditative experience, an endeavor that improves

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 Sellevold*

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. Be sure to provide your name, e-mail address, and current mailing address, so we can remove your name from our postal mailing list.



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- You have no current breast problems or symptoms with benign results and no further problems.



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607-321-0015 • ascension.org/LourdesMammogram

HELP IN THE DIGITAL AGE

By: Susan Sainsbury, OFA Caseworker

Do you want to learn how to use different computer and phone programs and apps? Do you need tech support for your devices? One of the best resources available is Senior Planet, a flagship program of the nonprofit organization Older Adults Technology Services (OATS) and AARP. Senior Planet's mission is to help older adults learn and use technology so they can live better in the digital age by making technology accessible and fun.

Senior Planet has locations in New York City, North Country NY, Maryland, Colorado, and Texas. They offer free lectures, workshops, and multi-week courses that help older adults learn computer basics and develop life-enhancing computer skills.

If you can't get to one of the centers you can find Senior Planet online where they offer programs designed around: financial security, social engagement, creative expression, health and wellness, and civic participation. All five areas represent opportunities in the lives of older adults where technology can have a transformative effect.

Online tech courses include introduction to digital wallets, messaging apps, tech discussion groups, using Facebook marketplace, online shopping, wearable technology, etc. Online classes are also available in Spanish and Mandarin. In addition to tech

courses you'll find online book clubs, classes on meditation, fitness, the arts, and more.

You can find the online classes at: seniorplanet.org. You can also call the Senior Planet Tech Hotline: 888-713-3495. The hotline is monitored by Senior Planet trainers from 9:00am - 8:00pm EDT, Monday through Friday.

Locally, the Sidney Memorial Public Library located at 8 River Street offers a wide variety of free workshops that vary from month to month. Classes have covered topics such as Facebook privacy, using the internet for genealogy research, cloud storage, video streaming services, and more. In addition, the library offers Open Tech Hours. Sign-up is required, call 607-563-1200. (Hours and availability may be limited during Summer months.)

William B. Ogden Free Library at 42 Gardiner Place in Walton, NY, also offers one-on-one tech sessions on how to use features on your iPhone, how to use a program or application on your tablet, or computer, etc. Sign-up is required, call 607-865-5929. (Please note this program will be on a Summer hiatus.)

Be sure to stop in at your local library and ask for assistance to sign up for the Libby and Hoopla apps to download ebooks, audiobooks, movies, and magazines to your tablet, smartphone, or computer.

WHAT IS A POWER OF ATTORNEY

By: Melissa Krause

A Power of Attorney is a document that a person (a "principal") can sign which appoints someone else as an "agent," who will then be able to act on the principal's behalf when it comes to financial matters.

A Power of Attorney is not a document that allows an agent to make medical decisions for the principal. It is also not a document that appoints someone to take care of the principal's affairs after their death. A Health Care Proxy is the document which allows for medical decision making, while a Will allows a person to name an Executor who can take care of their affairs after their death.

When a principal signs a Power of Attorney, they may give their agent specific permissions to do things such as access the principal's bank account to pay bills, to sell the principal's house for them, to apply for Medicaid for them, and other similar activities. A Power of Attorney is very useful, especially as a principal ages or starts to have health issues, as they can turn over many of their responsibilities to someone that they've specifically chosen for this role. It is important to remember though that the principal still has the right to act on their own behalf.

A Power of Attorney is a wonderful document to have if a person later becomes incapacitated, meaning they are unable to make decisions for themselves or take care of their responsibilities. However, sometimes someone can wait too long to get a Power of Attorney. If that person has become incapacitated without a

Power of Attorney, then they will not be able to make one at that point in time. Instead, a loved one may end up having to go to court to obtain legal rights over the incapacitated person. This can be very stressful and difficult. Generally, it is much better to make a Power of Attorney in advance, while a person is still able to do so, because then it will be their choice, rather than a court's.

There are some risks involved with a Power of Attorney. A Power of Attorney, by its nature, requires a lot of trust between a principal and their agent. There are many cases where agents have used Powers of Attorney to steal from a principal, or otherwise act against the principal's wishes. There is not a lot of oversight, and an agent can do a lot of damage before they get caught. It is very important that if someone enters into a Power of Attorney they choose someone that they trust completely, and if they have doubts, then a Power of Attorney may not be the best choice.

There are ways that a Power of Attorney can be tailored to provide more protection to a principal. A principal can limit the permissions that they give to their agent. A principal can also appoint a "monitor" to keep an eye on what the agent is doing. These are valuable steps in helping to keep the principal and their assets safe.

Ultimately, a Power of Attorney is a powerful document which should not be entered into without careful consideration of the rights, responsibilities and risks involved, but it is also a very helpful and useful document that can make a person's life much easier in their later years.

BIG WHEELS GOLF TOURNAMENT RAISES \$6,000



Team Atkin 2023 Big Wheels Golf Champions - (from left) Gary Atkin, Dave Hull, Dave Truran, Kevin Valk

By: Wayne Shepard, Director

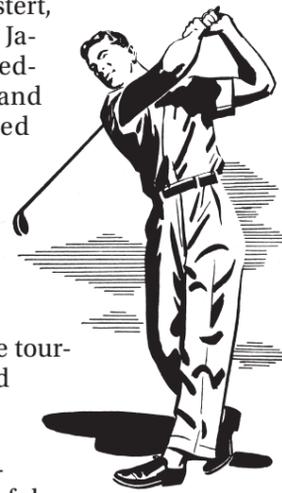
The Delaware County Senior Council held its annual Big Wheels Golf Tournament on Friday, May 12 at the Delhi College Golf Course. The tournament was a huge success. The Big Wheels committee (consisting of Jim and Peg Hilson, Terry Mostert, Rick Angerer, Tom Briggs, Jamie O'Donnell, Terri Tweedie, Lyndsay 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 teams (81 golfers) participated in the tournament. Participants paid \$80 for entry fee which included 18 holes of golf, use of a cart, and a delicious meal immediately fol-

lowing the tournament at the SUNY Delhi Blue Stone restaurant. The Senior Council netted \$6,000.

This event serves as a primary fundraiser for programs and services which provide assistance to Delaware County senior citizens. The money will be used to help pay for a variety of services for senior citizens, especially those who have low income, poor health, or are trying to continue living on their own as long as possible.

Thank you to everyone who made this event a huge success. The Office for the Aging thanks everyone who participated in this year's tournament. We'll see you again next year!



DEFENSIVE DRIVING CLASS

By: Ken Brown

Register now for a defensive driving class by ROAD RUNNERS instructors for a defensive driver's discount. New York State licensed drivers are entitled to a 3-year insurance reduction and may also have points removed from their license. Our next class will

be held at the Delhi Alliance Church, 16178 State Highway 28, Delhi NY, on September 16, 2023, from 9-3pm.

For more information and registration, contact Ken Brown at 607-832-4839 or email Ken at roadrunners.ddc@gmail.com.

DELHI SENIOR COMMUNITY

Affordable Housing for Seniors

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Call 607-746-8142

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Senior Citizens' Day

at the Delaware County Fair!

**Thursday, August
17th, 2023**
Senior Admission
Reduced to \$5



The Delaware County Office for the Aging and NY Connects will be at the fair all week long! August 14th – 19th

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!



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

SEND YOUR CONTRIBUTION,

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DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-7 Thru 8-11	Spanish Baked Steak Oven Browned Potatoes Broccoli/Cauliflower Apple Juice Chocolate Pudding	Breakfast Souffle Waffles w/ Syrup Sausage Patty Whole Wheat Bread Cinnamon Applesauce	BBQ Chicken Oven Fries Zucchini/Yellow Squash Cole Slaw Sherbet	Egg Salad on Greens Tortellini Salad Carrot Raisin Salad Sweet Pickles Watermelon	Baked Pollock Kiev Baked Sweet Potato Seasoned Spinach Italian Bread Oatmeal Raisin Cookies
8-14 Thru 8-18	Chicken Parmigiana Noodles w/ Sauce Italian Blend Veggies Cucumber Salad Fresh Fruit Cup	Meatloaf w/ Gravy Roasted Potatoes Brussels Sprouts Pickled Beets Ice Cream	Sliced Turkey Breast Potato Salad Sweet Pepper Slaw Lemon Mousse w/ Fresh Blueberries	Roast Pork w/ Gravy Mashed Potatoes Bavarian Red Cabbage Applesauce Chocolate Cake	Potato Crusted Pollock Sweet Potato Fries Green Beans Grape Juice Brownie
8-21 Thru 8-25	Pepper Steak Oven Browned Potatoes Seasoned Broccoli Orange Juice Ice Cream Sundae	Macaroni & Cheese Stewed Tomatoes Seasoned Peas Apple Juice Jello w/ Topping	Chicken Alfredo Zucchini/Yellow Squash Ambrosia Salad Italian Bread Butterscotch Pudding	SENIOR FUN DAY ALL CENTERS CLOSED	Tuna Salad on Greens Macaroni Salad Carrot Raisin Salad Sweet Pickles Fresh Watermelon
8-28 Thru 9-1	Swedish Meatballs Egg Noodles Steamed Spinach Cranberry Juice Chocolate Chip Cookies	Baked Ham w/ Louisiana Sauce Sweet Potatoes Red Cabbage Lemon Pudding	Baked Crusted Pollock Rice Pilaf Oriental Blend Veggies Cole Slaw Strawberry Sundae	Chicken & Biscuits Steamed Broccoli Carrot Raisin Salad Rosey Apple Relish Pineapple Tidbits	Turkey Salad Potato Salad Pickled Beets Dinner Roll Vanilla Ice Box Cake
9-4 Thru 9-8	CLOSED LABOR DAY	Meatloaf w/ Gravy Mashed Potatoes Mixed Veggies Waldorf Salad Peanut Butter Cookies	Fish on a Bun Sweet Potato Fries Steamed Cauliflower Cole Slaw Apple Crisp	Cran-Orange Chicken Buttered Noodles String Beans Whole Wheat Bread Fruited Jello	Stuffed Shells Steamed Broccoli Pineapple Juice Italian Bread Sherbet
9-11 Thru 9-15	Spanish Rice Squash Medley Three Bean Salad Whole Wheat Bread Spiced Peaches	Chicken Ala King Freshly 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 & Pearl Onions Rosey Apple Relish Coconut Cream Pie	Tuna Casserole String Beans Mixed Garden Salad Whole Wheat Bread Cinnamon Coffee Cake
9-18 Thru 9-22	Chili con Carne Steamed Rice Sliced Carrots Corn Bread Pineapple Tidbits	Roast Pork w/ Gravy Mashed Potatoes Butternut Squash Rosey Apple Relish Tapioca Pudding	Macaroni & Cheese Fresh String Beans Stewed Tomatoes Cole Slaw Ice Cream	Scrambled Eggs French Toast Sticks Sausage Patty Orange Juice Cinnamon Applesauce	Arroz con Pollo (Spanish Chicken & Rice) Steamed Broccoli Pineapple Juice Chocolate Cake
9-25 Thru 9-29	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 Pineapple Juice 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

Thank You Dispatch Donors

Janice Armstrong, Carl Beers, David & Ann Cooke, Everett Dean, Charles & Grace Dietzman, Francis Duguay, David & Donna Fronckowiak, Francine George, David Hollenbaugh, Laura Mullinnex, Jamie O'Donnell, Francis Peck-Stevens, John & Nancy Rice, Paul Siegler, Marjorie Tweedie, Ramona Wachtler, Louis Wilcox

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

By: Wendy Hitchcock, Coordinator
Community Health Education, Rural Health Network of SCNY

This FREE course covers:

- Strategies to manage your pain,
- Exercises to improve flexibility, strength, and balance,
- Medication management,
- Healthy eating for reduced inflammation and maximum nutrition, And much more!

Participants who complete the program will receive their choice of a \$20 fuel or grocery gift card!

The program is 7 weeks and meets for 2.5 hours each week. It will be held on Wednesdays, September 13 through October 25 from 1:00 to 3:30, in Delhi, location to be determined.

To register, learn more, or to join our waitlist for upcoming workshops, contact: Wendy Hitchcock at 607-788-6897 or whitchcock@rhnsnycny.org

NUTRITION EDUCATION & COUNSELING SERVICES

By: Andrea Martell RDN, CDN,
Consulting Dietitian for Delaware County Office for the Aging

Nutrition education and counseling services are available for older adults aged 60 and over at no cost to you through Delaware County Office for the Aging. Education topics vary and are based on nutritional issues pertinent to older adults. Presentations are given bimonthly at congregate senior dining centers; however, if there is a nutrition education topic that you are concerned about, it can be incorporated into a counseling session. Recently, an informational brochure was distributed that describes these services. If you did not receive one you can request one to be mailed to you, or you can do this self-assessment.

For your Responses: Most days = 2 points; Sometimes = 1 point; Never = 0 points

Score your responses to the following ten questions:

- 1) Do you consider the nutritional value of food when making food / meal choices?
- 2) Do you consume 2-3 balanced meals each day?
- 3) Do you include 3 or more whole grain foods daily?
- 4) Do you eat at least 2 ½ cups of vegetables daily?

- 5) Do you vary your vegetable choices (different colors - dark green, orange, red)?
- 6) Do you eat at least 2 cups of fruit daily?
- 7) Do you consume 3 cups of low-fat milk, yogurt, or cheese daily?
- 8) Do you choose lean meats and poultry (90% lean beef, poultry without consuming the skin)?
- 9) Do you vary your protein intake with fish, beans, and nuts?
- 10) Do you limit saturated fat, sodium, and added sugars?

If you scored 16-20 points: you have already made healthy eating a habit, great job! If you scored 10-15 points: you are on track, a few simple changes will help you to achieve an overall healthy eating plan. If you scored 0-9 points: sometimes you make healthy choices however more healthy choices can be made to improve your eating plan. You would likely benefit from a nutrition counseling session with a registered dietitian.

Individuals tend to seek nutrition counseling for dietary assistance with common chronic conditions such as hypertension, heart disease, and diabetes. But there are also many people who have discovered that achieving optimal nutrition is helping them to maintain their quality of life. If you would like to meet with the registered dietitian, call the Office for the Aging (607) 832-5750.

ADULT IMMUNIZATIONS FOR TETANUS, DIPHTHERIA, PERTUSSIS (TDAP), AND SHINGLES (SHINGRIX)

Adults Need Vaccines Too!

By: Melissa Ackerly, Delaware County Public Health

Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Pertussis is also known as “whooping cough” and can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. The CDC highly recommends grandparents and caregivers should get the tetanus/diphtheria (Td) vaccine that includes pertussis protection (Tdap).

• Protect yourself and young children by asking for a Tdap vaccine at your next healthcare provider visit.

Shingrix- Chickenpox and shingles are related because they are caused by the same virus (varicella-zoster virus). After a person recovers from chickenpox, the virus stays dormant (inactive) in the body. It can reactivate years later and cause shingles.

Adults 50 years and older should get two doses of Shingrix, separated by 2 to

6 months. There is no maximum age for getting Shingrix. You can get Shingrix even if you already had shingles or have no record of having chicken pox. Shingrix is covered 100% by most Medicare plans, check with your local pharmacy.

- If you have questions about Shingrix, talk with your healthcare provider.

In the last issue of *The Dispatch* we presented information about the Adult Immunization Registry for New Yorkers called NYSIIS. NYSIIS is the New York State Immunization Information System which many healthcare providers and pharmacies use to safely store and access our vaccination records.

- At your next visit with your medical provider ask if your vaccination records are in the NYSIIS system including Tdap and Shingrix.

*Please see the back page of this issue of *The Dispatch* for a table of recommended adult immunizations.

For more information about vaccines call Delaware County Public Health at 607-832-5200 or visit www.delawarecountypublichealth.com.

“LIKE” US ON FACEBOOK

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



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

SENIOR ACTIVITIES FOR AUGUST 2023 AND SEPTEMBER 2023

HOLIDAY CLOSINGS: Monday, 9/4/23, for Labor Day.

All Centers will be closed Thursday August 3, 2023 for In-Service Training and Thursday August 24, 2023 for Delaware County Senior Fun Day.

DINING CENTERS SERVING 11:30 am to 12:30 pm, Monday-Friday.

Potential Evening Meals: Potential evening meals would be on the 3rd Thursday of the month. Please check with your meals site to confirm a mealtime.

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

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

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

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

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

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

DINING CENTER PRESENTATION/WORKSHOP SHCHEDULE

The following presentations/workshops will be held at the dining centers during the regular lunchtime meal on the dates listed below.

OFA Outreach Dining Center Presentations Schedule

July 2023 will be Farmers Market Coupons distribution. See the article titled “Senior Farmer’s Market Nutrition Program” in this issue of *The Dispatch* for further information and distribution schedule.

August 2023 topic will be “Home Safety Resources”

- Delhi Dining Center on 8/15/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 8/16/23
- Hancock Dining Center on 8/8/23
- Margaretville Dining Center on 8/23/23
- Sidney Dining Center on 8/10/23
- Walton Dining Center on 8/22/23

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% poverty level 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.

Table 1

COVID-19 vaccination recommendations have changed. Find the latest recommendations at www.cdc.gov/covidschedule
Recommended Adult Immunization Schedule for ages 19 years or older, United States, 2023

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
COVID-19	2- or 3- dose primary series and booster (See Notes)			
Influenza inactivated (IIV4) or Influenza recombinant (RIV4)	1 dose annually			
Influenza live, attenuated (LAIV4)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)			
Measles, mumps, rubella (MMR)	1 dose Tdap, then Td or Tdap booster every 10 years		1 or 2 doses depending on indication (if born in 1957 or later)	
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV)	2 doses for immunocompromising conditions (see notes)			
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition		2 doses	
Pneumococcal (PCV15, PCV20, PPSV23)	27 through 45 years		1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)	
Hepatitis A (HepA)	2, 3, or 4 doses depending on vaccine			
Hepatitis B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations			
Haemophilus influenzae type b (Hib)	19 through 23 years		1 or 3 doses depending on indication	
	1 or 3 doses depending on indication			

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

Recommended vaccination for adults with an additional risk factor or another indication

Recommended vaccination based on shared clinical decision-making

No recommendation/Not applicable