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SENIOR CITIZEN OF THE YEAR – SHIRLEY NIEBANCK



Delaware County Senior Council is happy to announce that Shirley Niebanck has been selected as our Senior Citizen of the Year for 2022.

Shirley was born in Selinsgrove, PA, to Ralph and Beatrice McCreary. She graduated from Selinsgrove High School and attended Hunter College in New York. In 1959, she married Richard Niebanck. They have two sons, Markus and Adam, daughter-in-law Paula, and two grandchildren, Elizabeth and Peter. Richard, a retired Lutheran minister, passed away in 2021.

Many years ago, Shirley worked as office manager for National YMCA and also Lutheran World Relief. Her volunteer efforts started 67 years ago working with a Brownie Troop. Since then, she has taught Sunday School,

See “SHIRLEY NIEBANCK” page 7

DAVID JOHNSON NAMED OUTSTANDING CONTRIBUTOR OF THE YEAR



The staff of the Delaware County Office for the Aging and NY Connects are pleased to announce that David Johnson, of Andes, has been selected to receive the Outstanding Contribution by a Senior Citizen award. This award has been given annually since 1983 and recognizes a Delaware County senior citizen who has been active in improving the quality of life for the county's elder residents.

David was born in Vallejo, California, in 1941 to the late Eve and Desmond Johnson. His father worked for Armar Company as an electrical engineer. His job entailed working on submarines and Navy ships. In 1957 his parents moved from California to New Hyde Park, Long Island. He attended New Hyde Park High School and later

transferred to Waldorf school, located in Garden City, New York. While in high school David was active in sports, where he played both soccer and basketball. Upon graduating from Waldorf school he attended New England College in Henniker, New Hampshire, majoring in Civil Engineering. In the summer of 1963, he took on a temporary summer job with TWA air lines to do the scheduling for the crew staff. It was during this summer job that he was offered a fulltime position. He worked for TWA for 32 years. He did contractual negotiations with pilots, management with TWA, flight service manager, and ended his career as a flight attendant. He enjoyed working with TWA as it allowed him and his family to travel all around the world.

While eating in the cafeteria at New Hyde Park High School he met his high school sweetheart Carol. It was love at first sight. They were joined

See “JOHNSON NAMED” page 3

UPCOMING TAI CHI CLASSES!!

Basic Moves 1-6

Sidney Center Baptist Church. Series plans to start 9/16/22 and will meet Mondays & Fridays at 11:00am.

*Advanced Moves 7-12

Walton First Baptist Church. Series plans to start 9/16/22 and will meet Mondays & Fridays at 1:00pm.

*Advanced Moves 7-12

Franklin United Methodist Church.

Series plans to start 9/16/22 and will meet Mondays & Fridays at 3:00pm.

**Entry into advanced implies that you have either taken the Basic 1-6 series two times -or- you have learned and know the Basic 1-6 movements on your own. The Basic 1-6 movements will only be reviewed, not retaught, during the advanced series.*

The Tai Chi for Arthritis program

See “TAI CHI CLASSES” page 6



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OFFICE FOR THE AGING TO HOLD PUBLIC HEARING

On Monday, October 24, the Delaware County Office for the Aging will be conducting its annual public hearing. The event will take place at the Hamden Town Hall, 20 Covert Hollow Road, Hamden, and will begin at 9:00am. Light pastries and beverages will be provided. At the annual public hearing, staff members from the Delaware County Office for the Aging and Delaware Opportunities will discuss their service plans for seniors in the year 2023 and encourage input from the seniors regarding future planning. The hearing will be open to

See “PUBLIC HEARING” page 3

NEWS FROM THE DIRECTOR

By: Wayne Shepard

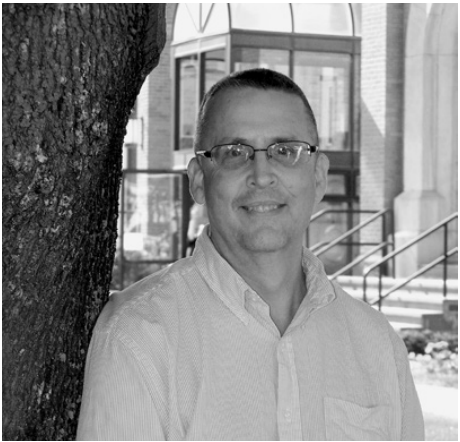
In August, I had the opportunity to work at the Delaware County Office for the Aging/NY Connects booth at the Delaware County Fair on Senior Citizens Day and attend the Seventh Annual Senior Fun Day. While at both events I had the opportunity to speak with many seniors. There were two major concerns that were brought to my attention. First, rising fuel costs and secondly, rising food costs. Rightly so, as the cost of living has increased over thirteen percent over the past year.

During the conversation regarding food cost, I asked if they had ever considered receiving Seniors Meals or attend one of the six dining centers located in Delaware County. The response was surprising. More than fifty percent were unaware of or had a misconception of the Senior Meals Program. Seniors told me, “Senior Meals are for old folks,” “Meals are nothing but a prepared TV dinner,” or “Senior Meals are for low-income individuals.” This was a great opportunity to clarify the importance of the Senior

Meals program and who should consider receiving or attending a senior dining center for a meal. I explained that although the dining centers are in only six of the 19 towns in Delaware County, participants come from every municipality. Delaware County Office for the Aging subcontracts with Delaware Opportunities, Inc. to provide congregate and home delivered meals. The program is designed to provide a nutritious meal for home bound seniors as well as people who attend congregate dining centers. Seniors in Delaware County are fortunate that their meals are prepared on sight at each of the six dining centers. Whereas in some bordering counties, the meals are prepared off sight out of county. Each meal is prepared to meet 1/3 of dietary requirements, per United States Dietary Guidelines. Meals are prepared at each dining center for distribution to home bound elderly and for congregate dining. During the summer months locally grown produce is purchased to help support the local agricultural market while providing tasty and nutritious fresh vegetables. With the rising food

cost, three years ago the meals cost \$7.58 per meal to prepare. Today, that same meal costs close to \$12 per meal. However, a confidential suggested contribution is solicited for just \$3 per meal for adults sixty years of age and older and \$4 for guest under sixty years of age. The suggested contribution has not changed for the past eleven years. You can’t even go to a local restaurant or diner and get a nutritious meal for \$3. No one is ever denied a meal due to the inability or unwillingness to contribute. The Delaware County Senior Meals program, in 2021 during COVID, served over 91,000 home delivered meals as the congregate dining centers were closed. The cost of the program is supported by Federal and State grant funds, the Delaware County Board of Supervisors, Delaware County Senior Council, and contributions from senior citizens.

When discussing concerns of rising fuel prices, I asked if they had ever heard of HEAP. Close to 50% stated, “I’m aware that there is some sort of assistance for fuel cost, but I can’t tell you the name of the program,” or



Wayne Shepard, Director

“HEAP is for low-income families.” They all agreed that they are or have been thinking about the upcoming heating season. No matter your age, everyone is concerned about the rising cost of fuel and how they will be able to afford it. This is one of the biggest concerns for seniors as the heating season is soon approaching. I highly encourage any individual 60 years of age and older to consider applying for HEAP (Home Energy Assistance Program). Yes, there is eligibility requirements. To be eligible for HEAP, applicants must be US citizens or qualified aliens and meet HEAP income guidelines and pay for heating costs or pay rent that includes heating costs. HEAP benefit amounts will vary depending on your household income and may be available if your heat is included in your rent. HEAP benefits will assist in paying heating bills and are not intended to be the total source of payment for winter heating expenses.

Do you have difficulty preparing hot nutritious meals? Having difficulty getting to the grocery store? Are you lonely, or struggling paying your heating or grocery bills? If you can say ‘yes’ to one or more of the above questions, then maybe you should consider contacting Delaware County Office for the Aging to inquire about the Senior Meals or HEAP program. Both programs will allow you to expand your current budget, and make sure you get one nutritious meal each day and keep warm during the winter months.

By: Virginia Perez, Aging Service Representative; Article Adapted from Medicare Resources and CMS

Medicare open enrollment runs from **October 15 through December 7** each year. This enrollment period is also known as the Annual Enrollment Period.

During this annual window, Medicare plan enrollees can reevaluate their coverage – whether it’s Original Medicare with supplemental drug coverage, or Medicare Advantage – and make changes or purchase new policies if they want to do so. Changes made during this time will go into effect **January 1st, 2023**.

During the Medicare open enrollment period, you can:

- Switch from Original Medicare to Medicare Advantage (you must be enrolled in both Medicare Part A and Part B).
- Switch from Medicare Advantage to Original Medicare (plus a Medicare Part D plan, and possibly a Medigap Plan).

- Switch from one Medicare Advantage plan to another.
- Switch from one Medicare Part D prescription drug plan to another.
- Enroll in a Medicare Part D plan if you didn’t enroll when you were first eligible for Medicare. If you haven’t maintained other creditable coverage, a late-enrollment penalty may apply.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they’re satisfied that their current plans will meet their needs for next year and it’s still being offered, they don’t need to do anything. People who choose not to change their plan will be auto renewed and will remain in their current plan.

- Information for next year’s plans will be available beginning in October.
- If a plan has been discontinued the enrollee will receive a notice in the mail.

Please Note:

If you didn’t enroll in Medicare when you were first eligible, you cannot use the fall open enrollment period to sign up. Instead, you’ll use the Medicare General Enrollment period, which runs from January 1 to March 31.

Reviewing Your Plan:

If you want to review your current plan or make changes to your plan, please contact Office for the Aging to schedule an appointment. Call 607-832-5750 and ask to speak to a Medicare Counselor.

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:

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If you wish your name to remain anonymous then please check here. ☐

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

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| <input type="checkbox"/> Del. County Senior Council | <input type="checkbox"/> Non-Emergency Medical Transport | |
| <input type="checkbox"/> EISEP | <input type="checkbox"/> Senior Bus | |

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

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DELAWARE COUNTY OFFICE
FOR THE AGING

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7 FACTS ABOUT OLDER ADULTS AND SNAP

Adapted from an article by Erin Kee McGovern, Director of Programs, Center for Benefits Access at the National Council on Aging. Find the original article at <http://www.ncoa.org/article/7-facts-about-older-adults-and-snap>

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to eligible low-income individuals and families. The program is especially important in helping low-income older adults afford nutritious food so they can stay as healthy as possible. With financial assistance, seniors won't be forced to make dangerous trade-offs like skipping meals or skipping medication. SNAP keeps seniors healthy and reduces medical costs.

Few seniors participate in SNAP. Only two out of five eligible adults over age 60 are enrolled in SNAP. That means more than half of seniors who qualify are missing out on benefits.

The average SNAP benefit for seniors is \$105/month. A common myth about SNAP is that it only gives \$16 worth of benefits per month. Don't assume that's all your older adult could get. Yes, \$16 is the minimum monthly benefit, but 80% of senior SNAP participants receive more than the minimum. The latest numbers show that the average monthly benefit for an older adult living alone was \$105 per month. That's a significant savings in food costs. On top of that, many seniors can increase their monthly SNAP benefit by taking advantage of deductions for other expenses. Check the SNAP Frequently Asked Questions page online at <https://otda.ny.gov/programs/snap/qanda.asp> to find out the amount of assets and resources allowed for qualification and what deductions are allowed.

Many seniors who qualify for the excess medical expense deduction don't use it. Currently only 16% of older adults use the medical expense deduction. But many more SNAP-eligible seniors could qualify. If your older adult spends more than \$35 a month on out-of-pocket medical costs, they might be able to deduct that from their gross income when applying for SNAP. That would increase their monthly benefit amount. Learn how this deduction works in the NCOA (National Council on Aging) fact sheet.

Many senior SNAP participants

experience isolation. About 80% of older adults who get SNAP benefits live alone. More than half have little to no income and live on general assistance, Supplemental Security Income (SSI), or other benefits. For these seniors, getting an average of \$1,272 in SNAP benefits can mean the difference between having food and going hungry.

SNAP helps the local economy. When SNAP benefits are spent at local stores, it brings money into the community – research found that every \$1 in additional SNAP benefits generates \$1.79 in local economic activity. Plus, additional \$1 billion in SNAP benefits would generate 8,900 full-time jobs. So, your older adult would be helping their community by participating in SNAP – a win-win situation.

Access to SNAP can reduce health care costs. When older adults are in debt, they must make trade-offs that are likely to damage their health. That could mean resorting to skipping meals or reducing medication doses. A recent study of low-income Maryland seniors found that SNAP participants are 23% less likely to enter a nursing home and 4% less likely to be hospitalized in the year after receiving SNAP. Participating in SNAP was also linked to lower overall health care expenses and Medicaid/Medicare costs.

All the information needed to apply for SNAP can be found in one place. Call the Delaware County Office of the Aging-NY Connects at (607) 832-5750 for more information. Or find information online at: <https://otda.ny.gov/programs/snap>.

PUBLIC HEARING... continued from page 1

seniors, community leaders and the general public.

If you are unable to attend but would like to comment on services that the Delaware County Office for the Aging provides or services we are lacking, please send all comments to Delaware County Office for the Aging, 97 Main St., Suite #2, Delhi, NY 13753.

The Delaware County Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging with additional funding from the New York State Office for the Aging, Delaware County Government, and contributions from participants and local charitable organizations.

“JOHNSON NAMED” ...continued from page 1

together in marriage in 1964. This was the beginning of a wonderful relationship that has lasted for 58 years and still going strong. David has two children. A son, David, who resides in Sarasota, Florida, and is vice president of a large medical supply company. A daughter, Jennifer, who is married to John Christy and resides in Gallatin Gateway, Montana where they grow medical marijuana.

David is an avid runner. He has run in 26 marathons all around the world. A marathon consists of running non-stop 26.2 miles. He has run close to 700 miles during his marathon career. He said, “the reason I started to run marathons was due to a medical condition (bad heart valve). ‘Believe it or not the running helped my valve.’ Eventually, he had to have a valve replacement. The valve replacement did not stop him from running marathons.

David has a huge collection of classic cars. The collection consists of Ford, Porsche, Corvette, Lincolns, etc. He belongs to the Catskill Mountain Classic Car club. He has shown his many classic cars at the different car shows throughout the area. He has a room filled with the many trophies that he has received at the different car shows over the years.

In the late 1980's David started his own business where he drove snowbirds down south for the winter months and back north for the summer months. He did this for almost 8 years. During that period, he drove over three million miles. Transporting seniors inspired him to consider volunteering for Delaware County Office for the Aging.

Upon retiring, David and his wife

moved to their current residence on Upper Dingle Hill Road in Andes, where they have resided for over 25 years. David stated, “upon retirement my wife suggested that I volunteer rather than just sitting around the house.” Since retirement, David has volunteered at the Andes Fire Department as ambulance driver, treasurer, District Commissioner and recording secretary, a ski patrol at Bobcat Ski Center in Andes, and is currently volunteering for Delaware County Office for the Aging non-emergency medical transportation program. He has been volunteering for Delaware County Office for the Aging close to six years and has traveled over 1,000 miles transporting older adults to their medical appointments.

David feels he has made a difference in his community through civic engagement by providing guidance and support, learning new skills and how to be a team player within in his community. David stated, “I find the greatest reward is assisting seniors who need a ride to their medical appointments. In return the senior's give me much enjoyment and satisfaction while transporting them. The senior's talk non-stop the entire way to their medical appointment. It's a way for them to socialize as I may be the only person they see for days or even their next appointment.”

David encourages others to consider volunteering. He states, “I feel that volunteering is rewarding and satisfying. I would encourage everyone to consider giving back to their community. If you could just drive one person to his/her medical appointment, you would find this service to be very rewarding.”

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SEPSIS AND OLDER ADULTS

By: Wayne Shepard, Director OFA

You may ask yourself what Sepsis is. Sepsis is the body’s overwhelming and life-threatening response to an infection. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. It can happen quickly and be confused with other conditions. Sepsis is a medical emergency – without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Anyone can get sepsis. It affects the healthy, the ill, the strong, the weak, the young, older adults, grandparents, and grandchildren. Among all however, older adults, the chronically ill, immunocompromised, and those with opportune exposure to infections are the highest at risk. Two-thirds of all cases occur in adults over the age of 60. An infection may develop in an organ such as the lungs from pneumonia, or through a cut or incision, and in some cases a urinary tract infection. Older adults are at higher risk for sepsis due to weakened immunity. Adults aged 65 years and

EARLY SIGNS AND SYMPTOMS OF SEPSIS

Has your healthcare provider diagnosed you with an **INFECTION**? You could be at risk for **SEPSIS**. Know the signs!

What is Sepsis? Sepsis is your body’s life-threatening response to an **INFECTION** anywhere in your body. Anyone can get sepsis!

Signs and Symptoms of Sepsis

Watch for a combination of **INFECTION** + fever or feeling chilled, confusion/sleepiness, fast heart rate, fast breathing or shortness of breath, extreme pain and pale/discolored skin.

SEPSIS IS A MEDICAL EMERGENCY

GREEN Zone: ALL CLEAR - Feeling well


- No fever or feeling chilled
- No fast heart rate
- No increase in pain
- No confusion or sleepiness
- Easy breathing

RED Zone: Call your doctor or nurse immediately if you experience INFECTION and...

- Fever or feeling chilled
- Confusion/sleepiness (recognized by others)
- Fast heart rate
- Fast breathing or shortness of breath
- Extreme pain
- Pale or discolored skin

..... If you are unable to reach your doctor or nurse,
CALL 911 OR HAVE SOMEONE TAKE YOU TO THE EMERGENCY DEPARTMENT.

Key Contacts:



Quality Improvement Organizations
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CENTERS FOR MEDICARE & MEDICAID SERVICES

older are thirteen times more likely to be hospitalized with sepsis than adults under the age of 65, and 63% of older adults 60 years and older are admitted to an Intensive Care Unit with sepsis.

Early symptoms of sepsis may include general to extreme weakness and fatigue, breathing difficulties, general body pain and aches, rapid heart rate and rapid breathing. When an older adult is septic, fever may not happen. In fact, they may have the opposite, cold, clammy skin temperature, or hypothermia. Older adults are likely to experience sudden mental confusion or delirium along with malaise, fatigue, weakness, sudden shortness of breath, chills, dizziness, and low blood pressure.

If you experience any of these symptoms, you need to immediately seek medical attention. *TIME* is of the essence: *T- temperature, I- infections, M- Mental Decline, E- Extremely ill*. Call your physician or call 911. If you speak to a family member, friend, nurse, physician, EMT (Emergency Medical Technician) ER (emergency room) let them know that you suspect having SEPSIS. Not all infections develop into sepsis; however, progression from infection to full blown sepsis can occur in hours. For every hour delay in appropriate treatment, the risk of death increases by up to 8%.

How can you prevent sepsis from oc-

curing? By getting vaccinated (flu, COVID, Pneumonia), good handwashing and personal hygiene, proper wound care, and knowing the signs and symptoms of infection (fever, chills, etc).

Sepsis needs immediate treatment in a hospital setting because it can get worse quickly. Most likely treatment will consist of intravenous fluids, antibiotics, possibly being on a machine to help you breathe, surgery to remove areas of infections, and close monitoring in the intensive care unit.

Most people make a full recovery from sepsis. Individuals that recover from sepsis may continue to have physical and emotional symptoms. Long-term effects from sepsis are called post-sepsis syndrome. This can include feeling very tired, weak, difficulty sleeping, lack of appetite, changes in mood, anxiety, depression, and nightmares. The symptoms should eventually get better on their own. For some recovery may be several months to even up to a year.

I highly recommend that you take a moment to review the chart “Early Signs and Symptoms of Sepsis” and place it on your refrigerator or in a safe place as a reference tool to refer to when you may not be feeling well. Keep in mind the best medicine for sepsis is prevention and knowing the signs and symptoms to report to your physician immediately.

OFFICE FOR THE AGING DOES TAI CHI



Office for the Aging Harpersfield Tai Chi

By: Ann L. DuBois, Mountain Eagle Newspaper

Now as everyone can tell I’m old, I’m not just getting old, I have arrived. Now we all know there is only one way to stop getting old and most of us allow the fates to decide that. But in the meantime, one needs to strive to be the best at being at the age we are as we can. That is where Tai Chi comes in, an exercise activity that originated in China centuries ago but didn’t officially arrive in the US until Choy Hok Pang introduced it in the late 30’s in San Francisco. It is now known and practiced throughout our country. It is a beneficial and excellent easy exercise for all ages, and unlike many others, also good for the aging.

Keeping our bodies functional as possible at all of our different ages is a worthy goal. The Delaware County Office for the Aging is interested and provides as many avenues and programs it can for us seniors. One of the those that I joined is their Tai Chi for Arthritis program. I called Terri Tweedie, the Coordinator of Services for the Aging, to find out how I could sign up. I found out they have programs throughout Delaware County, in Arkville, Delhi, Franklin, Harpersfield, Sidney, Sidney Center, and two sites in Walton. I joined the Harpersfield group as it is the nearest to me and being held at the Grange. As you can see by the picture the group is made up of friendly participants. The first person at the far left in the blue and white top is A.J. and the person on the far right is Joann. They are our very capable and knowledgeable instructors and are also very humorous. I think of them as Crosby and Hope in their

Road movies. If that reference doesn’t ring a bell with you, then you are not old enough to join this group. At the end of every session Joann reads a funny story. They are a hoot!

With excellent and personalized instruction by A.J. and Joann the determined students find themselves becoming more balanced and agile, along with having our questions answered, friendships enjoyed, and we also feel more confident about our physical selves. What more could we want!

Ann DuBois not only a writer she is also a participant in Tai Chi for Arthritis program. She has recently completed an 8 week/16 session class at the Harpersfield Grange lead by JoAnn DeWitt and Adriaen ‘AJ’ Jackson. Ann shared that she can now lift her 60 lb. Labrador fur baby in and out of the bathtub without falling over. Additional testimonials shared by the class include Tai Chi instructor JoAnn DeWitt who has dealt with stage 4 COPD for many years. At her recent appointment with the Pulmonologist her status changed from severe COPD to moderate. JoAnn asked the doctor what would attribute to the improvement and was told, “Tai Chi and walking.” One student from the program said, “I’m able to put underwear on while standing up!” Another said she had neck pain and after Tai Chi her, “pain was gone!” She is now a repeat participant. Many thanks to everyone for sharing your experiences.

If you need or want more information, contact Terri Tweedie: Delaware County Office For The Aging, phone 607 832-5750, e-mail ofa@co.delaware.ny.us.



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SEVENTH ANNUAL SENIOR FUN DAY A HUGE SUCCESS

Close to 350 seniors attended the seventh annual Senior Fun Day; close to 50 vendors were present under the vendor tent. John Cochran, from NY State Office for the Aging, attended and interacted with exhibitors and seniors. Exhibitors offered helpful information regarding different senior programs and services. Seniors enjoyed

Bingo, Tai-Chi for Arthritis, Paint and Snack, and line dancing. COVID vaccinations were also offered. A delicious picnic lunch was provided by Delaware Opportunities and Wilson's BBQ chicken. Seniors enjoyed music provided by Bob Mesmer and Patrick del Rosario, DJ.



Behind the NY Connects table:
Virginia Perez, NY Connects Aging Services Representative

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HAMDEN CLUB NEWS



By: Virginia Wilcox

Hi everyone. Just to catch you up on Hamden Sr. Citizen June 29th meeting for those that couldn't come or couldn't hear all that went on.

We had about 35 people come out for a varied dish to pass luncheon. Part of this number were several people from the Wednesday Card/Game group which meets at the United Presbyterian Church in Walton each Wednesday from 11am to 3pm. All of us are invited to join them anytime. Just come and join in any game you would like-they have many from Phase 10, Skipbo, Five Crowns, Hand and Foot, Rubicub, dominoes, etc. We can have pinocle or bridge if we get enough players. Snacks are provided, and you can bring a lunch if you like. Park in the back parking lot and come in through the covered ramp to the basement. It is the first room you come to. For more information you can call Elfi Anschlowar at 607-865-2253 or Lynn Hoover at 607-865-4311. About fifteen people stayed after the luncheon and meeting to play several

different games.

We were reminded that the Hamden Schoolhouse Museum is open from 1-4 pm on the last Sunday of July, August, Sept. Special tours can be given by contacting Loretta Foster, Town Historian, at 865-7892.

We all had a good time visiting with people we haven't seen since the pandemic began and meeting new people we hope to see again. The game players had a very good time afterwards as well.

Hamden Area Senior Group meets on the last Wednesday of the month at the Hamden Town Hall at noon for a dish to pass luncheon. Those wishing to stay after the meal and program are welcome to do so to visit and or play card/board games. Programs in the near future will be about bees and about the O&W Railroad when it came through Hamden. Those coming should bring a dish to pass and table service. For more information, contact Jamie O'Donnell, president, at 607-435-5926 or email odonnellj@hartwick.edu.

WELCOME MARY LOU OLIVER! OFA'S NEWEST OFFICE VOLUNTEER.

Why do I like volunteering at Office for the Aging? I love helping people, always have. One would think as you age things would be simpler - but running through hurdles that are required for things like health insurance selection or assistance to understand your taxes are darn near impossible for the average bear. I never knew all that OFA offers and how very knowledgeable this staff is. It's invigorating to see it all come together and be a small part of it - even if it's just speaking on the phone. I look forward to meeting more of you in time.



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

DRIVER SAFETY COURSES

By: Lorretta White, Program Coordinator

Fall Safe Driving courses are starting up. Learn what is new in safe driving in New York State. These courses are for anyone who has a New York State license. By NYS law, you will receive a reduction in your insurance cost. If you need to lower points on your license, this will also do it. For more information about class specifics, please call the instructor.

Here are some upcoming classes:

BAINBRIDGE

- September 14, from 9:30am-3:30pm (**one day class**). Location: St. Peter’s Episcopal Church, 1 Church Street, Bainbridge. For class information, fees and sign-up, contact: Lori White, 607-435-5398.

DEPOSIT

- September 17, from 9:00am-3:30pm (**one day class**). Location: Christ Episcopal Church, Monument Street, Deposit. For class information, fees and sign-up, contact: Ron, 607-725-8619.

ROXBURY

- September 21 & 22, from 12:30-3:30pm (**two-day class, must attend both sessions**). Location: Roxbury Fire Station, Main Street, Roxbury, NY. For class information, fees and sign-up, contact: Pat Clark, 607-326-4158.

TAI CHI...continued from page 1

consists of classes which meet for one hour twice a week for an 8-week series. Participants are expected to be committed to the program and attend at least 12 of the total 16 classes. There is a suggested contribution of \$15 for the Basic class and \$20 for the Advanced class. This contribution is for the whole series.

A participant of the class shared that she has had “2 epic falls with no injuries” and she attributes that to Tai Chi. The first fall she tripped on a tree root and landed on the stump with the middle of her back. She also fell head-first down a flight of 17 steps and was uninjured in both falls.

If you would like to sign up for either of these series, please contact Terri at the Office for the Aging, (607) 832-5750.

The Office for the Aging is also making plans for another Tai Chi for Arthritis class to be held in the Delhi, Harpersfield, or Stamford area. The instructors, JoAnn DeWitt and Adri-aen Jackson, will be able to start in October and the schedule will be Mondays and Thursdays from 10-11am for 8 weeks. Please contact Terri Tweedie at 607-832-5750 and share preference in Basic classes steps 1-6, or Advanced classes steps 7-12 (must have successfully completed Basic and be independent for moves 1-6). You can also add your desired location from above list. Input by September 16, 2022, would be appreciated.

HEALTH BENEFITS OF WHOLE FRUITS

Revised by Andrea Martell RDN, CDN. Retrieved from: <https://www.myplate.gov/eat-healthy/fruits>

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, frozen, canned, or dried/dehydrated, and may be whole, cut-up, pureed, or cooked. Most fruits are naturally low in fat, sodium, and calories, with no cholesterol. Fruits are sources of many essential nutrients that many people don’t get enough of, including potassium, dietary fiber, vitamin C, and folate. Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes, peaches, apricots, cantaloupe, honeydew melon, kiwi, guava, orange juice and prune juice. Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber. Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy. Vitamin C also helps your body absorb iron more easily.

Fruits provide nutrients vital for health and maintenance of your body. Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke, and may protect against certain types of cancers. The Dietary Guidelines for Americans (DGA) recommend older adults age 60+ consume at least 2 cups of fruit per day. Enjoy!

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
OCTOBER 3 THROUGH OCTOBER 7	Country Fried Steak Baked Potato Peas and Carrots Cran-Apple Juice Ice Cream	Liver & Onions Whipped Potatoes Red Cabbage Fruit Salad Butterscotch Pudding	Chicken Alfredo Diced Beets Christmas Salad Italian Bread Upside Down Cake	Baked Ravioli Sautéed String Beans Tossed Salad Italian Bread Fruit Cocktail	Crab Topped Tilapia Roasted Potatoes Steamed Broccoli Cucumber Salad Pineapple Tidbits
OCTOBER 10 THROUGH OCTOBER 14	CLOSED COLUMBUS DAY	Spanish Rice Seasoned Corn Three Bean Salad Whole Wheat Bread Peachy Cream Pudding	Chicken Pot Pie Steamed Broccoli Apple Sauce Whole Wheat Bread Fruited Jello	Round House Chicken Egg Noodles Brussel Sprouts Snow on the Mtn. Vanilla Ice Cream	PotatoCrustedPollock Roasted Potatoes Mixed Vegetables Cole Slaw Chocolate Cake
OCTOBER 17 THROUGH OCTOBER 21	Turkey Divan Baked Sweet Potatoes Steamed Cauliflower Whole Wheat Bread Lemon Pudding	Ham Steak Scalloped Potatoes Sliced Carrots Three Bean Salad Blondie Cookie Bar	Swedish Meatballs Egg Noodles Capri Blend Veggies Italian Bread Cranberry Crisp	Roast Turkey w/Gravy Mashed Potatoes Green Beans Cranberry Sauce Pumpkin Mousse	Roast Pork w/Gravy Baked Potato Butternut Squash Apple Sauce Oatmeal Raisin Cookies
OCTOBER 24 THROUGH OCTOBER 28	Chili Con Carne Steamed Brown Rice Mixed Vegetables Corn Bread Fruited Jello	Irish Beef Stew Buttermilk Biscuit Red Cabbage Cran-Pineapple Juice Cinnamon Coffee Cake	Breakfast Soufflé Biscuit w/Gravy Sausage Links Orange Juice Cinnamon Applesauce	Meatloaf w/Gravy Mashed Potatoes Green Beans Sliced Apricots Chocolate Mousse	Fish on a Bun Oven Fries Sliced Beets Cole Slaw Sherbet
OCTOBER 31 THROUGH NOVEMBER 4	BBQ Pork Rib Baked Sweet Potatoes Mixed Vegetables Whole Wheat Bread Scalloped Apples	Sloppy Joe on a Bun Zucchini/Yellow Squash Three Bean Salad Fruit Salad Vanilla Pudding	Chicken Parmigiana Spaghetti Noodles Green Beans/Mushrooms Tossed Salad Jello w/Topping	Salisbury Steak Mashed Potatoes Broccoli/Cauliflower Whole Wheat Bread Ice Cream w/Peaches	Maple Mustard Chicken Garlic Parmesan Noodles Sliced Carrots Cucumber/Tomato Salad Diced Pears
NOVEMBER 7 THROUGH NOVEMBER 11	Potato Crusted Pollock Parslied Potatoes Diced Beets Apple-Grape Juice Chocolate Pudding	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Apple Crisp	Meatloaf w/Gravy Whipped Potatoes Red Cabbage Rosy Apple Relish Mandarin Oranges	BBQ Chicken Baked Beans Corn & Zucchini Sauté Diced Peaches Sherbet	CLOSED VETERAN'S DAY
NOVEMBER 14 THROUGH NOVEMBER 18	Baked Ziti Casserole Italian Style Beans Apple Juice Italian Bread One Cup Fruit Salad	Tuna Noodle Casserole Broccoli/Cauliflower Cran-Orange Juice Whole Wheat Bread Iced Yellow Cake	Ham w/Raisin Sauce Scalloped Potatoes Brussels Sprouts Carrot Raisin Salad Rice Pudding	Taco Pie Seasoned Spinach Apple Juice Whole Wheat Bread Molasses Cookies	Roast Turkey w/Gravy Savory Stuffing Peas & Pearl Onions Cranberry Sauce Pumpkin Pie
NOVEMBER 21 THROUGH NOVEMBER 25	Beef Pepper Steak Steamed Brown Rice Italian Blend Veggies Whole Wheat Bread Butterscotch Pudding	Roast Pork Loin Roasted Potatoes Butternut Squash Apple Sauce Jello w/Topping	Baked Chicken w/Gravy Mashed Potatoes Buttermilk Biscuit Mixed Vegetables Pineapple Tidbits	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
NOVEMBER 28 THROUGH DECEMBER 2	Spaghetti & Meatballs Italian Blend Veggies Three Bean Salad Italian Bread Sherbet	Spicy Cranberry Pork Roasted Sweet Potatoes Steamed Peas Apple Sauce Rice Pudding	Chicken Alfredo Buttered Carrots Apple Juice Whole Wheat Bread Upside Down Cake	Homestyle Meatloaf Mashed Potatoes Red Cabbage Fruit Salad Oatmeal Raisin Cookies	Scrambled Eggs Home Fries Sausage Patty Whole Wheat Bread Cinnamon Apple Sauce
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

THREE COMMON MYTHS THAT CAUSE CAREGIVER GUILT

By: DailyCaring Editorial Team

Don't suffer because of common caregiving misconceptions. When talking with families who are caring for older adults, we hear a lot about caregiver guilt, stress, and angst. Many of these negative feelings are caused by misguided, but common, beliefs that we impose upon ourselves. We explain how three common myths influence our thinking and add to our stress as well as why they're simply not true.

Myth #1: No matter how much I'm doing or how hard I'm trying, it's not enough

What we tell ourselves: I've got to care for my older adult during every second that I'm not doing something else mandatory – running essential errands, going to work, caring for kids, etc. I should always do more, work harder, and spend more time with them.

Truth: The care that you're providing is wonderful and is the best that you can do. Don't destroy yourself to provide an "ideal" level of care that most likely isn't realistic. To be a great caregiver and not suffer health-damaging consequences, it's important to balance your own needs with that of your older adult. If they need more care than you alone can provide, get help from your caregiving team of family, friends, and hired helpers and don't feel guilty about taking time to care for yourself.

Myth #2: If my older adult continues to decline or doesn't improve, it's because I'm not doing a good enough job

What we tell ourselves: If I was truly a great caregiver and was really doing my best, my older adult would get better, both physically and mentally.

Truth: Yes, there are situations where older adults can make some physical or mental improvements. But continuous improvement typically isn't realistic simply because they're aging. Also, many seniors have serious

progressive health conditions. These are things that no amount of care can stop or reverse.

Myth #3: I should have known to make a different decision

What we tell ourselves: Things aren't going well right now. It's because of that choice I had to make. I made the wrong choice, and this is all my fault. I should have known better.

Truth: Nobody can see into the future and know what will happen because of choices they had to make. You made a decision based on what you knew at the time and made the best choice you could. If things don't turn out well, it's not fair or realistic to beat yourself up for not being able to see into the future and know the outcome.

The most you can do to avoid a regrettable decision is to learn as much as you can and try to prepare for what might happen. A great way to learn from experience is to join a caregiver support group. You can get valuable advice from people who have already gone through similar situations. It's important to do research and try to prepare but remember that you can't plan for everything or predict the outcome of major decisions. Regularly remind yourself that you're doing your best and that nobody can control everything or know the future.

Adapted from DailyCaring.com

View the original article at https://dailycaring.com/3-common-myths-caregiver-guilt/?utm_source=DailyCaring&utm_campaign=9e2400d656-DC_Email_2022-07-26&utm_medium=email&utm_term=0_57c250b62e-9e2400d656-123515225

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

“SHIRLEY NIEBANCK”...continued from page 1

was a member of League of Women Voters, and served on the New York City Board. She was part of the Pastor Care Team in Hackensack, NJ, and a Deacon in the Lutheran Church.

Since living in Meredith, she continues to be a Deacon at Immanuel Lutheran Church, Delhi. She is an election inspector for local elections and was named Republican of the year in 2017 by the Delaware County Republican Committee. She volunteers at the Meredith Dairy Fest, represents Meredith on the Board of Directors of Delaware Opportunities, and is active in the Meredith Senior Club. She is also recording secretary of our Senior Council and chairs the very popular Pancake Breakfast in March.

In her spare time (does she have any?) she enjoys growing flowers and playing Pickle Ball!

Shirley told me that over the years, many blessings have come her way – 62 years of marriage, children, grandchildren, friends, good health, and faith in God. From these blessings she is given strength and commitment to participate in these activities. She feels that volunteering is showing gratitude for these blessings.

We believe that Shirley exemplifies our motto, “Seniors Helping Seniors” and actually extends that to seniors helping their whole community. For all this, we are proud to award Shirley with Senior Citizen of the Year for 2022!

BEWARE OF WHAT DOCUMENTS YOU SIGN!!

An article from NPR (National Public Radio) highlighted a trend that many may be completely unaware of—that is that nursing homes are suing family members and friends who have signed paperwork upon their loved one's or neighbor's admission to a nursing home in order to collect on the resident's outstanding debt to the facility. This is being reported in cities such as Rochester, NY. The article states that data from a nationwide poll revealed that about 1 in 7 adults have reported that they have been threatened with a lawsuit or arrest for outstanding healthcare debt.

It appears that when paperwork is being signed upon admission, those signing don't always take the time to read and understand what it is they are putting their name on. In the overwhelming process of the admission, there is much to sign and it may

become a matter of, “sign here...sign there...” Although the lawsuits are not a common occurrence in our area, signing paperwork without reading and understanding what is being signed certainly is. If you are not the Power of Attorney for someone and have no way to access their money to pay their bills, you certainly do not want to sign something that may cause you to be responsible for that person's bills.

To read the full story and learn more of the details, go to <https://www.npr.org/sections/health-shots/2022/07/28/1113134049/nursing-homes-are-suing-friends-and-family-to-collect-on-patients-bills>. If you find yourself in a similar circumstance as the stories shared in the article, contact our Delaware County Office for the Aging at 607-832-5750.

SENIOR ACTIVITIES FOR OCTOBER 2022 AND NOVEMBER 2022

HOLIDAY CLOSINGS: Monday, 10/10/22, for Columbus Day; Friday, 11/11/22, for Veterans Day; Thursday & Friday, 11/24 & 11/25/22, for the Thanksgiving Holiday.

THANKSGIVING DINNER WILL BE SERVED AT ALL MEALSITES ON FRIDAY, 11/18/22, AT 11:30 am.

Delhi Senior Dining Center (97 Main Street, Delhi, NY 13753 – side entrance) (607) 746-2250. CENTER MANAGER: NAKOTA LAME. The last evening meal of the season will be Thursday 10/20/22, 4:30 pm.
Grand Gorge Senior Dining Center (Old School, Civic Center, Rte. 30) (607) 588-6166. CENTER MANAGER: JOY JOHNSON. The last evening meal of the season will be Thursday 10/20/22, 4:30 pm.
Hancock Senior Dining Center (Baptist Church, Messenger Hall, Wheeler Street) (607) 637-2219. CENTER MANAGER: JENNIFER APPELY. The last evening meal of the season will be Thursday 10/20/22, 4:30 pm.
Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764. CENTER MANAGER: KIM SEGNINI. The last evening meal of the season will be Thursday 10/20/22, 4:30 pm.
Sidney Senior Dining Center (Civic Center, Liberty Street) (607) 563-2212. CENTER MANAGER: JENNIFER ANDERSON. The last evening meal of the season will be Thursday 10/20/22, 4:30 pm.
Walton Senior Dining Center (St. John's Catholic Church, Benton Ave.) (607) 865-6739. CENTER MANAGER: MORGAN BEERS. The last evening meal of the season evening meal will be Thursday 10/20/22, 4:30 pm.

Outreach Dining Center Presentations Are Returning! Presentations will be held at the dining centers during the regular lunchtime meal on the dates listed below.
October 2022 topic will be “Early Signs and Symptoms of Sepsis” <ul style="list-style-type: none">Delhi Dining Center on 10/4/22Deposit Dining Center on 10/6/22Grand Gorge Dining Center on 10/26/22Hancock Dining Center on 10/11/22Margaretville Dining Center on 10/19/22Sidney Dining Center on 10/13/22Walton Dining Center on 10/11/22
November 2022 topic will be “Home Energy Assistance Program (HEAP)” <ul style="list-style-type: none">Delhi Dining Center on 11/8/22Deposit Dining Center on to be determinedGrand Gorge Dining Center on 11/16/22Hancock Dining Center on 11/8/22Margaretville Dining Center on 11/9/22Sidney Dining Center on 11/17/22Walton Dining Center on 11/15/22

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.

Thank You Dispatch Donors

Lois & Joann Antes, Richard Beers, Wanda Bookout, Christopher & Amy Bradly, Russell & Cheryl Burczak, Raymond & RoseMarie Busch, Arlene Calhoun, Michael & Dorothy Carroll, Carolyn Choate, Patricia Connell, Julie Ann Cook, John & Kathryn Cronk, Paul & Linda Deandrea, Robert Giambalvo, Charlene Gregory, Jeannine Hinkley, Patricia Howard, Buelah Hussey, Doris Jeffers, Robert & May Miller, John & Annmarie Nichols, James O'Donnell, Ronald & Elizabeth Pinney, Dennis Porter, Marjorie Rockefeller, Carolyn Schoonmaker, Linda Shepard, Betty Sherwood, Christine Storrer, Bob & Cathy Venth, Ramona Wachtler, Ellen Weaver, Herbert Weixlbaum, Marilyn Wickham

CHARITY SCAMS

Taken from: consumer.ftc.gov/features/how-donate-wisely-and-avoid-charity-scams

When donating to charities, it is important to do some research and make sure that you are donating to a legitimate organization that will use your money to improve lives. Tips and tricks to donating to charities safely:

- Research your charity: Search the name of your charity with the word “complaints” after it to see if anything noteworthy comes up (or have friends search for you).
- Be careful how you pay: Avoid giving cash. Gift cards and wiring money are red flags when being asked to make a donation. Also, no agency should ask you to send cash

through the mail.

- Take your time: Anyone pressuring you to make a quick donation is a strong indicator that there might be something concerning about the agency or program.
- Don’t trust Caller ID: Scammers can change Caller ID on their phone calls, so it may look like the caller is from an organization that you know and trust. You can always hang up and call the agency directly to ensure that you are truly speaking with someone from that agency.

If you would like more information about scams, or would like to report a scam, please contact Delaware County Office for the Aging at 607-832-5750.

BUS SCHEDULE CHANGES FOR SEPTEMBER – DECEMBER 2022

There are schedule changes for the months of September through December for the Delaware County Senior Transportation System due to holidays falling on regularly scheduled runs.

Also, **starting in October we will be adding Albany** back into the Thursday bus runs. The 2nd Thursday of every month will be going to Albany instead of Kingston.

Please make note of the following changes for upcoming bus trips:

September

- No schedule changes at this time

October

- Thursday, October 6 trip to Oneonta moved to Tuesday, October 4
- Albany instead of Kingston on Thursday, October 13

November

- Friday, November 11 trip to Norwich moved to Tuesday, November 8
- Albany instead of Kingston on Thursday, November 10
- Thursday, November 24 trip to Kingston moved to Tuesday, November 22

December

- Albany instead of Kingston on Thursday, December 8

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.

- John Hamilton: *In Memory of Harold & Alice Fraser*
- Donald W. Gleason Unit 190, American Legion Auxiliary: *In Memory of Harold & Alice Fraser*
- Anonymous: *In Memory of Harold & Alice Fraser*

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.**

“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



Stamford Village Library:
Tuesdays: September 6, 13, 20 & 27 @ 2:30

Franklin Free Library:
Thursdays: September 8, 15, 22 & 29 @ 2:30

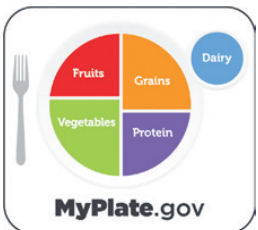
Delaware County Office for the Aging

CALL to CONFIRM your attendance: (607) 832-5750

Ask for Susan H.

DelCoEatHealthy@gmail.com

Nutritionnut916@gmail.com



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