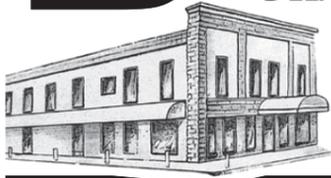


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SENIOR CITIZEN OF THE YEAR - JANICE FRAZEE

By: Margaret "Peg" Hilson

The Delaware County Senior Council is very proud to select Janice Frazee as our 2023 "Senior Citizen of the Year." Janice is a beautiful person, inside and out – always smiling and willing to help anyone in need. Janice was born in Stamford. She graduated from South Kortright Central School. She is married to Larry Frazee, has a daughter, two stepchildren, and three grandchildren.

Janice was a lifeguard at the pool in Hobart and taught private swimming lessons. She was a remedial reading teaching assistant at South Kortright for 25+ years, and a waitress at The Hidden Inn for many years. Janice has been an inspector for the Board of Elections for Town, Village and General elections. She volunteers at Robinson Terrace Senior Living where she calls bingo, helps with BLT days, and spends time visiting with resi-

dents. Janice reaches out to people in the community when they are sick, does their shopping, and takes them to medical appointments. She is currently president of the Stamford/Harpersfield Club, keeping the club focused, organized, and up to date. She is busy year-round as she also organizes a Delaware County picnic in Florida and is their Sec-Treas.

Janice organized to have the "Hot Pots" come to Stamford and give a performance at Robinson Terrace and has scheduled many programs for our own senior club. She spearheaded her senior club to do a Christmas sing-along and Spring Fling-a-long at Robinson Terrace Senior Living.

We feel that Janice is a shining example of "Seniors Helping Seniors" and are delighted to honor her as this year's Delaware County Senior Citizen of the Year.



Peg Hilson, Janice Frazee, Suzanne MacDonald.

POLLY DELLACROSSE NAMED OUTSTANDING CONTRIBUTOR OF THE YEAR

The staff of the Delaware County Office for the Aging are pleased to announce that Polly DellaCrosse of Delhi has been selected for 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.

Polly was born in 1958, in Delhi at the old Delhi Hospital located on Franklin Street, to the late Walter and Patricia Gladstone of Andes. On October 28 of 1958, Polly, her mom, and all the patients at the Delhi Hospital on Franklin Street were transported to the new Delhi Hospital (known today as O'Connor Hospital) on Andes Road, Route 28. Polly has two siblings, Nancy Harris of Colorado, and Morgan Gladstone of Vermont. Her mom and

dad owned and operated the Gladstone Dairy Farm located at the foot of Palmer Hill in the Town of Andes.

Polly graduated from Andes Central School in 1976. While attending high school she was very active in sports. She played on the soccer, volleyball, basketball, and softball teams. Besides being active in sports while in high school, as soon as she got home, she was responsible for household chores. She was unable to assist with farm chores due to allergies.

After graduating from high school, she attended Wheelock College in Boston, Massachusetts, where she majored in Early Childhood Education. Immediately following graduating from college, she moved to Jacksonville, Florida, where she taught Kindergarten for most of her teaching career. It was in 2006 that Polly decided to move back to Delaware County due

to a medical condition and to be closer to her parents and grandchildren. Upon returning to Delaware County, Polly had the opportunity to take care of her father prior to his passing.

Polly has three children: Hope Knapp of DeLancey, Dr. Meghan DellaCrosse of Columbus, Ohio, and Morgan & Sarah DellaCrosse of Floral Park, Long Island. Polly enjoys taking care of her grandchildren. She says, "they bring much joy and happiness to my life." Polly has six grandchildren whom she is very proud of: Olen, Reid, and Eily Knapp; Lincoln Raba, Harrison Pinney and Poppy Marie DellaCrosse.

Polly enjoys quilting and has quilted for many years. She has made over twelve hundred beautiful quilts of which she has donated most of them to charitable organizations. Delaware County Senior Council has received several of her beautiful and colorful quilts that have been raffled off to support the organization and senior programs. Polly enjoys making Christmas stockings. She makes between one hundred and fifty to two hundred stockings each holiday season and donates them to Delaware Opportunities.

Polly recalls that she has been volunteering a good part of her life. She



stated her parents were a good example to her regarding volunteering. They were involved in many organizations throughout Delaware County. Her dad was a very active member on the 4-H Camp Shankitunk board until his passing. Polly has followed her father's footsteps and is active in many organizations throughout Dela-

See "DELLACROSSE NAMED" page 3

OFFICE FOR THE AGING TO HOLD PUBLIC HEARING

On Monday, October 23rd, 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 2024, and encourage input from the seniors regarding future planning. The hearing will be open to seniors, community leaders, and the 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.

DEFENSIVE DRIVING CLASS

Register now for a defensive driving class by **ROADRUNNERS**, instructors for Defensive Driver's Discount. All 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 Saturday, November 4, 2023 from 9am - 3pm. For information and registration, contact Ken Brown at 607-832-4839 or email Ken at roadrunners.ddc@gmail.com. BEEP, BEEP!

NEWS FROM THE DIRECTOR

By: Wayne Shepard

Where has the time gone? It just seemed like yesterday that summer started and now fall is fast approaching. It's now time to prepare for the Fall season. There is no better way to experience fall than to travel the roads in Delaware County and take advantage of getting outside for walks to enjoy the vibrant fall colors that present themselves in endless variations that are pleasing to the eye. In preparation for fall comes National Falls Prevention Awareness Day. This takes place the first day of Fall, which this year is Saturday, September 20. Falls have a serious impact on older adults. You may ask yourself, "What can I do to prevent a fall?" Being physically active to the best of your ability is key to being well physically, mentally, and emotionally. You can start an exercise program such as walking, swimming, or consider attending a Tai Chi for Arthritis class. Exercising for 15 minutes a day can increase strength, improve balance, and make falls less likely for aging adults. Delaware County Office for the Aging has several Tai Chi classes offered in different areas of Delaware County. If



Wayne Shepard, Director

you are interested in attending a class that is being offered in your area, contact Office for the Aging and speak with Terri Tweedie, Coordinator of Aging Services.

Fall is here and flu season is not far behind. There's no better time to start thinking about the flu season. People 65 years of age and older are at higher risk of serious complications from the flu. The reason being as we get older our immune system gets weaker, therefore it is more difficult to fight off the illness. The flu vaccination is the best defense against the flu. The best time to get the flu shot is in September or October. In-

quire about flu shots nearest you at your pharmacy or make an appointment with your healthcare provider.

With Fall approaching so does the opening of several different programs offered at Office for the Aging. First, open enrollment for Medicare begins on October 15 and runs through December 7. Changes to Medicare will take effect January 1, 2024. Our HIICAP staff will be available to assist older adults with Medicare comparison plans. The cost is a suggested donation. No one is ever denied services due to inability or unwillingness to contribute.

The annual "Public Hearing" will be taking place on Monday, October 23 starting at 9am at the Hamden Town Hall located at 20 Covert Hollow Road in Hamden. The Public Hearing is in accordance with the Federal Older American Act. The purpose of the Public Hearing is to review existing services and encourage input from the older adults within the community regarding future planning. All are welcome.

HEAP (Home Energy Assistance Program) will start its early outreach. HEAP is a federal grant program that assists income eligible households in paying for energy cost, repairs, and weatherization. HEAP may help you pay for electricity, propane, natural gas, wood, oil kerosene, coal, or any other heating fuel. With the rising fuel cost I highly recommend you look into this program for assistance, if you haven't already done so.

Remember to watch your step this fall and enjoy the beautiful autumn scenery before the "white stuff" starts to fall.

Please be aware that Fall is also a busy time of year for the staff at Office for the Aging, especially during Open Enrollment, HEAP, and all other services that older adults inquire or need assistance with. For our staff to best serve you, please be sure to call our office to schedule an appointment before stopping in during this time of year. A scheduled appointment will assure that you will be seen.

PROTECT YOURSELF AND OTHERS: SENIORS NEED ANNUAL VACCINES

By: Melissa Ackerly, Delaware County Public Health

Delaware County Public Health is urging all citizens to get vaccinated for Flu and Covid this fall. The ongoing threat of serious respiratory illness is real, and it is important to take a proactive approach to protect yourself, your family, and your community.

Senior citizens are particularly vulnerable to the severe effects of Flu and Covid. Vaccines play a critical role in both preventing and minimizing the risk of serious illness and complications.

Drawing on the advice of public health experts and medical professionals, we would like to highlight the key reasons why seniors should consider getting vaccinated:

their immune system and mitigate risks associated with illness.

2. Prevention of severe outcomes: Vaccinations are proven to diminish the likelihood of severe complications, hospitalization, and even death resulting from the Flu or Covid.

3. Community safety: Seniors play a crucial role in fostering community health and well-being. When older adults are vaccinated, they contribute to herd immunity, which safeguards vulnerable populations such as infants, individuals with compromised immune systems, and fellow seniors.

Delaware County Public Health (DCPH) encourages readers to stay informed about where to get vaccinated such as local vaccination clinics, pharmacies, or your healthcare provider. Please call us at 607-832-5200 to address any concerns or questions you may have.

1. Protective shield: vaccinations serve as a vital shield against influenza and Covid-19. Seniors can fortify

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. →



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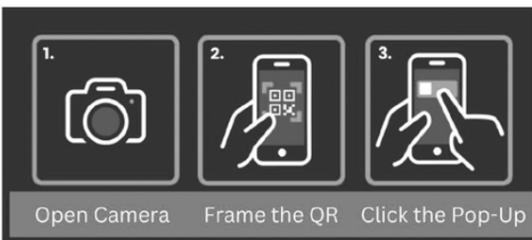
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LEGACY CORNER

Caregiver Burnout is Real

4 Tips To Help Caregivers Say No With Confidence

By: Susan Hammerslag, Legacy Program Coordinator; Adapted from the FirstLight Home Care Blog (<https://www.firstlighthomecare.com/blog/>)

Many caregivers are used to putting others before themselves and have a tough time saying no to additional requests for their time and energy. FirstLight Home Care shares four tips that help caregivers consider their own needs and well-being before saying yes out of habit.

Caregiver burnout is real. Something that contributes to the stress is that many caregivers have a hard time saying no. Whether it's someone asking for help with their own caregiving responsibilities, a friend expecting their attendance at an event, or a boss asking them to work late, caregivers are often sympathetic to the needs of others and can neglect their own.

But when a caregiver constantly puts others above themselves, they risk the real repercussions of stretching themselves too thin and could fall ill or face other physical or mental health issues themselves. Even though it's hard to say no when presented with a request from a friend, family member, or acquaintance, caregivers should ask themselves whether this request for their time is necessary or if it's something that can wait, be postponed, or declined.

Here are four tips that help caregivers think about their own well-being before saying yes to everyone and everything.

Create a calendar of your caregiving responsibilities. Once you see it in black and white, you might be surprised how little "extra" time you have available to devote to others. While it's admirable to give your time to friends and family, it doesn't mean you need to give ALL your time. Once you have an actual calendar to refer to, you can say with confidence that you're really booked up.

Schedule "me" time. Once your calendar is created, look for blocks of time when you can do something just for you, without feeling guilty about it. Whether it's taking a nap or thirty minutes set aside to just sit and read a magazine or watch your favorite TV show. It's your time. If someone asks a favor during your "me" time, explain you have a previous engagement that you are obligated to attend. And, no, you do not need to explain yourself!

Decide what's necessary and what is not. Do you run yourself ragged dashing around trying to make everything perfect for everyone else? Every time you are asked to take on anything additional, ask yourself if the task is necessary or if it is something the person requesting your help really needs.

Practice asking others for their help. When caregiving feels as if it is consuming you, and you are at a breaking point, learn to ask for help. When you reach out for assistance, it allows others to see that you are not

bulletproof. People can sometimes take advantage of those who are kind and caring without realizing it and may need a reminder that while you are a dedicated caregiver, you have needs, too. Not every caregiving situation is the same, but burnout is a common occurrence. According to aginginplace.com, about 20% of caregivers are caring for a parent and a whopping 85% of caregivers never receive any respite from their duties. More alarming is the fact that approximately 20-40% of caregivers suffer from depression during the caregiving journey.

As a caregiver, when you are feeling overwhelmed, you can take charge of your health and happiness by being firmer and more forthright with both the person you are caring for and with others who are close to you. Some experts suggest saying no in a mirror, and even creating a blanket response to have at the ready so you become more comfortable saying it. While it might be easier to say yes, there is nothing wrong with saying no.

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.

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.



"DELLACROSEE NAMED" ...continued from page 1

ware County. She is currently holding a position on the Board of Directors for 4-H Camp Shankitunk, committee member for the Delhi Fair on the Square, Vestry at St. John's Episcopal Church in Delhi, O'Connor Hospital Board, Delaware Opportunities Board, Head Start, 4C-Camp, and a caregiver in her community for those who need an extra helping hand. Polly takes it upon herself if she sees or hears of a need in her community. She will either do it herself or organize others to provide and assist with the need. While in Florida she organized "Cool Cats" which stands for Creative Opportunity Objective's for Life, Creative Alternatives to Succeed." This organi-

zation was able to get and keep troubled teens off the streets. This organization was a huge success and is still up and running today.

Lastly, Polly's advice for volunteering is, "It's a wonderful way to meet people and make a difference in your community. My parents stressed to each of their children, 'It's better to give than to receive.' I like to support and be involved with fund raisers and those in need."

The staff members of the Delaware County Office for the Aging are proud to be able to recognize Polly DellaCrosse for this year's Outstanding Contributor.

DELAWARE COUNTY VETERANS SERVICES ARE GETTING BUSY!

By: Mark Dunlop

The Veterans Service Agency has been busy over the last month and a half with lots of various outreach programs/events, conducting meet and greets with our county's veteran population, and assisting our veterans anyway we can.

The office has been maintaining a constant presence at the Delaware County Fair, while simultaneously keeping the office open to ensure services can still be provided. We are preparing to attend the upcoming Office for the Aging "Senior Fun Day" event at the Delhi 4-H campground, speak at SUNY Delhi student-veteran population at their upcoming orientation regarding services available while they are advancing their education, and working steadily

with Clear Path for Veterans Organization, a non-profit organization offering vast amounts of resources to veterans at no cost. Clear Path for Veterans will be setting up their Mobile Canteen on October 12 at the Hancock American Legion, and at the Elks Lodge in Sidney on December 12. Their Mobile Canteen offers a catered lunch to Veterans and their families at no cost, and gives veterans an opportunity to talk about some of their great resources that are available.

I am glad to see the number of veterans who come into the office whether they are seeking assistance or just stopping by to introduce themselves and say hello. I wish everyone well and hope everyone enjoys our last month of summer as we begin our start into the fall months.

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MEDICARE OPEN ENROLLMENT 2023

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, 2024**.

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 plan 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 did not 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 or call Medicare at 1-800-633-4227.

SNAP-ED BOOTH AT DELAWARE COUNTY FAIR RECEIVES BLUE RIBBONS



Andrea Martell, Susan Hammerslag

By: Susan Hammerslag, Coordinator-SNAP-Ed

Registered Dietician Andrea Martell and I had great fun at the Delaware County Fair meeting visitors and sharing our recipes for Pico de Gallo and Herbed Yogurt Spread. It was a bonus that our booth received two blue ribbons. We both love talking about the nutrition classes Andrea presents throughout the Delaware County SNAP-Ed Region. Keep an eye out for workshops being offered near you.

The SNAP-Ed program provides nutrition education for New Yorkers 60+. Andrea travels the region presenting interactive community workshops. The goals of the SNAP-Ed New York program are to get people to eat more fruits and vegetables, drink less sugar-sweetened beverages, exercise more, and balance calories eaten as part of a healthy lifestyle. Call the Office for the Aging at 607 832-5750 for more information or to request a class.

JOIN ME FOR AN INTERACTIVE WORKSHOP

By: Andrea Martell RDN, CDN

A healthy balanced diet and one's overall good health often go hand in hand. If we can maintain good health, then we can be more likely to continue to enjoy a good quality of life. The staff at the Office for the Aging would like to help you do that. The nutrition education workshop provided by SNAP-ed NY called "Eat Healthy Be Active" is a series of four classes. Each class or session is approximately one hour. However, you are encouraged to share your ideas and experiences, and of course ask questions. Therefore each session may be a bit longer than an hour. There's a slide show presentation for each class: "Enjoy Healthy Food Choices that Taste Great;" "Quick Healthy Meals and Snacks;" "Eating Healthy on a Budget;" and "Make

Healthy Eating Part of Your Lifestyle." (You may attend any or all four of these). In general, the workshop encourages small changes while focusing on a steady intake of fruits, vegetables, whole grains, lean protein, and low-fat dairy. The 'My Plate' logo is referenced throughout the workshop which is a great visual representation of a well-balanced meal. (If you have access to a computer, you can view this at any time at MyPlate.gov). Our next workshops are scheduled to take place at **Stamford Senior Village** on **Fridays** in **September: 9/8, 9/15, 9/22, & 9/29** at **2:00 pm**; and at **Sidney Memorial Library** on **Fridays** in **October: 10/6, 10/13, 10/20, & 10/27** at **1:00 pm**. Useful reinforcement items are provided at the end of each class. For more program information or further details contact Susan H. at the Office for the Aging, 607-832-5750.

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TRI-COUNTY SENIORS

By: Carol Allen, President

The Tri-County Seniors in Sidney have a busy fall ahead of them. On Friday, September 22, they'll be enjoying a night of oldies music with local entertainer, Mary Frances Perricone, performing songs from the 50's and 60's at the Senior Center from 7:00 to 9:00pm.

On October 12 at 2:00pm, Christine Wurth, a professional organizer, will give a presentation on "Decluttering Chaos" in the Smart Community Room at Sidney Memorial Public Library. Chris will talk about decluttering and organizing every area of your home with safety in mind. The event is free and open to the public, but pre-registration is requested.

On November 7, they will travel to the Forum Theatre in Bingham-

ton to see the musical play, "Pretty Woman." Space is still available for the trip. There will be pickups by Hale Transportation in Oneonta and Sidney at 3:00 and 3:30pm respectively. Attendees will have an early dinner at their choice of Red Lobster or Olive Garden in Vestal before the show. The price of \$165 includes transportation, \$25 towards dinner, and the show. To register or for more information, call Carol at the number below. Payment must be received no later than September 29.

Tri-County Seniors will welcome the holiday season with a dinner and dance at the Sidney American Legion Hall on Friday, December 8. Following a buffet dinner at 5:00pm, live music will be performed by the Dirt Road Express Band from 6:00 to 9:00pm.

The cost for dinner and music is \$15 per person. Tickets are by pre-registration only, by November 17. Those who wish to come for the music only, can pay \$10 at the door after 6:00pm.

The Tri-County Senior Center is located in the right rear of the AO Fox Tri-Town Campus building at 43 Pearl Street in Sidney. Follow the road next to the fence at the right of the building to the parking lot and enter on the deck with the picnic table. The Center

is open from 10:00am to 2:00pm on Wednesdays, Thursdays, and Fridays featuring movies or Xbox games on Wednesday, Pitch and Hand and Foot cards on Thursdays, and Majhong on Fridays, or just come relax and socialize. All area seniors are welcome.

For information, or to register for any of the above activities, stop in at the Senior Center or call Carol at (607) 563-8065.

STAMFORD-HARPERSFIELD SENIOR CLUB



By: Janice Frazee

Our Stamford-Harpersfield Senior Club organized a bus trip to the Villa Roma Resort in Callicoon, NY, on May 2. We enjoyed an awesome luncheon, followed by a musical tribute to Simon and Garfunkel, and The Everly Brothers. The show brought back some

great memories! Thank you to Phyllis Thorpe-Hillis for organizing this trip for us.

Our club meets every Tuesday at 9:30am to enjoy playing games and socializing. We have our meeting at 11:00, and some weeks we enjoy a potluck luncheon after the meeting.

HAMDEN SENIOR CITIZENS CLUB



At their July meeting the Hamden Seniors were delighted to be entertained by Ray LaFever from Bovina. He shared photos and stories about his most recent trip to England. He was there during the coronation of

their new King. Ray challenged us to think about the English system of hierarchy and to consider how long this might continue to be the future of their country. Thank You, Ray.

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OUR PLACE ENRICHMENT & ACTIVITY PROGRAM A WELCOMING “HOME AWAY FROM HOME”

By: Laurie McIntosh, Our Place Program Director

As summer edges toward autumn and nighttime temperatures start to drop, thoughts often turn to ways to stay cozy and not feel too isolated during the fall and winter months ahead. The **Our Place** program at St. James Church offers a delightful solution to this problem every Wednesday, by providing a warm, welcoming environment where folks come together for an afternoon full of camaraderie, a delicious home-cooked meal, and a rich variety of workshops and presentations to enjoy.

“I go to **Our Place** because of the welcoming atmosphere and it’s at such a cool site,” says Bob Sterchak of Masonville who, along with his mother Clare, finds it well worth their while to make the trip as often as they can.

As attendee Jan Bray of Bovina commented, “**Our Place** has been a con-

nection for me: scrumptious lunches, friends, new friends, and a variety of stimulating subject matter - great community project!”

Our Place commences each Wednesday at noon with a simple buffet lunch (usually soup or stew, bread or crackers, salad &/or fruit, beverages & dessert). After attendees have had a chance to “break bread” together and catch up with one another, the presentation portion of the program begins. Topics vary week to week, running the gamut from historical and scientific to creative arts-based; from culinary to wellness and social service-based presentations; and more. Presentations are conducted by Program Director Laurie McIntosh, or by one of many amazing guest presenters.

Upcoming presentations this fall include: “Coming to America,” a dramatic performance based on the true story of a young Italian girl traveling across the At-

lantic in the 1900s; “Adventures in Cooking,” a series of hands-on cooking demos featuring dishes from a wide range of cultures; a watercolor workshop; and a return visit from Robin Williams of Medicare with Robin.

“Robin is the best!” says long-time **Our Place** attendee, Anita Lanziero of Andes. “She always helps people get the answers they need. And I just love **Our Place**. I feel so at home there.”

If you haven’t yet been to **Our Place**, we hope that when you do come visit, you’ll feel at home here, too! You’ll find us at St. James Church Lake Delaware, which hosts the **Our Place** program and is located on Route 28 between Andes and Delhi (1 mile north of the Bovina turn). If using GPS, the street

address is: 55 Lake Delaware Drive, Delhi, NY 13753.

Our Place starts at noon and usually runs to ~2:30pm. The program is free, though donations are always welcome and appreciated.

For more info, please call Program Director Laurie McIntosh at 607-427-0840, or email storylaurie@gmail.com to receive our weekly update. You can also check out our Facebook page (**Our Place** at St. James Lake Delaware) to learn more about upcoming programs.

Also: we are always on the lookout for new presenters. If you have a talent or skill you’d like to share, or even a travelogue from an adventure you’ve taken, let us know. We’d be delighted to welcome you, too.

“LIKE” US ON FACEBOOK

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



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

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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
10-2 Thru 10-6	Country Fried Steak Baked Potato Peas & Carrots Cran-Apple Juice Ice Cream	Baked Liver & Onions Whipped Potatoes Red Cabbage Fruit Salad Butterscotch Pudding	Chicken Alfredo Diced Beets Christmas Salad Italian Bread Upside Down Cake	Ravioli & Sausage Sautéed String Beans Tossed Salad Italian Bread Fruit Cocktail	Crab Topped Tilapia Roasted Potatoes Steamed Broccoli Cucumber Salad Pineapple Tidbits
10-9 Thru 10-13	CLOSED COLOMBUS DAY	Spanish Rice Seasoned Corn Three Bean Salad Whole Wheat Bread Peachy Cream Pudding	Chicken Pot Pie Steamed Broccoli Applesauce Whole Wheat Bread Fruited Jello	Round House Chicken Egg Noodles Brussel Sprouts Snow on the Mountain Vanilla Ice Cream	Potato Crusted Pollock Roasted Potatoes Mixed Vegetables Cole Slaw Chocolate Cake
10-16 Thru 10-20	Turkey Divan Baked Sweet Potatoes Steamed Cauliflower Whole Wheat Bread Lemon Pudding	HamSteak w/Pineapples Scalloped Potatoes Sliced Carrots Three Bean Salad Blondie Cookie Bar	Pot Roast w/Gravy Mashed Potatoes 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 Applesauce Oatmeal Raisin Cookies
10-23 Thru 10-27	Chili Con Carne Steamed Brown Rice Mixed Veggies Corn Bread Fruited Jello	Irish Beef Stew Buttermilk Biscuit Red Cabbage Cran-Pineapple Juice Cinnamon Coffee Cake	Breakfast Soufflé Biscuit & Gravy Sausage Links Orange Juice Cinnamon Applesauce	Meatloaf w/Gravy Mashed Potatoes Garden Fresh Beans Sliced Apricots Chocolate Mousse	Fish on a Bun Tartar Sauce Oven Fries Sliced Beets Sherbet
10-30 Thru 11-3	BBQ Pork Loin Baked Sweet Potatoes Mixed Vegetables Whole Wheat Bread Scalloped Apples	Sloppy Joe on a Bun Zucchini/YellowSquash Three Bean Salad Fruit Salad Vanilla Pudding	Chicken Parmigiana Spaghetti Noodles Bean & Mushroom Sauté Tossed Salad Jello w/Topping	Salisbury Steak Mashed Potatoes Broccoli/Cauliflower Whole Wheat Bread Ice Cream w/Peaches	Maple Mustard Chicken Parmesan Egg Noodles Sliced Carrots Tomato Cucumber Salad Diced Pears
11-6 Thru 11-10	Potato Crusted Pollock Parslied Potatoes Diced Beets Whole Wheat Bread Chocolate Pudding	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Apple Crisp	Meatloaf w/Gravy Whipped Potatoes Red Cabbage Rosey Apple Relish Mandarin Oranges	BBQ Chicken Baked Beans Corn & Zucchini Sauté Diced Peaches Sherbet	CLOSED VETERAN'S DAY
11-13 Thru 11-17	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 Brussel Sprouts Carrot Raisin Salad Rice Pudding	Taco Pie Seasoned Spinach Apple Juice Whole Wheat Bread Molasses Cookies	Roast Turkey & Stuffing Mashed Potatoes Peas & Pearl Onions Cabbage Waldorf Salad Pumpkin Pie &Topping
11-20 Thru 11-24	Beef Pepper Steak Steamed Brown Rice Italian Blend Veggies PineappleOrange Juice Butterscotch Pudding	Roast Pork w/Gravy Roasted Potatoes Butternut Squash Applesauce Jello w/Topping	Baked Chicken w/Gravy Mashed Potatoes Mixed Veggies Buttermilk Biscuit Pineapple Tidbits	CLOSED THANKSGIVING DAY	CLOSED DAY AFTER THANKSGIVING
11-27 Thru 12-1	Spaghetti & Meatballs Italian Blend Veggies Three Bean Salad Italian Bread Sherbet	Spicy Cranberry Pork Roasted Sweet Potatoes Steamed Peas Applesauce Rice Pudding	Chicken Alfredo Buttered Carrots Whole Wheat Bread Upside Down Cake	Meatloaf w/Gravy Mashed Potatoes Red Cabbage Fruit Salad Oatmeal Raisin Cookies	Scrambled Eggs Home Fries Sausage Patty Whole Wheat Bread Cinnamon Applesauce

FOR RESERVATIONS, PLEASE CALL BY 10 AM ON THE SERVING DAY. SERVING 11:30 AM - 12:30 PM

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HANCOCK 607-637-2219
MIDDLETOWN 845-586-4764

SIDNEY 607-563-2212
WALTON 607-865-6739

THE FIRST DAY OF FALL IS NATIONAL FALL PREVENTION DAY

By: Wayne Shepard, Director, Office for the Aging

The first day of fall is National Fall Prevention Awareness Day. Falling is a leading cause of fatal and non-fatal injuries for older Americans. Not only does falling threaten older adults' safety and independence, the results from a fall can have an economic cost. Even one fall can leave a person feeling vulnerable and scared of future falls resulting in a negative impact on that person's quality of life. Because of his/her fear of falling, an individual might decide to limit their activities and social engagements. This could result in a further physical decline, depression, social isolation, and feelings of hopelessness. But falling doesn't have to be a result of aging. Through lifestyle adjustments and evidence-based falls prevention programs, the number of falls among seniors can be greatly reduced.

The evidence-based falls preven-

tion program that Delaware County Office for the Aging offers is Tai Chi for Arthritis. Tai Chi for Arthritis has been proven to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. Those who practice Tai Chi regularly have increased muscular strength, which supports and protects joints. Flexibility exercises help to reduce pain and stiffness which improves mobility. The benefit of an increased stamina and fitness level is important for a person's overall health and proper heart, lung, and muscle function. The Tai Chi for Arthritis program improves a person's balance, both mentally and physically, resulting in a reduction in the rate of falls amongst older adults.

Stay Active and Healthy to prevent falls:

- Simple exercise, like walking or swimming at least 15 minutes a day.
- Consider a Matter of Bal-

- ance program.
 - Consider a Tai-Chi for Arthritis.
 - Consult with your physician before beginning any new exercise routine or program.
 - Talk to your health care provider about your history of falls.
 - At each medical appointment ask your primary care provider or pharmacist about the side effects of medications that may increase your risk for falls.
 - Schedule an annual vision and hearing examination.
 - Drink 6-8 glasses of non-alcoholic liquids each day to prevent dehydration, low blood pressure, fatigue, and confusion.
 - Eat a well-balanced diet that includes a variety of fruits, vegetables, and dairy.
- Around the Home:

Fall prevention starts at home. Take a moment to review below some common items that could actually cause/prevent a fall in the home.

- Throw rugs cause slips, trips, and falls.
- Proper lighting is important. Install a night light or lights along the route from the bedroom to the bathroom.

- Avoid storing items on stairs or handrails.
- Arrange furniture so there is always a clear pathway between rooms.
- Place a telephone next to the bed.
- Store food, cooking utensils, and dishes within reach.
- Invest in a folding stepstool with a hand rail in order to access out of reach items.
- Install grab bars on bathroom walls • Consider using a shower bench in the bathtub if you are unsteady.
- Consider looking into an "in-home emergency response system," i.e. Connect America

It's never too late to start an exercise program. Simple exercise, like walking at least 15 minutes each day, can strengthen your legs which will help to decrease your chances of falling. Even if you've lived a sedentary life, becoming active now can benefit you in many ways, including protecting you from falls. What are you waiting for? It's time to get moving!

For further information on the Tai Chi for Arthritis program available in Delaware County contact Office for the Aging at 607-832-5750.

SENIOR ACTIVITIES FOR OCTOBER AND NOVEMBER 2023

HOLIDAY CLOSINGS: Monday, 9/4/23, for Labor Day.
Monday 10/9/23, for Columbus Day; Friday 11/10/23, for Veterans Day; Thursday & Friday 11/23/23 & 11/24/23, for the Thanksgiving Holiday.
THANKSGIVING DINNER WILL BE SERVED AT ALL MEAL SITES ON FRIDAY, 11/17/23, 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 10/19/23, 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 10/19/23, 4:30 pm.

Hancock Senior Dining Center (Baptist Church, Messenger Hall, Wheeler Street) (607) 637-2219. CENTER MANAGER: JENNIFER APLEY.
The last evening meal of the season will be Thursday 10/19/23, 4:30 pm.

Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764. CENTER MANAGER: MICHELLE SCUDDER.
The last evening meal of the season will be Thursday 10/19/23, 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 10/19/23, 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 will be Wednesday 10/18/23, 4:30 pm.

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

DINING CENTER PRESENTATION SHCEDULE

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

OFA Outreach Dining Center Presentations Schedule

September 2023 topic will be "Benefits of Volunteering," Delivered by Susan Hammerslag, Coordinator of SNAP-Ed

- Delhi Dining Center on 9/19/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 9/13/23
- Hancock Dining Center, IF OPEN, on 9/12/23
- Margaretville Dining Center on 9/6/23
- Sidney Dining Center on 9/14/23
- Walton Dining Center on 9/5/23

October 2023 topic will be "The Dangers of Sepsis"

- Delhi Dining Center on 10/10/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 10/18/23
- Hancock Dining Center, IF OPEN, on 10/10/23
- Margaretville Dining Center on 10/25/23
- Sidney Dining Center on 10/12/23
- Walton Dining Center on 10/17/23

CHRONIC PAIN SELF-MANAGEMENT PROGRAM

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

Next Session: Wednesdays, September 13 - October 18, 1:00-3:30pm, at the United Ministry of Delhi, 1 Church St., Delhi

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!

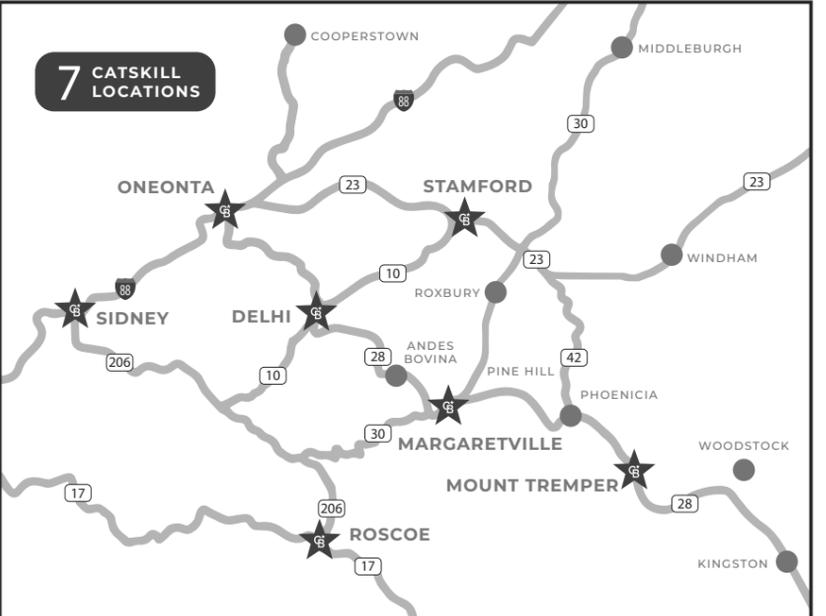
To register contact: Mary Maruscak at 607-692-7669 x 209, or mmaruscak@rhnsncy.org



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WHAT IS TAI CHI & WHAT ARE THE HEALTH BENEFITS?

Adapted from Dr. Paul Lam, Tai Chi for Health Institute

Tai Chi is an art embracing the mind, body, and spirit. Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

From Dr. Lam:

Tai Chi has virtually changed my life since I started practicing it after graduating from medical school in 1974. Before this moment, the osteoarthritis that I'd developed in my early teens had become debilitating. Thankfully, I'd remembered that Tai Chi was considered effective for arthritis, back in the Chinese village where I grew up.

What did I have to lose? I decided to give it a try. My late father-in-law was an accomplished practitioner, and he was my main teacher.

Now in my late sixties, my arthritis is well controlled, and I have Tai Chi to thank for that.

I work more than twelve hours most days, teaching Tai Chi and practicing medicine as a family physician. I feel happy and healthy. My Tai Chi journey has given me more than just enjoyment, it's become an integral part of my life.

Tai Chi is a mind-body exercise originating from ancient China, where it started as a famous martial art. These days, it's practiced around the world as an effective exercise for health.

It's impossible to describe this complex art in one sentence. Tai Chi can be many things for different people, but regular practice will improve your wellbeing.

At the heart of it, Tai Chi is a **moving meditation** in the form of a series of gentle exercises that create harmony between the mind and body. The ultimate purpose is to cultivate our inner life energy (qi) to flow smoothly and powerfully through the body. This is a spiritual experience, as much as a physical one.

Movements are fluid, graceful, circular, and slow. Breathing is deep, aiding visual and mental concentration. This relaxes the body and allows the life force to flow freely.

This practice is so effective because it consists of exercises that are equally balanced between yin and yang (opposite forces that complement each other, such as dark and light, or female and male).

Tai Chi is **easy to learn**. Many people embark on a life-long journey to deepen their experience, as there are always new levels of understanding to uncover. This is part of the appeal.

Tai Chi can be practiced almost anywhere, and the cost of learning is relatively low. It's suitable for anyone because exertion levels can be adjusted to suit your physical condition.

If you are interested in bringing Tai Chi to your community and believe there may be 15 people (ages 60+) who want to consider participating,

feel free to contact Delaware County Office for the Aging 607-832-5750.

You can also call for information about classes that occur on a more regular basis in towns like Harpersfield/Stamford, Delhi, Walton, Franklin, and Arkville. Sidney, Sidney Center, and Downsville have hosted the classes as well.

LIVING WITH CHRONIC LOWER RESPIRATORY DISEASE EDUCATION SERIES & PROGRAM

By: Teri Osterhout-Paton RRT, CPFT, AE-C, Pulmonary Disease Educator, Registered Respiratory Therapist, Margaretville Memorial Hospital

Chronic Lower Respiratory Disease (CLRD)

COPD is the third leading cause of death in the world. Breathlessness is an early sign. CLRD includes Asthma, Chronic Bronchitis, COPD, Emphysema, Pulmonary Hypertension, Work-Related Lung Disease.

CLRD is Treatable

With proper management, most people with CLRD can achieve good symptom control and quality of life, as well as reduced risk of other conditions. This Education Series and Program addresses daily life of living with this condition.

Next Session:

Mondays at 2:30pm on: September 11, 18, October 2, 16, 30, November 13. Location: Margaretville Hospital, 42084 Route 28, Margaretville, NY.

For more information, please call 845-517-6316

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SUGGESTED CONTRIBUTION: \$7 PER YEAR

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

SEND YOUR CONTRIBUTION,

(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

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