

THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING



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COME TO THE NINTH ANNUAL DELAWARE COUNTY SENIOR FUN DAY!!

Save the Date!! Come join us for the ninth annual Delaware County "Senior Fun Day" to be held at Delaware County 4H-Camp Shankitunk on Arbor Hill Road in Delhi on **Wednesday, August 21 from 9:30am to 3:00pm.**

Once again, Delaware County Office for the Aging is collaborating with co-sponsors Delaware Opportunities Inc. and the Delaware County Senior Council in planning for this event.

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

tivities will start at 10:30am. Activities for this year's event will also be announced in the next Dispatch.

- Lunch will be provided, at noon, by Delaware Opportunities Inc. Lunch will include a delicious picnic fare of Wilson BBQ's famous grilled chicken, baked beans, salad, dessert and beverages. A donation of \$5 is requested per person for the meal.
- Reservations are required and need to be made by August 9. Please contact the Delaware County Office for the Aging at 607-832-5750 to make your reservation.**

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

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

DEFENSIVE DRIVING CLASS

Drivers of all ages are eligible for a 3-year insurance reduction and may also have points removed from their license. Register NOW for a New York State Point/Insurance Reduction Program. This is a six-hour class taught by **ROADRUNNERS** instructors for Defensive Driver's Discount. Our next class is scheduled for Saturday,

July 13, 2024, from 9am - 3:30pm. The class will be held in the Activity Center at the Delhi Alliance Church, 16178 State Highway 28, Delhi, NY. For information and registration, contact Ken Brown at 607-832-4839 or email Ken Brown at roadrunners.ddc@gmail.com. BEEP, BEEP!

OUTSTANDING CONTRIBUTOR

By: *Wayne Shepard, Director*

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

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

difference in other people's lives in various ways.

We will soon be naming the Outstanding Contributor of the Year for 2024 and we are asking for your nominations. If you know of someone living in your community who has gone above and beyond to help others, we want to hear about them. Would you please take a moment to write a brief note giving the person's name and an explanation as to why you are nominating them and send it to:

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

We look forward to hearing from you!

DELAWARE COUNTY SENIOR TRANSPORTATION SYSTEM

The Delaware County Senior Transportation System is designed to cover the main routes that pass through Delaware County. **Reservations are required** in order to ride the bus and need to be made before the day of the desired trip. New passengers should contact the Office for the Aging at 607-832-5750 at least 24 hours in advance.

Although the system serves primarily people 60 years of age and older, we will transport persons with disabilities (age 18 or older) on a space available basis. People having difficulty in getting to the designated bus stops should call our office and we will see if an alternate location can be arranged.

****People wishing to use the bus system to get to medical appointments at any of our destinations may do so. Appointments should be scheduled to start at least a half hour after the scheduled arrival time for the destination. All appointments should be completed in time for final departure.**

Please call our office for more information and to reserve a seat on the bus. If the purpose of the trip is for a medical appointment, please note that at the time of reservation.

RULES & PROCEDURES

RESERVATIONS

- **Confirmed reservations are required IN ADVANCE in order to ride the bus.** If you do not have a confirmed reservation to ride, you will not be allowed on the bus.
- Requests for trips must be made by **1pm the day before.**
- **You must inform the office at the time of reservation if you are going to a medical appointment or a location not listed in the "Destination Stops,"** to make sure it can be accommodated in the trip schedule.
- If you need to make a stop along the

bus route before the bus gets to the destination, you need to discuss this **with the office** before the trip.

- All riders are called the day before trips to confirm their reservation.

SHOPPING TIME & STOPS

- **The bus will remain at the final destination for 3 hours only** so plan your time accordingly. Listed arrival/leave times may vary, so check with the driver for departure time before exiting the bus.
- **You are allowed a maximum of 2 locations to stop** at once the bus has arrived at the destination. Please let the driver know where you would like to stop when you get on the bus (see exceptions to this in the "Reservations" section above). It will be up to the bus driver to decide who will be dropped off first. All stops must be done within the 3 hours. If you need to grab breakfast or lunch, this will be counted as one of your allowed stops.
- **Return trip drop-off locations:** If you want to be dropped off at a different location from where you were picked up, you must inform the Office staff **before the trip.** The driver will pick you up and drop you off where the office staff indicates on the trip sheets.

PURCHASES & BAG LIMITS

- **There is a 5 bag, or size of a bag, limit per rider.** For example: a case of water would be considered 1 bag. If you need to purchase an item that is bigger than a reusable shopping bag, you need to ask the bus driver **BEFORE** you purchase the item. This is to make sure there will be room for the item on the bus.
- **It is up to the rider to double check and make sure you have all your bags,** and no one else's purchases, when getting off the bus. We highly

See "TRANSPORTATION" page 4



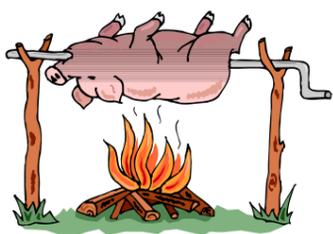
38TH ANNUAL PORK ROAST & PIE AUCTION

TUESDAY, JUNE 11, 2024
at the
Delhi American Legion



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

TICKETS: \$10.00



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

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

NEWS FROM THE DIRECTOR

By: Wayne Shepard

When thinking about what I should write for the May Dispatch, I came to the decision to write about SEPSIS. My mom had symptoms of sepsis which led her to hospitalization prior to her passing. Thankfully being a nurse, I recognized the symptoms and immediately took her to the emergency room before it got out of control. Just recently, when talking with someone in the community they informed me that they have a friend and a loved one that was hospitalized with sepsis. Sepsis is more prevalent than people may realize. Two years ago, I did an article, "SEPSIS and Older Adults." I feel it's time again to inform our senior population of the signs and symptoms to look for, and what to do should they occur.

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 in-

fections 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 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 occurring? By getting vaccinated (flu, COVID, Pneumonia), good hand-washing 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



Wayne Shepard, Director

should eventually get better on their own. For some recovery may be several months to even up to a year.

I highly recommend keeping in mind the best medicine for sepsis is prevention and knowing the signs and symptoms to report to your physician immediately.

2024 HEAP COOLING PROGRAM (AIR CONDITIONER) OPENED APRIL 15TH

By: Wayne Shepard, Director

Did you know that HEAP (Home Energy Assistance Program) can assist you with cooling assistance? The Cooling Assistance benefit opened April 15.

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

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

- Your household gross monthly income is at or below the current income guidelines for your household size.
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits.
- You receive Temporary Assistance.
- You receive Supplemental Security Income (SSI Living Alone).
- You received a regular benefit greater than \$21 in the current program

year, or received a regular benefit equal to \$21 during the current program year and reside in government subsidized housing with heat included in your rent.

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

It will be your responsibility to maintain the air conditioner. This includes removing, covering, storing and/or reinstalling the air conditioner.

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

The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

DELAWARE COUNTY OFFICE FOR THE AGING

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

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Find us on the Web!

<https://www.delcony.us/departments/ofa/ofa.htm>



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. →



LEGACY CORNER

By: Susan Hammerslag, Legacy Program Coordinator

TCARE (Tailored Caregiver Assessment and Referral) is a caregiver assessment tool that focuses on understanding the unique needs and stressors faced by individual caregivers. Rather than solely concentrating on the care receiver, TCARE aims to support the well-being of the caregiver throughout their caregiving journey.



And finally, the connections to resources. TCARE connects family caregivers with relevant resources, services, and support in their local community. The Office for the Aging will continue to follow up with caregivers on a quarterly basis to determine how they are managing and if further resources and services will be helpful.

If you are providing care for a loved one, I recommend exploring TCARE as a valuable resource to enhance your caregiving experience. Remember that taking care of yourself is essential while caring for others!

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. To learn more about becoming a volunteer call Susan Hammerslag, Legacy Program Coordinator, 607-832-5750.

Wondering how TCARE works?

It is intended to be easily accessed by busy caregivers.

First take the online survey. TCARE assesses the specific challenges and stressors experienced by the caregiver. It identifies the root causes of burnout and other difficulties. You can access the initial survey online at a time convenient for you by clicking the link on the Delaware County (New York) Office for the Aging website (www.delcony.us/departments/ofa/ofa.htm) under the Caregiver tab. If you need help completing the survey, contact the office at 607-832-5750.

Next, based on the assessment results, TCARE provides personalized tools, resources, and recommendations to support the caregiver. These tailored interventions address each caregiver's unique situation.

TAI CHI FOR ARTHRITIS

By: Terri Tweedie, Coordinator of Aging Services

The Office for the Aging has scheduled Tai Chi for Arthritis classes to be held in the following locations:

- Harpersfield Grange Hall: April 8 – June 17, 2024, Mondays & Thursdays 10-11am
- Walton Baptist Church: April 9 – June 13, 2024, Tuesdays 2-3pm & Thursdays 12:30-1:30pm
- Delhi, Delaware County Historical Association: June 24- September 9, 2024
- Walton Baptist Church: September

16- November 21, 2024
Sidney Tri County Senior Center or Sidney Dining Center will host a class. Rehabilitation Support Services in Walton would like to host a class. Please call with location preference in Sidney. OFA needs 10 participants prior to scheduling classes.

CORRECTION from the January 2024 Dispatch: The Group photo was from Harpersfield NOT Harpursville, NY.

Please contact Terri Tweedie at 607-832-5750 for more information.

NURSING HOME RESIDENTS FIND A VOICE WITHIN OMBUDSMEN PROGRAM

By: Megan Horton, LTCOP Coordinator,

Long-Term Care Ombudsmen are advocates for residents of nursing homes, adult care facilities, and family type homes. Ombudsmen provide a "regular presence" in facilities and because of this, get to know residents, their needs, and those things that make a difference in their everyday lives. Ombudsmen are another set of eyes in facilities. For those residents without any family or loved ones, Ombudsmen may be their only socialization from outside the facility and the only advocate they can truly count on. The Ombudsmen become a "voice for the voiceless" and a lifeline for those who need assistance when they feel like they have nobody to turn to.

dicott, NY, sponsors the Regional Long-Term Care Ombudsman Program in the local area. This locally based program provides Ombudsman services to approximately 49 facilities and approximately 3,773 residents who reside in these facilities in Broome, Chenango, Delaware, and Tioga Counties.

Ombudsmen Volunteers bring compassion and understanding to the residents of Long-Term Care in our community. They serve our community not because they have the time, but because they have the "heart." If you are interested in becoming a "voice for the voiceless" contact Danielle LaBare at Action for Older Persons, 607-722-1251 or dlabare@actionforolderpersons.org for more information.

Action for Older Persons in En-

LEGAL AIDE - TENANT VS GUEST QUESTIONS

By: Melissa Krause, Legal Aid Society of Mid-New York

Emily is a 73 year old woman who has asked her 23 year old granddaughter, Tabitha, to stay with her. Her idea was that Tabitha would be permitted to stay, rent-free, in exchange for helping to take care of Emily and the house. As it turned out, Tabitha had a different idea. Now that Tabitha's moved in, she's stated that she has no intention of taking care of Emily. She also refuses to leave.

What can Emily do?

This situation sounds like it has an easy answer, right? Emily should make Tabitha leave. Unfortunately, it's not that simple, as Emily learns when she sits down to talk to an attorney.

The attorney asks Emily many questions: What was the initial agreement between Emily and Tabitha? Was this agreement made in writing? How long has Tabitha been living at Emily's house? What, if any, contributions has Tabitha made to the household?

These questions are all very important because they help determine whether Tabitha is a tenant at Emily's residence or if she is merely a guest. Emily can have a guest removed, if she refuses to leave, by calling the police. However, if Tabitha is a tenant, then Emily must go through a formal eviction process.

Please note that at no point should Emily ever attempt to lock Tabitha out of the house or otherwise make it impossible for Tabitha to live in the property. If she tries, Tabitha can take her to court, and Emily may end up forced to pay Tabitha for any financial damage that she suffered as a result of Emily's actions, as well as additional penalties and fees. Furthermore, Emily will likely be ordered to allow

Tabitha back into the house.

If Tabitha has resided in the property for more than thirty days, then she is a tenant and is entitled to that protection. Even if she hasn't, if there was an agreement between Tabitha and Emily that Tabitha reside long-term in the property, then she may still be considered a tenant. A written lease is not required to establish a landlord-tenant relationship, though it can help to establish protections for both parties. And if Tabitha has made regular financial contributions to utilities, food or some other recurring costs for the household, then that may be deemed a form of rent, and Tabitha would therefore be considered a tenant.

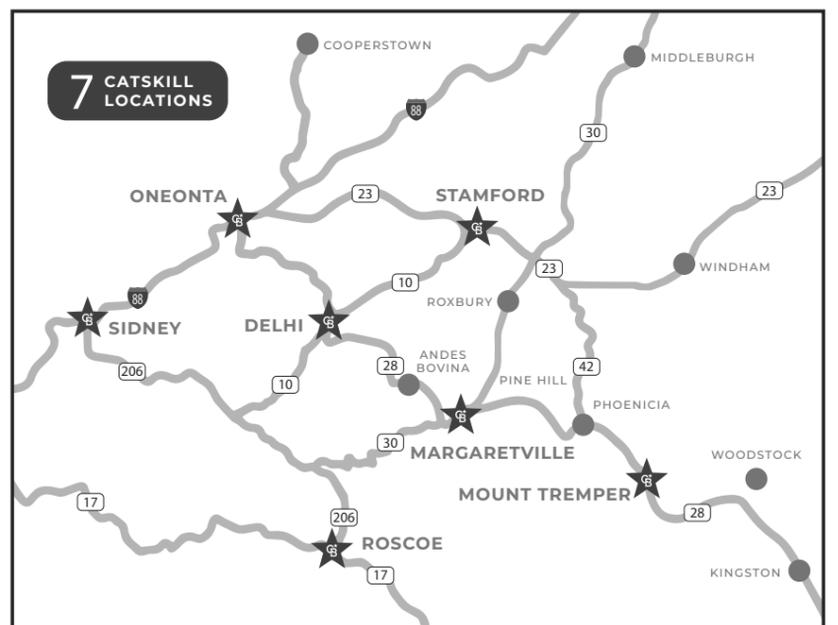
Emily can still evict Tabitha if she is a tenant, but she must do it according to the law. This means that Emily must give Tabitha sufficient notice - the exact amount of time is determined by the law and based on how long Tabitha has been living in the property - and then, only after the notice period has expired, she can file a petition with the court to have Tabitha removed. Even then, it is not an automatic process. Tabitha is entitled to a hearing, and a Judge will make a final determination after hearing both sides present their cases. If Emily does not follow the proper procedure, she will have to start over.

Generally, it is recommended that Emily seek legal advice before she enters into any kind of agreement with Tabitha, and particularly if she intends to evict her.

Finally, it is important to keep in mind that if Emily ever feels as if she is in danger from Tabitha, she can contact the police, Adult Protective Services, or file for a Protective Order in Family Court. No one should have to feel afraid in their own home.



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TIMBERLANDPROPERTIES.COM

“TRANSPORTATION”

...continued from page 1

recommend you label your bags, so you only take those that belong to you. *Please make sure you only have your own purchases before leaving the bus.*

DESTINATION STOPS

Oneonta: Walmart, Southside, ALDI, Hannaford, Downtown, Price Chopper

Binghamton: Boscov’s, Parkway Plaza (Target, Kohls), Town Square Mall (Walmart), Oakdale Mall & Wegmans

Norwich: Walmart, Price Chopper, Marshals, Label Shopper, & Dollar Store

Kingston: Wal-Mart, and Hudson Valley Mall

***Albany:** Colonie OR* Crossgates Mall & Price Chopper

**Albany riders may choose only ONE mall to stay at for each trip; they will not be taxed between malls. Riders going to Price Chopper will be transferred to their mall choice after finished at Price Chopper.*

See **“2024 SUMMER BUS CALENDAR”** page 5

BUS STOPS

() = Scheduled day for pick-up (W=Wednesday, Th=Thursday, F=Friday)

**Delhi Village residents, see Thursday Delhi Price Chopper for details.*

* = Designated Rest Stops

- Andes (Th)..... Hogan’s General Store
- Arkville (Th) Laundromat
- Bloomville (Th)..... Post Office
- Bovina Center (Th) Presbyterian Church
- Davenport (Th) Quickway
- Davenport Center (Th)..... Town Hall
- Delhi (W, Th*)..... Ace Hardware,Delhi Senior Housing
- Deposit (W)..... Mirabito*,Meadowpark Apts.
- Downsville (W).....Country Store
- East Branch (W).....Country Store
- Fishs Eddy (W)..... Post Office
- Fleischmanns (Th) Village Parking Lot
- Franklin (F)Mirabito*
- Grand Gorge (Th) Senior Apartments*
- Halcottsville (Th)..... Fire Hall
- Hamden (W) Town Hall
- Hancock (W)..... Tops, Read Apts, McDonald’s*
- Harpersfield (Th)..... Town Hall
- Hobart (Th) Hobart Activity Center
- Margaretville (Th) Sunoco Fast Stop*
- Masonville (W)Quickway
- Roxbury (Th)Roxbury Convenience Store
- Sidney (F)... Laundromat-Downtown, Sidney Senior Village
- South Kortright (Th)..... Post Office
- Stamford (Th)..... Village Hall*, Tops
- Walton (F)Big M
- West Davenport (Th)..... Post Office

REGULAR BUS SCHEDULE

Suggested Contribution for All Trips: \$5

***All times listed below (or given at confirmation call) are approximate and may change depending on ridership and weather.*

* = Designated Rest Stops ♦ = Add 10-20 min. to times following stops at these locations

<p>1ST & 5TH WEDNESDAYS ~ ONEONTA ~</p> <p>PICK UP</p> <p>8:05 amDelhi</p> <p>8:15 am DeLancey/Hamden</p> <p>8:35 am Downsville</p> <p>8:50 am East Branch</p> <p>8:55 am Fishs Eddy</p> <p>9:00 am Hancock*</p> <p>9:20 am Deposit*</p> <p>9:45 am Masonville</p> <p>Arrive Oneonta ~ 10:20 am</p> <p>Leave Oneonta ~ 1:20 pm</p> <p>RETURN</p> <p>1:55 pm Masonville</p> <p>2:20 pm Deposit</p> <p>2:40 pm Hancock*</p> <p>2:45 pm Fishs Eddy</p> <p>2:50 pm East Branch</p> <p>3:05 pm Downsville</p> <p>3:25 pm DeLancey/Hamden</p> <p>3:35 pm Delhi</p>	<p>2ND & 4TH WEDNESDAYS ~ NORWICH ~</p> <p>PICK UP</p> <p>8:05 amDelhi</p> <p>8:15 am DeLancey/Hamden</p> <p>8:35 am Downsville</p> <p>8:50 am East Branch</p> <p>8:55 am Fishs Eddy</p> <p>9:00 am Hancock*</p> <p>9:20 am Deposit*</p> <p>9:45 am Masonville</p> <p>Arrive Norwich ~ 10:25 am</p> <p>Leave Norwich ~ 1:25 pm</p> <p>RETURN</p> <p>2:00 pm Masonville</p> <p>2:25 pm Deposit</p> <p>2:45 pm Hancock*</p> <p>2:50 pm Fishs Eddy</p> <p>2:55 pm East Branch</p> <p>3:10 pm Downsville</p> <p>3:30 pm DeLancey/Hamden</p> <p>3:40 pm Delhi</p>	<p>3RD WEDNESDAYS ~ BINGHAMTON ~</p> <p>PICK UP</p> <p>8:05 amDelhi</p> <p>8:15 am DeLancey/Hamden</p> <p>8:35 am Downsville</p> <p>8:50 am East Branch</p> <p>8:55 am Fishs Eddy</p> <p>9:00 am Hancock*</p> <p>9:20 am Deposit*</p> <p>♦(Masonville)</p> <p>Arrive Binghamton ~ 10:10 am</p> <p>Leave Binghamton ~ 1:10 pm</p> <p>RETURN</p> <p>♦(Masonville)</p> <p>1:45 pm Deposit</p> <p>2:00 pm Hancock*</p> <p>2:10 pm Fishs Eddy</p> <p>2:15 pm East Branch</p> <p>2:35 pm Downsville</p> <p>2:55 pm DeLancey/Hamden</p> <p>3:05 pm Delhi</p>
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<p>1ST, 3RD & 5TH THURSDAYS ~ ONEONTA ~</p> <p>PICK UP</p> <p>8:15 am Bovina</p> <p>8:20 am Andes</p> <p>8:40 am Margaretville*</p> <p>8:45 am Arkville</p> <p>♦ (Fleischmanns)</p> <p>8:55 am Halcottsville</p> <p>9:05 am Roxbury</p> <p>9:15 am Grand Gorge*</p> <p>9:30 am Stamford*</p> <p>♦ (Hobart)</p> <p>9:40 am Harpersfield</p> <p>9:50 am Davenport</p> <p>9:55 am Davenport Center</p> <p>10:00 am West Davenport</p> <p>Arrive Oneonta ~ 10:10 am</p> <p>Leave Oneonta ~ 1:10 pm</p> <p>RETURN</p> <p>1:20 pm West Davenport</p> <p>1:25 pm Davenport Center</p> <p>1:30 pm Davenport</p> <p>1:40 pm Harpersfield</p> <p>♦ (Hobart)</p> <p>1:50 pm Stamford*</p> <p>2:05 pm Grand Gorge*</p> <p>2:20 pm Roxbury</p> <p>2:30 pm Halcottsville</p> <p>♦ (Fleischmanns)</p> <p>2:40 pm Arkville</p> <p>2:45 pm Margaretville*</p> <p>3:05 pm Andes</p> <p>3:10 pm Bovina</p> <p>1ST & 3RD THURSDAYS ~ DELHI PRICE CHOPPER ~</p> <p>Suggested Contribution of \$1 for this trip</p> <p>PICK UP: Delhi Village Residents Only</p> <p>DESTINATION: Delhi Price Chopper</p> <p>PICK UP TIME: 4:45 pm</p> <p>SHOPPING TIME: 1 hour</p>	<p>2ND THURSDAYS ~ ALBANY ~</p> <p>PICK UP</p> <p>8:15 am Bovina</p> <p>8:20 am Andes</p> <p>8:40 am Margaretville*</p> <p>8:45 am Arkville</p> <p>♦ (Fleischmanns)</p> <p>8:55 am Halcottsville</p> <p>9:05 am Roxbury</p> <p>9:15 am Grand Gorge</p> <p>9:30 am Stamford*</p> <p>♦ (Hobart)</p> <p>Arrive Albany ~ 10:45 am</p> <p>Leave Albany ~ 1:45 pm</p> <p>RETURN</p> <p>♦ (Hobart)</p> <p>2:25 pm Stamford*</p> <p>2:40 pm Grand Gorge*</p> <p>2:55 pm Roxbury</p> <p>3:05 pm Halcottsville</p> <p>♦ (Fleischmanns)</p> <p>3:15 pm Arkville</p> <p>3:20 pm Margaretville*</p> <p>3:40 pm Andes</p> <p>3:45 pm Bovina</p>	<p>4TH THURSDAYS ~ KINGSTON ~</p> <p>PICK UP</p> <p>8:05 amDelhi</p> <p>8:15 am Bloomville</p> <p>8:25 am South Kortright</p> <p>8:30 am Hobart</p> <p>8:35 am Stamford*</p> <p>8:50 am Grand Gorge*</p> <p>9:05 am Roxbury</p> <p>9:15 am Halcottsville</p> <p>9:25 am Margaretville*</p> <p>9:25 am Arkville</p> <p>9:30 am Fleischmanns</p> <p>9:35 am Pine Hill</p> <p>Arrive Kingston ~ 10:30 am</p> <p>Leave Kingston ~ 1:30 pm</p> <p>RETURN</p> <p>2:30 pm Pine Hill</p> <p>2:35 pm Fleischmanns</p> <p>2:40 pm Arkville</p> <p>2:40 pm Margaretville*</p> <p>2:50 pm Halcottsville</p> <p>3:00 pm Roxbury</p> <p>3:10 pm Grand Gorge*</p> <p>3:25 pm Stamford*</p> <p>3:30 pm Hobart</p> <p>3:35 pm South Kortright</p> <p>3:45 pm Bloomville</p> <p>4:00 pm Delhi</p>
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“REGULAR BUS SCHEDULE” ...continued from page 4

1ST & 5TH FRIDAYS ~ ONEONTA ~	2ND & 4TH FRIDAY ~ NORWICH ~	3RD FRIDAYS ~ BINGHAMTON ~
<i>¹Contact the office for more details for pick-ups in Treadwell</i>	<i>¹Contact the office for more details for pick-ups in Treadwell</i>	<i>¹Contact the office for more details for pick-ups in Treadwell</i>
PICK UP	PICK UP	PICK UP
8:05 amDelhi	8:05 amDelhi	8:05 amDelhi
8:30 amWalton	1(8:25 am) 1Treadwell	1(8:25 am) 1Treadwell
9:30 amSidney	8:30 amWalton	8:30 amWalton
9:45 amFranklin*	9:00 amFranklin*	9:00 amFranklin*
¹ (9:55 am)..... ¹ (Treadwell)	9:30 amSidney	9:30 amSidney
Arrive Oneonta ~ 10:00 am	Arrive Norwich ~ 10:05 am	Arrive Binghamton ~ 10:15 am
Leave Oneonta ~ 1:00 pm	Leave Norwich ~ 1:05 pm	Leave Binghamton ~ 1:15 pm
RETURN	RETURN	RETURN
1(1:35 pm)..... 1Treadwell	1:40 pm.....Sidney	2:00 pm.....Sidney
1:15 pm.....Franklin*	2:05 pm.....Franklin*	2:25 pm.....Franklin*
1:30 pm.....Sidney	2:35 pm.....Walton	2:55 pm.....Walton
2:30 pm.....Walton	¹ (4:00 pm)..... ¹ Treadwell	¹ (4:20 pm)..... ¹ Treadwell
3:00 pm.....Delhi	3:05 pm.....Delhi	3:25 pm.....Delhi

HAMDEN SENIOR CITIZENS CLUB

By: Patsy Moody

The Hamden Seniors are excited to be assisting with helping to plan a bicentennial celebration for the town. Local history shows the town team BASEBALL games were played here on July 12, 1825. We're celebrating! As a kickoff for this BIG event, a fundraiser is scheduled for July 13, 2024. All are welcome to attend a craft fair and Ice Cream Social at the Hamden Town Pavilion. Also, of course baseball, as well as a BBQ, selfie wall, vendors, and fun for all.

2024 SUMMER BUS CALENDAR

Suggested Contribution for All Trips: \$5

Note: Anyone is welcome to go on any of our trips as long as you are able to get to a pick-up point along the route scheduled for that destination.

Wednesday Route picks-up in: Delhi, Downsville, East Branch, Fishs Eddy, Hancock, Deposit, Masonville

Thursday Route picks-up in: Bovina, Andes, Margaretville, Arkville, Fleischmanns, Roxbury, Grand Gorge, Stamford, Hobart, ¹Davenport

Friday Route picks-up in: Hamden, Walton, Sidney, Franklin, ²Treadwell

*The trips listed under each route below occur on that weekday except where indicated: M=Monday, T=Tuesday.

** All Trips subject to change based on attendance. **

WEDNESDAY Route	THURSDAY Route	FRIDAY Route
May	May	May
5/1/24 Oneonta	5/2/24 Oneonta	5/3/24 Oneonta
5/7/24 Cobleskill (T)	5/9/24 Albany	5/6/24 Cobleskill (M)
5/8/24 Norwich	5/14/24 Schoharie (T)	5/10/24 Norwich
5/15/24 Binghamton	5/16/24 Oneonta	5/13/24 Bainbridge (M)
5/20/24 Bainbridge (M)	5/21/24 Cobleskill (T)	5/17/24 Binghamton
5/22/24 Norwich	5/23/24 Kingston	5/24/24 Norwich
5/29/24 Oneonta	5/28/24 Oneonta (T)	5/31/24 Oneonta
June	June	June
6/5/24 Oneonta	6/3/24 Cooperstown (M)	6/4/24 Cooperstown (T)
6/11/24 Cooperstown (T)	6/6/24 Oneonta	6/7/24 Oneonta
6/12/24 Norwich	6/10/24 Cobleskill/Schoharie (M)	6/14/24 Norwich
6/17/24 Bainbridge (M)	6/13/24 Albany	6/21/24 Binghamton
6/19/24 Binghamton	6/20/24 Oneonta	6/24/24 Bainbridge (M)
6/25/24 Cobleskill (T)	6/27/24 3Kingston	6/28/24 Norwich
6/26/24 Norwich		
July	July	July
7/1/24 Cobleskill (M)	7/2/24 Oneonta (T)	7/5/24 Oneonta
7/3/24 Oneonta	7/9/24 Woodstock (T)	7/12/24 Norwich
7/8/24 Bainbridge (M)	7/11/24 Albany	7/15/24 Bainbridge (M)
7/10/24 Norwich	7/18/24 Oneonta	7/19/24 Binghamton
7/17/24 Binghamton	7/22/24 Cobleskill/Schoharie (M)	7/23/24 Cobleskill (T)
7/24/24 Norwich	7/25/24 Kingston	7/26/24 Norwich
7/31/24 Oneonta	7/29/24 Middletown (M)	7/30/24 Middletown (T)
August	August	August
8/5/24 Bainbridge (M)	8/1/24 Oneonta	8/2/24 Oneonta
8/7/24 Oneonta	8/8/24 Albany	8/9/24 Norwich
8/14/24 Norwich	8/15/24 Oneonta	8/12/24 Bainbridge (M)
8/20/24 Binghamton (T)	8/22/24 Kingston	8/16/24 Binghamton
8/27/24 Middletown (T)	8/26/24 Cobleskill/Schoharie (M)	8/23/24 Norwich
8/28/24 Norwich	8/29/24 Oneonta	8/30/24 Oneonta

¹ Davenport pick-ups can only be done for the trips to Oneonta.

² Please call the office for details on Treadwell pick-ups as times change for pickups at this location.

³ Pick-up times change for the Kingston trip. See the "Regular Bus schedule" below for details.

“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".

DELHI SENIOR COMMUNITY

- Located at 7 Main Street, Delhi, NY -

A Community Managed by DePaul Housing Management

**** ALWAYS ACCEPTING APPLICATIONS ****

Must be 62 or older.

Affordable Rent Based on Income

Heat Included - Community Room - Elevators

Fully Accessible - Social Activities

Laundry Facility On-Site - Pet Friendly

SMOKE FREE

FOR MORE INFORMATION PLEASE CALL (607) 746-8142

For an application call (518) 389-6335, OR
TTY Voice Relay Services #7-1-1



HELP US HELP OTHERS!

Our needs are always greater than the resources that are available. The Delaware County Office for the Aging, the Delaware County Senior Council, and the Delaware Opportunities Senior Meals Program encourage and appreciate your financial donation to our programs and services that help seniors.

Please print

Name _____ Phone: _____

Address _____
Street/PO Box City State Zip

I/We designate my/our donation of \$ _____ for:

- In honor/memory (please circle one) of: _____
- If you have designated someone special to honor/remember, then you (and your designee) will be acknowledged in "The Dispatch" for your donation.*
- If you wish to remain anonymous then please check here.*

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

- Use where most needed
- Insurance Counseling
- Senior Meals
- Caregiver/Respite Services
- Legal Services
- Tax Aide
- Del. County Senior Council
- Non-Emergency Medical Transport
- EISEP
- Senior Bus

PLEASE MAKE CHECK PAYABLE TO:
DELAWARE COUNTY SENIOR COUNCIL

Clip and return this coupon with your donation to:
Delaware County Office for the Aging, 97 Main Street, Suite #2; Delhi, NY 13753

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

PANCAKES AND SYRUP, SIGNS OF SPRING

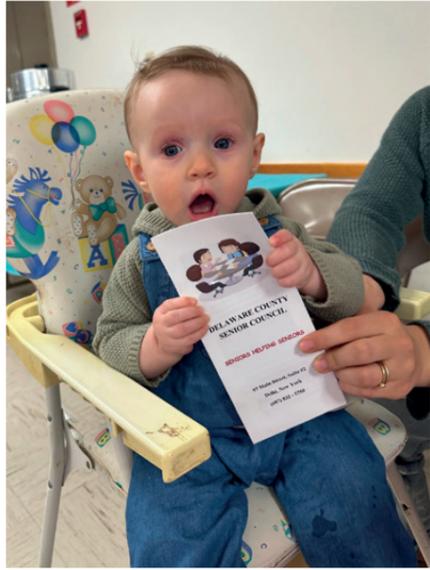
By: Shirley Niebanck

On March 16, 2024, the Delaware County Senior Council sponsored a pancake breakfast at Hamden Town Hall. Eighty plus friends enjoyed pancakes, eggs, and sausage. Good food and lively fellowship; neighbors, while having a good time, were contributing to the support of programs available through the Office for the



Aging including Personal Emergency Response Program, Heat Emergency Assistance, and even a recently purchased bus for shopping trips.

This event was made possible by



donations from the following: Clark Companies, Shaver-Hill Farms, WalMart, Price Chopper, Hannaford Supermarket, Brookside Maple, Brooks Bar-B-Q, Super M, and Saputo Dairies. Thanks as well to Hamden Supervisor, Wayne Marshfield, who made and served the coffee; Meredith

Supervisor, James Ellis flipped pancakes; OFA Director, Wayne Shepard scrambled eggs; and all the other volunteers who helped make this event a big success.

The Senior Council salutes our friends and neighbors for this support. SEE YOU IN 2025!



YELLOW DOT PROGRAM

Taken from: Delaware County Sheriff's website, www.co.delaware.ny.us/departments/shrf/s_yellowdot.htm

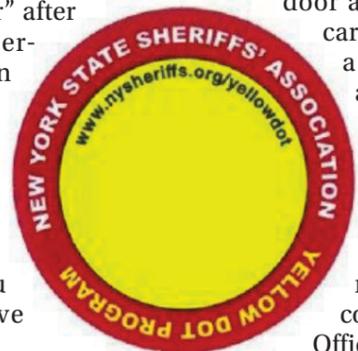
Yellow Dot is a free program designed to help first responders provide life-saving medical attention during that first "golden hour" after a crash or other emergency. A Yellow Dot in the driver's-side rear window of your vehicle will alert first responders that vital medical information is stored in the glove compartment. If you sell your car, remove the Yellow Dot sticker.

How Yellow Dot Works - The Yellow Dot kit contains a personal information card and a Yellow Dot decal.

1. Complete both sides of the personal information card as fully as possible, in pencil. Attach a recent photo of yourself and place it in a visible location in your car's glove compartment.
2. Complete one card for each person who regularly occupies the vehicle.
3. Place the Yellow Dot decal on the rear driver's side window to alert first responders to look in the glove compartment for your medical information.
4. Update the card annually yourself or bring it to your annual medi-

cal check-up.

Use Yellow Dot at Home - A Yellow Dot kit can also be used to alert those who respond to an emergency in your home. Simply place a Yellow Dot decal on or beside your front door and place a completed card for each occupant in a clear plastic freezer bag and place in a visible location in the freezer compartment of your refrigerator.



How To Get A Free Yellow Dot Kit - To request a kit, you can contact Delaware County Office for the Aging at 607-

832-5750, the Delaware County Sheriff's Office at 607-832-5555, or go online to www.co.delaware.ny.us/departments/shrf/s_yellowdot.htm and click on the "Email Link" (be sure to include your name & mailing address) and one will be sent to you in the mail. Request kits for your friends and family, too!

Remember, the Official Yellow Form Card is used to quickly Identify the form (due to the color) in an emergency situation. Use of downloaded sample forms, Is Not recommended. We will gladly send you additional Kits if requested.

Yellow Dot is sponsored and funded by the New York State Sheriffs' Association.

People of all ages need TETANUS VACCINES



DTaP for young children	Tdap for preteens	Td or Tdap for adults
<ul style="list-style-type: none"> ✓ 2, 4, and 6 months ✓ 15 through 18 months ✓ 4 through 6 years 	<ul style="list-style-type: none"> ✓ 11 through 12 years 	<ul style="list-style-type: none"> ✓ Every 10 years

www.cdc.gov/tetanus

GO GREEN – VIEW "THE DISPATCH" ONLINE

In an effort to "go green," The Dispatch offers alternative ways of receiving the newspaper. Sign up to receive notice by e-mail when future issues of The Dispatch are available to view online. Simply e-

mail Delaware County Office for the Aging at ofa@co.delaware.ny.us. Be sure to provide your name, e-mail address, and current mailing address, so we can remove your name from our postal mailing list.

BINGOCIZE BRINGS FITNESS AND FUN TO DELAWARE COUNTY RESIDENTS AGE 50+!



By: Terri Tweedie, Coordinator of Aging Services

Bingocize empowers participants with knowledge about maintaining a healthy lifestyle. This is a 10-week workshop that meets 2 days/week, 1hr. per class for a total of 20 sessions. Currently, Rehabilitation Support Services in Walton is planning to host a class. Downsville/Colchester residents also plan to host a class at the Downsville Fire Hall. Dates and times TBD. If you would like more information and/or to learn about volunteering to be a certified instructor, please call Terri Tweedie at 607-832-5750.



Grand Gorge Senior Dining Center Hosted Delaware County's first Bingocize program. Many thanks to staff Joy and Mike for all their support and to all the participants who attended and made me laugh. The learning, exercise, and FUN was very valuable! Comments shared: "A+ for bringing this program to us." "I enjoyed Bingocize classes for the great exercises and social gathering." "Great for body and mind."

SENIOR FUN DAY AT CAMP SHANKITUNK

By JoAnn Dewitt

Ah! The benefits of being a Senior Citizen - a whole day all your own.

There are many vendors so willing to help;

All offering free gifts for the taking:

Pens, hats, bags, sunglasses, magnets;

Goodwill in the making.

What's your pleasure in entertainment? There are many choices:

Line dancing, Tai Chi demonstrations, art classes, bingo, and music.

With free yogurt and water at your fingertips to keep your energy up and your whistle wet;

To tide you over till lunch. Quite an undertaking for this bunch.

The smell of barbequed chicken

fills the air and whets our appetite,

As we look forward to each upcoming bite.

One can't beat the picnic faire.

As we reel in the sunshine, beautiful view, and comradery out in the open air.

Soft listening music and familiar tunes serenade us as we gather to eat.

Many busy hands hard at work

for days make our Senior Fun Day complete.

Till next year, take time to thank all those who make this all feasible: the venue, the organization, the entertainment, the vendors, the setup, food, transportation, clean-up, sleepless nights - all for your most pleasurable fun.

See you at 2024 Senior Fun Day!

LOST & FOUND



The jacket and glasses pictured above were left behind at the Hamden Town Hall Pancake Breakfast held on March 16. The jacket is maroon, and the glasses have a black/brown marble frame. Please contact Shirley Niebanck at 607-287-2475 for retrieval.



The better you feel, the brighter your days.



If you or a loved one is coping with a serious illness at home, Helios Care can still help make your days brighter. Our team provides a range of expert, compassionate care to guide and support you and your family at every step - including education and training for family caregivers. Let us brighten your days and keep you home. Contact us for details.

607.432.5525  HeliosCare.org

TIME TO START THINKING ABOUT STAYING COOL IN THE HEAT

By: Wayne Shepard, Director

Summer is now upon us. With summer, comes heat, and that presents a challenge for people as they get older. Older adults and those with chronic medical conditions often have difficulty regulating their body temperature. Summer is the start of the season for family get-togethers. Picnics, backyard barbecues, vacations, and other fun festivities that make summer an enjoyable time of year. When planning your summer activities please keep one thing in mind - anyone can be vulnerable to the summer heat; however, those that are particularly at risk are seniors.

Older adults appear to be more active today. The body of an older adult is less able to detect the heat and will not adequately respond to rising temperatures as quickly as it did when they were younger. This may be related to medical conditions that can change normal body response to heat. Older adults are more likely to take prescription medications that can impair or reduce the body's ability to regulate its temperature or, in some instances, prevent perspiration. Older adults should take a moment to talk with their physician or pharmacist regarding the side effects of medications and adhere to the warnings of those that state, "Avoid extreme heat and sun." It's important to develop a plan to avoid becoming overheated or becoming dehydrated.

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

- Drink plenty of cool water and avoid alcohol and caffeine. Don't

wait until you feel thirsty. Stay hydrated throughout the day.

- Eat cool snacks, like fruit popsicles or frozen grapes. These are healthy snacks that could also help to cool you off in the heat.



- Choose to eat lighter, cooler meals rather than heavy, hot meals. Cold salads and sandwiches are great choices.

- Wet a washcloth with cold water and put that on the back of your neck if you are feeling overheated. You could also try putting your feet in a pan of cold water to help cool yourself down.

- Keep your home as cool as possible. Pull the shades or curtains closed during the hottest part of the day.
- Wear light layers of clothing. Cotton fabrics are an excellent choice because cotton fabric is lightweight and breathable. Avoid wearing heavy polyester fabrics. Wear loose fitting clothing.
- Visit a senior center, grocery store, shopping mall, library, movie theatre, or any other kind of public shop. This is a terrific way to find a cool, air-conditioned environment.
- Take cool showers and baths to feel cooler quickly.
- Consider installing an air conditioner. If that's not possible, at the very least, use a fan to circulate the air.
- Avoid any strenuous activity during the hottest hours of the day. Instead, stay indoors where you are out of the sun and heat outside.
- Stay in touch with family and friends.

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

MEET ELLI-Q



ElliQ is a friendly presence in your daily life. Engaging you in conversation, motivating you to adopt healthier habits, surprising you with jokes, and suggestions.

ElliQ is the first ever proactive, voice-operated care companion designed to empower independence, support you in taking control of your social, mental, and physical well-being.

How is ELLIQ different from other devices on the market?

ElliQ doesn't wait to be called on - like a real person. EllieQ will initiate interaction, ask you questions, suggest activities, provide reminders, and more. Of course, she/it can still answer your questions when you ask.

As you start to get to know EllieQ, she gets to know you and suggestions grow better tailored to you. EllieQ will remember some of the things you share, giving her context to make the next conversations even more personalized.

With a no-fuss setup, intuitive voice interactions, movement, and content on the screen, EllieQ is designed to get you up and running without needing to learn a new program or download any apps.

ElliQ is there for you throughout the day - from checking in to say "good morning," to letting loved-ones know you're ok, to helping you track appointments and medications, and making sure you get a good night's rest. EllieQ makes managing life

and maintaining peace of mind so much easier.

You'll be surprised by how empathic EllieQ comes across by taking an interest in how you are doing, bring a smile to your face, and try to enrich and improve each day.

What can EllieQ help you with?

- Entertainment: News, weather, music, jokes, sports, holidays & games
- Health & Wellness: Daily check-ins; set and track wellness goals; physical activity videos; assessment of general health including sleep, pain anxiety and depression; cognitive games; stress reduction; and breathing activities
- Connection to Loved Ones & Outside World: Messaging loved ones, notifying loved ones on health matters, video calls, memory sharing and digital greeting cards
- Assistance with Daily Activities: Reminders, timers, local search for professionals, and book transportation

Am I a good fit for EllieQ?

ElliQ is best suited for older adults who spend most of their day at home but would enjoy some company throughout the day. Older adults that feel they can use the extra companionship and the right encouragement to be more active throughout their day. For more information, contact Delaware County Office for the Aging at 607-832-5750.

***NOTE: EllieQ requires Wi-Fi and electrical**

WANT TO HELP YOUR COMMUNITY?

Delaware County Office for the Aging Non-Emergency Medical Transportation

is seeking community members to help transport local seniors to medical appointments.



HOW IT WORKS...

- * You decide how many times you want to commit
- * Complete a volunteer application, background check
- * Office for the Aging and NY Connects notifies you in advance of a local senior needing a ride
- * If you decide you're available, Office for the Aging and NY Connects provides details of transport (destination, time)
- * Provide door-to-door transportation to and from medical appointment
 - * Submit mileage to Office for the Aging and NY Connects
 - Mileage reimbursement available

Please call for more information
Delaware County Office for the Aging and NY Connects
607-832-5750

NEWS FROM NY CONNECTS

By: Lyndsay Komosinski, Deputy Director

Did you know that you may be eligible to have your Medicare Premiums paid, and receive assistance with prescription cost?

Medicare Savings Programs and Extra Help 2024

Two Important Questions

1. Do you have Medicare Part A, also known as hospital insurance? If you aren't sure, look on your red, white, and blue Medicare card, or call Social Security at 1-877-628-6581. TTY users should call 1-800-325-0778.

2. Is your gross income for 2024 at or below the incomes listed below? **

** The income levels all include a \$20 disallow.

Medicare Savings Program	Individual Monthly Income Limit	Married Couple Monthly Income Limit	Helps Pay Your
QI	\$2,355	\$3,189	Only Part B premiums + Extra Help** You cannot have both QI & Medicaid. May be eligible for up to 3 months retroactive reimbursement for Part B Premiums.
QMB	\$1,752	\$2,371	Part A and Part B Premiums, and cost-sharing like coinsurance, copayments, and deductibles + Extra Help** You can have both QMB & Medicaid
Medicaid	\$1,752 New York Asset Limits: \$31,175	\$2,371 New York Asset Limits: \$43,312	Pays your Medicare Part B premium, deductibles & coinsurances. Can cover services like dental and/or vision.

NEW YORK STATE BUDGET – A MASSIVE FAILURE FOR AGING

By: Becky Preve, Association on Aging in New York

As New York State approves the budget, advocates and Older New Yorkers are astounded by a complete and total disregard for the needs of thousands of Older New Yorkers and their families. Governor Hochul announced in 2022 a master plan for Aging that “shall coordinate existing and new state policy and programs creating a blueprint of strategies to be implemented to ensure older New Yorkers can live fulfilling lives, in good health, with freedom, dignity, and independence to age in place for as long as possible,” yet the state budget shows the hypocrisy between an executive order and the actuality of a budget that is ageist.

For years, services via local Offices for the Aging (OFA), and the community-based network that they work with have shown low-cost, high-yield interventions. Services such as home-delivered meals, transportation, and home care services are among those provided via OFA, and they predominantly serve non-Medicaid eligible individuals who absent the services would be forced to impoverish themselves to Medicaid or be forced into institutional care. These services cost a fraction of the cost of Medicaid or skilled nursing facility placement, and yet the government continues to allow tens of thousands of older residents to languish and to die, on waitlists. Additionally, there are only 111,101 nursing home beds in the state of New York, while the population of those over 60 is rapidly approaching the 5 million mark. It is glaringly apparent that home and community-based services are necessary, and more importantly, the choice of older residents and families.

During over 600 meetings of the Master Plan for Aging, and during the 16+ town hall meetings for the public to comment on the MPA, the issue of funding for services has been raised continually. Service providers, advocates, and older residents have repeatedly and passionately made the case for investments in aging services, as the services provided have been in existence for 50 years, and we know from our data that if an individual is placed on a waiting list for services they are forced into a nursing home, or access services via Medicaid. The state has continually stated that there is no way to sustain the current growth in Medicaid, and the solution is abundantly apparent – invest in the non-Medicaid services that prevent Medicaid dependence. This fact has been completely ignored and instead, the Consumer Directed Personal Care Assistance Program and Medicaid eligibility for home care services have been put on the chopping block, which will negatively impact Older New Yorkers.

Additionally, older residents deserve investments, as they more than pay their fair share of taxes in NYS. Older individuals pay \$72 Billion per year in state and local taxes, provide uncompensated care worth \$39 Billion per year, and their volunteerism is worth \$14 Billion per year. However, the New York State Office for the Aging budget is less than 8 tenths of 1% of the state budget, and this year even though we are highlighting an MPA, the budget only reflects a \$700,000 increase for a waiting list that deserves over \$40 million. This increase is less than \$40 for each individual who is waiting for a vital service for the entire year, less than a tank of gas.

It is time for New York State to do better.

UNDERSTANDING VACCINE EFFICACY, EFFECTIVENESS AND PROTECTION: A GUIDE FOR SENIORS

By: Heather Warner, Public Health Programs Manager

In the ongoing battle against infectious diseases, vaccines play an important role in keeping the public safe. However, understanding the terms “efficacy” and “effectiveness” is the key to grasping their true value and the protection they offer.

Vaccine Efficacy:

Vaccine efficacy refers to how well a vaccine performs under ideal, controlled conditions such as during a clinical trial. It is how reduction of disease is measured in the individuals that get the vaccine compared to those individuals in the trial that do not receive it. This is done under strictly monitored circumstances prior to the vaccine being released for widespread use. Efficacy provides insight into a vaccine’s potential to prevent illness and assists in determining its usefulness in the wider population.

Vaccine Effectiveness:

On the other hand, vaccine effectiveness gauges how well a vaccine performs in real-world settings, considering factors like: variations in each person’s immune responses to the vaccine, different strains of viruses, and ability to distribute the vaccine where it is needed. Effectiveness assesses the degree which a vaccine prevents disease in a population after it has been released for widespread use in routine practice.

Protection Offered:

While vaccine efficacy gives an indication of the vaccine’s potential, vaccine effectiveness provides a more accurate picture of its real-world impact, including its ability to reduce the severity of illness, hospitalizations, and deaths among seniors. Despite variations in efficacy rates reported for different vaccines, numerous studies have demonstrated their effectiveness in significantly reducing the risk of severe illness and death from infectious diseases like, flu, pneumonia, RSV, and Covid among older adults.

In conclusion, while efficacy data from clinical trials are essential for evaluating vaccine candidates, real-world effectiveness determines their true value in protecting seniors and communities from infectious diseases. It is crucial for seniors to stay informed, get vaccinated, and continue practicing other preventive measures to ensure their health and well-being.

Take the Initiative – Get Vaccinated! Be sure to ask for your vaccines to be entered into the New York State Immunization Information System (NY-SIIS) if your provider should forget to ask you!

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

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1-866-927-0366 or 607-432-1005

“Assisted Living...in Your Own Home”

TRI-COUNTY SENIOR CENTER

Location: AO Fox Tri-Town Campus - 43 Pearl St, Sidney (right side at the rear of the building)

Open: Wednesday, Thursday and Friday 10am-2pm

Contact: Carol Allen, (607) 563-8065

Upcoming Events:

• **Lunch and a Delightful Musical Play** - Join us on Wednesday, July 3, as we travel to the Mac-Haydn Theatre in Chatham, NY, for a matinee performance of the musical play "Sister Act." Disco diva Deloris Van Cartier finds herself in protective custody after witnessing a murder, only to end up in perhaps the most effective hideout of all - a convent, disguised as a nun. Deloris inspires a new rhythm in the convent choir and bonds with her community. When her cover is blown, it is up to their sisterhood to protect her. You'll enjoy songs such as "Fabulous, Baby," "I Could Be That Guy," "The Life I Never Lead," "Raise Your Voice,"

and the unforgettable title song "Sister Act." The price of \$150 will include transportation, buffet luncheon at Yianni's Restaurant at The Chatham House, followed by the show. For more information and to reserve your spot call Carol at (607) 563-8065. Payment must be RECEIVED by May 31.

- **Social Hour & Monthly Meeting** - Our Social Hour and monthly meeting are held at 10:15am on the 4th Wednesday of each month. Feel free to bring a snack to share (not required). Our next date will be May 22.
- **Social Hour for Veterans** - We're looking for local veterans who would like to get together once a month to visit and enjoy some snacks. The kitchenette area at the Tri-County Senior Center will be available on the first Wednesday of the month from 10am to noon beginning on Wednesday, April 3. All area seniors who are veterans are welcome and encouraged to attend.

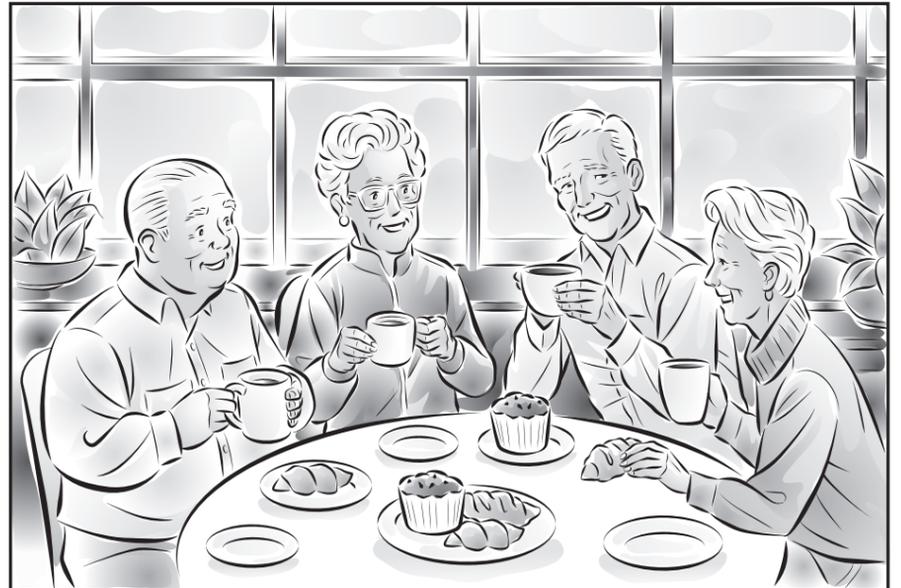
Snacks will be provided.

Ongoing at the Senior Center:

- **Wednesday #1** - 10:30am Stronger Seniors workout program, Stretching; NEW: 10:30am-noon Veterans' Social Hour
- **Wednesday #2** - 10:30am Movie
- **Wednesday #3** - 10:30am Stronger Seniors workout program, Strength
- **Wednesday #4** - 10:15am Meet-

ing & Social Hour

- **Thursdays** - 10am-2pm Pitch and Hand & Foot cards
 - **Fridays** - 10am-noon Mahjong
- In addition to the scheduled activities, the Center is open Wednesday, Thursday and Friday, 10am to 2pm for indoor walking, socialization, puzzles and games, or whatever activity you would like to have. Just let us know, and we'll make it happen!



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
6-3 Thru 6-7	Maple Mustard Chicken Baked Sweet Potato Steamed Peas Three Bean Salad Pineapple Tidbits	Scrambled Eggs Home Fries Sausage Links Orange Juice Cinnamon Applesauce	Macaroni & Cheese Steamed Broccoli Stewed Tomatoes Whole Wheat Bread Mandarin Oranges	Beef Pot Pie String Beans Mixed Garden Salad Whole Wheat Bread Cranberry Crisp	Potato Crusted Pollock Roasted Potatoes Diced Beets Cole Slaw Vanilla Pudding
6-10 Thru 6-14	Cajun Style Jambalaya Steamed Brown Rice Brussels Sprouts Fruit Salad Sherbet	Traditional Meatloaf Mashed Potatoes Red Cabbage Whole Wheat Bread Fruited Jello	BBQ Pork Baked Beans Seasoned Corn Medley Rosie Apple Relish Molasses Cookies	Stuffed Shells Italian Blend Veggies Tossed Salad Italian Bread Mandarin Oranges	Egg Salad on Greens Two Potato Salad Creamy Cucumber Salad Dinner Roll Fresh Watermelon
6-17 Thru 6-21	Chicken & Biscuit Capri Blend Veggies Apple Sauce Pineapple Juice Peanut Butter Cookies	Pot Roast w/ Gravy Mashed Potatoes Steamed Peas Fruit Cocktail Butterscotch Pudding	CLOSED FOR JUNETEENTH	Baked Tilapia Crabmeat Stuffing Fresh String Beans Tossed Salad Brownie ala Mode	Tuna Salad on Greens Potato Salad Marinated Veggie Salad Dinner Roll Strawberry Sundae
6-24 Thru 6-28	BBQ Chicken Sweet Potato Fries Seasonal Vegetables Corn Bread Sugar Cookies	Hot Dogs w/ Buns Smokey Mountain Beans Zucchini & Squash Rosy Apple Relish Sliced Peaches	Italian Baked Tilapia Roasted Potatoes Peas & Carrots Cole Slaw Orange Fluff Salad	Braised Beef Mushrooms/Egg Noodles Steamed Green Beans Fresh Fruit Salad Apple Crisp	Sliced Turkey TriColoredPasta Salad Brocc/Cauliflower Salad Grape Juice Ice Cream Sundae
7-1 Thru 7-5	Sunrise Chicken Baked Sweet Potato Seasoned Spinach Cranberry Sauce Vanilla Ice Cream	Tuna Noodle Casserole Sliced Carrots Tossed Salad Whole Wheat Bread Brownie	Homestyle Meatloaf Mashed Potatoes Capri Blend Veggies Grape Juice Butterscotch Pudding	CLOSED FOR JULY 4th HOLIDAY	CLOSED FOR JULY 4th HOLIDAY
7-8 Thru 7-12	Chicken Alfredo w/ Broccoli/Penne Pasta Diced Beets Whole Wheat Bread Vanilla Pudding	Macaroni & Cheese Stewed Tomatoes GreenBeans/Mushrooms Whole Wheat Bread Diced Pears	Egg Salad on Greens Tri Colored Pasta Salad Carrot Raisin Salad Sweet Pickles Fresh Watermelon	Baked Chicken w/Gravy Buttered Brown Rice Steamed Peas Three Bean Salad Lemon Pudding	Fish on a Bun Sweet Potato Fries Broccoli/Cauliflower Cole Slaw Fruited Jello
7-15 Thru 7-19	Swedish Meatballs Egg Noodles Brussels Sprouts Whole Wheat Bread Mandarin Oranges	Taco Pie Mixed Vegetables Cranberry Juice Whole Wheat Bread Peanut Butter Cookies	BBQ Pork Loin Baked Potato Sliced Carrots Apple Sauce Jello with Topping	Roast Turkey w/Gravy Mashed Potatoes Savory Stuffing Zucchini/Squash Chocolate Cream Pie	Pepper Steak Roasted SweetPotatoes Steamed Broccoli Orange Juice Ice Cream Sundae
7-22 Thru 7-26	Ravioli & Meatballs String Beans Italian Bread Peachy Cream Pudding	Scrambled Eggs French Toast Sticks Sausage Links Orange Juice Cinnamon Applesauce	Chicken Salad Fresh Potato Salad Tomato Cucumber Salad Sweet Pickles Fresh Watermelon	Beef Cabbage Bake Steamed Broccoli Whole Wheat Bread Diced Pears	Ham Steak/Pineapples Roasted Sweet Potatoes Parslied Cauliflower Fresh Fruit Cup Iced Chocolate Cake
7-29 Thru 8-2	Chicken Casserole Steamed Rice Zucchini/Squash Whole Wheat Bread Vanilla Pudding	Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Salad Cinnamon Coffee Cake	Turkey Penne Bake Fresh Carrots Snow on the Mountain Whole Wheat Bread Yellow Cake	IN-SERVICE TRAINING ALL DINING CENTERS CLOSED	Sloppy Joe on a Bun Tater Tots Fresh Green Beans Whole Wheat Bread OatmealRaisin Cookies

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

DELHI 607-746-2250
GRAND GORGE 607-588-6166

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

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

SENIOR DINING: SERVING DELAWARE COUNTY

By: Joanna Wilbur - Dietetic Intern

Retrieved From: <https://aging.ny.gov/programs/food-and-meals>
<https://delawareopportunities.org/senior-dining>

<https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10048759/>

Senior meal sites in Delaware County offer overall healthy, nutritious, and balanced meals to adults over the age of 60. There are no income guidelines associated with the senior meal sites. Individuals eligible to attend senior meal sites are those who are age 60 and over, and the spouse of a person who is 60 or over. The suggested contribution for Senior Meals is \$3 per meal. Collected contributions are used to keep the senior dining program going as well as to serve more people in the community.

Senior meal sites in Delaware County include Delhi, Grand Gorge, Hancock, Margaretville, Sidney, and Walton and served 77,386 total

meals in Delaware County in 2023. Congregate dining at senior meal sites aims to provide a social setting offering activities, dietary support, and relevant informational presentations provided by a registered dietitian. For those who are homebound, hot home delivered meals are an option. This program provides participating older adults with 1/3 of the Recommended Dietary Allowance (RDA).

The Delaware Opportunities senior meal staff work hard to provide hot, nutritious, and safely prepared meals to older adults living in the community. Their efforts are sincerely appreciated, as the 77,386 meals served last year alone would be impossible without them. If you are interested in supporting the senior dining program there are a few things you can do:

1. Provide monetary contributions to help offset the rising costs of the operation.
2. Support legislation at the congressional level by contacting your designated officials to urge the backing of the Older Americans Act to support continued funding for necessary programs.

3. Volunteer at a senior meal site close to you.

Spring Into Maintaining Lean Muscle Mass!

There's no way around it, as we age it becomes more and more difficult to build and maintain lean muscle mass. In fact, most people start to lose muscle mass around the age of 30. This happens at an even greater rate to adults who aren't active. However, loss of lean muscle doesn't have to be a guarantee. There are steps we can take to maintain or build our lean muscle mass including muscle strengthening activities as well as prioritizing protein, healthy fats, and complex carbohydrates.

Incorporate lean proteins in your diet. The recommendation for protein intake for older adults to maintain lean muscle mass is 5-6 oz per day. Prioritize lean sources of protein including fish, beans or poultry. Dairy protein is associated with increased muscle mass in limbs. Aim for three servings each day.

Quality carbohydrates are impor-

tant to fuel workouts and to increase physical activity by fueling the muscles. Half of the daily total calories should come from carbohydrates. Quality carbohydrates include whole grain products, dairy products like low-fat milk and yogurt, as well as fruits and vegetables!

Heart healthy fats are also important to support energy levels for physical activity. In general, 20-35% of total calories should come from healthy fats. Fats to prioritize include avocados, nuts, and fatty fish like salmon.

Last but not least let's use the fuel to increase physical activity. Resistance training has shown to have the greatest benefits in maintaining muscle mass. Resistance training can include lifting weights, resistance bands, push-ups, or pull ups. Check with your doctor before beginning any new physical activity or exercise routine.

Small steps to increase physical activity and prioritize nutrients can have a big benefit in maintaining muscle mass!

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.

- Margaret LaFave: *In Memory of Chuck LaFave*

SENIOR ACTIVITIES FOR JUNE 2024 AND JULY 2024

HOLIDAY CLOSINGS: Monday, 5/27/24, for Memorial Day.
All DINING CENTERS SERVING 11:30 am to 12:30 pm, Monday-Friday.

Easter Dinner served at all meal sites on Friday, 3/29/24, at 11:30 am

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

Grand Gorge Senior Dining Center (Old School, Civic Center, Rte. 30) (607) 588-6166. CENTER MANAGER: JOY JOHNSON.
 Center's 45th Anniversary celebration will be 7/18/24.

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

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

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

Walton Senior Dining Center (St. John's Catholic Church, Benton Ave.) (607) 865-6739. CENTER MANAGER: MORGAN BEERS.
 Evening meals will be served Thursday 6/20/24 and 7/18/24 at 4:30pm in place of lunch.

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 seniors and \$6.00 non-seniors. Those with incomes above the 185% of poverty are asked to contribute the full cost of the meal (\$7.38). The Delaware County Senior Dining Program is operated by Delaware Opportunities Inc. under contract with the Delaware County Office for the Aging with funding from the Delaware County Board of Supervisors, New York State Office for the Aging and the Department of Health, federal and other state funds, and contributions provided by program participants.

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

- May 2024 topic will be "Mental Health Awareness"
- Delhi Dining Center on 5/14/24
 - Deposit Dining Center on 5/16/24
 - Grand Gorge Dining Center on 5/8/24
 - Hancock Dining Center on 5/14/24
 - Margaretville Dining Center on 5/15/24
 - Sidney Dining Center on 5/9/24
 - Walton Dining Center on 5/21/24

- June 2024 topic will be "Laughter is the BEST medicine"
- Delhi Dining Center on 6/11/24
 - Deposit Dining Center on 6/20/24
 - Grand Gorge Dining Center on 6/12/24
 - Hancock Dining Center on 6/11/24
 - Margaretville Dining Center on 6/19/24
 - Sidney Dining Center on 6/13/24
 - Walton Dining Center on 6/18/24

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**Correction from March issue: Robert Abarno, Andes Senior Citizens Club,*

Tim & Elizabeth Austin, Nancy Barnhart, Fern Briggs, Raymond & Rose Busch, Susan Busche, Carolyn Choate, Frank DiGiovanni, Mary Dunne, Richard & Joanne Engelhardt, Richard Fife, Jerome Fraine, Anne Haney, Kevin Hodne, Rosmarie Lynn Hoover, Phyllis Howe, Buelah Hussey, Betty Johnston, Jacqueline Keller, Laura Leale, Robert & May Miller, Ronald Morse, Laura Mullinnex, Joyce Murphy, Paula Nissen, Gregory & Victoria O'Connell, Richard & Patricia Rossi, Shirley Sanford, Ruth Storey, Robert & Wanda VanBuren, Lorraine Vause, Herbert Weixlbaum, Paul Wenner

VETERANS EXPOSED TO TOXINS AND OTHER HAZARDS DURING SERVICE NOW ELIGIBLE FOR VA HEALTH CARE

By: Mark Dunlop, Delaware County Veterans Services Director

I hope everyone is doing well as we all start to see some warmth on our horizon. Below I would like to showcase from the Veterans Administration (VA) that veterans exposed to toxins and other hazard during service are now eligible for VA Health Care.

All veterans exposed to toxins and other hazards during military ser-

vice, whether at home or abroad, are now eligible for VA health care. At the direction of President Biden, VA is expanding health care eligibility to millions of veterans including all who served in the Vietnam War, Gulf War, Iraq or Afghanistan or any other combat zone after 9.11, which is years earlier than what's called for by the PACT Act. These veterans will be eligible to directly enroll in VA health care without applying first for VA benefits.

Also, veterans who never deployed but were exposed to toxins or hazards while training or on active duty in the U.S. will also be eligible for enrollment. The expansion of VA health care eliminates the phased-in approach called for by the PACT Act, so millions of veterans are becoming eligible for VA health care up to eight years earlier than what's written into law.

It's also going to be faster and easier for millions of veterans to enroll. Many veterans think they must first apply to receive VA disability com-

pensation benefits before they're eligible for VA health care, but this is incorrect. With the expansion and other authorities, millions of eligible veterans can directly enroll in VA health care without first needing to apply for VA benefits.

For more information about this and other programs and services available to veterans contact Mark Dunlop at Delaware County Veterans Services; 97 Main Street, Suite 4; Delhi, NY 13753; or by phone at 607-832-5345.

Nutritional Workshops Available in your Community

New! Ten tips for Adults

Join a workshop, Bring a Friend!

The Workshops include:

My Plate

- Eat foods from every food group

Budgeting

- Plan meals ahead
- Shop for best prices

Activity

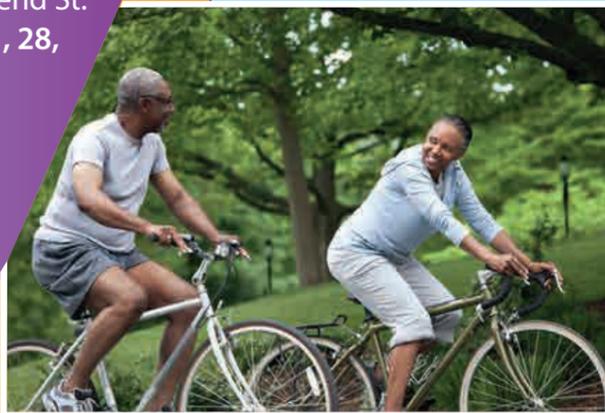
- Add physical activity to your daily routine

Reservations appreciated.

UPCOMING WORKSHOPS:

WALTON: 1st Baptist Church, 55 Townsend St.
Tuesdays: May 21, 28, & June 4 & 11
3pm-4pm

DEPOSIT: Meadow Brook Apartments 85 Fair St.
Wednesdays: June 5, 12, 19 & 26
2pm-3pm



» Call us to Make Reservations or Plan a Workshop Near You! «

Delaware County Office for the Aging

Call the SNAP-Ed Coordinator at

607-832-5750

DelCoEatHealthy@gmail.com

Good Health has NO Age Limit!



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

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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

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.

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