



Senior Citizens' Day at the Delaware County Fair!

Thursday, August 14th, 2025
Senior Admission Reduced to \$5

The Delaware County Office for the Aging
and NY Connects will be at the fair all week long!
August 11th – 16th

Find us in the Commercial Tent.

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



2025 Senior Farmer's Market Nutrition Program

By: *Lyndsay Komosinski,*
Deputy Director

Farmer's Markets and participating farm stands are now open to provide farm fresh fruits and vegetables for good health and nutrition. Delaware County older adults, aged 60 and older, may take advantage of the Farmer's Market Coupon Program to receive twenty-five dollars (\$25) worth of free New York State grown produce at any participating vendor. These coupons can only be used for fresh fruits

and vegetables. You will not be able to purchase any baked or processed foods with the coupons. Delaware County Office for the Aging & NY Connects will coordinate the distribution of the booklets for households of older adults.

Eligibility Criteria for 2025:

To be eligible for Farmer's Market Coupons, a person must be:

- 1) Aged 60 or older,

See "Farmer's Markets" page 3

AARP Defensive Driving Classes

By: *Pat Clark*

AARP Smart Driver Courses will be conducted at the American Legion Post 216 in Margaretville, NY on the following dates and times:

- September 13, 9am to 3:30pm
- September 17 and 18, 9am to 12noon

Classes are 6 hours and can cost: \$30 or \$25. For reservations, please call Instructor Patrick Clark 607-326-4158

The class can provide a 10% reduction in liability insurance or can reduce points on your NYS Driver's License record.

This course provides research-based information to help you update your driving knowledge and skills. As a result of completing the course, most people make positive changes to their driving behaviors.

Our goal is for you to become an even safer driver as a result of this course.

The 10th Annual Delaware County Senior Health And Fun Day

Wednesday, August 20, 2025

**9:30am to 3:00pm at 4-H Camp Shankitunk,
Arbor Hill, Delhi**

- ∞ Delaware Co. Sheriff's Department will be there with the medication disposal box
- ∞ Music by DJ Pat Del and Bob Mesmer
- ∞ Tai Chi for Arthritis
- ∞ Bingo, Corn Hole, and other activities
- ∞ **Craft and Snack:** This year we are making pumpkins (limited space, must sign-up when registering for event)
- ∞ **SNAP-Ed Activity – Make Your Own Herb Garden:** Plant your own container garden of herbs. (limited number of gardens available, must sign-up when registering for event)

**Picnic food provided by Delaware Opportunities includes salads, dessert and beverages.
Featuring Wilsons BBQ Chicken. A suggested contribution of \$7 is appreciated.**

Off-site parking will be at SUNY Delhi, park in Lot G, with continual shuttle services to the camp starting at 9:00am.

RESERVATIONS BY AUGUST 8, 2025, ARE REQUIRED TO ATTEND

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

NO children and NO pets
NO smoking on the premises.

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

Sponsored by Delaware County Office for the Aging and
Co-Sponsored by Delaware County Senior Council.



News From The Director



Wayne Shepard, Director

By: Wayne Shepard

It is with mixed feelings that I inform you of my retirement from Delaware County Office for the Aging for the second time. My last day of full-time employment was June 16, 2025.

I have enjoyed working with agency staff, the Office for the Aging Advisory Board, the Delaware County Board of Supervisors, the Delaware County Senior Council, New York State Office for the Aging, and many other agencies throughout the County.

Much has been accomplished within the agency these past three years. Congregate meal sites at each of the senior dining centers re-opened following closure due to COVID. In 2025, the evening meals resumed and celebration of each of the dining centers' anniversaries. Most of the dining centers are celebrating over 50 years of serving meals.

Following COVID-19, the Senior Health and Fun Day resumed, which is entering its 10th year anniversary this year (older adults look forward to this annual event). When this event started out close to 150 older adults and 40 vendors attended. The

event continues to grow by leaps and bounds. In 2024 close to 350 older adults and over 50 vendors attended.

Tai-Chi for Arthritis also resumed and is being offered to older adults throughout the community.

For the first time in 2023 the annual Senior Ball event was made available for older adults. The first event took place at Bird Song Farm. Close to 100 older adults attended. The owner informed the Director that if this venue was to take place in the city it would cost close to \$25,000. The Office for the Aging staff, volunteers, and donation of the facility made the event a huge success.

A second evidence-based program, Bingocize (fall prevention), was introduced for adults age 50+ to participate throughout Delaware County. This program is well received.

In 2023 the Office for the Aging changed PERS (Personal Emergency Response System) vendor from Link-to-Life to Connect America. Currently, there are over 500 older adults using the new vendor. This has almost doubled the number of participants.

I can't forget that in 2024 the agency celebrated its 50th Anniversary. Celebrations included an open house, recognition of volunteers at SUNY Delhi, and during the Senior Health and Fun Day older adults formed the number "50" which was captured by the county drone.

Lastly, I can't leave out the one major event that was reintroduced in 2022. That is the Pork dinner and Pie Auction. Participants look forward to the event to see which Wayne (Wayne Marshfield or Wayne Shepard) would bid the highest at the Pie Auction. Last

year, the highest bid was \$1,200 for a delicious cheesecake baked by a chef in New York City. The lucky winner was "Wayne Marshfield."

So, with that, though I will be sad to depart, I look forward to the next phase of my life and that is "retirement." I will miss the work, my colleagues, and -most of all- serving the

many seniors that reside in Delaware County. I would like to say thank you to everyone for their assistance and support, but most of all for allowing me to serve and participate in your care and services. It has been a pleasure and I wish nothing but good health and happiness to all of Delaware County's older adults.

LEGACY CORNER

By: Jonathan J. Moore, Caregiver Coordinator

Hello everyone. After a very wet and cold end to spring, the warm weather has arrived in full effect. Just as Mother Nature transitioned from the cold to warmer weather, I would like to transition our attention to Alzheimer's Disease and Dementia. This article will provide some quick facts about Alzheimer's and Dementia as well as 10 warning signs of Alzheimer's Disease.

QUICK FACTS: Did you know more than 6 million Americans are living with Alzheimer's Disease? By 2050, this number is projected to rise to nearly 13 million. Or that Alzheimer's Disease and Dementia kill more than breast cancer and prostate cancer combined. In 2025, Alzheimer's Disease and other dementia's will cost the nation \$321 BILLION and by 2050, this amount could reach nearly \$1 TRILLION. Lastly, more than 16 million Americans provide unpaid care for people with Alzheimer's or other dementia's.

Now, let's review 10 warning signs of Alzheimer's Disease.

- 1) Memory loss that disrupts daily life
- 2) Challenges in planning or solving problems
- 3) Difficulty completing familiar tasks at home, work or leisure
- 4) Confusion with time or place
- 5) Trouble understanding visual images and spatial relationships
- 6) New problems with words in speaking or writing
- 7) Misplacing things and losing the ability to retrace your steps
- 8) Decreased or poor judgement
- 9) Withdrawal from work or social activities
- 10) Changes in mood or personality

Are you or anyone you know showing signs and wanting additional information? Please, contact Delaware County Office for the Aging Caregiver Coordinator, Jonathan Moore, at (607) 832-5750 or by emailing jonathan.moore@co.delaware.ny.us.

Information and research adapted from Ann Thayer, associate Director at Alzheimer's Association.

HARVEST FEST IN DELHI

Saturday, September 27, 2025

10 AM to 4 PM

COURT HOUSE SQUARE & MAIN STREET

The Senior Council for the Office for Aging will have an 'APPLE FEST' on Main Street in front of the OFA office that day. A variety of apples, apple cider, and apple baked goods will be sold.

This will be your last chance to buy a ticket for this year's quilt raffle.

The winner of the quilt, donated by Polly Della Cross, will be drawn at the end of Harvest Fest, at 4PM.

Proceeds will benefit program for seniors.

BAKERS NEEDED-apple pies, apple muffins, apple cookies, apple cake, apple bread, apple pudding, apple crisp, apple strudel, or anything else you can think of that is made with apples will be greatly appreciated.

You can drop off your baked goods at the Office for Aging on Friday or just bring it to our table out front on Saturday.

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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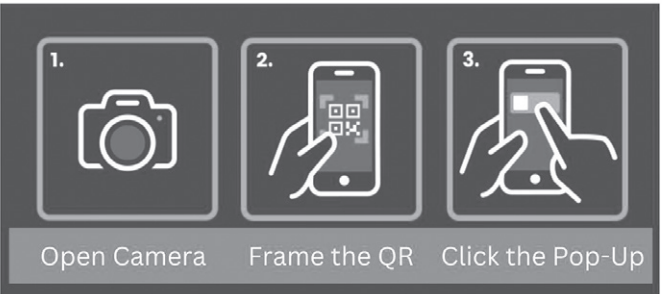
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now accepting
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- You can also pay over the phone by calling our office at 607-832-5750.
- You can scan the QR code here with your cell phone. →



Medicare’s Open Enrollment Vs. Medicare Advantage Open Enrollment

By: Victoria Ladlee, ASR/HIICAP Coordinator; Adapted from National Council on Aging

For the nearly 65 million Americans enrolled in Medicare, one of the first signs of fall each year is the arrival of the “Medicare & You” handbook. This signals that two very important annual enrollment periods are just around the corner: the Medicare Open Enrollment Period and the Medicare Advantage Open Enrollment Period.

Medicare’s Open Enrollment Period vs. the Medicare Advantage Open Enrollment Period: What’s the difference?

- Medicare’s Open Enrollment Period is from Oct. 15-Dec. 7.
- Medicare Advantage Open Enrollment is from Jan. 1-March 31.

They both offer different opportunities for adjusting your coverage. During Medicare Open Enrollment enrollees can make a wider range of changes. Medicare Advantage Open Enrollment gives people with Medicare Advantage (Part C) plans one additional chance to change plans or switch to original Medicare.

This annual enrollment period is for anyone enrolled in Medicare Parts A and/or B, including those who may already be enrolled in a Medicare Advantage or Part D plan.

What can I do during Medicare Open Enrollment?

- These are the actions you can take:
- Change from original Medicare to a Medicare Advantage Plan.
 - Change from a Medicare Advantage plan to original Medicare.
 - Switch from one Medicare Advantage plan to another.

- Join a Medicare drug plan.
- Switch from one Medicare drug plan to another.
- Drop your Medicare drug coverage completely.
- Switch from a Medicare Advantage Plan that doesn’t offer drug coverage to one that does.
- Switch from a Medicare Advantage plan that offers drug coverage to a Medicare Advantage Plan that does not.

If your current plans meet your medical needs and budget, you’re all set. But the Centers for Medicare & Medicaid Services (CMS) recommends everyone review their coverage annually.

When do Open Enrollment changes become effective? Jan. 1, if you meet the Dec. 7 deadline.

Medicare Advantage Open Enrollment is for people who are already enrolled in a private Medicare Advantage plan. If you have a Medicare Advantage plan, this period gives you an additional chance to make changes.

Here are the ONLY actions you can take:

- If you’re in a Medicare Advantage plan, you can switch to another Medicare Advantage plan.
 - You can drop your Medicare Advantage plan and return to original Medicare. You’ll also be able to join a separate Medicare drug plan.
- Any changes made to your coverage will start on the first day of the month after you apply to join a plan.

For further information or clarification, please contact Delaware County Office for the Aging at 607-832-5750 and ask to speak with one of our HIICAP counselors.

“Farmer’s Markets” ...continued from page 1

- 2) AND a NY State Resident
- 3) AND have a monthly income that meets one of the following criteria:
- a **one-person household** with a gross income of **\$2,413** or less
 - a **two-person household** with a combined gross income of **\$3,261** or less
 - a **three-person household** with a combined gross income of **\$4,109** or less (+\$848 for each additional member)

Program Guidelines

This year, each older adult in a household is eligible to receive one coupon booklet, if they meet the age and income requirements. Eligible older adults must personally sign to receive their coupon booklet; no one else will be allowed to sign for them unless they have a legal POA and can show proof. A client may elect to have a proxy pick up coupon booklets for them. The proxy must be present at the time of pickup. A client can call the office to request a proxy form to be mailed/mailed to them. At the markets, caregivers/others can redeem coupons if the recipient is unable to shop in person. Coupon booklets can be mailed this year if the recipient is unable to pick them up. ****Clients take full responsibility for mailed coupons and will not be issued another booklet if they are lost in the mail**.** For those that are unable to make it to a distribution site, and do not wish to have them mailed, delivery may be arranged. The deadline for distributing Farmer’s Market Coupons this year is September 30th – booklets cannot be issued after this date. Coupons are only valid during the current program year from July 1st – November 30th, 2024. If you do not use your coupons by November 30th, coupons should be discarded.

Distribution Sites and Market Locations

Eligible older adults may pick up coupons at the Office for the Aging, located at 97 Main Street, Suite 2, Delhi, NY 13753, Monday through Friday between the hours of 8am and 4pm. There will be a Delaware County Office for the Aging and NY Connects booth at the Delhi Farmer’s Market every Wednesday from July 10th through August 7th from 10am -2pm for distribution. In addition, Office for the Aging & NY Connects staff will be hosting a booth with available cou-

pons in the Commercial Tent at the Delaware County Fair from Monday, August 11th – Saturday, August 16th from 10:00am until 8:30pm. Staff will have a booth setup with distribution on Sunday, August 10th at the fair as well from 1:00pm until 4:00pm. There is no charge to enter the grounds on Sunday. Other distribution sites are as follows:

- Walton Veteran’s Plaza: Monday, July 7th: 11am – 2:00pm: 171 Delaware Street, Walton, NY 13856
- Downsville Fire Department- Senior Meals site: Tuesday, July 8th – 10am – 12:30pm: 15166 NY 30, Downsville, NY 13755
- Delhi Senior Community: Tuesday, July 8th – 2pm – 3:30pm: 7 Main Street, Delhi, NY 13753 in the Community Room
- Deposit Dining Center: Thursday, July 10th: 10:30am – 12:00pm: 14 Monument Street, Deposit, NY 13754
- Meadow Park Apartments: Thursday, July 10th: 12:30pm – 2:00pm: 85 Fair Street, Deposit, NY 13754
- Margaretville Parking Lot (Across the street from Fresh Town): Friday, July 11th: 11:00am – 1:30pm
- Stamford Senior Housing: Monday, July 14th: 10am – Noon: 125 Main Street, Stamford, NY 12167- Front Door Entrance
- Grand Gorge Civic Center: Monday, July 14th: 1:00pm – 2:30pm: 60933 NY-30, Grand Gorge, NY 12434
- Roxbury Fire Department: Tuesday, July 15th: 11:00am – 2:30pm: 53613 NY-30, Roxbury, NY 12474 (in the back)
- Davenport Town Hall: Wednesday, July 16th: 10am – Noon: 11790 NY-10, Davenport Center, NY 13751
- Sidney Civic Center: Thursday, July 17th: 10:30am – 12:30pm: 21 Liberty Street, Sidney, NY 13838
- Sidney Senior Village: Thursday, July 17th: 1:00pm – 2:30pm: 200 Fox Street, Sidney, NY 13838
- Read Memorial Apartments: Tuesday, July 22nd: 11:00am – 12:00pm: 266 Leonard Street, Hancock, NY 13783
- Covered Bridge Farm Market: Friday, July 25th: 11:00am – 2:00pm: 331 Covered Bridge Rd, Unadilla, NY 13849
- Delhi Telephone Company Open House: Wednesday, August 6th: 11:00am – 2:00pm: 107 Main Street, Delhi, NY 13753

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.

- Whit & Rosemary Whitaker: *In Memory of Pat Grays*

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:

<input type="checkbox"/> Use where most needed	<input type="checkbox"/> Insurance Counseling	<input type="checkbox"/> Senior Meals
<input type="checkbox"/> Caregiver/Respite Services	<input type="checkbox"/> Legal Services	<input type="checkbox"/> Tax Aide
<input type="checkbox"/> Del. County Senior Council	<input type="checkbox"/> Non-Emergency Medical Transport	
<input type="checkbox"/> EISEP	<input type="checkbox"/> Senior Bus	

PLEASE MAKE CHECK PAYABLE TO:
DELAWARE COUNTY SENIOR COUNCIL

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

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

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At Home Care Partners, Inc.

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“Assisted Living...in Your Own Home”

Big Wheels Golf Tournament Raises Over \$7,000



Pictured Left to Right: Mike O'Donnell, Jason O'Donnell, Eileen O'Donnell Knickerbocker, and Jamie O'Donnell.

By: Lyndsay Komosinski, Deputy Director

The Delaware County Senior Council Annual Big Wheels Golf Tournament that was scheduled for Friday, May 9th, at the Delhi College Golf Course was rescheduled to Friday, May 30th due to inclement weather. Golfers were notified of the change on Thursday, May 8th.

This year's tournament hosted 86 golfers. At noon a delicious meal took place at the SUNY Delhi Blue Stone restaurant. Food was provided by Sodexo Campus Cater. The Big Wheels committee (consisting of Jim and Peg Hilson, Dale Cole, Jamie O'Donnell, Terri Tweedie, Lyndsay Komosinski, and Wayne Shepard) recruited several

sponsors who made generous donations toward the cost of the event. This year's tournament was a major success, raising more than \$7,000. This event is the largest fundraising event to support the many programs serving Delaware County older adults. The funds are used to help pay for a variety of services for older adults, especially those who have low income, poor health, or are trying to continue living on their own as long as possible.

Thank you to everyone who made this event a huge success. The Office for the Aging thanks everyone who supported this year's tournament. Next year's Tournament is scheduled for Friday, May 29th, 2026. We look forward to seeing you again next year!



"Chris Storrer (left) and Janet Povlock (right) planting windowsill herb gardens at Senior Health and Fun Day 2024."

Tri-County Seniors

By: Carol Allen, President

The Tri-County Seniors had a busy spring season. They are settling into their new, larger space in the AO Fox hospital building in Sidney where they were able to have a potluck lunch following their May meeting. In June, they toured the newly renovated Everything Bagelry business in

Bainbridge where they watched the bagel making process. On June 17, a group of ladies enjoyed lunch at Club 55 in Sidney. They hope to make this a monthly event at area restaurants. The end of June brought a yard sale fundraiser on the covered deck outside the hospital building. All items were donated with proceeds going towards future programs and activities for the Tri-County Seniors.

Fifty seniors traveled to the Hudson Valley in mid-June for a tour of the Vanderbilt Mansion in Hyde Park, followed by lunch at Foster's Coach House Tavern in Rhinebeck, then an antique air show at the Old Rhinebeck Aerodrome. Mid-July will bring their annual picnic at Copes Corners Park in Gilbertsville. Then, they will round out the month with a luncheon cruise of the Thousand Islands out of Alexandria Bay, with a stop at Boldt Castle.

Area seniors are invited to join them for a trip to the Villa Roma Resort in Callicoon, New York, on September 9 for lunch and an Old Time Rock and Roll show starring Peter Lemongello, Jr. The price of \$140 includes transportation via a Hale Transportation motor coach, lunch and the show. The bus will pick up at the Price Chopper Plaza in Oneonta at 8:00 am, and behind McDonald's Restaurant in Sidney at 8:30, returning to Sidney at 5:00 pm and Oneonta at 5:30pm. For further details and to register, call Carol Allen at (607) 563-8065. Pre-registration is required, and payment must be received no later than August 4.



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

Stamford-Harpersfield Senior Club



By: John R. Adams

On June 10, 2025 the Stamford-Harpersfield Senior Club hosted a get-together with the Jefferson, NY Senior Club to enjoy games, a buffet lunch and entertainment. The entertainment was The Hot Pots, an entertaining women’s barbershop type musical group. The two clubs are planning another meeting to be held this summer.

Hamden Seniors



By: Patsy Moody

The Town of Hamden Seniors enjoyed each other’s stories and delicious food on May 28th. We are once again proud to have helped honor two special members for their Senior Service to our town and to Delaware County. Lynn Hoover and Elfie Anschlowar were acknowledged for their untiring efforts. Elfie is quoted “Vol-



unteering gives me a sense of accomplishment and purpose.” NYS OFA recently held a banquet and ceremony to recognize all of the county honorees. Here is ‘OUR’ Elfie with her plaque and lovely smile while sharing with our group how pleased she was to be able to attend the event in Albany.

The Hamden Seniors are changing their meeting day. We will now be meeting the last MONDAY of each month. It seems there are other clubs who gather weekly on Tuesday and Wednesday so we thought we’d attempt Monday. We are also going to incorporate some game time. (Cards, board games, or just visiting).

The Town Hall meeting room will be unlocked by 10:30 and we can stay until 3. Still planning for a covered dish meal at 12:30pm.

Come one and all. Everyone is welcome, not a closed group for only Hamden.

Royal Regency Ball

September 14, 2025
2pm to 6pm

Walton Fairgrounds
12 Fair St.
Walton, NY 13856

Open to adults 55 +.

Hosted By: Delaware County Office for the Aging and NY Connects.

\$15 for 2 individuals or \$7.50 for individual if paid by Aug 15, 2025, or \$10 a person at the door. Contact the office at 607-832-5750 by September 5, 2025, to make your reservation.

Guests who dress in Regency Era attire will be entered into a prize drawing!

Correction To Delaware County Senior Clubs Meeting Schedule

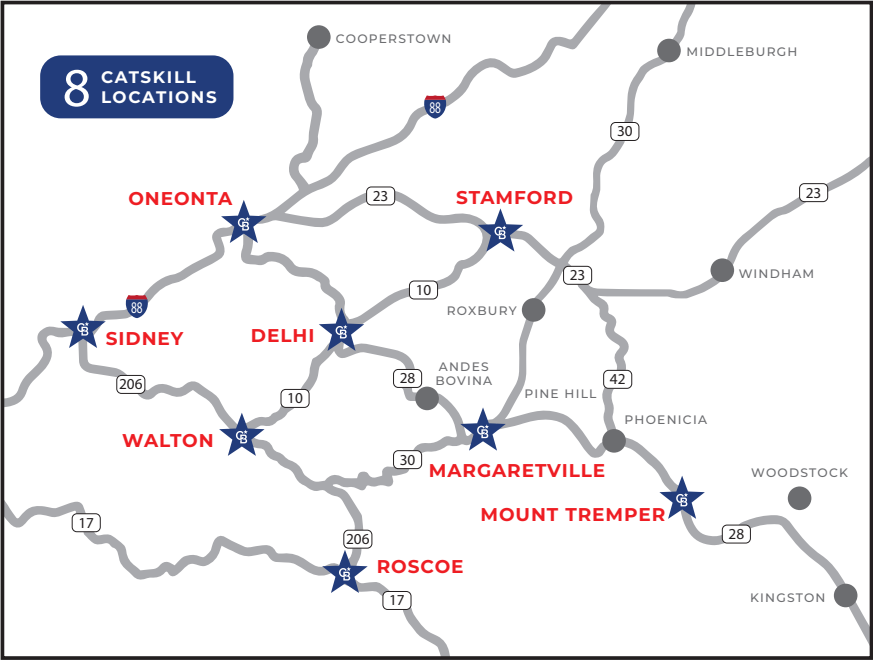
There is a correction to the Senior Club Meeting schedule from our last Dispatch issue.

Senior Club	Contact Name	Phone #	Meeting Day, Time & Location
Hancock Senior Club	Ken Colgan	607-637-2466	Last Wednesday, @12pm Noon Hancock Senior Dining Center, Messenger Hall, 56 Wheeler Street, Hancock

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OFA Bus Schedule Additions For August-October 2025

Here is a list of bus schedule changes or additions for our Senior Transportation Bus System. If you have any questions or wish to reserve a seat on any of these trips, please contact the Office for the Aging at 607-832-5750.

ADDED TRIPS

Rules for using our bus service still apply for all added trips. Bag limit, pick-up times, and shopping time remain the same as they are for the regular bus runs. (Note: these trips will occur on either a Monday or Tuesday)

We will also be offering Bus Trips to the Delaware County Fair the week of August 11-15. Pick up locations and times will be announced closer to Fair Week. In September we will also be going to Lake George. Call the office to reserve your seat.

BUS PICKUP ROUTE (Wednesday's Route):

Delhi (8:05), Downsville (8:35), East Branch (8:50), Fishs Eddy (8:55), Hancock (9:00), Deposit (9:20), Masonville (9:45).

Destination	Dates
Cobleskill	July 28
Bainbridge – Frog Pond/	
Pine Ridge Store	August 4,

.....September 8, October 14
Binghamton August 19
Cooperstown/
Fly Creek Cider Mill..... October 21

BUS PICKUP ROUTE (Thursday's Route):

Bovina (8:15), Andes (8:20), Margaretville (8:40), Arkville (8:45), (Fleischmanns), Roxbury (9:05), GG (9:15), Stamford (9:30), Harpersfield (9:40), Davenport (9:50).

Destination	Dates
Cobleskill/Carrot Barn.....	August 25,
.....September 22, October 20	
Albany	August 11
Kingston (Hudson Boat Tour & shopping)	October 7
Cooperstown/ Fly Creek Cider Mill.....	October 27

BUS PICKUP ROUTE (Friday's Route):

Hamden (8:15), Walton (8:30), Sidney (9:30), Franklin (9:45).

Destination	Dates
Bainbridge – Frog Pond/ Pine Ridge Store	August 26,
.....September 29, October 28	
Cooperstown/ Fly Creek Cider Mill.....	October 21

Recognizing The Early Signs of Parkinson's Disease

By: Susan Sansbury, Caseworker, with information from the Parkinson's Foundation

Parkinson's disease (PD) is a complex and progressive neurological condition that can be challenging to identify in its early stages. While no single symptom confirms a diagnosis, understanding common indicators can help you and your loved ones recognize when it might be time to consult a healthcare professional. If you notice more than one of these signs, consider scheduling an appointment with your doctor for further evaluation.

One of the most widely recognized early signs is a tremor, often a slight shaking in a finger, thumb, hand, or chin, particularly when at rest. While normal tremors can occur after intense exercise, stress, injury, or due to certain medications, a persistent tremor at rest warrants attention. Another subtle but telling sign is small handwriting, also known as micrographia. If your words are increasingly cramped and smaller than they used to be, it could indicate PD. This differs from typical age-related changes in handwriting or stiffness from conditions like arthritis.

Beyond visible physical changes, PD can also affect other senses and functions. A loss of smell, especially for distinct foods like bananas or licorice, without an accompanying cold or flu, can be an early indicator. Sleep disturbances, such as thrashing or acting out dreams during deep sleep, can also signal PD, differing from occasional restless nights or minor sleep jerks. Trouble moving or walking, characterized by stiffness in the

body or reduced arm swing when walking, is another common symptom. This stiffness often doesn't resolve with movement and can manifest as pain in the shoulder or hips, or a sensation of "feet stuck to the floor."

Other less obvious signs include constipation that isn't related to diet, hydration, or medication side effects. A noticeable change in voice, becoming soft, breathy, or hoarse, may also point to PD. This differs from a temporary change due to a cold. Facial masking, where you appear serious, depressed, or angry even when you're not, is another potential sign. Frequent dizziness or fainting upon standing, suggesting low blood pressure, can also be linked to PD. Lastly, a noticeable stooping or hunching over posture, not caused by injury or bone problems, could indicate the disease.

If you or a loved one exhibit several of these signs, it's crucial to consult a doctor. Early diagnosis allows for proactive management. Your doctor may recommend a neurologist for specialized care, and referrals to occupational, physical, or speech therapists can help manage symptoms. Connecting with a medical social worker can also provide support and guidance. Regular exercise is often recommended to help delay symptom progression. Remember, open communication with family and friends can provide essential support throughout the journey. For more information, you can contact the Parkinson's Foundation helpline at 1-800-473-4636 or visit their website at parkinson.org.

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
8-4 Thru 8-8	Spanish Baked Steak Oven Browned Potatoes Broccoli/Cauliflower Apple Juice Chocolate Pudding	Spinach Quiche w/Cheddar Cheese Capri Blend Veggies Orange Juice Cinnamon Applesauce	BBQ Chicken Oven Fries Zucchini/Squash Cole Slaw Sherbet	IN-SERVICE TRAINING ALL DINING CENTERS CLOSED	IN-SERVICE TRAINING ALL DINING CENTERS CLOSED
8-11 Thru 8-15	Chicken Parmigiana Noodles w/Sauce Italian Blend Veggies Cucumber Salad Fresh Fruit Cup	Meatloaf w/Gravy Roasted Potatoes Pickled Beets Brussels Sprouts Ice Cream	Sliced Turkey Breast Bed of Fresh Greens Potato Salad Sweet Pepper Slaw Lemon Mousse	Chicken Alfredo Zucchini/Squash Ambrosia Salad Italian Bread Butterscotch Pudding	Potato Crusted Pollock Sweet Potato Fries Green Beans Grape Juice Brownie
8-18 Thru 8-22	Pepper Steak Oven Browned Potatoes Seasoned Broccoli Orange Juice Ice Cream Sundae	Baked Ham w/Sauce Sweet Potatoes Red Cabbage Dinner Roll Lemon Pudding	SENIOR HEALTH AND FUN DAY ALL CENTERS CLOSED	Soft Shell Tacos Mexican Rice Vegetable Medley Whole Wheat Bread Tres Leches Cake	Tuna Salad on Greens Macaroni Salad Three Bean Salad Sweet Pickles Fresh Watermelon
8-25 Thru 8-29	Swedish Meatballs Egg Noodles Steamed Spinach Cranberry Juice ChocolateChip Cookies	Macaroni & Cheese Stewed Tomatoes Seasoned Peas Whole Wheat Bread Jello w/Topping	Italian Tilapia Rice Pilaf OrientalBlend Veggies Cole Slaw Strawberry Sundae	Chicken & Biscuits Steamed Broccoli Carrot Raisin Salad Rosey Apple Relish Pineapple Tidbits	Turkey Salad Potato Salad Pickled Beets Dinner Roll Vanilla Ice Box Cake
9-1 Thru 9-5	CLOSED LABOR DAY	Meatloaf w/Gravy Mashed Potatoes Mixed Veggies Waldorf Salad Whole Wheat Bread Peanut Butter Cookies	Crab Cakes Sweet Potato Tots OrientalBlend Veggies Cole Slaw Apple Crisp	CranOrange Chicken Buttered Noodles String Beans Whole Wheat Bread Fruited Jello	Stuffed Shells Steamed Broccoli Pineapple Juice Italian Bread Sherbet
9-8 Thru 9-12	Spanish Rice Fresh Squash Medley Three Bean Salad Whole Wheat Bread Spiced Peaches	Chicken Ala King Freshly Baked Biscuit Capri Blend Veggies Snow on the Mountain Lime Jello w/Topping	Pasta Primavera Sliced Carrots Grape Juice Garlic Bread Molasses Cookies	Spinach Quiche w/Pepper & Onion Orange Juice Whole Wheat Bread Cinnamon Applesauce	Baked Tuna Casserole String Beans Mixed Garden Salad Cranberry Juice Cinnamon Coffee Cake
9-15 Thru 9-19	Chili con Carne Steamed Rice Diced Carrots Corn Bread Pineapple Tidbits	Roast Pork w/Gravy Mashed Potatoes Butternut Squash Rosey Apple Relish Tapioca Pudding	Macaroni & Cheese Fresh String Beans Stewed Tomatoes Cole Slaw Ice Cream	Sour Broughton w/Gravy Egg Noodles Red Cabbage Dinner Roll Black Forest Cake	Roadhouse Chicken Baked Potatoes Steamed Broccoli Whole Wheat Bread Fruit Cup
9-22 Thru 9-26	Shepard's Pie Seasoned Spinach Apple Juice Whole Wheat Bread Ice Cream	Ham w/Raisin Sauce Baked Sweet Potato Parslied Cauliflower Waldorf Salad Peachy Cream Pudding	Swedish Meatballs Egg Noodles Fresh Carrots Tossed Salad Mandarin Oranges	Creole Chicken Oven Roasted Potatoes Steamed Broccoli Pineapple Juice Cinnamon Coffee Cake	Meatloaf w/Gravy Mashed Potatoes Green Beans Whole Wheat Bread Brownie
9-29 Thru 10-3	Baked Ziti Casserole Italian Blend Veggies Creamy Cucumber Salad Italian Bread Chocolate Pudding	Spicy Cranberry Pork Roasted Sweet Potatoes Steamed Peas Apple Sauce Fruit Cup	Chicken Alfredo Broccoli & Carrots Apple Juice Whole Wheat Bread Upside Down Cake	Eggplant Parmigiana Spaghetti w/Sauce Zucchini/Squash Sauté Tossed Salad Oatmeal Raisin Cookies	Salisbury Steak Rice Pilaf Mixed Veggies Cabbage Bowl Lime Jello
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

Balance Matters & Small Changes Help!

By: Kevin Shelley, Epoch Times;
Adapted by Terri Tweedie

Each week, I see at least half a dozen patients who have been injured in a fall. These incidents often result in fractured bones or extensive soft tissue injuries that can take months to heal. The prolonged recovery time can cause people to live in fear of future falls and can significantly limit their activities. Decreased strength and stability are major factors contributing to balance issues, and falls are not only common but also costly.

Balance and stability often decline as we age, **but the true culprit is typically decreased activity and strength rather than aging itself.**

I’ve been fortunate to work with many older patients who have maintained excellent balance. Additionally, I’ve helped thousands regain their strength and endurance, resulting in significant improvement in their balance. With the right exercises and dedication, anyone can achieve better stability and enjoy a more active, fulfilling life.

There are three balance systems in the body:

Visual system (eyes): Vision is one of the most vital balance mechanisms we use, especially as we age. Our eyes constantly update us about body position and orientation in space.

Somatosensory system (sensa-

tion): We use the sensations of our joints, muscles, and tendons to provide the brain with information about the position and movement of different parts of the body. This allows us to maintain balance by sensing their position in space. This is especially true of our feet, which are a critical component in the kinetic chain. Their sensory input is invaluable for balance.

Vestibular system (inner ear): Our semicircular canals are three fluid-filled “hoops” in our inner ear that detect motion and changes in our head’s position. They send signals to the brain to help control balance and coordination.

Together, these three systems overlap to keep us balanced and coordinated. If one system is compromised, the others can often compensate to help maintain stability.

The following exercise has a proven history of success with my patients, and I’m confident it will benefit you as well.

One Exercise for Balance and Stability Single-Leg Stance

The single-leg stance is a classic exercise therapists use to increase standing balance skills in rehabilitation or by officers on the roadside to check if someone has had one too many.

For some, this exercise can be

quite challenging. However, the body adapts quickly, and with consistent practice, improvement is guaranteed.

Step 1: Stand in front of a stable surface such as a chair or countertop to maximize your safety by having something to hold onto if needed.

Step 2: Slightly lift your right foot off the ground and bend your right knee to approximately 80 to 90 degrees. Try to hold this position for about 30 seconds before lowering

your foot back down.

Step 3: Lift your left foot and repeat the movement on that side.

Step 4: This counts as 1 repetition. Try to perform 10 repetitions, holding onto the counter or chair only as needed.

It’s natural to feel unstable at first, but stability improves quickly with practice. As you progress, you can make the exercise more challenging by intermittently closing your eyes.

Office for the Aging offers two falls prevention programs: Tai Chi for Arthritis and Bingocize. Bingocize incorporates exercises similar to the one listed above.

Upcoming Classes

June 23 - Aug. 28, 2025	Tai Chi, Delhi	Mon.& Thur. 10 -11a.m.
Sept. 2 - Nov. 6, 2025	Tai Chi, Franklin	Tues.& Thur. 11 a.m. - 12 p.m.
Sept. 2 - Nov. 6, 2025	Tai Chi, Walton	Tues.& Thur. 2 - 3 p.m.
Sept. 3 - Nov. 7, 2025	Bingocize, Sidney	Wed.& Fri. 10:30 -11:30 a.m.
Sept. 9 - Nov. 20, 2025	Bingocize, Hobart	Tues.& Thur 10 -11a.m.
Oct.6 - Dec. 17, 2025	Tai Chi, Sidney	Tues.& Thur. 2 - 3 p.m.
After Labor Day (TBD)	Bingocize Andes	Mon. & Wed. 10:30 – 11:30
After Labor Day (TBD)	Bingocize Margaretville	Days TBD, 10:30 – 11:30

Call 607-832-5750 for questions and to register. Space is limited!

Special Note: Delhi Dining Center staff and Bingocize participants are planning a birthday party for August

birthdays. Everyone is invited. Please register with the Delhi Dining Center at 607-746-2250 if you intend to be there for lunch at 11:30am; BUT save room for ice cream and cake.

“LIKE” US ON FACEBOOK

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



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

SENIOR ACTIVITIES FOR AUGUST 2025 AND SEPTEMBER 2025

HOLIDAY CLOSINGS: Monday 9/1/25 for Labor Day
All Centers will be closed Thursday 8/7/25 and Friday 8/8/25 for In-Service Training and Wednesday 8/20/25 for Delaware County Senior Health and Fun Day.

Evening Meals: Evening meals will be on 8/21/25 and 9/18/25.

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

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

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

Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764. INTERIM CENTER MANAGER: STEFANIE BLANCHARD.

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: JIMMY JACKSON.

NOTE: Suggested contribution for regular meals is \$5.00 seniors and \$10.00 non-seniors. Contribution for all evening meals is \$7.00 for seniors and \$12.00 for non-seniors. Those with incomes above the 185% of poverty are asked to contribute the full cost of the meal (\$13.52). 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 SCHEDULE

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

July 2025 topic will be
“Sepsis Awareness”


- Delhi Dining Center on 7/8/25
- Deposit Dining Center on 7/17/25
- Grand Gorge Dining Center on 7/9/25
- Hancock Dining Center on 7/8/25
- Margaretville Dining Center on 7/16/25
- Sidney Dining Center on 7/10/25
- Walton Dining Center on 7/15/25

August 2025 topic will be
“OFA Transportation Services”

- Delhi Dining Center on 8/12/25
- Deposit Dining Center on 8/21/25
- Grand Gorge Dining Center on 8/27/25
- Hancock Dining Center on 8/12/25
- Margaretville Dining Center on 8/6/25
- Sidney Dining Center on 8/14/25
- Walton Dining Center on 8/19/25

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Hydration – More Important Than You May Think

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

Water isn’t just a refreshing thirst-quencher. It’s essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health.

What is the meaning of “hydrated”? Being hydrated simply means that your body has enough fluids to function properly. According to the American Heart Association, the amount of water each person needs can vary. A quick way to tell if you’re drinking enough is to check the color of your urine. If it’s pale yellow in color and clear, you are likely well-hydrated. If it’s dark-colored with amber or brown tones, you may be dehydrated.

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

Why dehydration is more likely to

affect older adults:

As you get older, it’s even more important to stay hydrated. Recent studies have found that up to 40% of older adults may be chronically underhydrated. This population is more vulnerable to dehydration for a number of reasons: 1) Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it, therefore, you may be drinking less than you need to stay healthy. 2) Older adults experience body composition changes over time that leave them with less water in their bodies to start with. 3) Older adults are also more likely to take medications that increase dehydration risk. In addition, as age advances, the body doesn’t regulate temperature as efficiently as those of younger people. This means that during exercise or activity, you are more likely to become dehydrated through sweating. Even mild dehydration can cause an array of uncomfortable and debilitating symptoms. Understanding the warning signs can help you take action before the situation becomes severe.

Early dehydration symptoms include: Dark-colored urine, urinating less frequently; fatigue or feeling weak; irritability; dizziness; headaches; muscle cramps in arms or legs; dry mouth; confusion and decreased cognitive function. Tiredness



and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is simple: drink more water throughout the day.

How much water do you need to stay hydrated?

As a general rule, you should take one-third of your body weight and drink that number in ounces of fluids. For example, if you weigh 150 pounds, aim to drink at least 50 ounces, or about 6-7 cups, of water each day. The National Academy of Medicine suggests an adequate intake of daily fluids between 8 and 12 cups depending on age, gender, and weight. All sources of fluids-drinking water, food, and beverages—are counted in recommendations. However, it’s best to talk to your doctor to determine how much water you should be drinking daily. They can review your medical history with you as well as any over-the-counter or prescription medications you’re currently taking. Certain medications cause the body to flush out more water.

How can you stay hydrated every day?

There are simple steps you can take to get the water your body needs.

1) Choose foods with high water content. If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid intake, especially in the colder

weather. If you’re watching your sodium, be sure to opt for low-sodium versions.

2) Keep water with you, always. Having hydration at your fingertips can make it easier to get adequate amounts of fluid. Carry a refillable water bottle with you wherever you go or keep a lightweight water pitcher and cup near your favorite chair at home.

3) Avoid or reduce your alcohol intake. Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive.

4) Change it up. Pure, clean water is the best way to stay hydrated. But let’s face it, drinking plain water all day can get boring! Try jazzing up your water by adding slices of fresh lemon, orange, cucumber or berries. You may also choose to switch up water with other options such as ‘no sugar added’ juice, or protein and nutritional shakes specifically designed for older adults. Coffee and tea count toward your daily fluid intake but keep in mind they can have a slight dehydrating effect.

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

The Delaware Opportunities Senior Dining Program Is Looking For Volunteers!

By: Pattie Warfield, Senior Dining Project Director

Volunteering can provide a sense of purpose and connection, making it a perfect activity for anyone looking to make a positive impact in their community. The Senior Dining Program is currently looking for volunteers to help in house at each of our 6 meal sites particularly at our Grand Gorge and Sidney locations. Also needed are volunteer drivers to provide meal deliveries using their personal vehicle in Davenport and Downs ville, with a mileage reimbursement of .70 per mile. A valid NYS driver’s license

and criminal background check are required for all volunteer drivers. Anyone interested should contact the Delaware Opportunities Senior Dining Office at 607-746-1710.

“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.”

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