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DELAWARE COUNTY OFFICE FOR THE AGING

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Senior Citizen Of The Year – Alice Brant Merrill Blackman



By: Margaret “Peg” Hilson, Senior Council President

The Delaware County Senior Council is very proud to select Alice Brant Merrill Blackman as our 2025 “Senior Citizen of the Year.”

Alice is a long-time member of the Hamden Seniors Club. They credit her smile and abundant enthusiasm as one reason why their club is still active. She is a lifelong community volunteer.

As a dairy farmer’s wife and partner, she coached her kids as a 4H leader, volunteered as a school activity taxi driver, and was a Dairy Princess Mom through most of the 1960-70’s. As a member of the Hamden Presbyterian church, she taught Sunday

school, lead Bible studies, and organized vacation Bible school and many harvest dinners. After the kids left the nest, Alice began to participate in the senior club activities, holding offices and a lengthy term on the Senior Council – stepping down only in 2019 at the age of 94.

Alice is still the go to when a phone chain needs to be activated and even offered last fall to peel potatoes at home to help (once again) with the Harvest Dinner. She is a steadfast resource for local history. As her children were growing and her husband was involved with numerous farming organizations she documented everything by scrapbooking. Births, marriages, farm accidents, and deaths were painstakingly glued into her many thick albums. Most have now been donated to the families noted or to the Hamden Schoolhouse Museum.

Mrs. Blackman’s extreme highlight is the discovery that Hamden was the location of the first baseball game in Delaware County. In 2017 she helped organize a committee to place flags in DeLancey and Hamden signifying that the first baseball game was played on Crawford field. Now the community has just completed a celebration of 200 years since that game and the organization of the town. “Miss Alice” was honored as the Grand Marshall of the Bicentennial Parade in July 2025.

We are pleased to one more time “pat Alice on the back” and say Thank You for all she has so freely given through the years. We feel that Alice is a shining example of “Seniors Helping Seniors” and are delighted to honor her as this year’s Delaware County Senior Citizen of the Year.

Office For The Aging to Hold Public Hearing

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

and the public. If you are unable to attend but would like to comment on services that the Delaware County Office for the Aging provides or services we are lacking, please send all comments to Delaware County Office for the Aging, 97 Main St., Suite #2, Delhi, NY 13753. The Delaware County Office for the Aging is funded under Title III of the Older Americans Act through the Federal Administration on Aging with additional funding from the New York State Office for the Aging, Delaware County Government, and contributions from participants and local charitable organizations.

Lauren Monroe Named Outstanding Contributor Of The Year

By: Lyndsay Komosinski, Director for OFA

The staff of the Delaware County Office for the Aging and NY Connects are pleased to announce that Lauren Monroe of Bovina Center has been selected to receive the Outstanding Contribution by a Senior Citizen award. This award has been given annually since 1983 and recognizes a Delaware County senior citizen who has been active in improving the quality of life for the county’s older adult residents.

Lauren was born on September 8, 1930, at his family farmstead in Bovina Center to the late Henry and Ruth Monroe. Lauren attended Delaware Academy Central School and graduated in 1949. After graduation he enrolled at Westminster College and graduated in 1953. Lauren married his wonderful wife, Lois, in 1953 and has been happily married for 71 years. Together, they have three children, Robert, Naomi and Jeff. Lauren and Lois are the proud grandparents to seven grandchildren, Sherrie, Barbra, Donna, James, Michale, Erin and Kyle, ten great grandchildren, and three great-great grandchildren. Lauren’s family farmstead was established in 1894 and was later taken over by Lauren and Lois who ran it as an active dairy farm for 42 years. Their family farm has been noted by some as “one of the most picturesque in Delaware County.”

Lauren has been a very active member of the Bovina Community for most of his life. He has been a lifetime member of the U.P. Church, where he proudly served as an Elder, Trustee, and sang in the choir. In addition, Lauren served on the Delaware Academy School Board for thirteen years and served as the Bovina Volunteer Fire Department Commissioner. Lauren was employed by Delaware Opportunities as a driver for twenty-three years. Lauren has managed to be an active part of his community for several years while running his dairy farm and raising his three children. In fact, one of Laurens son’s made note that Lauren would alter his evening milking time to ensure that he



made every single sporting event and activity while they were in school. He has also remained very active in the lives of his grandchildren.

Lauren’s life has been an outstanding example of contribution. Lauren came to OFA to volunteer as a driver, transporting other older adults to and from their medical appointments. His time volunteering for OFA is a period that I and the staff of OFA greatly appreciate. Lauren was a driver who would take anyone, anywhere, and never thought twice about the distance or time it took. When asked about his inspiration for volunteering, Lauren simply stated, “it is important to contribute.” Lauren also shared some advice to others who may be considering volunteering after retirement. Lauren says, “Just enjoy having something to do. At times it can be hard to fill the void of working after retirement and volunteering is a great way to fill that void and to give back to the community.”

Lauren has certainly demonstrated a commitment to serving others throughout his entire life. He has gone above and beyond to help those in his community, as well as surrounding communities. He exemplifies selflessness, empathy, generosity, compassion and overall kindness. The staff members of the Delaware County Office for the Aging are proud to be able to recognize Lauren Monroe as this year’s Outstanding Contributor.

Defensive Driving

Booty Security’s Defensive Driving Insurance and Points Reduction Classroom Program

One Day Classes:

- **September 2nd, Delhi Chamber of Commerce Building, 9am-3pm**
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- **September 28th, Southside Mall,**

Oneonta, 9am-3pm

To register call 607-538-9632 Sherry.

Cost of class is \$35. The certificate is good for 3 years.

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Lyndsay Komosinski, Director

By: Lyndsay Komosinski, Director

Hello, my name is Lyndsay Komosinski, and I am the new Director of Delaware County Office for the Aging.

While the title, “Director”, is new to me, many of you may already know me. I am no stranger to Delaware County Office for the Aging and NY Connects. In fact, I have been a part of the OFA team for eight years. My time at OFA began in April of 2017, when I was hired as the NY Connects Specialist. Shortly after that, in July of 2017, I was offered and accepted the NY Connects Coordinator position. I worked as the NY Connects Coordinator until

MEET THE DIRECTOR

January 1, 2024, when I accepted the position of Deputy Director. On July 23, 2025, I was officially appointed as the Director of Delaware County Office for the Aging & NY Connects.

Over the course of the past eight years, I have been able to work with each program offered at Office for the Aging, as well as other programs available throughout the state. I have familiarized myself with the rural nature of the county and the needs of the population we serve. I have dedicated my career and my personal life to helping those in need and making a difference in the wellbeing of others. I have raised my family to do the same. In fact, all three of my children, ages 18, 15 and 13, have volunteered for Office for the Aging in some respect, and two of them have worked at OFA through the summer youth program. My oldest daughter, who is now eighteen years old, has worked as a summer intern with OFA since she was fourteen. My husband has been a dedicated, volunteer fireman since 2011, and has volunteered for OFA for several years as well.

I was born and raised in Delaware County. I graduated from Walton Central School in 2004, and from Central State University in 2023, with a degree in Humanities. The coursework for my degree included several psychology classes, social work, philosophy and critical thinking, leadership and ethics classes. Prior to taking a position at Office for the Aging, I worked at the Arc of Delaware County from 2005 to 2011. In the winter of 2011, I decided to stay home and raise my children until school age.

As I step into the role of Director, I am excited to lead the OFA team in assisting the older adults of Delaware County. I look forward to implementing innovative approaches to expand on the programs that currently operate from within the agency. I also look forward to exploring additional resources that may be available to those we serve. I believe that as a team, we will be able to continue to grow and support the community, building on the agency’s past accomplishments and achieving greater goals in the future! I am eager to redefine the outlook that we have on aging and

implement a positive view of aging. Positive aging focuses on resilience, growth and adaptability, rather than just physical health. By redefining our attitude on aging, we can shape our aging experiences. A positive mindset leads to better health, and life satisfaction.

Aging doesn’t just mean “getting old”, Aging is a process that happens over several years. It begins with the moment that we are born. Every single one of us is aging. We may be at different stages, but it is happening, and it is inevitable. We cannot stop it or slow it down. What we can do is celebrate milestones, be thankful that we get to continue the aging journey each day and have a positive outlook on the process. We can embrace it with optimism and intentionality. We need to focus on our strengths, prioritizing emotional, social and spiritual growth. The beliefs that we hold about aging can significantly shape our experiences. Why not shape those experiences into positive ones. “Aging is not lost youth, but a new stage of opportunity and strength.” (Betty Friedan)

By: Terri Tweedie, Coordinator of Aging Services

National Fall Prevention Awareness Week is September 22 - 26, 2025.

It is a **MYTH** that falling is a natural process of aging. Most falls can be prevented. Fall is a good time to remember to take action on preventing falls to maintain independence in your home.

What can you do to prevent a fall? Older adults can take steps to make falls less likely:

- **Get some exercise:** Simple exercise, like walking or swimming at least 15 minutes a day. Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increase strength and improve balance, making falls less likely for aging adults.
- **Be mindful of medications:** Some medicines—or combinations of medicines—can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects.



- **Keep your vision sharp:** Poor vision makes it harder to get around safely. To help make sure you’re seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.
- **Stay hydrated and eat a well-balanced diet:** Drink 6-8 glasses of non-alcoholic liquids daily to prevent dehydration, low blood pressure, fatigue, and confusion.

Eat a variety of fruits, vegetables, and dairy.

- **Remove hazards at home:** About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter and poor lighting that should be removed or changed. Keep clear pathways between rooms, store items used often within reach, install grab bars in bathrooms for shower, tub and toilet. Consider using a shower bench if unsteady.

In taking the time to make some of the above suggested modifications, you will most likely be able to maintain your independence and prevent a fall from occurring. Consider participating in one or both of OFA’s falls prevention programs. See below schedule for Tai Chi for Arthritis and Binogocize.

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

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SCAN ME

Upcoming Classes

Sept. 2 - Nov. 6, 2025	Tai Chi, Franklin	Tues. & Thur. 11am - 12pm
Sept. 2 - Nov. 6, 2025	Tai Chi, Walton	Tues. & Thur. 2 - 3pm
Sept. 3 - Nov. 7, 2025	Bingocize, Sidney	Wed. & Fri. 10:30 - 11:30am
Sept. 8 - Nov. 13, 2025	Tai Chi, Harpersfield	Mon. & Thur. 10 - 11am
Sept. 9 - Nov. 20, 2025	Bingocize, Hobart (TBD)	Tues. & Thur 10 - 11am
Oct. 6 - Dec. 17, 2025	Tai Chi, Sidney	Tues. & Thur. 2 - 3pm
Sept. 15 - Nov. 11, 2025	Bingocize, Andes	Mon. & Wed. 10:30 - 11:30am
Nov. (TBD)	Bingocize, Margaretville	Tues. & Thur. 10:30 - 11:30am

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

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: Jonathan J. Moore, Caregiver Coordinator

Hello everyone. I hope all of you are enjoying the summer weather. Looking ahead in a couple of months we will have cool weather, and all the changes and challenges that come along with that seasonal change. Here are some healthy-living tips to think about for the upcoming seasons.

10 Healthy Living Tips for Autumn Wellness

1. EXERCISE

It might be challenging, but it is important to keep your body in motion during the fall and winter months. You don't need to take up hiking or running — completing household chores and low-impact indoor workouts are great autumn activities to keep your body moving.

2. EAT SEASONALLY

While some fresh produce will disappear from the grocery store as the weather cools, there are still plenty of nutrient-rich fruits and vegetables from which you can choose. Some of the foods include:

- Winter squash
- Beets
- Apples
- Leeks
- Carrots
- Dark leafy greens

3. SPICE THINGS UP

If a senior is craving more flavor in his or her fall food selection, spices can be good for a person's health as well as their taste buds. Here are some of the benefits:

- Cinnamon lowers blood sugar.
- Turmeric has been linked to reducing inflammation, pain and swelling.
- Studies have shown that garlic may keep blood vessels flexible and reduce cholesterol and triglycerides.

4. GET ENOUGH VITAMIN D

Vitamin D helps maintain strong bones and muscles and is absorbed in the body from sunlight. As fall approaches and the amount of sunlight decreases, other sources of vitamin D may need to be found. Foods higher in vitamin D include:

- White mushrooms
- Salmon, herring, sardines, tuna
- Milk or orange juice fortified with Vitamin D
- Fortified cereals

5. REDUCE THE RISK OF FALLS

According to the National Institute of Aging, thousands of seniors injure themselves in falls each year. When an elderly person is injured in a fall, it could cause a cascade of serious consequences.

Fall and winter, with their rain-slicked or icy sidewalks, steps, and driveways, are prime seasons for increased fall risks. Problems with balance, reflexes, coordination, or vision make falls more likely, as do certain medications. There are some things that can be done by seniors that will reduce fall risks:

- Determine if there have been any recent downturns in the senior's health.
- Find out when the senior had his or her last eye exam.
- Notice if the senior is holding onto walls, furniture, or another person while they are walking.
- Consult with a physician to find out if the senior's medications could be affecting balance.
- Look into the possibility of canes, walkers, or other assistive devices.
- Assess if stairs or poor lighting could be a problem.

6. DON'T TAKE UNNECESSARY RISKS



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.

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

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

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

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- Del. County Senior Council
- EISEP
- Insurance Counseling
- Legal Services
- Non-Emergency Medical Transport
- Senior Bus
- Senior Meals
- Tax Aide

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

Seniors need to prepare early for cold weather to minimize their exposure to the cold and potentially hazardous conditions. Their home should be well stocked with supplies, including food and medications. This should include non-perishables like water, candles, fresh batteries and extra blankets. Furnaces should be inspected, and smoke and carbon monoxide detectors evaluated.

7. KEEP WARM

It's recommended that seniors set their home thermostats to a minimum of 68 to 70 degrees to maintain autumn wellness.

When seniors go outside for autumn activities or later in cold weather, they should dress in loose layers of clothing that trap warm air between the layers. Wearing a waterproof coat or jacket if it is raining or snowing is beneficial, too.

You should also take precautions and stay inside on windy days which can quickly lower your body temperature.

8. MINIMIZE EXPOSURE TO COVID-19, FLU, AND OTHER SEASONAL AILMENTS

Has the senior had his or her flu vaccine? Flu and COVID-19 prevention is much the same, which means limiting contact with others and frequent handwashing.

9. CONTINUE TO MANAGE CHRONIC CONDITIONS

Seniors should not neglect chronic conditions like heart disease, diabe-

tes, chronic obstructive pulmonary disease, high blood pressure, and dementia during the fall and winter months. Pneumonia is especially harmful during colder weather for seniors with chronic conditions.

Older adults need to monitor their health, take their medications correctly, and stay in contact with their physician.

10. STAY POSITIVE

Physical health is tied to emotional and mental health. Staying engaged with hobbies and interests, and prioritizing connections with family and friends when planning autumn activities, are great healthy-living tips that encourage and energize seniors to maintain their physical health.

Also, studies have linked positive thinking to better protection from the inflammatory effects of stress and the energy needed to maintain a healthier lifestyle.

Older adults should be encouraged to focus on the good things in their lives, stay connected with people they love, and turn off their televisions from time to time to listen to music, read a book, or call to chat with a friend or family member.

If you are seeking 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 Bethesda Health Group at https://bethesdahealth.org

Get Ready For Medicare's Annual Open Enrollment Period!

By: Victoria Ladlee, ASR/HIICAP Coordinator.

Participation in the National Medicare Open Enrollment Period runs from October 15th through December 7th each year. This is the annual period where people with Medicare can review and make changes to their health and drug plans for the upcoming year.

Be sure to watch for the Annual Notice of Change, usually mailed in September. This notice will provide you with important information about changes in coverage that your plan is identifying for 2026.

You can switch from Original Medicare to a Medicare Advantage Plan, switch between Medicare Advantage

Plans, join a Part D prescription drug plan or change Part D plans. You can also choose to purchase a Medigap Supplemental Policy.

Questions to consider:

- Is your plan changing costs like premiums, deductibles, and copays?
- Is your plan changing its provider network?
- Is your plan changing its drug formulary that might affect coverage of your current prescriptions or their prices.

You don't have to work through this alone! There are many resources available for assistance, including contacting Delaware County Office for the Aging and NY Connects at 607-832-5750 to speak with one of our experienced HIICAP Counselors.

Are you or your loved one worried about safely remaining in the comfort and security of your own home?



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"Assisted Living...in Your Own Home"

Stamford-Harpersfield Senior Club



On July 17, 2025, the Stamford-Harpersfield Senior Club joined Hamden and Jefferson Clubs for a bus trip to the Rotterdam Aquarium. The event, coordinated by Phyliss Hillis, included a lunch stop, games while traveling, and an ice cream stop on the way home. 38 seniors and their guests enjoyed the event.

By: John R. Adams



I scream, U scream, we all scream for ice cream! Stamford Harpersfield senior, Dawn Bals, enjoying a huge cone at Cobleskill Diner during a bus trip stop on July 17, 2025.

Hamden Seniors



On July 18, 2025, the Jefferson, NY Senior Club hosted a picnic, with the Stamford-Harpersfield Senior Club as their guests. Members of both clubs enjoyed games together and a delicious BBQ and pot luck picnic. The event was held at the PASNY Lansing Manor pavilion.



By: Patsy Moody

The Hamden Senior Citizens group has enjoyed a project expressing their commitment to the history of the town and preservation of their one room schoolhouse. The curators, Bill and Carolyn Wright pointed out that signage was needed to direct visitors to the museum’s location at 5594 Back River Road. DONE: and in time for the Bicentennial celebration. The ‘SignLady,” Deb Flemming, designed and painted our choice for signs located on NYS Rte. 10 at Hawley Station, and Co. Rte 26 at the Mallory Brook intersection. Thank You Deb.

The Schoolhouse is open at least one weekend a month and by appointment. It is where history comes alive through original desks, books, artifacts, and memories from Hamden’s past.

A circular inset photograph of an elderly man with grey hair, wearing a brown sweater over a white shirt. He is smiling warmly at the camera. On the left side of the circle, there is vertical text that reads "©2023 Helios Care".

The better you feel, the brighter your days.



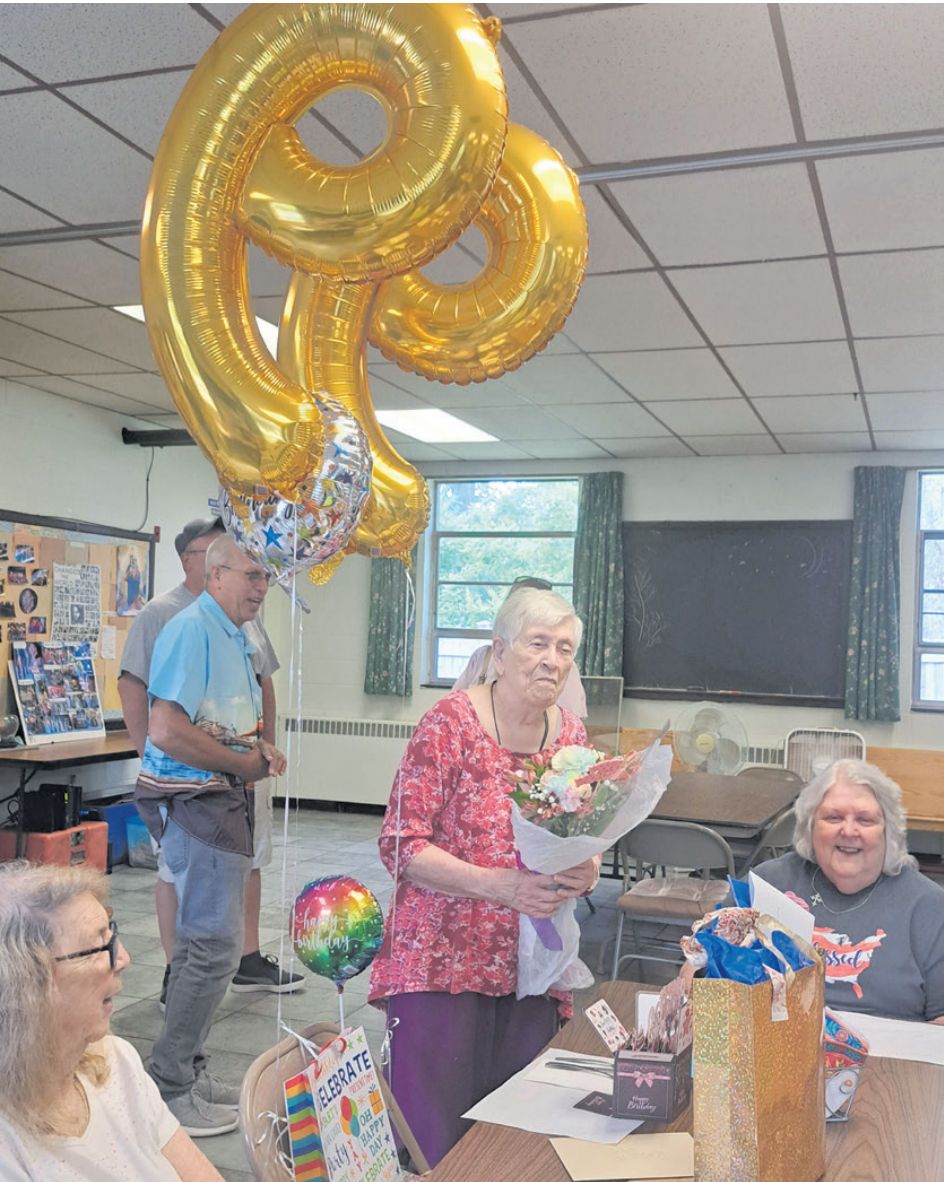
If you or a loved one is coping with a serious illness at home, Helios Care can still help make your days brighter. Our team provides a range of expert, compassionate care to guide and support you and your family at every step – including education and training for family caregivers. Let us brighten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

607.432.5525  HeliosCare.org

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Masset Ripa 99th Birthday Celebration



By: Pattie Warfield, Senior Dining Project Director

At the Walton Meal Site, a heartwarming surprise unfolded for Massett Ripa – a party for her 99th birthday. Surrounded by close friends and family members, the occasion was filled with joy and laughter.

The secret to the surprise was creatively simple: using the ruse of lunch out at a restaurant as the perfect cover, family members convinced Massett that they needed to stop by the meal site for a moment. As she walked into the Walton Meal Site, she was met with a chorus of cheerful greetings from staff and friends who had been eagerly awaiting her arrival.

The festive atmosphere was enhanced by an array of colorful balloons, a birthday bouquet of fresh flowers, and carefully chosen presents that reflected the warmth and affection everyone felt toward the birthday honoree. The modest yet heartfelt decorations brought a sense of celebration to the cozy venue, making the day feel truly special for Massett.

Throughout the meal, stories and memories were shared, connecting generations and filling the room with smiles and occasional laughter. Each attendee took a moment to express their admiration and gratitude for Massett’s inspiring life and enduring spirit. Being surrounded by familiar



faces in a favorite spot made the day not just a celebration of years but of cherished relationships.

As the lunch wound down, an ice-cream cake complete with birthday candles was provided by site manager Jimmy Jackson, and everyone joined in to sing a chorus of Happy Birthday. Massett made a wish and blew out the candles. It was a beautiful reminder that sometimes the best surprises come from the smallest gestures, especially when shared with those who matter most.

The Massett Ripa 99th birthday surprise at the Walton Meal Site will surely be remembered as a joyful, light-hearted occasion where love and laughter took center stage. A fitting tribute to a life well-lived and the promise of many more stories to come.

SNAP-ed Success!

Thank you to all who stopped at the SNAP-ed booth in the human ecology building at the Delaware County Fair, August 11-16, 2025. In case you missed it, fruit infused water was provided each day along with an easy-to-prepare nutritional food or beverage sample. This year homemade fruit spreads were featured along with barley bean salad and peach smoothies. Also on display were a variety of potted plants provided by horticulture specialist Susan Hammerslag, SNAP-ed Coordinator as the program emphasizes to flavor your food with herbs and spices instead of salt. Over the past 3 years the program has grown a great deal as Susan has developed and monitored food box distribution and promoted container gardening while Andrea Martell, registered dietitian has provided nutrition education classes throughout the county. We are hoping for much continued success in the future. ~ Andrea Martell, RDN CDN.

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

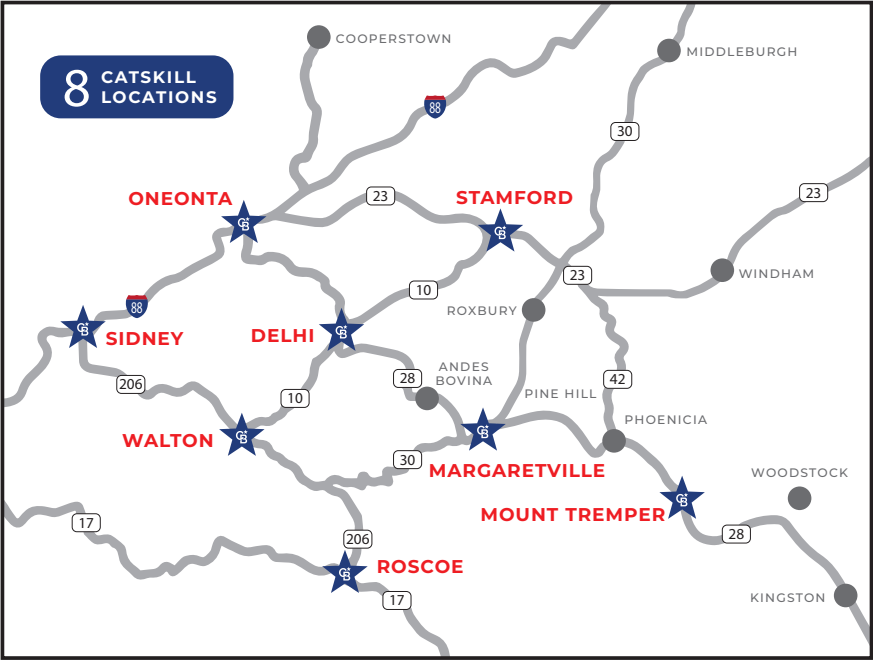


program information, agency sponsored events, volunteer opportunities and much more. Search for Delaware County Office for the Aging and click “Like”.

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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.

- Jamie & Alice Lamphier, Seneca, Ellie, and Sharon Harris: *In Memory of Pat Grays*
- Karen Miner: *In Memory of Don Miner*

Governor Hochul Warns New Yorkers About Scam Texts And Imitation Websites Seeking Personal Information

From Governor Kathy Hochul Press Office

Scams Claim Customer Owes Fines for Traffic Tickets or for E-ZPass Fees

‘Spoofed’ Websites Are Designed to Look Like Official DMV or Toll Collection Web Pages

Governor Kathy Hochul alerted New Yorkers to the newest efforts to steal their personal information by people pretending to be the New York State Department of Motor Vehicles or tolling agencies. The culprits design phony websites and phishing text messages to look legitimate, all to trick people into providing personal information that can be used to commit identity theft and fraud.

“While I’m working hard to put money in New Yorkers’ pockets, scammers are using deceptive text messages to do the opposite — taking your hard-earned money and your personal information in the process,” Governor Hochul said. “I’m standing up to fight back against these schemes, and I’ll always defend New Yorkers against anyone trying to take advantage of them. Enough is enough.”

Scammers often target older adults and other vulnerable New Yorkers, using urgent language to pressure victims into acting quickly. New Yorkers are urged to check in with relatives, friends or neighbors who may be at greater risk of falling victim to these schemes.

The scams claim to be from DMV and that a driver’s license is about to be suspended. A very short window of time is then given for payment. Previous scams have claimed that E-ZPass accounts were about to be suspended. The official DMV website is dmv.ny.gov.

If you did share your personal information, you should also check your credit reports regularly. You can contact any of the three credit reporting agencies (TransUnion, Equifax, and Experian) to place a credit freeze or fraud alert on your account.

You should also change your passwords, check your computer or devices for viruses, and notify your bank and other companies that you have accounts with.

Phishing texts and imitation websites are designed to obtain data or sensitive personal information to be used to commit identity theft or trick the recipient into installing malicious software onto a computer or mobile device.

DMV created a page on its website about these phishing attacks. You can find examples of the text messages there as well.

The New York State Department of Information Technology Services offers advice on avoiding these phishing attacks.

- Be cautious about all communications you receive, including those that claim to be from “trusted enti-

ties.” Be careful when clicking any links contained within those messages. If in doubt, do not click.

- Do not send your personal information via email. Legitimate businesses will not ask users to send sensitive personal information through email.
- Keep an eye out for telltale signs: poor spelling or grammar, the use of threats, or the URL does not match that of the legitimate site.
- Be wary of how much information you post online. The less information you post, the less data you make available to a cybercriminal for use in developing a potential attack or scam.

In addition, the New York State Thruway Authority and MTA Bridges & Tunnels are raising awareness of scam texts seeking to collect E-ZPass or toll by mail fees. E-ZPass or Tolls By Mail will never send a text or email requesting sensitive personal information. Since the launch of Congestion Relief in January, text messaging scams from “NY Toll Services” or other fictitious names have sought to collect tolls for the Congestion Relief Zone. New Yorkers are advised to not access any links sent within the message or engage with the message. Real communications from E-ZPass New York will only refer customers to the [E-ZPass NY](https://www.ezpassny.com) website.

If in doubt, call E-ZPass at 1-800-333-8655 or Tolls by Mail at 1-844-826-8400 for assistance.

New York State Department of

Motor Vehicles Commissioner Mark J.F. Schroeder said, “DMV does not send texts to our customers demanding immediate payment, and our website provides information at the top to help users know it is legitimate. If you provided personal information through one of these scams, you should review your financial account statements to check for unauthorized charges.”

New York State Thruway Authority Executive Director Frank G. Hoare said, “The Thruway Authority is committed to the safety and protection of our customers’ personal information. The increase of text message scams and other fraudulent attempts by scammers to collect personal data puts consumers at risk. We strongly encourage everyone to stay informed about these scams to protect their personal data. When in doubt, customers can contact E-ZPass or Tolls by Mail directly, over the phone or on the official website, before clicking any link sent via text message.”

MTA Bridges and Tunnels President Catherine Sheridan said, “If people receive a text from an unknown number instructing them to pay the Congestion Relief Zone toll, it is not an authorized communication from E-ZPass or the MTA. Text messaging scams from “NY Toll Services” or other fictitious names are seeking to collect tolls for the Congestion Relief Zone. We advise you to not access any links sent within the message or engage with the message.”

SENIOR DINING PROGRAM MENU

MILK IS SERVED WITH EVERY MEAL. NUTRITIONAL ANALYSIS AVAILABLE UPON REQUEST TO CONSULTANT DIETITIAN. MENU SUBJECT TO CHANGE.

DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-6 Thru 10-10	Country Fried Steak Baked Potato Peas & Carrots Cran-Apple Juice Ice Cream	Orange Pork Steamed Brown Rice Zucchini/Squash Fruit Salad Butterscotch Pudding	Chicken Alfredo Broccoli Diced Beets Cinnamon Applesauce Upside Down Cake	Ravioli & Sausage Sautéed String Beans Tossed Salad Italian Bread Fruit Cocktail	Crab Topped Tilapia Roasted Potatoes Steamed Broccoli Cucumber Salad Pineapple Tidbits
10-13 Thru 10-17	CLOSED INDIGENOUS PEOPLES' DAY	Spanish Rice Seasoned Corn Three Bean Salad Whole Wheat Bread Peachy Cream Pudding	Chicken Pot Pie Steamed Broccoli Applesauce Whole Wheat Bread Fruited Jello	Spooky Salisbury Steak Roasted Potatoes Vegetable Medley Fruit Cocktail Graveyard Pudding Cup	Potato Crusted Pollock Mashed Potatoes Mixed Veggies Cole Slaw Chocolate Cake
10-20 Thru 10-24	Turkey Divan Baked Sweet Potatoes Steamed Cauliflower Whole Wheat Bread Banana Pudding	Ham Steak Roasted Potatoes Sliced Carrots Three Bean Salad Blondie Cookie Bar	Spaghetti & Meatballs Capri Blend Veggies Apple Juice Italian Bread Cranberry Crisp	Road House Chicken Egg Noodles Brussel Sprouts Snow on the Mountain Vanilla Ice Cream	Chili Con Carne Steamed Brown Rice Mixed Veggies Corn Bread Fruited Jello
10-27 Thru 10-31	Roast Pork w/ Gravy Baked Potato Butternut Squash Apple Sauce Oatmeal Raisin Cookies	Country Fried Steak Egg Noodles Red Cabbage Grape Juice Cinnamon Coffee Cake	Breakfast Soufflé Roasted Potatoes Orange Juice Fruit Salad	Meatloaf w/ Gravy Mashed Potatoes Green Beans Sliced Apricots Chocolate Mousse	Fish on a Bun Oven Fries Sliced Beets Cole Slaw Sherbet
11-3 Thru 11-7	BBQ Pork Loin Baked Sweet Potatoes Mixed Veggies Whole Wheat Bread Scalloped Apples	Sloppy Joe on a Bun Zucchini & Squash Three Bean Salad Fruit Salad Vanilla Pudding	Chicken Parmigiana Spaghetti Noodles Bean & Mushroom Sauté Tossed Salad Jello w/ Topping	Beef Cabbage Bake Broccoli/Cauliflower Apple Juice Whole Wheat Bread Ice Cream w/ Peaches	Maple Mustard Chicken Parmesan Egg Noodles Sliced Carrots Tomato Cucumber Salad Diced Pears
11-10 Thru 11-14	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Apple Crisp	CLOSED VETERANS DAY	Swedish Meatballs Whipped Potatoes Red Cabbage Rosey Apple Relish Mandarin Oranges	Ham w/ Raisin Sauce Roasted SweetPotatoes Brussel Sprouts Carrot Raisin Salad Tapioca Pudding	Turkey Penne Bake Italian Style Beans Apple Juice Italian Bread One Cup Fruit Salad
11-17 Thru 11-21	Ham, Cheese & Spinach Souffle Orange Juice Whole Wheat Bread Cinnamon Applesauce	Tuna Noodle Casserole Broccoli/Cauliflower Pineapple Juice Whole Wheat Bread Iced Yellow Cake	BBQ Chicken Baked Beans Corn & Zucchini Sauté Diced Peaches Sherbet	Taco Pie Seasoned Spinach Cranberry Juice Whole Wheat Bread Molasses Cookies	Roast Turkey w/ Gravy Savory Stuffing Mashed Potatoes Cranberry Sauce Pumpkin Pie & Topping
11-24 Thru 11-28	Beef Pepper Steak Steamed Brown Rice Italian Blend Veggies Orange Juice Butterscotch Pudding	Roast Pork w/ Gravy Roasted Potatoes Bean & Mushroom Sauté Applesauce Jello w/ Topping	Baked Chicken w/Gravy Mashed Potatoes Mixed Veggies Buttermilk Biscuit Pineapple Tidbits	CLOSED THANKSGIVING DAY	CLOSED THANKSGIVING DAY

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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

Griefshare – Grief Support Group

By: Pastor Bob Wilson

Community members who have experienced the death of a family member or friend are invited to register for the GriefShare program held at Immanuel Lutheran Church, 565 Andes Rd., Delhi, NY.

This nondenominational program features Christ-centered, biblical teaching that focuses on grief topics associated with the death of a loved one. The DVD seminar features nationally respected grief experts and real-life stories of people, followed by small group discussion and sharing.

Many grieving people find they are only beginning the work of healing when friends or family have returned to their daily life routines. Past participants have related how helpful the information and follow-up discussions were to them. Your bereavement experience may be recent or not so recent. But either way, you will find encouragement, comfort, and help in grieving the death of a spouse, child, parent, sibling, other family member, or friend. No matter what the cause of your loved one’s death, this is an opportunity to be around people who understand what you are feeling. You will learn how to recognize the symptoms of being stuck in grief, and you will learn valuable information about facing your new normal in life and renewing your hope for the future. Grief-related books/materials are made available free of charge at our first meeting.

GriefShare will be held at Immanuel Lutheran Church, 565 Andes Rd, Delhi, across from O’Connor Hospital, on Wednesdays from September 10 to December 10, 5:30-7:00 PM. To register or for questions, call or text (607) 233-4765. You may also check out our website, immanueldelhi.org, or email delawarepastor@gmail.com. There is no charge to participate.

Thank You Snap-Ed Participants

By: Susan Hammerslag, Coordinator-SNAP-Ed

A huge thank you to everyone who participated in SNAP-Ed activities during the past year. It is the end of the SNAP-Ed year on September 30th, so Registered Dietician Andrea Martell and I are busy reflecting on what we have accomplished since last October.

Maybe you attended the “10 Tips for Adults” nutrition education program Andrea presented in locations throughout Delaware County? Upcoming classes will be scheduled soon. Please call the office, (607) 832-5750, for updates on times and locations.

Or you perhaps you came to our Senior Health and Fun Day. Did you taste the citrus flavored water Andrea served there? Or did you get your fingers a little bit dirty planting a herb garden for your windowsill? It’s always fun to spend a day at 4-H Camp Shankitunk, no matter what the weather.

Did we see you at the Delaware County Fair? Andrea and I manned the SNAP-Ed booth in the Cornell Cooperative Extension - Human Ecology Building. We had ice cold citrus water and some lovely recipes to taste test. We had a great time promoting SNAP-Ed and “10 Tips for Adults” workshops. So many people stopped by each day. I hope you were one of them.

The “Local Roots” produce box distributions were a big hit this summer. What did you think of the garlic scapes? Had you ever tried kohlrabi before you received one in the box? Did you receive a white cauliflower or the orange variety?

Thank you all for participating in the SNAP-Ed program during our past year. We enjoyed meeting each of you.

SNAP-Ed has truly become a cornerstone for community engagement and healthy living in Delaware County. Each interaction, whether through a hands-on demonstration or a tasting event, brought neighbors and friends together with the shared goal of fostering well-being. We were delighted to see familiar faces return, eager to learn more and sample new recipes with wholesome ingredients.

The stories you shared about trying unfamiliar vegetables, or introducing your family to fresh herbs, inspire us to keep innovating and expanding our programming. Our hope is that these experiences have sparked lasting changes in your kitchens and your routines—maybe you’ve found a favorite new vegetable or started making flavored waters at home.

Your feedback and enthusiasm are essential, so please continue to reach out with your suggestions and success stories. Together, we’re building a vibrant, healthier Delaware County, one delicious bite—and one happy memory—at a time.

We love meeting you and getting to know you. We hope you had fun learning something new about nutrition.

SENIOR ACTIVITIES FOR OCTOBER 2025 AND NOVEMBER 2025

HOLIDAY CLOSINGS: Monday 10/13/25 for Columbus/Indigenous Peoples Day, Tuesday 11/11/25 for Veterans Day, Thursday 11/27/25 and Friday 11/28/25 for the Thanksgiving Holiday.

Evening Meals: The last evening meal for 2025 will be Thursday 10/16/25, and will be a Halloween themed party. The fun begins at 4:15 pm with appetizers and dinner served at 4:30 pm.

THANKSGIVING DINNER WILL BE SERVED AT ALL MEAL SITES ON FRIDAY NOVEMBER 21, 2025 AT 11:30 am.

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 (\$13.54). 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	
September 2025 topic will be “Falls Prevention”	October 2025 topic will be “Fire Prevention”
• Delhi Dining Center on 9/9/25	• Delhi Dining Center on 10/14/25
• Deposit Dining Center on 9/18/25	• Deposit Dining Center on 10/16/25
• Grand Gorge Dining Center on 9/10/25	• Grand Gorge Dining Center on 10/8/25
• Hancock Dining Center on 9/9/25	• Hancock Dining Center on 10/14/25
• Margaretville Dining Center on 9/17/25	• Margaretville Dining Center on 10/15/25
• Sidney Dining Center on 9/11/25	• Sidney Dining Center on 10/9/25
• Walton Dining Center on 9/16/25	• Walton Dining Center on 10/21/25

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Staying Savvy In The Age Of AI: Protecting Yourself From New Scams

By: Susan Sansbury, Caseworker

For older adults, staying safe online and on the phone has always been important. But with the rapid advancements in Artificial Intelligence (AI), scammers have developed new and unsettling ways to trick people. These AI-powered scams are becoming incredibly convincing, making it harder than ever to tell what’s real and what’s not.

By understanding these new dangers and knowing what to look for, you can protect yourself and your loved ones.

The New Face of Fraud: How AI is Changing Scams

Scammers are now using AI to:

- **Clone Voices:** Imagine getting a frantic call from someone who sounds exactly like your grandchild, child, or a close friend, claiming they’re in trouble and need money immediately. AI can replicate a person’s voice using just a small audio sample, making these “grandparent scams” or “emergency scams” terrifyingly real.
- **Create “Deepfakes”:** AI can generate incredibly realistic fake videos and images. While less common for direct financial scams targeting individuals right now, this technology could be used to make it seem like

a trusted public figure is endorsing a fake product or investment, or even to create a video of a loved one in distress.

- **Generate Hyper-Personalized Messages:** Phishing emails and text messages are nothing new, but AI takes them to another level. Scammers can now use AI to comb through publicly available information (like social media posts) to craft emails or texts that are highly personalized, referencing recent family events or specific details that make the message seem legitimate. This makes it harder to spot a fake.
- **Mimic Official Communications:** AI can create fake websites or emails that look almost identical to those from your bank, a government agency, or a familiar company. These sophisticated fakes aim to trick you into revealing personal information or clicking on malicious links.

Red Flags to Watch Out For:

Even with AI making scams more convincing, there are still key warning signs:

- **Urgency and Pressure:** Scammers thrive on panic. They’ll often create a sense of immediate crisis, insisting you act quickly before you have time to think or verify. If someone is pressuring you to send money or

provide information right now, it’s a huge red flag.

- **Requests for Unusual Payment Methods:** Be extremely wary if someone asks you to pay with gift cards, cryptocurrency, or wire transfers. These methods are almost impossible to trace once the money is sent, making them a favorite of fraudsters.
- **Unsolicited Contact Asking for Personal Information or Money:** If you receive an unexpected call, email, or text asking for sensitive details like your Social Security number, bank account information, or money, be highly suspicious.
- **Subtle Inconsistencies:** Even with advanced AI, there might be slight oddities. In voice calls, listen for unnatural pauses, strange inflections, or mispronounced words. In emails, hover over links to see if the URL truly matches the company’s official website (e.g., “secure-yourbank.com” instead of “yourbank.com”).
- **Overly Formal or Unnatural Language:** Some AI tools can still produce text that sounds a bit too formal or just “off” in its phrasing. Trust your gut if something doesn’t sound quite right.

How to Protect Yourself:

- **Verify, Verify, Verify!** This is your most powerful tool. If you receive a call or message from a “loved one” in distress, do not rely on caller ID. Hang up and call that person back directly using a phone number you know is theirs (from your contact list, not from the suspicious message).
- **Establish a Family Code Word:** Create a secret word or phrase that only your close family members know. If someone calls claiming to be a relative and can’t provide the code word, you’ll know it’s a scam.
- **Pause and Think:** Before responding to any urgent request, especially one involving money or personal information, take a moment to col-

lect your thoughts. Talk to a trusted family member or friend.

- **Limit Personal Information Online:** Be mindful of what you share on social media. Scammers can use this information to make their AI-powered attacks more personalized and believable. Adjust your privacy settings.
- **Use Tech Safeguards:** Consider call-blocking apps and spam filters for your phone and email.
- **Enable Two-Factor Authentication (2FA):** For your important online accounts (banking, email), enable 2FA. This adds an extra layer of security, usually requiring a code sent to your phone in addition to your password.
- **Stay Informed:** Fraudsters are always evolving their tactics. Stay updated on the latest scams by checking reputable sources like the AARP Fraud Watch Network, the Federal Trade Commission (FTC), and the FBI’s Internet Crime Complaint Center (IC3).

What to Do if You Suspect a Scam:

- **Don’t Engage:** Do not respond to suspicious emails, texts, or calls.
- **Secure Your Accounts:** If you’ve accidentally provided any information, immediately change passwords for any compromised accounts and monitor your financial statements closely for unusual activity. Consider setting up fraud alerts or even freezing your credit with the major credit bureaus.
- **Report It:** Report the scam to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov and the FBI’s Internet Crime Complaint Center (IC3) at ic3.gov. Early reporting can sometimes help in recovery efforts.

While AI presents new challenges, knowledge and vigilance remain your best defense. By staying informed and practicing healthy skepticism, you can protect your peace of mind and your hard-earned savings.

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TAPE THE CURRENT DISPATCH LABEL HERE

☐ **CONTRIBUTION** – Wish to make a contribution to “The Dispatch” but can’t remember when you last made one? Here’s a suggestion – contribute on your birthday, the first of the year or any holiday you choose. Planning tasks and yearly appointments on or around a specific day during the year that you already know and can easily remember, makes it much easier to plan for those things which only occur once a year.

SUGGESTED CONTRIBUTION: \$7 PER YEAR

Most services provided have no fee, but you are welcome to contribute 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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(Spanish) Oficina del Condado de Delaware para el envejecimiento ofrece servicios de interpretación para más de 200 idiomas preguntar acerca de nuestros servicios de agencias para el envejecimiento, sin costo para usted. Por favor llame al (607) 832-5750.

(Chinese) 特拉华县办事处老化超过200种语言提供口译服务。在没有你的成本询问我们的机构老龄化的服务，请致电 (607) 832-5750.

(German) Delaware County Amt für Aging bietet Dolmetscherdienste für mehr als 200 Sprachen. Um mehr über unsere Agenturen Dienste für das Altern ohne Kosten für Sie, rufen Sie bitte (607) 832-5750.

(Polish) Delaware County Urząd the Aging oferuje usługi w zakresie tłumaczeń ustnych na ponad 200 języków. Aby dowiedzieć się o naszych usługach agencji do starzenia bez kosztów dla Ciebie, zadzwoń (607) 832-5750.