

Welcome to the Delaware County Legacy Corps!

According to the national survey by AARP and the National Alliance for Caregiving, nearly 23 million households are currently home to a caregiver, most often a woman who is taking care of someone 50 or older. Some 43 % of these caregivers are over 50 themselves—13 % are over 65.

Our Legacy Corps of volunteers offer respite for the caregiver and afford our senior populous the ability to enjoy their independence as long as possible. The volunteer offers a variety of services in meeting this goal. They might transport the care-recipient to a doctor or physical therapy appointment, take them grocery shopping, assist in doing errands, make a meal, some may offer light housekeeping or just offer socialization to that special person. They may read to them, work a jigsaw puzzle, listen to music, visit over the family album. This all assists the caregiver by giving them a little free time or to do the things they need to do for themselves.

We are excited to announce our partnership with organizations like the Heart of the Catskill Humane Society (HCHS) to make pets available for foster care to those lonely at heart. We anticipate a program in the summer months with The ARC of Delaware County to offer more socialization for shut-ins and the ARC consumers by going to the park and musical events (just to name a couple), with the use of their handicap accessible vehicles and the overseeing of an instructor. Then in the fall we hope to kick off the “Adopt a Grandparent” program for students of the community’s high schools to visit with our seniors and do some tasks around the home such as gardening or snow shoveling which would offer them an opportunity to get to know their “grandparent”.

The Legacy Corps is a non-for-profit program that depends on donations and grants. We offer our volunteers 20¢ a mile to assist in deferring the cost of gas. We also provide a monthly training on subjects such as Alzheimer disease, proper ways to lift, health care issues like high blood pressure and cholesterol, CPR and AED training, mental health disorders, understanding Medicare D and supplemental insurance and a gamut of others. A monthly issue of the Legacy Corps Newsletter is circulated to our volunteers, Advisory Board and all the caregivers we serve.

How can I help?

If you’d like to become a volunteer, we would love to have you. We presently do not have any volunteers in many of the towns in Delaware County to include, Bloomville, Harpersfield, Stamford, Grand Gorge, Roxbury, Margaretville, Arkville, Downsville, and Hancock. Please contact “Kit” at the Office for the Aging on 6 Court Street, Delhi, NY 13753 or by calling her at 607.746.6333. Email contact can be made at legacycorps@delhitel.net. Our volunteers are subject to a background check and then given a training so they are comfortable assisting others. This will also make them aware of how to recognize agitation, how to work with an Alzheimer or dementia client, spotting elder abuse and many other topic.

I can’t be a volunteer but still would like to assist?

Telephone contacts are very important, notes to a person that is shut in, and we’d like to active our “help” line once again which is a call in number just set up to listen to the person on the other line when they need a listening ear.

I’d like to donate to this program.

Monetary donations are greatly appreciated. Please make checks or money order payable to “**Delaware County Legacy Corps**” and sent to:

Delaware County Legacy Corps
Attn: Karen “Kit” A. Marshfield
Office for the Aging
6 Court Street
Delhi, NY 13753

We hope you will visit us often to read the monthly newsletter and see what’s new in the Delaware County Legacy Corps. Thanks for visiting!