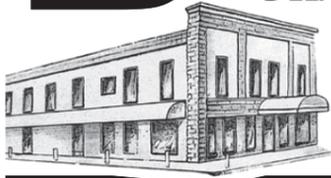


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MEDICARE ADVANTAGE (MA) OPEN ENROLLMENT PERIOD

By: Bette Bojo

The Medicare Advantage Open Enrollment Period begins on January 1, 2022 and ends on March 31, 2022. During this time anyone who is currently enrolled in a Medicare Advantage Plan can change to a different Advantage Plan, or elect to drop their current plan and switch back to Original

Medicare (Parts A and B) with or without a Part D Plan (Prescription Plan). The new plan will be effective the first of the following month.

If you would like to change your Medicare Advantage Plan during this enrollment period, please contact Bette Bojo at 607-832-5750 to schedule an appointment.



CHEN-DEL-O FEDERAL CREDIT UNION MEMBERS ARE AT IT AGAIN!

The "elves" from the Chen-Del-O Federal Credit Union in Franklin have been playing Secret Santa again. This is not the first year that their generosity has put smiles on the faces of some of our county's senior citizens. As in past years, the Delaware County Office for the Aging provided the Chen-Del-O Federal Credit Union with a list of anonymous individuals and items that each of the individuals could

use. When the Credit Union member chose an individual, they were able to use their list of gift ideas for their shopping ease. After the members did their shopping, they wrapped up the gifts to look festive.

The Office for the Aging would like to thank the Chen-Del-O Federal Credit Union for making this past holi-

See "CHEN-DEL-O" page 2

AARP INCOME TAX ASSISTANCE CANCELLED FOR THIS YEAR

By: Fred Miller

Due to the continued prevalence of Covid-19 cases, AARP Tax-aide preparation in Delaware County will not be available again this year. If you have

access to a computer, you can go to the AARP website at www.aarp.org to see what on-line assistance they may be able to offer. Alternatively, free tax filing software is available on www.irs.gov you can use.

HEAP 2021-2022 SEASON

The 2021-2022 Home Energy Assistance Program (HEAP) began on October 1, 2021. This program is available for lower income Delaware County households to assist with their home heating costs. Anyone receiving SNAP benefits or Public Assistance should contact the Delaware County Department of Social Services at 607-832-5300 for HEAP assistance. Any individual, age 60 and over, who did not receive an application through the early outreach process, and who meets the income guidelines for HEAP, should contact the Delaware County Office for the Aging at 607-832-5750 or send inquiries to Office for the Aging, 97 Main Street, Suite 2, Delhi, NY 13753. All other residents should contact Delaware Opportunities at 607-746-1600 with questions or to apply. Refer to the following chart for current gross monthly income guidelines:

Household Size	Maximum Monthly Income
1	\$2,729
2	\$3,569
3	\$4,409
4	\$5,249
5	\$6,088
6	\$6,928
7	\$7,086
8	\$7,243
9	\$7,401
10	\$7,558
11	\$7,715
12	\$7,873
13	\$8,420
14+	+ \$568 amount increase per household member

Emergency HEAP benefits will be available starting January 3, 2022. People should not wait until they have run out of fuel or have had electricity turned off.

WANT TO HELP YOUR COMMUNITY?

Delaware County Office for the Aging Non-Emergency Medical Transportation is seeking community members to help transport local seniors to medical appointments.

HOW IT WORKS...

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

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

FROM THE DIRECTOR'S DESK

By: Terri Whitney, Director

Time marches forward and now here we are in 2022. I hope that last year was a good year for each of you!

When I think of welcoming in the New Year, my first thought is making New Year's resolutions. Just about everyone has made a New Year's resolution at one point in their life. Some people may make them every year. Sometimes resolutions work and sometimes they do not. I have found that New Year's resolutions do not work very well for me. There is too much pressure on starting something new on New Year's Day. If I get the notion to work on a change in my life, I usually just do it when it feels right.

What I like to do with the New Year is take some time to reflect on what happened during the previous year. Reviewing what was good, what was bad, what worked or what didn't work helps to put things in perspective when starting out the New Year. If the previous year was not a very positive year for you, taking a moment to think back on the year might help you find some positive moments to feel good about.

I feel most grateful for and find the most joy in my family. I am lucky to have most of my family living close so that we can spend time together now and then. We were able to gather more often this year than last year, which was so nice. My granddaughter continues to be the life of every party, and it is such a pleasure for me to be able to watch her grow up. She amazes me. Every time I see her, she is showing me something new

she has learned. I am starting to see a young girl who is developing appreciation for the world around her and for those she shares her life with. She recently said to me, "Grandma, do you want to know why I sing so well? It's because you taught me how to sing. I like when you and I sing together." Hearing those sweet words coming from her brought tears of joy to my eyes. I will remember that for a very long time. During the summer, I could count on my granddaughter to help me with watering my flower garden. She might have gotten bored with that task quickly but I did not really care. She was outside with me and we were spending time together. That is all that really mattered to me. One other thing I remember is that my couch cushions, when pulled off the couch and put on the floor, make a great trampoline, a place to land after a long jump, and a fort. Yes, the world was still battling COVID-19 last year, but these special moments somehow help to keep my heart happy.

The Office for the Aging found last year to be a very busy year. COVID-19 vaccinations were all consuming during the late winter, spring, and early summer seasons. Then COVID-19 booster shots became available. Different variants of COVID-19 entered the picture throughout the year. If there was ever a challenge for everyone during 2021, it was still COVID-19 and its different variants. Life is still not back to normal. People still



Terri Whitney, Director

have to take precautions. However, things are not as restrictive as they were in 2020, so we are making some positive progress.

The Office for the Aging was able to see the Tai Chi for Arthritis program start again. The response that we received for starting this program again from people was nothing but positive. The agency opened the senior transportation bus system again and expanded the destinations. Seniors have been riding the bus regularly and appreciate being able to get out to do their own shopping again. The Delaware County Senior Council began meeting in person during 2021. Clients have been able to come into the office for assistance, and when needed, agency workers have visited with people in their homes.

The agency is not completely back to normal, but things are moving in the right direction.

Knowing that issues with COVID are still very real for Delaware County can be disheartening, but knowing that services are starting to become available again helps to keep us moving forward.

As the agency enters 2022, COVID will continue to be a concern that can hinder some of our normal service provision and events. Positive steps toward getting our services back in place were made during 2021. It is my hope that the agency will be able to continue moving in this positive direction during 2022.

On a side note, initial vaccinations and booster shots are available. If you know of anyone who is homebound, and would like to receive their initial vaccination or booster shot in their home, please have them contact the Delaware County Office for the Aging so they can be added to the homebound vaccination list.

I hope that each of you are able to look back and find some positive and happy moments from 2021. Now that we are in 2022, I hope you are able to experience something that makes you smile each day. It does not have to be anything spectacular. It can be as simple as looking outside and seeing a rabbit hopping around.

Happy New Year! I wish everyone a safe, happy, and healthy 2022.

CHEN-DEL-O... continued from page 1

day season a little brighter for some of our residents. Your kindness is very much appreciated.

The Chen-Del-O Federal Credit Union (which began as the Delaware County Teacher's Federal Credit Union) has served the area since 1954 and is located at 114 Main Street in Franklin. To see if you're eligible for membership, check out their website at www.chendelo.org.

By: Terri Whitney, Director

Seasonal Affective Disorder (SAD) is a form of depression that changes with the seasons. Typically, SAD begins and ends around the same time every year. Most people are affected by SAD during the winter months, but some people are affected by SAD during the spring and summer months. In either case, symptoms may start out mild and become more severe as the season progresses.

For those affected during the fall

and winter months, symptoms might include oversleeping, changes in appetite, weight gain, feeling tired, and having low energy.

For those affected during the spring and summer months, symptoms might include trouble sleeping, changes in appetite, weight loss, agi-

tation, anxiety, and irritability.

There is no known way to prevent the development of SAD. Taking steps to manage the symptoms, however, may help keep the symptoms from getting worse over time.

See "SEASONAL AFFECTIVE DISORDER" page 3

SEASONAL AFFECTIVE DISORDER

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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LEGACY CORNER

SEASONAL AFFECTIVE DISORDER... continued from page 2

Treatment for SAD may include light therapy (phototherapy) and medications. Like other forms of depression, SAD can be treated with antidepressant medications. However, because medications take time to work in your body, it is best to start treatment prior to the onset of the symptoms each year. For those wanting a non-pharmaceutical option for treating SAD, light therapy can be used. Bright light therapy utilizes a piece of equipment called a "light box," which is a fluorescent lamp that emits a spectrum of light intended to simulate natural sunlight. It is important to make certain the "light box" has a filter that blocks harmful UV rays so the light does not cause any damage.

Low levels of vitamin D have been found in people with SAD. However, it is unclear that Vitamin D is linked to SAD. It is important to note that Vitamin D levels tend to drop during the winter months because people aren't spending as much time outside in the sunshine. Older adults need to be careful as they are more likely to be vitamin D deficient. Older adults who are deficient in vitamin D are at increased risk for health issues including negative impacts on bone and heart health, increased risk of cognitive decline, hypertension, cancer, diabetes, and decreased immune function. To boost your vitamin D levels during the winter months you can eat more beef liver, egg yolks, cheeses, and salmon. You can also include in your diet foods such as milk, yogurt, cereals and juices that have been fortified with vitamin D. Vitamin supplements are also available but should only be taken if recommended by your physician.

If you are affected by SAD, regardless of the season, you don't need to brush it off as that yearly feeling of the seasonal blues that you have to tough out on your own. Taking steps before the onset of the symptoms can help keep your mood and motivation steady throughout the year.

By: Susan Hammerslag, Legacy Coordinator

42 Things to Do in 2022

Does the winter weather seem endless? Are you searching for a new activity? Let this list inspire you with things to do during the winter and beyond.

- Write a thank you note to someone who did a great job.
- Take a car ride on a nice day and enjoy the snow-covered scenery.
- Plan to travel the same route in the summer, marvel at the differences.
- Give someone a book you find inspirational. Later chat with them about the book.
- Cut out paper snowflakes to decorate your windows.
- Watch a movie (musicals are fun) and enjoy a snack or warm drink (try mulled cider).
- Put positive notes in places for others to find them.
- Try a new hobby such as knitting, watercolor painting, baking bread or rolls.
- Give up gossip for one day.
- Listen attentively to someone.
- Prepare a special meal. Use a tablecloth, candles, and your good china.
- Thank someone who usually doesn't receive thanks (janitor, sec-



The Office for the Aging welcomes Susan Hammerslag as Legacy Corps Coordinator. When not at work, Susan loves to quilt and craft with her friends, prep meals and bake. She is looking forward to connecting caregivers in need of respite with volunteers who are ready to help.

Delaware County Legacy Corps



- retary, front desk attendant).
- Arrange your photos. Sort into storage boxes or a scrapbook. Display a few favorites.
- Have a tea party. Wear your dress clothes. Invite a friend if you like.
- Take a virtual vacation. Borrow books, travel videos, or movies from your local library or online.
- Buy someone a cup of coffee.
- Read aloud or borrow an audiobook from the local library.
- Craft Valentines and send them.
- Bake apples or cookies and share with a friend or neighbor.
- Compliment a caregiver or child for good behavior (being polite or patient).
- Hang a bird feeder outside your window. Keep a list of visitors to your feeder.
- Let someone merge in front of your car in traffic.
- Donate books to the local library.
- Put a meal in the crockpot in the morning. It will make the house smell great all day.
- Hold the door open for someone.
- Donate personal hygiene items or

diapers to a shelter or food bank.

- Simmer a pot of chili or your favorite soup.
- Write a letter to a friend or family member. Share a fond memory of winter when you were younger. Surprise someone with a small gift or token.
- Call a friend or family member just to chat or catch up.
- Leave the close parking space for someone less able.
- Let another shopper ahead of you in the checkout line.
- Pay someone a genuine heartfelt compliment.
- Send or give a bouquet of flowers.
- Don't complain about anything for one complete day.
- Cook a meal or bake a treat to share with someone.
- Donate items you no longer need or use.
- Put an extra umbrella in your car to share.
- Forgive someone who wronged you in the past.
- Don't correct someone (especially in public) you know is wrong.
- Make a "bucket list" of "Things to Do in 2022."
- Consider becoming a volunteer with the Legacy Corps Caregiving Program. We provide respite for caregivers of loved ones age 60 and over. For more information on becoming a volunteer, or if you are a caregiver in need of respite, call Susan Hammerslag, Legacy Program Coordinator, at the Delaware County Office for the Aging, 607-832-5750.

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2022 MEDICARE PART A & B PREMIUMS AND DEDUCTIBLES

By: Bette Bojo, Article adapted from www.cms.gov

On November 12, 2021, the Centers for Medicare & Medicaid Services (CMS) released the 2022 premiums, deductibles, and coinsurance amounts for the Medicare Part A and Part B programs.

Medicare Part B Premiums/ Deductibles

Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year the Medicare premiums, deductibles, and copayment rates are adjusted according to the Social Security Act. For 2022, the Medicare Part B monthly premiums and the annual deductible are higher than the 2021 amounts. The standard monthly premium for Medicare Part B enrollees will be \$170.10 for 2022, an increase of \$21.60 from \$148.50 in 2021. The annual deductible for all Medicare Part B

beneficiaries is \$233 in 2022, an increase of \$30 from the annual deductible of \$203 in 2021.

Social Security has a “hold harmless” provision where a beneficiary’s Social Security check cannot be reduced from one year to the next because of an increase in the Part B premium. So for people with Medicare Part B who are also collecting Social Security, the premium cannot be increased any more than their Social Security COLA (Cost of Living Adjustment) amount to avoid the Social Security benefit decreasing.

Medicare Part B Income-Related Monthly Adjustment Amounts

Since 2007, a beneficiary’s Part B monthly premium is based on his or her income. These income-related monthly adjustment amounts (IRMAA) affect roughly 7% of people with Medicare Part B. The 2022 Part B total premiums for high income beneficiaries are shown in the following table:

Beneficiaries who file individual tax returns with income:	Beneficiaries who file joint tax returns with income:	Income-related monthly adjustment amount	Total monthly premium amount
Less than or equal to \$91,000	Less than or equal to \$182,000	\$0.00	\$170.10
Greater than \$91,000 and less than or equal to \$114,000	Greater than \$182,000 and less than or equal to \$228,000	\$68.00	\$238.10
Greater than \$114,000 and less than or equal to \$142,000	Greater than \$228,000 and less than or equal to \$284,000	\$170.10	\$340.20
Greater than \$142,000 and less than or equal to \$170,000	Greater than \$284,000 and less than or equal to \$340,000	\$272.20	\$442.30
Greater than \$170,000 and less than \$500,000	Greater than \$340,000 and less than \$750,000	\$374.20	\$544.30
Greater than or equal to \$500,000	Greater than or equal to \$750,000	\$408.20	\$578.30

Premiums for high-income beneficiaries who are married and lived with their spouse at any time during the taxable year, but file a separate return, are as follows:

Beneficiaries who are married and lived with their spouses at any time during the year, but who file separate tax returns from their spouses:	Income-related monthly adjustment amount	Total monthly premium amount
Less than or equal to \$91,000	\$0.00	\$170.10
Greater than \$91,000 and less than \$409,000	\$374.20	\$544.30
Greater than or equal to \$409,000	\$408.20	\$578.30

Medicare Part A Premiums/ Deductibles

Medicare Part A covers inpatient hospital, skilled nursing facility, and some home health care services. About 99% of Medicare beneficiaries do not have a Part A premium since they have at least 40 quarters of Medicare-covered employment.

The Medicare Part A inpatient hospital deductible that beneficiaries will pay when admitted to the hospital will be \$1,556 in 2022, an increase of \$72 from \$1,484 in 2021. The Part A inpatient hospital deductible covers beneficiaries’ share of costs for the first 60 days of Medicare-covered inpatient hospital care in a benefit period. In 2022, beneficiaries must pay a coinsurance amount of \$389 per day for the 61st through 90th day of a hospitalization (\$371 in 2021)

in a benefit period and \$778 per day for lifetime reserve days (\$742 in 2021). For beneficiaries in skilled nursing facilities, the daily coinsurance for days 21 through 100 of extended care services in

a benefit period will be \$194.50 in 2022 (\$185.50 in 2021). Enrollees age 65 and over who have fewer than 40 quarters of coverage, and certain persons with disabilities pay a monthly premium in order to voluntarily enroll in Medicare Part A. Individuals who had at least 30 quarters of coverage or were married to someone with at least 30 quarters of coverage, may buy into Part A at a reduced monthly premium rate, which will be \$274 in 2022, a \$15 increase from 2021. Certain uninsured aged individuals who have less than 30 quarters of coverage, and certain individuals with disabilities who have exhausted other entitlement will pay the full premium, which will be \$499 a month in 2022, a \$28 increase from 2021.

For further information, please contact Bette Bojo at 607-832-5750 to schedule an appointment.

	2021	2022
Inpatient hospital deductible	\$1,484	\$1,556
Daily coinsurance for 61 st -90 th Day	\$371	\$389
Daily coinsurance for lifetime reserve days	\$742	\$778
Skilled Nursing Facility coinsurance	\$185.50	\$194.50

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NEWS FROM NY CONNECTS

By: Lyndsay Komosinski

What is a Supplemental Needs Trust?

Many people have a misunderstanding about Medicaid eligibility. For 2021, the Medicaid income guidelines were set as follows: \$884 per month for a single individual and \$1,300 for a couple. (The 2022 income guidelines have not been released yet) Most individuals see those numbers and automatically believe that they do not qualify for Medicaid. The only disqualifying factor for Medicaid is if one is over the allowable resource/asset limit. Those are set at \$15,900 for an individual and \$23,400 for a couple. When someone is under the allowable resource limit, but over the monthly income limit, he or she can still receive Medicaid services. How?

The answer is that there are two ways to qualify.

When someone is over the Medicaid income limit, they are given the option of paying a monthly spend-down. This is sort of like a monthly premium in the form of paying your excess income to the Department of Social Services. I know it's hard for many individuals to pay an "extra premium" each. This often deters people from applying for Medicaid services that could be extremely beneficial to them. This brings up the second option, a Supplemental Needs Trust. This is a program that unfortunately not many are aware of. A Supplemental Needs Trust or SNT is a legal way to become Medicaid eligible, when you would otherwise be considered "over income," without paying the spend-down each month. Instead, all

you have to do is move excess income from your bank account to an account within the trust. The trust then allows you to pay your bills with that money.

Let's say as an example that someone has a spend-down of \$500 per month. Rather than send a check for \$500 to DSS each month, he or she would be able to deposit that \$500 into the trust account. The trust then takes a small monthly fee from that \$500. One popular trust is Life Trust, Inc. For a spend-down of \$500, Life sets the monthly fee at \$35. Once the monthly fee is withdrawn, the individual is left with \$465 in the trust. The trust can be setup to pay certain bills automatically each month. For instance, one can have the trust use the funds to pay an electric bill, cable bill, phone bill, or rent.

A Supplemental Needs Trust is an

excellent way for someone who is over the allowable Medicaid income guidelines to qualify for Medicaid, without paying a spend-down each month. It is a way for individuals to utilize all of their monthly funds, while still getting necessary Medicaid services. It is beneficial to a person, or couple on many levels. The only downside is if a person passes away and has funds left in the trust, those funds will not be distributed to family. Instead, the trust relinquishes those funds. The best way to avoid this, is to have the trust pay your monthly bills.

If you have questions about a Supplemental Needs Trust for Medicaid eligibility, are interested or want additional information, please do not hesitate to contact me at (607) 832-5750, or email me at lyndsay.komosinski@co.delaware.ny.us.

BEAT THE POST-HOLIDAY BLUES WITH FOODS TO BOOST YOUR MOOD

Revised by Andrea Martell RDN, CDN. Retrieved from: <https://www.webmd.com/depression/features/foods-feel-better>

Meal-to-meal and day-to-day, keeping your blood sugars steady and your gastrointestinal (GI) tract running smoothly will help you feel good and energetic. So be sure to limit or avoid processed sugar (including refined flours) and get enough fiber and water.

Week-to-week and month-to-month, keeping your body healthy and disease-free makes good moods more likely. Key nutrients you get in certain foods can influence the levels of feel-good hormones such as serotonin. Other nutrients can help prevent inflammation so blood circulates well to all of your organs.

Foods That Help You Feel Good

1. Seek out foods rich in vitamin B12 and folic acid (folate). These two vitamins appear to help prevent disorders of the central nervous system, mood disorders, and dementias. Several studies have found a link between higher food intakes of folate and a lower prevalence of depressive symptoms. Folic acid is usually found in beans and greens. Vitamin B12 is found in meats, fish, poultry, and dairy. Try a burrito or enchilada made with black beans plus lean beef,

chicken, or pork; a spinach or romaine salad topped with crab or salmon; or an egg white or egg substitute omelet filled with sauteed spinach, broccoli, and reduced-fat cheese.

2. Enjoy fruits and vegetables in a big way. Fruits and vegetables are packed with key nutrients and antioxidant phytochemicals, which directly contribute to your health and health-related quality of life. In one study, eating two or more servings of fruits and vegetables a day was associated with significantly higher likelihood of good functional health. In addition, people who ate the highest amount of fruits and vegetables felt better about their health.

3. Eat selenium-rich foods every day. Selenium is a mineral that acts like an antioxidant in the body. Research suggests that the presence of oxidative stress in the brain is associated with some cases of mild to moderate depression in the elderly population. One study evaluated the effect of selenium supplementation on depression scores in elderly people. The group taking selenium had significant decreases in their depression symptoms. Whole grains such as oatmeal, whole-grain bread, and brown rice are an excellent source of selenium. Other foods rich in selenium include beans and legumes; meat (lean pork or beef, skinless chicken or turkey);

low-fat dairy foods; nuts and seeds; and seafood (oysters, clams, crab, sardines, and fish).

4. Eat fish several times a week. Several recent studies have suggested that men and women who consume fish at least 2x a week have a lower risk of symptoms of depression, particularly fatty fish like salmon, which is high in omega-3 fatty acids. Good sources of omega-3 fatty acids include herring, rainbow trout, salmon, sardines, and tuna.

5. Get a daily dose of vitamin D.

Recent studies have shown an association between low serum levels of vitamin D and higher incidences of mood disorders such as seasonal affective disorder, non-specified mood disorder, and major depressive disorder. We can get vitamin D from a variety of sources: short periods of sun exposure, vitamin D supplements, and foods. Vitamin D can be found in fatty fish such as salmon, tuna, and mackerel; beef liver; cheese; and egg yolks. But our primary source of dietary vitamin D is fortified foods, such as breakfast cereals, breads, juices, and milk.

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



At Home Care Partners
Licensed Home Care Agency

For more information of our in home Personal Care Services, please call us:

At Home Care Partners, Inc.
1-866-927-0366 or 607-432-1005

"Assisted Living...in Your Own Home"



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OFFICE LOCATIONS

MARGARETVILLE
(845) 586-3321

BOICEVILLE
(845) 657-4177

DELHI
(607) 746-7400

STAMFORD
(607) 652-2220

SIDNEY
(607) 604-4394

ROSCOE
(607) 290-4130

OVER \$1 BILLION
IN SALES SINCE 1971

SENIOR ACTIVITIES FOR FEBRUARY AND MARCH 2022

HOLIDAY CLOSINGS: Monday, 2/21/22, for Presidents' Day. St. Patrick's Day Dinner will be served at all dining centers on Thursday, 3/17/21

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

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

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

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

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

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

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

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

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

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

Walton Senior Dining Center (St. John's Catholic Church, Benton Ave.) (607) 865-6739. CENTER MANAGER: MORGAN BEERS.

****ALL CONGREGATE MEALS AND ACTIVITIES HAVE BEEN SUSPENDED DUE TO COVID-19 RESTRICTIONS.****

NOTE: Suggested contribution for all regular meals is \$3.00 seniors and \$4.00 for non-seniors. Suggested contribution for St. Patrick's Day Dinner is \$5.00 seniors and \$6.00 for non-seniors. 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.

SENIOR DINING – INCLEMENT WEATHER

By: Rick Angerer, Director Senior Meals

As we enter the winter season, the senior meals program wishes to remind area seniors that in the event that inclement weather makes driving too dangerous, it may be necessary to close senior dining centers and cancel home delivered meals. This means meal sites would be closed and that no meals would be delivered to homebound participants. Closings are made on the basis of recommen-

dations by the County Sheriff's Office and school closings. Driving conditions may force cancellation of meal deliveries in one area but not another. If you are receiving home delivered meals, you will be provided - in advance - with frozen emergency meals to be used when delivery of meals is not possible.

Meal delivery cancellations will be announced on the following radio stations: WDHI 100.3 FM, WDLA 1270 AM or 92.1 FM, WIOX 91.3 FM, WZOZ

103.1 FM, WSRK 103.9 FM, WCHN 970 AM, WBKT 95.3 FM, WTBD 97.5 FM, WKXZ 93.9 FM. Cancellations can also be found on television channel WBNG Binghamton Channel 12.

Be sure your driveway, walkways and stairs are clear so your driver can safely deliver your meals. We thank you for your assistance and cooperation. For more information regarding home delivered or congregate meals, please contact the Senior Meals 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."

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
JANUARY 31 THROUGH FEBRUARY 4	Stuffed Shells Winter Blend Veggies Apple Juice Italian Bread Diced Pears	Country Fried Steak Mashed Potatoes Mixed Vegetables Whole Wheat Bread Applesauce Crisp	Spicy Cranberry Pork Baked Sweet Potatoes Steamed Peas Creamy Cucumber Salad Fruited Jello	BBQ Chicken Smokey Baked Beans Zucchini/Yellow Squash Cole Slaw Sherbet	Turkey Penne Bake Garden Fresh Carrots Snow on the Mountain Whole Wheat Bread Yellow Cake
FEBRUARY 7 THROUGH FEBRUARY 11	Swedish Meatballs Egg Noodles Broccoli Florets Fruit Cocktail Banana Pudding	Chicken Stir Fry Steamed Brown Rice Diced Carrots Whole Wheat Bread Mandarin Oranges	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Chocolate Brownie	Home Style Meatloaf Mashed Potatoes Green Beans Diced Peaches Sugar Cookies	Turkey Pot Pie Brussel Sprouts Cranberry Sauce Whole Wheat Bread Upside Down Cake
FEBRUARY 14 THROUGH FEBRUARY 18	Beef Pepper Steak Parmesan Rice Broccoli/Cauliflower Whole Wheat Bread Diced Pears	Chicken Parmesan Spaghetti w/ Sauce String Beans Grape Juice Vanilla Ice Cream	Turkey Ala King Buttermilk Biscuit Zucchini/Yellow Squash Snow on the Mountain Spiced Peaches	Pot Roast w/ Gravy Mashed Potatoes Red Cabbage Tossed Salad Butterscotch Pudding	Tuna Noodle Casserole Steamed Peas&Carrots Apple Juice Whole Wheat Bread Cranberry Crisp
FEBRUARY 21 THROUGH FEBRUARY 25	CLOSED PRESIDENT'S DAY	California Chicken Roasted Potatoes Sliced Carrots Cranberry Sauce Sherbet	Spaghetti & Meatballs Green Beans Tossed Salad Italian Bread Rice Pudding	Baked Tavern Ham Baked Potato Butternut Squash Rosey Apple Relish Jello w/ Topping	Potato Crusted Pollock Sweet Potato Fries Steamed Peas Cole Slaw Lemon Squares
FEBRUARY 28 THROUGH MARCH 4	Chili Con Carne Steamed Brown Rice Winter Blend Veggies Fruit Salad Ice Cream Sundae	Chicken Florentine Capri Blend Veggies Cabbage Salad Bowl Whole Wheat Bread Lemon Pudding	Roast Turkey w/ Gravy Whipped Potatoes Cut Green Beans Cranberry Sauce Iced Yellow Cake	Scrambled Eggs Mini Pancakes Sausage Patty/Links Orange Juice Cinnamon Applesauce	Crab Topped Tilapia Parmesan Bow Ties Steamed Broccoli Whole Wheat Bread Peachy Cream Pudding
MARCH 7 THROUGH MARCH 11	Swiss Steak Oven Roasted Potatoes Seasoned Spinach Three Bean Salad Brownie	Orange Pork Steamed Brown Rice Peas Pineapple Juice Sugar Cookies	Sunrise Chicken Buttered Noodles Steamed Broccoli Apple Juice Chocolate Pudding	Beef Stew Cauliflower Tossed Salad Italian Bread Sliced Peaches	Macaroni & Cheese Stewed Tomatoes Brussel Sprouts Cucumber Salad Cinnamon Apples
MARCH 14 THROUGH MARCH 18	Sloppy Joe on a Bun Greek Oven Fries Mixed Vegetables Apple Juice Vanilla Ice Cream	BBQ Pork Riblet Sweet Potatoes Cauliflower Snow on the Mountain Pineapple Tidbits	Cranberry Glaze Chicken Rice Pilaf Capri Blend Veggies Whole Wheat Bread Butterscotch Pudding	Corned Beef & Cabbage Boiled Potatoes Sliced Carrots Dinner Rolls Pistachio Cake	Fish on a Bun Sweet Potato Fries Mixed Vegetables Fruited Jello
MARCH 21 THROUGH MARCH 25	Swedish Meatballs Steamed Brown Rice Red Cabbage Whole Wheat Bread Oatmeal/Raisin Cookie	Chicken Parmesan Spaghetti Italian String Beans Italian Bread Tapioca Pudding	Roast Pork w/ Gravy Whipped Potatoes Succotash Apple Sauce Apricots	Home Style Meat Loaf Mashed Potatoes Peas & Carrots Tossed Salad Sherbet	Vegetarian Lasagna Sautéed String Beans Tossed Salad Italian Bread Jello w/ Topping
MARCH 28 THROUGH APRIL 1	Tangy Baked Chicken Baked Potato Butternut Squash Rosey Apple Relish Lemon Pudding	Braised Beef Mushrooms/Egg Noodles Sautéed Zucchini Mandarin Oranges Peanut Butter Cookies	Taco Pie Seasoned Spinach 3 Bean Salad Whole Wheat Bread Vanilla Ice Cream	Roast Turkey w/ Gravy Mashed Potatoes Sliced Carrots Cranberry Sauce Diced Pears	Brocc./Cheddar Quiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet

Congregate dining centers currently closed due to COVID. Home delivered meals are available.

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

DELAWARE-ULSTER SENIOR CARE NETWORK SURVEY

The Delaware County Office for the Aging and the Delaware-Ulster Senior Care Network are working to improve access to services within Delaware County. The office is asking for your assistance by filling out this survey and returning it to the office by February 18, 2022. Surveys can be mailed to:

Margaretville Hospital
42084 State Highway 28
Margaretville, NY 12455

Thank you for taking your time to complete this survey. Your input will be appreciated.

I live in _____ County, Village/Town/City of _____

Are you completing this survey by yourself? Yes No If not, what is the relationship of the person completing it? _____

DEMOGRAPHICS: This information will be kept confidential and used only for statistical purposes

Gender: Male Female Years of Age: Under 60 60-64 65-74 75-84 85-94 95-99 100+

If you checked Under 60, are you receiving SSI/SSD? Yes No

Housing: Own Rent Senior/Subsidized Housing

Living Arrangements: Live Alone Spouse/Domestic Partner Only Spouse/Domestic Partner and Others Relatives Non-Relatives

How many people live in your household? (Please include yourself): _____

Marital Status: Married Widowed Divorced/Separated Never Married

Race: Amer. Ind./Alaskan Nat. Asian Black/African Amer. Hawaiian/Pacific Islander Hispanic White Other (list): _____

MONTHLY INCOME

Your Monthly Income _____ Additional Monthly Income 1 _____

Spouse's Monthly Income _____ Additional Monthly Income 2 _____

Please rate the following by checking one box in each of the following in regards to their importance to you!

	IMPORTANT and a CONCERN	IMPORTANT but NOT a CONCERN	NOT IMPORTANT and NOT a CONCERN	Comments
HOUSING				
Able to perform household chores (cleaning, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Able to perform personal care (bathing, dressing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Accessibility in the home (ramps, accessible bathrooms, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Finding reliable help to perform home maintenance/repairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ability to financially afford home maintenance/repairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ability to pay rent or taxes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Able to pay for home heating/cooling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
What type of housing do you currently live in?				
<input type="checkbox"/> Apartment <input type="checkbox"/> One Level House <input type="checkbox"/> Multi-Level House <input type="checkbox"/> Senior/Supported Housing				
If you had to move from your current living situation, would you consider any of the following?				
<input type="checkbox"/> Apartment <input type="checkbox"/> One Level House <input type="checkbox"/> Multi-Level House <input type="checkbox"/> Senior/Supported Housing				

	IMPORTANT and a CONCERN	IMPORTANT but NOT a CONCERN	NOT IMPORTANT and NOT a CONCERN	Comments
TRANSPORTATION				
Getting to local medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Getting to out of county medical appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Getting to the grocery store and other errands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Driving my own car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Using county senior bus or local public bus system	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
If you do not have your own transportation, how often do you require it per month?				
Medical _____ X per month Social _____ X per month				
Do you use public transportation? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Do you use community transportation services? <input type="checkbox"/> Yes <input type="checkbox"/> No				
If so, what organization provides the service?				
Do you need assistance getting in and out of a vehicle? <input type="checkbox"/> Yes <input type="checkbox"/> No				
Do you require accommodations for adaptable equipment, such as wheelchair, oxygen, etc.? <input type="checkbox"/> Yes <input type="checkbox"/> No				

	IMPORTANT and a CONCERN	IMPORTANT but NOT a CONCERN	NOT IMPORTANT and NOT a CONCERN	Comments
INSURANCE/HEALTH AND WELLNESS				
Understanding Medicare and various options	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Understanding low-income health insurance subsidies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Understanding long term care services and supports	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Able to obtain help in applying for government programs (HEAP, SNAP)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Accessing services for individuals with Alzheimer's or dementia and their caregivers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Managing chronic health condition(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness programs, including exercise classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Preventing falls, improving balance, dealing with fear of falling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	IMPORTANT and a CONCERN	IMPORTANT but NOT a CONCERN	NOT IMPORTANT and NOT a CONCERN	Comments
NUTRITION/FOOD				
Having enough money for nutritious food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Being able to shop and cook for myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Able to follow a special diet recommended by my doctor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have access to (check all that apply)				
<input type="checkbox"/> fresh foods and vegetables <input type="checkbox"/> food pantries <input type="checkbox"/> farmers' markets <input type="checkbox"/> senior dining centers				
If you do not, would you like access to (check all that apply)				
<input type="checkbox"/> fresh foods and vegetables <input type="checkbox"/> food pantries <input type="checkbox"/> farmers' markets <input type="checkbox"/> senior dining centers				

“CARE NETWORK SURVEY” ...continued from page 7

	<u>IMPORTANT and a CONCERN</u>	<u>IMPORTANT but NOT a CONCERN</u>	<u>NOT IMPORTANT and NOT a CONCERN</u>	Comments
MENTAL HEALTH				
Feelings of loneliness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feelings of depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Having access to speak with a professional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feel the need for a support group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

	<u>IMPORTANT and a CONCERN</u>	<u>IMPORTANT but NOT a CONCERN</u>	<u>NOT IMPORTANT and NOT a CONCERN</u>	Comments
SERVICES/SUPPORTS				
Respite services for caregivers of people with dementia or other functional impairments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation options for those unable to drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
In-home personal care services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ability to participate in Congregate Dining Centers or receive Home Delivered Meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Able to access senior centers, senior activities or OFA events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

CAREGIVERS – If you are caring for another individual, please answer the following questions:

- For whom do you provide care? Spouse Parent Adult Child (21+) Child (20 and younger) Non-Relative
- Does this individual live in your home? Yes No
- Does this individual have memory problems and/or dementia? Yes No
- Do you feel overwhelmed and/or stressed in providing care? Yes No

HELP AND SUPPORT – Where you turn for help:

If you, or someone you know, have been in the hospital in the past year, did you/they have the information and supports needed to return home?
 Yes No Not Applicable

Have you heard of “NY Connects,” the local program that helps consumers with information, assistance and connections to needed long term care services and supports? Yes No

Do you feel you have enough contact with others, (seeing friends, social engagements, etc.)? Yes No

<u>THESE SERVICES ARE AVAILABLE AT THE OFFICE OF THE AGING</u>	<u>Have Used</u>	<u>Need</u>	<u>Don't Need</u>	<u>Comments (Needs or Services NOT covered to the left, list here or on a separate piece of paper)</u>
Home Delivered Meals (Meals-on-Wheels)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Senior Dining Centers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nutrition Counseling (Information on special diet needs, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Farmers' Market Coupons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Assistance in the home for yourself - Housekeeping/Chores and/or Personal Care (Bathing, Dressing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Assistance in the home for <i>someone you care for</i> - Housekeeping/Chores and/or Personal Care (Bathing, Dressing, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Caregiver/Repite Services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Support Groups (Caregivers or Alzheimer's)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Personal Emergency Response System (Link to Life)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Assistance with Understanding Health Insurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Legal Services (Wills, POA, Health Care Proxy, Housing, Elder Abuse, Medicare Applications) Other Legal Services Needed (Please list):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transportation Services (Rides to medical appointments, shopping, errands, meals, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Assistance with Utility Bills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Federal and State Tax Return Assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Assistance with General Information	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Please complete this information if you would like us to contact you about services or with more information:

Name: _____ Phone #: _____

Address: _____

Email Address: _____

Your concern: _____

Be sure to complete this survey and mail to the address listed on the first page in order to help bring access to services to Delaware and Ulster Counties.

Thank You Dispatch Donors

**American Legion Ladies Auxiliary (in memory of our departed members),
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