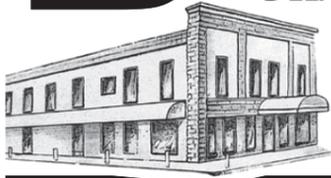


# THE DISPATCH

DELAWARE COUNTY OFFICE FOR THE AGING

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## 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 profile of gift ideas for their

See “CHEN-DEL-O” page 3

## REMINDER TO MAKE YOUR ANNUAL CONTRIBUTION TO “THE DISPATCH”

It’s that time of year when readers need a reminder that annual contributions are due for “The Dispatch.” The newspaper has been in circulation for close to 44 years and has grown, currently reaching close to 8,500 readers. OFA has received an outpouring of notes and letters requesting that we keep up the good work. Some of the readers’ comments are as follows: “I just love reading all the news in

the Dispatch. There is always a nugget that I need or enjoy.” “I look forward to the paper every time it arrives. Keep up the good work.” “Thank you for the great information in the Dispatch.” “Excellent publication, articles are very informative.” “They find the content of the newspaper to be informative in helping them make decisions” according to OFA Director Wayne Shepard.

The annual cost for printing and mailing “The Dispatch” is over \$30,000. The contributions received in 2022 for “The Dispatch” were \$3,252, down 43% from 2021. However, this was \$4,748 short from reaching the 2022 goal of \$8,000. The goal for “The Dispatch” contributions in 2023 will remain at \$8,000. The annual suggested contribution is \$7.00. No one is ever denied “The Dispatch” due to inability or unwillingness to contribute. The Office for the Aging appreciates your contribution as it is used to help expand the senior newsletter in Delaware County.

Readers who still feel that “The Dispatch” is a useful publication are encouraged to share their comments with the Office for the Aging. Reminder, a contribution coupon is located on the back page of each issue.

## FILE ENHANCED “STAR” APPLICATIONS BEFORE MARCH 1

By: Sherri Falcone, Director, Real Property Tax Services

With the New Year upon us, it is important for some individuals to think about filing for the New York State School Tax Relief (STAR) exemption. Residents can qualify for either the Basic or Enhanced STAR Exemption depending upon age and income. If total annual income is \$500,000 or less and the property in question is the primary residence, persons can qualify for the Basic STAR exemption. The total annual income represents income for ALL the property owners and any of their spouses who reside on the premises. However, individuals 65 years of age or older who own property which is their primary residence, with a total annual income of \$93,200 or less, qualify for the larger Enhanced STAR exemption. The Enhanced STAR exemption must be filed by March 1.

**All new STAR applicants (applicants who purchased after 2015) must apply with NY State to qualify for a STAR credit. New STAR applicants will receive a credit in the form of a check directly from New York State instead of receiving a school property tax exemption. New Basic and Enhanced STAR applicants need to register with the New York State Tax Department to receive a STAR check. Visit [www.tax.ny.gov](http://www.tax.ny.gov) or call (518) 457-2036.**

Further information is available at the local assessor’s office or on the web site at [www.tax.ny.gov](http://www.tax.ny.gov). You can visit <http://orpts.tax.ny.gov/MuniPro> to find a list of local town assessors and their phone numbers or call Delaware County Real Property Tax Services at 607-832-5130.

### Types of STAR

Whether you receive the STAR exemption or the credit, there are two types of STAR benefits:

#### Basic STAR

Available for owner-occupied, primary residences;

- the income limit for the Basic STAR credit is \$500,000 (the income limit for the Basic STAR exemption is \$250,000);
- based on the first \$30,000 of the full value of a home

#### Enhanced STAR

- provides an increased benefit for the primary residence of senior citizens (age 65 and older) with qualifying incomes (\$93,200 or less for the 2023-2024 school year)

The STAR benefit applies only to school district taxes. It doesn’t apply to county, town, or city taxes, except in the cities of New York, Buffalo, Rochester, Yonkers, and Syracuse. In those five cities, the exemption is applied partly to city taxes and partly to school taxes.

## OFA LOOKING FOR VOLUNTEER DRIVERS

The Delaware County Office for the Aging is looking for people willing to volunteer their time to do transportation work for the Non-Emergency Medical Transportation program. Volunteers providing transportation will be reimbursed for their mileage at the current county rate of 62.5 cents per mile. All transports are medically related (taking people to doctor appointments, dental visits, prescription pick-ups, etc.). Destinations may be in county as well as out of county (such as to Oneonta, Cooperstown, Binghamton, Kingston, Albany, and other locations).

Even though we have volunteers from all over the county helping us, we can always use more. We especially need some extra help in the Towns of Sidney, Deposit, Hancock, Colchester, Walton, Davenport, and Stamford.

If you, or someone you know, are looking to do some volunteer work and would be willing to do a little bit of driving, and see some sights along the way, then please call the Office for the Aging to inquire about this volunteer opportunity or others that are available through the office.

With the cost of living and gas prices on the rise, many of our senior citizens are finding it harder to make and keep medical appointments. Any offers of help from concerned citizens and community members such as yourself will be greatly appreciated.

For more information or anyone with interest in volunteering, please call the Delaware County Office for the Aging at 607-832-5750.



## ALL YOU CAN EAT PANCAKE BREAKFAST

Saturday, March 11, 2023

At the Hamden Town Hall

8:00 am to 12:00 noon

Adults - \$9

Children 6 through 10 - \$6

Children under 6 - free

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# NEWS FROM THE DIRECTOR

By: Wayne Shepard

Happy New Year! It's hard to believe another year has gone by – 2023 seemed to sneak up on us. It seems like New Year's resolutions are popular each year. According to statistics about 80% of people stick to their New Year's resolutions for approximately one week, then half are still following their target goal or goals six months later. I stopped making New Year's resolutions years ago as I was one of those who never kept to my resolution for more than one month.

This time I thought it would be nice to highlight on some of the changes and/or events that impacted Office for the Aging in 2022.

Unfortunately, as we entered 2022, we were still faced with all the uncertainties and challenges related to COVID-19 that started in 2019. The Office for the Aging found the beginning of the year was very busy. COVID-19 booster shots became available. The agency was working closely with Public Health in scheduling, assisting, and encouraging the older population to get their booster shots. Different variants of COVID-19 became challenging for everyone. People were still taking precautions by wearing their mask, social distancing, and good hand washing. It wasn't until around June that things were less restricted, and that life was starting to return to somewhat normal.

In April, the Delhi and Walton Senior Dining Centers were the first to open their doors to serve congregate meals. A decision was made to gradually open each of the remaining dining centers to serve congregate meals.



Wayne Shepard, Director

In June, Sidney and Margaretville dining centers opened to serve congregate meals; and in July, the Hancock and Grand Gorge dining centers opened to serve meals. All dining centers are now open and fully operational. The attendance for each of the dining centers is considerably lower than prior to the pandemic. It is anticipated that the attendance will take close to two years before it reaches the attendance prior to the pandemic.

In 2022, major staff changes took place. The Office for the Aging Director retired, the Assistant to the Director took another position within the county, the New York Connects Specialist resigned, and the Coordinator of Aging Services was newly hired in February. Major changes were taking place at Office for the Aging. This would mean training, learning curve in job duties for the new positions and periods of adjustment for new and current staff. By the end of 2022

the new staff has adjusted well, and the staff have adjusted to a new style of management. The agency still has one opening and that is the New York Connects Specialist. This position will be filled in 2023.

In April, a new bus was purchased with the funds from the Delaware County Senior Council. The new bus arrived in July and was dedicated at the Seventh annual Senior Fun Day.

In May, the Big Wheels Golf tournament returned to the College Golf course at Delhi. Despite the two-year hiatus related to the COVID-19 pandemic, the tournament was a huge success. The Senior Council netted over \$6,000.

On May 16th the bus was opened to full capacity and shopping was extended from 2 hours to 3 hours. There was no longer a mask requirement to ride the bus. There was an immediate increase of 35-40% usage of the bus since opening to full capacity. During the summer months the bus took riders to the different farmers markets throughout Delaware County. This allowed the older adults to use their Farmers Market Coupons to purchase fresh fruits and vegetables. The bus also took riders to the Frog Pond in Bainbridge and the Carrot Barn in Schoharie. The riders enjoyed going to the additional stops. It was decided to have the bus add these places in the summer of 2023.

In June, the Coordinator and Director of Office for the Aging had the opportunity to attend the first ACUU conference in two years. It was at the training that we inquired the possibility of looking into a new PERS (Personal Emergency Response System) vendor. After much research with several AAA's in New York State a decision was made to go with Connect America. The transition took place in November. Office for the Aging received a message from Connect America that the transition in Delaware County was the smoothest, most organized, and efficient transition

that they have ever had.

Delaware County Senior Council held its 36th Annual Pork Roast and Pie Auction. It was two years since the last event. The event raised \$1,265 from pies. The highest bid for a pie went for \$150. Thank YOU Wayne Marshfield!

The Seventh Annual Senior Fun Day took place on August 24th at 4H-Camp Shankitunk. Like other events that were cancelled because of the pandemic, it took two years before this event could take place again. The event was a huge success with close to 400 participants and close to 50 vendors. The event provided a delicious chicken BBQ dinner provided by Delaware Opportunities and Wilson BBQ's famous grilled chicken. The day included bingo, Paint and Snack (new this year), Tai Chi, and line dancing. COVID vaccinations were offered, and music provided throughout the day by Patrick Delrosario. Office for the Aging was able to utilize a county-owned drone to take an over-head photo at the event. The attendees were asked to stand in formation to spell "OFA" while the drone hovered overhead and took the photo. A fun day was had by all.

The year ended with a free viewing of "All the Lonely People" in October. The movie was held at the Walton Theatre. Following the film there was a panel of guests answering questions from the audience related to loneliness. Greg Olsen, New York State Assistant Director, and Becky Preve, Director at Aging NY, attended the film. The film, panel discussion, and attendance were a huge success.

Wow, when reflecting on the year I said to myself, "The agency is once again alive." COVID-19 did not win. Staff and older adults are glad to see the agency is once again fully operational. COVID-19 is now in the past and we are moving forward!

I want to say once again Happy New Year! I wish everyone a safe, happy, and healthy 2023.

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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Lyndsay Komosinski • NY CONNECTS COORDINATOR

Susan Hammerslag • LEGACY & SNAP-ED COORDINATOR

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### Find us on the Web!

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

### 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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PLEASE MAKE CHECK PAYABLE TO:  
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Clip and return this coupon with your donation to:  
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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 statement requirement of \$250.

# REPORT FROM THE SENIOR COUNCIL

By: Robert Henault

The motto of the Senior Council is “Seniors Helping Seniors,” and we are looking for more members to help us accomplish this task. To become a member, you should be at least 50 years of age and be willing to pay \$5.00 a year as an individual member. Individual members may serve on committees, have voting privileges and be elected to office. The activities which we have planned for 2023 include our Annual Pancake Breakfast in March,

the Annual Big Wheels Golf Tournament in May, our Pork Roast and Pie Auction in June, providing exposure and information at Delhi’s Fair on the Square in July, a picnic in July, a Fun Day in August, and our Annual Luncheon Meeting in September. September of 2023 will also be the time to sell apples and apple products at Delhi’s Fall Harvest Festival. Accompanying most of these activities will be the opportunity to sell and buy tickets in support of our annual quilt raffle.

The Senior Council works closely with the Delaware County Office for the Aging supporting programs and services such as senior meals, home delivered meals, medical transportation, bus service, and an emergency response service that helps the elderly of Delaware County remain in their homes. Our fundraising activities have provided funding towards the purchase of new buses for the Senior Transportation Program, Lifeline units – which are used to call for help in an

emergency, equipment to support the county’s emergency response system and Senior Dining Programs. In addition, we also helped to purchase the building which is currently occupied by the Office for the Aging.

The Senior Council meets once a month on the second Monday of the month in the conference room at the OFA which is located at 97 Main Street, Suite 2 in Delhi. The meetings begin at approximately 12:30 p.m. and usually last for about one hour. If you need additional information, please feel free to contact our president, Peg Hilson, at 607-832-4202. You can also e-mail her at [jhilso@delhitel.net](mailto:jhilso@delhitel.net). We hope to see you at one of our meetings.

## LEGACY CORNER

By: Susan Hammerslag, Legacy Coordinator

### Benefits Of Having A Health Advocate

Patients need someone to look out for their best interests. Visiting the doctor can be an exhausting blur for some adults. On occasion, patients are unable to fully understand what the doctor says, are uncomfortable asking questions, don’t like to speak frankly about symptoms and concerns, or are too shy to insist on treatments that are in their best interest. They need a trusted relative, spouse, friend, or care manager to help them understand their medical conditions and treatment options as well as communicate and coordinate with doctors to get the best care possible.

### What is a health advocate?

A health advocate helps navigate the medical system. They accompany patients to appointments, talk with doctors, take clear notes, research health conditions, find specialists, and help manage health insurance and medical bills.

A health advocate doesn’t need to be a trained medical professional – in fact, the job is often done by a family caregiver. If you’ve been caring for an older adult, this role probably sounds familiar to you.

Most likely, your older adult has multiple health conditions and sees a variety of doctors or specialists. Each doctor doesn’t have an overall picture of their health and treatments, it’s up to you to coordinate all the information and help each medical professional understand the full situation so your older adult can get the

right care. When you act as your older adult’s health advocate, you improve their quality of life and overall health.



### Advocates help by:

1. Keeping track of old and new symptoms, problems with current treatments, or significant changes to discuss with the doctor.
2. Helping medical professionals understand the complete health situation and coordinating treatments to improve health problems without causing problems or side effects. And if side effects do become an issue, working with doctors to find a solution.
3. Managing current medications and making sure all medications and supplements are reviewed on a regular basis.
4. Going together to appointments and taking notes, bringing up important questions for the doctor, and making sure critical details aren’t overlooked.
5. Taking plenty of time to explain their health conditions, treatments, and why it’s important to follow the doctor’s instructions.
6. Finding the doctors, specialists, and hospitals that meet your older adult’s treatment needs and are covered by their insurance plan.
7. Dealing with health insurance

– coverage questions, claims, billing errors, payments, etc.

Adapted from [DailyCaring.com](https://dailycaring.com)  
View the original article at [https://dailycaring.com/what-is-a-health-advocate-and-why-do-seniors-need-one/?utm\\_source=DailyCaring&utm\\_campaign=0c78766bc3-DC\\_Email\\_2022-11-18&utm\\_medium=email&utm\\_term=0\\_57c250b62e-0c78766bc3-123515225](https://dailycaring.com/what-is-a-health-advocate-and-why-do-seniors-need-one/?utm_source=DailyCaring&utm_campaign=0c78766bc3-DC_Email_2022-11-18&utm_medium=email&utm_term=0_57c250b62e-0c78766bc3-123515225)

### Volunteer with the Legacy Corps Caregiving Program

We provide respite for caregivers of loved ones age 60 and over. To learn more about becoming a volunteer or if you are a caregiver in need of respite call Susan Hammerslag, Legacy Program Coordinator, at the Delaware County Office at the Delaware County Office for the Aging (607 832-5750).

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

shopping ease. After the members did their shopping, they wrapped up all the gifts so they’d look festive.

The Office for the Aging would like to thank the Chen-Del-O Federal Credit Union for making this past holiday 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](http://www.chendelo.org).



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# THANK YOU TO THE SUSQUEHANNA VALLEY QUILTERS



By: Rick Angerer, Senior Dining Project Director

Over 300 quilted placemats were recently donated by The Susquehanna Valley Quilters for seniors throughout the county. Creative and colorful placemats were distributed to both

home delivered and congregate participants of the Senior Dining Program. Needless to say, they brightened the day of countless seniors. On behalf of the Delaware Opportunities Senior Dining Program, a huge thank you to everyone who contributed their talents and thoughtfulness.

**ATTENTION – ATENCIÓN – 注意 – AUFMERKSAMKEIT – UWAGA**

Delaware County Office for the Aging offers interpretation services for more than 200 languages. To inquire about our agencies services for the aging at no cost to you, please call (607) 832-5750.

*(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.

# OFA LOAN CLOSET

By: Wayne Shepard, Director

The Delaware County Office for the Aging has available various equipment/supplies to lend to residents of Delaware County who are 60 years of age or older. Some of the equipment we have are wheelchairs, canes, commodes, walkers, shower benches, etc. If you need such equipment, don't hesitate to contact our office to see if we have what you are looking for. You must come into the office to pick-up

the equipment and sign a form. You are entitled to keep the equipment for the period in which you need it.

Suggested contributions for this service are based on item or items borrowed. All contributions are confidential and voluntary and are used to expand services to all who need them in Delaware County. For more information contact Delaware County Office for the Aging at 607-832-5750.



Wheelchairs



Transport Chairs



Walkers



Canes



Commodes



Raised Toilet Seats



Shower Benches

## “LIKE” US ON FACEBOOK

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



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

## SENIOR 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 recommendations 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.”

# Living Well With and After Cancer



Make weekly action plans, share experiences, and help each other solve problems over the course of the 6-week self-management program. Caregivers of those living with cancer are welcome too!

This FREE program will be offered on Zoom starting Wednesday, January 18, 1 p.m. - 3:30 p.m.

Visit [Bassett.org/LivingWell](https://Bassett.org/LivingWell), call 607-547-3948, or email [LivingWellSessions@bassett.org](mailto:LivingWellSessions@bassett.org) for more information and to register.



# MEDICARE ADVANTAGE OPEN ENROLLMENT

By: Virginia Perez, Aging Service Representative; Article Adapted from Medicare.gov

**When?**

January 1st - March 31st

**What can you do?**

If you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time.

**What can't you do?**

- Switch from Original Medicare to a Medicare Advantage Plan.
- Join a Medicare drug plan if you're in Original Medicare.
- Switch from one Medicare drug plan to another if you're in Original Medicare

**Who to Contact:**

Call Office for the Aging at 607-832-5750 and ask for a Medicare appointment.

## NEWS FROM NY CONNECTS

By: Lyndsay Komosinski

**Notice Of Increased Medicaid Income Limit for Individuals Aged 65 Or Older, Blind, Or Disabled**

The New York fiscal year 2022-2023 budget will expand eligibility for the Medicare Savings Program and Medicaid starting January 2023. This means that New Yorkers with limited incomes may be newly eligible to receive assistance with their health care costs through a Medicare Savings Program or through Medicaid.

Effective January 1, 2023, the New York State Medicaid income limit will increase from the 2022 amount of \$954 per month to \$1,563 for a single individual. The allowable limit will increase from \$1,367 to \$2,106 for a couple. In addition, the Medicaid resource limit for a single individuals will increase from \$16,800 for a single individual to \$28,134. For a couple, the resource limit

will increase to \$37,908.

Many Medicaid recipients who have Medicaid through NY State of Health will now be able to keep Medicaid when they are enrolled into Medicare, without meeting a spend-down. Prior to these new income limits, an individual would lose their Medicaid coverage from the New York State of Health, once they were enrolled into Medicare, simply because they were over the allowable income limit.

The Medicare Savings Program (MSP) is a program that if eligible, will pay your Medicare Part B premium. The premium for 2023 is \$164.90. In addition to paying the Part B premium, anyone who is enrolled in an MSP will also be automatically enrolled into full Extra Help. Extra Help is a Medicare program to help people with limited income and resources pay their Medicare drug coverage (Part D). This program will help to lower the cost of prescription drugs.

The income limits for Medicare Savings Program are as follows:

Program	Monthly Income Limit		Asset Limit	
	Single	Couple	Single	Couple
QI	\$2,107	\$2,839	No asset limit in New York State	
QMB	\$1,563	\$2,106		
Medicaid	\$1,563	\$2,106		

For more information about Medicaid, Medicare Savings, benefits or how to enroll, contact NY Connects Coordinator, Lyndsay Komosinski at (607) 832-5750.

# MEET ELLI-Q



Elli-Q is a friendly presence in your daily life. It engages in conversation, motivating you to adopt healthier habits, surprising you with jokes, and suggestions.

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

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

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

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

and maintaining peace of mind so much easier.

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

**What can ELLI-Q help you with?**

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

**Am I a good fit for ELLI-Q?**

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

**\*NOTE: ELLI-Q requires Wi-Fi and electrical power.**

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**607-434-1496**  
Jamie Smith: Jsmith@delop.org

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(TTY 777) for information and an application.

# HAPPY NEW YEAR!

## Searching for a New Year's resolution? Put TAI CHI FOR ARTHRITIS on your list.

By: Terri Tweedie, Coordinator of Services for the Aging

The Administration on Aging found the Tai Chi for Arthritis program meets the criteria for evidence-based disease prevention and health promotion programs. Through the Office for the Aging, seniors can take advantage of this program that is proven to relieve pain, improve their health, and their ability to remain active.

The Tai Chi for Arthritis exercise program has been offered for several years through the Delaware County Office for the Aging. This is a newly redesigned series of two classes each week for ten-weeks. The 20 classes incorporate 12 movements. Are you interested in a safe, low-impact exercise program that works on core muscles and breathing? Make it your New Year's resolution to attend.

The movements of Tai Chi for Arthritis exercises improve muscular health through weight bearing motions, flexibility, and fitness. Improved muscular strength is impor-

tant for supporting joints. Flexibility exercises allow people to move easier by loosening muscles and joints. Tai Chi for Arthritis can improve a person's overall fitness level and help reduce pain and stress. This is both a mind and body exercise, that relaxes the mind, allowing those who practice it to experience less depression and improved immunity.

Those who participate in the Tai Chi for Arthritis program find it to be an enjoyable experience. They find that their balance and coordination improve, which reduces their risk of falling. They also notice an improvement in their flexibility and range of motion. Their cardio-respiratory function improves through breathing techniques. They experience a reduction in their stress and a feeling of serenity. They report an improvement in concentration and memory. Their overall health improves, and they become more confident.

If you would like to attend a Tai Chi for Arthritis class, please call 607-832-5750

# LIMIT 'ADDED SUGARS'

Revised by Andrea Martell RDN, CDN. Retrieved from: [www.health.harvard.edu/blog/are-certain-types-of-sugars-healthier-than-others](http://www.health.harvard.edu/blog/are-certain-types-of-sugars-healthier-than-others) [www.webmd.com/features/how-sugar-affects-your-body](http://www.webmd.com/features/how-sugar-affects-your-body) [www.cdc.gov/nutrition/data-statistics/added-sugars.html](http://www.cdc.gov/nutrition/data-statistics/added-sugars.html)

Sugars are carbohydrates that are manufactured by plants and are a major source of energy, comprising approximately half of the total calories in the diet. Chemical names for sugar include glucose, fructose, galactose, sucrose, lactose, and maltose. Some sugars are found naturally in fruit and many foods while others are used as additives in commercially processed items which are consumed in large amounts by most Americans - sugary beverages being at the top of the list followed by ready-to-eat cereals. Some common names for added sugar include high fructose corn syrup, dextrose, maltodextrin, molasses, agave nectar, rice syrup, and evaporated cane juice just to name a few.

In short, added sugars come from a variety of sources and go by many different names, yet they are all metabolized by the body and are a

source of extra [un-needed] calories. Overconsumption of added sugars can contribute to health problems such as weight gain and obesity, type 2 diabetes, and cardiovascular disease. Also consider this: added sugars can have a negative impact on your brain, mood, teeth, joints, and skin, in addition to potentially damaging your liver, pancreas, heart, and kidneys. Therefore, the Dietary Guidelines for Americans 2020-2025 recommends that you should keep intake of 'added sugars' to less than 10% of your total daily calories. For example, in a 2,000-calorie diet, no more than 200 calories should come from added sugars (12 teaspoons or approximately 50 grams). Check the nutrition facts label on food packages and you will find a line designated for 'added sugars.'

In general, consuming natural sugars in foods such as fruit is not linked to negative health effects, since the amount of sugar tends to be low impact and fruit includes fiber and other healthful nutrients. To conclude, it's best to limit all sources of added sugar to within the recommended intake level. For most people, one type of sugar isn't better than another.

# 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
<b>JANUARY 30</b> THROUGH <b>FEBRUARY 3</b>	Stuffed Shells Winter Blend Veggies Apple Juice Italian Bread Diced Pears	Country Fried Steak Mashed Potatoes Corn/Carrots/Peppers Whole Wheat Bread Apple Crisp	Spicy Cranberry Pork Baked Sweet Potatoes Steamed Peas Creamy Cucumber Salad Fruited Jello	BBQ Chicken Smokey Baked Beans Zucchini & Squash Cole Slaw Sherbet	Turkey Penne Bake Garden Fresh Carrots Snow on the Mountain Whole Wheat Bread Yellow Cake
<b>FEBRUARY 6</b> THROUGH <b>FEBRUARY 10</b>	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
<b>FEBRUARY 13</b> THROUGH <b>FEBRUARY 17</b>	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 & 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
<b>FEBRUARY 20</b> THROUGH <b>FEBRUARY 24</b>	CLOSED PRESIDENT'S DAY	California Baked 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
<b>FEBRUARY 27</b> THROUGH <b>MARCH 3</b>	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
<b>MARCH 6</b> THROUGH <b>MARCH 10</b>	Swiss Steak Oven Roasted Potatoes Seasoned Spinach Three Bean Salad Brownie	Orange Pork Steamed Brown Rice Peas Whole Wheat Bread 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
<b>MARCH 13</b> THROUGH <b>MARCH 17</b>	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 Chicken Rice Pilaf Capri Blend Veggies Grape Juice Butterscotch Pudding	Fish on a Bun Sweet Potato Fries Mixed Vegetables Fruited Jello	Corned Beef & Cabbage Sliced Carrots Boiled Potatoes Dinner Rolls Pistachio Cake
<b>MARCH 20</b> THROUGH <b>MARCH 24</b>	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 Dinner Roll Apricots	Home Style Meat Loaf Mashed Potatoes Peas & Carrots Tossed Salad Sherbet	Vegetarian Lasagna Sautéed String Beans Tossed Salad Italian Bread Jello w/Topping
<b>MARCH 27</b> THROUGH <b>MARCH 31</b>	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	Broccoli Cheddar Quiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet

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

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

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

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

# WINTER HEALTH RISK TO BEWARE OF FOR SENIORS

By: Wayne Shepard, Director

As much as we may not want to admit it, old man winter has arrived already. There are plenty of people around the country that absolutely look forward to winter as they enjoy downhill or cross-country skiing, snowboarding and ice skating. However, there are far more people who would rather never see another snowflake. We need to keep in mind that the winter months can be a difficult and dangerous time for anyone living in this area of the country where temperatures regularly fall below freezing. Living on a fixed income and the possibility of rising fuel cost, seniors may make decisions to lower their thermostat dial to conserve on fuel. In most parts of the country, a 60-degree day hardly counts as a cold snap, yet if a senior lives in a poorly insulated home and keeps the heat off, such a day might be chilly enough to cause a hazardous drop in the body temperature. As people get older, their bodies become a little less efficient at regulating their body temperature. If the body temperature drops below 94 degrees, hypothermia starts setting in.

Hypothermia symptoms usually start gradually. As the symptoms progress, the ability to think and move often become clouded. The individual may be unaware that they need help. As the thought process is impaired, they fail to recognize that they are becoming colder.

We all need to be aware of the warning signs of hypothermia, and ways to prevent hypothermia from occurring.

## Symptoms of Hypothermia may include:

- Confusion, forgetfulness, or drowsiness
- Slurred speech
- Uncontrollable shivering
- Slow shallow breathing
- Stumbling and loss of coordination
- Stiff muscles
- Numbness
- Slow irregular heartbeat
- Weak pulse

## Frostbite

Caused by freezing, frostbite leads to a loss of feeling and color in an affected area, usually nose, ears, cheeks, chin, fingers, and toes. Frostbite can permanently damage the body and in severe cases can lead to amputation

of the affected body part. A person with poor blood circulation or someone who is not properly dressed for extremely cold temperatures have a greater chance of developing frostbite.

A person who has frostbite may not even know that they have it until someone points it out to them because the affected body part is numb. A white or grayish-yellow skin area, skin that feels unusually firm or waxy, and numbness are common signs of frostbite.

## What to do if you suspect hypothermia or frostbite?

If you suspect someone is suffering from hypothermia or frostbite, first try and get their temperature; if the temperature is 96 degrees or below, seek immediate help and dial 911. While waiting for help, the best thing you can do for the individual is to keep them warm by wrapping them in a blanket, towel or whatever is handy. DO NOT have them walk on feet or toes that show signs of frostbite as this can increase the risk of damage to the area. DO NOT put them in a hot bath or shower or offer alcohol; and furthermore, do not rub any part of their body since their skin may be fragile. DO NOT use a heating pad or heat lamp; and be cautious when using the heat from a stove or fireplace for warming as the affected areas are numb and can easily burn. You CAN use your own body heat by getting close to the person.

## Ways to prevent hypothermia:

- Make sure the home is kept warm by keeping the thermostat set to at least 68 to 70 degrees. If the home is kept mildly cool at temperatures between 60 to 65 degrees this can lead to mild hypothermia especially in the elderly.
- Maintain proper humidification in the home. Use a humidifier, or place pans of water on the stove (wood burning) or radiator.
- Make sure the home is properly weatherized. This includes closing all gaps with insulation and caulking.
- Limit your time outdoors.
- If you must be outside during cold weather, wear warm, layered clothing made of natural fibers. You should wear a hat on your head, wrap a scarf around your neck, warm wool socks, waterproof boots,

- and mittens instead of gloves to reduce heat loss.
  - Stay indoors on windy days. Even if the temperature appears to be moderate, wind chill can substantially increase your risk of hypothermia.
  - Drink plenty of fluids. Avoid alcohol and nicotine.
  - Follow a healthy diet. Older adults tend to burn more calories during the winter months due to the body having to create more body heat.
  - Keep warm and dry while out in the cold air.
- Remember to watch the weather forecasts. If they are predicting cold or windy weather, then stay inside if

possible. Homes and apartments with thermostats set between 60 to 65 degrees, can lead to illness. Keep your home warm by setting your thermostat for at least 68 to 70 degrees.

Lastly, if you reside in Delaware County you may be able to receive assistance with fuel through HEAP (Home Energy Assistance Program).

Being prepared is the best defense against having to deal with hypothermia and frostbite problems during cold weather. By preparing and being cautious, you can reduce your risk of developing these health problems related to cold weather.

# EMERGENCY HEAP BENEFIT

The 2022-2023 Emergency benefit is scheduled to open on January 3, 2023.

If you are eligible, the Emergency HEAP Benefit can help you heat your home if you are in a heat or heat related emergency.

Emergency HEAP benefits and eligibility are based on:

- income,
- available resources, and
- the type of emergency

## You may be eligible for an Emergency HEAP benefit if:

- Your electricity is necessary for your heating system or thermostat to work and is either shut-off or scheduled to be shut off, or
- Your electric or natural gas heat is off or scheduled to be shut-off, or
- You are out of fuel, or you have less than one quarter tank of fuel oil, kerosene or propane or have less than a ten (10) day supply of wood, wood pellets, corn, or other deliverable heat source.
- and
- Your household's gross monthly income is at or below the current income guides for your household size as posted in the table below, or
- You receive Supplemental Nutrition Assistance Program (SNAP) benefits, or
- You receive Temporary Assistance (TA), or
- You receive Code A Supplemental Security Income (SSI) Living Alone, and

- The heating and/or electric bill is in your name

Applications for those persons receiving SNAP benefits and/or public assistance will be processed by the Delaware County Department of Social Services, 607-832-5300.

Applications for applicants age of 60 or older will be processed by the Delaware County Office of the Aging, 607-832-5750

All other income applications will be processed by Delaware Opportunities Inc., 607-746-1615.

## Income guidelines for the 2022-2023 HEAP season are as follows:

Household Size	Maximum Monthly Income
1	\$2,852
2	\$3,730
3	\$4,608
4	\$5,485
5	\$6,363
6	\$7,241
7	\$7,405
8	\$7,570
9	\$7,734
10	\$7,899
11	\$8,064
12	\$8,228
13	\$8,778

For households over 13, add \$590 to the maximum monthly income.

# SENIOR ACTIVITIES FOR FEBRUARY 2023 AND MARCH 2023

**HOLIDAY CLOSINGS:** Monday, 2/20/23, for President's Day. St. Patrick's Day Dinner will be served at all dining centers on Friday, 3/17/23.

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

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

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

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

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

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

**NOTE: Suggested contribution for all regular meals is \$3.00 seniors and \$4.00 for non-seniors. Contribution for all evening meals is \$5.00 seniors and \$6.00 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 donations provided by program participants.**

## Outreach Dining Center Presentations Schedule

Presentations will be held at the dining centers during the regular lunchtime meal on the dates listed below.

### January 2023 topic will be "Tax Season Information & STAR property tax exemptions"

- Delhi Dining Center on 1/17/23
- Deposit Dining Center, 1/19/23
- Grand Gorge Dining Center on 1/11/23
- Hancock Dining Center on 1/10/23
- Margaretville Dining Center on 1/18/23
- Sidney Dining Center on 1/12/23
- Walton Dining Center on 1/24/23

### February 2023 topic will be "Fire Prevention, Escape routes/Smoke & Carbon Monoxide Detectors"

- Delhi Dining Center on 2/7/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 2/8/23
- Hancock Dining Center on 2/14/23
- Margaretville Dining Center on 2/15/23
- Sidney Dining Center on 2/9/23
- Walton Dining Center on 2/21/23

## Thank You Dispatch Donors

*American Legion Ladies Auxiliary (in memory of our departed members), Betty Bell, Joseph & Ruth Bolduc, David & Ann Cooke, JoAnn Dewitt, Charles & Grace Dietzman, Richard Elrauch, Steven & Helen Gendle, Patricia Greene, Jerry & Susan Hamil, Eldred Holliday, Shirleyann Homovich, Nancy Hughes, Elizabeth Karl, Michael Kaufman, Timothy Kilpatrick, Daisy Low-Gilbert, James & Katherine McGrail, Thomas McKown, Lauren Monroe, Ronald Morse, Jamie O'Donnell, Robert Plath, Ruth Reynolds, Susan Runge, Fred Salvante, Leslie & Virginia Sanford, Margaret Smith, James Stevenson, Terry & Linda Stiefel, Edith Thomsen, Michael & Virginia Tiska, Martha VanBurek, Susan VonKassel, Ron & Ellen Whipple*

# FLU & PEOPLE 65 YEARS AND OLDER

*From Centers for Disease Control and Prevention*

People 65 years and older are at higher risk of developing serious flu complications compared with young, healthy adults. This increased risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease. In recent years, for example, it's estimated that between 70-85% of seasonal flu-related deaths have occurred in people 65 years and older, and between 50-70% of seasonal flu-related hospitalizations have occurred among people in this age group.

### A Flu Vaccine is the Best Protection Against Flu

The best way to protect against flu and its potentially serious complications is with a flu vaccine. Flu vaccines are updated each season because flu viruses are constantly changing. Also, immunity wanes over time. Annual vaccination helps to ensure the best possible protection against flu. A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season. Flu vaccines for the 2022-2023 flu season have been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination fully sets in after about two weeks.

### When should I get vaccinated?

For most people who need only one dose of flu vaccine for the season, September and October are generally good times to be vaccinated against flu. Ideally, everyone should be vaccinated by

the end of October. Additional considerations concerning the timing of vaccination for certain groups of people include: most adults, especially those 65 years and older; and pregnant people in the first or second trimester should generally not get vaccinated early (in July or August) because protection may decrease over time. However, early vaccination can be considered for any person who is unable to return at a later time to be vaccinated.

### Specific Flu Shots for People 65 and Older

For the 2022-2023 season, CDC and ACIP preferentially recommend the use of higher-dose flu vaccines (Fluzone High-Dose Quadrivalent inactivated influenza vaccine and Flublok Quadrivalent flu vaccine) or adjuvanted flu vaccine (Fluad Quadrivalent vaccine) over standard-dose unadjuvanted flu vaccines for people 65 years and older. This recommendation is based on a review of available studies which suggests that, in this age group, these vaccines are potentially more effective than standard dose unadjuvanted flu vaccines. More information is available at Flu Vaccines Worked Better than Initially Estimated this Past Season & CDC's Advisory Council Recommends Specific Flu Vaccines for Seniors. If one of these vaccines is not available at the time of administration, people in this age group should get a standard-dose unadjuvanted inactivated flu vaccine instead. There are other flu vaccines approved for use in people 65 years and older. People 65 years and older should not get a nasal spray vaccine.

### Get pneumococcal vaccines

People who are 65 years and older also should be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections. Talk to your health care provider to find out which pneumococcal vaccines are recommended for you.

Pneumococcal pneumonia is an example of a serious flu-related complication that can cause death. You can get the pneumococcal vaccine your provider recommends when you get a flu vaccine.

### Symptoms and Treatment

Because you are at higher risk of developing serious flu complications, if you get flu symptoms, call your health care provider right away. There are antiviral drugs that can treat flu illness and prevent serious flu complications. CDC recommends prompt treatment with a flu antiviral medication for people who have flu or suspected flu infection and who are at higher risk of serious flu complications.

### Symptoms:

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people may also have vomiting and diarrhea, though this is more common in children than in adults. People may be infected with flu and have respiratory symptoms without a fever.

### Treatment:

- Influenza antiviral drugs are medicines that fight against flu by keeping flu viruses from making more

viruses in your body.

- Antiviral drugs can make your flu illness milder and make you feel better faster. They may also prevent serious health problems that can result from flu illness.
- Treatment with an influenza antiviral drug should begin as soon as possible because these medications work best when started early (within 48 hours after symptoms start).
- You need a prescription from a health care provider for an influenza antiviral medication.

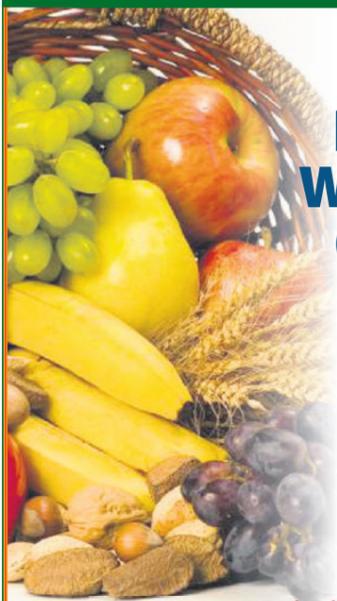
### What are the emergency warning signs of flu?

- Adults experiencing the following signs should obtain medical care right away:
- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest or abdomen
- Persistent dizziness, confusion, inability to arouse
- Seizures
- Not urinating
- Severe muscle pain
- Severe weakness or unsteadiness
- Fever or cough that improve but then return or worsen
- Worsening of chronic medical conditions

These lists are not all inclusive. Please consult your medical provider for any other symptoms that is severe or concerning.

For more information go to [CDC.gov/flu/highrisk/65over.htm](https://www.cdc.gov/flu/highrisk/65over.htm).

**"EAT HEALTHY, BE ACTIVE"**



## FREE Nutrition Workshops!

(4-Part Series)

- Enjoy Healthy Food Choices that Taste Great
- Quick, Healthy Meals & Snacks
- Eating Healthy on a Budget
- Making Healthy Eating Part of Your Lifestyle

**If you would like our nutrition workshops to come to your town, call us!!!**

**Delaware County Office for the Aging**  
**TO CONFIRM Call (607) 832-5750, Ask for Susan H.**  
**DelCoEatHealthy@gmail.com**




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

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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 towards 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.

**FOR CHANGE OF ADDRESS:**  **PERMANENT**  **TEMPORARY**

FROM (DATE): \_\_\_\_\_ ; IF TEMPORARY, TO (DATE): \_\_\_\_\_

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NAME \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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