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BIG WHEELS GOLF TOURNAMENT SLATED FOR MAY 10



"Brookside Maple" team, enjoying the day playing a round of golf at last year's Big Wheels Golf Tournament. Front: Lorah Groh, Sarah Scobie; back: Ashley Scobie, Micah Scobie.

The annual Big Wheels Golf Tournament, held at the Delhi College Golf Course, will take place on Friday, May 10, 2024, according to the Big Wheels tournament committee. The event serves as a primary fundraiser for programs and services which provide assistance to Delaware County senior

citizens. The entry fee this year will be \$80 which will be all inclusive, covering greens fees for 18 holes of golf, cart use, guaranteed prizes, and a post tournament dinner. Registrations for the tournament can be obtained by contacting the Delaware County Office for the Aging at 607-832-5750.

OFA LOOKING FOR VOLUNTEER DRIVERS

The Delaware County Office for the Aging needs 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 67¢ 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, want to do some volunteer work, 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. Other appointments 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 interested in volunteering, please call the Delaware County Office for the Aging at 607-832-5750.

DEFENSIVE DRIVING CLASS

Drivers of all ages are eligible for a 3-year insurance reduction or if necessary, have points removed from their license. Register NOW for a New York State Point/Insurance Reduction Program. This is a six-hour class taught by **ROADRUNNERS** instructors for Defensive Driver's Discount. Our next class is scheduled for Saturday, May

11, 2024, from 9am - 3:30pm. The class will be held in the Activity Center at the Delhi Alliance Church, 16178 State Highway 28, Delhi, NY. For information and registration, contact Ken Brown at 607-832-4839 or email Ken at roadrunners.ddc@gmail.com. BEEP, BEEP!

NOMINATIONS SOUGHT FOR SENIOR CITIZEN OF THE YEAR

By: Suzanne MacDonald

The Delaware County Senior Council is seeking nominations for the 2024 Senior Citizen of the Year Award. The award honors a Delaware County resident aged 60 or older who stands out in the community for ongoing devotion of time and talent in a variety of areas.

1. The nominee must be age 60 or older.
2. The nominee must have an ongoing record of community service for which they receive no remuneration.
3. Candidates must be nominated by an individual or group; they may not nominate themselves.
4. Only nominations received on the official form will be considered. The Delaware County Senior Council

committee will review only these forms; no additional documentation will be considered.

5. No employee who currently works for the Delaware County Office for the Aging is eligible for consideration.
6. Nominations are kept for one year. If the candidate is not selected for that year's award, they will automatically be entered for consideration for the following year's award.
7. The Delaware County award winner will be entered for judging in the New York State Senior of the Year Award contest the following year.

The Delaware County Senior Council Senior Citizen of the Year Committee selects the winner from the nominations. The winner will be

See "NOMINATIONS SOUGHT" page 5

QUILT RAFFLE 2024



By: Margaret "Peg" Hilson

The quilt pictured has been donated to the Delaware County Senior Council from the talented and generous members of the Susquehanna Quilt Guild and will be our raffle quilt for 2024. Pictured are Rebecca LaMar (left), who made the quilt and Christine Axtell (right), co-president of the guild. Rebecca calls the quilt "Tribal Vibes" as it features some ethnic fabrics from international sources. It can be used as a wall hanging or a lap quilt on cool evenings.

The quilt will be displayed, and tickets available, at all of our fundraising events, beginning with the March 16 Pancake Breakfast at the Hamden Town Hall. Look for us also at Merideth Dairy Fest, Delhi's Fair on the Square in July, Senior Fun Day, and the Delaware County Fair. Tickets for the raffle will be \$1.00 or 6 for \$5.00. The drawing will be in September at the Delhi Harvest Fest.

Contact Peg Hilson at 607-832-4202 for tickets, or if you would like me to bring the quilt to your senior club meeting.

NEWS FROM THE DIRECTOR

By: Wayne Shepard

Delaware County Office of the Aging will be celebrating its 50th Anniversary in May.

When looking through the history for Delaware County Office for the Aging the goal of the agency in 1974 (fifty years ago) was to improve the quality of life for the Older American's residing in Delaware County. This goal is the same fifty years later. The agency is responsible for the general well-being of older adults, regardless of gender, race, or income. Additionally, we have taken on the role of educators and service providers to assist seniors in being smart planners and strong advocates for their personal well-being.

I was trying to think back to where I was and what I was doing fifty years ago. It brought back a lot of wonderful memories. I recall that I was a sophomore in High School. I wasn't even thinking about aging and what services I would need as I get older. My goal at that time was to get my driving permit, graduate from high school, attend college, get a job, and make money!

The first director for Office for the Aging was Neil Lane. As the Director, he implemented many programs and services. Some of those were to assist in providing a nutrition program, transportation, home health aide, firewood, housing etc. The agency today, fifty years later, continues to provide nutrition program through the six dining centers located throughout Delaware County; assistance with home and personal care through the EISEP (Expanded-in Home Services Elderly Program); HEAP (Heating Energy Assistance Program); transportation through the bus service, or taking older adults to medical appointments, pharmaceutical services or lab through non-emergency medical transportation; senior housing throughout many of the different towns in Delaware County. These are just a few of the many services that started 50 years ago and are still in existence today.

On Friday, February 9, the Office for the Aging kicked off the 50th Anniversary Celebration with an Open House at our office and the Delhi Senior Dining Center. OFA staff made

themselves available for the afternoon to welcome visitors, give tours of the agency, and answer questions related to the older adults who reside in Delaware County. It was a day of celebrating the success that we have achieved over the past fifty years.

Close to one hundred guests stopped by during the Open House. Refreshments were available and everyone had the opportunity to view the ongoing slide show of photos that were taken over the past 50 years. Many of the guests visited and reminisced on how things have changed over that time. The agency had a banner that listed events that took place in 1974. It was quite an eye opener:

- President Nixon became the first president of the United States to resign from office,
 - People Magazine's first issue was published in the United States with Mia Farrow on the cover,
 - Popular music: "Bennie and the Jets" by Elton John and "Dancing Machine" by the Jackson Five,
 - What things cost: a new home cost \$35,900; Median Household income: \$11,100; cost of stamp \$0.10; Gallon of Milk \$1.39; and a gallon of gas \$0.53/gal.
- What a difference 50 years



Wayne Shepard, Director

has made.

Office for the Aging has seen many a change over the past 50 years as well, such as: change in Directors as they have either moved on or retired, staff changes, changes in programs (new and revised), the relocation of the office to its current location, and many more changes (too many to mention).

Staff at Office for the Aging are excited to continue to commemorate this milestone with more events to follow throughout 2024. Keep an eye out for the upcoming schedule of 50th Anniversary events. Again, as the Director, I want to thank everyone who joined us for making the open house a special start to our anniversary year!

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The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

DELAWARE COUNTY OFFICE FOR THE AGING

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Lyndsay Komosinski • DEPUTY DIRECTOR

Joanne Sampson • ASSISTANT TO DIRECTOR

Terri Tweedie • COORDINATOR OF AGING SERVICES

Victoria Ladlee • AGING SERVICES REPRESENTATIVE

Susan Hammerslag • LEGACY & SNAP-ED COORDINATOR

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Susan Sainsbury • CASEWORKER

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


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SCAN ME



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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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.

Delaware County Office for The Aging is now accepting Credit/Debit Card Payments!



If you would like to make a payment or contribution to Delaware County Office for the Aging by credit/debit card here is how you can do that.

- Visit our website at <https://www.delcony.us/departments/ofa/ofa.htm>, scroll about halfway down and you will see a flier. Click where it says ALL PAID.
- You can also pay over the phone by calling our office at 607-832-5750.
- You can scan the QR code here with your cell phone. →



LEGACY CORNER

By: Susan Hammerslag, Legacy Program Coordinator

Seniors With Dementia Might Make Terrible Accusations

Adapted from an article by Connie Chow, Founder at DailyCaring

"You stole my wallet and all my money!" "You're keeping me prisoner in my house!" "You're trying to poison me!" Seniors with Alzheimer's disease or dementia commonly accuse the people closest to them of theft, mistreatment, or other terrible things. While cases of true abuse do exist, oftentimes these accusations are completely untrue and are caused by delusions (strong beliefs in things that aren't real). It's important to remember that your older adult isn't creating these delusions to hurt you. Their brains are failing and the delusions and paranoia are symptoms of the disease.

Why do seniors with dementia make false dementia accusations? The situation is very real to your older adult. Their minds are trying to make sense of the world while their cognitive abilities are declining. People with dementia often feel anxiety, frustration, and a sense of loss. Those feelings, plus memory loss and confusion, can easily lead to paranoia. That's why many seniors with dementia feel like people are stealing from them or mistreating them. When they can't find something they've misplaced, their brain leads them to believe that someone stole from them. When you prevent them from wandering and getting lost, they think they're being kept prisoner. These dementia accusations can be extremely hurtful to hear, but it's important to remember that they're not personal attacks against you. Their brain can't make sense of what's happening and has created an alternate version of reality to compensate.

To deal with false dementia accusations, don't take it personally. Remember that your older adult is only making these accusations because of their declining cognitive abilities. They're trying to make sense of their reality as best they can. Do your best to stay calm and not to take these accusations personally. Focus on reassuring them and showing that you care about how they're feeling.

It's important not to argue or use logic to convince someone with dementia that they're wrong. You simply can't win an argument with someone whose brain no longer processes logic properly. And arguing will only make them upset and more insistent. Instead, let them express their ideas, feelings, and opinions. It will be easier to calm and distract them if they feel heard and validated. When you respond to their accusations, keep

your responses short and simple. Long explanations or reasoning may be overwhelming and cause more agitation and confusion.

Use a calm, soothing tone and positive body language. When responding to someone who is worked up over something they strongly believe, it's essential to stay calm. Bring the adrenaline level of the situation down by speaking in a gentle, calm tone of voice. You may also want to try reassuring them in non-verbal ways like a gentle touch or hug.

Creating a calm environment is another way to reduce the tension in the situation. Reduce noise and commotion by turning off the TV, asking other people to leave the room, or playing slow songs or classical music at a low volume. Aromatherapy is another way to create a soothing environment.

Distract them with a pleasant activity. The best way to stop them from obsessing about their accusation is to validate, then distract. Switch to a fun, engaging, or satisfying activity as soon as possible after sympathizing with how they feel. Maybe it's a good time to offer a favorite snack or drink. Or you could ask for help with a no-fail task they enjoy, like folding "laundry" (aka lots of hand towels).

Seek support and advice from people who understand. Being accused of stealing, abuse, or other terrible things can be devastating. Even if you can hide your true feelings to avoid further upsetting your older adult, it still hurts inside. To help you cope, join a caregiver support group - either in person or online. You'll be surprised and relieved to learn that many other people have been accused of similar untrue things. It truly helps to know you're not the only one it's happening to.

See the original article here: https://dailycaring.com/8-ways-to-deal-with-false-dementia-accusations/?utm_source=DailyCaring&utm_campaign=d6c344d06c-dc_email_2024-02-05&utm_medium=email&utm_term=0_57c250b62e-d6c344d06c-123515225

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.

Are you seeking a way to help someone in your community?

Volunteer with the Legacy Corps Caregiving Program. We provide respite for caregivers in need of a break. To learn more about becoming a volunteer call Susan Hammerslag, Legacy Program Coordinator, 607 832-5750.



SCAM OF THE MONTH

P2P (Peer-to-Peer) Payment Apps

Payment Services, more commonly known as "Apps," are gaining in popularity among consumers, including older adults. Venmo, Cash App, Pay Pal, and Google Pay are some of the common P2P Apps you may have heard of. These Apps allow people to send money directly to other people.

Social media sites, such as Facebook, can also allow people to send, request, and receive money, sometimes through a linked bank account or credit card. Often, money can be sent to someone by searching for the person's phone number, e-mail, or username that they have created for their account.

It is often free to transfer money through these Apps. The money is sent immediately and available to the receiver within minutes of the money being sent. Payment Apps offer a convenient service when used properly and safely. If you do decide to use these types of Apps, it is important to take steps to protect yourself from scammers.

Due to the anonymity scammers can maintain while using these Apps, and the fact that money transfers allow access to funds almost immediately, scams involving these Apps are becoming increasingly popular.

Scammers can trick unsuspecting people into sending money to fake charities, or by pretending to be a family member having an emergency. Some scammers will "accidentally" send you money and ask you to send it back. Never send the money and instead contact the payment service. Scammers may try to trick you into sending personal information to gain access to your account.

Many Apps lack the fraud protection of traditional banks and credit cards, so once the money is gone, you are out

of money without any way to recover the lost funds. It is also important to be aware that money transfers made through Apps can go wrong due to simple mistakes when sending the money, such as a misspelling of a username or an incorrect number. If you do decide to use payment Apps, it is important to take steps to protect yourself.

Here are some tips you can follow:

- Never send or accept payments from someone you do not know. Make sure you know and trust the party who you are sending money to, and who you are accepting money from.
- Remember, once the money leaves your account on the App, it is gone and no longer accessible to you.
- Always double-check the information of the person you are sending money to. Make sure the username or numbers are correct.
- Make sure your App is up to date. Most payment Apps have security data encryption and other security features.
- When calling a customer service line for an App, never provide sensitive information over the phone. A legitimate customer service rep from a payment App will not ask for your bank account information.
- Set up alerts to notify you of transactions on your account.

Finally, if you do become a victim of a scammer, notify the payment App and your bank immediately. Block the responsible party on the App. Notify the FBI's Internet Crime Compliance Center at www.ic3.gov and the Federal Trade Commission at reportfraud.ftc.gov, or call 1-877-382-4357 as well as your local police department.

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BINGOCIZE BRINGS FITNESS AND FUN TO DELAWARE COUNTY RESIDENTS AGE 50+ !

By: Terri Tweedie, Coordinator of Services for the Aging

Delaware County Office for the Aging is excited to announce the launch of Bingocize, an innovative and engaging health and wellness program. Bingocize combines the classic game of bingo with physical activity and health education, creating a unique and enjoyable experience for participants age 50+.

Bingocize aims to promote an active and healthy lifestyle while fostering a sense of community and social connection. The program is designed to be inclusive, making it accessible to individuals of varying fitness levels and abilities. Participants or “Bingocizers” are guided through a range of exercises and health-related activities that contribute to their overall well-being.

Key features of Bingocize include:

1. Facilitator-led Sessions: Trained facilitators lead Bingocize sessions, ensuring participants engage in activities safely and receive valuable health information.

- 2. Community Building: Bingocize encourages social interaction, fostering a sense of community among participants through shared activities and experiences.
- 3. Adaptable for All Ages: The program is designed to cater to a diverse audience, making it suitable for seniors, adults, and even children.
- 4. Promoting Health Education: Bingocize incorporates health information and educational content

(falls prevention, nutrition, or immune support) to empower participants with knowledge about maintaining a healthy lifestyle.

Coordinator of Services for the Aging, Terri Tweedie, states: “We are thrilled to introduce Bingocize to our community. This program is not only fun, but it also promotes social connection and health education. We believe that Bingocize has the potential to make a positive impact on the overall well-being of our community members.”

OFA launched this program in Grand Gorge at the Senior Meals Dining Center on January 2, 2024.

On 1/23/24, participant Melody Hochbrueckner shared, “We are moving right along with our classes in Grand Gorge. Terri is a great instructor. Despite all the moaning and groaning that we do, we feel like we are accomplishing something. At the end of our time, we do feel good. We work hard and have a lot of fun with bingo, in between exercises. All in all it’s a good program.”

This is a 10-week workshop that will meet two days per week for one hour for a total of 20 sessions. If you would like more information, please call Terri at 607-832-5750.



FROM OUR NUTRITIONAL WORKSHOP

LENTIL SOUP WITH LIME JUICE

Recipe from SNAP-ED, 10 Tips for Adults

INGREDIENTS:

- 1 Tablespoon vegetable oil
- 1 medium onion, chopped
- 1 pound dried lentils, rinsed and picked over
- 8 cups cold water
- 1 teaspoon salt
- ½ teaspoon each black pepper and cumin
- 1 teaspoon dried thyme or oregano
- 3 bay leaves
- 1 can (4 ounces) mild green chilies, drained and chopped
- 1 red bell pepper, cored, seeded and finely chopped
- 1 carrot, peeled, and finely chopped
- ½ cup fresh lime juice or to taste

MATERIALS:

Large saucepan or electric skillet, cutting board, knife, measuring cups and spoons and serving bowl.

DIRECTIONS:

1. In a large saucepan, sauté the onion in vegetable oil over medium-high heat (350°F for an electric skillet).
2. Add lentils, water, salt, pepper, cumin, thyme or oregano, and bay leaves and bring to a boil.

TIME: 1 HOUR, 10 MINUTES

SERVINGS: 12

SERVING SIZE: ¾ CUP

CALORIES: 165

**\$6.58 PER RECIPE;
\$0.55 PER SERVING**

3. Lower the heat to medium-low (250°F for an electric skillet). Cover and simmer for 30 minutes, stirring occasionally.
4. Add green chilies, red bell pepper, and carrots.
5. Simmer 15 more minutes or until lentils are soft.
6. Before serving, remove and discard bay leaves and stir in lime juice. Serve hot.

NOTES:

- Refrigerate leftovers within 2 hours.
- This soup is also good with a diced potato, another carrot, and/or chopped celery.
- Adjust the amount of chilies to your preferred spice level.

More great recipes like this one at our Nutritional Workshops!

The Ten Tips for Adults Workshop Includes:

Budgeting	Activity	My Plate
• Plan meals ahead	• Add physical activity to your daily routine	• Eat foods from every food group
• Shop for best prices		

WORKSHOPS SCHEDULE AND LOCATIONS:

WALTON: First Baptist Church March 6, 13, 20 & 27 at 2pm	GRAND GORGE: Civic Center Senior Meal Site, Route 30, Grand Gorge March 15, 22, April 5 & 12 at 10:30am
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Call to Plan a Workshop Near You!

Delaware County Office for the Aging

Call the SNAP-Ed Coordinator at **607-832-5750** • DelCoEatHealthy@gmail.com

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



Participant Melody Hochbrueckner with instructor Terri Tweedie.

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“NOMINATIONS SOUGHT” ...continued from page 1

announced at this year’s Delaware County Senior Council Annual meeting scheduled for October.

Nominations must be received on or before July 8, 2024, and must be mailed to Delaware County Senior

Council, 97 Main Street Suite #2; Delhi, NY 13753.

For more information or an application, call Delaware County Office for the Aging at 607-832-5750.

Delaware County Office For The Aging 50th Anniversary Open House Celebration



Susan Freer-Gladding



Betty Chien-Reed

By: Wayne Shepard, Director

On Friday, February 9, the Office for the Aging kicked off the 50th Anniversary celebration with an Open House. The event marks just the beginning of a year-long celebration. Close to 100 guests stopped by to participate in the Open House. Thank you to everyone who stopped by for making it a special start to our anniversary year! Keep an eye out for the upcoming schedule of 50th anniversary events.



Edith Sabatini

DELAWARE OPPORTUNITIES SENIOR DINING SAYS “THANK YOU”



Danielle Morrell (right in both photos), who dressed as an elf, and two of the seniors who she helped deliver gifts to.

By: Rick Angerer, Senior Dining Project Director

Thoughtful and generous contributions from local individuals, groups, and organizations made the 2023 Delaware Opportunities Senior Dining holiday season a huge success. This allowed for the combined delivery of more than 350 gift baskets, Secret Santa bags, cookie platters, and home delivered meals gift certificates. Thank you once again for making the holiday season a special one for the seniors of Delaware County.

The Senior Dining Program would once again like to specifically thank the following groups and organizations for their contributions during the holiday season:

- The Sidney Elks Lodge #2175 for 12

- gift baskets and HDM meals,
- The Tri County Seniors in Sidney for their various gifts,
- Theresa Bolton’s Select Chorus Holiday concert in Walton,
- The Royal Rockets 4-H Club for their cookie platters,
- Sidney Head Start for their Christmas Carols for the congregate participants,
- Healthy Kids program in Walton for their Christmas cards,
- Six anonymous individuals for Secret Santa gift bags.

“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.”

FLU, COVID-19, AND RSV were responsible for sending over 2 million people to the hospital and caused over 260,000 deaths last year. Respiratory viruses will spread this fall and winter, but you can take steps so that you and your everything are protected and safe.

FOR THE FIRST TIME EVER, immunizations are available against all three of these fall and winter viruses. Immunization remains the most effective way to protect you and your loved ones.

Immunizations protect you from the worst of flu, COVID-19, and RSV – and can also shorten the time you are sick.	Adults 65 and older, young children, pregnant people, and people with underlying medical conditions are at highest risk for severe illness. Getting vaccinated is the best way to stay protected.	Flu, COVID-19, and RSV vaccinations are safe and the most effective way to keep your families healthy.
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Talk to your provider about what immunizations are right for you and take steps to stay healthy.



GO GREEN – VIEW “THE DISPATCH” ONLINE

In an effort to “go green,” The Dispatch offers alternative ways of receiving the newspaper. Sign up to receive notice by e-mail when future issues of The Dispatch are available to view online. Simply e-

mail Delaware County Office for the Aging at ofa@co.delaware.ny.us. Be sure to provide your name, e-mail address, and current mailing address, so we can remove your name from our postal mailing list.

PROTECT YOURSELF AGAINST FLU, COVID-19 AND RSV

By: Heather Warner, Public Health Programs Manager

It's that time of year —colder weather and an uptick in upper respiratory infections.

FLU, COVID-19, AND RSV were responsible for sending over 2 million people to the hospital and caused over 260,000 deaths last year. Respiratory viruses will spread this fall and winter and can extend as late as the month of May. You can take steps so that you are protected and safe. Adults 65 and older, young children, pregnant people, and people with underlying medical conditions are at highest risk for severe illness. Getting vaccinated is the best way to stay

protected.

FOR THE FIRST TIME EVER, immunizations are available against all three of these fall and winter viruses. Immunization remains the most effective way to protect you and your loved ones.

Immunizations protect you from the worst of flu, COVID-19, and RSV— and can also shorten the time you are sick.

Flu, COVID-19, and RSV vaccinations are safe and the most effective way to keep your families healthy. Talk to your provider about what immunizations are right for you and take steps to stay healthy.

“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”.

THE DIFFERENCE BETWEEN MEDICARE AND MEDICAID

Article: Medicare Rights/Medicare Interactive 2023

Medicare and Medicaid are two separate, government-run programs. They are operated and funded by different parts of the government and primarily serve different groups. Medicare is a federal program that provides health coverage if you are

65+ or under 65 and have a disability, no matter your income. Medicaid is a state and federal program that provides health coverage if you have a very low income. If you are eligible for both Medicare and Medicaid (dually eligible), you can have both. They will work together to provide you with health coverage and lower your costs.

SMALL-CHANGES APPROACH

By: Andrea Martell RDN, CDN; Extracted from: www.ncbi.nlm.nih.gov/pmc/articles/PMC5644785/

If you desire weight loss and weight maintenance, doing so through diet and exercise can be a great way to achieve your goals, but often people don't succeed because they don't come up with a workable plan. We have seen significant amounts of research indicating that small increases in caloric intake over time are sufficient to cause weight gain in many individuals. On the other hand, small changes in nutrition and physical activity behaviors can prevent weight gain. The 'small-changes' approach is recommended in the context of weight management as it tends to be more realistic for most people to make small short-term changes in diet and

daily activity.

Several studies suggest that a decrease in intake of 100-200 calories per day is considered a small enough change to achieve a metabolism typically associated with weight loss and would also not be likely to increase hunger. Furthermore, increasing energy expenditure by 'burning' an additional 100 kilocalories over the course of a day is not associated with feelings of fatigue nor an increased drive to eat. With these findings in mind, it is reasonable to focus on efforts which promote small lifestyle changes to eliminate or reduce incremental 'creeping' weight gain and thereby help to maintain a healthy weight. Simple ways to do this are to reduce added sugars from your diet and add some walking or similar physical activity to your daily routine.

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
4/1 Thru 4/5	Beef Pepper Steak Oven Browned Potatoes Steamed Peas Whole Wheat Bread Fruit Cocktail	Chicken Risotto Capri Blend Veggies Cucumber Salad Whole Wheat Bread ChocolateChip Cookies	Spaghetti & Meatballs Brussels Sprouts Tossed Salad Italian Bread Jello w/ Topping	Scrambled Eggs Mini Pancakes Sausage Patty Whole Wheat Bread Cinnamon Applesauce	Baked Tilapia Sweet Potato Fries Steamed Broccoli Creamy Cucumber Salad Apricots
4/8 Thru 4/12	Chicken Cacciatore Penne Pasta Italian Blend Veggies Italian Bread Vanilla Pudding	Country Fried Steak Mashed Potatoes Steamed Peas Fresh Fruit Salad Cinnamon Coffee Cake	Spicy Cranberry Pork Steamed Brown Rice Seasoned Spinach Whole Wheat Bread Jello w/ Topping	Baked Chicken w/Gravy Steamed Brown Rice Sautéed String Beans Rosey Apple Relish Diced Peaches	Broccoli Cheddar Quiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet
4/15 Thru 4/19	Turkey Tetrazzini Sautéed Zucchini Three Bean Salad Whole Wheat Bread Diced Pear	Beef Stew Roasted Cauliflower Fruit Cup Whole Wheat Bread Peanut Butter Cookies	Neptune Pasta Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello	Chicken Cordon Bleu Parmesan Bow Tie Pasta Green Beans Dinner Roll Banana Cream Pie	Home Style Meatloaf Whipped Potatoes Steamed Broccoli Apple Sauce Yellow Cake
4/22 Thru 4/26	Swiss Steak Baked Potato Steamed Peas Whole Wheat Bread Butterscotch Pudding	Roast Pork w/ Gravy Mashed Potatoes Capri Blend Veggies Dinner Roll Ice Cream Sundae	Taco Pie Seasoned Spinach Cran-Orange Juice Whole Wheat Bread Cinnamon Coffee Cake	Maple Mustard Chicken Buttered Egg Noodles Mixed Vegetables Whole Wheat Bread Fruited Jello	Potato Crusted Pollock Parslied Potatoes Sliced Beets Cole Slaw Lemon Pudding
4/29 Thru 5/3	Spanish Rice Corn/Zucchini Medley Apple Juice Whole Wheat Bread Vanilla Ice Cream	Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Rosey Apple Relish ChocolateChip Cookies	Caribbean Pork Loin Baked Sweet Potato Parslied Cauliflower Three Bean Salad Lemon Pudding	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Upside Down Cake	Chicken Salad Italian Pasta Salad Snow on Mtn. Salad Dinner Roll Fresh Watermelon
5/6 Thru 5/10	Ravioli & Sausage Sautéed Zucchini Three Bean Salad Italian Bread Fruit Cocktail	BBQ Pork Smokey Mountain Beans String Bean Medley Carrot-Raisin Salad Sherbet	Citrus Chicken Glazed Sweet Potatoes Parslied Cauliflower Cran-Orange Juice Sugar Cookies	Hamburger Stroganoff Egg Noodles Steamed Broccoli Whole Wheat Bread Diced Pears	Baked Encrusted Tilapia Baked Potato Steamed Peas Cole Slaw Ice Cream
5/13 Thru 5/17	Swedish Meatballs Buttered Noodles Sliced Carrots Apple Juice Chocolate Pudding	Fish on a Bun Greek Oven Fries Steamed Peas Harvard Beets Fruited Jello	Roadhouse Chicken Roasted Potatoes Mixed Blend Veggies Dinner Roll Oatmeal Raisin Cookies	Baked Lasagna Green Beans Italian Bread Strawberry Shortcake	Turkey Salad Potato Salad Creamy Cucumber Salad Juice Dinner Roll Fresh Watermelon
5/20 Thru 5/24	Stuffed Shells Seasoned Spinach Three Bean Salad Italian Bread Vanilla Ice Cream	Shepard's Pie Parslied Cauliflower Orange Juice Whole Wheat Bread Apricots	Pineapple Chicken Buttered Egg Noodles Mixed Vegetables Whole Wheat Bread Sliced Peaches	Home Style Meatloaf Mushroom Gravy Swiss Baked Potatoes Green Beans Rice Pudding	Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Cinnamon Coffee Cake
5/27 Thru 5/31	CLOSED MEMORIAL DAY	Chicken Alfredo w/ Broccoli Stewed Tomatoes Italian Bread Lemon Pudding	Pot Roast w/ Gravy Mashed Potatoes Zucchini/Yellow Squash Rosey Apple Relish Sherbet	Orange Pork Steamed Rice Sliced Carrots Fruit Cocktail Jello with Topping	Tuna Casserole String Beans Tossed Salad Italian Bread Spiced Peaches

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

VA LIFE INSURANCE: VALIFE

By: Mark Dunlop, Director

I hope everyone is doing well and starting to thaw out a little bit. I would like to showcase the new life insurance program called VALife that is offered from the VA to our veteran population that came out last year.

VALife is the Veterans Affairs (VA) first new life insurance program in nearly 50 years and, since 1/1/2023, has provided Veterans with the peace and mind that comes from knowing loved ones will have some funds after their departure.

VALife eliminates time limits to apply, which increases access to more veterans than it did prior. The program offers guaranteed acceptance, whole life insurance to veterans aged 80 or under with any level of service-connected disability (0-100%). Veterans aged 81 and over may qualify if they meet certain criteria and apply within a certain timeframe.

The VA is the nation's 12th largest life insurer and has issued up to \$950 million in coverage to 31,400 veterans for VALife in its first year since becoming available to our nation's veterans.

VALife key features include:

- Coverage up to \$40,000, available in \$10,000 increments.
- No health questions or medical exam to enroll.
- No deadline to apply if you are age 80 or under.
- Convenient online application and enrollment.
- Cash value that builds over the life of the policy, after the first two years of enrollment.

If you would like more information on VALife go to <https://www.va.gov/life-insurance/options-eligibility/valife/> or at www.va.gov/life-insurance.

THANK YOU TO OUR GENEROUS CONTRIBUTORS

Thank you to all the generous "Help Us Help Others" contributors for supporting programs and services that help seniors in Delaware County. Donations made by those for "In Honor/Memory" of someone special are acknowledged below unless anonymity was requested.

- Stella Sprague: *In Memory of David W. Sprague*
- Tait Family: *In Memory of Bruce Commandeur*

SENIOR ACTIVITIES FOR APRIL 2024 AND MAY 2024

HOLIDAY CLOSINGS: Monday, 5/27/24, for Memorial Day. **ALL DINING CENTERS SERVING 11:30 am to 12:30 pm, Monday-Friday.**

Easter Dinner served at all meal sites on Friday, 3/29/24, at 11:30 am

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 APLEY. Center's 50th Anniversary celebration will be Wednesday, 4/3/24.

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

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 for seniors and \$4.00 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.

DINING CENTER PRESENTATION SHCHEDULE

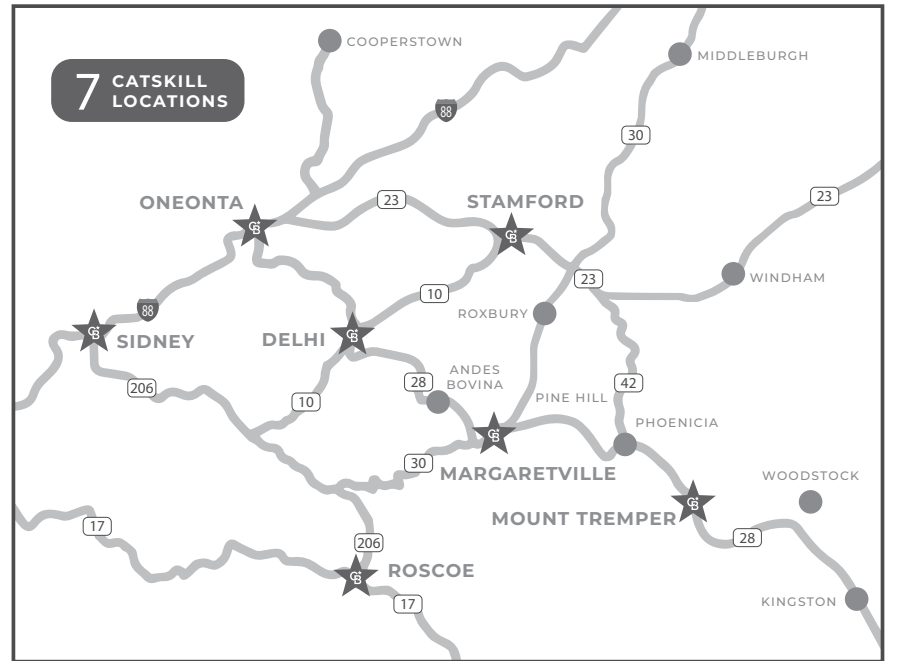
The following presentations will be held at the dining centers during the regular lunchtime meal on the dates listed below.

OFA Outreach Dining Center Presentations Schedule

- | | |
|--|--|
| March 2024 topic will be "Elder Abuse & Scams" | April 2024 topic will be "Personal Emergency Response System (PERS) & RU OK?" |
| <ul style="list-style-type: none"> • Delhi Dining Center on 3/12/24 • Deposit Dining Center on 3/21/24 • Grand Gorge Dining Center on 3/13/24 • Hancock Dining Center on 3/12/24 • Margaretville Dining Center on 3/20/24 • Sidney Dining Center on 3/14/24 • Walton Dining Center on 3/19/24 | <ul style="list-style-type: none"> • Delhi Dining Center on 4/9/24 • Deposit Dining Center on 4/18/24 • Grand Gorge Dining Center on 4/10/24 • Hancock Dining Center on 4/9/24 • Margaretville Dining Center on 4/17/24 • Sidney Dining Center on 4/11/24 • Walton Dining Center on 4/16/24 |

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Most services provided have no fee, but you are welcome to contribute toward their cost. No one is ever denied service due to inability or unwillingness to contribute. Those with a self-declared income at or above 185% of the Federal Poverty line are encouraged to contribute at levels based on the actual cost. All contributions are used to expand services to all who need them in Delaware County. We are grateful for your support.

SEND YOUR CONTRIBUTION,

(Cash OR, If You Prefer, A Check Made Payable To **Office For The Aging**),

TO: OFFICE FOR THE AGING, 97 MAIN STREET, SUITE #2; DELHI, NY 13753

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HAMDEN SENIOR CITIZENS CLUB



By: Patsy Moody

The Hamden Town Hall comes alive once a month for a delightful meal and shared stories and laughs. New faces are always welcome and often, there is a guest speaker who provides important information to seniors.

Hamden is celebrating 200 years in 2025, and the group was updated on plans of the "bicentennial committee." They hope to have a 5K race, Tractor Parade, BBQ, dance, history displays and of course, BASEBALL. It's documented that Hamden had

a town league then till now (before Cooperstown). A kickoff event is being planned for this July. Watch for details.

As our representative to the county Senior Council, Bill Moody shared upcoming dates for the OFA 50th anniversary kickoff on 2/9 and the Pancake Breakfast fundraiser on 3/16. Treasurer Jean Bull made out the check for our group's membership dues to the Senior Council.

We look forward to gathering again the last Wednesday of each month.

TRI-COUNTY SENIORS



By: Carol Allen, President

The Tri-County Seniors had a busy holiday season. On December 8, over 70 people enjoyed a holiday dinner at the Sidney American Legion Hall with dancing to live music by The Dirt Road Express Band. Throughout the month of December, the seniors sponsored a Holiday Giving project. Homebound seniors and residents of local senior housing complexes were asked what gift they would like to receive for the holidays. Tags were placed on a tree for those who responded, and Tri-

County seniors selected tags and purchased the gifts to help spread a little extra joy during the season of giving.

The new year started out with a series of four SNAP Ed nutrition workshops presented by Andrea Martell of the Delaware County Office for the Aging. During February, the seniors were challenged to set a personal goal to get moving in some way each day, whether it be walking or seated exercise. The Senior Center is available for indoor walking three days a week, and was opened for evening walking on Tuesdays and Thursdays throughout February.

On Valentine's Day, the Tri-County Seniors were joined by the Happy Trails Seniors from Wells Bridge for a potluck lunch and Valentine's movie.

Plans are in the works for several bus trips starting on April 24 with a trip to the Silver Birches Resort in Hawley, Pennsylvania, for the Buddy Holly Story show. The cost of \$135 will include transportation, a buffet luncheon, music and dancing, browsing the gift shops, plus the show. All area seniors are welcome and should call Carol at 607-563-8065 for details and reservations. The deadline to make payment is March 15.



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The better you feel, the brighter your days.



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