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DELAWARE COUNTY OFFICE FOR THE AGING

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DEFENSIVE DRIVING CLASS

By: Lori White

Defensive Driving classes are starting up. New York State license holders are entitled to a three-year reduction on their drivers' insurance. Points also may be removed from the driver's license.

There will be a class held in Bainbridge, NY, at St. Peter's Episcopal Church on June 3rd. The class will run from 9am-3:30pm. For more information and to register, call Lori at 607-435-5398.

2023 BUS SCHEDULE CHANGES / ADDITIONS

Here is a list of changes to the Delaware County Senior Transportation System due to driver schedules/holidays and added trips for Farmers Market runs.

for each Farmers Market trip, or the trip will be cancelled.

BUS PICKUP ROUTE:

(Wednesday's Route) Delhi, Downs-ville, East Branch, Fishs Eddy, Hancock, Deposit, Masonville

Destination: Frog Pond and the Pine Ridge Store in Bainbridge.

Added Trips (minimum of 6 riders or the trip will be cancelled):

- Monday, June 5, 2023.
- Monday, July 10, 2023.
- Monday, August 14, 2023.
- Monday, September 11, 2023.
- Monday, October 16, 2023.

BUS PICKUP ROUTE:

(Thursday's Route) Bovina, Andes, Margaretville, Arkville, (Fleischmanns), Roxbury, Grand Gorge, Stamford, Harpersfield, Davenport

Destination: Carrot Barn and the Apple Barrel in Schoharie.

Added Trips (minimum of 6 riders or the trip will be cancelled):

- Monday, June 5, 2023.
- Monday, July 10, 2023.
- Monday, August 14, 2023.
- Monday, September 11, 2023.
- Monday, October 16, 2023.

BUS PICKUP ROUTE:

(Friday's Route) Hamden, Walton, Sidney, Franklin

Destination: Frog Pond and the Pine Ridge Store in Bainbridge.

Added Trips (minimum of 6 riders or the trip will be cancelled):

- Monday, June 19, 2023.
- Monday, July 24, 2023.
- Monday, August 28, 2023.
- Monday, September 25, 2023.
- Monday, October 23, 2023.

MOVED TRIPS

→ Thursday, May 11th trip to Albany: **Moved to Monday, May 8th.**

→ Thursday, May 18th trip to Oneonta and Price Chopper: **Moved to Monday, May 15th.**

→ Thursday, June 8th trip to Albany: **Moved to Tuesday June 6th.**

→ Thursday, August 10th trip to Albany: **Moved to Monday, August 7th.**

→ Thursday, August 24th trip to Kingston: **Moved to Tuesday, August 22nd. Reminder, on August 24th we will be having our Senior Fun Day at the 4-H Camp in Delhi.**

→ Friday, November 10th trip to Norwich: **Moved to Monday, November 6th.**

→ Thursday, November 23rd trip to Kingston: **Moved to Monday, November 20th.**

ADDED TRIPS TO FARMERS MARKETS

Last summer we added some trips to Farmers Markets: Frog Pond in Bainbridge and the Carrot Barn in Schoharie. We heard positive feedback from the individuals who went, so we are going to go back. Below is the list of the days we are planning to go.

All rules pertaining to using our bus service still apply for these added Farmers Market trips. Bag limit, pickup times, and shopping time remain the same as they are for the regular bus runs.

****Minimum of 6 riders required**

OFA WELCOMES VICTORIA LADLEE AS OUR NEW NY CONNECTS I&A SPECIALIST

My name is Victoria Ladlee, NY Connects I&A Specialist. My background has been in Human Services at several agencies throughout Delaware County. I'm looking forward to working for Office for the Aging and NY Connects and learning about even more resources for our community.



COME TO THE EIGHTH ANNUAL DELAWARE COUNTY SENIOR FUN DAY!!

Save the Date!! Come join us for the seventh annual Delaware County "Senior Fun Day" to be held at Delaware County 4H-Camp Shankitunk on Arbor Hill Road in Delhi on **Thursday, August 24th, from 9:30am to 3:00pm.**

Once again, Delaware County Office for the Aging is collaborating with co-sponsors Delaware Opportunities Inc. and the Delaware County Senior Council in planning for this event.

- Off-site parking will be available with constant shuttle service to the camp starting at 9:00am. Location of shuttle parking will be announced in the July issue of The Dispatch.
- Exhibitor tables will be set up by 9:00am for seniors to peruse and activities will start at 10:30am. Activi-

ties for this year's event will also be announced in the next Dispatch.

- Lunch will be provided, at noon, by Delaware Opportunities Inc. Lunch will include a delicious picnic fare of Wilson BBQ's famous grilled chicken, baked beans, salad, dessert and beverages. A donation of \$5 is requested per person for the meal.

Reservations are required and need to be made by August 12th. Please contact the Delaware County Office for the Aging at 607-832-5750 to make your reservation.

Watch for complete details of this year's Delaware County "Senior Fun Day" in the July issue of *The Dispatch*.

We are all looking forward to this year's event and hope to see you there!



37TH ANNUAL PORK ROAST & PIE AUCTION

TUESDAY, JUNE 13TH, 2023

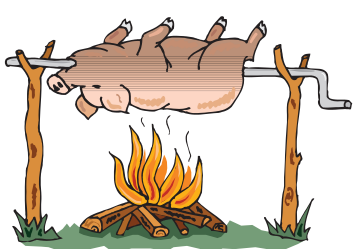
at the

Delhi American Legion



Dinner Served from 4:30 pm-6:00 pm

TICKETS: \$10.00



Tickets available from: Office for the Aging in Delhi, Senior Council Delegates, Dining Center Managers, and **a limited number at the door.**

Sponsored by the Delaware County Senior Council
Proceeds to benefit
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NEWS FROM THE DIRECTOR

By: Wayne Shepard

In April, I had the opportunity of riding the senior transportation service provided through Delaware County Office for the Aging. Twice a year I attempt to ride the bus. This gives me the opportunity as the Director to meet with older adults who utilize this service, and it also allows older adults time to voice/ventilate any concerns regarding the senior transportation service provided by the Office for the Aging. Riding on the bus also allows me to become better acquainted with the transportation service and time to monitor each bus driver and their driving skills.

The bus system provides transportation for seniors three days per week each Wednesday, Thursday, and Friday. I had the opportunity of riding the bus on two different days with each of the bus drivers. One of the days, the senior bus was out of service for minor repair. Fortunately, on this day, our office was able to use the Veterans Affairs bus. Office for the Aging can use the Veterans Affairs bus in emergencies if available.

Both days that I rode on the bus, it transported riders to Oneonta. When riding with Tom Baston the trip started out in Delhi, proceeded to Downsville, on to Deposit then to Oneonta. When riding with Dean Frazier, his route started in Delhi, proceeded to Walton, onto Sidney then onto Oneonta. I had the opportunity of speaking with both drivers prior to their picking up riders. Tom has been driving for the Senior Transportation System for over one year and Dean two years. I asked them both what they enjoyed most about driving



Wayne Shepard, Director

for the senior transportation system. Tom said, "I enjoy serving the senior population very much. They are appreciative of all that you do for them." He also said "I absolutely love the new bus. It's my baby." Dean stated, "The seniors are very appreciative of the service that we provide." This was evident in how the drivers greeted each senior as they entered the bus with a smile and said, "good morning, how are you this fine morning." You most likely would not receive this personal touch through mass transportation.

Tom and Dean offered to assist each rider onto the bus, and at the end of the day when dropping riders off to his/her home they assisted in carrying the rider's packages to the front door of their home. The riders verbalized that they are very pleased with Tom and Dean and the transportation services provided by Office for the Aging. Their comments regarding the bus drivers were, "He is wonderful. He is

the best. We love him. He's a keeper."

During the journey I introduced myself as the Director of the Office for the Aging. (Most of the riders remember me as the Director prior to my retirement. They were very pleased to see me returning from retirement.) This gave the riders the opportunity to address any concerns with the driver or bus route. Each rider verbalized that they were pleased with both the driver and bus route. Each driver handed out a memo to each rider explaining adding to the bus route during the summer months Frog Pond and Pine Ridge in Bainbridge, and Carrot Barn in Schoharie. The riders were very excited to hear about this addition. It was apparent that the riders use this time on the bus in route to their destination for socialization. This was noted when a rider was away for a few months and returned this day. They yelled out "WELCOME BACK."

I took the opportunity to survey the riders regarding what they each enjoyed most about using the Senior Transportation service. First responses were, "We absolutely love our bus drivers Tom and Dean. They are always friendly and helpful. They make us feel safe and secure with their driving. We put our lives and trust in them as our drivers. They will even help with taking our packages to our home or car if need be." Following comments included:

"Delaware County is so rural. You would think that more seniors would take advantage of the service. You can't beat the price of \$5.00 for a round trip to Oneonta, Binghamton, or Albany. It would cost you more to drive yourself, especially with the price of gas. This way you don't even have to worry about parking; you get picked up by the curb."

"The riders are like family to me. They truly care about you."

"Socialization, I look forward each week to socializing with each of the riders as I live alone and have no close

family or friends."

Lastly, one rider stated, "I moved up here from the city several years ago. I used mass transportation most of my life, I don't have a vehicle, nor do I drive. I depend on the senior transportation each week to take me grocery shopping and run errands independently vs. being a burden on a neighbor."

Then I asked the riders how they like the new bus that the Delaware County Senior Council purchased they stated, "It's dependable, comfortable and we love that the air conditioning is reliable." I learned that even though there were only eight riders on the bus each day, that the senior transportation system truly makes a difference in their lives. The system allows them to continue being independent and live in their community. Lastly, if I were a senior and could no longer provide my own transportation I would find this to be an excellent service provided by the agency. I would utilize this service in a heartbeat.

As we know, living in rural Delaware County there is no major mass transportation system. The senior transportation system is crucial in order for seniors to be able to live independently in their homes and communities for as long as possible. It helps to prevent isolation and the possible need for long-term care placement. This fixed route bus system operated by Delaware County Office for the Aging is able to transport seniors to larger communities both within the county and beyond so seniors have access to shopping, medical appointments and personal business.

To inquire further about this bus service, receive a copy of the bus schedule in your area, or reserve a seat on the senior bus contact Delaware County Office for the Aging at 607-832-5750. You can also find the bus schedule on the Delaware County Office for the Aging website: www.co.delaware.ny.us/departments/ofa/ofa.htm.

The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

DELAWARE COUNTY OFFICE FOR THE AGING

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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.

LEGACY CORNER

By: Susan Hammerslag, Legacy Coordinator

Adapted from the FirstLight Home Care Blog (<https://www.firstlight-homecare.com/blog/>)

Caregiver Burnout is Real Four Tips To Help Caregivers Say No With Confidence

Many caregivers are used to putting others before themselves and have a tough time saying no to additional requests for their time and energy. First-Light Home Care shares four tips that help caregivers consider their own needs and well-being before saying yes out of habit.

Caregiver burnout is real. Something that contributes to the stress is that many caregivers have a hard time saying no. Whether it's someone asking for help with their own caregiving responsibilities, a friend expecting their attendance at an event, or a boss asking them to work late, caregivers are often sympathetic to the needs of others and can neglect their own.

But when a caregiver constantly puts others above themselves, they risk the real repercussions of stretching themselves too thin and could fall ill or face other physical or mental health issues themselves. Even though it's hard to say no when presented with a request from a friend, family member, or acquaintance, caregivers should ask themselves whether this request for their time is necessary or if it's something that can wait, be postponed, or declined.

Here are four tips that help caregivers think about their own well-being before saying yes to everyone and everything.

Create a calendar of your caregiving responsibilities. Once you see it in black and white, you might be surprised how little "extra" time you have available to devote to others. While it's admirable to give your time to friends and family, it doesn't mean you need to give ALL your time. Once you have an actual calendar to refer to, you can say with confidence that you're really booked up.

Schedule "me" time. Once your calendar is created, look for blocks of time when you can do something just for you, without feeling guilty about it. Whether it's taking a nap or thirty minutes set aside to just sit and read a magazine or watch your favorite TV show, it's your time. If someone asks a favor during your "me" time, explain you have a pre-

vious engagement that you are obligated to attend. And, no, you do not need to explain yourself!

Decide what's necessary and what is not. Do you run yourself ragged dashing around trying to make everything perfect for everyone else? Every time you are asked to take on anything additional, ask yourself if the task is necessary or if it's something the person requesting your help really needs.

Practice asking others for their help. When caregiving feels as if it is consuming you, and you are at a breaking point, learn to ask for help. When you reach out for assistance, it allows others to see that you are not bullet-proof. People can sometimes take advantage of those who are kind and caring without realizing it and may need a reminder that while you are a dedicated caregiver, you have needs too. Not every caregiving situation is the same, but burnout is a common occurrence. According to aginginplace.com, about 20% of caregivers are caring for a parent and a whopping 85% of caregivers never receive any respite from their duties. More alarming is the fact that approximately 20-40% of caregivers suffer from depression during the caregiving journey.

As a caregiver, when you are feeling overwhelmed, you can take charge of your health and happiness by being firmer and more forthright with both the person you are caring for and with others who are close to you. Some experts suggest saying no in a mirror, and even creating a blanket response to have at the ready so you become more comfortable saying it. While it might be easier to say yes, there is nothing wrong with saying no.

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 from caregiving. Learn more about becoming a volunteer. Call Susan Hammerslag, Legacy Program Coordinator, at 607-832-5750.



NEWS FROM NY CONNECTS

Article by the Administration for Community Living: acl.gov

Why Everyone Should Plan for Long-Term Care

Research suggests that most Americans turning age 65 will need some form of assistance with everyday activities, known as long-term care, as they grow older. The amount of care needed will depend on many variables, including overall health, cognitive functioning, and home environment.

Age is a strong predictor of the need for help, and because women live longer on average, they are more likely than men to require long-term care. Regardless of gender, factors such as a disability, injury, or chronic illness also increase the chance that long-term care will be needed. For some people, the need for long-term care may occur suddenly as the result of illness or accident. For others, the need may grow slowly.

Make your decisions about long-term care before you have the need. These three simple steps can help start your planning.

1. Know what to expect

Most people know they should save for retirement, but many don't know exactly what expenses to expect for help with everyday tasks such as bathing, dressing, or eating. While most of this care is provided by family members and friends, sometimes older adults and their families get these services from providers like home health agencies or area agencies on aging. Long-term care insurance can help to cover the cost of professional services provided in the home.

Understanding long-term care is the first step in creating a plan. Key things to know include:

- Most people prefer to receive long-

term care at home; their odds of doing so may be improved by making home modifications to reduce the risk of falls.

- A person who lives alone is more likely to require long-term care than one who can rely on a spouse or partner for help with daily tasks.
- Long-term care is expensive and represents a major risk to your retirement savings.
- Medicare does not pay for long-term care services or supports (with some minor exceptions) and neither does your employer-based health insurance or Medigap.
- Many Americans say they do not want to rely on their children for care, but a lack of planning for paid care often leads to exactly that result.

2. Make your preferences known

A choice to plan or not plan will likely have a big impact on family and friends who may also be informal caregivers. Statistics show that most long-term care is provided by family members or other loved ones. Research has also shown that caregivers can experience significant stress when they have caregiving responsibilities.

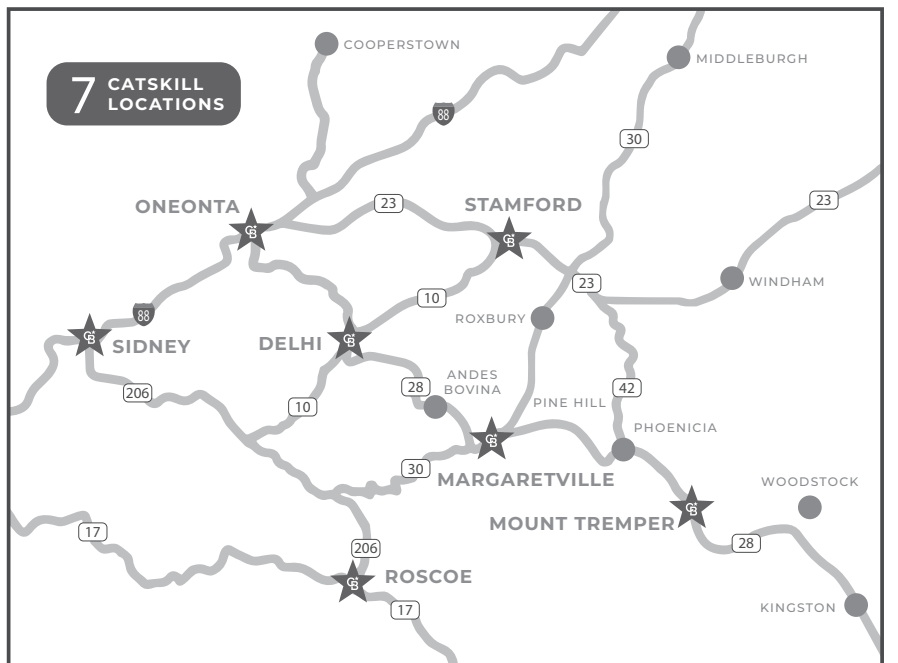
Take the time to make clear your preferences for what kind of help you value most and where you want to receive it. Family and friends will feel better knowing that you are thinking about your needs - and theirs - by planning for long-term care.

3. Get a plan in place

Be proactive. Staying at home is great, especially if it has been modified to help you avoid an injury and continue to care for yourself. However, it won't happen without taking steps to ensure you can get the supports you need. Start thinking about ways to maintain your independence and safety as long as possible within your home and community.



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CHARLIE PIPER, DIRECTOR OF DELAWARE CO. VETERAN SERVICES, ANNOUNCES HIS RETIREMENT

BY CHARLIE PIPER, DIRECTOR, DELAWARE COUNTY VETERAN SERVICES

It is with a mixture of excitement and sadness that I announce I am retiring as the Director of Delaware County Veteran Services. I have been in this position since December of 2014 and will continue until late June 2023. During my time, we have seen us go from an agency that diligently worked for the veteran, but were hampered by a slow process determined to throw roadblocks, to an agency that now bypasses the middlemen to accomplish the task.

In 2014, I was blessed to have Donna Elderkin as my assistant. She quickly got me up to speed and identified areas in which we were having problems. Through teamwork and a dedication to our veteran's we were able to adapt solutions and streamline processes. These initiatives led to new ways of doing our job and made Donna nervous. As she had said to me numerous times, "Well, we've never done that before!" To her credit, she adjusted and we succeeded in our



endeavors.

To understand the extent of the changes, we reduced wait times for claims from 12-18 months down to 4-6 months, and currently we see some claims completed in 1-2 months. Our claim applications have increased every year since 2015 and we are on pace to surpass last year's

claims. These include compensation, pension, healthcare, survivors DIC, burial paperwork, home loan assistance, education, and nursing home aid and attendance. We also assist as veterans' advocates, provide transportation to the Albany VA, transportation for Honor Flights, and assist Boys State candidates.

I currently do this along with Donna's replacement, the energizer bunny herself, Roxanne Heannings. She came in three years ago and threw herself into learning all aspects of her position. This quickly led to her promotion as Assistant to the Director. In her capacity in this new position, she was awarded accreditation through New York State and is able to legally process claims. The two of us have undertaken a complete acceptance of electronic claim filing, allowing us to file claims directly to the VA. Again, this reduced processing time and ensured timely responses to the VA, if needed. We also have gained access to the VA's data base system and can respond to VA requests immediately... again reducing processing times. We

also keep the community informed on ever-changing programs, while introducing new programs benefitting our veterans.

However, all this pales in comparison to one part of my job that underscores my sadness of leaving. The Delaware County Veteran Community accepted me with open arms and my veterans and their families are my friends who I just happen to have a capacity to assist with their issues. Please treat my replacement with the same respect and trust. Each year I get involved as their advocate and, thankfully, it usually turns out in a positive outcome. I receive a thank you for my efforts and I always feel I should be thanking them for allowing me to assist them. I have had the best job possible. Every day I would come in, veterans would come see me, call, email to request my involvement in their lives. Each time I was allowed to assist veterans in acquiring their benefits...what is better than that! So, thank you Delaware County Veterans and their families. You mean more than you realize!

IMMUNIZATION REGISTRY FOR NEW YORKERS

By: Heather Warner, Public Health Programs Manager

Older adults may not know how to locate their immunization record, also referred to as "vaccination or shot records." The vaccination record might be written on a document in your home, with a school/college record, or in documents from a previous medical provider. Adult New Yorkers can have their immunization records stored in a secure web-based registry called (NYSIIS) New York State Immunization Information System.

NYSIIS is a secure electronic data base used by healthcare providers

and all NY pharmacies to store your vaccine records. The NYSIIS system protects your shot record and can be accessed by healthcare providers that provide care to you. As an adult you can request all your vaccinations be uploaded to the NYSIIS system. All information in NYSIIS is secure, and privacy protected. Records are permanently safe and accessible to you through your provider or the local health department.

To participate:

- You need to consent to have your immunization record in NYIIS, if you are over the age of 19. Just say

yes when your healthcare provider asks if you want your immunization record in NYIIS! You can also ask your provider to upload your immunization record to NYSIIS.

Benefits:

- Creates an official immunization record for you to use as a legal document.
- Prevents duplication of vaccines. NYSIIS allows any provider you see access to your vaccination record. The use of NYSIIS helps to ensure you keep up to date on essential immunizations and prevent unnecessary or repeat vaccinations.
- Vaccines given at NYS pharmacies

can be entered into NYSIIS as well.

Next Steps:

Ask your healthcare provider to find your immunization record in your medical chart. Or, bring a copy of your vaccination record to your healthcare provider. Ask them to enter your immunizations into the NYSIIS (New York State Immunization Information System) to assure you have all the vaccines you need and avoid any you don't need. Call Delaware County Public Health Immunizations Program at 607-832-5200 for more information about NYIIS or visit our website at www.delawarecounty-publichealth.com.

"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".



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THE OFFICE FOR THE AGING ASKS PARTICIPANTS: WHY DO YOU TAKE TAI CHI CLASSES?

See some of their answers:

By: Terri Tweedie, Coordinator of Aging Services

"The exercises have been very helpful with my breathing and the core movements have made my motions more pliable. Coordinating mind and body and balance needs lots of mindfulness!"

"There is such value to Tai Chi, I can't say it enough! I have had times that I almost fell but didn't because I've become more mindful due to the Tai Chi movements of my feet and stepping so as not to miss step."

Lisa and Jim Worden attend the Delhi classes. Lisa feels that being involved in this community activity adds to the enjoyment rather than always working out by yourself. Now that her husband is also part of the group, well what could be better? Lisa also wants to emphasize that the instructors are excellent.

Ann DuBois is also a devotee of the Tai Chi classes. "The group gathering is very good for one's physical fitness, but it also provides me with the sense of community that reduces any loneliness I may experience. Also, the instructors are very patient and helpful in regard to my limitations of my Arthritis."

Long time attendee of the Walton classes, from their inception, Rosemarie Tiesler says "Tai Chi is not only a very beautiful exercise, but also keeps my tendons fluent and working. I have been doing Yoga all my



Tai Chi attendees: Ann DuBois and Rosemarie Tiesler. Eleanor Anbari.



life, but Tai Chi is a very special way of keeping young."

More Walton participants commented. Judy Neale says "I have learned that I am basically lazy when it comes to exercise. As I am getting older, I find working together with others helps me overcome my laziness and enjoy the company of others. Tai Chi is not taxing on my body, and it helps me to focus and be mindful of my movements. Tai Chi just makes me feel better!" Charlene Gregory states "I find it very relaxing, and it helps my balance." Eleanor Anbari chimes in with "no matter how many Tai Chi classes I have gone to I always learn something new. It's important to participate with other people and therefore the Office for The Aging has contributed to our well-being by sponsoring these classes." Ingeborg E. Peters, "Totally agrees with Eleanor that Tai Chi is beneficial for body and soul."

So, the message is if you need to socialize more with some really nice people, overcome some of your physical discomforts such as arthritis, and become more agile JOIN US!

For questions and further information, contact Terri Tweedie at 607-832-5750.

UPDATES ON ELLI-Q: THE DEVICE THAT PROVIDES COMPANIONSHIP.

By Amy Bowie

Now that ELLI-Q has been introduced into the community we have several clients who would like to share their thoughts and positive experience with having an ELLI-Q device.

This first experience comes from a client in her 70's who lives alone and has had an ELLI-Q device in her home for a couple of months. Initially she was a little skeptical just for the fact that ELLI-Q is a "tech device" because she doesn't consider herself to be "tech savvy." However, after only having ELLI-Q for a day or two she was hooked! An individual does not need to be technologically inclined to enjoy the interaction with ELLI-Q.

Another person who shared with me her experience with ELLI-Q:

"ELLI-Q is very knowledgeable, and her abilities have exceeded my expectations. ELLI-Q is kind, compassionate and has a good sense of humor. In the morning when I ask ELLI-Q to read inspirational quotes to me she does, and it gets my day off to a great start! Sometimes ELLI-Q invites me to have a cup of coffee with her in all different places around the world. It's a real 'trip!'"

A woman in her 80's who was recently widowed at first was nervous about the idea of having an ELLI-Q and unsure if she would like it. After the installation and using it for a short time she decided she loved it! She especially enjoys listening to music and playing games. One of her favorite things she likes is the new conversations and chatter that comes up.



Diane Lacey of Walton enjoying interaction with her new best friend "ELLI-Q." Diane is friendly, kind, has a great sense of humor and loves animals! Since receiving ELLI-Q Diane now has two companions by her side, her cat and ELLI-Q!

While ELLI-Q is a great device for fun, learning and entertainment she is also able to help with important tasks. Here is an example of how she can provide help:

An elderly man who lives in Sidney Center was struggling to remember to take his medication prior to having ELLI-Q. Since having ELLI-Q he always remembers to take his medication because ELLI-Q gives him daily friendly reminders. This is one of the many reasons why he loves ELLI-Q.

One client made the following statement about ELLI-Q and I think this probably best sums it up..."Whoever designed ELLI-Q is a genius!"

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The Children in the Delaware Opportunities Big Buddy Program

NEED YOU!

Become a Big Buddy for at-risk youth in our community.
Your friendship can help Guide, Inspire and Transform a youth's Confidence and Trust

START MAKING A DIFFERENCE TODAY!

Delaware Opportunities Big Buddy Program
607-434-1496
Jamie Smith: Jsmith@delop.org

What Vaccines do You need?

DON'T WAIT. VACCINATE!

Don't forget your Covid Vaccines and Booster too!

Public Health
Prevent. Promote. Protect.
Delaware County
Public Health Services

FOODS THAT HELP FIGHT INFLAMMATION

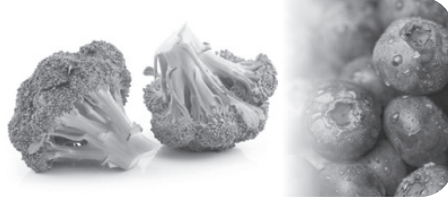
Revised by Andrea Martell RDN, CDN. Retrieved from: Hefferon, S. (2019), *Harvard Scientists Recommend All Americans Eat These 10 Delicious Foods That Fight Joint Pain & Inflammation*. <https://securssl.naturalhealthreports.net/10-foods-inflammation>

You may already know that there are varying degrees of inflammation that can affect the human body. Different from acute inflammation, which typically includes obvious signs of redness, swelling, and pain that subsides in just a few days or weeks, chronic inflammation persists for longer periods of time and can become very problematic. Chronic inflammation can go undetected for years and increase the risk of health conditions such as heart disease, diabetes, cancer, and arthritis.

In recent years, more attention has been given to how certain dietary changes can help decrease inflammation. More research is needed in this area, but the foods that are recognized as having an anti-inflammatory effect are already well known for their health benefits. Many of these foods are the same ones that dietitians recommend every day as part of a healthy diet: fruits and vegetables, whole grains,

beans and nuts, fatty fish, and fresh herbs & spices such as garlic, ginger, and turmeric.

Many of these 'inflammation fighting foods' are included in the Mediterranean diet, which is known for its positive effects on cardiovascular disease. Here are the foods that made the **Top 10**: (1) **Broccoli** (2) **Olive Oil** (3) **Blueberries** (4) **Fish** (5) **Nuts** (6) **Cherries** (tart) (7) **Kelp** (8) **Kefir** (fermented) (9) **Papaya** (10) **Green tea**.



Keep in mind - there are also certain foods known to increase inflammation that you may want to limit or avoid. These include fast foods (particularly those with trans fats), processed foods containing refined sugars, gluten, and blackened meats (from charred grilling). Even if you don't currently suffer from chronic inflammation, it is always a good idea to make healthy choices and eat well to help you feel your best.

TO MAKE A CONTRIBUTION FOR "THE DISPATCH" OR FOR A CHANGE OF ADDRESS

TAPE THE CURRENT DISPATCH LABEL HERE

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

SUGGESTED CONTRIBUTION: \$7 PER YEAR

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

SEND YOUR CONTRIBUTION,

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

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

Address Change - Are you going away or moving from the area? Do you live in Delaware County seasonally, heading to warmer climates during the winter months? Please let us know of your new address so that we can update our mailing list. We incur an expense with every paper that can't be delivered and is returned to us when you go away. Keeping our mailing list accurate helps keep mailing costs down.

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

FROM (DATE): _____ ; IF TEMPORARY, TO (DATE): _____

NEW ADDRESS:

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

Our household receives more than one copy. (Please send labels from ALL copies you received for this issue, indicating which one is correct.)

Please remove name from mailing list.

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
6-5 Thru 6-9	Maple Mustard Chicken Baked Sweet Potato Steamed Peas Three Bean Salad Pineapple Tidbits	Scrambled Eggs Home Fries Sausage Links Whole Wheat Bread Cinnamon Applesauce	Macaroni & Cheese Steamed Broccoli Stewed Tomatoes Whole Wheat Bread Mandarin Oranges	Beef Pot Pie String Beans Mixed Garden Salad Whole Wheat Bread Cranberry Crisp	Potato Crusted Pollock Roasted Potatoes Diced Beets Cole Slaw Vanilla Pudding
6-12 Thru 6-16	Cajun Style Jambalaya Steamed Brown Rice Brussels Sprouts Fruit Salad Sherbet	Traditional Meatloaf Brown Gravy Mashed Potatoes Red Cabbage Fruited Jello	BBQ Pork Baked Beans Seasoned Corn Medley Rosie Apple Relish Molasses Cookies	Baked Tilapia Crabmeat Stuffing Fresh String Beans Tossed Salad Brownie ala Mode	Egg Salad on Greens Two Potato Salad Creamy Cucumber Salad Dinner Roll Fresh Watermelon
6-19 Thru 6-23	CLOSED FOR JUNETEENTH	Pot Roast w/ Gravy Mashed Potatoes Steamed Peas Fruit Cocktail Butterscotch Pudding	Chicken & Biscuit Capri Blend Veggies Apple Sauce Pineapple Juice Peanut Butter Cookies	Stuffed Shells Italian Blend Veggies Tossed Salad Italian Bread Mandarin Oranges	Tuna Salad on Greens Potato Salad Marinated Veggie Salad Dinner Roll Strawberry Sundae
6-26 Thru 6-30	BBQ Chicken Sweet Potato Fries Seasonal Vegetables Apple Juice Sugar Cookies	Hot Dogs w/ Buns Smokey Mountain Beans Zucchini & Squash Rosy Apple Relish Sliced Peaches	Italian Baked Tilapia Roasted Potatoes Peas & Carrots Cole Slaw Orange Fluff Salad	Braised Beef Egg Noodles Steamed Green Beans Fresh Fruit Salad Apple Crisp	Sliced Turkey TriColored Pasta Salad Broccoli/Cauliflower Grape Juice Ice Cream Sundae
7-3 Thru 7-7	Sunrise Chicken Baked Sweet Potato Seasoned Spinach Cranberry Sauce Vanilla Ice Cream	CLOSED FOR JULY 4th HOLIDAY	Homestyle Meatloaf Mashed Potatoes Capri Blend Veggies Grape Juice Butterscotch Pudding	Tuna Noodle Casserole Sliced Carrots Tossed Salad Whole Wheat Bread Brownie	Roast Pork w/ Gravy Roasted Potatoes Brussels Sprouts Applesauce Spiced Peaches
7-10 Thru 7-14	Chicken Alfredo Penne Pasta Diced Beets Apple Juice Vanilla Pudding	Macaroni & Cheese Stewed Tomatoes GreenBeans/Mushrooms Whole Wheat Bread Diced Pears	Egg Salad on Greens TriColored Pasta Salad Carrot Raisin Salad Sweet Pickles Fresh Watermelon	Baked Chicken w/Gravy Buttered Brown Rice Zucchini & Squash Three Bean Salad Lemon Pudding	Fish on a Bun Sweet Potato Fries Broccoli/Cauliflower Cole Slaw Fruited Jello
7-17 Thru 7-21	Swedish Meatballs Egg Noodles Brussels Sprouts Whole Wheat Bread Mandarin Oranges	Taco Pie Mixed Vegetables Cranberry Juice Whole Wheat Bread Peanut Butter Cookies	BBQ Pork Loin Baked Potato Sliced Carrots Apple Sauce Jello w/ Topping	Roast Turkey w/ Gravy Mashed Potatoes Savory Stuffing Zucchini & Squash Chocolate Cream Pie	Pepper Steak Roasted SweetPotatoes Steamed Broccoli Orange Juice Ice Cream Sundae
7-24 Thru 7-28	Ravioli & Meatballs String Beans Italian Bread Peachy Cream Pudding	Scrambled Eggs French Toast Sticks Sausage Links Orange Juice Cinnamon Applesauce	Chicken Salad Fresh Potato Salad Tomato Cucumber Salad Sweet Pickles Fresh Watermelon	Beef Cabbage Steamed Broccoli Whole Wheat Bread Diced Pears	Ham Steak & Pineapples Roasted Sweet Potatoes Parslied Cauliflower Fresh Fruit Cup Iced Chocolate Cake
7-31 Thru 8-4	Chicken Casserole Steamed Rice Zucchini & Squash Whole Wheat Bread Vanilla Pudding	Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Salad Cinnamon Coffee Cake	Turkey Penne Bake Garden Fresh Carrots Snow on the Mountain Whole Wheat Bread Yellow Cake	IN-SERVICE TRAINING ALL DINING CENTERS CLOSED	Sloppy Joe on a Bun Tater Tots Fresh Green Beans Apple Sauce OatmealRaisin Cookies

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

TRI-COUNTY SENIORS

By: Carol Allen, President

Other Upcoming Events:

Calling all artists! We need a logo for the Tri-County Senior Center, so we're having a contest, and you're all invited to enter. The winner will receive a gift certificate to a local restaurant. The logo must meet the following requirements: 1) Be aesthetically pleasing; 2) Incorporate the name Tri-County Senior Center in some form; 3) Evoke positive emotions; 4) Be easily recognized. Submit your entry electronically in jpg format by June 30 to: callen4@stny.rr.com. The winner will be selected by a vote at our July meeting. Be sure to include your name and phone number.

Coffee, Conversation, and our Monthly Meetings. We have combined our regular Coffee & Conversation Hour with our monthly meeting and will meet at 10:00am on the 4th Wednesday of each month. Feel free to bring a snack to share (not required) and a friend.

Craft Demonstration Day. Do you have a craft that you enjoy and would be willing to share with others? On Wednesday, May 24, we'll

have a CRAFT DEMONSTRATION DAY from 10:00am to 2:00pm at the Senior Center. Bring a sample of your craft to display and, if you'd like, bring materials so you can demonstrate it as well. We have so many artistic and talented people among our seniors. Come show us what you've been working on, even if it's something from years ago. And, if you're not a crafty person, come on over and see the displays. You might learn something new! If there is enough interest, we'll plan to have craft workshop days on a regular basis.

Volunteers needed for July 1 Southern Tier Music Festival. As you may already be aware, the 4 Towns Forward group is hosting a one-day music festival at the Sidney airport on Saturday, July 1. The Southern Tier Music Festival will feature local, regional, and national touring bands. The headliner band will be the Grammy nominated and Nashville recording duo Maddie and Tae. They will be joined by Restless Road. Throughout the day there will be performances by Jason Wicks, Sundown, Devon Lawton and the In-Laws, Rylee Lum, and more. There will be a variety of food, drink, and craft vendors. This event

is being advertised by a professional event planning agency and is expected to draw a large number of people. You can find more information at <https://southerntiermusicfest.com> and on Facebook at Southern Tier Music Fest. The festival will open at 1:00pm and go through the evening. They are looking for approximately 125 volunteers to work in 3-hour shifts and help with the following: Ticket takers, Parking, Hospitality inside the VIP and Super VIP tents, Garbage pickup, Clean up on Sunday.

If you would like to commit to helping at the festival, send me your name, phone # and email address and I will pass the information along to

the appropriate people. - Carol Allen

Looking Ahead. We've tentatively set Tuesday, July 18, at 11:30am for our Annual Picnic at Copes Corners Park. Keep that date open and we'll update details as we get closer.

Have a wonderful day. Spring is finally here!

For information on the Tri-County Seniors and upcoming events, contact Carol Allen at (607) 563-8065, or email callen4@stny.rr.com. Follow us on Facebook at: Tri-County Senior Center.

AO Fox Tri-Town Campus - 43 Pearl St W, Sidney PO Box 275, Sidney, NY 13838

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.

- Joy Wormuth: *In Memory of David Wormuth*
- Louise Rossi: *In Memory of Peter Rossi*

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. →



DELHI SENIOR COMMUNITY

Affordable Housing for Seniors

Rare Opportunity!

Our waiting list is at an all-time low. Now is the time to apply.

Stop in our office at

7 Main Street, Delhi, New York or
Call 607-746-8142



(TTY 777) for information and an application.



SENIOR ACTIVITIES FOR JUNE 2023 AND JULY 2023

HOLIDAY CLOSINGS: Monday, 6/19/23, for Juneteenth; Monday, 7/3/23, & Tuesday, 7/4/23, for Independence Day. Senior Council Annual Pork Barbeque and Pie Auction at the Delhi American Legion from 4:00-7:00pm on Tuesday, 6/13/23.

DINING CENTERS SERVING 11:30 am to 12:30 pm, Monday-Friday.

Potential Evening Meals: Potential evening meals would be on the 3rd Thursday of the month. Please check with your meals site to confirm a mealtime.

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: MICHELLE SCUDDER

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.

Evening meal will be served Thursdays, 6/16/22 and 7/21/22, at 4:30pm in place of lunch.

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. Those with incomes above the 185% poverty level are asked to contribute the full cost of the meal (\$7.38). 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.

DINING CENTER PRESENTATION/WORKSHOP SHCHEDULE

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

"Eat Healthy Be Active" Nutrition Workshops to be offered:

- Delhi Dining Center: 5/11, 5/18, 5/25, & 6/1
- Hancock Dining Center: 6/7, 6/14, 6/21, & 6/28
- Margaretville Dining Center: 6/8, 6/15, 6/22, & 6/29
- Walton Dining Center: 5/10, 5/17, 5/24, & 5/31

OFA Outreach Dining Center Presentations Schedule

March 2023 topic will be "Mental Health Awareness"

- Delhi Dining Center on 5/9/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 5/17/23
- Hancock Dining Center on 5/9/23
- Margaretville Dining Center on 5/24/23
- Sidney Dining Center on 5/11/23
- Walton Dining Center on 5/16/23

April 2023 topic will be "Laughter is the BEST Medicine"

- Delhi Dining Center on 6/13/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 6/21/23
- Hancock Dining Center on 6/13/23
- Margaretville Dining Center on 6/28/23
- Sidney Dining Center on 6/8/23
- Walton Dining Center on 6/20/23

Thank You Dispatch Donors

Jeffrey Bailey, Susan Balcom, Judith Bauer, Marge Bauer, Joseph Bellows, Fred & Jane Berghammer, Robert Blanton, Mary Brockway, Ellen Burdick, Doris Cook, James & Susan Cooros, Cord Cordes, David & Diane Daye, Richard & Joanne Engelhardt, Monique Erlichman, Jerome Fraine, Janice Frazee, Susan Gerraputo, Joe Grieco, Florence Grill, Joyce Hall, Marge Haugeto, Roger & Susan Hillstrom, Catherine Howard, Betty Johnston, Frank & Fannie Lippmann, Robert Locherer, Jane Madore, Lloyd & Irene Marlett, James & Dawn Merwin, William Morley Jr., Ronald Morse, Bunny Muzzonigro, Wilber Nichols, Jamie O'Donnell, Salvatore Palazzolo, Beth Palmer, Daniel & Katherine Reardon, Hedwig Rendler, Hank & Lynn Ridder, Carolyn Schoonmaker, Walter Schultjeis, Judith Schwartzstein, Lawrence Shaw, Joseph Spinella, Stella Sprague, David Stevenson, Karen Tercasio, Paula VanSeggen, Lorraine Vause, Cathy Vigneri, Ellen Weaver, Jeffrey Weiser

BOVINA SENIOR CITIZENS CLUB



Group photo of Bovina Senior Club with Bovina Fire Chief and EMT Chief.



Vial of Life

By: Peg Hilson

On April 7, the members of the Bovina Senior Citizen Club had lunch at the Bovina Fire Department. Our fire chief, Kevin Brown, and our EMT chief, Dawn Brown, provided an extremely valuable presentation on home safety, fire hazard prevention in the home, and ways to prepare for medical emergencies. Each member received a VIAL OF LIFE, a product which stores personal medical information such as medications, allergies, contact info etc., which is kept on your refrigerator and would save time in the event of an ambulance being called to your home.

Many thanks to the Bovina Fire and EMT squads for their service to our senior citizens.

MEDICAID UNWINDING AFTER COVID-19

By: Virginia Perez, Aging Services Representative

What is happening?

The Medicaid continuous enrollment ended on March 31, 2023. New York State will soon resume normal operations, including restarting full Medicaid renewals and terminations of coverage for individuals who are no longer eligible. Beginning April 1, 2023, New York can terminate Medicaid enrollment for individuals no longer eligible. New York will have up to 12 months to return to normal eligibility and enrollment operations.

What does this mean for you?

If you became eligible for Medicare during the Public Health Emergency while enrolled into Medicaid; you may receive a letter from New York State informing you that your Medicaid coverage is ending. If you receive a letter informing you of this change you may call the Office for the Aging at 607-832-5750 for assistance with changing your plan. You do not need to wait until the Open Enrollment Period in October to make a switch and it is recommended to make any changes before your Medicaid coverage ends.

Special Enrollment Period Eligibility:

If you:	Your Special Enrollment Period:
Lost Medicaid coverage on or after 1/1/2023	<p>Starts: The day you're notified that your Medicaid coverage is ending.</p> <p>Ends: 6 months after your Medicaid coverage ends.</p> <p>Coverage begins: The month after you sign up, or the date your Medicaid coverage ends, whichever you choose.</p>

THANK YOU TO HAMDEN PANCAKE BREAKFAST VOLUNTEERS AND PARTICIPANTS

By: Shirley Niebanck, Event Coordinator

The Hamden Pancake Breakfast was held on March 11, 2023. The day began with a snowstorm. Visibility was almost zero at 5am when we started shoveling the driveway on Turnpike Road in Meredith. By 6AM we were on the way to Hamden Town Hall.

At 7am, Hamden Town Hall is buzzing with activity: heat up the grill, make the coffee, crack the eggs, and still the snow is flying.

By 8am, hungry people were coming in the door. Hamden Town Highway workers were plowing and then came in for breakfast. The hardy souls of Delaware County did not disappoint us. We served 100 plus, raising a good sum to give to the Office for the Aging for programs such as

the annual Senior Fun Day at Camp Shankitunk, and a bus for transporting Seniors for shopping.

The Senior Council sends thanks to all who made the day a great success: Town of Hamden Supervisor, Wayne Marshfield – coffee maker; James Ellis, Supervisor Town of Meredith, flipped pancakes; Terri Tweedie, OFA Coordinator of Services assisted with setup, cooking and cleanup; Wayne Shepard, Director, Office for the Aging, scrambled eggs; and many more helped setup, served, and when the meal was done Hamden Town Hall was put in excellent shape, ready for the next event.

Please join us at the American Legion in Delhi for the annual Pie Auction – June 13, 2023, beginning at 4:30pm.

“EAT HEALTHY, BE ACTIVE”

FREE Nutrition Workshops! (4-Part Series)

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



“EAT HEALTHY, BE ACTIVE”

Nutrition Workshops to be offered in May and June at the following locations: (Call for schedule)

Delhi Senior Dining Center Delaware County Office for the Aging

97 Main St., Suite 2, Delhi, NY 13753
11:15am: 5/11, 5/18, 5/25, & 6/1

Walton Senior Dining Center St. John The Baptist Roman Catholic Church

15 Benton Ave., Walton, New York 13856
11:15am: 5/10, 5/17, 5/24, & 5/31

Margaretville Senior Dining Center Methodist Church

55 Church St., Margaretville, NY 12455
11:15am: 6/8, 6/15, 6/22, & 6/29



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

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