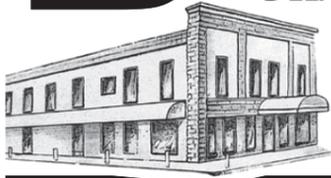


# THE DISPATCH

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## ALL THE LONELY PEOPLE



Audience at the Walton Theater enjoying the documentary "All the Lonely People"

By: Wayne Shepard, Director

Delaware County Office for the Aging (OFA) sponsored a free viewing of the documentary "All the Lonely People," Tuesday, October 25 at 6:30pm at the Walton Theatre, with a panel of guests answering questions following the premiere.

The film and panel discussion were a huge success. Attendance with the Walton Theatre and satellite sites was close to 200 people, of which 150 people attended at the Walton Theater.

Loneliness is experienced by people of all ages and can derive from a variety of life events. The film featured

individuals across the world and their experience with loneliness. Viewers watched how loneliness developed for a 17-year-old from bullying, a same-sex couple living in Alaska, an elderly gentleman with spousal grief, two 30-year-old men moving to a new city, an aging couple rediscovering their way of life, and others.

Somewhere in life, everyone is going to experience loneliness. It is easy to feel as though you are the only person who is lonely. The film offered a chance to understand and hear others experiences with the emotion.

See "ALL THE LONLEY PEOPLE" page 6

## HEAP 2022-2023

The regular HEAP season is scheduled to open on November 1, 2022, this year. Now is the time to talk to your heating vendors and ask about their pre-pay and budget billing plans.

Qualifying seniors can apply for the Home Energy Assistance Program (HEAP) and receive help with rising fuel costs. Because the regular HEAP benefit is intended to be a one-time supplement to annual energy costs and not meant to replace personal payments, individuals should continue to pay energy bills.

Any individual, age 60 and over, not on Supplemental Nutrition Assistance Program (SNAP - formerly known as Food Stamps New York) or Temporary Assistance (TA) and was approved for HEAP last year, was automatically sent an application for the 2022-2023 heating season by the Office of Temporary and Disability Assistance (OTDA). Make sure to complete the application and return it to the designated location printed on the application for processing as soon as possible. Benefits vary depending on household size, income, and main heating source. Payments will not be made before November 1, 2022 and until federal funds are available.

Households who did not automatically receive an application may apply for a regular HEAP benefit by submitting their application electronically through MyBenefits at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov) on or after November 1, 2022.

If anyone (non-SNAP or TA recipient age 60 and over) needs to be added to the mailing list to receive an application for the new heating season or wants more information, simply call (607) 832-5750 or write to HEAP Dept., Delaware County Office for the Aging, 97 Main Street Suite 2, Delhi NY 13753.

New applicants cannot receive packets or apply electronically until after program start-up on November 1, 2022.

Refer to the following chart for current gross monthly income guidelines:

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

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

## SOCIAL SECURITY ANNOUNCES 8.7 PERCENT BENEFIT INCREASE FOR 2023

Taken from: [ssa.gov/new/press/release/2022](https://ssa.gov/new/press/release/2022)

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced today. On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial So-

cial Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal **my Social Security** account to view the COLA notice online. It's secure, easy, and people find out before the mail arrives. People can also opt to receive a text or email alert when there is a new message from Social Security--such

See "SOCIAL SECURITY" page 3

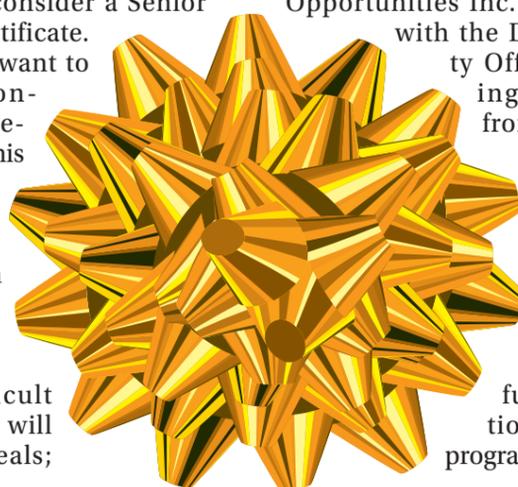
## SENIOR MEALS GIFT CERTIFICATES FOR THE HOLIDAYS

By: Rick Angerer, Senior Dining Project Director

Are you looking for a Holiday gift for your favorite senior citizen? It could be a close friend, parent, loved one, a neighbor, a grandparent, aunt, or uncle. Give the gift of a hot nutritious meal that can be enjoyed in a social setting at one of our six senior dining centers or a meal for a senior who is currently receiving Home Delivered Meals. As fall gives way to winter you may want to consider a Senior Meals Gift Certificate. You may also want to consider sponsoring a home-bound senior this time of year. A confidential anonymous sponsorship in any amount is a great way to help a senior in these difficult times. \$30.00 will provide 10 meals;

\$60.00 will provide 20 meals; or \$90.00 will provide 30 meals at the current suggested donation of \$3.00 per meal. The gift certificates can be used at any of the six senior dining centers or for home delivered meals. For more information on eligibility criteria, delivery options or purchasing a senior meals gift certificate contact the senior dining program at (607) 746-1710.

"The Delaware County Senior Dining Program is operated by Delaware Opportunities Inc. under contract with the Delaware County Office for the Aging with funding from the Delaware County Board of Supervisors, New York State Office for the Aging and the Department of Health, federal and other state funds and donations provided by program participants."



# NEWS FROM THE DIRECTOR

## HIGHLIGHTS FROM ANNUAL PUBLIC HEARING

By: Wayne Shepard, Director

Each year Delaware County Office for the Aging holds a Public Hearing. On Monday, October 24, the Public Hearing was held at the Hamden Town Hall. Below is a brief summary of what was presented at the Public Hearing:



From left, Director Wayne Shepard and Advisory Board Members Shelly Bartow, Wayne Marshfield, Tina Molé and Joe Cetta hearing the different program reports and plans for 2023.

- **Animatronic Pets:** Social isolation continues to be a real problem for many people. Animatronic pets, designed as companion animals specifically for seniors, act as a therapeutic tool for those who can no longer care for a traditional pet. At this point, over 75 pets have been matched up with clients throughout the county. New York State Office for the Aging (NYSOFA) made another bulk purchase of pets to distribute amongst the various counties throughout NYS. Delaware County Office for the Aging (DCOFA) was able to receive an additional twenty dogs and twenty cats from NYSOFA. We are currently working on distributing this latest group of pets.
- **Dispatch:** "The Dispatch", which will be entering into its 47th year in publication, continues to be the most effective method of providing information and educating Delaware County's senior population. The paper continues to be published bi-monthly. DCOFA will continue to publish articles pertinent to the senior population such as articles on health insurance, financial assistance programs, legal needs, caregiver services, veteran services, and retirement planning.
- **Expanded In-Home Services for the Elderly Program (EISEP):** The EISEP program continues to be our most effective tool in assisting non-Medicaid, homebound clients in remaining safely in their homes. There continues to be a nationwide shortage of both home health and personal care aides which creates a major challenge in providing in-home services. We are not always able to secure personal care aides for our clients through our subcontractors, even with available funding. Another method of delivery of home care services, is Consumer

Directed Care. Office for the Aging (OFA) is working to develop this service. It will allow for the client to secure their own trusted person to assist with their care to remain at home. OFA currently contracts with two aide provider agencies which provide both personal care and chore services.

- **SNAP-Ed:** DCOFA is a new participant in this NYSOFA /USDA program offering nutritional information to those over 60. DCOFA will be covering a territory including Delaware, Sullivan, and Greene counties. The coordinator of the SNAP-Ed program is contracted through DS&S. The OFA Dietician presents (Eat Healthy/Stay Active) workshops consisting of four classes, throughout the county. Participants are familiarized with the SNAP program and encouraged to apply if they are eligible. Other educational activities include the distribution of 60 window-sill herb gardens with care instructions and recipes (using the herbs), and a services information booth at a local health fair.
- **Health & Fitness:** Tai Chi for Arthritis is a one hour, twice a week program which runs for ten weeks. In September 2022, the classes were altered from 8 to 10 weeks to accommodate a new way to deliver the class. Participants no longer must select between a basic class that teaches steps 1-6 or the advanced class that teaches steps 7-12. All steps will be taught during the 20 class sessions. There are four certified instructors, two of them deliver classes as a team. Since January of

this year classes have been held in Walton, Franklin, Sidney, Sidney Center, Arkville, Harpersfield, Stamford, and Delhi. There have been over 170 participants.

- **HEAP:** The Delaware County Department of Social Services continues to contract with Delaware Opportunities to provide HEAP services to Delaware County's senior population. The HEAP Coordinator and the HEAP Assistant, work out of the DCOFA office building to provide HEAP assistance to qualifying seniors 60 years of age and older. Households continue to have the opportunity to apply for regular HEAP benefits by submitting applications electronically through My-Benefits at [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov). The OFA and NY Connects staff can make home visits to assist seniors who are homebound in completing a HEAP application.
- **Health Insurance Information Counseling and Assistance Program (HIICAP):** Virginia Perez took over as the HIICAP Coordinator in January of 2022. The program continues to meet with clients throughout the year to counsel on Medicare plans and services. New Medicare clients continue to have a large need for the HIICAP program to better understand the enrollment process. The HIICAP Coordinator and Counselors help clients to understand their options when enrolling and how to decipher whether they would benefit from Original

Medicare with a Supplemental and a Prescription Drug Plan or a Medicare Advantage plan. Counselors also assist clients with the appeals process and how to navigate insurance issues. There is always an increase in demand for this service during the open enrollment period, which starts October 15 and runs through December 7.

- **Language Link:** The DCOFA continues to contract with phone line language interpretation provider Language Link. The language interpretation provider allows the agency to provide outreach and accessibility to persons with limited English proficiency who may be seeking services.
- **Legacy:** Delaware County caregivers who contact the Legacy program are provided with support through information, resources, and referrals. Caregivers who become Legacy clients receive on-going support with home visits, phone calls, and informational mailings that are relevant to caregiving. The program provides respite services, information, resources, and referrals to Delaware County caregivers. Caregivers and care receivers who become clients receive visits from trained volunteers. This provides caregivers a break from their caregiving duties allowing personal care such as MD visits. Recruiting and training volunteers is a challenge for Legacy Corps as it is with all programs that

See "PUBLIC HEARING" page 3

The Dispatch IS PUBLISHED EVERY OTHER MONTH BY THE

### DELAWARE COUNTY OFFICE FOR THE AGING

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FUNDING PROVIDED IN PART BY THE NEW YORK STATE OFFICE FOR THE AGING AND THE U.S. ADMINISTRATION ON AGING

#### 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.

## PUBLIC HEARING... continued from page 2

- depend on a volunteer workforce.
- **Legal Services:** DCOFA continues to contract with the Legal Aid Society of Mid-New York to provide legal services to those Delaware County residents who are 60 years of age and older. During the 2021-22 program year, 88 seniors were served.
  - **Link to Life Emergency Response System:** The OFA's Emergency Response program, which started in 1983, continues to be a valuable service, summoning help for those in distress and saving lives. Currently, the program provides services to 352 subscribers in Delaware County. These numbers continue to fluctuate from year to year.
  - **Non-Emergency Medical Transportation:** Because of the remote nature of living in Delaware County, assisting people without transportation to non-emergency medical appointments continues to be a major problem. With no public transportation system in Delaware County, residents have relied heavily on the agency's Non-Emergency Medical Transportation program. OFA makes referrals to "Get There" through South Central New York Rural Health when unable to provide transportation through the Non-Emergency Medical Transportation. The Medical Answering Services (MAS) system through the state continues to provide medical transportation service for those on Medicaid.
  - **NY Connects:** NY Connects exists to provide education and connection to long-term services and supports. This can consist of a wide variety of services including, but not limited to, navigating long term care insurance, comparing senior housing, assisted living facilities and skilled nursing homes, application assistance, finding transportation, respite care, legal assistance, nutrition services, and personal care assistance.
  - **Senior Council:** The Delaware County Senior Council, an organization that has been in existence since 1973 and is responsible for the creation of Delaware County's OFA, continues to meet the second Monday of each month. Since that time, both organizations have worked together to develop and enhance programs that have an impact on Delaware County seniors. The Senior Council consistently works towards raising funds to purchase equipment and enrich under-funded pro-

grams for seniors. The key fundraiser for 2022 was the Big Wheels Golf Tournament. The Big Wheels Golf tournament returned to the College Golf Course at Delhi after a two-year hiatus related to the COVID-19 pandemic. It continues to be their most lucrative event. The committee, comprised of local citizens - several of whom are seniors, have worked hard to make this activity a success. The Big Wheels committee was able to raise over \$6,000. The Delaware County Senior Council's motto is "Seniors Helping Seniors." They once again lived up to this motto through their different fundraising efforts such as: the Council's 36th annual Pork Roast and Pie Auction in June at the American Legion (this year's event raised close to \$1,300.00 from pie sales, one homemade pie went as high as \$150); the September Harvest Fest where apples, cider, and any dessert that is made with apples are sold; and lastly, the annual quilt raffle running from May through September. The Delaware County Senior Council co-sponsored the seventh Annual Delaware County "Senior Fun Day" with OFA. The Council made a donation to support this event.

- **Senior Fun Day:** The seventh annual Senior Fun Day was a huge success. The total attendance was close to 450 participants of which about 350 were Delaware County seniors. Every township had representation of seniors. The event took place at the Delaware County 4H Camp Shankitunk on Arbor Hill in Delhi, on Wednesday, August 24 from 9:30 am to 3:00 pm. There were close to 50 vendors present under the vendor tent. The vendor tent was "just buzzing" with seniors interacting, inquiring, and asking the vendors about their different services for seniors. The exhibitors offered helpful information regarding different senior programs and services. John Cochran, from New York State Office for the Aging, attended and interacted with the exhibitors and seniors. Also, this year OFA was able to utilize one of the county owned drones to take an over-head picture at the event. Event attendees were asked to help out by standing in a formation to spell out "OFA." (The resulting photo can be found on the front page of this issue.)
- **Shopping Assistance:** NY Connects continues to offer grocery shopping assistance to those in need. If a person has a need for shopping assistance, and no other

means of getting necessity items, NY Connects will assist by way of online grocery orders or in person shopping.

- **Transportation:** The Delaware County Senior Transportation System provides transportation to residents of Delaware County who are 60 years of age or older and are under 60 and disabled. This service is targeted to get seniors to stores for needed purchases such as groceries and other day to day necessities, as well as to medical services and supplies. This service operates three days per week using a 14-passenger bus with wheelchair accessibility and two part-time drivers. Thanks to the great fund-raising efforts of the Delaware County Senior Council, the DCOFA has been able to purchase a new replacement bus for transporting Delaware County seniors. This new 14 passenger vehicle (12 passengers plus two wheelchair slots) started its travel throughout Delaware County on the current Senior Transit bus routes July, 2022.
- **Congregate and Home Delivered Meal:** Delaware Opportunities sub-contracts with the Delaware County Office for the Aging for the provision of congregate and home delivered meals. The program is designed to provide a nutritious meal for the home bound as well as seniors who come to dining centers for the meal, recreation, and socialization. The cost of the program is supported by Federal and State grant funds, contributions from senior citizen participants, and the Delaware County Board of Supervisors. A confidential contribution is solicited at \$3 per meal, although no one

is turned away due to the inability to pay. Based on past and pre-COVID trends, we expect to serve in excess of 85,000 meals, essentially the same as we projected and served pre-COVID.

Mid-way through 2022, the agency returned to pretty much normal after to the COVID pandemic. All the dining centers, Senior Transportation, and agency programs are once again open to full capacity. The Office for the Aging has worked hard to assist seniors through the transition from the COVID pandemic to opening all programs and facilities. We'd like to thank all our volunteers, staff, and other County agencies for all the assistance they've provided. This has truly been a team effort and a trying couple of years.

If you were unable to attend the Public Hearing, you can submit comments for the Public Hearing by mailing or drop-off to:  
 Delaware County Office for the Aging and NY Connects  
 97 Main Street, Suite #2  
 Delhi, NY 13753

## SOCIAL SECURITY... continued from page 1

as their COLA notice--waiting for them, rather than receiving a letter in the mail. People may create or access their **my Social Security** account online at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

Information about Medicare changes for 2023 is available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries enrolled in Medicare, their new higher 2023 benefit amount will be available in December through the mailed COLA notice and **my Social Security's Message Center**.



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## NEWS FROM NY CONNECTS

By: Lyndsay Komosinski

### Top 10 Scams Targeting Seniors

Article adapted from: <https://www.experian.com>

Scammers are always coming up with new tactics, and some scams target seniors specifically. Scammers may target seniors because they are perceived as having more wealth or being less likely to report the crime. Fraudsters often rely on seniors' desire to have a good retirement, form close relationships later in life and care for family members.

### The Grandparent Scam

The grandparent scam happens when a scammer reaches out to someone and pretends to be their grandchild. The scammer will often make up a distressful situation—such as being stuck in jail or behind on an important bill—and ask for financial assistance. They might ask you to send money immediately using a wire transfer, or to buy gift cards and read off the card's information. To avoid raising suspicions from other family members, the scammer might ask you to keep everything a secret. But the safest option is to verify the situation by calling a family member who knows where your grandkid is right now. You could also ask the caller a few questions that only your actual grandchild would know how to answer.

### Medicare Scams

Medicare scams involve scamming Medicare beneficiaries by claiming to be a Medicare representative and asking for personal and medical information. The scammer might tell you that you need a new Medicare card or offer you discounted additional coverage. But they'll then use or sell your personal and medical information for identity theft and medical identity theft.

Alternatively, some Medicare scams advertise free or low-cost services or equipment to seniors. But the scammers deliver shoddy services or equipment and then bill Medicare for the full amount.

### Online Romance Scams

Romance scams occur when someone builds a romantic or platonic relationship with you and then starts asking you for money. The scammers might create complete social media profiles and have sophisticated backstories for their fake identities. Also, while dating sites are a common starting point, some scammers

will approach you on social media or through online games.

The FTC reports that people lost \$1.3 billion to romance scams in 2021 alone, more than in any other FTC fraud category. People of all ages fall victim to romance scams, but median losses for victims who are over 70 were \$9,000—that's compared with \$750 for those ages 18 to 29.

It may be a long con, with someone taking weeks or months getting to know you before asking for anything. Once they do, the scammers may ask you to invest in a business proposition or send them money.

### Employment and Money Mule Scams

Seniors who want to stay active and earn money may be looking for a new job, and scammers can target this group in several ways. You may come across promises for easy work-from-home jobs and be told all you need to do is pay for training—you'll pay, but there isn't a real job available. Or, you might be asked for your personal information, which will then be used for illegal purposes.

Criminals will also look to recruit "money mules" through job ads and romance scams. As a money mule, you'll be asked to deposit funds into your bank account and transfer money to someone else. It may be legitimate in the sense that you'll be paid for the work. In reality, though, you may be laundering criminals' funds, and you could be personally liable even if you aren't aware that you're doing something illegal.

### Online Shopping Scams

Scammers set up websites that seem like legitimate storefronts but only exist to collect your payment information or sell you stolen goods. These sites can look surprisingly real, and you may come across them on social media or in websites' comments sections.

The FTC highlighted online shopping scams as the most frequent type of fraud that targets older adults in its annual report to Congress on protecting older adults for 2021. In some cases, these reports were for websites that sold them masks or other limited-supply items during the pandemic and then never delivered the products. You can look for red flags on websites you visit, such as surprisingly low prices and spelling errors.

### Phone Scams

There are different types of phone scams targeting seniors, including robocalls that offer free medical supplements, devices, or discounts. But if you respond, you may be tricked or pressured into sharing your address, personal information, and a credit card account number. The scammers can then use these stolen credentials to commit credit card fraud. Many other scams also start with a phone call, such as IRS imposter scams—when the scammer calls and claims that you owe taxes and could be sent to jail if you don't pay them right away. However, the IRS will never initiate contact by phone and won't ask for unusual payment methods, such as gift cards.

### Home Repair Scams

Older adults may be more likely to own homes and be at home throughout the day, and scammers will knock on doors or make calls to offer home repair services. You might also be targeted if you live somewhere that was recently hit by a natural disaster. Or, the scammer might be selling home improvements, such as energy-efficient upgrades or solar panels that could save you money over time. After accepting an initial deposit, the scammer may disappear or do subpar work that could lead to more trouble than help. Some scammers even try to get victims to apply for financing to cover the cost of the job.

### Tech Support Scams

Tech support scams often start with a popup or online advertisement warning you that your device is infected or vulnerable. You may be prompted to install an update or new software, which turns out to be malicious software that can take over your device or steal your information. In a different twist, you might be prompted to call tech support for help—but the tech support person could trick you into giving them control of your computer. Or, they may tell you that you need to pay for additional protection, support or an upgrade.

### Sweepstakes and Lottery Scams

You might get a call, email, text, or letter telling you that you've won a prize or can enter a sweepstake—but it's all made up. The scammers will often tell you that you need to pay upfront, perhaps to buy sweepstake tickets or to cover a processing fee. They'll keep the payment, and you won't get anything in return. Additionally, they may also ask for your personal information, which they can then steal and use.

### Charity Scams

A charity scam is when scammers persuade victims to send money to a fake charitable cause. They might pressure you to act quickly, and sometimes use a current event as a reason for why you need to send money right now. But before giving money away, you can research charities on sites like Charity Navigator and CharityWatch. If you want to donate, visit the official website, or call the organization using the information from search results.

### Basic Steps to Avoid Senior Scams

While scammers often use different premises and tactics when targeting victims, a few basic practices can help keep you safe. Share these with friends and family members as well, as they can help protect people of all ages:

- Be wary of anything that seems too good. A high-paying job that you can do from home, free medical care, or a wealthy love interest can all seem great. But if it feels like you just won the jackpot, you may want to step back and reevaluate the situation. You can also always ask friends and family members for their opinions.
  - Watch out for incoming communications. Scammers can make phone calls and emails that look like they're coming from legitimate companies and government organizations. But it's often best to ignore people that contact you, or, at a minimum, avoid sharing private information. Looking up the organization's contact information and initiating the exchange yourself is a safer option.
  - Add extra security to your accounts. Many online accounts let you turn on multifactor authentication. You may then need to enter a code that's sent to your phone or email, or that you generate with an app, before accessing your account. Enabling this extra security measure can keep scammers out of your accounts even if they get hold of your username and password.
  - Avoid odd payment types. Scammers will often ask you to send them money with a wire transfer, money order, cryptocurrency, payment app or gift card. These can all be red flags that you're talking to a criminal.
- If a scammer tricks you into sharing information or handing over money, you can report the fraud to the FTC on [ReportFraud.ftc.gov](https://www.ftc.gov). Depending on what happened, you may also want to file a police report.

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## JOIN THE DEPOSIT NY CHOP -N- CHAT!

You're invited to join the Deposit Chop-n-Chat. It is led by Donna Niles, the Deposit Senior Center manager, and held one Thursday of each month.

It's a great opportunity to meet new people, share experiences, learn new skills and new recipes. All items necessary for a specific recipe, i.e. peppers, onions, lentils, rice, spices and etc., are donated. Folks sit around the table with a cutting board and chat with each other as they

chop up the veggies and prepared baggies with the recipe items. At the end of the class each participant takes them home to make a fresh, home cooked nutritious meal. A suggested contribution for the entire meal is one dollar.

For more information how to attend this class contact Donna Niles at 607-467-3953, e-mail [donna.niles@broomecountyny.gov](mailto:donna.niles@broomecountyny.gov), or stop by the Deposit Senior Center located at 14 Monument Street in Deposit, NY.

## LEGACY CORNER

By: Susan Hammerslag, Legacy Coordinator

### Cold and Flu Prevention Tips

Adapted from an article by the Daily Caring Editorial Team

#### Seniors and their caregivers are vulnerable to the flu

Cold and flu season is upon us again. In addition, Covid-19 will still be circulating in our communities. It's wise to take precautions because seniors and caregivers are usually two of the most likely groups of people to get sick.

Older adults have weaker immune systems and so do most caregivers (due to lack of sleep and chronic stress). And, if you spend a lot of time together, you're more likely to pass germs back and forth.

Even so, there's still a lot that you can do to reduce the chances that you or your older adult will get sick and to reduce the length or severity of a cold or flu. The goal is to boost the immune system and reduce exposure to germs.

#### 10 cold and flu prevention tips reduce risk for seniors and caregivers

##### 1. Get the flu vaccine

Getting a flu shot reduces the risk of getting the flu. It also reduces the severity of the illness and protects against complications – both especially important for seniors. And when you get a flu shot, you reduce the risk that you'll get sick and infect your older adult. The best time to get a flu shot is from October through November, but experts say that it's still useful to get the shot even if it's later in the flu season.

##### 2. Wash or sanitize hands thoroughly and often

Frequent hand washing with regular soap is an effective way to get rid of cold and flu germs. Using regular soap is fine because rubbing the hands together for at least 20 seconds is what eliminates germs – long enough to sing the Happy Birthday song twice. Make sure to clean under the nails, backs of hands, between fingers, and wrists. If you can't get to soap and water often enough, use hand sanitizer with at least 60% alcohol to kill cold and flu germs. This may be a good option for older adults who can't easily get up to wash their hands.

##### 3. Exercise regularly

Moderate exercise boosts the immune system and could reduce risk of a cold by a third. Even though caregiving doesn't leave a lot of time for exercise and older adults may not have a lot of endurance, any amount of regular exercise will benefit the body and immune system.

##### 4. Avoid touching the eyes, nose, and mouth

We often touch our faces without thinking, which is a common way for cold and flu germs to enter the body. To reduce the risk of getting sick, minimize touching of the face.

##### 5. Clean the environment to eliminate germs

Try to keep the environment as

germ-free as possible. That means using a disinfectant when cleaning, especially in the bathroom and kitchen. When cleaning, pay special attention to germ hot spots like doorknobs, light switches, and kitchen and bathroom counters. Make sure to disinfect cleaning sponges and rags (a breeding ground for germs) by changing them frequently, soaking in bleach, microwaving for 1-2 minutes, or running through the dishwasher. In an outside workplace, wash your hands after touching communal office spaces and regularly disinfect your own work area.

##### 6. Sanitize your mobile devices

Something that many people forget is how dirty and germ-filled their mobile device is. Clean it regularly with sanitizing wipes or rubbing alcohol – being careful not to wet the electronics.

##### 7. Stay away from people who are sick

It might sound obvious, but it's worth repeating: keep your distance from people who are sick. If you need to be around a sick person, limit your contact and avoid unnecessary touching like shaking hands or hugging.

##### 8. Avoid crowds and unnecessary travel

Try to avoid being in large groups of people, especially in poorly ventilated spaces. That increases the chance of catching a cold or flu from an infected person.

##### 9. Drink plenty of liquids

Staying hydrated with plenty of liquids, especially plain water, or hot tea can help the body better fight off germs.

##### 10. Get added Vitamin C and protein through nutritious foods

Some studies have shown that a little extra Vitamin C (but not too much) can reduce the risk of getting sick. It's best to get it through food, but a 200 mg supplement also works. Before making any changes to their diet, check with the doctor to be sure that the supplement would be safe for your older adult.

Not getting enough protein can also lower the immune response, so try to add fish, eggs, or yogurt to you and your older adult's diets.

Find the original article at [https://dailycaring.com/16-cold-and-flu-prevention-tips-for-seniors-and-caregivers/?utm\\_source=DailyCaring&utm\\_campaign=739133a87d-DC\\_Email\\_2022-10-12&utm\\_medium=email&utm\\_term=0\\_57c250b62e-739133a87d-123515225](https://dailycaring.com/16-cold-and-flu-prevention-tips-for-seniors-and-caregivers/?utm_source=DailyCaring&utm_campaign=739133a87d-DC_Email_2022-10-12&utm_medium=email&utm_term=0_57c250b62e-739133a87d-123515225)

#### Volunteer with the Legacy Corps Caregiving Program

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



## TOO MUCH SALT

Revised by Andrea Martell RDN, CDN. Retrieved from: <https://www.hsph.harvard.edu/nutritionsource/salt-and-sodium/>

It is estimated that the human body only requires about 500 mg of sodium (¼ teaspoon of salt) daily to perform vital functions. This small amount of sodium is used to conduct nerve impulses, contract and relax muscles, and maintain the proper balance of water and minerals. And yet, most Americans consume 3,400 mg of sodium (1.75 teaspoons of salt) daily, which is too much, far more than our bodies need! This excess sodium in the diet can lead to high blood pressure (hypertension), heart disease, and stroke. It can also cause calcium losses, some of which may be pulled from bone. These are serious medical conditions but, in some ways, can be prevented. When it comes to sodium intake, being mindful of food

choices can help you to stay healthy and live longer. Adequate intake of sodium is 1,500 mg a day, no more than 2,300 mg a day for chronic disease reduction.

In addition to being used for flavor and as a binder or stabilizer, salt is also used as a food preservative. Therefore, we see some of the highest amounts of sodium in processed and packaged foods including (but not limited to) breads, pizza, cold cuts/cured/processed meats, soups, cheese, tacos, and savory snacks (chips, popcorn, pretzels, crackers). It is best to stick with unprocessed food like fruits, vegetables, whole grains, unsalted nuts, low-fat dairy, and minimally processed low sodium meats. Checking the label, asking questions, and awareness are key. By reading the nutrition facts labels and comparing products you can choose ones that are lowest in sodium.

## DISPATCH PUBLISHING DATES FOR 2023

The Office for the Aging publishes its newsletter, "The Dispatch," every two months. Organizations are invited to submit articles concerning programs and services that would be of interest or benefit to senior citizens. "The Dispatch" also sells advertising space (contact the Office for the Aging for details and rates).

Below is the 2023 annual schedule for "The Dispatch." The article due date is the date all articles need to be received at the Office for the Aging to be put in the corresponding issue of "The Dispatch." The mailing date is the date "The Dispatch" gets mailed to over 12,000 recipients through a bulk mailing process. Anyone wishing to submit articles for publication should send articles to our address to: Wayne Shepard, Delaware County Office for the Aging, 97 Main Street, Suite #2, Delhi, NY 13753, or [wayne.shepard@co.delaware.ny.us](mailto:wayne.shepard@co.delaware.ny.us), by the article due

date listed for the corresponding issue of "The Dispatch." All questions should be directed to Wayne Shepard at 607-832-5750.

#### 2023 DISPATCH DATES

##### ARTICLES DUE

##### DISPATCH MAILING

Thursday, December 8

Wednesday, January 10

Thursday, February 9

Wednesday, March 7

Thursday, April 13

Wednesday, May 9

Thursday, June 15

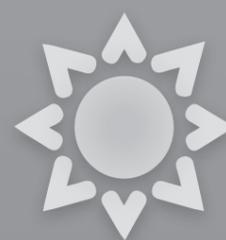
Wednesday, July 11

Thursday, August 10

Wednesday, September 12

Thursday, October 19

Wednesday, November 14



# Helios Care

COMPASSION, CHOICES & DIGNITY

Providing patient focused and family-centered care.

607-432-5525



HeliosCare.org

## “ALL THE LONELY PEOPLE” ...continued from page 1



Wayne Shepard, Director Office for the Aging moderator asking the panel a question from the audience on how to handle loneliness related to grief.

The elderly gentleman struggling with the grief from the loss of his wife resonated with Shepard, having lost a spouse of over 30 years himself. “I know what it’s like to feel lonely from loss. I’ve been there myself,” he said.

It’s important to know, “I’m not the only one,” Shepard said and hopes viewers were able to take that message from the film.

Shepard received many comments from the audience. Some of the responses were “We loved the movie. We especially loved the older couple from England, the couple from Alaska, and the lady who was bedridden looking out her apartment window.”

The event was part of a state-wide screening sponsored by New York State Office for the Aging (NYSOFA), Association on Aging in New York (AgingNY), and local OFAs.

The older population is more susceptible to loneliness due to declining

health, isolation, and spousal death, Shepard said.

Greg Olsen, New York State Assistant Director Office for the Aging, present at the Walton Theater stated, “I had the opportunity to view the film a year ago. It is a powerful documentary”. He also stated, “I immediately saw its alignment with the work that NYSOFA and the aging services network are collectively doing to combat social isolation for older adults. I also saw it as a tool to raise awareness about the need for this work on multiple levels, including a broader community reach, as isolation impacts people of all ages.”

Becky Preve, Executive Director at AgingNY, who was present at the Walton Theater stated, “Social isolation has far-reaching devastating impacts, and the aging services network has worked diligently to address this public health epidemic.”

A panel discussion took place immediately following the film. The panel included Producer Joseph Applebaum and Director Stu Maddux, as well as representatives from various organizations including Helios Care, Rehabilitation Support Services, Veterans Affairs, Delaware County Pride, guidance counselors, Delaware

County Sheriff, and more. Panel participants answered questions from the crowd and satellite viewing sites.

In addition to the Walton Theatre, a satellite viewing of the event was held at SUNY Cobleskill, Fulton Montgomery Community College and SUNY Delhi.

## 2022 QUILT RAFFLE WINNER



By Peg Hilson

Vera Haviland, on the left, is the winner of the 2022 Senior Council quilt raffle. Vera, who lives in Arkville, bought the winning ticket at the OFA Senior Fun Day which was held this past August at the 4 H camp near Delhi. Vera explained that she frequently buys raffle tickets but this is the first time she has been a winner. She remembers that when she was young she attended quilting groups with her mom in Union Grove, where she lived as a child. But, she never pursued

quilting as a hobby. On the right is Eloise Henault, the creator of this year’s quilt. It is a mystery message quilt and Eloise explained the construction to Vera. The quilt blocks represent a letter of the alphabet, and are used to decipher the hidden message in the quilt. The message in this quilt is “When you rush through life it becomes a race, but when you enjoy each moment it becomes a beautiful journey.” Vera, who was on her way to her high school 67th reunion when we met to present the quilt, heartedly agreed the quote expressed words to live by.

## VOLUNTEER DRIVERS NEEDED

By: Wayne Shepard, Director

There are many proven benefits of volunteering to you and your community. Studies have shown that volunteering can increase happiness, self-confidence and physical health. Volunteering can also increase job experience and teach new job skills. Volunteers working with Delaware County residents age 60 and older provide countless hours of service.

Delaware County Office for the Aging is in desperate need for volunteer drivers in all areas of Delaware County. Transportation for the Non-Emergency Health Related Medical

Transportation program is provided by volunteer drivers and can be used for medical related trips such as doctor/dental visits, laboratory tests, prescription pick-ups or even drop-offs for hospital stays. The program is open to seniors, age 60 or older, who are Delaware County residents, non-Medicaid recipients and are able to move about with minimal assistance. This is a volunteer program; however drivers are reimbursed mileage to and from their homes.

For more information in regards to being a volunteer driver contact Delaware County Office for the Aging at 607-832-5750.

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

## DELAWARE COUNTY'S SENIOR FUN DAY GROUP PHOTO



At this year's Delaware County Senior Fun Day held in August, the Office for the Aging was able to utilize a county-owned drone to take an over-head picture at the event. Event attendees were asked to help out by standing in a formation to spell out "OFA" while the drone hov-

ered overhead to take the picture. We are excited to finally be able to share the resulting photo of that effort. We wish to thank all those who participated for the opportunity to make this year's event even more memorable!

## HAMDEN CLUB NEWS



Sept. 28 Hamden Seniors monthly lunch meeting. Wayne Shepard, speaker.

By: Jamie O'Donnell

The Hamden Club continues to meet on the last Wednesday of the month. The group has a meal at noon (dish to pass) then their monthly business meeting run by President Jamie O'Donnell. Each month the

group tries its best to have a monthly program. This past month Wayne Shepard, Director of the Office of the Aging, spoke on the various programs that his department offers to the aging population of Delaware County.



Hamden Seniors at their August Meeting.

## STAMFORD-HARPERSFIELD SENIOR CLUB



By: Jan Frazee

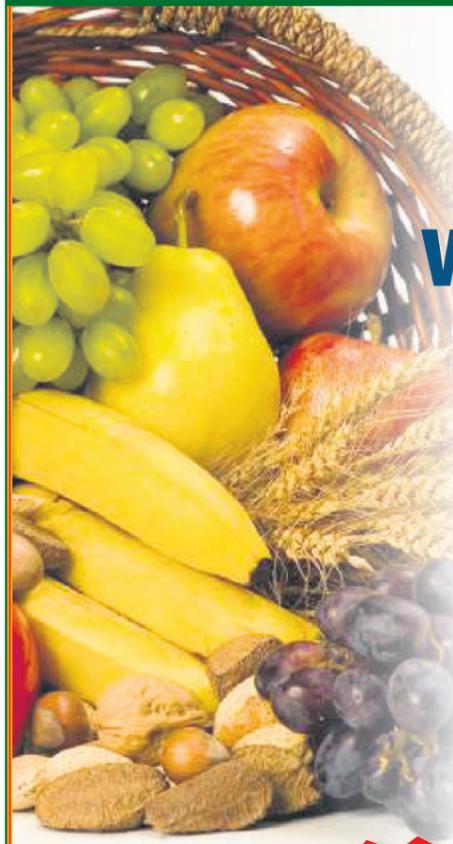
Our Stamford-Harpersfield Senior Club has had a busy summer. We meet every Tuesday at 9:30 to play cards, games, and socialize. We have a business meeting at 11:00.

We have been painting designs on small rocks to display in front of the Hobart Community Center. We have a pot luck luncheon on the 3rd Tuesday of every month, and play bingo on the

last Tuesday of each month.

In July we joined the Jefferson Seniors for a picnic at the Power Authority site in Blenheim. In August, 19 of our members enjoyed the Senior Fun Day in Delhi, sponsored by The Office for the Aging. We met the Deputy Director of the Office for the Aging from Albany, John Cochran. He joined our group for a photo. We always welcome new members to our club!

### "EAT HEALTHY, BE ACTIVE"

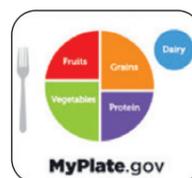


## FREE Nutrition Workshops! (4-Part Series)

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

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

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



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

# SENIOR DINING – INCLEMENT WEATHER

By: Rick Angerer, Director Senior Meals

As we enter the winter season, the senior meals program wishes to remind area seniors that in the event that inclement weather makes driving too dangerous, it may be necessary to close senior dining centers and cancel home delivered meals. This means meal sites would be closed and that no meals would be delivered to homebound participants. Closings are made on the basis of recommendations by the County Sheriff's Office and school closings. Driving conditions may force cancellation of meal deliveries in one area but not another. If you are receiving home delivered meals, you will be provided – in advance – with frozen emergency meals to be used when delivery of meals is not possible.

Meal delivery cancellations will be announced on the following radio stations: WDHI 100.3 FM, WDLA 1270 AM or 92.1 FM, WIOX 91.3 FM, WZOZ 103.1 FM, WSRK 103.9 FM, WCHN 970 AM, WBKT 95.3 FM, WTBD 97.5 FM, WKXZ 93.9 FM. Cancellations can also be found on television channel WBNG Binghamton Channel 12.

Be sure your driveway, walkways and stairs are clear so your driver can safely deliver your meals. We thank

you for your assistance and cooperation. For more information regarding home delivered or congregate meals, please contact the Senior Meals Office at 607-746-1710.

*"The Delaware County Senior Dining Program is operated by Delaware Opportunities Inc. under contract with the Delaware County Office for the Aging with funding from the Delaware*

*County Board of Supervisors, New York State Office for the Aging and the Department of Health, federal and other state funds and contributions provided by program participants."*

## THE INFLATION REDUCTION ACT

By: Virginia Perez, Aging Service Representative; Article Adapted from CMS

The Inflation Reduction Act will lower health care costs for millions of Americans. The act will slowly go into effect over the next six years. The most immediate changes will take effect as followed:

### 2023

#### Insulin cost-sharing

Starting January 1, people enrolled in a Medicare prescription drug plan will not pay more than \$35 for a month's supply of each insulin that they take and is covered by their Medicare prescription drug plan and dispensed at a pharmacy or through a mail-order pharmacy. Also, Part D deductibles won't apply to the covered insulin product.

Starting July 1, people with Traditional Medicare who take insulin through a traditional pump will not pay more than \$35 for a month's supply of insulin, and the deductible will not apply to the insulin. This will ap-

ply to people using pumps covered through the durable medical equipment benefit under Part B.

#### Vaccine cost-sharing

Starting January 1, adult vaccines recommended by the Advisory Committee on Immunization Practices (ACIP), including the shingles vaccine, will be available to people with Medicare Part D at no cost to them.

### 2024

#### Catastrophic phase of the Medicare prescription drug benefit

Starting January 1, people with Medicare prescription drug coverage who fall into the catastrophic phase of the prescription drug benefit won't have to pay any coinsurance or copayments during that phase for covered Medicare prescription drugs.

#### Part D premium stabilization

The law provides for a mechanism beginning January 1, 2024, for the average premium increase across most

Part D plans to be limited to 6% over the previous year. This protection continues through 2029. The law also provides for a mechanism to stabilize plan premiums in 2030 and subsequent years.

#### Low-Income Subsidy Program

Individuals with Medicare Part D who have low incomes will benefit from expanded financial help with prescription drug cost-sharing and premiums. The low-income subsidy program (LIS or "Extra Help") under Medicare Part D will be fully available to certain people with Medicare with limited resources who earn less than 150% of the federal poverty level starting in 2024.

### 2025

#### Out-of-pocket limit in Part D

People with Medicare Part D won't pay more than \$2,000 out-of-pocket for prescription drugs and will have the option to pay out-of-pocket Part D costs in monthly amounts spread over the year.

# SENIOR DINING PROGRAM MENU

MILK IS SERVED WITH EVERY MEAL. NUTRITIONAL ANALYSIS AVAILABLE UPON REQUEST TO CONSULTANT DIETITIAN. MENU SUBJECT TO CHANGE.

DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DECEMBER 5</b> THROUGH <b>DECEMBER 9</b>	Chicken Parmesan Spaghetti Noodles Sautéed String Beans Snow on the Mtn. Fruit Cocktail	Potato Crusted Pollock Sweet Potato Fries Steamed Broccoli Three Bean Salad Ice Cream	Vegetarian Lasagna Butternut Squash Grape Juice Whole Wheat Bread Cinnamon Coffee Cake	Salisbury Steak Rice Pilaf Mixed Vegetables Cabbage Bowl Chocolate Pudding	Road House Chicken Baked Potato Capri Blend Veggies Rosey Apple Relish Lemon Bars
<b>DECEMBER 12</b> THROUGH <b>DECEMBER 16</b>	Beef Cabbage Bake Fresh Carrots Cran-Apple Juice Whole Wheat Bread Ice Cream Sundae	Italian Baked Tilapia Parmesan Bow Ties Diced Beets Apple-Grape Juice Jello w/ Topping	Ham w/ Raisin Sauce Sweet Potatoes Buttered Peas Quick Fruit Salad Sugar Cookies	Macaroni & Cheese Stewed Tomatoes Tossed Salad Mandarin Oranges Vanilla Pudding	Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Apple Pie
<b>DECEMBER 19</b> THROUGH <b>DECEMBER 23</b>	French Toast Sticks Scrambled Eggs Sausage Links Orange Juice Cinnamon Applesauce	Taco Pie Broccoli Pea Salad Whole Wheat Bread Tapioca Pudding	Cran-Orange Chicken Buttered Egg Noodles Italian Green Beans Tossed Salad Peaches	Beef Stew Cauliflower Cran-Apple Juice Whole Wheat Bread Blondie Bars	Tuna Noodle Casserole Harvard Beets Fresh Fruit Salad Whole Wheat Bread Lemon Pudding
<b>DECEMBER 26</b> THROUGH <b>DECEMBER 30</b>	CLOSED FOR CHRISTMAS	Spaghetti & Meatballs Mixed Vegetables Grape Juice Italian Bread Warm Apple Cobbler	Roast Pork w/ Gravy Savory Stuffing Mashed Potatoes Steamed Peas Brownie Ala Mode	BBQ Chicken Baked Potato Seasoned Corn Medley Spectacular Cole Slaw Sherbet	Stuffed Shells Sautéed String Beans Italian Bread Vanilla Pudding
<b>JANUARY 2</b> THROUGH <b>JANUARY 6</b>	CLOSED NEW YEAR'S DAY	Beef Pepper Steak Oven Baked Potatoes Seasoned Spinach Whole Wheat Bread Diced Pears	Baked Tilapia Mixed Vegetables Mashed Sweet Potatoes Rosey Apple Relish Peanut Butter Cookies	Homestyle Meatloaf Mashed Potatoes Brussels Sprouts Marinated Carrot Salad Iced Yellow Cake	Chicken Risotto Sliced Carrots Apple Juice Whole Wheat Bread Fruit Salad
<b>JANUARY 9</b> THROUGH <b>JANUARY 13</b>	Swedish Meatballs Egg Noodles Winter Blend Veggies Mandarin Oranges Hot Apple Crisp	Ham w/Louisiana Sauce Scalloped Potatoes Butternut Squash Grape Juice Ice Cream	Spanish Rice Steamed Broccoli Cottage Cheese Peaches Chocolate Cake	Chicken & Biscuit Succotash Cranberry Juice Lemon Pudding	Turkey Penne Bake Carrots Snow on the Mtn. Whole Wheat Bread Molasses Cookies
<b>JANUARY 16</b> THROUGH <b>JANUARY 20</b>	CLOSED MARTIN LUTHER KING, JR. HOLIDAY	Mini Pancakes Scrambled Eggs Sausage Patty Orange Juice Cinnamon Applesauce	Country Chicken Buttered Egg Noodles Steamed Broccoli Carrot Raisin Salad Spiced Peaches	Eggplant Parmesan Spaghetti w/ Sauce String beans Tossed Salad Oatmeal Raisin Cookies	Pot Roast w/ Gravy Baked Potato Red Cabbage Apple Juice Butterscotch Pudding
<b>JANUARY 23</b> THROUGH <b>JANUARY 27</b>	California Chicken Parmesan Penne Pasta Mixed Vegetables Fruit Salad Jello w/ Topping	Beef Stew Brussels Sprouts Apple Juice Whole Wheat Bread Sugar Cookies	Sweet & Sour Pork Steamed Brown Rice Green Bean Sauté Oriental Cucumber Salad Fruit Cocktail	Roast Turkey w/ Gravy Mashed Potatoes Peas & Carrots Cranberry Sauce Chocolate Mousse	Crab Topped Tilapia Baked Sweet Potato Steamed Broccoli Orange Juice Ice Cream

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

# BE PREPARED TO STAY SAFE AND HEALTHY IN WINTER

By: Wayne Shepard, Director

Fall is upon us and the autumn leaves have been beautiful this year. We've seen such vivid colors of red, orange, and yellow. The night temperatures are much lower and our furnaces are already having to work to heat our homes while we are sleeping. The temperatures during the day are coming down but they are still pleasant. But, as much as I hate to admit it, winter is on its way. In all reality, living in Delaware County, we just can't avoid it.

We know that winter storms can be cold and dangerous. Our best defense against the snow, the cold and ice is to be prepared for the season. Now is the best time to prepare your home and car, for power outages and for travel and outdoor activity. CDC.gov gives the following recommendations:

## Winterize your home

- Install weather stripping, insulation, and storm windows.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.

## Check your heating systems

- Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- If you do not have a working smoke detector, install one. Test batteries monthly and replace them twice a year.
- Have a safe alternate heating source and alternate fuels available.
- Prevent carbon monoxide (CO) emergencies.
  - ✓ Install a CO detector to alert you of the presence of deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
  - ✓ Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

## Prepare your car

- Service the radiator and maintain antifreeze level.
- Check tire tread or, if necessary, replace tires with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
  - ✓ cell phone, portable charger, and extra batteries
  - ✓ blankets
  - ✓ food and water
  - ✓ booster cables, flares, tire pump, and a bag of sand or cat litter (for traction)
  - ✓ compass and maps
  - ✓ flashlight, battery-powered radio, and extra batteries
  - ✓ first-aid kit
  - ✓ plastic bags (for sanitation)

## Equip in advance for emergencies

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit, including:
  - ✓ Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Admin-

- istration (NOAA) Weather Radio, and lamps
  - ✓ Extra batteries
  - ✓ First-aid kit and extra medicine
  - ✓ Baby items (if applicable)
  - ✓ Cat litter or sand for icy walkways
- Protect your family from carbon monoxide.
  - ✓ Keep grills, camp stoves, and generators out of the house, basement, and garage.
  - ✓ Locate generators at least 20 feet from the house.
  - ✓ Leave your home immediately if the CO detector sounds and call 911.

## Precautions for outdoors

- Wear appropriate outdoor clothing
  - ✓ Tightly woven, wind-resistant coat, or jacket
  - ✓ Inner layers of light, warm clothing
  - ✓ Mittens
  - ✓ Hats
  - ✓ Scarves
  - ✓ Waterproof boots
- Sprinkle cat litter or sand on icy patches.
- Follow safety precautions to follow when outdoors.
  - ✓ Work slowly when doing outside chores.
  - ✓ Take a buddy and an emergency kit when you are participating in outdoor recreation.
  - ✓ Carry a cell phone.

## Do this when planning to travel

- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or

relative of your proposed route and expected time of arrival.

- Follow these safety rules if you become stranded in your car:
  - ✓ Make your car visible to rescuers. Tie a brightly colored cloth to the antenna, raise the hood of the car (if it is not snowing), and turn on the inside overhead lights (when your engine is running).
  - ✓ Move anything you need from the trunk into the passenger area. Stay with your car unless safety is no more than 100 yards away.
  - ✓ Keep your body warm. Wrap your entire body, including your head, in extra clothing, blankets or newspapers. Huddle with other people if you can.
  - ✓ Stay awake and stay moving - you will be less vulnerable to cold-related health problems. As you sit, keep moving your arms and legs to improve circulation and stay warmer.
  - ✓ Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe. This will reduce the risk of carbon monoxide poisoning.

## Helping those around you

- Make it a habit to check on family, neighbors, and friends who are especially at risk from cold weather hazards.
- If you have pets, please bring them inside.

## Reminder for Dispatch Subscribers



If you are a snowbird or traveling away for an extended period and wish to continue receiving *The Dispatch*, be sure to update us on your change of address when you leave and when you return.

## SENIOR ACTIVITIES FOR DECEMBER 2022 AND JANUARY 2023

**HOLIDAY CLOSINGS:** Monday, December 26, 2022 for Christmas, Monday January 2, 2023 for New Year's Day, Monday January 16, 2023 for Martin Luther King Day.

### CHRISTMAS DINNER WILL BE SERVED

AT ALL MEALSITES ON DECEMBER 16, 2022 at 11:30 am.

### NEW YEAR'S DINNER WILL BE SERVED

AT ALL MEALSITES ON DECEMBER 28, 2022 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 APPELY.**

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

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

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

### Outreach Dining Center Presentations Are Returning!

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

#### December 2022 topic will be "Supplemental Nutrition Assistance Program SNAP"

- Delhi Dining Center on 12/6/22
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 12/28/22
- Hancock Dining Center on 12/13/22
- Margaretville Dining Center on 12/21/22
- Sidney Dining Center on 12/8/22
- Walton Dining Center on 12/13/22

#### January 2023 topic will be "Tax Season Information and Resources"

- Delhi Dining Center on 1/17/23
- Deposit Dining Center, TBD call Eric at 607-832-5750
- Grand Gorge Dining Center on 1/25/23
- Hancock Dining Center on 1/10/23
- Margaretville Dining Center on 1/18/23
- Sidney Dining Center on 1/12/23
- Walton Dining Center on 1/24/23

**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% of poverty 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.**

# SCAM ALERT: OFFERS TO INCREASE YOUR SOCIAL SECURITY BENEFIT ARE FROM CRIMINALS

*From the Office of the Inspector General*

## Criminals Continue to Impersonate Government Agencies

That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond. Report suspected scams to [oig.ssa.gov/report](https://oig.ssa.gov/report).

**DO NOT CLICK**  
<https://1gov-ssapp.com/system-ssa-logout>

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones.

Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake Social Security website. Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment (COLA), or to set up an online account. The message may also provide fake contact information for SSA.

"Scammers are relentless in their at-

tempts to lure you to their fake websites or to get you to respond in any manner to their fictitious offers. I urge members of the public to ignore unexpected messages and unsolicited offers. This simple step will help protect you from a scam," said Inspector General Gail S. Ennis. "Also, be alert for unusual business practices and contact Social Security directly with questions or concerns regarding SSA matters. Never click on the link."



"We are deeply concerned that fraudsters continue to find new ways to impersonate government agencies to de-

ceive people into providing personal information or money," said Kilolo Kijakazi, Acting Commissioner of Social Security. "I strongly urge people to be vigilant, and ignore suspicious emails, texts, or letters. If you receive a suspicious message, do not click on any links or attachments."

Ignore suspected scams and report them to [oig.ssa.gov](https://oig.ssa.gov). Reporting these scams helps us identify emerging scam tactics and trends and protects others.

## HOW A GOVERNMENT IMPOSTER SCAM WORKS

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail. Scammers pretend to be from an agency or organization you know to gain your trust. Scammers say there is a problem or a prize. Scammers pressure you to act immediately. Scammers tell you to pay in a specific way.

## TIPS TO PROTECT YOURSELF

**1. Do not take immediate action.** If you receive a communication that causes a strong emotional response – take a deep breath, hang up, or ignore the message. Talk to someone you trust.

**2. Do not transfer your money!** Do not buy that gift card! Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.

**3. Be skeptical.** Do not believe scammers who "transfer" your call to a government official or law enforcement officer, or who feed you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.

**4. Be cautious** of any contact claiming to be from a government agency or law enforcement, telling you about a problem you don't recognize or an unsolicited offer. Do not provide your personal information, even if the caller has some of your information.

**5. Do not click on links or attachments.** Block unwanted calls and text messages.

For more information on scams, visit the [ftc.gov/scam](https://ftc.gov/scam) to read about common scams. Scammers frequently change their approach with new tactics and messages to trick people. We encourage you to stay up to date on the latest news and advisories by following SSA OIG on LinkedIn, Twitter, and Facebook or subscribing to receive email alerts.

## Delaware County Office for the Aging

We hope you are satisfied with the service you have received from the Office for the Aging. We pride ourselves in providing expert information, assistance and services to older individuals and their caregivers, helping them to maintain their dignity, respect and independence.

Most of the services provided have no fee, but you are welcome to contribute towards their cost. No one is ever denied service due to inability or unwillingness to contribute. Those with a self-declared income at or above 185% of the Federal Poverty line are encouraged to contribute at levels based on the actual cost.

### Suggested contributions for services provided are:

The DISPATCH Newsletter .....	\$7.00 per year
Transportation-Bus .....	\$5.00 per ride
Meals.....	\$3.00 per meal for Seniors
.....	\$4.00 per meal for Non-Seniors
Emergency Response Service.....	\$18 – \$32 per month (based on income level)
HIICAP .....	\$10.00 per session
Legal Services.....	\$10.00 per visit
Loan Closet.....	\$1 – \$10 per month (based on item borrowed)
Non-Emergency Medical Transportation .....	\$5.00 within the community
.....	\$0.50 per mile outside the community
Copies .....	\$0.25 per copy
Caregiver Respite.....	\$5.00 per visit
Nutritional Counseling.....	\$5.00 per visit
Case Management.....	\$10.00 per month

All contributions are confidential and voluntary and will be used to expand services to all who need them in Delaware County. We are grateful for your support. If you have any questions regarding contributions, please call the Office for the Aging Director at 607-832-5750.

Delaware County Office for the Aging  
97 Main St. Suite 2  
Delhi, NY 13753

## THE ALLURE OF AUTUMN

By Amy Bowie

Autumn is the season that paints the countryside with vivid hues of jewel. In its path it leaves behind the soft pastels of summertime.

Overnight and through the day the foliage begins to wake, Coming to life in fiery shades of golden, amber, crimson, and burgundy.

The whistle of the wind does bring a welcoming hint of cooler crisper air to come.

During harvest time, the days come sooner to a close and darkness comes upon.

The early days of summer you thought would never end, swiftly do go by, Becoming but a memory.

As you take a walk outside, You hear that old familiar sound of crackling rustling leaves beneath your feet.

It's that time of year to wear once more, Cozy sweaters and warm plaid flannels.

In the breeze there's a subtle hint of burning wood from outdoor stoves.

Kitchens are filled with the scents of homemade pumpkin pie, spices and cinnamon sticks.

Orchards of delicious apples colored in red, yellow, and green Are ready and waiting to be picked.

In the fall you will find, rows and rows of pumpkins

Blanketing farmer's fields with brightly colored orange.

Gather with friends and family, roast chestnuts on the fire

And don't forget to offer your guests, a mug of hot sweet apple cider!

Be enchanted by these autumn days of vibrant colors on earth and sky,

For this is nature's ultimate celebration, Before the frost white winter does rush in.

# HONORING OUR PACT ACT

*Adapted by: Charles W. Piper, Director, Delaware County Veteran Services*

The Honoring Our Promise to Address Comprehensive Toxins Act (“Honoring Our PACT Act”) was signed into law August of 2022. This law includes a wide range of long-awaited and long-overdue improvements, including:

## 1. New Presumptive Conditions for Veterans Exposed to Toxic Fumes from Burn Pits

The Honoring Our PACT Act recognizes the following medical conditions as presumptive to burn pit exposure, culminating in a long-fought battle for the recognition of these conditions:

Chronic bronchitis, Chronic obstructive pulmonary disease, Constrictive bronchiolitis or obliterative bronchiolitis, Emphysema, Granulomatous disease, Interstitial lung disease, Pleuritis, Pulmonary fibrosis, Sarcoidosis, Chronic sinusitis, Chronic rhinitis, Glioblastoma, Head cancer of any type, Neck cancer of any type, Respiratory cancer of any type, Gastrointestinal cancer of any type, Reproductive cancer of any type, Lymphoma cancer of any type, Lymphomatous cancer of any type, Kidney cancer, Brain cancer, Pancreatic cancer, and Melanoma.

Veterans who are covered within this presumption include:

- Veterans who served on or after August 2, 1990, in the following locations (includes airspace above those locations): Bahrain, Iraq, Kuwait, Oman, Qatar, Saudi Arabia, Somalia, and the United Arab Emirates
- Veterans who served on or after September 11, 2001, on active duty in any of the following locations (including the airspace above those locations): Afghanistan, Djibouti, Egypt, Jordan, Lebanon, Syria, Yemen, and Uzbekistan

“Any other country determined relevant by the VA Secretary.”

## 2. Adding Hypertension and Monoclonal Gammopathy As Presumptive Conditions for Vietnam War Veterans

This has been a long-fought battle for Vietnam War Veterans, especially concerning hypertension. After years of the VA saying that the medical evidence was inconclusive and certain members of Congress saying that it “would cost too much,” hypertension will finally be recognized as an Agent Orange Presumptive Condition. The same will hold true for monoclonal gammopathy, a condition in which abnormal proteins are found in the bloodstream, a condition that the VA claimed for a long time was due to “old age” rather than Agent Orange exposure.

The bad news is that for both conditions, Congress specifies in the bill that the VA “shall award retroactive claims [for these conditions] only to claimants for dependency and indemnity compensation.” So, the surviving spouse, eligible surviving children, etc., will be able to get retroactive DIC benefits, but a Vietnam War Veteran who was previously denied a claim for hypertension or for monoclonal gammopathy will not be able to get benefits back to the original date of claim.

## 3. Extending Geographic Eligibility for Presumption to Radiation Exposures

Veterans who were engaged in the response effort following the collision of a United States Air Force B-52 bomber and refueling plane that caused the release of four thermonuclear weapons in the vicinity of Palomares, Spain, during the period beginning January 17, 1966, and ending March 31, 1967, will now qualify as being presumed to have been exposed to the effects of harmful radiation.

The same will hold true for Veter-

ans who were engaged in the response effort following the on-board fire and crash of a United States Air Force B-52 bomber that caused the release of four thermonuclear weapons in the vicinity of Thule Air Force Base, Greenland, during the period beginning January 21, 1968, and ending September 25, 1968.

## 4. Recognizing New Geographic Areas For The Presumption of Agent Orange Exposure

The Honoring Our PACT Act extends the presumption of Agent Orange exposure during Vietnam War service to multiple new geographic areas, including:

- In Thailand at any United States or Royal Thai base during the period beginning on January 9, 1962, and ending on June 30, 1976, without regard to where on the base the Veteran was located or what military job specialty the Veteran performed! (No more fretting about how to point out to the VA that a Veteran was on the perimeter of a Royal Thai Air Base!)
- In Laos during the period beginning on December 1, 1965, and ending on September 30, 1969
- In Cambodia at Mimot or Krek, Kampong Cham Province on April 16, 1969, and ending on April 30, 1969
- On Guam or American Samoa, or in the territorial waters surrounding these areas, on January 9, 1962 - July 31, 1980
- On Johnston Atoll, or a ship at Johnston Atoll, during the period beginning January 1, 1972 - September 30, 1977

## 5. Expanding Health Care Eligibility For Veterans Exposed In Service To Toxins

The Honoring Our PACT Act opens the gates for an additional 3.5 million Veterans nationwide to become eligible for Priority Group 6 in Veterans Health Administration care. All of the Veterans covered under this expansion will be Veterans who were exposed to toxins in service, from Agent Orange exposures to burn pit exposures.

## 6. Requiring New Data Collection & Analysis from VA and DoD

The bill requires VA and DoD to engage in multiple new data collection and analysis efforts. It commissions studies focusing on the data concerning cancer among Veterans, medical trends relating to Post-9/11 Veterans, and the feasibility of someday providing Veterans Health Administration care to dependents of Veterans. It requires the VA to conduct outreach and provide resources to toxic-exposed Veterans, and likewise requires the VA to provide standardized training within their own ranks to improve the quality of adjudications of disability compensation claims for medical conditions related to toxic exposures. Lastly, it requires the VA to submit to Congress 180 days after enactment of the law, and annually thereafter, a report detailing the VA's efforts on behalf of Veterans who were exposed to toxic fumes from burn pits, including details about the number of burn pit-related claims the VA has approved and denied and a comprehensive list of “the top 10 conditions from each body system for which the [VA] awarded service connection for covered Veterans.”

Anyone with questions concerning the PACT Act or any benefits questions, please call Delaware County Veteran Services at 607-832-5345.

# TAI CHI FOR ARTHRITIS

## A Look Back at the Year

*By: Terri Tweedie, Coordinator of Services*

Delaware County Office for the Aging wishes to take this moment to look back at Tai Chi for 2022 and to say thank you to the dedicated instructors whose endless enthusiasm and desire to teach others this specialized form of martial art. These certified instructors are Jo-Ann DeWitt, Adriaen (AJ) Jackson, Andrea Martell, and Nina Pfeffer.

Since January 2022, these instructors have reached over 170 participants. Classes have been provided in Delhi, Sidney, Franklin, Walton, Sidney Center, Harpersfield, Arkville, and Stamford. The dynamic duo of Jo-Ann and AJ started the year off in January with 17 students in Delhi. Andrea jumped in with back-to-back classes in Sidney and Franklin. There were many students requesting lessons in Walton. Andrea stepped up to meet those requests by offering four classes at two separate locations in the village of Walton which started in mid-May. Also, in May, Nina had a class in Arkville. Summertime had AJ and Jo-Ann instructing in Harpersfield. They completed that series and began

another one in Stamford for the Fall. Andrea was back at it in mid-September with same day classes delivered in Sidney Center, Walton, and Franklin.

September brought about another change for the instructors. Classes were previously differentiated by Basic (steps 1-6) and Advanced (steps 7-12) and programs were delivered over 8 weeks with a total of 16 sessions. These have been combined so that steps 1-12 are now delivered during a 10-week period with a total of 20 sessions. Students and instructors have been doing their best to make this transition.

The Tai Chi for Arthritis Program we follow is presented by Dr. Paul Lam. He is a family physician in Australia who began practicing tai chi soon after he was diagnosed with osteoarthritis as a medical student. He is coauthor of Overcoming Arthritis: How to Relieve Pain and Restore Mobility Through a Unique Tai Chi Program (DK Publishing, Inc., 2002).

Upcoming class in Delhi: January 9 - March 20, 2023. Please call 607-832-5750 to RSVP. Space is limited.

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

SEND YOUR CONTRIBUTION,

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

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

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

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# Happy Holidays

*From the Staff  
at OFA*



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