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PETS BRING JOY TO ALL



By: Wayne Shepard, Director

Did you grow up with a dog or cat, or have a neighborhood cat hanging around? Owning a furry companion can have many positive effects on your life. Not only do you get to live with a friend, but pets provide companionship and love that you never forget. As we grow older, it becomes harder to keep up with the needs of our pets. A team in Hasbro, Rhode

Island, formed in 2015 and saw this problem. They empathized with the senior community and ultimately made it their mission to fill a void. They decided to make products which bring fun and play to older adults. They developed animatronic companion cats, dogs, and later introduced walker squawkers. The New York State Office for the Aging (NYSO-

See "PETS BRING JOY" page 4

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 pro-

vide 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."

DEFENSIVE DRIVING CLASS

Register now for a defensive driving class by **ROADRUNNERS**, instructors for Defensive Driver's Discount. All New York State licensed drivers are entitled to a 3-year insurance reduction and may also have points removed from their license, if necessary. Our next class will be held at the

Delhi Alliance Church, 16178 State Highway 28, Delhi, NY, on Saturday, January 13, 2024 from 9am - 3pm. For information and registration, contact Ken Brown at 607-832-4839 or email Ken at roadrunners.ddc@gmail.com. BEEP, BEEP!

SOCIAL SECURITY ANNOUNCES 3.2% BENEFIT INCREASE FOR 2024

Taken from: ssa.gov/new/press/release/2023

Social Security and Supplemental Security Income (SSI) benefits for more than 71 million Americans will increase 3.2% in 2024, the Social Security Administration announced today. On average, Social Security retirement benefits will increase by more than \$50 per month starting in January.

More than 66 million Social Security beneficiaries will see the 3.2% cost-of-living adjustment (COLA) beginning in January 2024. Increased payments to approximately 7.5 million people receiving SSI will begin on December 29, 2023. (Note: some people receive both Social Security and SSI benefits).

"Social Security and SSI benefits will increase in 2024, and this will help millions of people keep up with expenses," said Kilolo Kijakazi, Acting

Commissioner of Social Security.

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 \$168,600 from \$160,200.

Social Security begins notifying people about their new benefit amount by mail starting in early December. Individuals who have a personal *my_Social Security* account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message—such as their COLA notice—waiting for them in *my_Social Security*.

People will need to have a *my_So-*

See "SOCIAL SECURITY" page 3

VOLUNTEER DRIVERS NEEDED

By: Wayne Shepard, Director

Volunteering has many benefits for you and your community. 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 of 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. Although drivers are reimbursed mileage to and from their homes.

For more information about becoming a volunteer driver contact Delaware County Office for the Aging at 607-832-5750.

HEAP 2023-2024

By: Rhonda Barriger

As of November 1, 2023, HEAP (Home Energy Assistance Program) benefits are available for lower income families to help supplement home heating expenses.

Qualifying seniors can apply for the Home Energy Assistance Program (HEAP) to 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 2023-2024 heat-

See "HEAP" page 5

NEWS FROM THE DIRECTOR

By: Wayne Shepard, Director

HIGHLIGHTS FROM ANNUAL PUBLIC HEARING

Each year Delaware County Office for the Aging holds a Public Hearing. On Monday, October 23, the Public Hearing was held at the Hamden Town Hall. Below is a brief summary of what was presented at the Public Hearing:

- **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 307 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 among the various counties throughout NYS. Delaware County Office for the Aging (DCOFA) was able to receive additional dogs, cats, and squawker birds from NYSOFA.
- **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 to remain 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 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. OFA is 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 included: distribution of 321 container gardens, along with the growing instructions in late June of 2023; and, having a SNAP-Ed booth at the Delaware County Fair, located in the Cooperative Extension Home Economics Building. The booth was awarded two blue ribbons, a great success reaching over 500 individuals with information about nutrition services in Delaware County.
- **Health & Fitness:** Tai Chi for Arthritis is a one hour, twice a week program which runs for ten weeks. 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, Arkville, Harpersfield, Downsville, and Delhi. There were over 180 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. 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 resigned as the HIICAP Coordinator in August of 2023. The program continues to meet with clients throughout the year to counsel on Medicare plans and services. New-to-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 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. Caregivers and care receivers who become clients receive visits from trained volunteers. The visit provides caregivers with a break from caregiving, allowing personal time for activities such as grocery shopping and their own medical visits.
- Beginning October 1, 2023, the caregiver will now receive a brief evaluation (T-Care). The focus is to empower caregivers, making them more comfortable and confident in their caregiver role. Delaware County is the only county in NYS to provide respite services using individual volunteers and home visits. Currently the state is encouraging the use of central gathering places with volunteer staff for weekly respite activities.
- Recruiting and training volunteers is a challenge for Legacy Corps, as it is with all programs that depend on a volunteer workforce.
- **Legal Services:** DCOFA continues to contract with the Legal Aid Soci-



Wayne Shepard, Director

ety of Mid-New York to provide legal services to those Delaware County residents who are 60 years of age and older. During the 2022-23 program year, 87 seniors were served.

- **Personal 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 close to 450 subscribers in Delaware County. OFA has partnered with Connect America to provide this personal emergency response service.
- **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 with Medicaid insurance.
- **NY Connects:** NY Connects exists to provide education and connection to long term services and support. This can consist of a wide variety of services including, but not limited to, navigation 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 works consistently to raise funds to purchase equipment and enrich under-funded programs for seniors. The key fundraiser for 2023 was the Big Wheels Golf Tournament. 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 fun-

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DELAWARE COUNTY OFFICE FOR THE AGING

97 MAIN STREET, SUITE #2 • DELHI • NY 13753 • 607-832-5750

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Find us on the Web!

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



See "HIGHLIGHTS" page 3

“HIGHLIGHTS”... continued from page 2

draising efforts such as: the Council’s 37th annual Pork Roast and Pie Auction in June at the American Legion (this year’s event raised close to \$1,808.00 from pie sales, one homemade pie went as high as \$400); 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 eighth Annual Delaware County “Senior Fun Day” and the first “Senior Ball” with OFA. The Council donated to support this event.

- **Senior Fun Day:** The eighth annual Senior Fun Day was a huge success. The total attendance was close to 500, of which about 300 were Delaware County 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 51 vendors present under the vendor tent 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. Also, this year OFA was able to utilize one of the county-owned drones to take an overhead picture at the event. Event attendees were asked to help by standing in a formation to spell out “OFA.” Tina Molé, Chairman of the Board of Supervisors attended the event representing of the Board of Supervisors.
- **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 those 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.

- **Elli-Q:** ELLI-Q is a friendly presence in your daily life - engaging you in conversation, motivating you to adopt healthier habits, surprising you with jokes, and suggestions. ELLI-Q is the first ever proactive, voice-operated care companion designed to empower independence and support you in taking control of your social, mental, and physical wellbeing. ElliQ is different from other devices on the market. ELLI-Q doesn’t wait to be called on - like a real person. DCOFA has installed close to 25 units. The units are sponsored by NYSOFA at no cost to the agency or the home of the older adult.
- **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 more than 85,000 meals, essentially the same as we projected and served pre-COVID.

We’d like to thank all our volunteers, staff, and other County agencies for the assistance they’ve provided throughout 2023. 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

cial Security account by November 14 to see their COLA notice online. To get started, visit www.ssa.gov/myaccount.

Information about Medicare changes for 2024 will be available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new 2024 benefit amount will be available in December through the mailed COLA notice and my Social

Security’s Message Center.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor’s Bureau of Labor Statistics.

To read more, please visit www.ssa.gov/cola.

DISPATCH PUBLISHING DATES FOR 2024

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 2024 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 10,000 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, 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.

2024 DISPATCH DATES

ARTICLES DUE	DISPATCH MAILING
Thursday, December 7	Thursday, January 11
Thursday, February 8	Thursday, March 7
Thursday, April 11	Thursday, May 9
Thursday, June 13	Thursday, July 11
Thursday, August 8	Thursday, September 12
Thursday, October 17	Thursday, November 14

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I/We designate my/our donation of \$ _____ for:

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If you have designated someone special to honor/remember, then you (and your designee) will be acknowledged in “The Dispatch” for your donation.
If you wish to remain anonymous then please check here.

And/Or, indicate below which program(s) you wish to support:

- Use where most needed
- Caregiver/Respite Services
- Del. County Senior Council
- EISEP
- Insurance Counseling
- Legal Services
- Non-Emergency Medical Transport
- Senior Bus
- Senior Meals
- Tax Aide

PLEASE MAKE CHECK PAYABLE TO:
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Clip and return this coupon with your donation to:
Delaware County Office for the Aging, 97 Main Street, Suite #2; Delhi, NY 13753

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.

“PETS BRING JOY” ...continued from page 1

FA) granted Delaware County Office for the Aging animatronic cats, dogs, and walker squawkers to give out to older adults over the age of 60 who are at risk for complications related to loneliness and isolation.

The Delaware County Office for the Aging has several animatronic pets for adoption. These pets are looking for a loving home with seniors who live alone and need a little something in their lives to make them smile.

There are a few options of these animatronic pets available to choose from, which include a yellow golden retriever freckled dog, cats of various colors, and bluebird or cardinal walker squawkers. These pets have been designed to bring comfort, compan-

ionship, and fun. The pups have all the love in the world to give but they won't chew up your furniture, wood-work, or slippers! The cats respond to petting and hugging, motion like live cats do, but won't shed hair or require a litter box. The birds chirp and sing a beautiful tune while on your walker to remind you to use your walker but require no cage.

These pets require batteries. That's all the care they need. They offer companionship. If you, or someone you know, could benefit from having a furry friend that doesn't require a lot of care, please contact the Office for the Aging at 607-832-5750 to inquire about adopting these adorable pets!

DELAWARE COUNTY OFFICE FOR THE AGING ANNOUNCES ITS PARTNERSHIP WITH BLOOMING HEALTH

By: Wayne Shepard, Director

Delaware County Office for the Aging (DCOFA) has received several phone calls from clients inquiring if messages they have received from Blooming Health are a scam. For clarification, **these messages are NOT a scam.**

In September, Delaware County OFA signed an agreement with Blooming Health for their aging-in-place technology service. Founded in 2020 by Nima Roohi, Ph.D., Kavitha Gnanasambandan, Ph.D., and Naman Gupta, Blooming Health partners with Aging Service Providers to enable healthy aging-in-place for the older adult population.

By utilizing Blooming Health's communication services, DCOFA will be able to quickly broadcast and communicate with our clients about important service updates, changes, or reminders pertaining to programs they have through DCOFA and upcoming events (for example: bus delays/cancelations, testing Emergency Response Unit reminders, survey questionnaires, or reminders about upcoming events).

Clients can choose how they wish to receive these messages - whether through phone call, text message, or email - by calling the office and ask-

ing to have their method of contact for Blooming Health changed.

Blooming Health offers many languages other than English such as Spanish, German, Italian, French, Polish and Russian. DCOFA is committed to serving its older adults and their families by helping them age in a healthy and independent way in their own homes and communities. Community Based Organizations and AAAs that are currently using Blooming Health's services, have seen a 30% increase in service utilization, while saving two hours per day for their staff from reduced outreach tasks.

Delaware County Office for the Aging has started utilizing Blooming Health's communication service for transportation bus service, Personal Emergency Response System (PERS), and Expanded In-Home Services for Elderly Program (EISEP). In the near future, Health Insurance Information Counseling & Assistance Program (HIICAP), Tai-Chi for Arthritis, Congregate and Home Delivered Meal participants, and upcoming events will receive notifications using Blooming Health.

Should you have any questions or concerns regarding the audio messages received please contact Delaware County Office for the Aging at 607-832-5740.

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UNDERSTANDING WILLS

By: Melissa Krause, Legal Aid Society of Mid-New York, Inc.

A Will is a document in which a person can direct the disposition of their belongings after their death. If they want a specific person to inherit a specific item, for example, or if they want to make a charitable gift to an organization, this can all be established through a Will.

I am often asked by clients if they “need” a will. There is a pervasive idea among many people that if they don't have a will, then the state will “come in and take everything.” That's not true. There are laws about what happens to a person's property if they die without a will. The legal process that occurs when a person dies without a will is called “intestate succession.” According to intestate succession, a deceased person's property would go to their family, in a priority that's established through the law. A married person's estate, for example, would go to their spouse entirely, if there are no children; and if there are children, then the married person's estate would go as follows: the spouse would inherit the first fifty thousand dollars of the estate outright, and anything remaining would be divided in half. Fifty percent would go to the spouse, and fifty percent would be divided among the deceased person's children.

It's important to realize that the law only recognizes familia relationships through blood, marriage, or adoption. A person may have a long-time partner, but if there is no marriage, then the partner does not have the right to inherit if the deceased person has no will. Similarly, a person may have step-children to whom they're very close, but without a formal adoption, those step-children would not have the right to inherit if their step-parent does not have a will.

Therefore, if a person intends to

leave any property to a longtime partner, a step-child, or someone else that they're not related to, then yes, they absolutely need a will.

Additionally, there may be cases where a person may not want to leave their estate to their nearest relatives. It is a sad fact that blood isn't always thicker than water. A parent can be estranged from their children. Siblings may not have spoken in years. A person may have a stronger bond to someone that doesn't fit the state's limited definition of family. Or perhaps the person would rather leave property to a grandchild or a niece, rather than their daughter or sister.

In cases like these, then a person absolutely needs a will.

Furthermore, “intestate succession” is designed to be very general. It does not have any accommodation for the gift of individual items to individual people, or charitable gifts to any organizations. If a person wishes to make these kinds of gifts, then they absolutely need a will.

Even if a person intends that their property go to their spouse and children as it would according to “intestate succession,” a will can still be useful. With a will, a person can make their wishes clear. Furthermore, a will allows a person to choose an executor, which is someone that they trust who can take charge of the administration of the estate and ensure that everything happens as the deceased person intends. They may not need a will, but they can benefit from a will all the same.

Ultimately, I believe that will is a valuable and important document. It is not always required, but it is generally very helpful in making sure that a deceased person's wishes are followed after their death.

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 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 607 607-832 -5750.

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

PROTECTING ADULTS: 2023-2024 COVID AND RSV VACCINES ARE YOUR SHIELD

Stay Ahead of the Curve in Adult Vaccination

By: Melissa Ackerly, Delaware County Public Health

As adults our health often takes center stage, do not overlook the importance of adult vaccination. While vaccines are often associated with childhood, they have a vital role in safeguarding adults from preventable diseases as well. This fall Covid, Respiratory Syncytial Virus (RSV), and the flu vaccines are available.

2023-2024 Covid Vaccine: Guarding against Covid; a potentially life-threatening infection, doesn't discriminate by age. The Covid vaccine is recommended for all citizens, especially adults aged 60 and older, as well as those with certain medical conditions. The newest vaccine offers a strong shield against various newer strains of Covid that were not prominent when the vaccines first emerged. This 2023-2024 Covid vaccine is not a booster, so if you have already received a bi-valent booster, be sure to ask for the newest mono-valent (new strain of omicron) vaccine. This vaccine not only lowers the risk of Covid infection, but also protects against serious respiratory complications. The manufacturers are Pfizer and Moderna.

RSV Vaccine: A promising development for older adults. Until recently, Respiratory Syncytial Virus (RSV) is usually a more familiar respiratory illness to parents of young children. However, RSV can affect adults too, especially those over 60. It causes symptoms ranging from mild cold-like symptoms to severe respiratory issues with short-

ness of breath and an uncontrollable, spasm-like cough. The introduction of an RSV vaccine for older adults is a game-changer in the fight against this viral menace and is now available for adults over 60.

Clinical trials have shown promising results for RSV vaccines in older adults, suggesting a reduction in the risk of severe respiratory illnesses. As RSV can lead to hospitalization and even death in older populations, this vaccine could be a lifeline for many.

Covid and RSV vaccines, which have been tailored for adults, provide a defense against health threats that are increasingly prevalent as we age. Don't forget to get your annual flu vaccine as well! You can safely get all three vaccines in the same visit! Consult your healthcare provider to determine your eligibility and take the initiative to protect yourself and those around you. The future of your health depends on the choices you make today.

Take the Initiative - Get Vaccinated! Be sure to ask for your vaccines to be entered into the New York State Immunization Information System (NYSIIS) if your provider should forget to ask you!

Delaware County Public Health (DCPH) encourages readers to stay informed about where to get vaccinated such as local vaccination clinics, pharmacies, or your healthcare provider. Please call us (607) 832-5200 to address any concerns or questions you may have.

"HEAP" ...continued from page 1

ing 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, 2023, and only when federal funds are available.

All households wishing to apply for HEAP, who have not received an application through the early outreach process, may request to have an application mailed to them or can go online at www.mybenefits.com on or after November 1, 2023. For those applicants who are required to complete an interview; interviews can be completed face to face or via telephone.

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, 2023.

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

Household Size	Maximum Monthly Income
1	\$3,035
2	\$3,970
3	\$4,904
4	\$5,838
5	\$6,772
6	\$7,706
7	\$7,881
8	\$8,056
9	\$8,231
10	\$8,407
11	\$8,582
12	\$8,890
13	\$9,532
Each additional	Add \$642

It is recommended that applicants apply prior to their fuel level getting extremely low or out, in an effort to avoid off-route charges or emergency deliveries from fuel vendors. If a client has an emergency after hours or on the weekend, they should contact the Delaware County Sheriff's Office at 607-746-2336.

TAI CHI FOR ARTHRITIS 2023 YEAR IN REVIEW



By Terri Tweedie, Coordinator of Services

A special thank you to the September 2023 Harpersfield class (pictured above, sorry for those who missed the photo!!!) New York State Office for the Aging (NYSOFA). Representatives came to observe this evidenced based falls prevention program. Our Certified Tai Chi for Arthritis instructors Adriaen "AJ" Jackson and Jo-Ann DeWitt (seated center) led this fantastic group through a series of Tai Chi movements, and ways to be mindful of surroundings and being aware of foot placement when moving about.

The group showed their unity by wearing their Tai Chi T-shirts which Joey Darling organized for the Delaware County Senior Fun Day in August. Many thanks to the donors who made this possible. Delco Creative, Deidra Hill, designed and printed them. Joey also enticed participants with her home-made blueberry cream muffins. Delicious! Thank you, Joey, and everyone else that made the class so enjoyable. The time each of you took to speak with the NYSOFA representatives was much appreciated. It furthered their understanding of the importance of this program to our Delaware County residents.

Many thanks to everyone at the following locations that provided space

for classes this year:

- Downsville Fire Hall, led by Andrea Martell in January
- Delhi Alliance Church, led by Jo-Ann DeWitt & AJ Jackson in January
- Arkville Community Recreation Center, led by Nina Pfeffer in February & August
- Harpersfield Colonel Harper Grange, led by Jo-Ann and AJ in April & September
- Walton Baptist Church, led by Andrea in April & October
- Delaware County Historical Association, led by Jo-Ann and AJ in June
- Franklin American Legion, led by Andrea in July
- Sidney Tri-County Senior Center, led by Andrea in October

People interested in Tai Chi for Arthritis coming to your community can call Terri at 607-832-5750. It is recommended you have a group of 10-15 people and a location that can be used; or call and have your name on a waiting list. It is a 10-week series that meets two times per week for a total of 20 classes. It is very important for funding assistance that people commit to attending at least 16 of the classes.

To inquire about upcoming Tai-Chi for Arthritis classes contact Delaware County Office for the Aging at 607-832-5750 and ask for Terri Tweedie, Coordinator of Aging Services.

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. →



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EIGHTH ANNUAL SENIOR FUN DAY



By: Wayne Shepard, Director OFA

The eighth annual Senior Fun Day was a huge success. The total attendance was close to 500 participants of which about 300 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 Thursday, August 24 from 9am to 3pm.

There were 51 vendors present under the vendor tent and the Lourdes mammography mobile. The vendor tent was very active 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. Among the vendors present were homecare agencies, skilled nursing facilities, assisted living and local hospitals in both Delaware and Otsego County, Managed Medicare/Medicaid Insurance plans, NYS EPIC, Senior Council, OFA, Legacy, and more. One vendor stated, "I serve 17 different counties in New York State and this event is far beyond any other event that I participate in. It is absolutely fabulous, organized and flawless. I can't wait to attend next year."

Despite the weather, the seniors had a wonderful time and enjoyed themselves very much. There were two buses that ran continuously shuttling seniors from the Price Chopper parking lot to registration at Rice Hall.

A volunteer donated two golf carts to be used for the event. The golf carts were manned by volunteers who assisted those who were unable or had difficulty in ambulating. They transported participants to the vendor or game tent, line dancing, or restrooms. The golf carts were continuously in motion.

At mid-morning each participant received a container of Chobani yogurt. Chobani is manufactured locally in New Berlin. They donated 408 containers of a variety of yogurt flavors. The yogurt was absolutely refreshing.

Throughout the morning, seniors had the opportunity to play bingo, to try Tai Chi for Arthritis, line dancing, and Arts and Craft.

Tina Mole, Chairman of the Board of Supervisors, attended the event in representation of the Board of Supervisors. The planning for next year's event started the following day. Next year's event will be bigger and better in celebration of the agency's 50th Anniversary.



ROXBURY SENIOR CITIZENS CLUB



By: Rob Young, President, Roxbury Senior Citizen Club

The Roxbury Senior Club's Golden Anniversary Celebration was held on September 19, 2023, at the Roxbury Fire Department Social Hall. Thirty-eight members attended including our oldest member, Elna Hinkley, who celebrated her 100th birthday this year and was an honored member. Also present were Allen Hinkley, Town Supervisor, and Steve Williamson, Roxbury's long-term Constable. Unfortunately, the club's four executive members could not attend because of COVID-19 quarantine and recent surgery.

Long term member, Pat Clark, performed the official duties. Toasts were given to the founding members: Lil-

lian White, Mrs. George Tait, Francis Gorsch, and Raymond Cronk; then to long-term members: Elna Hinkley, Betty Sherwood, Connie Spinelli, and other members mentioned from the floor; and finally, to the current members who will ensure the club continues into the future - all mentioned plus others have helped make Roxbury a strong community and a great place to live.

Pat delivered a talk on the history of the club prepared by Chris Brady, VP and Historian. On display were more than a dozen of the club's binders of notes and pictures of past events. Some of the long-term members spent time reviewing them and remembering previous members and activities they had participated in.



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HAMDEN SENIOR CITIZENS CLUB



The memories of our Hamden Seniors were opened up as local Author and Illustrator, Mary Lou Rohner Oliver, shared her latest publications. She does sell them to the public, by word of mouth, and at local farm markets. Thank you MaryLou for the smiles and entertainment.

FIRST ANNUAL "SUNFLOWER HARVEST BALL"



Senior Harvest Ball King and Queen: Nobel O'Dell (left) and Cathy Roloson (right).

By: Wayne Shepard, Director OFA

The first annual senior "Sunflower Harvest Ball" was held on Sunday, September 10, 2pm-6pm at the Birdsong Farm. The ball was a huge success. The total attendance was close to 100 participants, of which about 75 were guests. The guests enjoyed a catered meal and danced at the inaugural Harvest Ball. Carla Crimm was approached by the Senior Ball committee in early May with the idea of hosting the "Sunflower Harvest Ball." Carla was excited that Birdsong Farm was considered to host this event. She stated, "Close to 99% of the volunteers who plant and tend the gardens here are older adults." Birdsong Farm not only hosted the event, but Carla and the volunteers assisted in setting up and providing the floral arrangement for the registration table, guest tables, bouton-

nieres and corsages made at Birdsong Farm.

At the time of registration each guest received a ticket. The guests voted with their ticket as to who would be chosen "Harvest King" and "Sunflower Queen." Nobel O'Dell and Cathy Roloson were crowned Harvest King and Sunflower Queen."

Music was provided by KPd Events, and the dance floor was filled with guests enjoying the music through the different decades.

AETNA sponsored the catered meal. Bakers Grimm donated "peach" flavored cream puffs. TA's Place donated several trays of various cookies. Amy Bowie, OFA employee, provided sunflower cupcakes, pumpkin bread, lemon bundt cake and chocolate covered pretzels.

Kayle Lewis, a junior at Delaware Academy, volunteered with setting up floral arrangements and breaking down after the event. SUNY Delhi students volunteered to guide people parking their cars. Several local merchants donated a variety of gift certificates that were raffled throughout the event.

The owner, Richard Lamson, was amazed as to how the building that hosts the weekly flea market was transformed into a beautiful reception hall. He stated, "If this venue was in the city it would have cost, over \$25,000." He asked the Director of Office for the Aging to come back for the 2024 "Harvest Ball."

The committee has already started to plan for next year's event, which has been scheduled for Sunday, September 15, 2024.

"EAT HEALTHY, BE ACTIVE"

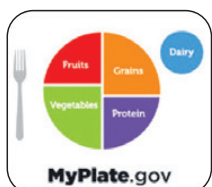


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BE PREPARED TO STAY SAFE AND HEALTHY IN WINTER

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 Administration (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.

Stopping the flu is up to you

The flu is spread from person to person when someone who has the flu virus sneezes, coughs, or talks. The flu virus can be inhaled by anyone close by. Occasionally, a person may become infected by touching something with the virus on it, and then touching their mouth or nose.



To protect yourself and your family from the flu:

- **Use** tissue when you cough, sneeze or spit, and dispose of the tissue in a covered trash basket.
- **Wash** your hands often with soap and warm water.
- **Keep** hands away from your face.
- **Clean** shared spaces (such as phone receivers, keyboards, steering wheels and office equipment) more often.
- **Do not** share personal items such as forks, spoons, toothbrushes and towels.
- **Avoid** crowds or people who are sick.



Department of Health

LEGACY CORNER

Holiday Joy

By: Susan Hammerslag, Legacy Program Coordinator

AARP 10 Tips for Caregivers During the Holidays

Focus on what is most meaningful. Remember that perfection is not the goal, it's really about meaning and joy. Talk with your loved ones about what makes the holidays most meaningful for them and for you and prioritize those holiday activities. Focus on the things needed to evoke a holiday feeling and create good memories.

Simplify your holiday activities. Choose a few decorative items that are most significant. Choose the one event or activity that means the most to you. Try sending e-greetings, or just sending cards to a few key people this year. Many family caregivers also adjust the location of celebrations or postpone holiday travel to accommodate loved ones in their care.

Try doing something new. If those you care for have trouble getting around, drive through a holiday light display or watch a holiday concert on TV. Join a holiday gathering by video chat. Start a holiday movie night tradition or watch old home movies and relish the memories.

Food is a big part of many holidays, so it's difficult to think about changing mealtime traditions. But meals also require a lot of time, money and coordination. Simplify the menu.

Try fewer side dishes or one dessert instead of three. Focus on the

dishes that are traditional and give you that holiday feeling. Split up the grocery shopping and cooking among other family members and guests. Order all or part of your holiday meals to go from a local grocery store or restaurant, either fully cooked or ready for you to cook at home. Eat at someone else's home or at a restaurant.

Keep self-care at the top of the list. As caregivers, we give and give and during the holidays we give even

more. All that giving can leave you running on empty. Think about what fills you up and do more of that. Get plenty of good quality sleep and keep moving. Walk with loved ones in a decorated shopping mall, or dance to holiday music.

Ask for help. Even if you don't normally do so, the holidays are a great time to get some extra help, even a few hours can be a huge relief. Family and friends can lend a hand with holiday preparations. To free up your time so you can enjoy holiday activities, ask family and friends to help with direct care for your loved ones.

Keep mindful, concentrating on the present moment. Think about what you can accomplish. Celebrate what your loved ones can participate in. Revel in the holiday joy you experience. Appreciate the help you are receiving this season. Remember, you'll be happier if you can go with the flow and expect that there will be some delays, a crisis or two and maybe some disappointments. But alongside those things, there can be real joy. The bottom line is that this time is precious. Savor the moments and make new, meaningful memories you can cherish forever.

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.



TRI-COUNTY SENIORS

By: Carol Allen, President

The Tri-County Seniors are getting an early start on the holidays as they make plans for a "Senior Santas" project. Residents of local senior housing facilities, as well as homebound seniors, have been asked what gift they would like to receive for the holidays. Tags will be placed on a tree at the Tri-County Senior Center where "Santas" can select an anonymous recipient, purchase a gift, and return it to the Center unwrapped by December 6, or monetary donations towards the project can be mailed to Tri-County Senior Center, PO Box 275, Sidney, NY 13838. The gifts will be delivered during the week before Christmas.

A holiday dinner dance is also

planned for Friday December 8, at the Sidney American Legion Hall. A buffet dinner at 5pm will be followed by live music with the Dirt Road Express Band from 6 to 9pm. The cost of dinner will be \$15 per person by pre-reservation only. To reserve a spot, call Carol at (607) 563-8065 by November 17. Checks should be made out to Tri-County Senior Center and mailed to the above address. Those who wish to come for the music only, no dinner, can pay \$10 at the door after 6pm.

The Tri-County Senior Center is open Wednesday through Friday, 10am to 2pm, and is located in the right rear of the AO Fox Tri-Town Campus building at 43 Pearl Street in Sidney. All area seniors are welcome.

A Big Thank You To The Volunteer Gardeners At Birdsong Farm!

By: Susan Sainsbury

OFA would like to thank Birdsong Farm and Birdsong volunteer gardeners for their generous donations of fresh produce to the residents of Grand Gorge Senior Housing. Throughout the harvest season, gardener Mary Lou Oliver coordinated with OFA a weekly delivery of delicious produce including lettuce, tomatoes, squash, carrots, beets, eggplant, tomatillos, herbs, potatoes etc.

Residents looked forward to the deliveries, anticipating what the week's shipment would bring. Recipe ideas and cooking methods were shared with one another. Leftover produce

was then shared with the Grand Gorge Dining Center and prepared for congregate and home delivered meals.

Birdsong Farm's generous donations have helped find a solution to the problem known as Food Deserts. A food desert is a geographic area where peoples' access to affordable, healthy food options (especially fresh fruits and vegetables) is restricted or nonexistent due to the absence of grocery stores and farmers' markets within convenient traveling distance. Healthier foods are generally more expensive than unhealthy foods, particularly in food deserts.

Thank you Birdsong Farm!

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DISPATCH ATTEMPTING TO GO GREEN

In an effort to Go Green, "The Dispatch" offers alternative ways of receiving the newspaper. Sign up to receive "The Dispatch" electronically by e-mail. Simply e-mail Delaware County Office for the Aging at ofa@co.delaware.ny.us. Be sure to provide your name, e-mail address, and current mailing address, so we can remove your name from our postal mailing list.

CREATIVE WAYS TO EAT MORE VEGETABLES

By: Andrea Martell RDN, CDN

Including vegetables in your meals is extremely important. Veggies are rich in nutrients and antioxidants, which boost your health and help fight off disease. Additionally, they're beneficial for weight management due to their low-calorie content. Health authorities around the world recommend that adults consume several servings of vegetables each day, but this can be difficult for some people. Some find it inconvenient to eat vegetables, while others are simply unsure how to prepare them in an appetizing way. Here are a few ways you can incorporate vegetables into common foods so that you never get tired of eating them.

Make veggie-based soups. Soups are an excellent way to consume multiple servings of vegetables at once. You can make veggies the "base" by pureeing them and adding spices, such as in broccoli spinach quinoa soup. Furthermore, it's simple to cook veggies into broth or cream-based soups. Adding even a small number of extra veggies, such as broccoli and spinach to soups, is a great way to increase your intake of fiber, vitamins, and minerals.

Try a veggie burger. Veggie burgers are an easy swap for heavier meat burgers and can be topped with even



more vegetables. Veggie burger patties can be made by combining vegetables with eggs, flour, and seasonings. Sweet potatoes and black beans are also commonly used to make veggie burgers. Note that not all meat-free burgers are full of veggies. Check the labels to find some that have veggies as their main ingredients.

Blend veggies with meatloaf. Meatloaf can also be a vehicle for more vegetables. In addition to ground meat, eggs, breadcrumbs, and sauce you can add just about any type of chopped vegetable to meatloaf, including onions, bell peppers, carrots, zucchini, and greens. Additionally, you can make "meatloaf" that's completely veggie-based, including chickpeas, carrots, onions, and celery. The chickpeas will replace the meat and still feel hearty.

There are many ways to add vegetables to everyday food items. By making veggies a regular part of your eating habits, you'll significantly increase your intake of fiber, nutrients, and antioxidants.

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: WDHJ 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."

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



information, agency sponsored events, volunteer opportunities and much more. Search for Delaware County Office for the Aging and click "Like".

SENIOR DINING 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
12-4 Thru 12-8	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 Veggies Cabbage Bowl Chocolate Pudding	Road House Chicken Baked Potato Capri Blend Veggies Rosey Apple Relish Lemon Bars
12-11 Thru 12-15	Beef Cabbage Bake Fresh Carrots Apple Juice Whole Wheat Bread Ice Cream Sundae	Italian Baked Tilapia Parmesan Bow Ties Diced Beets Pineapple 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 Dinner Roll; Apple Pie
12-18 Thru 12-22	Scrambled Eggs French Toast Sticks Sausage Links Orange Juice Cinnamon Applesauce	Taco Pie Broccoli Florets Pea Salad Whole Wheat Bread Tapioca Pudding	CranOrange Chicken Buttered Egg Noodles Italian Green Beans Tossed Salad Peaches	Beef Stew Steamed Cauliflower Cranberry Juice Whole Wheat Bread Blondie Bars	Tuna Noodle Casserole Harvard Beets Fresh Fruit Salad Whole Wheat Bread Lemon Pudding
12-25 Thru 12-29	CLOSED FOR CHRISTMAS	Spaghetti & Meatballs Mixed Veggies 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 Cole Slaw Sherbet	Stuffed Shells Sautéed String Beans Italian Bread Vanilla Pudding
1-1 Thru 1-5	CLOSED FOR NEW YEAR'S DAY	Beef Pepper Steak Oven Baked Potatoes Seasoned Spinach Whole Wheat Bread Diced Pears	Baked Tilapia Mixed Vegetables Sweet Potatoes Rosey Apple Relish Peanut Butter Cookies	Homestyle Meatloaf Mashed Potatoes Brussels Sprouts Marinated CarrotSalad Iced Yellow Cake	Chicken Risotto Sliced Carrots Apple Juice Whole Wheat Bread Fruit Salad
1-8 Thru 1-12	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 CottageCheese/Peaches Chocolate Cake	Chicken & Biscuit Succotash Pineapple Juice Lemon Pudding	Turkey Penne Bake Diced Carrots Snow on the Mtn. Whole Wheat Bread Molasses Cookies
1-15 Thru 1-19	CLOSED FOR MARTIN LUTHER KING, JR. HOLIDAY	Scrambled Eggs Mini Pancakes 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 OatmealRaisin Cookies	Pot Roast w/Gravy Baked Potato Red Cabbage Whole Wheat Bread Butterscotch Pudding
1-22 Thru 1-26	California Chicken Parmesan Penne Pasta Mixed Veggies Fruit Salad Jello with Topping	Beef Stew Brussels Sprouts Cranberry Juice Whole Wheat Bread Sugar Cookies	Sweet & Sour Pork Steamed Brown Rice Green Bean Sauté OrientalCucumberSalad Fruit Cocktail	Roast Turkey w/Gravy Mashed Potatoes Peas & Carrots Cranberry Sauce Chocolate Mousse	Crab Topped Tilapia Baked Sweet Potato Steamed Broccoli Whole Wheat Bread 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

ARE YOU A "SNOWBIRD"

If you're a Snowbird please notify Delaware County Office for the Aging of your temporary address so that you will not miss out on any issues. If you do go away for the winter and do not notify Delaware County Office for the Aging there is a good possibility that your Dispatch will be discontinued as the Post Office will



not forward the senior newspaper to your temporary address without first notifying Office for the Aging of the address change.

Upon returning to Delaware County, if you would like to continue receiving a physical copy of "The Dispatch", please notify Delaware County Office for the Aging at 607-832-5750 of your return address.

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.

- Hilda Turner: *In Memory of Robin Turner*

SENIOR ACTIVITIES FOR DECEMBER 2023 AND JANUARY 2024

HOLIDAY CLOSINGS:

Friday, 12/1/23, for Delaware Opportunities Staff Holiday Celebration; Monday, 12/25/23, for Christmas; Monday, 1/1/24, for New Year's Day; Monday, 1/15/24, for Martin Luther King Day.

CHRISTMAS DINNER WILL BE SERVED AT ALL MEALSITES ON DECEMBER 15, 2023 at 11:30 am.
NEW YEAR'S DINNER WILL BE SERVED AT ALL MEALSITES ON DECEMBER 27, 2023 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 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.

NOTE: Suggested contribution for all regular meals is \$3.00 for seniors and \$4.00 for non-seniors. Contributions for all Holiday meals is \$4.00 for seniors and \$5.00 for non-seniors. The Delaware County Senior Dining Program is operated by Delaware Opportunities Inc. under contract with the Delaware County Office for the Aging with funding from the Delaware County Board of Supervisors, New York State Office for the Aging and the Department of Health, federal and other state funds, and contributions provided by program participants.

DINING CENTER PRESENTATION SHCEDULE

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

OFA Outreach Dining Center Presentations Schedule

November 2023 topic will be "Home Energy Assistance Program (HEAP) 2023"

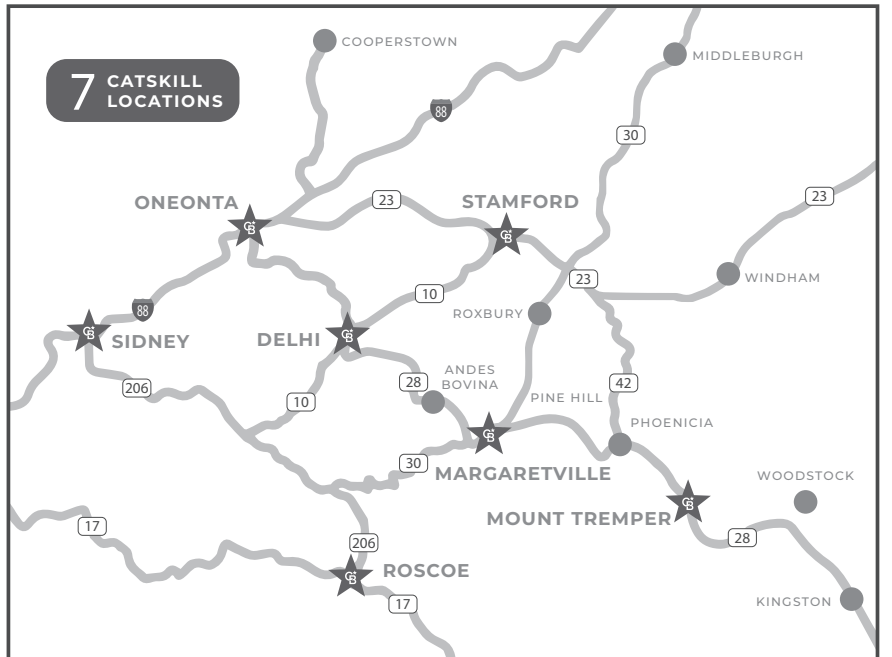
- Delhi Dining Center on 11/14/23
- Deposit Dining Center on 11/16/23
- Grand Gorge Dining Center on 11/15/23
- Hancock Dining Center, IF OPEN, on 11/14/23
- Margaretville Dining Center on 11/22/23
- Sidney Dining Center on 11/9/23
- Walton Dining Center on 11/21/23

December 2023 topic will be "Highlights of Office for the Aging Services"

- Delhi Dining Center on 12/12/23
- Deposit Dining Center on 12/21/23
- Grand Gorge Dining Center on 12/13/23
- Hancock Dining Center, IF OPEN, on 12/12/23
- Margaretville Dining Center on 12/20/23
- Sidney Dining Center on 12/14/23
- Walton Dining Center on 12/19/23

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TAPE THE CURRENT DISPATCH LABEL HERE

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

SUGGESTED CONTRIBUTION: \$7 PER YEAR

Most services provided have no fee, but you are welcome to contribute 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 _____

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Please remove name from mailing list.

Happy

Holidays

from the Staff
at OFA

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Director

JOANNE SAMPSON
Assistant to Director OFA

TERRI TWEEDIE
Coordinator Of Aging Services

LYNDSAY KOMOSINSKI
NY Connects Coordinator

VICTORIA LADLEE
NY Connects I & A Specialist

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