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DELAWARE COUNTY OFFICE FOR THE AGING



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Pancakes, Anyone?

What: Pancakes

When: March 15, 2025

Time: 8 to Noon

Where: Hamden Town Hall

Cost: Free Will Donation (any offerings are greatly appreciated!)

By: Shirley Niebanck, Project Chair
(607-287-2475)

With two feet of snow in the yard, pancakes are a welcome thought. The Delaware County Senior Council's fundraising event is a sign of Spring. All supplies for the day and financial contributions come from local businesses: Shaver Farms, Brookside Maple, Big M, Brooks Bar-



becue, Hannaford, WalMart, Price Chopper, and Clark Companies. Use of coffee pots from Pindars Corners Fire House are a tremendous help.

After expenses all monies are given to support Office for the Aging programs for Seniors. Some of these funds underwrote Senior Fun Day at Camp Shankitunk and the Senior Ball at the Walton Fair Grounds. Past funds have gone to buy a bus for OFA used in Senior Shopping trips.

The Senior Council is grateful for all donations and very much appreciates help from Senior Club members.

SEE you at
Breakfast on
March 15, 2025.

Big Wheels Golf Tournament Slated For May 9th



"Briggs" team, enjoying the day playing a round of golf at last year's Big Wheels Golf Tournament. Left to Right: Jeff Briggs, Mat Taggart, Graham Briggs, Tom Briggs.

The annual Big Wheels Golf Tournament, held at the Delhi College Golf Course, will take place on Friday, May 9, 2025, according to the Big Wheels tournament committee. The event serves as a primary fundraiser for programs and services which provide assistance to Delaware County senior citizens. The entry fee this year will be \$80 which will be all-inclusive, covering greens fees for 18 holes of golf, cart use, guaranteed prizes and a post tournament dinner. Registrations for the tournament can be obtained by contacting the Delaware County Office for the Aging at 607-832-5750.

Re-Opening of Acceptance of Regular HEAP Applications

By: Janelle Hartwell, NCRI, NCRT,
Community Services Director

Additional program funds for the 2024-2025 regular benefit component have been made available to support the Home Energy Assistance Program (HEAP). Therefore, the Regular benefit component will reopen effective January 25, 2025.

Applications for 2024-2025 Regular heat and heat-included benefits will again be accepted beginning Saturday, January 25, 2025.

Emergency HEAP is still open and accepting applications.

Contact Person for applicants age 60 or older: Mary Johnson, Office of the Aging, 607-832-5750

See "HEAP" page 3



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- 2023 federal and state tax returns (if available)



For information, **call:** 607-431-4338 or
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Director: Li Luo, CPA, MSA, MBA

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When and Where:

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Mondays & Tuesdays 6 to 8 p.m.

Call 607-431-4338 or email vita@hartwick.edu

Huntington Memorial Library | Oneonta

Feb 8 to Apr 12 (except Feb 15, Mar 15 and 22)

Saturdays, 10 a.m. to 3 p.m.

Call 607-432-1980

Richfield Springs Community Center | Richfield Springs

Friday, Feb 7, 10 a.m. to 3 p.m.

Call 315-858-3200. Leave a message to call back

GHS Federal Credit Union

Norwich: Feb 21, Mar 7, Apr 4

Binghamton: Feb 14, 28, Mar 28, Apr 11

10 a.m. to 3 p.m.

Call 607-472-2876

Tabernacle Baptist Church | Utica

Saturday, Feb 15, 10 a.m. to 3 p.m.

Call 315-735-7534

Charlotte Valley Central School | Davenport

Friday, Mar 7, 4:30 to 6:30 p.m.

Call 607-431-4338

Laurens Central School | Laurens

Friday, Mar 28, 4:30 to 6:30 p.m.

Call 607-432-2050 ext. 1120



News From The Director

By: Wayne Shepard

Here we are in March. Where did January and February go? Starting in December, just before Christmas, we had subzero temperatures and wind chill temperatures 20-30 below zero. The temperatures according to the weatherman for January were below normal. In mid-January the Carolinas and Florida received several inches of snow shutting down major highways and businesses. Delaware County has had several snowstorms causing school delays and closing, closing of our dining centers, slippery road conditions, and icy sidewalks and driveways.

February has followed right behind January with its horrific temperatures and inches and inches of that fluffy white stuff. On February 2nd the groundhog saw its shadow. We have six more weeks of winter. I have been reminded repeatedly that this winter is like an “old fashioned winter.” As I’m writing my letter there is a “winter advisory” for the weekend and the following week the temperature high is less than 20 degrees and a low in the single digits. Anticipate bone chilling, teeth chattering temperatures with the prediction of wind chill of minus 10 to a minus 15 degrees below zero. Someone recently told me “as the day lengthens so the cold strengthens.” I will be leaving these cold temperatures behind as I head for a warmer climate for a couple of weeks. Hopefully, when I return in March the temperature will start to warm up.

No matter where I travel throughout the county, brooks and rivers are iced over, icicles hanging off homes, sidewalks and driveways iced over making walking treacherous and increase chances of falling. I saw three people walking on icy driveways fall



Wayne Shepard, Director

while trying to go to their mailboxes. Town roads that used to be two lanes are down to one lane, snow blowing and drifting, snowbanks six feet or higher with no place to put the snow. This makes driving and walking challenging. You need to be alert for those backing out of their driveways and when walking on icy driveways or sidewalks. I don’t know about you but I’m tired of old man winter. I can’t wait for spring and warmer weather to arrive.

When we get excessive snow accumulation then sudden thaw or rain-storm the first thing that pops into my head is the flood of 1996. That was the first major flood that devastated Delaware County and much of its infrastructure. I’m sure this is on many people’s minds especially if you have ever been flooded in the past.

This is a good time to begin planning, just in case a flood or any type of disaster should occur, by preparing a disaster kit. The kit may contain a portable battery-powered radio, flashlight and extra batteries, one week supply of prescription medications, credit cards, cash, and much more. For more details on preparing for a di-

saster go to the website “Be Red Cross Ready” and click on “print out the preparedness essentials checklist.”

Spring is just around the corner as the days are starting to get longer and we’ll soon be turning our clocks ahead for daylight saving time. Another reminder of spring is receiving seed catalogs in the mail. I’m starting to put together my seed order for my vegetable garden. In a few weeks I’ll be starting to plant my tomato and pepper seeds. That’s when I’ll start to be anxious for spring to hurry up and get here.

On other topics, the Office for the Aging, in collaboration with the Delaware County Senior Council, is busy planning several fundraising events. This year’s monies received from fund raisers will be used towards replacing the current senior bus in the very near future. The current bus is two and a half years old with close to 90,000 miles. The bus travels close to 35,000 miles annually, transporting older adults shopping, medical appointments and errands. The first fund raising event is the “All You Can Eat Pancake Breakfast.” The breakfast will be held on Saturday, March 15th at the Hamden Town Hall from 8am to noon. The breakfast is an All You Can Eat Breakfast and is absolutely deli-

cious. I’ll be assisting in the kitchen making scrambled eggs. The menu entails homemade pancakes topped with locally made syrup, sausage, scrambled eggs, orange juice, coffee or tea. The largest fund raising event is the “Big Wheels” golf tournament. This event will be taking place on May 9th at the Delhi College Golf Course.

If you are unable to attend or participate in any of the fund raising events but would like to make a donation to support the senior bus, you can make your donation to “Delaware County Senior Council” and note that the donation is for the “Senior Bus.”

Mark your calendar for the tenth annual Delaware County Senior Health and Fun Day that will be taking place on Wednesday, August 20th at the 4-H Camp Shankitunk. The third annual Harvest Ball will be taking place on Sunday, September 14th. More details to follow as it gets closer to each event.

Stay warm for the remainder of this winter. If you must go outside bundle up and make sure you cover all skin that would be exposed to the elements.

On a brighter note, I wish each and every reader a happy St. Patrick’s Day.

THE DISPATCH IS PUBLISHED EVERY OTHER MONTH BY THE

DELAWARE COUNTY OFFICE FOR THE AGING

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

Wayne Shepard • DIRECTOR

Lyndsay Komosinski • DEPUTY DIRECTOR

Joanne Sampson • ASSISTANT TO DIRECTOR

Terri Tweedie • COORDINATOR OF AGING SERVICES

Amy Bowie • CASEWORKER

Eric Benecke • CASEWORKER

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

HELP US HELP OTHERS!

Our needs are always greater than the resources that are available. The Delaware County Office for the Aging, the Delaware County Senior Council, and the Delaware Opportunities Senior Meals Program encourage and appreciate your financial donation to our programs and services that help seniors.

Please print
Name _____ Phone: _____

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

☐ In honor/memory (please circle one) of: _____
If you have designated someone special to honor/remember, then you (and your designee) will be acknowledged in "The Dispatch" for your donation.
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And/Or, indicate below which program(s) you wish to support:


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| <input type="checkbox"/> EISEP | <input type="checkbox"/> Senior Bus | |

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 stated requirement of \$250.

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



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

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



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3.



Click the Pop-Up

SCAN ME



LEGACY CORNER

By: Jonathan J. Moore, Caseworker for Caregiver Program

Providing support for caregivers is crucial. Support can be provided in several ways. It can be offered through counseling sessions, trainings, respite, and so much more. Assisting with maintaining the caregiver’s physical and mental health can prevent burnout. Supports in place will allow the caregiver to provide better quality care to the person they are caring for, while improving the overall wellbeing of both the caregiver and care recipient. Various forms of caregiver support will ultimately mitigate stress and promote a positive caregiving experience.

Delaware County Office for the Aging has received funding from the National Family Caregiver Support Program (NFCSP) for many years. Delaware County Office for the Aging’s NFCSP program is more formally and locally known as Legacy. The Legacy Program is a caregiver respite program, offered to Delaware County residents. This program provides a range of supports that assist family and informal caregivers in caring for someone at home for as long as possible. The program is a caregiver support program that meets the needs of both the caregiver and care recipient. It may also help the caregiver become a better advocate and more confident in assisting the care recipient with their needs.

OFA’s Legacy Program is undergoing some major changes this year. One major change as I, Jonathan Moore (former NY Connects Specialist) have accepted the position of Caseworker for the Caregiver Program. The program will offer expanded services to eligible caregivers including In-Home Respite, Caregiver Counseling, Caregiver Training and Case Management, as well as supplemental services. In addition to these supports and services, eligibility requirements will also be expanding.

In 2025, to be considered an eligible

caregiver you must meet the criteria listed below.

1. The caregiver must be a resident of Delaware County, **and at least one of the following:**
 - Aged 18 years or older and providing care to individuals aged 60 years or older
 - Aged 18 years or older and providing care to individuals of ANY age with Alzheimer’s disease or related disorder. (Related disorders includes Dementia, TBI, mild cognitive impairment, and chronic traumatic encephalopathy)
 - Older relatives (**not the parents**) aged 55 years or older who are living with and providing care to children under the age of 18
 - Older relatives (**including the parents**) who are living with and providing care to an adult aged 18-59 years with a disability
2. The caregiver must be assisting the care receiver with at least two ADLs/IADLs
3. The care receiver cannot be a recipient of Medicaid or EISEP

I will also be working on developing a caregiver-directed in-home respite model. This model will provide the ability for the caregiver in need to choose a person that they know and trust to provide respite. For example, if an older adult is the primary caregiver for a spouse over the age of 60, and needs a break, that caregiver could choose a grandchild aged 18 or older, who is willing and able to provide the respite through the Legacy program. The primary goal of this program’s expansion is to be caregiver-centered, provide flexibility for the caregiver. The primary direction is to provide in-home respite to caregivers.

For more information contact Delaware County Office for the Aging Caregiver Coordinator, Jonathan Moore, at (607) 832-5750 or by emailing jonathan.moore@co.delaware.ny.us.

2025 Medicare Costs

By: Victoria Ladlee, adapted from Medicare Rights Center

Medicare costs change from year to year. Below, you’ll find a brief overview of the Original Medicare costs you can expect in 2025:

Part A (Hospital insurance)

- Part A premium: Free if you’ve worked 10 years or more
- Part A hospital deductible: \$1,676 each benefit period
- Part A hospital coinsurance: \$0 for the first 60 days of inpatient care each benefit period
- Skilled nursing facility (SNF) insurance: \$0 for the first 20 days of inpatient care each benefit period, \$209.50 per day for days 21-100 each benefit period

Part B (Medical insurance)

- Part B premium: \$185. If your annual income is higher than \$106,000 for an individual (\$212,000 for a couple), you will pay a higher Part B premium
- Part B deductible: \$257 per year
- Part B coinsurance: 20% for most services Part B covers

Part D (Prescription drug coverage)

- National average Part D premium: \$36.78 per month
- Part D maximum deductible: \$590 per year
- Out-of-pocket maximum: \$2,000

(does not include the deductible)

Keep in mind that if you choose to buy a Medigap policy or enroll in a Medicare Advantage Plan, your costs will look a bit different. If you enroll in a Medigap, you will pay a monthly premium for your Medigap policy, which in turn pays part or all of your out-of-pocket costs for Medicare-covered services. Medigap premiums vary throughout the country, but in general, they range from \$100 to \$300 per month.

If you choose to enroll in a Medicare Advantage Plan for 2025, you’ll typically still have to pay the Part B monthly premium. Some Medicare Advantage Plans may also charge an additional monthly premium. If the Medicare Advantage Plan includes Part D (most do), the premium for the Part D coverage will be combined with the premium for the Medicare Advantage portion of the plan. Before you sign up for a Medicare Advantage Plan, you will want to review the plan’s costs, covered services, and rules. Each year in September, you should get an Evidence of Coverage (EOC) notice explaining any changes for the upcoming year.

For more information contact Delaware County Office for the Aging and NY Connects at (607) 832-5750 and ask to speak with HIICAP Coordinator, Victoria Ladlee.

“HEAP” ...continued from page 1

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

Emergency HEAP benefits and eligibility are based on:

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

You may be eligible for an Emergency HEAP benefit if:

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

- You receive Code A Supplemental Security Income (SSI) Living Alone and
- The heating and/or electric bill is in your name
- Your household’s available resources are:
 - less than \$2,500; or
 - less than \$3,750 if any member of your household is age 60 or older, or under age 6.

Income guidelines for the 2024-25 HEAP season are as follows:

| Household Size | Maximum Gross Monthly Income |
|-----------------|------------------------------|
| 1 | \$3,322 |
| 2 | \$4,345 |
| 3 | \$5,367 |
| 4 | \$6,390 |
| 5 | \$7,412 |
| 6 | \$8,434 |
| 7 | \$8,626 |
| 8 | \$8,818 |
| 9 | \$9,010 |
| 10 | \$9,201 |
| 11 | \$9,393 |
| 12 | \$9,585 |
| 13 | \$9,952 |
| Each additional | Add \$672 |

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.

- John Soldovieri: *In Memory of Antoinette Soldovieri*

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Must be 62 or older.

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Fully Accessible - Social Activities

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TTY Voice Relay Services #7-1-1



Why Some People Will Need To Get A Real ID or Enhanced License Before May 7, 2025!



Information provided by website: <https://dmv.ny.gov/driver-license/enhanced-or-real-id> and <https://dmv.ny.gov/news/nys-dmv-calls-on-new-yorkers-to-act-now-before-real-id-enforcement-deadline-arrives>

If you plan on flying within the continental U.S. and/or enter certain federal facilities you will need either a REAL ID, Enhanced ID, Passport, or other form of federally compliant identification.

A REAL ID is a federally compliant DMV-issued driver license, learner permit, or non-driver ID that will be required to board a domestic flight (within the U.S.) or enter certain federal buildings starting in May 2025, unless you have a valid passport.

If your New York State license or ID

does not have the star or a flag on it, you do not have a REAL ID-compliant document.

A REAL ID is optional and is not needed for the following:

- Being licensed to drive
- Voting or registering to vote
- Entering Federal facilities that do not require a person to present identification
- Applying for or receiving Federal benefits
- Accessing health or life-preserving services (including hospitals and health clinics), law enforcement, or constitutionally protected activities (including a defendant's access to court proceedings)
- Participating in law enforcement

proceedings or investigations

Enhanced Photo Document

If you are a U.S. citizen and New York State resident, you can apply for a New York State Enhanced License, Permit, or Non-Driver ID that can be used instead of a passport to return to the US by land or sea from Canada, Mexico, and some countries in the Caribbean. An Enhanced Photo Document is **not acceptable for air travel** between these countries.

How to Get a REAL ID

New Yorkers are encouraged to visit a DMV office as soon as possible to get a REAL ID or Enhanced ID, which is also acceptable for REAL ID purposes, even if their license, permit, or non-driver ID is not yet due for re-

newal. There is no additional cost to get a REAL ID beyond the regular renewal fee. An Enhanced ID costs \$30 extra and can be used as identification when returning to the United States by land or sea from Canada, Mexico and some countries in the Caribbean.

Those getting a REAL ID or an Enhanced ID must visit a DMV office in person. They must bring certain original documents that prove who they are and to have a new picture taken. To make this process as easy as possible, the DMV offers several online tools such as a document guide and an online application pre-screening process to help New Yorkers prepare. These tools provide detailed instructions about which documents to bring to the DMV.

Preserving Woodland Cemetery: A Community Effort

By: Janet Schwengber

Woodland Cemetery, nestled in the heart of Delhi, has stood as a symbol of the town's rich history since its establishment in 1845. This historic cemetery reflects the community's dedication to preserving the past while honoring those laid to rest. However, like many cemeteries today, Woodland no longer operates under the "perpetual care" model it once relied on, where long-term maintenance was guaranteed. Now, the cemetery's only income comes from the sale of burial plots and fees for burials.

Over the years, rising costs for maintenance—including mowing, tree care, road repairs, and digging—have put increasing strain on Woodland Cemetery's limited financial resources. If these

funds run out, the Town of Delhi, with assistance from the state, will take over mowing, but only twice a year. Furthermore, no new burial plots would be sold, and only current lot holders would be eligible for burials.

To ensure the future of this historic resting place, the Friends of Woodland was established this year as a 501(c)(3) nonprofit. The group's mission is to raise funds and provide strategic support to the Cemetery Association. These donations help the Cemetery Board maintain the grounds and ensure they remain open for future burials. On October 11, 2024, Friends of Woodland held a successful "launch party" to kick off fundraising efforts and raise awareness of the cemetery's needs.

Looking ahead, Friends of Woodland has planned a variety of events to en-

gage the community and highlight the cemetery's significance. These include guided tours, concerts, readings, and film screenings. Through these gatherings, the community will stay informed about the cemetery's future and its ongoing preservation efforts.

Keeping Woodland Cemetery in good condition requires community support. For those 72 or older with IRA investments, there is an opportunity to support Woodland Cemetery while also receiving a tax benefit. Each year, individuals in this category are required to take a Required Minimum Distribution (RMD) from their retirement accounts, which is typically subject to taxes. However, RMDs can be directed to a 501(c)(3) charity like Friends of Woodland without incurring taxes. This can be a significant source of funding for the

cemetery, and donors benefit from avoiding taxes on these withdrawals.

There are also other ways to support Woodland Cemetery through planned giving. Planned gifts can help the cemetery's endowment, cover ongoing expenses, and support preservation efforts. Here are a few options:

- **Bequests:** Including a bequest in your will is a simple way to support the cemetery, and the donation is not subject to estate tax.
- **Charitable Gift Annuities or Trusts:** These can provide income for you or a family member while benefiting the cemetery.
- **Beneficiary Designations:** Naming the cemetery as a beneficiary of your IRA or life insurance policy can also create income for you or your family while supporting Woodland.

If you are able, please consider contributing your RMD or making a planned gift to Friends of Woodland Cemetery. Your support will help preserve this historic landmark for future generations.

To learn more about Planned Giving, visit: www.woodlandcemeterydelhi.org/planned-giving, email: friends@woodlandcemeterydelhi.org, or contact Janet Schwengber at 607-435-8903. Contributions, along with any suggestions for future cemetery improvements, can be sent to Friends of Woodland Cemetery, 6 Cross St., Delhi, NY 13753. The Friends would love to hear from you!



The better you feel,
the brighter your days.



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

607.432.5525  HeliosCare.org

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Dining Center Anniversaries



By: Pattie Warfield, Senior Dining Project Director

This year, a delightful wave of Anniversary celebrations is sweeping through our community as our six Delaware Opportunities Senior Dining Centers mark significant milestones in their history. With laughter, joy, and plenty of delicious food, these anniversaries are not just about reflecting on the past, but also about building memories for the future.

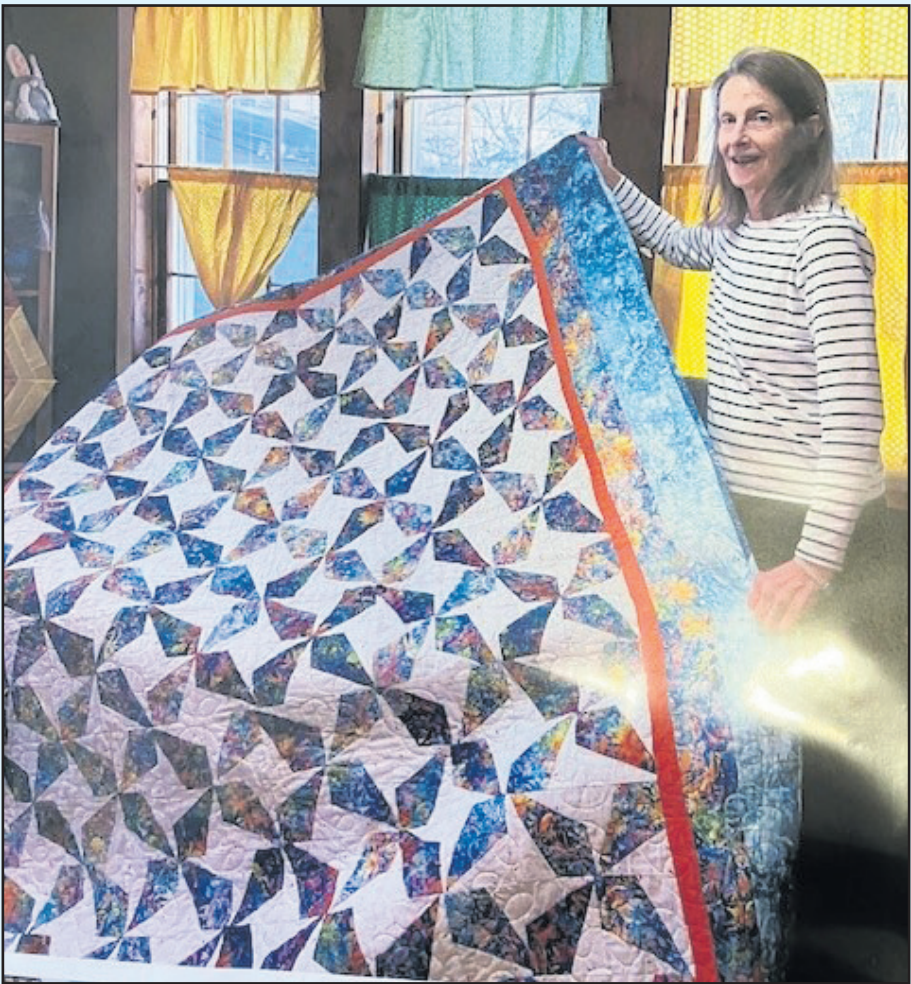
Our Sidney, Walton, Margaretville, and Hancock meal sites are proudly celebrating their 51st anniversaries! Over five decades, these vibrant establishments have been more than just places to eat; they have become cherished social hubs for seniors where stories are exchanged, and friendships have blossomed over shared meals.

Meanwhile, the Delhi Dining Center celebrated its 50th anniversary in January—an impressive achievement! It is hard to believe that the Delhi Senior Dining Center has been at its cur-

rent location at 97 Main Street for 8 years now, weathered the changes of the times, adapting and growing while maintaining its commitment to providing nutritious meals and fostering a sense of belonging.

Lastly, let's not overlook the Grand Gorge meal site celebrating its 46th anniversary, which also promises to be a memorable occasion. This meal site has built a strong reputation for its warm and inviting atmosphere. It's a great opportunity for long-time patrons and newcomers alike to gather together for good food and great company.

As we dive into these festivities, let's celebrate not just the milestones of our favorite dining establishments but also the love, friendship, and community spirit they have nurtured. So, gather your friends, bring your appetite, and get ready to create new memories while cherishing the old! Cheers to 51 years, 50 years, and 46 years of joy, laughter, and of course, fantastic meals!



Well-known local quilter, Polly DellaCrosse, has donated this full size quilt to Del Co Senior Council for its 2025 fundraising quilt raffle. Polly has named the quilt "Calypso." Raffle tickets are \$1 a piece or 6 tickets for \$5. Ticket sales will begin at the March 15th Senior Council Pancake Breakfast. The breakfast will be at the Hamden Town Hall from 8am until 12pm on Saturday, March 15th. The drawing for the winner will be at the Delhi Harvest Fest which is scheduled for September 27th. Proceeds from the raffle will be used toward events such as Senior Fun day and Harvest Ball.

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 se-

nior newspaper to you 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.

CHAIR YOGA FOR OLDER ADULTS CONTINUES

IT'S NEVER TOO LATE TO START!

WHERE?

First Congregational Church, UCC
Corner of Mead and North Sts., Walton, NY
Enter using the North St., back entrance

WHEN?

Tuesdays and Thursdays 11:00 am - 12:00 pm

February 25 & 27
March 4 & 6
March 11 & 13

March 25 & 27
April 1 & 3
April 8 & 10

April 29 & May 1
May 6 & 8
May 13 & 15

FREE CLASSES

– no registration required. Come to 1 or come to all.

If you have any questions call the church at:
607-865-4066

Wear comfortable clothes and bring water with you.

There will be paperwork to be filled out, so please come 20-30 minutes early to your FIRST class - even if you completed paperwork in the past.

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2025 National Nutrition Month® Food Connects Us

Revised by Andrea Martell RDN, CDN. Retrieved from: <https://www.eatright.org/about-national-nutrition-month>

National Nutrition Month® started in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. A nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics, National Nutrition Month®, held annually in March, focuses attention on the importance of making informed food choices and developing healthful eating and physical activity habits.

This year’s theme “**Food Connects Us**” acknowledges how food is a connecting factor for many of us. Food connects us to our cultures, our families, and our friends. Sharing a meal

“Like” us on facebook

Do you have a Facebook account? If you do, we would love for you to check out our Facebook page! On it, you will find things like upcoming program information, agency sponsored events, volunteer opportunities and much more. Search for Delaware County Office for the Aging and click “Like”.



is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons, and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

National Nutrition Month® Weekly Messages:

Week 1: Connect with Food - Learn cooking, food preparation and meal planning skills; explore where your food comes from; learn about community resources such as SNAP and local food banks.

Week 2: Connect with a Nutrition Expert - Ask your doctor for a referral to an RDN; find an RDN who specializes in your unique needs; receive personalized nutrition information to meet your health goals.

Week 3: Explore the Connection Between Food and Culture - Experiment with recipes using different ingredients or cooking techniques; include your favorite cultural foods and traditions or try new global flavors; enjoy your meals with family or friends.

Week 4: Build the Connection Across All Stages of Life - Learn how nutrient needs may change with age; include healthful foods from all food groups; focus on balanced and sustainable eating habits.

TO MAKE A CONTRIBUTION FOR “THE DISPATCH” OR
FOR A CHANGE OF ADDRESS

TAPE THE CURRENT DISPATCH
LABEL HERE

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

SUGGESTED CONTRIBUTION: \$7 PER YEAR

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

SEND YOUR CONTRIBUTION,

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

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

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

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

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

NEW ADDRESS:

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

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

☐ **Please remove name from mailing list.**

SENIOR DINING PROGRAM MENU

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

| DATES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|---|--|---|---|--|
| 4/7 Thru 4/11 | Beef Pepper Steak Oven Browned Potatoes Steamed Peas Whole Wheat Bread Fruit Cocktail | Chicken Risotto Capri Blend Veggies Cucumber Salad Whole Wheat Bread ChocolateChip Cookies | Spaghetti & Meatballs Brussels Sprouts Tossed Salad Italian Bread Jello w/ Topping | Scrambled Eggs Mini Pancakes Sausage Patty Whole Wheat Bread Cinnamon Applesauce | Baked Tilapia Sweet Potato Fries Steamed Broccoli Creamy Cucumber Salad Mandarin Oranges |
| 4/14 Thru 4/18 | Chicken Cacciatore Penne Pasta Italian Blend Veggies Italian Bread Vanilla Pudding | Country Fried Steak Mashed Potatoes Steamed Peas Fresh Fruit Salad Diced Peaches | Spicy Cranberry Pork Steamed Brown Rice Seasoned Spinach Whole Wheat Bread Jello w/ Topping | Chicken Cordon Bleu Rice Pilaf Sautéed String Beans Fruit Cocktail Cinnamon Coffee Cake | Broccoli Quiche Baby Carrots Cucumber Salad Whole Wheat Bread Sherbet |
| 4/21 Thru 4/25 | Turkey Tetrazzini Sautéed Zucchini Three Bean Salad Whole Wheat Bread Diced Pears | Beef Stew Roasted Cauliflower Fruit Cup Whole Wheat Bread Peanut Butter Cookies | Pasta Primavera Brussels Sprouts Tossed Salad Whole Wheat Bread Fruited Jello | Home Style Meatloaf Whipped Potatoes Steamed Broccoli Apple Sauce Yellow Cake | Potato Crusted Pollock Parslied Potatoes Sliced Beets Cole Slaw Lemon Pudding |
| 4/28 Thru 5/2 | Swiss Steak Baked Potato Steamed Peas Pineapple Juice Butterscotch Pudding | Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Rosey Apple Relish ChocolateChip Cookies | Taco Pie Seasoned Spinach Cran-Orange Juice Whole Wheat Bread Cinnamon Coffee Cake | Stuffed Shells Seasoned Spinach Three Bean Salad Italian Bread Vanilla Ice Cream | Chicken Alfredo Stewed Tomatoes Apple Juice Italian Bread Lemon Pudding |
| 5/5 Thru 5/9 | Spanish Rice Corn/Zucchini Medley Apple Juice Whole Wheat Bread Vanilla Ice Cream | Roast Pork w/Gravy Mashed Potatoes Capri Blend Veggies Apple Sauce Ice Cream Sundae | Caribbean Pork Loin Baked Sweet Potato Parslied Cauliflower Three Bean Salad Lemon Pudding | Macaroni & Cheese Stewed Tomatoes Tossed Salad Upside Down Cake | Chicken Salad Italian Pasta Salad Snow onMountain Salad Dinner Roll Fresh Watermelon |
| 5/12 Thru 5/16 | Ravioli w/ Sausage Sautéed Zucchini Three Bean Salad Italian Bread Fruit Cocktail | BBQ Pork Smokey Mountain Beans String Bean Medley Carrot-Raisin Salad Sherbet | Citrus Chicken Glazed Sweet Potatoes Parslied Cauliflower Whole Wheat Bread Sugar Cookies | Baked Lasagna Green Beans Italian Bread Strawberry Shortcake | BakedCrusted Tilapia Baked Potato Steamed Peas Cole Slaw Ice Cream |
| 5/19 Thru 5/23 | Swedish Meatballs Buttered Noodles Sliced Carrots Apple Juice Chocolate Pudding | Fish on a Bun Greek Oven Fries Steamed Peas Harvard Beets Fruited Jello | Roadhouse Chicken Roasted Potatoes Mixed Blend Veggies Dinner Roll OatmealRaisin Cookies | Hamburger Stroganoff Egg Noodles Steamed Broccoli Whole Wheat Bread Diced Pears | Turkey Salad Potato Salad Creamy Cucumber Salad Dinner Roll Fruit Salad |
| 5/26 Thru 5/30 | CLOSED MEMORIAL DAY | Shepard’s Pie Parslied Cauliflower Orange Juice Whole Wheat Bread Apricots | Pineapple Chicken Buttered Egg Noodles Mixed Vegetables Whole Wheat Bread Sliced Peaches | HomeStyle Meatloaf Swiss Baked Potatoes Green Beans Apple Sauce Rice Pudding | Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Cranberry Sauce Cinnamon Coffee Cake |

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

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MIDDLETOWN 845-586-4764

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WALTON 607-865-6739

Nominations Sought For Senior Citizen Of The Year

By: Suzanne DuMond

The Delaware County Senior Council is seeking nominations for the 2025 Senior Citizen of the Year Award. The award honors a Delaware County resident aged 60 or older who stands out in the community for ongoing devotion of time and talent in a variety of areas.

1. The nominee must be age 60 or older.
2. The nominee must have an on-going record of community service for which they receive no remuneration.
3. Candidates must be nominated by an individual or group; they may not nominate themselves.
4. Only nominations received on the official form will be considered. The Delaware County Senior Council committee will review only these forms; no additional documentation will be considered.
5. No employee who currently works for the Delaware County Office for the Aging is eligible for consideration.
6. Nominations are kept for one year. If the candidate is not selected for that year's award, they will automatically be entered for consideration for the following year's award.
7. The Delaware County award winner will be entered for judging in the New York State Senior of the Year Award contest the following year.

The Delaware County Senior Council Senior Citizen of the Year Committee selects the winner from the nominations. The winner will be announced at this year's Delaware County Senior Council Annual meeting scheduled for September 8.

Nominations must be received on or before July 7, 2025, and must be mailed to Delaware County Senior Council, 97 Main Street Suite #2; Delhi, NY 13753.

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

Senior Dining Program Contribution Increase

By: Pattie Warfield, Senior Dining Project Director

Starting May 1, 2025, the Delaware Opportunities Senior Dining Program has been asked to increase the requested contribution for seniors 60 and older to \$5.00 per meal and for those under 60, the required contribution will be \$10.00. In light of the first suggested increase in meal contributions in more than 15 years, it is important to understand the context behind this change. Over the past 15 years, we have seen a substantial rise in food costs, alongside increased expenses related to employee wages, vehicle maintenance, and necessary equipment purchases and repairs. The actual program cost for each meal is currently \$13.54. The program has also seen an increase in the number of clients served reaching 481 individuals currently. These adjustments aim to ensure that we can continue providing quality meals while meeting the growing operational demands. By raising the suggested contributions, we can better support our services and maintain the standard of care and nourishment that our community deserves.

SENIOR ACTIVITIES FOR APRIL 2025 AND MAY 2025

HOLIDAY CLOSINGS: Monday 5/26/25 for Memorial Day.

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

Easter Dinner served at all meal sites on Friday 4/18/25 at 11:30am

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

Third Thursday Evening Meal on 4/17/25 and 5/15/25 serving at 4:30pm.

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

Third Thursday Evening Meal on 4/17/25 and 5/15/25 serving at 4:30pm.

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

Center's 51st Anniversary celebration will be Tuesday 4/1/25.

Third Thursday Evening Meal on 4/17/25 and 5/15/25 serving at 4:30pm.

Margaretville Senior Dining Center (Margaretville Methodist Church, Church St.) (845) 586-4764. INTERIM CENTER MANAGER: STEFANIE BLANCHARD.

Third Thursday Evening Meal on 4/17/25 and 5/15/25 serving at 4:30pm.

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

Third Thursday Evening Meal on 4/17/25 and 5/15/25 serving at 4:30pm.

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

Third Thursday Evening Meal on 4/17/25 and 5/15/25 serving at 4:30pm.

NOTE: Suggested contribution for regular meals is \$3.00 seniors and \$4.00 non-seniors. Starting May 2025, the suggested contribution for regular meals will be \$5.00 for seniors and \$10.00 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 SCHEDULE

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

OFA Outreach Dining Center Presentations Schedule

March 2025 topic will be “Elder Abuse & Scams”

- Delhi Dining Center on 3/11/25
- Deposit Dining Center on 3/20/25
- Grand Gorge Dining Center on 3/12/25
- Hancock Dining Center on 3/11/25
- Margaretville Dining Center on 3/19/25
- Sidney Dining Center on 3/13/25
- Walton Dining Center on 3/18/25

April 2025 topic will be “Income eligible Programs and Services”

- Delhi Dining Center on 4/8/25
- Deposit Dining Center on 4/17/25
- Grand Gorge Dining Center on 4/9/25
- Hancock Dining Center on 4/8/25
- Margaretville Dining Center on 4/16/25
- Sidney Dining Center on 4/10/25
- Walton Dining Center on 4/15/25

Upcoming Sign-In Changes Protect Veteran Data And Information

By: Mark Dunlop, Director, Delaware County Veterans Services

I hope everyone is doing well as we all get through this cold weather. Below is some information that changes how veterans and/or their family members sign-in and access their VA.gov accounts:

January 28th was Data Privacy Day, which marks the importance of safeguarding personal information online and preparing for sign-in changes. VA is committed to ensuring veteran information is protected and that our technologies meet modern security standards. That is why two major changes are coming to how veterans, caregivers and beneficiaries sign-in to VA websites and apps this year.

Upcoming changes

After January 31, 2025, veterans won't be able to sign into VA.gov, VA apps or other VA online services with a My HealtheVet user ID and password. After September 30, 2025, veterans won't be able to sign in with a DS Logon username and password. Veterans will have two sign-in account options: a Login.gov or ID.me account. Veterans can use their account to sign into VA.gov, VA apps and any other VA online service they use to manage their VA benefits and care.

Simple and secure

VA is moving to a more modern, refined sign-in experience in 2025:

Reduce the number of sign-in options veterans need to choose from—just as veterans have asked us to do. Over several years, veterans have said that they want fewer account options. And they want to be able to use their chosen sign-in account to access all of their VA benefits and care.

Continue to protect all veterans' information and benefits. Identity theft and related medical identity theft are serious issues that can cause severe financial hardship and disruption in medical care for veterans and their families. In 2023, the Federal Trade Commission received more than 1 million reports of identity theft. That same year, veterans and military retirees also reported to the FTC \$350 million in losses to fraud.

Meet the latest federal standards for modern account security. VA is required by federal policy to help all veterans begin using a sign-in account that meets modern security standards. VA is also required to simplify the sign-in experience for veterans. Login.gov and ID.me help to meet both these requirements.

Login.gov and ID.me also use multi-factor authentication, an extra layer of protection to ensure that it's the veteran trying to use their sign-in account and not someone pretending to be them.

How to prepare

For Data Privacy Day and beyond, take action to secure your personal data.


If you use DS Logon or the My HealtheVet user ID and password to sign in to My HealtheVet, you'll need to switch to using a Login.gov or ID.me account. With Login.gov or ID.me, you'll have access to all the same information and services you use today.

For more information about how to make a Login.gov or ID.me account, go to the Creating an account for VA.gov page; for more information about online security, go to the How To Protect Your Identity and Your VA Benefits From Scammers page.

For more information regarding this and other veteran services contact Mark Dunlop at 607-832-5345.

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Check For Safety: A Home Fall Prevention Checklist For Older Adults And How Evidenced Based Falls Prevention Programs Like Tai Chi And Bingocize Can Help.

By: Terri Tweedie, Coordinator of Aging Services, adapted from the CDC

Falls at Home

Each year, thousands of older Americans fall at home. Many of them are seriously injured, and some are disabled. Falls are the leading cause of injury-related death among adults ages 65 and older, and the fall death rate is increasing. The fall death rate increased by 41% from 55.3 per 100,000 older adults in 2012 to 78.0 per 100,000 older adults in 2021. In 2002, more than 12,800 people over age 65 died and 1.6 million were treated in emergency departments because of falls.

Falls are often due to hazards that are easy to overlook but easy to fix. This checklist will help you find and fix those hazards in your home.

The checklist asks about hazards found in each room of your home. For each hazard, the checklist tells you how to fix the problem. At the end of the checklist, you'll find other tips for preventing falls.

Floors: Look at the floor in each room.

Q: When you walk through a room, do you have to walk around furniture?

Ask someone to move the furniture so your path is clear.

Q: Do you have throw rugs on the floor?

Remove the rugs or use double-sided tape or a non-slip backing so the rugs won't slip.

Q: Are there papers, books, towels, shoes, magazines, boxes, blankets, or other objects on the floor?

Pick up things that are on the floor. Always keep objects off the floor.

Q: Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

Stairs and Steps: Look at the stairs you use both inside and outside your home.

Q: Are there papers, shoes, books, or other objects on the stairs?

Pick up things on the stairs. Always keep objects off stairs.

Q: Are some steps broken or uneven?

Fix loose or uneven steps.

Q: Are you missing a light over the stairway?

Have an electrician put in an overhead light at the top and bottom of the stairs.

Q: Do you have only one light switch for your stairs (only at the top or at the bottom of the stairs)?

Have an electrician put in a light switch at the top and bottom of the stairs. You can get light switches that glow.

Q: Has the stairway light bulb burned out?

Have a friend or family member change the light bulb.

Q: Is the carpet on the steps loose or torn?

Make sure the carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads to the stairs.

Q: Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and are as long as the stairs.

Kitchen: Look at your kitchen and eating area.

Q: Are the things you use often on high shelves?

Move items in your cabinets. Keep things you use often on the lower shelves (about waist level).

Q: Is your step stool unsteady?

If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

Bathrooms: Look at all your bathrooms.

Q: Is the tub or shower floor slippery?

Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Q: Do you need some support when you get in and out of the tub or up from the toilet?

Have a carpenter put grab bars inside the tub and next to the toilet.

Bedrooms: Look at all your bedrooms.

Q: Is the light near the bed hard to reach?

Place a lamp close to the bed where it's easy to reach.

Q: Is the path from your bed to the bathroom dark?

Put in a night-light so you can see where you're walking. Some night-lights go on by themselves after dark.

Other Things You Can Do to Prevent Falls

- Exercise regularly. Exercise makes you stronger and improves your balance and coordination.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year by an eye doctor. Poor vision can increase your risk of falling.
- Get up slowly after you sit or lie down.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
- Improve the lighting in your home. Put in brighter light bulbs. Fluorescent bulbs are bright and cost

- less to use.
- It's safest to have uniform lighting in a room. Add lighting to dark areas. Hang lightweight curtains or shades to reduce glare.
- Paint a contrasting color on the top edge of all steps so you can see the stairs better. For example, use a light color paint on dark wood.

Other Safety Tips

- Keep emergency numbers in large print near each phone.

- Put a phone near the floor in case you fall and can't get up.
- Think about wearing an alarm device that will bring help in case you fall and can't get up. **You can inquire about such a device with Delaware County Office for the Aging (OFA) at 607-832-5750.**
- **You can also call OFA and inquire about our Tai Chi for Arthritis and Bingocize which are Evidenced Based Falls Prevention programs.**

SNAP-Ed New York



By: Susan Hammerslag, SNAP-Ed Coordinator

Do you know about our SNAP-Ed Program?

SNAP-Ed New York offers nutrition education workshops presented by Andrea Martell. One workshop topic focuses on increasing fruit and vegetable consumption, which can improve health. In Indiana, Area Agencies on Aging participated in a program providing fresh fruits and vegetables every other week. Participants who reported simply changing their diet to include the produce experienced weight loss and reduced blood pressure.

Along with nutrition education workshops, SNAP-Ed also supports



Policy, Systems, and Environmental changes (PSEs). Last summer in an environmental change, the Delaware County SNAP-Ed Region, in collaboration with the O'Connor Hospital Board of Directors and Bassett Health Systems, enhanced access to fresh produce through a pilot program of Community Supported Agriculture (CSA) style produce distribution. Boxes of fresh produce were provided to 167 recipients for 14 weeks.

With so much positive feedback from participants who received the produce last year, there are plans to distribute CSA-style produce boxes again this year. The Office for Aging is compiling a waiting list of interested participants.

If you are 60 or over or disabled and are interested in participating in the CSA style Produce Box Distribution in 2025, please call the Office for the Aging at (607) 832-5750. Leave a message for the SNAP-Ed coordinator with your name and phone number.