



# THE DISPATCH

6 COURT STREET, DELHI, NY 13753  
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## AARP DRIVER SAFETY COURSES AVAILABLE

**CAUTION:** Driving an automobile without periodically refreshing your driving skills may be hazardous to your health.

Most of us know that physical changes occurring with age may affect our ability to drive safely. However, these changes are so gradual that many of us don't realize that we ourselves may need to adapt the way that we drive our cars.

One of the most important steps that we can take to improve our driving ability is to be aware of the changes we face and then learn to adapt to them. That is where driver refresher classes, such as the AARP Driver Safety Program, can help.

"It's an excellent nationwide program that highlights the most important information to help maintain a driver's safety behind the wheel," says Ron O'Connell, Zone Coordinator for our area.

(Optional – In addition, people who complete the course are eligible for discounts on their automobile insurance.)

The new 6-hour course, which includes an excellent workbook, video presentations, and active group discussions led by certified volunteers, answers such questions as:

- How does the aging process affect my driving?
- Which drugs and medications could cause problems for me behind the wheel?
- When am I expected to yield the right-of-way?
- How can I avoid a confrontation with an aggressive driver?
- What is the safest way to make a left turn at an intersection?

"These classes are very popular," notes O'Connell. "The cost is only \$12 if you are an AARP member and \$14 if you are not. No driving exam or other tests are involved."

The following are some local classroom courses for the 2010 season that

might still be available.

Register early as space is limited and classes fill quickly. Because of the high demand and limited size of these classes, please inform the instructor as soon as you are aware a reservation needs to be canceled. There is always a waiting list.

### DELHI

- The following are two-day classes and have the same time, location and contact information: September 21st & 22nd; October 25th & 26th. Time: 9:00am – 12:00pm; **MUST ATTEND BOTH SESSIONS!** Location: Delaware County Public Safety Building, 280 Phoebe Ln., Delhi, N.Y. There will be no lunch break so bring a snack.

Class information and sign-up, contact: Office for the Aging, 607-746-6333.

### GRAND GORGE

- The following are two-day classes and have the same time, location and contact information: May 26th & 27th, June 16th & 17th, July 7th & 8th, July 28th & 29th. Time: 1:00pm to 4:00pm; **MUST ATTEND BOTH SESSIONS!** Location: United Methodist Church, Corner of Rts. 23 & 30, Grand Gorge, NY

Class information and sign-up, contact: John Asperoy, 607-652-2878 (call after 5pm).

### MERIDALE

- The following are two-day classes and have the same time, location and contact information: May 24th & 25th, August 23rd & 24th, September 13th & 14th. Time: 9:00am – 12:00pm; **MUST ATTEND BOTH SESSIONS!** Location: Meridale Community Church, Corner of State Hwy 28 & County Hwy 10, Meridale, NY

Class information and sign-up, con-

tact: Karen Barkman, 607-746-2093. July 18th & 19th, 5:30pm – 8:30pm (evening class); **MUST ATTEND BOTH SESSIONS!** Location: Meridale Community Church, Corner of State Hwy 28 & County Hwy 10, Meridale, NY

Class information and sign-up, contact: Karen Barkman, 607-746-2093.

### HANCOCK

- June 9th, 9:00am – 3:30pm; **ONE DAY CLASS.** Location: Emory

Methodist Church, 86 Main St., Hancock, NY

Class information and sign-up, contact: Ron O'Connell, 607-467-2811.

### SIDNEY

- May 16th & 17th, 5:30pm – 8:30pm (evening class); **MUST ATTEND BOTH SESSIONS!** Location: Sidney Memorial Library, 8 River Street, Sidney, NY.

Class information and sign-up, contact: Lorretta White, 607-563-7409.

## Enjoy Your Retirement Pat



*Long time employee Pat Brannen retired from her position as EISEP Coordinator recently. She has been with the Office for the Aging since 1988.*

## 27th ANNUAL BARBEQUE AND PIE AUCTION ANNOUNCED

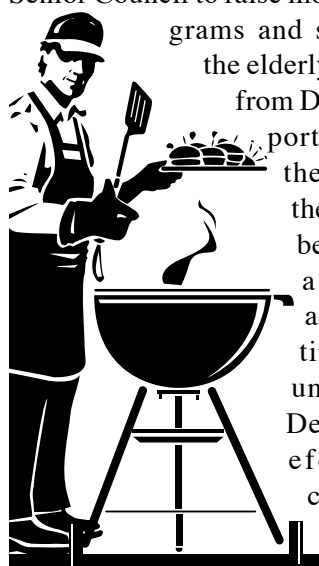
The 27th annual Senior Council Barbecue and Pie Auction will take place on Tuesday, June 14th, 2011 according to Senior Council President, Patrick Clark. The event, which will take place at the Delhi American Legion on Page Avenue in Delhi, is a fund raising activity undertaken by the Senior Council to raise money for programs and services for the elderly. The staffs from Delaware Opportunities and the Office for the Aging will begin serving at 4:30pm and will continue serving until 6:00pm. Dennis Rockefeller's locally grown barbecued

pork will be the entree. At 5:30pm, local auctioneer Chuck McIntosh will once again auction delicious homemade pies donated by member clubs of the



Delaware County Senior Council.

The price of the tickets for the barbecue will be \$8.00 and can be purchased from Senior Council members, at the Office for the Aging, 6 Court St., Delhi, or at any of the Senior Dining Centers. Pat Clark, Council President, reminds event goers to purchase their tickets by June 8th so they don't miss out.



## 4C CAMP FOR ADULTS: SAVE THE DATE

The planning committee for 4C-Camp for Adults reminds interested campers to set aside August 25th through the 28th for this special event. 4C-Camp, which will be celebrating its fourth year, promises to improve upon last year's very successful event which had over 60 attendees, wonderful weather and produced an abundance of new friendships. The program committee has added several new classes and is working to develop some unique and fun filled evening events.

Persons interested in additional information at this time may go to the camp's website at: [4C-Camp.org](http://4C-Camp.org). A complete schedule and application form will be available at this web site by the beginning of June. Basic information about the camp can also be obtained by calling Tom Briggs at the Delaware County Office for the Aging at 607-746-6333.

**4C★CAMP**  
Camping to Create Caring Communities

EDITORIAL

Scares Losing Their Edge

By: Tom Briggs

As I looked down at the lap top screen, the doctor’s voice belied her sense of triumph as she pointed out that the bright spots in the CT scan of my chest cavity indicated that it was probable that I had lymphoma. She explained that most likely I’d need only to go through a course of chemotherapy or two and if the cancer had not metastasized my prospects would be good. I, being the type of person who is slow to comprehend the implications of events of this nature, had no strong reaction. I left that to my wife.

It had been over three weeks since I had become sick and up to this point, the doctors were having a hard time getting to the bottom of it all. Just a few days before, I’d yielded 24 vials of blood to be tested for everything from malaria to Cat Scratch Fever. They were stumped until viewing the results of the CT scan, and I could thoroughly understand why my doctor was having a hard time concealing her excitement

about their having been able to conclude that lymphoma was the likely source of my problems. The one thing that didn’t gel was that I was starting to feel better.

The following week I went in for a biopsy. This involved the surgeon making a large incision at the base of my throat and snaking in a scope around my lungs and whatever else was in the way and removing tissue. The following week my wife received a call from the surgeon who explained that the biopsy appeared to be inconclusive but she would wait for an official determination from the lab at the Mayo Clinic which also received a tissue sample before she could make her determination. A couple of days later the Mayo sample also came back inconclusive. Not willing to leave anything to chance, my medical team ordered up a PET scan. The PET scan showed nothing at all to be alarmed about...and now I’m back to square one.

I’m not complaining, mind you, cancer is a scary thing. I lost my father, and several close friends and relatives

to cancer. I’ve seen how it has taken over their lives...all the worry, the doctors’ visits, the tests, the radiation and chemotherapy treatments, the pain and discomfort. Disease in general will catch up with most of us as we age. I was lucky this time...just a little worse for the wear.

I feel I was fortunate for another reason as well. I’ve had scares like this in the past and have spent more than one sleepless night pondering everything from the prospect of experiencing unbearable suffering to whether I’ve done anything positive on this plane that will have significance to others. I’m sure that most people have these scares and most people torment themselves with similar thoughts. This is what we do as the one species on this planet that comprehends its own mortality.

What’s interesting to me though, is that this most recent scare failed to have the edge that my prior bouts with the mortality issue have. Maybe it was because I’ve played out most of my anxi-

eties in the past that I had little new to add to the process. Maybe it was all the prayers and good wishes from so many friends and acquaintances... maybe it’s related to my belief that every challenge that we face is just part of the “universal self improvement plan” that we sign up for when we are born into this world. Yes, I think that most of us realize from experience that real growth is more likely to be born from pain than comfort...from being on edge than being complacent.

Maybe this is one of the pearls that we discover with aging. After so many years of battling with anxiety, we make a conscious decision to allow this, along with an assortment of other self-indulgences, to take a back seat. We begin to understand the beauty of experiencing the moment at hand, unfazed by those things that have tended to scare us. We begin to push forward lightly, cherishing those “smell the roses” moments and putting our challenges into their proper place.

LETTER TO THE EDITOR

Dear Editor:

As your readers know, Leath-erstocking Honor Flight has been taking World War II veterans to Washington DC so they could see the memorial dedicated to honor their service.

We are providing the bus to and from the airport, the flight, the bus to and from the memorial, lunch, dinner, tee shirts, disposable cameras and a few other surprises, at no cost to the veterans. They are

being escorted during the entire day by guardians who pay for their own expenses.

These men and women deserve every “thank you” they receive for the freedoms we enjoy in this country today as Americans. Any person who would like to donate to this truly inspirational cause can contact the Delaware County Veterans Service Agency. These contributions will help pay for other veterans flights and activities for their day in Washington, DC.

We work strictly on donations and with the help of others. Our WWII and other qualifying veterans will have the opportunity to visit their memorials dedicated to acknowledge their sacrifices for the preservation of our freedoms. We are proud to be able to give the heroes of the “Greatest Generation” and other qualifying veterans from the Korean War and Vietnam conflict the opportunity to have this memorable experience as they approach the final chapter in their lives.

If anyone knows of a WWII Veteran or would like to volunteer to become a Guardian, please contact the Veterans Service Agency at 607-746-2334.

Our Honor Flight is a small token of our recognition and appreciation for those Veteran heroes who have given so much. For more information, please visit the national Honor Flight web site at [www.honorflight.org](http://www.honorflight.org).

**John Boecke**  
*Director Veterans Service Delaware County*

DELAWARE COUNTY NY CONNECTS

CHOICES FOR LONG TERM CARE UPDATE

By: Drue Brenner, Delaware County NY Connects Coordinator

If you missed our last offering from the Geriatric Mental Health Series, you missed a wonderful and uplifting day. Margie Ingram of the Humor Project, Inc. led 56 participants through many techniques and strategies to reduce stress, meet life’s challenges with a more positive approach and to use humor in the workplace and our daily lives. The participant evaluations reflected

on how much they valued the day with 98% rating their overall satisfaction with the program as “very good to excellent.” The next in our series is a program that will help participants gain an understanding of compulsive hoarding and is entitled STUFF: Compulsive Hoarding and the Meaning of Things.



The primary presenter is Dr. Randy O. Frost.

Dr. Randy O. Frost received his PhD from the University of Kansas in 1977 and is currently the Harold and Elsa Siipola Israel Professor of Psychology at Smith College. He has published more than 140 scientific articles and book chapters on hoarding, OCD, and perfectionism. His work has been funded by the Obsessive Compulsive Foundation and the National Institute of Mental Health. Dr. Frost serves on the Scientific Advisory Board of the International OCD Foundation. He has co-authored several books on hoarding including Compulsive Hoarding and Acquiring: Therapist Guide and an accompanying workbook (with Gail Steketee), as well as Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding (with Gail Steketee and David Tolin). His newest book, Stuff:

Compulsive Hoarding and the Meaning of Things (with Gail Steketee), was published by Houghton, Mifflin, Harcourt in 2010 and was a finalist for the Books for a Better Life Award.

In addition, a panel presentation will focus local perspectives and resources regarding hoarding behavior. Panelists will include representatives from the following services and organizations: County Code Enforcement, Municipal Code Enforcement, Department of Social Services-Adult Protective Services, Mental Health Services, Hoarding in Residential and Institutional Settings, and Professional Organization Services. The fee for the program, which will run from 8:30am to 3:30pm, is \$15.00 for Delaware County residents and organizations and \$20.00 for out of county residents and includes lunch. The program will be held at the New Hope Community Church in Walton, NY. Registrations must be received by 6/8/11. To register, or for more information, please call Drue Brenner at 607-746-6333.

THE DISPATCH IS PUBLISHED EVERY OTHER MONTH BY THE

**DELAWARE COUNTY OFFICE FOR THE AGING**

6 COURT STREET • DELHI • NY 13753 • 607-746-6333

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**HEAP NEWS**

The regular and emergency benefit for the 2010-2011 HEAP season shut down May 13, 2011. The Heating Equipment Repair and Replacement Program will continue to operate until close of business on Friday, September 30, 2011.

Watch the fall issue of “The Dispatch” for program start up details for the 2011-2012 season.

Enjoy the summer!

# LEGACY CORNER

## “Volunteerism - Oh what a feeling!”

In today’s busy society, it can be hard to think about finding time to volunteer. However, the benefits of volunteering are enormous, for you, your family and the community. The right match can help you find friends, reach out to the community, learn new skills and even advance your career. Volunteering can even help protect your mental and physical health:

- Volunteering can provide a healthy boost to your self-confidence, self-esteem and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
  - Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you’re going through challenging times.
  - Volunteering is good for your health at any age, but it’s especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease.
- You can make an impact on the com-



munity. Unpaid volunteers are often the glue that holds a community together and make it a better place. However, volunteering is a two-way street, and it can benefit you and your family as much as the cause you choose to help. Dedication your time as a volunteer helps you make new friends and connects you to others and strengthens existing relationships while committing to share an activity together. Volunteering is a great way to meet new people, especially if you are new to an area. Volunteering also strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Considering a new career? Volunteering can help you get experience in your area of interest and meet people in the field. Even if you’re not planning on changing careers, volunteering gives you the opportunity to practice important skills used in the workplace, such as teamwork, communication, problem solving, project planning, task management, and organization. You might feel more comfortable stretching your wings at work once you’ve honed these skills in a volunteer position first.

The Legacy Corps relies on volunteers to afford caregivers respite while caring for a loved one, friend or neighbor. Volunteering can be as simple as checking if you can pick up something from the grocery store when you’re going or a simple note to say, I’m thinking of you. We need your help. Please consider calling the Office for the Aging 607-746-6333 and asking how you might assist; ask for Kit of the Legacy Corps. We are happy to train you to help make your experience a memorable one.

*Excerpts from [www.helpguide.org/life/volunteer\\_opportunities\\_benefits\\_volunteering.htm](http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm)*



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FARMERS MARKET COUPONS  
*Watch for information in the July Dispatch regarding eligibility and distribution.*

# WHY MENTAL HEALTH MATTERS

*By: Patricia Thomson, Delaware County Mental Health Department*

Some people think that only people with mental illnesses have to pay attention to their mental health.

But the truth is that your emotions, thoughts and attitudes affect your energy, productivity and overall health. Good mental health strengthens your ability to cope with everyday hassles and more serious crises and challenges. Good mental health is essential to creating the life you want. Just as you brush your teeth or get a flu shot, you can take steps to promote your mental health. A great way to start is by learning to deal with stress.

### How Stress Hurts

Stress can eat away at your well-being like acid eating away at your stomach. Actually, stress can contribute to stomach pains and lots of other problems, like:

- headaches
- insomnia
- overeating
- back pain
- high blood pressure
- irritability
- vulnerability to infection

Stress also can lead to serious mental health problems, like depression and anxiety disorders. If you think you have such a problem, you can get help.

Of course you can’t magically zap all sources of stress. But you can learn to deal with them in a way that

promotes the well-being you want and deserve.

### The Evidence

The concrete steps we’re suggesting are not based on guesses, fads or advice from grandma (though she probably got a lot right). They represent hundreds of research studies with thousands of participants, often conducted over decades and backed by major universities or government agencies.

This research shows that how good you feel is to a fairly large extent up to you. No matter how stressful your situation, you can take steps to promote your well-being.

We’re not talking about huge changes to your lifestyle, either. We’re talking about reasonable steps that if used consistently can increase your comfort and boost your ability to build a rewarding life.

### The 10 Tools

These proven tools can help you feel stronger and more hopeful.

- 1) Connect with others – Learn how to strengthen old bonds and build new ones.
- 2) Stay positive – Changing your thinking can change your life. Take steps to increase your optimism.
- 3) Get physically active – Exercise can make you happier.
- 4) Help others – You may feel better serving soup at a shelter than sipping martinis at Happy Hour.
- 5) Get enough sleep – Being tired can

hurt your health and your relationships.

- 6) Create joy and satisfaction – Feeling good is good for you, so have a laugh, find a hobby or just kick back.
- 7) Eat well – The right foods can fuel your mind, boost your mood and fight disease.
- 8) Take care of your spirit – Praying, meditating or just connecting with

your deepest self can enrich your life.

- 9) Deal better with hard times – Problem solve, focus on the positives in your life or write about the difficult event.
- 10) Get professional help if you need it – Call your local Mental Health Clinic in Walton, NY at 607-865-6522.

# ROBINSON TERRACE ASSISTED LIVING FACILITY APPROACHES COMPLETION

*By: Pamela Harmon, Administrator*

Construction is progressing on the Robinson Terrace Assisted Living Facility. Robinson Terrace was awarded a Health Care Efficiency and Affordability Law of New York State (HEAL NY) grant in the amount of \$9.53 million in September 2009 to construct the state of the art 60 bed adult care facility.

The construction is scheduled for completion in the fall of 2011. The facility will offer adult home and assisted living services. The facility will offer small

private suites and communal dining where three meals will be served daily. The facility has a variety of common spaces including a fireplace, activity room, exercise area and outside patios.

The project will create 30-40 new jobs. Pamela Harmon, Administrator of Robinson Terrace Residential and Rehabilitation stated “Construction is progressing very well, we are on schedule and we anticipate accepting applications both for residency and employment in the first part of the summer”. For more information contact Pamela Harmon at 607-652-7521.



# I HAVE ALWAYS WANTED TO ASK.....

*By: Tanya Walker, Action for Older Persons, LTC Ombudsman Program Coordinator*

**Q: When I am in the Nursing Home, will I be able to keep my own private physician?**

**A:** When entering the Nursing Home you should be informed of the doctor(s) on staff at the facility and asked to choose between them. However, you do have the right to maintain your own private physician if they're willing to become "privileged" within that facility. When a doctor becomes privileged it means that they're agreeing to abide by all of the regulations and work with the facility for your care. You will want to discuss with your personal physician whether this is something they would want to undertake and then they would contact the facility to start the process.

**Q: Am I able to see my medical record while I live in the Nursing Home?**

**A:** Yes, you have a right to see your medical record upon request. The rules state that you should be shown your chart within 24 hours of asking and you may also ask for copies, though you can be charged a copy fee per page. Your representative may also have access to your chart, if you grant them permission, and sign a confidentiality waiver form for the facility.

**Q: The facility I live in is often "short-staffed" and I have to wait long periods of time to use the bathroom. Who can I complain to so that can be remedied?**

**A:** First of all, in New York state there is no staffing requirement for Nursing Facilities which means there is never really "short-staffing". The rule is that there "must be enough staff to meet the needs of the residents". If your needs are not being addressed, by occurrences such as: waiting for long periods of time to be toileted, not being taken to the dining room for meals, not being given individualized care plans, etc., then you should raise your concerns with the appropriate person. The first person you should speak to is the Social Worker within your facility, as they are usually the quickest avenue of change, and inform them of your needs. If you're unhappy with that response then you can always ask to speak to the building Administrator and ask why there is "not enough staff" to meet the residents' needs. After that I would recommend you contact your Resident Advocate, which is the Ombudsman, as they can help mediate with the facility in getting your needs addressed. In Delaware/Broome Counties you can call 607-722-1251 to speak to an Ombudsman and request assistance.

## GOOD LUCK CHERYL



*Cheryl Boyd, Insurance Information Coordinator at the OFA, has left the agency for a job in the private sector. The agency wishes her well with her new endeavors.*

## KORTRIGHT BOOK TO BE PUBLISHED!

*By: Margaret Kenyon*

Kortright Invites You. "To what?" you ask. *Kortright Invites You* is the title of local author Margaret Kenyon's latest book, which chronicles the history of the Town of Kortright.

*Kortright Invites You* will fill a gap that has been left by previously published histories and provide an historical document and valuable research tool for generations to come.

It uses pictures and archival materials from the Town of Kortright collection and from private family collections of current and former community members. Sections of the book will focus on town history, churches, schools,

cemeteries, community life, businesses and early settlers of the region.

Working on this labor of love since August of 2010, author Margaret Kenyon says that her main inspiration has been to honor her uncle Wilber Haynes, who currently serves as the Kortright Town Historian. She also recognizes that without the support of the A. Lindsay and Olive B. O'Connor Foundation's grant, her book would not have been able to go to the printers. The book is due to be out this summer.

To learn more about *Kortright Invites You* or to find out more about the Town of Kortright's history, please contact Ms. Kenyon at 607-278-5458.

## THE DISPATCH IS NOW AVAILABLE TO VIEW ONLINE

You can view the most current and the more recent past issues of our newspaper by going to our website at [www.co.delaware.ny.us/departments/ofa/ofa.htm](http://www.co.delaware.ny.us/departments/ofa/ofa.htm) and clicking on "News."

Now, if you choose, we can add you to our new electronic mailing list in which we can notify you by e-mail when the next issue of The Dispatch is available to view online (instead of receiving a paper copy in the mail).

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If you have any questions regarding The Dispatch, or any other services that we provide, or if you have some suggestions, please contact us.

Delaware County Office for the Aging  
6 Court Street, Delhi, NY 13753  
Phone: 607-746-6333  
E-mail: [ofa@co.delaware.ny.us](mailto:ofa@co.delaware.ny.us)

## GARDEN PARTY CONCERTS

*7 Main Street, Delhi, NY*  
*Delhi Senior Community Apartments*  
**ADMISSION FREE**  
*Sunday, June 12, 2011 at 2:00 PM*



### Welcome to Eric Kearns' Voices Of Legends Show

Imagine being entertained by the likes of Frank Sinatra, Johnny Mathis, Louis Armstrong, Andy Williams, Bobby Vinton, Tom Jones, Dean Martin and so many more...all in one room! Eric Kearns' amazing ability, to duplicate the vocals of so many different singers, leaves everyone talking about his performance long after each show. Performing more than 250 Senior Shows a year, Eric is a seasoned veteran in audience interaction. He makes each member of the audience feel like they are his own personally invited guest. His state-of-the-art, professional sound equipment is second to none and ensures that everyone receives the same enjoyable music-listening experience at a comfortable volume.

**ALL ARE WELCOME: PLEASE BRING A LAWN CHAIR**

*This program is made possible, in part, with public funds from the New York State Council on the Arts Decentralization Program administered in Delaware County by the Roxbury Arts Group, Inc.*

# DELHI HISTORICAL SOCIETY – SCHEDULE OF EVENTS 2011

*All events are free and open to the public. May be subject to change.*

May 21: Saturday, 10am-12pm, Cannon House

Today is our plant and seed exchange day. Please bring all extra plants and seeds to our event. We will be assisted by the Delhi Beautification committee.

July 1, 8, 15, 22, 29: At the Fair on the Square, the Society will be selling raffle tickets for a quilt. Postcard books, note cards and memberships will be available. You can take a pose behind one of our Victorian cutouts and have your picture taken. Bring your camera. Come see us at our table.

July 16: Saturday, 10am-1pm, Cannon House

Artists will display their crafts. Reverse painting and other crafts.

July 23: Saturday, 1pm, Cannon Free Library

Dan Myers will be discussing his book *“The Wood Chemical Industry in the Delaware Valley.”* Elizabeth Stuart Calvert will be present. Her family was involved in the chemical industry, too.

August 6: Saturday, 10am-1pm, Cannon House

Come to our collection day. Come see dolls, Bakelite, nut crackers, hat pins and more.

September 13: Tuesday, 6:30pm, Cannon Free Library

Covered bridges in the local area with concentration on Fitches Bridge. Wayne Reynolds is our guest speaker.

September 24: Saturday, 10am-12pm, Cannon House

There will be a postcard trade/sell event. We will be selling note cards; Victorian cutout pictures taken... bring a camera. We will be selling memberships to the Delhi Historical Society. We will draw the quilt raffle ticket winner. You do not have to be present to win.

October 18: Tuesday, 6:30pm, Cannon Free Library

Frank Waterman will talk about Jay Gould’s map of Delaware County. He’ll discuss two interesting themes. Jay Gould was a teenager when he made this map. Mr. Waterman’s research will provide us with interesting facts and information about the Jay Gould map that will be on display.

For more information visit: [delawarecountytoday.com](http://delawarecountytoday.com) or [greatwestern-catskills.com](http://greatwestern-catskills.com); or call 607-746-2570.

# CORNELL COOPERATIVE EXTENSION PLANS SPRING HOUSING TOUR FEATURING RENEWABLE ENERGY

*By: Jeanne Darling, Extension Executive Director*

Spring is the time of year many homeowners plan or begin home improvements and new home construction to save energy. If you are exploring alternative ways to save on home heating and utility costs, then plan to attend the Cornell Cooperative Extension of Delaware County Annual SPRING HOUSING TOUR on Saturday, June 11, 2011. This year’s housing tour will feature renewable energy systems and new home construction. The tour will include a visit to a geothermal installation, solar photovoltaic systems, passive solar home, energy efficient construction, and solar hot water systems. There will be a presentation on geothermal before lunch and incentives for homeowners to install solar systems from the Delaware County Electric Cooperative. A NYSERDA representative will share tax incentives and funding to install renewable energy systems using certified contractors after lunch.

Tour registration begins at 8:30 a.m. at the Delaware County Soil & Water Conservation meeting room in Walton (44 West Street). Bring a bag lunch and come prepared rain or shine to enjoy learning about energy saving technology as well as residential solar/geothermal and green homes/energy. Participants are encouraged to car pool. This housing tour will give homeowners a full day of visiting alternative energy installations and feature incentives available to homeowners to fund energy efficient installations.

Please register by Friday, June 3, 2011 for the Extension Housing Tour by sending PRE-REGISTRATION of \$5.00 per person for enrolled members of Cornell Cooperative Extension or \$6.00 for non-members to Cornell Cooperative Extension of Delaware County, PO Box 184, Hamden, NY 13782 or call 607-865-6531 for more information. (Checks should be made payable to Cornell Cooperative Extension). Registration will be \$8 the day of the tour.

To learn more about Cornell Cooperative Extension of Delaware County’s community programs and events call 607-865-6531 or visit us online at [www.ccedelaware.org](http://www.ccedelaware.org).

# TOP EIGHT DO’S AND DON’TS ON ENROLLING IN MEDICARE

*Information adapted from Medicare Starter Kit by Patricia Barry AARP Bulletin, April 2011*

If you are a boomer, the milestone of your 65th birthday may be here or just over the horizon. But you know zip about Medicare. Do you need it? What does it cover? When should you sign up? Lots of questions — but don’t panic there is help. Here are a few guidelines to consider.

**Top Eight Do’s and Don’ts**

**1. Do give yourself time to learn about Medicare:** It’s a system with many choices and deadlines. Being informed is the best way to avoid mistakes that cost money.

**2. Don’t expect to be notified when it’s time to sign up:** Unless you’re already receiving Social Security benefits, you must apply for Medicare. But you won’t get any official notice on when or how to enroll.

**3. Do enroll when you’re supposed to:** To avoid permanent late penalties, enroll at age 65 if you’re not working, don’t have employer insurance or live abroad; or, beyond 65, enroll within eight months of stopping work — even if you continue to receive COBRA or retiree health benefits from an employer.

**4. Don’t despair if you haven’t worked long enough to qualify:** You may qualify for Medicare on your current or former spouse’s work record. Or you may be able to buy into the program.

**5. Don’t worry that poor health will affect your coverage:** If you qualify for Medicare, you receive full benefits. You can’t be denied coverage or charged higher premiums because of current or past health problems.

**6. Do remember that Medicare is not free:** You pay premiums for coverage and copayments for most services, unless you qualify for a low-income program or have other, extra insurance.

**7. Don’t assume that Medicare covers everything:** It covers a wide range of health services (including expensive ones like organ transplants), prescription drugs and medical equipment. But there are gaps.

**8. Don’t expect Medicare to cover your dependents:** Nobody can get Medicare under age 65, except those who qualify through disability. Medicare has no family coverage.

**Did you also know?**

**Free Exams and Checkups:** Medicare doesn’t cover routine physical exams. But when you’re new to Medicare, you’re entitled to a one-time Welcome to Medicare exam and medical history review within 12 months of enrolling in Part B.

# 10 SUPER FOODS TO PROTECT VISION

*From: “AARP Bulletin”, January 21, 2011, written by Jennifer Nelson*

New research published this month shows that fewer older Americans are developing macular degeneration — a major cause of vision loss and even blindness in older men and women. And the study suggests that a healthier diet — including leafy green vegetables and fish — could be one of the factors responsible for the decrease — from 9.4 percent to 6.5 percent — in the prevalence of the disease among people over age 40.

The study in the journal “The Archives of Ophthalmology” was just the latest in a growing body of research linking diet to eye health and the prevention of some troubling eye conditions. Steven Pratt, M.D., the author of “SuperHealth”, says foods can help defend against not only macular degeneration but also a number of vision disorders including cataracts, which is a clouding of the lens that distorts vision, and glaucoma, an eye condition in which excessive fluid in the eyeball creates pressure that damages the optic nerve.

The antioxidants and nutrients that are linked to a lower risk of these eye ailments include lutein, omega-3 fatty acids, and vitamins C and E.

Here are the foods — rich in these protective substances — that appear to make the difference when it comes to eye health.

**1. Spinach**

“Spinach is the king of the green leafies,” says Pratt. But other good greens include kale and Swiss chard, plus turnip, mustard and collard greens. These leafy greens are excellent for the eye because they’re rich in lutein, a carotenoid compound that is found in colorful fruits and vegetables and that protect cells from damage. A diet rich in spinach helps shield your macula — the center of the retina — from cell damage that can cause both age-related macular degeneration and cataracts. Certainly, if you have macular degeneration already, you want a lot of spinach in your diet — and if you have a family history of the disease, you should be loading up on that vegetable.

**2. Salmon**

Cold-water fish like salmon, sardines, herring, mackerel and albacore tuna are the best fish to eat for the health of the back of the eye. DHA (docosahexaenoic acid) is the primary omega-3 fatty acid found in these fish. It’s a nutrient that concentrates in the retina and may prevent plaque — which causes macular degeneration — from forming there. Boosting your DHA by eating four 3.5- to 4-ounce servings of cold-water fish weekly is a wonderful way to help prevent eye disease, Pratt says. Indeed, a Johns Hopkins study published in the journal “Ophthalmology” in Decem-

ber reported that eating fish and shellfish that are rich in omega-3 seems to protect against advanced-age-related macular degeneration, even in those who smoked or were overweight — both risk factors for the disease. Cold-water fish also may help prevent retinopathy — damage to the retina — including blindness caused by complications from diabetes.

**3. Walnuts**

Walnuts are the best nut source of omega-3s. Pistachios are a close second. In small amounts they can be converted to EPA (eicosapentaenoic acid), another omega-3 fatty acid used by the eye, along with DHA. They are full of antioxidants and vitamin E, which work to combat inflammation and preserve cardiovascular health. What’s more, walnuts help to lower C-reactive protein, a marker that signals there is inflammation in the body.

***SUPER FOODS** continued on page 6*

# SUPER FOODS...continued from page 5

Having a handful of walnuts a day can cut your risk of a cardiac event by as much as 50 percent, according to several large research projects, including the ongoing Nurses Health Study. (Other types of nuts, including almonds, hazelnuts, pecans and peanuts, can also provide the same heart benefit, according to the Food and Drug Administration.)

### 4. Berries

Blueberries, blackberries, strawberries, mulberries, cherries and even grapes are outstanding foods for protecting cardiovascular health, which makes them stars for eye health, too. They’re great for lowering both inflammation and blood pressure. And high blood pressure is a risk factor for macular degeneration. Blueberries and blackberries also contain anthocyanins, which have the dark purple pigments that fight inflammation and improve blood flow. They also help prevent blockages to the arteries that feed oxygen to the retina, says Christine Gerbstadt, M.D., spokesperson for the American Dietetic Association and author of “Doctor’s Detox Diet: The Ultimate Weight Loss Prescription.”

### 5. Orange bell peppers

These peppers are the best dietary source of zeaxanthin, the other carotenoid that concentrates in the back of the

eye. The higher the level of carotenoids like lutein and zeaxanthin, the lower the risk for cataracts and macular degeneration. Orange bell peppers have a lot of vitamin C and more zeaxanthin per mouthful than any food on the planet, Pratt says. Other orange foods – including gogi berries, pumpkin, squash, sweet potatoes and carrots – may have similar benefits. These orange-colored choices also are chock-full of vitamin A, which boosts night vision. And they contain a carotene that helps lower the risk of cataracts.

### 6. Broccoli

Broccoli activates anti-inflammatory enzymes in the body and acts to encourage detoxification. Other vegetables like brussel sprouts and cabbage rev up these enzymes. Broccoli also triggers anti-inflammatory systems that help decrease inflammation in the back of the eye.

### 7. Tea

Green tea, black tea and oolong tea are best for preventing cataracts. Teas may help prevent macular degeneration, too, by preventing the growth of new blood vessels in the back of the eye, Pratt says. When too many new blood vessels grow beneath the retina, they leak blood and fluid. This leakage causes permanent damage and results in blind spots and serious loss of vision

from “wet” macular degeneration.

### 8. Soy

New research shows that soy – especially soy milk, soy sauce, miso and tempeh – are rich in isoflavones, compounds with powerful antioxidant properties that protect against cataract formation in animals. Isoflavones also may help restore tear production that’s been reduced by dry eye syndrome, according to a 2010 study.

### 9. Eggs

Eggs contain the omega-3 fatty acid DHA and are the most readily available source of lutein and zeaxanthin. An egg per day for most people, unless you have diabetes, is excellent

eye food. Diabetics need to ask their doctor whether eggs can be a part of their diet.

### 10. Avocados

Avocados are one the most nutrient-rich fruits we eat, so it’s no wonder they’re great for eyes. They contain lutein and help prevent macular degeneration and cataracts. “They’re also a great source of other important eye nutrients such as beta-carotene, vitamin C, vitamin B6 and vitamin E,” Gerbstadt says. Those vitamins place avocados among the top-10 eye foods.

Jennifer Nelson is a Florida-based writer who also writes for Glamour, MSNBC and WebMD.

## VOLUNTEER MEALS DRIVER NEEDED IN SIDNEY

The Delaware County Senior Meals Program is in need of a volunteer driver to deliver meals in the Sidney area, according to Project Director, Rick Angerer. Reimbursement for mileage is offered to defray travel related expenses. “Because of budget limitations and a growing population of homebound seniors unable to prepare meals themselves, we are having a difficult time keeping up with the demand,” Angerer stated. “We also have unserved seniors in the Sidney Center and Franklin areas on our waiting list and we sure could use a helping hand to deliver meals to them,” Mr. Angerer added.

Prospective volunteer drivers can contact Rick Angerer by calling Delaware Opportunities at (607) 746-1710. The program is funded through Title IIIC of the Older Americans Act as well as through the New York State Office for the Aging and Delaware County government.

NUTRITIONAL ANALYSIS AVAILABLE UPON REQUEST TO CONSULTANT DIETITIAN					
MENU SUBJECT TO CHANGE					
DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 16 THROUGH MAY 20	Macaroni & Cheese Stewed Tomatoes Tossed Salad Whole Wheat Bread Pineapple Cake	Ham w/ Raisin Sauce Scalloped Potatoes Mixed Vegetables Dinner Roll Mandarin Oranges	Braised Beef Tips Mushrooms/Egg Noodles Peas Cottage Cheese/Peaches Tapioca Pudding	Pot Roast w/ Gravy Mashed Potatoes Green Bean Casserole One Cup Fruit Salad Strawberry Short Cake	Potato Encrusted Fish Baked Potato Harvard Beets Apple Juice Chocolate Brownie
MAY 23 THROUGH MAY 27	Spaghetti & Meatballs Green Beans Tossed Salad Garlic Bread Fruit Cocktail	BBQ Pork Seasoned Spinach Pineapple Juice Dinner Roll Apple Crisp	Citrus Chicken Baked Potato Mixed Vegetables Molded Salad Frosted Yellow Cake	Crab Topped Tilapia Oven Browned Potatoes Harvard Beets Whole Wheat Bread Butterscotch Pudding	Roast Turkey w/ Gravy Mashed Sweet Potatoes Steamed Peas Whole Wheat Bread Ice Cream
MAY 30 THROUGH JUNE 3	CLOSED MEMORIAL DAY	BBQ Chicken Oven Roasted Potatoes Seasoned Corn Cran-Applesauce Oatmeal Raisin Cookies	Beef Pepper Steak Egg Noodles Steamed Broccoli Creamy Cucumber Salad Diced Pears	Turkey Salad Potato Salad Cranberry Sauce Dinner Roll Iced Chocolate Cake	Beef Macaroni Green & Wax Beans Tossed Salad Garlic Bread Ice Cream
JUNE 6 THROUGH JUNE 10	Pineapple Chicken Rice Pilaf Steamed Broccoli Cranberry Sauce Sliced Peaches	Spaghetti & Meatballs Seasoned Spinach Tossed Salad Garlic Bread Yellow Cake	Home Style Meatloaf Oven Browned Potatoes Stewed Tomatoes Three Bean Salad Rice Pudding	Roasted Pork Loin Mashed Potatoes Steamed Peas Applesauce Jello with Topping	Potato Encrusted Fish Baked Potato Orangey Beets Whole Wheat Bread Ice Cream
JUNE 13 THROUGH JUNE 17	Spanish Baked Steak Boiled Potatoes Mixed Vegetables Cran-Orange Juice Tapioca Pudding	Tuna Salad Tri-Color Pasta Salad Three Bean Salad Dinner Roll Watermelon	Spicy Chicken Patty Oven Roasted Potatoes Broccoli Crowns Whole Wheat Bread Vanilla Pudding	Roast Turkey w/ Gravy Mashed Potatoes Peas & Carrots Waldorf Salad Brownie ala Mode	Stuffed Shells String Beans Mixed Greens Salad Dinner Roll Warm Apple Crisp
JUNE 20 THROUGH JUNE 24	BBQ Chicken Glazed Sweet Potatoes Parslied Cauliflower Sunshine Salad Iced Chocolate Cake	Swedish Meatballs Egg Noodles Cucumber Salad Whole Wheat Bread Bread Pudding	Ravioli Lasagna Green & Wax Beans Tossed Salad Garlic Bread Ice Cream Sundae	Ham Steak Scalloped Potatoes Glazed Carrots Apple Grape Juice Lemon Pudding	Sliced Turkey/Lettuce Potato Salad Rosey Apple Relish Dinner Roll Diced Pears
JUNE 27 THROUGH JULY 1	Home Style Meatloaf Buttered Potatoes Three Bean Salad Whole Wheat Bread Ice Cream Sundae	Italian Baked Fish Baked Potato Harvard Beets Cole Slaw Molasses Cookies	Irish Beef Stew Buttermilk Biscuit Scalloped Cabbage Molded Waldorf Salad Chocolate Pudding	Macaroni & Cheese Stewed Tomatoes Mixed Garden Salad Whole Wheat Bread Pineapple Cake	Chicken Salad Tri-Color Pasta Salad Snow on Mtn Salad Dinner Roll Fresh Watermelon
JULY 4 THROUGH JULY 8	CLOSED INDEPENDENCE DAY	Beef Pepper Steak Oven Browned Potatoes Steamed Peas Carrot Raisin Salad Fruit Cocktail	Chicken Florentine Sliced Beets Snow on Mtn. Salad Orange Pineapple Juice Butterscotch Pudding	Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables Quick Fruit Salad Jello Cubes	Tuna Salad Italian Macaroni Salad Cottage Cheese/Peaches Lettuce & Tomato Fresh Watermelon
JULY 11 THROUGH JULY 15	Country Fried Steak Roasted New Potatoes Sliced Carrots Fresh Cucumber Salad Iced Yellow Cake	Spaghetti & Meatballs String Beans Mixed Greens Salad Garlic Bread Ice Cream	Sunrise Chicken Sweet Potatoes Seasoned Spinach Cranberry Sauce Tapioca Pudding	Beef Cabbage Bake Sliced Carrots Fresh Greens Salad Whole Wheat Bread Pineapple Tidbits	Baked Tilapia Kiev Baked Potato Capri Blend Vegetables Whole Wheat Bread Sliced Peaches
JULY 18 THROUGH JULY 22	Turkey Divan Glazed Sweet Potatoes Sliced Beets Cottage Cheese/Peaches Vanilla Pudding	Baked Ham Scalloped Potatoes Mixed Fresh Vegetables Applesauce Cinnamon Coffee Cake	Braised Beef Egg Noodles California Vegetables One Cup Fruit Salad Chocolate Brownie	Roast Pork w/ Gravy Mashed Potatoes Broccoli/Cauliflower Applesauce Ice Cream Sundae	Chicken Parmesan Spaghetti Noodles Zucchini & Squash Fresh Green Salad Rice Pudding
FOR RESERVATIONS, PLEASE CALL BY 10 A.M. ON THE SERVING DAY. SERVING 11:45 AM - 12:30 PM.					
DELHI 746-2250		HANCOCK 637-2219		SIDNEY 563-2212	
GRAND GORGE 588-6166		MIDDLETOWN (845) 586-4764		WALTON 865-6739	

# REGULAR WALKING NEARLY HALVES ELDERLY DISABILITY RISK

*From: “ScienceDaily”  
(July 22, 2008)*

Older adults can decrease their risk of disability and increase their likelihood of maintaining independence by 41 percent by participating in a walking exercise program, according to a new University of Georgia study.

The study, which appears in the Journal of Geriatric Physical Therapy, also found that walking program participants increased their peak aerobic capacity by 19 percent when compared to a control group and increased their physical function by 25 percent.

“In the past decade, researchers have focused on the benefits of strength training in maintaining independence, but until now we didn’t have good evidence using an objective performance measure that a walking program would improve physical functioning,” said study co-

author M. Elaine Cress, professor of kinesiology and researcher in the UGA Institute of Gerontology. “Our study found that walking offers tremendous health benefits that can help older adults stay independent.”

The researchers randomly assigned 26 low-income adults aged 60 and older to either a walking exercise group, which met three times a week for four months, or a nutrition education control group. Initially, the group would walk for 10 minutes continually. As the weeks progressed, they increased their walking time to 40 continuous minutes. Each session began with a 10-minute warm-up and ended with a 10-minute cool-down that included balance and flexibility exercises.

Trudy Moore-Harrison, the lead author of the study and a former UGA doctoral student, explained that the

researchers focused their study on low-income individuals because people with fewer financial resources are less likely to be physically active and are more likely to have chronic health conditions and lack health care coverage. Moore-Harrison added that walking doesn’t require any special equipment other than a pair of comfortable shoes, which makes it a simple and low-cost way for people to become active. Moore-Harrison supervised the group, but the researchers said that motivated community members could lead similar groups across the country.

Getting people to stick with exercise programs can be notoriously difficult, but the researchers found that every single member of the group stayed with the program for its four-month duration. “People really enjoyed the program,” said Moore-Harrison, now a

post-doctoral fellow at the University of North Carolina Charlotte. “It gave them an opportunity to make new friends and get to know their neighbors.”

The researchers measured the aerobic capacity of the participants using a treadmill test and found that while the control group saw a nine percent decline in aerobic capacity over the four-month study period, the aerobic capacity of the walking group increased by 19 percent over the same time period.

“Aerobic capacity is really the engine that we draw upon for doing the things we want to do, whether it’s cleaning up around the house or running a marathon,” Cress said. “By increasing their aerobic capacity, the walking group was better able to perform their daily tasks and had more energy left over for recreational activities, like going out

*WALKING continued on page 8*

## SAFE FRESH PRODUCE AT HOME

*By: Heather Barreto,  
M.S.,R.D.,CPT*

Article adapted from Safe Fresh Produce at home, [www.eatright.org](http://www.eatright.org).

It is a commonly accepted fact that we are all encouraged to increase our consumption of fruits and vegetables on a daily basis. People who eat fruits and

vegetables as part of a healthy diet are likely to reduce their risk of chronic diseases including cardiovascular diseases and certain cancers. Besides vitamins and minerals, fruits and vegetables contain antioxidants, fiber, and other substances that we aren’t even aware of that are all beneficial. Eating a more

plant-based “greener” diet, however, in view of the recent occurrences of produce-related food borne illness, is a hard sell.

By all means, don’t stop including lots of fresh fruits and vegetables in your diet. Produce safety is a farm to table issue whether at home or eating out. The recent food borne illness outbreaks associated with fresh produce are a reminder to everyone that fresh produce should be handled carefully to prevent food borne illness. Food safety measures are in place from farm to table and at home we need to pay just as much attention to how we handle fresh produce as restaurants and institutions do. Fresh fruits and vegetables are an essential part of a healthy diet and below are some tips and resources so that you can keep these items in your diet and reduce your risk of illness.

Select produce that is not bruised or cut and is free of mold. The peeling is a barrier to prevent microorganisms from contaminating the inside of fruits and vegetables.

Fresh-cut produce such as melons or bagged salad greens should be kept refrigerated.

At the supermarket, do not put meat, poultry, or seafood in the same bag with produce and store in separate bags/containers at home.

Many raw fruits/vegetables can be refrigerated at/or below 41 degrees F. If you are not sure if the produce will be adversely affected by the cold, ask the produce manager.

Before cutting fresh produce, wash your hands and the surfaces that you will be using. Use clean cutting boards, knives, utensils and containers.

Thoroughly wash produce under running water immediately before eating.

Scrub items like melons, potatoes and carrots with a vegetable brush.

Remove outer leaves, hulls and stems from items such as lettuce, cabbage, berries and tomatoes.

If you plan to peel an item like an orange, wash the outside first.

Do not use soap or detergent on fresh produce. These products are not meant for consumption. Produce washes can be used, but are not necessary.

Ready-to eat, pre-washed, bagged produce can be used without further washing. If you do want to wash these items use a colander and running water.

Take advantage of the local Farm Markets and produce stands, BUYLOCALLY, ask about the handling of the produce. Much of the contamination involving fruits and vegetables can be traced back to problems with animal agriculture. Also, the less something is handled the fewer opportunities for contamination as well.

## CHECK OUT YOUR LOCAL FARMERS MARKET

*From: Center for Nutrition Policy  
and Promotion, USDA*

Shopping at a farmers’ market is a great way to get fresh, seasonal, locally grown fruits and vegetables. The market can seem overwhelming at first, but here are a few tips to make sure that your trips are successful and fun.

**BYOB.**

Bring a couple of durable, reusable bags to carry all of your delicious farm-fresh fruits and vegetables. You can also bring storage containers for the more delicate fruits and vegetables like blackberries and cherry tomatoes. Bring your own bags to the grocery store too. By doing so, you can save a few cents each time you shop.

**Don’t let the crowds overwhelm you.**

Farmers’ markets can get crowded and busy. Be patient, and take your time checking out each vendor’s produce.

**Arrive early.**

For the best selection, go to the farmers’ market early. The best goods are often the first to go.

**Stop at each vendor’s stand before making a purchase.**

Prices and selection can vary from farmer to farmer; so, make sure you “comparison shop” before making any purchases.

**Talk to the growers.**

Try the samples, especially if they are something new. If something is unfamiliar, ask the growers how it tastes and how they like to prepare it. If you don’t see something that you especially like, ask the growers where to find it.

### SENIOR ACTIVITIES FOR JUNE 2011 AND JULY 2011

**HOLIDAY CLOSINGS:** Monday, 7/4/11 for Independence Day.  
**All Centers serving 11:45 a.m. to 12:30 p.m., Monday-Friday.**

**Delhi Senior Dining Center** (1st Presbyterian Church, Clinton Street, Rear Conference Room) (607) 746-2250. Center Manager: Dotti Regazzi. Evening meals in place of lunch 4:30 pm. Thursday, 06/16/11 & 07/21/11, to be served at 1st Presbyterian Church.

**Grand Gorge Senior Dining Center** (Old School, Civic Center, Rte. 30) (607) 588-6166. Center Manager: Christine Thorington. Evening meals in place of lunch 4:30 pm. Thursday, 06/16/11 & 07/21/11. 30th Anniversary Party with music also on 07/21/11.

**Hancock Senior Dining Center** (Baptist Church, Messenger Hall, Wheeler Street) (607) 637-2219. Center Manager: Lisa Drake. Monthly luncheon buffet will be served on Friday, 6/10/11 and 7/8/11. Senior exercise with Kim Scoville each Tuesday at 11:00 am. Evening meals in place of lunch served 4:30pm third Wednesday 6/15/11 and 7/20/11. Verify date of annual Tri-Site Picnic with Site Manager.

**Margaretville Senior Dining Center** (Margaretville Methodist Church, Church Street) (845) 586-4764. Center Manager: Vicki Bush. Blood pressure checks third Wednesday of the month. Evening meals in place of lunch 4:30 pm. Thursday, 06/16/11 & 07/21/11.

**Sidney Senior Dining Center** (Civic Center, Liberty Street) (607) 563-2212. Center Manager: Joanne Gill. Bingo is played every Monday, Wednesday and Friday at 10:00 am. Evening meals in place of lunch 4:30 pm. Thursday, 06/16/11 & 07/21/11. Verify with site date of Tri-Site Picnic.

**Walton Senior Dining Center** (St. John’s Catholic Church, Benton Avenue) (607) 865-6739. Center Manager: Linda Wood. Monthly buffet lunch 1st Friday on 6/3/11 & 7/1/11. Verify with Center Manager dates of Walton’s evening meals for 2011, the annual Musical Barbeque and Tri-Site Picnic.

*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.*



# WHY YOU MAY NEED A HEALTH ADVOCATE

## There are times it’s important to have a helpful friend, relative or professional at your side

*From: “AARP Bulletin”, July 23, 2010, written by Carolyn M. Clancy, M.D., AHRQ*

Imagine your doctor has just given you a serious diagnosis or told you she was concerned about the results of your medical test. You might understandably be frightened.

Listening carefully to your doctor and asking questions about a diagnosis or test results can help you get better care. But here’s the problem: just when you should be paying close attention to what your doctor is saying, you may be stunned by the news you’ve received.

That’s when having a health or patient advocate can help.

A health advocate can be a family member, friend, trusted coworker, or a hired professional who accompanies you to your appointments and asks questions, writes down information, and speaks up for you so you can better understand your illness and get the care you need.

Research shows that quality health care requires taking an active role in decisions about your care. If you’re facing a difficult medical decision, it’s a good idea to bring someone with you who can help focus on your care when you’re not fully up to it.

As a doctor and a patient, I’ve seen how valuable it is to have “another set of ears and eyes” in the exam room. Having an advocate at medical appointments or during a hospital stay can ensure that you get the information you need to manage your health.

- Health advocates can:
- Ask questions or voice concerns to your doctor for you.
  - Compile or update your medicine list.
  - Remember your medication regimen and help you follow treatment instructions, including asking questions about your follow-up care.
  - Help arrange transportation.
  - Research treatment options, procedures, doctors, and hospitals.
  - File paperwork or assist with insurance matters.

Ask the “what’s next” questions, such as, “If this test is negative what does it mean? If it’s positive, will more tests be needed?”

Of course, many encounters with the medical system are routine and don’t require the use of a patient advocate. But there are instances when an advocate can be valuable. For example, if you’ve had a series of tests and you’re concerned the results may reveal a diagnosis such as cancer, you might want to bring an advocate with you to hear and discuss the results.

Getting a diagnosis of a serious illness can be an overwhelming experience. You’re likely to be distracted and miss hearing important information. An advocate can gather that information for you and ask the questions that need to be asked.

**Who makes a good health advocate?**

A health advocate should be a person who is calm, pays attention to details, and can ask questions and state information clearly. If possible, choose someone who knows you well. Be clear about what kind of help you need and what worries you.

It’s helpful to give your advocate details of your medical history. For example, you may want to discuss the tests you’ve had, list medicines you take, and provide any treatment preferences as well as contact information for other family members and your durable power of attorney.

If your advocate doesn’t know you well, be certain to let him or her know if your hearing or vision is limited. He or she can alert your medical team to speak clearly and to read instructions aloud if they are not available in large type.

If you can’t locate an advocate before an important medical or hospital visit, you can often find a nurse or doctor to serve in this role. Some professional advocates specialize in researching the best available treatments and can assist you at home or in the hospital. Check to see if your health insurance covers these services.

You can also ask your local hospital staff to recommend a patient advocate. In fact, some hospitals and nursing homes employ advocates who work on

patients’ behalf at no charge.

It’s likely that you or a loved one will one day need a health advocate. For many patients, the benefits of having an advocate are priceless because this person can help you understand your options and give you peace of mind so you can focus on your recovery.

I’m Dr. Carolyn Clancy, and that’s my advice on how to navigate the health care system.

*Carolyn M. Clancy is a general internist and researcher, and the “Finding Your Way” columnist for AARP’s Bulletin. As the director of the “HYPERLINK” <http://www.ahrq.gov/> U.S. Agency for Healthcare Research and Quality” she is an expert about how consumers can engage in their health care.*

## LAUGHTER IS THE BEST MEDICINE



*Marie Ingram, Co-Director of the Humor Project addresses local professionals on the value of humor in dealing with stressful situations. The program was sponsored by NYCONNECTS with funding from the Delaware County Rural Healthcare Alliance as part of the Geriatric Mental Health Series. The next program, “Compulsive Hoarding and the Meaning of Things”, will take place on June 14th.*

## WALKING ...continued from page 7

dancing.”

The researchers assessed health status and bodily pain through questionnaires and examined disability by measuring performance on factors such as balance and walking. Physical functioning was measured through both questionnaires and through tests that measured how well the volunteers performed daily activities such as climbing a flight of stairs and putting on and removing a jacket.

The researchers found that physical function increased by 25 percent in the walking exercise group, compared to a decrease of one percent in the control group. And while the control group saw their risk of disability increase over the four-month period, the walking exercise group saw their disability risk go from 66 percent to 25 percent – a decrease of 41 percent in just four months.

“We know that walking is good for you, but too many people still aren’t doing it,” Moore-Harrison said. “This study shows that just walking on a regular basis can make a huge impact on quality of life.”

The research was supported by the UGA Institute of Gerontology Seed Grant, the Northeast Georgia Area Agency on Aging and the Georgia Gerontology Consortium Seed Grant. The research was done in cooperation with the Athens Housing Authority.

DELHI SENIOR COMMUNITY

7 Main Street, Delhi

(607) 746-8142

62 years and older

Rent based on income

Heat included

Pet friendly

Laundry on site

Great location near shopping

Community social room

Handicap accessible





TO MAKE A DONATION OR FOR A CHANGE OF ADDRESS

TAPE THE CURRENT DISPATCH LABEL HERE

MAIL TO: OFFICE FOR THE AGING, 6 Court Street, Delhi, NY 13753  
SUGGESTED DONATION: \$7 PER YEAR

☐ DONATION

CHANGE OF ADDRESS: ☐ PERMANENT ☐ TEMPORARY

FROM (DATE): \_\_\_\_\_

IF TEMPORARY TO (DATE): \_\_\_\_\_

NEW ADDRESS: \_\_\_\_\_

NAME \_\_\_\_\_

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