

SENIOR CHOICES UPDATE

During the month of March, staff members spoke with **693** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **33** new clients and disenrolled **34** clients, bringing our total to **863** clients at month's end. So far this year, we have served **951** clients.

OFFICE CLOSED FOR MEMORIAL DAY

The Council for Older Adults and Meals On Wheels will be closed Monday, May 30, in observance of Memorial Day. If you receive home-delivered meals, please make other arrangements for your meal(s). If you have no other means for food on this day, please contact your Care Consultant.

CAREGIVER WORKSHOPS

COA provides monthly opportunities for caregivers to learn, grow, and gather support. Please join us on May 10 from 9:30 - 11:30 a.m. for "Empowering Seniors for Effective Planning," presented by Patricia Jackson and Don Chapin, Certified Elder Law Attorney. Workshops are free. To register, please RSVP to Jen Spicer at (740) 203-2377.

CAREGIVER RECOGNITION

Every May, the Council for Older Adults recognizes some very exceptional caregivers in Delaware County who provide ongoing support, care and assistance to elderly friends, family or neighbors. Dozens of volunteers will go to the homes of local caregivers on Wednesday, May 25, from 1:30 - 3:00 p.m. Volunteers will present caregivers with a letter of appreciation, a gift and a flower as a personal gesture of thanks. If you know a caregiver who deserves this special recognition, please contact us by May 13 at (740) 363-6677.

NOTICE OF PRIVACY PRACTICES ("HIPAA")

HIPAA is the acronym for the Health Insurance Portability and Accountability Act. Although the COA already assures the privacy of our clients, this act regulates privacy for those who provide health care services. You receive a "Notice of Privacy Practices" packet at the initial home visit with your Care Consultant, and you sign a form acknowledging a copy is being left with you. If you have any questions on this information, please feel free to contact your Care Consultant. If you would like another copy of the information, please visit our website at www.growingolder.org or ask your Care Consultant to mail you a copy.

NUTRITION SUPPLEMENT PRICE INCREASE EFFECTIVE MAY 1

If you currently receive Ensure, Ensure Plus, or Glucerna from our agency, we are notifying you that there will be a slight increase in the cost effective May 1. The price per case will be \$15 for Ensure, \$16 for Ensure Plus, and \$30 for Glucerna. The cases will continue to have 24 eight-ounce cans in each case. The flavors remain the same also with vanilla, chocolate, strawberry, and butter pecan. Even with the small increase in price, this is still a tremendous savings over purchasing the product in stores. Clients or a designated family member/friend may pick the product up at the Council, or volunteers may deliver the product to the

homes of current clients. We ask that you speak to your doctor first and that he/she recommends the nutritional supplement prior to contacting our agency.

TWO PROGRAMS, ONE GOAL

The Council has partnered with the Delaware County Department of Job and Family Services as well as Delaware County Juvenile Court to offer two helpful programs for seniors. If you need assistance with certain household chores, such as heavy cleaning, yard work and yard clean-up, planting, minor painting, minor home repairs, leaf raking/snow shoveling, or window cleaning, we can help arrange for supervised youths to complete those projects. The services are free, and certain eligibility requirements may apply. For details please call the Council at (740) 363-6677 or 800-994-2255.

SUMMER FESTIVAL JUNE 11...SAVE THE DATE!

The 19th annual Summer Festival will be held at the Center for Older Adults, 800 Cheshire Road in Delaware. This beautiful building and 12-acre grounds will be the perfect setting for the festivities. The event will be held on Saturday, June 11 from noon to 8 p.m.

One of the highlights of this event is our Senior Health & Wellness Fair. Hundreds of seniors attend the health fair to get free health screenings and to see what's new in health care. This year it will be open from 12 p.m. - 4 p.m. and feature health screeners in our air conditioned building. There will also be live music, our business expo and the perennial favorite the Pig & Corn Roast.

Tours of our facility will be provided by volunteers from Senior Citizens Inc. of Delaware County. Admission and parking are free with lots of convenient handicapped spaces, plenty of public parking, and passenger golf carts to shuttle from the various parking areas to the main attractions. Come and join us for a fun-filled day! For details call (740) 363-6677 or visit www.growingolder.org

SENIOR FARMERS' MARKET VOUCHER PROGRAM

Spring is in the air and the Senior Farmers' Market Voucher Program will soon start another season. Each year, the Council's Voucher Program provides Delaware County residents age 60 and over with vouchers for fresh foods from farmers' markets in Delaware, Sunbury and Powell. The vouchers can be used to purchase fresh fruits and veggies, herbs, baked goods, honey, and even food-bearing plants. Participants who sign up before September 4, will receive thirty vouchers with a total value of \$60. Those who sign up after September 4 will receive fifteen vouchers with a total value of \$30. All vouchers are valid through October 31, but the participant will need to check with their farmers' market to determine how late in the season each one will be open as market dates differ. Applicants must be 60 and over, and certain income restrictions apply. Vouchers are available on a first-come, first-served basis. Applications will be available at the Council office beginning **May 23**, online at www.growingolder.org, or at the local farmers' markets. The Council for Older Adults Senior Farmers' Market Voucher Program is funded by the Delaware County senior services levy.



Center for Older Adults
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