

SENIOR CHOICES Update

During the month of April, staff members spoke with **288** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **26** new clients and disenrolled **22** clients, bringing our total to **867** clients at month's end. So far this year, we have served **977** clients.

Reminder: 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. For those of you who receive home-delivered meals, please make other arrangements for your meal(s) on this day. If you have no other means for food on this day, please contact your Care Consultant.

Caregiver Workshops

The Council for Older Adults provides monthly opportunities for caregivers to learn, grow, and gather support. Please join us on June 14 from 9:30 - 11:30 a.m. for "Beyond Bingo: Choosing Activities for the Older Adult," presented by Kelly Frentsos of Willow Brook at Delaware Run. Workshops are free and are held at the Center for Older Adults, 800 Cheshire Rd., Delaware. Please feel free to bring a friend! To register, please RSVP to Jen Spicer at (740) 203-2377.

Reminder: Nutritional Supplement Price Increase Effective May 1

If you currently receive Ensure, Ensure Plus, or Glucerna from our agency, we are reminding you that there was a slight increase in the cost effective May 1. The price per case is \$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. 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.

May is National Older Americans Month

Each May, we celebrate the most significant and rapidly growing segment of our country's population - older adults, who are living longer, healthier and more productive lives. The theme of this year's celebration, "Older Americans: Connecting the Community," pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today.

As of 2009, there are nearly 40 million people, age 65 or older in the US – 13% of the population. In Delaware County, it is estimated that more than 20,000 residents are age 60 and over and by the year 2020, that age group will represent one out of every 5 county residents! This rapid growth of our older population will have wide-ranging implications for our community, and the need to provide services and volunteer opportunities will continue to escalate. If you know someone who may benefit from our services or may be interested in volunteer opportunities, please contact our office at (740) 363-6677 or 800-994-2255.

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, 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 beginning the first week of June. The Council for Older Adults Senior Farmers' Market Voucher Program is funded by the Delaware County senior services levy.

**Read the June edition for more information about a special grandparents' day and farmers' market event to be held here at the Center for Older Adults on Tuesday, July 12, from 12 – 3 p.m. **

