

SENIOR CHOICES Update

During the month of March, staff members spoke with **901** people who were interested in obtaining information and assistance, SENIOR CHOICES services or advocacy. Our staff enrolled **38** new clients and disenrolled **42** clients bringing our total to **786** clients at month's end. So far, this year, we have served **894** clients.

NATIONAL VOLUNTEER WEEK APRIL 18 - 24

We would like to extend a heartfelt thank you to the hundreds of volunteers who are busy delivering meals, helping with various tasks both in and out of our office, delivering nutritional supplements or durable medical equipment, transporting clients to medical appointments, and making our Summer Festival a huge success. If you would like to recognize your volunteer, feel free to drop us a note.

CANDID CAREGIVER WORKSHOPS

The Council for Older Adults provides monthly opportunities for caregivers to learn, grow, and gather support from each other. Presentations are provided by various members of our community and focus on a host of topics. Future workshops include:

May 11: "**The Alzheimer's Project-Video Review**," presented by Shelly Wesner of the Alzheimer's Association

June 8: "**Holding a Family Meeting**," presented by Jennifer Spicer from the Council for Older Adults

Workshops will be held at the Center for Older Adults, 800 Cheshire Rd., Delaware from 9:30 - 11:30 a.m. Feel free to bring a friend! To register, please RSVP to Jen Spicer at (740) 203-2377.

OFFICE CLOSED FOR MEMORIAL DAY

The Council for Older Adults and Meals on Wheels will be closed Monday, May 31, 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 at (740) 363-6677.

NEW TO MEDICARE CLASSES

Do you know someone who is about to turn 65? The Council for Older Adults is offering "New to Medicare" classes monthly starting in May. This class is open to anyone who is about to turn 65 or wants to learn more about Medicare. Information will focus on enrollment time frames; Medicare Parts A, B, C, and D; Medicare supplemental policies; and extra help programs. The classes will be held at the Center for Older Adults on the second Wednesday of each month from 10 a.m. - noon. Participants should bring their Medicare card (if they have one), a list of prescription medication with dosage and frequency, and any questions they have pertaining to Medicare. Please call the Council for Older Adults at (740) 363-6677 to register or get more information.

SPRING CLEAN UP

Now that spring has finally arrived, you may need help with cleaning up your yard, garden or flower beds. Youth in our community, supervised by an adult, will be happy to assist with springtime yard work. You must furnish the tools necessary to complete the job. This service is free to seniors, 60 and older, who live in Delaware County. For more information, please contact the Council for Older Adults at (740) 363-6677 or 1-800-994-2255.

CAREGIVER RECOGNITION

Every May, the Council for Older Adults recognizes some very exceptional caregivers in Delaware County. These caregivers provide ongoing support, care and assistance to elderly friends, family or neighbors. Volunteers will go to the homes of local caregivers on Wednesday, May 26, from 1 - 4 p.m. Volunteers will present caregivers with a letter of appreciation, a gift and a flower as a personal gesture of thanks for the efforts they make every day in caring for older friends and relatives.

If you know a caregiver who deserves this special recognition, please contact the Council for Older Adults by April 26 at (740) 363-6677.

SUMMER FESTIVAL IS JUNE 12....SAVE THE DATE!

For the 18th annual Summer Festival, we are planning some exciting changes, including the location of the event. It will be held at the Center for Older Adults, 800 Cheshire Road in Delaware. The event will be held, for the first time, on a Saturday from noon to 8 p.m.

An outdoor stage will showcase all-day entertainment. The Kidz Zone will feature games, clowns, crafts and face painting. The Business Expo will allow exhibitors to provide information about services for older adults and their families. The Health Fair will offer health screenings in our air conditioned building. And the perennial favorite will be back - the Pig and Corn Roast. Parking and admission are free to this event. Please plan on joining us for a day of food, fun, and a great time!

SENIOR FARMERS' MARKET VOUCHER PROGRAM

Sign ups for the Senior Farmers' Market Voucher Program will begin May 24 at the Center for Older Adults and June 2 at the county farmers' markets. The vouchers can be used to purchase fresh fruits and veggies, herbs, baked goods, honey, or food-bearing plants. Participants will receive up to \$60 in vouchers and can use them until October 31 or the last market day of the season.

Applicants must be 60 and over, and certain income restrictions apply. Vouchers are available on a first-come, first-served basis. Applications will also be available online at www.growingolder.org. The Council for Older Adults Senior Farmers' Market Voucher Program is funded by the Delaware County Senior Services Levy.

NEW PROGRAM TO HELP FIGHT SENIOR HUNGER IN DELAWARE COUNTY

Qualifying older adults may receive monthly boxes of shelf stable food through the Commodity Supplemental Food Program, a cooperative effort between the Council for Older Adults and the Mid-Ohio Foodbank.

Qualifying individuals must be age 60 or older, a county resident and have an income of no more than \$14,079 per year. Income limit will increase based on household size. Income proof is not required.

Participants will pick up special grocery boxes on a designated day or they may send a pre-determined authorized person. Typical contents include items such as cereal, fruit juice, canned meat or fish, peanut butter or beans, canned fruit or vegetables, rice or potatoes, and American cheese, and weigh 30 - 35 pounds. For more information or to sign up for this program (availability is limited), call (740) 363-6677 or visit www.growingolder.org.



Center for Older Adults
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(740) 363-6677 or 800-994-2255

