

Sharing the Spirit

A publication of the Retired and Senior Volunteer Program
and the Herkimer County Office for the Aging

2018 HIICAP News

INSIDE THIS ISSUE:

*From the
Directors Chair—
page 2*

*Medicare
Preventive
... page 3*

*RVSP Winners
... page 4*

*RSVP Honored
... page 5
EPIC Changes
... page 6*

*Falls Prevention
... Page 7*

*OFA Senior
Award Winners
... Page 8&9
HOPE Ministries
&
New OFA Route
.... Page 10*

*OFA Spring
Clean-Up
.... Page 11
Birthdays
.... Page 12*

*Get Cookin' with
Catholic
Charities*

*Inspiration
... page 14*

*Just For Fun!
... page 15*

Need Help Paying for Medicare?

This is a good time to see whether or not you qualify for a low-income subsidy. This benefit could save you thousands of dollars on premiums and co-pays for your medications. There are two ways in which you may qualify:



Low-Income Subsidy (also called Extra Help) through the Social Security Administration (SSA). If your gross monthly income is under **\$1,386** if single, **\$1,872** married; and your resources are less than \$9,060 (single individual) and \$14,340 (married couple), you qualify for Full Extra Help through Social Security. If your gross monthly income is under **\$1,538** if single, **\$2,078** married; and your resources are less than \$14,100 (single individual) and \$28,150 (married couple), you qualify for partial extra help through Social Security. The application process is done on-line. If awarded this subsidy, you will pay between \$3.70 and \$8.25 for your prescriptions, you will never experience the donut hole, you will have a special enrollment period to switch plans at any time during the year, and your Part D premium will be covered up to \$39/month.

The second subsidy, the Medicare Savings Program, is offered through the local Department of Social Services. This simple application can qualify you for help paying your Part B premium, which currently is \$134.00. If your gross monthly income is under **\$1,386** for a

single individual and **\$1,872** for a couple, you may qualify for this benefit. There is no resource limit for the Medicare Savings Program. If your income is slightly higher than this, you may still qualify if you are paying for a medical premium, such as a Medigap policy, a dental policy, long term care insurance, or a Part D plan that is above the \$39 benchmark. The benefits of qualifying for the Medicare Savings Program is twofold: You will receive Part B Medicare without paying for it and you will receive the full extra help benefit for your prescription coverage. If you think you may qualify for either of these programs, contact the Herkimer County HIICAP office at 315-894-9917 to enroll.

Another program available to New York residents, 65 and over is the EPIC program. EPIC's fee plan is for enrollees with incomes up to \$20,000 for singles, and \$26,000 for married couples. The Deductible Plan is for members with incomes ranging from \$20,001 to \$75,000 for singles, and \$26,001 to \$100,000 for couples. The benefit of having EPIC is that it gives Medicare beneficiaries a Special Enrollment Period to opt out of any plan during the calendar year. If you are on the EPIC's fee plan, EPIC will pay your Part D premium up to the benchmark amount. If you are on the deductible plan, but your income is up to \$23,000 if single and \$26,000 if married, EPIC will also pay your Part D premium up to the benchmark. The

.....Continued on page 3

| The Newsletter Staff | |
|---|----------|
| Rae Raffle-Maxson, RSVP Kathy Fox, OFA Kaylynn Schaffer, OFA Joan Matteson, RSVP Helen Nudo, RSVP | |
| Office for the Aging | |
| Information/Transportation | 867-1121 |
| Nutrition Program | 867-1204 |
| HEAP Program | 867-1195 |
| In Home Services | 867-1124 |
| Catholic Charities | |
| Food Sense Program | 894-9917 |
| RSVP | 894-9917 |
| RIDE Program | 894-9917 |
| NOEP Program | 894-9917 |
| HIICAP Program | 894-9917 |
| Kateri's Thrift Store | 823-1793 |
| Other | |
| Alternatives Unit | 867-1322 |
| Adult Protective Services | 867-1231 |
| Public Health Nursing | 867-1176 |
| Transportation (Medical/Non-Medical) | |
| Old Forge— Daily | 369-2830 |

We thank all of you who made a donation toward the cost of the Sharing the Spirit for the Jul-Sep 2018 edition: Carol Waghorn
Judith VanDuren, Anna Gray

Your donations are an important part of offsetting the cost of publishing our newsletter. If you would like to help support Sharing the Spirit, or if you have additional comments, questions or suggestions, please contact us at:

*Herkimer County Office for the Aging, Sharing the Spirit
109 Mary Street, Herkimer, NY 13350
315-867-1121*

Director's Chair

Last week I had the pleasure to honor all of the RSVP volunteers that gave of their time during the last RSVP reporting year. Together you donated over 21,000 hours in service to our community by volunteering at 24 volunteer stations. As I said at the luncheon not every volunteer is honored with a special award every year, but every volunteer is important and without you we would not be able to care for our community the way we do, so thank you for all that you do!

I have some very exciting news to share with all of you. We were awarded an augmentation to our RSVP grant so that we may offer a new evidence based program to our senior community. The Wellness Initiative for Senior Education (*WISE*) is a curriculum based health program that aims to help older adults increase their knowledge and awareness of issues related to health and the aging process. The program promotes the empowerment of older adults to make positive healthy choices for themselves as they age and to feel in control of their health and wellness. I cannot wait to get this program up and running so please be on the lookout for more information.

Last month we offered a free Identity theft presentation thanks to the FBI. It is very scary how people try to scam other people especially seniors. We have to be very careful who we give our information out to. I don't know how many of you have already received your new Medicare cards but please remember no one will be calling you from Medicare to verify your current Medicare claim number, they are just trying to get your Social Security number. If you get a call like that hang up and if you can, write down the number they called from so we can report it.

As always thank you for all you do. If you or anyone you know would like more information about volunteer opportunities here in Herkimer County please contact me 315 -894-9917.

Wishing you all good health and happiness,

Rae Raffle-Maxson
Program Director

remaining EPIC enrollees on the deductible plan will have their EPIC deductible lowered by \$443. As you know, when EPIC is working, seniors pay between \$3 and \$20 for prescriptions. EPIC is secondary coverage, that is, Medicare beneficiaries must have a Medicare Part D plan for EPIC to pay as the secondary insurer. If you would like to learn more about EPIC or enroll please contact the Herkimer County HICAP office at 315-894-9917.

RSVP 2018 Volunteer Recognition Celebration

The Retired and Senior Volunteer Program of Herkimer County held its annual Volunteer Recognition Luncheon at Francesca's Banquet Hall in Ilion on Thursday, June 14, 2018. Honored were the 250 RSVP volunteers who served in Herkimer County, by donating over 21,000 hours assisting thousands of individuals in Herkimer County. RSVP volunteers provide many services including; transporting seniors to medical appointments, counseling Medicare beneficiaries on complicated health insurance issues, serving meals at nine emergency food pantries, tutoring at-risk students through the America Reads After-School Program as well as providing additional assistance at the 24 RSVP volunteer stations throughout Herkimer County. RSVP volunteers target the communities' most critical needs, and are dedicated to making a difference in the lives of the most vulnerable populations.

Honored guests at this years' event included: Vince Colonno, Chief Executive Officer of Catholic Charities of the Diocese of Albany; Father Paul Catena, Pastor of

Annunciation and OLQA Parishes; Eric Radley, Fidelis Care, Maureen Petrie, Executive Director of Catholic Charities of Herkimer County; Cynthia Cardarelli, Associate Executive Director of Catholic Charities of Herkimer County; Kathy Fox, Director of the Herkimer County Office for the Aging and Terry Leonard, Mayor of the Village of Ilion.

Cynthia Cardarelli, welcomed the guests to the event, followed by a salute to the flag led by Mayor Leonard and opening prayer by Fr. Paul. Following lunch, Vince Colonno thanked all the volunteers and Rae Raffle-Maxson, RSVP Program Director presented the following awards:

Receiving the Hours for Others award was MaryAnn Walrath.

She began volunteering for the RSVP program in 2000.

Over the years she volunteered at the Dolgeville Food Pantry, Kateri's Thrift Store, the Ecumenical Food and Shelter Council and the

Kuyahoora Food Pantry. MaryAnn has been volunteering for 17 ½ years, during that time she has volunteered over 4,200 hours. Mary Ann says volunteering makes her feel good because she still sees families that she helped years ago.



Receiving the Miles for Others Award was Roy and Joan VanSlyke.

Roy has been a driver for the RIDE program for 9 years and Joan served as a dispatcher for the RIDE program for 16 ½ years. This couple has dedicated a



.....Continued on page 4

combined 25 years of service, over 4,200 hours and driven thousands of miles transporting our frail elderly to their medical appointments. In addition to the time they donate to RIDE, Joan has also volunteered with the Meals on Wheels program and Roy has been a dedicated volunteer for Habitat for Humanity.

Receiving the Hearts for Others Award was Deacon Peter Manno. He began volunteering for RSVP almost 17 years ago, donating over 2,800 hours. Over the years he has volunteered with the Runaway and Homeless Youth Program, the Little Falls Food Pantry, he has served on the Boards of Catholic Charities of Herkimer County, Hospice, and the Abraham House. Deacon Manno currently donates his time at the Dolgeville Food Pantry and Kateri's Thrift Store. When asked why he volunteers, he said he's doing what he feels he should be doing.

Certificates of Appreciation were awarded to those volunteers with over 1,000 hours of service: Claudia Perrone. Certificates were also awarded to RSVP volunteers with over 500 hours of service which included: Gail Domion, Ralph Dow, RuthAnn Harrington, Ray Lenarcic, Jon Rice and Emily Sokol.

The RSVP Service Pins for 15 years of service were awarded to Barbara Cormia, Irene Czuryla, Jean Kull and Ruth Miller. In addition; Carol Clark, James Conover, Theresa Eykelhoff, Sharon Ferdula, Robert Haberek, Eileen Manno, Jean Mihevc, Eleanor Stanton and Elizabeth Wilson were recognized for 10 years of service. Doug Capraro, Deborah Fitch, Jeanette Frederick, Donna Gentile, Gary Heft, Etta Humphreville, Martha Mamrosch, Regina Nicolette, Volney "Spike" See-

ley and Patricia Sokol were recognized for 5 years of service.



The offices of Senator James Seward, Senator James Tedisco, Congresswoman Elise Stefanik, Assemblyman Marc Butler, Assemblyman Brian Miller and Assemblyman Anthony Brindisi also sent representatives and certificates for all of the award winners.

The Retired and Senior Volunteer Program is sponsored by Catholic Charities of Herkimer County, the Corporation for National and Community Service, the NYS Office for the Aging and the United Way of the Valley & the Greater Utica Area.

If you are interested in becoming an RSVP volunteer, please contact Rae Raffle-Maxson at 315-894-9917 for more information.

Volunteers Needed

The RSVP Program of Herkimer County is looking for individuals 55+ who are willing to give their time and talents to volunteer at one of our volunteer sites. We have many opportunities, including but not limited to: dispatching or driving for the RIDE program, educating Medicare beneficiaries about the Medicare system, tutoring children, working at a food pantry, food co-op or congregate meal site. If you are interested and would like more information please contact Rae @ 315-894-9917 or rmaxson@ccherkimer.org.





VOLUNTEER TO CHANGE LIVES

We need you. Yes you.

Any amount of time you can give makes a difference! Knowing you have a hand in creating a supportive, healthy environment for our seniors.

Retired Senior Volunteer Program (RSVP)

of Herkimer County is seeking VOLUNTEERS for the following programs:

HOPE Ministries Program – (helping the elderly stay in their homes)

Grocery shopping for or with client

Light Housekeeping

Friendly Visiting

Non-Medical Transportation

Laundry Assistance

Meal Preparation

Telephone Reassurance

RIDE – Retired Individuals Driving Elderly

Providing transportation services to seniors for health related appointments

If you want to share your experience and make a difference in the lives of those in need please contact Lori Joy 315-894-9917 ext. 254, ljoy@ccherkimer.org or Rae Raffle-Maxson 315-894-9917 ext. 236, rmaxson@ccherkimer.org.

The Retired and Senior Volunteer Program volunteers were honored with a proclamation presented by Mayor Terry Leonard, who is also a volunteer with the program, and a citation presented by Assemblyman Brian Miller during a ceremony held on April 3rd 2018, National Service Recognition Day.

National Service Recognition Day started in 2013 when the U.S. Conference of Mayors and the Corporation for National and Community Service announced the first Mayors Day of Recognition for National Service. At that time, 803 mayors throughout the county participated. Formerly Mayor's Day, this day has grown to encompass a larger array of elected officials and local leaders. In 2017, more than 4,520 officials, representing more than 194 million Americans, participated in the fifth annual National Service Recognition Day through recognition events, proclamations and social media, showing their support for national service.



Managing Your Utility Bills **“A New Energy Affordability”**

On January 1, 2018, a new program called the Energy Affordability Program (EAP) was launched to help income eligible customers manage their home energy bills. EAP is automatic for customers that maintain enrollment in the HEAP.

National Grid & the State Office of Temporary Disability Assistance, HEAP Bureau (OTDA) are using a file match to identify customers in our service territory whose HEAP grant has been applied to another utility or fuel vendor account. Customers identified by the file match will be automatically enrolled into this program.

The benefits of this program include a monthly bill credit & automatic enrollment into our Budget Plan (if you have no past due balance at the time of enrollment) unless you opt out. EAP bill credits are based on the customer's HEAP benefit. HEAP benefits are structured in a way that gives households with the lowest incomes & the highest energy costs the highest benefits. Income, energy costs, family size, & the presence of a vulnerable household member are all taken into account.

As stated before, once eligibility is determined, the credit will be deducted from your monthly bill. Typically the credit is listed on page 2 of your NGrid billing statement & shows up as an EAP credit. If no credit appears on your monthly statement contact, Michele Perrin, Consumer Advocate, Consumer Advocacy & Low Income, at (315) 460-7671 and assistants will be available. Further information about the EPA can be found at [**AffordAbility@nationalgrid.com**](mailto:AffordAbility@nationalgrid.com) or by calling (866) 305-1915.



Your health plan, your partner.

For information, call **(518) 641-3400** or **1-888-519-4455 TTY/**
TDD: 711



Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 – February 14. From February 15 – September 30, Monday – Friday, our hours are 8 a.m. - 8 p.m. A voice messaging service is used weekends, after-hours, and federal holidays. Calls will be returned within one business day.

CDPHP is an HMO with a Medicare contract. Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc.

This is an advertisement. Y0019_17_1720 Accepted

The EPIC Payment/Billing address has changed. Please make note of the new address for sending in payments to EPIC.

State of NY Health Dept.
PO Box 70228
Philadelphia, PA 19176-0228



EPIC
Elderly Pharmaceutical
Insurance Coverage
Program

Herkimer County Falls Prevention STEP UP TO STOP FALLS

The Community Foundation of Herkimer & Oneida Counties and Wesley & Marron Small Fund

Top 10 Must Haves For Senior Safety

- 1. Secure your scatter rugs so they aren't a trip hazard**



- 2. Handrails on both sides of the stairwell**



- 3. Install handrails in the bathroom**



- 4. Make sure entryways, stairs, and pathways are properly lit**



- 5. Grabbers help reach items more than an arms length away**



- 6. Install or inspect smoke alarms to assure proper functioning**



- 7. Medical alert Systems allow easy call for help in an emergency**



- 8. Properly label and store medication. Setup medication reminders**



- 9. Schedule frequent family or neighbor times to check-in**



- 10. Don't forget to get non-skid bathroom mats to prevent slips.**



For more information, contact Office For the Aging at (315) 867-1415

Office for the Aging
Senior Citizen of
the Year 2018:
Barbara Curran



Pictured
to the left
is award
winner
Barbara
Curran



Pictured to
the right is
Barbara
Curran &
Kathy Fox

Barbara Curran resides in Newport NY and was born on October 21, 1934 in Virginia. She moved to NY in 1975. Barb has 4 children, 2 grandchildren, and 1 great grandchild. She is a die-hard Dallas Cowboys, Boston Celtics, and Syracuse Orange fan.

For several Years, Barbara has served as the Newport village historian. As such, she oversees a staff of volunteers at the Newport History Center which is open three afternoons per week all year. She has also served as the assistant historian for the Town of Newport.

2017 was the 100th anniversary of the U.S. entry into World War 1. To commemorate the anniversary, the Herkimer County Historical Society undertook a project to honor local soldiers of the Great War by placing their photo, name and rank on banners to be displayed in the villages and towns in which they lived. Barbara spearheaded the project for Newport and was able to obtain sponsors to fund the cost of 11 banners. Through research and contact with the families she found photos and background information on the soldiers. In the number of veterans honored, Newport was the second most represented in the county. Barbara also put together a World War 1 display at the Newport History Center.

For Many Years Barbara was a Volunteer at the Norway Historical Center. In addition to volunteering at the Center, she devoted a great deal of time year-round to the Center's annual fund raising rummage sale.

For 11 years Barb volunteered as the co-chairperson of the Newport Fireman Field Days parade. Also in the past, she was a volunteer for the Newport Revitalization Committee. One of the Committee's yearly efforts is to raise money for and to place and maintain flowers on Newport's Main Street during the summer.

Barbara served ten years, rarely missing a meeting, as a member of the Herkimer County Office for the Aging Advisory Council.

Since 2002, Barbara has been a volunteer at Kateri's Thrift Store in Little Falls. She volunteers two days a week sorting in-coming donated clothing, linens and curtains, pricing and tagging them for sale. She is the go-to person for games, toys, stuffed animals and anything needing a battery. She is the children's "book lady." She knows what regular customers (kids and adults) are looking for in the way of toys, stuffed animals, games and children's books.

Since 2002, Barbara also has volunteered at the Little Falls Food Pantry by helping to assemble and distribute Easter, Thanksgiving and Christmas food baskets.

She is a member of the Retired Senior Volunteer Program with a total of 4,394 volunteer hours as of December 2017.

Barb says "Volunteering is fun." You get a good feeling knowing how you help people. Volunteering keeps your mind active.

Office for the Aging
Outstanding
Contribution
Award 2018:
Hazel Dellavia



Pictured to the left is award winner Hazel Dellavia

**OFFICE FOR
THE AGING**
ADVISORY COUNCIL
**ANNUAL AWARDS
GIVEN**

Hazel Dellavia was born on February 4, 1943 and she lives in Old Forge, NY. She moved there in 1995. Hazel has 2 children and 1 grandchild.

Hazel was a sales representative for Bell Atlantic for over 30 years. While working at Bell Atlantic she was active member of the communication workers of America as a union representative. Hazel retired from Bell Atlantic in 1995.

Hazel has contributed in many ways to help improve the well-being of senior citizens in our community. She served as the President of the Community Health and Wellness Fund for six years. The Fund has done many things to help sustain the availability of basic health care in our community, particularly critical for seniors. This organization was essential in helping to fund a new roof for our local health center and also purchased new x-ray equipment. Also under Hazel's leadership, it became a sponsor of our community's senior program, known as SHARP, a program for which Hazel volunteers. It has also helped with purchasing a van for our local Community Transportation Service that helps people (mostly senior citizens) get to medical appointments. Hazel is also a volunteer driver for this service. In addition, she actively helps with the Friends of the Old Forge Library, an all-volunteer support group, and is a member of Beta Sigma Phi, a local sorority, made up primarily of senior women, that participates in public service projects.

The community service where Hazel has shown action in is when she participates in the

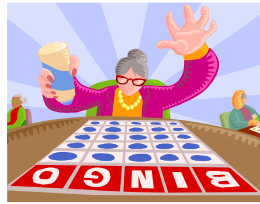
Senior Health, Activity and Recreation Program (SHARP). She not only helps by going to meetings to help promote seniors' lives but she can also be found in the kitchen doing food prep, serving and cleaning up. She is also a good teacher and enjoys helping the other seniors remember or learn board and card games. A unique quality that Hazel has is her ability to truly listen and understand others. She never dominates a conversation and has a way of helping others feel comfortable and safe talking with her. Hazel fits in a leadership position easily, but she is also a valuable helper, willing to do manual work in addition to being able to use logical thinking and effort to bring things together. Hazel also supports and appropriately respects others' leadership. She has always backed the decisions of the director, encouraged me and found positive, constructive ways to confront her when necessary. The program director for our town's only senior program has become more effective as a result of Hazel's giving spirit, knowledge and generosity. In the same way, the program's participants have greatly benefitted by Hazel's care and support for them.

Hazel states she was very fortunate in her life and felt it was time to give back.

Volunteering is very rewarding. "When you do things to help other people it makes you feel better."



Everyone is enjoying themselves at the Senior Picnic on June 20, 2018



Right is Legislator Mr. Peplinski & Sheriff Farber announcing June 20, 2018 as Senior Citizen Day in Herkimer County



Left is Vanessa Boyer singing "God Bless America"



Left is CVA ROTC presented the colors for the ceremony

Right is Mr. Wallace & Mr. Billings handing out ice cream to the seniors



Left and right shows the Seniors waiting to have their number called to win in BINGO



Above is Lori calling the BINGO numbers

Need Transportation to the grocery store or to run errands.

Herkimer County Office for the Aging will be providing transportation in Middleville, Newport, Poland, & Ohio areas two days per month

on the 1st and 3rd Tuesday of the month.

The van will pick up riders at their homes and take riders to Herkimer to shop & run errands.

If you would like to make reservation on the Van please call Office for the Aging

Office at 315-867-1121. Space is limited.

The Community Foundation of Herkimer & Oneida Counties, Inc. & the Faxon Street Fund provided the grant funds to support this program.



OFA 3rd Annual Spring Intergenerational Clean-Up Day 2018

On Saturday, May 5th the 3rd Annual Herkimer County Intergenerational Clean-Up Day was held. Volunteers of all ages helped senior citizens who still live in their homes, but may need a little help with spring cleaning. Many appreciative adults in the area received assistance from the volunteer effort. The Herkimer County Office for the Aging planned the volunteer event that was a huge success. We would like to thank all of the volunteers which included; Herkimer County Office for the Aging & Advisory Council, other County Departments including Probation, the Sheriff's Department, Mental Health, Real Property, the Herkimer County Legislature, the Church of Jesus Christ of Latter Day Saints, and other individuals in the community. We would like to send a special thank you out to the Herkimer County Highway and Maintenance Departments for allowing our group to use rakes, brooms, and shovels. Several businesses and individuals donated items for the event that included Walmart, Hannaford, Price Chopper, Stewarts, Village Market, Keep Mohawk Valley Beautiful, and the Manno's. A big thank you goes out to the East Herkimer Fire Department in Herkimer who allowed us to use their facilities as a home base for the clean-up activity. Without the assistance from the community these types of events would not be possible. Thank you to all who assisted us with this project.

This year's clean-up was to honor Teresa Boepple-Swider who was born and raised in Little Falls who passed away on Saturday from a long battle with cancer. She believed in giving back to the community and our group honored her by giving back and helping individuals in her home town.

Herkimer County Office for the Aging provides a number of services to assist older adults to remain in their homes. If you or someone you know needs assistance you can call (315)867-1121 or visit our website for additional information, www.herkimercounty.org, Departments, Office for the Aging.

Below is the picture of some of the volunteers who help with clean-up this year.





From the *RSVP Program*

JULY

1st Dawn Hosney
Louise Williams
2nd Robin Whitcomb
4th Slavatore Simonette
8th Robert Haberek
10th Camille Fisher
11th Majorie Chase
Grace Dudeck
21st JoAnn Moore-Cotter
22nd Deborah Fitch
Darwin Laymon
24th James Dundon
25th Robeta Farouche
Maureen Harrer
27th Betty Lynch
Marilyn Salvaggio
Marguerite Tulloch
28th Donna Tabor
31st Mary Ann Walrath
Alice Wineberg

AUGUST

1st Eleanor Scalise
2nd Daniel Lassell
7th Valerie Duncan
Lucille Hand
8th Barbara Horwald
9th Camelita Sgroi
10th Margaret Hall
12th Irene Czuryla
William Farrell
13th Diana Klastow
15th Jeff Maxson
Joan Merrick
16th Charles Sullivan
17th Irene Euron
19th Robert Clifford
Chistina Olson
20th Claudia Coman
24th Pam Gydesen
Melinda Marley
27th Patricia Tappan
30th Kathleen Mazzara
31st Paul Lewis

SEPTEMBER

1st Gail Domion
Roy VanSlyke
2nd Linda Folsom
Karen Slocum
3rd RoseMary Parody
4th Jean Gaudin
5th Ronal Gamble
7th Anna Kozakowski
Regina Nicolette
9th Kathleen Hoyt
Agnes Wilk
10th Kelen Brandon
Ronald Covey
Joseph Enjem
11th Mindy Brandt
Ray Lenarcic
14th Ellen Culver
Linda Leonard
17th Jon Rice
Vincenza Terricola
19th Michele Hipkens
20th Helen Staskus
22nd Donna Cammann
Sandra Englebrech
23rd Cynthia Reles
24th Raplh Dow
Jean Kull
Mary Anne Ransom



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Easy Chicken and Ritz Cracker Casserole

Ingredients:

3-4 C cooked chicken meat (I like breast meat for this.)
1 can your favorite Campbell's Cream of Chicken or Mushroom soup
1/8 tsp. garlic powder
1 C sour cream
1/2 C Italian blend or other white cheese, shredded
salt and pepper to taste
opt: throw in some cooked veggies, mushrooms, herbs

Topping:

1 sleeve packet Ritz crackers, crushed
1/2 C melted butter
Paprika

Directions:

Heat oven to 350°.
Mix casserole ingredients together and pour into a 2.5-3 qt. baking dish.
Top with butter; sprinkle on crackers and a bit of paprika.
Bake 25-30 minutes

Servings: 4



Fruit Salsa and Cinnamon Chips

2 kiwis, peeled and diced
2 Golden Delicious apples - peeled, cored and diced
8 ounces raspberries
1 pound strawberries
2 tablespoons white sugar
1 tablespoon brown sugar
3 tablespoons fruit preserves, any flavor
10 (10 inch) flour tortillas
butter flavored cooking spray
2 tablespoons cinnamon sugar



In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

Preheat oven to 350° F (175° C).

Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Serves about 10 people.

Inspiration

Life is

Life is an opportunity, benefit from it.

Life is beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfil it.

Life is a sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is life, fight for it.



Mother Teresa

Save the Date

Herkimer County Office for the Aging
& NY Connects Presents:

2018 Senior Expo

Friday, August 24, 2018

10 am—2 pm

Herkimer VFW

129 Mohawk St., Herkimer, NY 13350

For more information contact:

Jodi Dyn at 315-867-1124



Our flag is painted
in the proud colors
of white, red, and blue,
Our hearts are filled
with a sense of deep
pride and solitude.
We salute all our brave
heroes who fought
for our country,
They built a new world
for us with fairer boundaries.

Have a great
fourth of July.



National Grandparents Day

September 9, 2018

In 1973, West Virginia Governor Arch Moore proclaimed the first Grandparents Day. Five years later, Congress named the first Sunday after Labor Day as National Grandparents Day. September was chosen to signify the “Autumn Years” of life.

Just For Fun!

Q: What do you call a dentist in the army?

A: Drill Sergeant

Q: Why did the cowboy get a wiener dog?

A: He wanted to get a long little doggie.

Silence is golden,
Duct tape is silver.

Q: How did the farmer mend his pants?

A: With cabbage patches!

If money doesn't grow on trees why do banks have branches?

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| X | P | F | C | G | D | S | B | S | I | R | D | J | S | I |
| D | A | M | E | R | I | C | A | S | U | E | S | D | T | N |
| G | R | G | L | M | D | F | R | E | E | D | O | M | A | D |
| U | A | Y | E | N | F | Q | B | F | S | W | S | K | R | E |
| V | D | R | B | S | H | S | E | I | O | H | G | K | S | P |
| D | E | E | R | R | Y | I | Q | R | H | I | R | K | A | E |
| E | E | G | A | N | E | H | U | E | G | T | T | J | N | N |
| L | Y | F | T | H | E | F | E | W | D | E | U | G | D | D |
| I | R | S | I | R | F | D | I | O | R | A | I | F | S | E |
| B | W | A | O | S | O | S | P | R | H | N | H | H | T | N |
| E | D | A | N | F | F | E | Q | K | P | D | Y | B | R | C |
| R | V | A | F | D | L | O | V | S | O | B | T | C | I | E |
| T | P | G | U | S | A | O | I | G | I | L | E | S | P | W |
| Y | I | O | E | R | G | Q | W | G | K | U | W | X | E | Q |
| M | U | N | C | L | E | S | A | M | Z | E | E | E | S | S |

AMERICA

BARBEQUE

CELEBRATION

FIREWORKS

FLAG

FREEDOM

INDEPENDENCE

LIBERTY

PARADE

RED WHITE AND BLUE

STARS AND
STRIPES

UNCLE SAM

USA



Attend an Alzheimer's Association Caregiver Support Group

Do you feel like you're all alone?

Would you like to learn from others
dealing with the same challenges as you?

Support groups provide emotional, educational
and social support for caregivers.

Join an Alzheimer's Association support group and
learn how the power of your peers can help you
navigate your journey.

Little Falls, NY

2nd Thursday of the month
6:00 PM

Little Falls Community Center
524 Main St, Little Falls NY
Starting December 8, 2016
www.alz.org/cny

alzheimer's  association

Lutheran Care Caregiver Support Group

Weller Library, 41 W Main St, Mohawk
1st & 3rd Wednesday of the month at
10:30am

Contact Patricia at 315-269-5266 or
315-235-7143 to register & arrange for
respite care

Alzheimer's Support Group
Folts Home (HomeLife at Claxton)
104 N Washington St, Herkimer
1st Monday of the month at 5pm in
Claxton Conference Room

Contact Social Services Department at
315-866-6964 ext 260

Sharing the Spirit
61 West St.
Ilion, NY 13357