

2018 HIICAP News

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Time to Review Your Medicare Plan

Medicare's Annual Election Period runs from October 15th to December 7th every year. This is the one time of year when **ALL people with Medicare** can make changes to their health and prescription drug plans to take effect January 1, 2019.



In order to insure the best coverage for 2019, Medicare beneficiaries should review their current plan for any changes scheduled to take effect next year. Here are a few questions you should consider while reviewing your coverage.

Do you want to keep your providers? Most providers accept Original Medicare but not all participate in all of the Medicare Advantage plans. If they do not you may still be able to get care from them, but you may have to pay more.

What medications are you taking? Will they be covered by your plan? Every Part D plan has their own drug formulary. It's important to check to make sure your regularly used medications are covered by your plan.

Is your pharmacy a preferred provider with your plan? Most Part D plans have their own preferred pharmacy listing or mail order options which may reduce your prescription costs.

Do you travel or are you a snow-

bird? Does your plan have a preferred provider network. If it does, it can cost you more money if you receive non-emergency or non-urgent care outside of your coverage area or with a non-participating provider.

This is also a good time to see whether or not you qualify for additional programs that may save you some money. These programs could save you thousands of dollars on premiums and co-pays for your medications. There are two ways in which you may qualify:

The first is **Extra Help/Low-Income Subsidy**. Extra Help is a federal assistance program that helps with the costs of the Medicare Drug benefit. See the chart below for income guidelines.

| Extra Help(EH) | Income Limit | Asset Limit |
|-------------------------|--------------|-------------|
| Single (Full EH) | \$1,386 | \$9,060 |
| Single (Partial EH) | \$1,538 | \$14,100 |
| Married (Full EH) | \$1,872 | \$14,340 |
| Married (Partial EH) | \$2,078 | \$28,150 |

.....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 Oct-Dec 2018 edition:

Director's Chair

Happy Fall! I think this is my favorite time of the year. I love the Fall colors mother nature shares with us, the cool crisp night air and the warm comfort food!

This has been a busy summer. In July, I was able to attend the Senior Corps Convening in Washington DC. We learned about the direction of Senior Corps and our RSVP program and how important it is to our communities. I think we all know how important the work we do is, but it's nice to hear from those that make decisions for us too! At our HIICAP training they prepared us for the Annual Election Period (Oct 15-Dec7) so that we can provide you with the most up to date Medicare information. At a training about Disaster Relief I learned that RSVP volunteers are part of the National disaster plan. They recognize the good work we do and the skills we have to assist in the time of need. They also discussed the importance and benefits of volunteering for the volunteer. Volunteering is good for your health! If you know of someone who is feeling lonely and isolated and they would like to join us, please ask them to give me call at 315-894-9917.

This past summer I was also fortunate enough to go to North Carolina and spend some time with my best friend. Some of the places we visited have been destroyed by Florence, so I ask when you are thinking of all your blessing and the things you are thankful for this holiday season please take a moment to pray for those in need.

One last thing before I close...this will be our last newsletter before the holidays so my wish for you is I hope you are able to find joy during this time of the year doing something that makes you happy. Thank you for everything you do to make our community a better place, and a much happier place for those we serve.

Wishing you all good health, happiness and the blessings of the season,

Rae Raffle-Maxson

Program Director

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

The application process is completed on-line through the Social Security Website. If awarded this subsidy, you will pay between \$3.35/\$8.35 (\$3.40/\$8.50 in 2019) for your prescriptions, you will never experience the donut hole, you will have a special enrollment period to switch plans during the year, and your Part D premium will be covered up to \$38.98 in 2018(\$39.33 in 2019).

The Medicare Savings Program (MSP), is another

program that may help reduce your costs. The benefits of qualifying for the MSP are: you will receive Medicare Part B (which currently is \$134.00) without paying for it and you will receive the full extra help benefit for your prescription coverage. 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 MSP. Also, 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 \$38.98 benchmark for 2018 or \$39.33 for 2019.

Medicare Savings Programs



Another program available to New York resident's 65 and over is the **EPIC program**. If your previous year's income is at or below \$75,000(single) or \$100,000(married) you qualify for EPIC. EPIC has both a Fee plan and a Deductible plan and depending on where your income falls will determine which plan you qualify for. If you are on the EPIC 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 remaining EPIC enrollees on the deductible plan will have their EPIC deductible lowered by \$472

for 2019. If you are on the Fee plan or if you have met your EPIC deductible you will pay between \$3 and \$20 for prescriptions.

Finally, the Center for Medicare and Medicaid Services (CMS) wants to remind seniors to stay healthy by maintaining a healthy lifestyle which includes exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help by providing coverage for many preventative services that can help find health problems early, when treatment works best. Preventive services include exams, shots, lab tests, and screenings. They also include counseling and education to help you take care of your own health.

Medicare covers these preventive services:

- Annual Wellness Exam
- "Welcome to Medicare" Preventive Visit
- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening & Counseling
- Bone Mass Measurement
- Cardiovascular Disease Behavioral Therapy
- Cardiovascular Disease Screening
- Cervical Cancer Screening
- Colorectal Cancer Screenings
- Depression Screening
- Diabetes Screening
- Diabetes Self-management Training
- Flu Shot
- Glaucoma Screenings
- Hepatitis B Shot

.....Continued on page 4

Hepatitis Screening
 HIV Screening
 Lung Cancer Screening
 Mammogram Screening
 Medical Nutrition Therapy
 Obesity Screening and Counseling
 Pneumococcal Shot
 Prostate Cancer Screen
 Smoking and Tobacco Cessation
 STD Screening and Counseling

If you have any questions about Medicare, please contact your Herkimer County HIICAP office at 315-894-9917 to get your questions answered. Thank you!



**October 27, 2018
 National Prescription Take Back
 Day**

aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medication. In addition to special events being held this day you can always dispose of your medications at one of these RX Drop Box Locations...

Dolgeville Police Dept. 41 N. Main St. Dolgeville (24hrs/7days wk)

Frankfort Town Hall 201 3rd Ave. Frankfort (9am-4pm)

Herkimer Police Dept. 120 Green St. Herkimer (24hrs/7days wk)

Ilion Police Dept. 55 1st St. Ilion (24hrs/7days wk)

Little Falls Police Dept. 659 E. Main St. LF (8:30am-4pm)

Mohawk Police Dept. 28 Columbia St. Mohawk (24hrs/7days wk)

Sheriff's Office 320 N. Main St. Herkimer (8am-5pm)

Town of Webb Police Dept. 3139 NY-28 Old Forge *Please contact Dept. @315-369-6515.

If you have any questions, please contact Catholic Charities at 315-894-9917.



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.

Lydia Sexton Honored at 2018 Window of Hope

The Window of Hope Award was established in 2006 to honor individuals and organizations who work tirelessly to assist those in need in Herkimer County and especially those who assist Catholic Charities in providing services to residents of the region. On September 20, 2018 our very own Lydia Sexton was honored. Lydia has devoted so much of her life in service to others. While she retired from her role as RSVP Program Director in 2015, she still volunteers for the HOPE Ministries and HII-CAP programs and serves as Coordinator for the St. Joseph House of Prayer. Congrats Lydia on your well-deserved Award!



The RIDE Program of Catholic Charities is seeking caring individuals who are willing to give one day a week to transport seniors to their doctor appointments. The program works around your schedule and preferences. This is a completely volunteer program, focused on helping seniors maintain their health and independence while receiving the individual attention they deserve. The RIDE volunteers receive training, recognition, mileage reimbursement, and are covered through the program's CIMA insurance. Please contact Catholic Charities today by calling 315-894-9917 and ask for Rae.



MEDICARE HEALTH INSURANCE

Name/Nombre

JOHN L SMITH

Medicare Number/Número de Medicare

1EG4-TE5-MK72

Entitled to/Con derecho a

HOSPITAL (PART A)

Coverage starts/Cobertura empieza

03-01-2016

MEDICAL (PART B)

03-01-2016

Haven't received your NEW Medicare card yet?

NYS residents should have them by the end of October. If you haven't received yours you can log onto your MyMedicare.gov account and see when your card is mailed. If you don't have an account set up you can go to MyMedicare.gov and set one up or you can call 1-800-MEDICARE (1-800-633-4227). In the meantime, your current Medicare card can still be used to access health care services.



A name you can trust.

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.

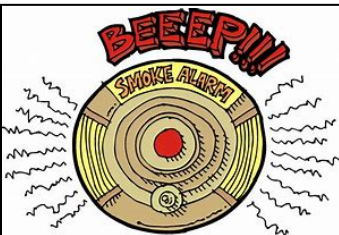
Calls will be returned within one business day. CDPHP® is an HMO and PPO with a Medicare contract.

Enrollment in CDPHP Medicare Choices depends on contract renewal.

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.

This is an advertisement.

Y0019_17_1684 Accepted



Daylight Saving Time
November 4, 2018
Don't forget to turn your
clocks back!!!



Also don't forget to change your batteries in your smoke detectors.



Herkimer County Falls Prevention STEP UP TO STOP FALLS

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



Keep **FALLS** Out of your **AUTUMN**



Fall injuries are a serious threat to health and quality of life

Accidental Falls: No Laughing Matter!

Among those over age 65, accidental falls are:

- The leading cause of injury death,
- The most common cause of nonfatal injury; and
- The number one reason for hospital admission for trauma



Each year:

- 1 in 3 adults over age 65 will suffer an accidental fall; and
- 2 million will be treated in emergency rooms for fall-related injuries



Accidental falls can result in:

- Hip fractures,
- Traumatic brain injuries (TBI); and
- Loss of mobility and independence



Take Action to Prevent Fall Injuries



Get some exercise. Lack of exercise can lead to weak legs and this increases the chances of falling. Exercise programs like Tai Chi can increase strength and improve balance, making falls much less likely.



Be mindful of medications. Some medicines—or combinations of medicines—can have side effects like dizziness or drowsiness. This can make falling more likely. Having a doctor or pharmacist review all medications can help reduce the chance of risky side effects and drug interactions.



Keep your vision sharp. Poor vision can make it harder to get around safely. To help make sure you're seeing clearly, older adults should have their eyes checked every year and wear glasses or contact lenses with the right prescription strength.



Eliminate hazards at home. About half of all falls happen at home. Identify potential fall hazards in the home that need to be removed or changed, like tripping hazards, clutter, and poor lighting.

Most Accidental Falls are Preventable

Checklist for Home Safety



- ☐ Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- ☐ Install handrails and lights on all staircases.
- ☐ Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- ☐ Keep items you use often in cabinets you can reach easily without using a step stool.
- ☐ Put grab bars inside and next to the tub or shower and next to your toilet.
- ☐ Use non-slip mats in the bathtub and on shower floors.
- ☐ Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
- ☐ Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Call 9-1-1 for falls, especially if you strike your head

IF YOU SUFFER A FALL

- **Call 9-1-1 Immediately:** Even apparently minor falls can result in serious injuries
- **Prevent Further Injury:** Limit your movement until help arrives, especially your back and neck
- **Hidden Injuries:** Falls can result in serious head injuries, even though you may feel fine



For more information, contact Office For the Aging at (315) 867-1415 or (315) 867-1371

Herkimer County Office for the Aging



NY Connects
Your Link to Long Term
Services and Supports

of HERKIMER COUNTY

(800) 342-9871 (315) 867-1121

What is Tai Chi?

There is much more to tai chi than one can see, and virtually no one can describe such a complex art in one simple sentence. The flowing movements of tai chi contain much inner strength, like water flowing in a river, beneath the tranquil surface there is a current with immense power—the power for healing and wellness. It's easy to learn and becomes a way of life for many practitioners.

With consistent practice, people will be able to feel the internal energy, convert it to internal force and use it to generate more internal energy. This process would greatly enhance tai chi development, leading to a more balanced mental state; at the same time your fitness, agility and balance will improve. The unique feature of tai chi is that it is internal. Internal means building the inner strength from inside out, therefore you can continue to develop at any age.

Numerous studies have shown tai chi improves muscular strength, flexibility, fitness, improve immunity, relieve pain and improve quality of life. Muscle strength is important for supporting and protecting joints and is essential for normal physical function. Flexibility exercises enable people to move more easily, and facilitate circulation of body fluid and blood, which enhance healing. Fitness is important for overall functioning of the heart, lungs, and muscles. In addition to these components, tai chi movements emphasize weight transference to improve balance and prevent falls.

Herkimer County Office for the Aging/NY Connects offers Tai Classes to individuals 60 and older. For more information on an upcoming class please contact us at 315-867-1371.



Senior Expo 2018

On August 24, 2018 we held our annual Senior Expo at the VFW in Herkimer. The Expo attracted over 120 people who were seeking information on long term services & supports, health and wellness, programs that could save the individuals money, and we provided Farmers market Coupons to over 40 individuals. There were 28 service providers who attended, here are some of their pictures. There were several activities at the Expo that included Tai chi demonstration, blood glucose testing, blood pressure testing, and falls assessment to name a few.

If you are looking for information on Long Term Services & Supports or other programs that you may be eligible for you can contact Herkimer County Office for the Aging/NY Connects at (315) 867-1121 or visit our website at www.herkimercounty.org, departments, then Office for the Aging.



Power of Attorney and Financial Exploitation

A Power of Attorney is a legal document that gives someone the authority to act for another person in legal or financial matters. While it is an important planning tool it can also leave a person vulnerable to financial exploitation. Here are some tips on how to minimize



- ♦ When appointing the Power of Attorney, it is vital to choose someone who is honest and trustworthy. The person named must be willing and able to carry out the wishes of the individual.
- ♦ Consider naming a trusted third party to perform accounting and monitoring of financial records, including access to bank and credit card statements.
- ♦ Require a second signature for large transactions such as real estate and automobiles. The power of attorney can specify what are considered large transactions,

either by type or dollar amount.

- ♦ The power of attorney should stipulate what limitations are placed on the ability to gift money and property. Gifting money and property using the power of attorney is a common form of financial exploitation.
- ♦ Grant a third party the ability to revoke the power of attorney if it is being used to exploit, abuse or neglect.

This information was provided by the National Center on Law & Elder Rights at www.ncler.acl.gov.

Please contact Herkimer County Office for the Aging or NY connects for more information at: 315-867-1124 or www.herkimercounty.org go to departments then Office for the Aging.



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.



Christina Cain, RN, BSN, MS, MA
Director Public Health

2018 Immunization Clinic Schedule

Clinic Dates/Times:

Tuesdays

9:00 – 11:00 & 1:00 – 3:00

Clinic Location:

**301 N. Washington St. (3rd fl.)
Herkimer, NY**

Clinic Guidelines:

1. Adults and children are welcome at all immunization clinics.
2. Bring all insurance cards and/or valid college ID. We bill most insurance.
3. We will submit your bill to your insurance. If your insurance does not pay for your shot(s) you will be billed for the balance due.
4. Bring immunization records with you regardless of your age.
5. Children under the age of 18 must have their immunization record signed by a parent/legal guardian.
6. Tuberculosis tests (PPD/Mantoux) for \$10.00 (cash only) are placed on Tuesday and read Thursday or Friday by appointment.

& the following

Mondays 3:00 – 6:00

January 29th

May 21st

June 18th

August 13th

August 27th

September 10th

September 24th

October 22nd

November 5th

December 3th



From the *RSVP Program*

OCTOBER

1st Diane Bard
 3rd Martha Welden
 4th Paula Peck
 5th Beverly Findura
 13th Darleen Paul
 16th Jeanette Frederick
 19th Claudia Perrone
 20th Hope Carbone
 21st Nancie Carmody
 Barbara Curran
 Ruth Farrington
 26th Eileen Manno
 Miriam Marriott
 27th Albert Blumenstock
 28th Carmelita Maddocks
 29th Warren Marriott
 31st Jayne LeClair

NOVEMBER

1st Barbara Schwartz
 Emily Sokol
 Caroline Stewart
 2nd Judith VanDuren
 3rd Margaret Blumenstock
 4th Ida Oliveri
 6th Norlee Hyde
 Kenneth Kotary
 8th Alice Peterson
 Walther Raffle
 11th James Spinner
 12th Mary Alice Farrell
 Vance Richards
 16th Barbara Hartness
 22nd Pearl Dunn
 MaryJane O'Donnell
 23rd Mary Loiacano
 Edward Schrader
 24th Genevieve Fenton
 Carol Mocko
 Sharon Perry
 25th Louissette Lecours
 Patricia Sokol
 28th Barbara Ball
 30th Darlene Kotary

DECEMBER

1st Eleanor Stanton
 3rd Constance Pope
 5th Linda Edick
 Carol Murphy
 Sandra Rasmussen
 7th Irving Burkert
 Roger Kemler
 8th Eleanor Kudrewicz
 9th Karolyn Lado
 11th Judy Foley
 14th Patti Laymon
 Sharon Pardonek
 Francis Reina
 Edward Scouten
 15th Debra Dote
 19th Shirely Lennon
 Helen Maksymicz
 23rd Kathryn Bacher
 28th Elaine Ruggerio
 30th Louise Carney
 31st Eileen Drumm



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Stuffed Pepper Soup

Ingredients:

2 pounds ground beef
6 cups water
1 can (28 ounces) tomato sauce
1 can (28 ounces) diced tomatoes, undrained
2 cups chopped green peppers
1/4 cup packed brown sugar
2 teaspoons salt
2 teaspoons beef bouillon granules
1 teaspoon pepper
2 cups cooked long grain rice
Chopped fresh parsley, optional

In a Dutch oven over medium heat, cook and stir beef until no longer pink; drain. Stir in next eight ingredients; bring to a boil. Reduce heat; simmer, uncovered, until peppers are tender, about 30 minutes.

Add cooked rice; simmer, uncovered, 10 minutes longer. If desired, sprinkle with chopped fresh parsley



Applesauce Spice Cake

Ingredients:

Nonstick cooking spray
1 cup whole-wheat flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1 1/2 tsp cinnamon
1/4 tsp nutmeg
Dash cloves
Dash allspice
2/3 cup brown sugar
1 1/2 cups unsweetened applesauce
1/4 cup egg substitute
1 tbsp powdered sugar

Directions:

1. Preheat oven to 350°F.
2. Spray a deep-dish pie plate or an 8 x 8 baking dish with nonstick cooking spray. Set aside.
3. In a large bowl, combine flour, baking powder, baking soda, cinnamon, nutmeg, cloves, allspice, and brown sugar. Mix well.
4. Add applesauce and egg substitute. Stir just enough to mix ingredients together.
5. Pour into prepared dish and bake 30 minutes or until an inserted toothpick comes out clean.
6. Cool 5 minutes and sprinkle with powdered sugar.

Makes 6 servings.



Inspiration

Christmas Miracle

Georgia B. Adams

Lo, every valley, every hill
Is kissed with snow this morn;
And surely only overnight
This miracle was born!

The trees are clothed with ermine and
The snow falls all the while....
The birdbaths wear fur collars, too,
In very latest style.

The sparrows lose their footings on
The fluffy snow, and say,
The country roads are drifted shut...
We'll have to walk today.

Last summer's shrubs all laden down
Take on the strangest shapes,
And on the hillsides evergreens
Are wearing winter capes.

Rail fences far as eye can see
Stand up so staunch and tall,
As if to take a better look
As Christmas comes to call.

Lo, every valley, every hill
Is kissed with snow this morn....
And surely only overnight
This miracle was born!



In the Fall of Life

Remember the yesterday,
That seem so far away.
The hopes and dreams,
Wanting so many things.
Now in fall, so much time has passed,
Holding on is where I am at last.
Knowing time is short, what can I say,
The joy, the pain, the struggles and
strife.
All in all, I've had a good life.

By Linda Bankston



Senior Citizen Texting Code

ATD ~ At The Doctors

BFF ~ Best Friend Fell

BTW ~ Bring the Wheelchair

BYOT ~ Bring Your Own Teeth

FWIW ~ Forgot Where I Was

GGPBL ~ Gotta Go Pacemaker Battery Low

GHA ~ Got Heartburn Again

IMHO ~ Is My Hearing-Aid On

LMDO ~ Laughing My Dentures Out

TTYL ~ Talk To You Louder



Just For Fun!

Tip #37

Never catch snowflakes with your tongue until ALL the birds have gone south for the winter.....

Q: What did the cat say after eating two robins lying in the sun?

A: I just love baskin' robins.

Two snowmen are standing next to each other in a yard.

One said to the other, "Funny, I smell carrots too."

Q: Who is not hungry at Thanksgiving?

A: The turkey because he's already stuffed!

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

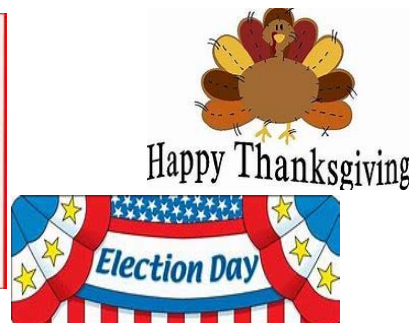
**HAPPY
HOLIDAYS
CHRISTMAS
VACATION
FAMILY
FRIENDS**

**PRESENTS
DECORATIONS
SHOPPING
CANDY CANES
COOKIES
MILK**

**SANTA
SONGS
MOVIES
FUN**



Happy Columbus Day!



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 FoltsBrook Center (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