

Sharing the Spirit

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

INSIDE THIS ISSUE:

From the
Directors Chair—
page 2

WISE
... page 3

Suicide
Prevention
... page 4

Volunteers Need
... page 5

Falls Prevention
... Page 7

Vitamin D
... Page 8

OFA Gift Tags &
CVA Gift Baskets
... Page 9

HEAP 18-19
.... Page 10

The SHINE
.... Page 11
Birthdays
.... Page 12

Get Cookin' with
Catholic
Charities
..... Page 13

Inspiration
... page 14

Just For Fun!
... page 15

2019 Winter HIICAP News

2019 Medicare Amounts

The standard Medicare Part B monthly premium will increase from \$134.00 in 2018 to **\$135.50** in 2019. The Part B annual deductible will increase from \$183 in 2018 to **\$185** in 2019.

Most Medicare beneficiaries qualify for premium free Part A thorough their own or their spouses work history, but those who do not will be able to purchase Part A for those with less than 30 quarters of Medicare-covered employment in 2019 for \$437 per month, while those with between 30 and 39 quarters will pay \$240. The Part A deductible will also be increasing from \$1,340 to \$1,364.

If you qualify for the **Medicare Savings Program** (2018 income limits - \$1386/single or \$1872/married) all or some of these costs may be eliminated).

New Medicare Cards

Medicare has completed the mailing of new Medicare cards to New York State residents. The new cards use a unique 11-character identifier (which does not contain a Social Security number). While beneficiaries can continue to use their old Medicare cards through December 2019, **anyone who has not received a new card is asked to call 1-800-**



MEDICARE. Please note- your Social Security number has not changed, only your Medicare number has.

NEW: Medicare Advantage Open Enrollment Period

Starting in 2019, January – March of each year will be the Medicare Advantage (MA) Open Enrollment Period. Anyone in a MA plan on January 1 will be able to make one additional change to how they receive their Medicare benefits. Beneficiaries can change to a different Medicare Advantage plan, or switch to Original Medicare (with or without a Part D plan).

General Enrollment Period

The General Enrollment Period is an opportunity for people who did not enroll in Medicare Part B when first eligible, and who don't qualify for a Special Enrollment Period, to enroll in Part B. The GEP runs from January – March of each calendar year, with Part B becoming effective July 1. A late enrollment penalty of 10% of the standard Part B premium may apply for each 12 months that one went without Part B coverage.

Special Enrollment Periods (SEP)

All people with EPIC are entitled to a Special Enrollment Period (SEP) that allows them to enroll in or

.... 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 Jan-Mar 2019 edition:

Director's Chair

Happy New Year!

Well, 2018 has been a busy year for all of us! We welcomed 23 new RSVP volunteers! I do not have our final numbers for 2018 yet, but through November we had 226 volunteers donate 20,376 hours in service to those in our community, thank you all so much! This year we also received funding to start our new WISE program and hired Hollie Palmieri to run it! (Please see the WISE article in this newsletter for more information.) I would say that RSVP had a very good year and we are looking forward to an even better 2019!

We are always looking for more volunteers, and as you know some programs are more in need than others. Our volunteers are our best spokespeople, so if you have a friend who is looking for a rewarding experience or just wants to do something to get out of the house please have them contact me and I can let them know about the volunteer opportunities we have. Thank you all for all you do for those in need here in Herkimer County.

Wishing you a Healthy and Happy New Year filled with countless Blessings and New Adventures.

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

switch their Part D plan (which could be part of a Medicare Advantage plan) one time per year to be effective the 1st of the following month.

Also, people with Medicare who receive any level of Extra Help have a SEP that allows them to switch their Part D plan (which could be part of a Medicare Advantage plan) at any time to be effective the 1st of the following month.

For more information about these topics or any Medicare related questions, please contact the HIICAP Program of Catholic Charities of Herkimer County at **315-894-9917**.



RSVP of Herkimer County announces new Senior Education Program.

The Retired and Senior Volunteer Program of Catholic Charities of Herkimer County is proud to offer a new educational program for Herkimer County residents aged 60 or more. The **Wellness Initiative for Senior Education (WISE)** Program is an evidence based program which celebrates healthy aging and educates older adults through numerous interactive lessons.

The educational program offers six lessons that cover a wide range of topics. Participants will have an opportunity to meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors older adults should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how they can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Free refreshments will be served at each lesson, and any program participants who attend all 6 classes will be eligible to enter a drawing to receive free giveaways.

The first WISE program will be offered at John Guy Prindle Apartments beginning on January 17th, 2019. Class will take place every Thursday at 11:00 AM for 6 weeks and will last approximately 2 hours. Classes are open to the public! Due to limited seating, we ask all who would like to participate in the program to preregister. For more information about the WISE program, to register or if you're interested in hosting or volunteering for the 6 week program, please **contact Hollie Palmieri at 315-894-9917 Ext. 241**.

National Suicide Prevention Lifeline

(24/7): 800-273-8255 (TALK)

Deaf and Hearing impaired: 800-799-4889

En Espanol: 888-628-9454

Crisis Text Line: Text HOME to 741741

Suicidepreventionlifeline.org

Mobile Crisis Action Team: 315-732-6228

Herkimer County Suicide Prevention
Coalition Facilitator:

Michele Curtin

(315)894-9917

mcurtin@ccherkimer.org



Know the Risk Factors:

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of:

- ♦ Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders.
- ♦ Alcohol/drug substance use disorders
- ♦ Hopelessness
- ♦ Impulsive and/or aggressive tendencies
- ♦ History of trauma or abuse
- ♦ Previous suicide attempt(s)
- ♦ Family history of suicide
- ♦ Relationship, job or financial loss
- ♦ Easy access to lethal means
- ♦ Lack of social support and sense of isolation

- ♦ Stigma associated with asking for help

Know the Warning Signs:

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help:

- ♦ Talking about wanting to die or to kill themselves
- ♦ Looking for a way to kill themselves, like searching online or buying a gun
- ♦ Talking about feeling hopeless or having no reason to live
- ♦ Talking about feeling trapped, in unbearable pain or a being a burden to others
- ♦ Increasing the use of alcohol or drugs
- ♦ Acting anxious or agitated; behaving recklessly
- ♦ Sleeping too little or too much
- ♦ Withdrawing or isolating themselves
- ♦ Showing rage, talking about seeking revenge or having extreme mood swings

Have the Conversation:

Be the one to save a life (#BeThe1To)! Use these action steps to help someone that might be in crisis. These steps have been proven to help others find hope and support:

- * Ask - People who are having suicidal thoughts feel relief when someone asks after them in a caring way. Acknowledging and talking about suicide may save a life.
- * Keep them safe - When lethal means are made less available suicide rates by that

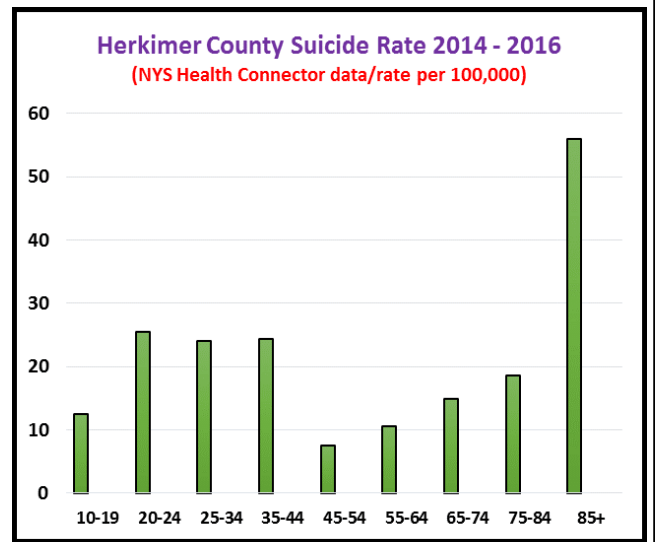
method decline which may reduce suicides overall.

- * Be there - Individuals are more likely to feel less depressed, less suicidal, less overwhelmed and more hopeful by speaking to someone who listens without judgment.
- * Help them connect - Helping someone at risk create a network of resources for support and safety can help them take positive action and reduce feelings of hopelessness.
- * Follow up - Brief intervention and supportive, ongoing contact may be an important part of suicide prevention, especially after discharge from hospitals or care services.

Suicide Prevention is Everyone's Business!



For additional information on available
community resources, training and support
please contact (315)894-9917



“Why Be A Volunteer?”

It's not for money, it's not for fame
and it's not for any personal gain.

It's just for love of fellow man.

It's just to lend a helping hand.

It's just to give a time of self,

That's something you can't buy
with wealth.

It's not the medals worn with pride.

It's just for that feeling deep inside.

It's that reward down in your heart.

It's feeling that you've been a part
of helping others far and near.

That's what makes you a VOLUNTEER.



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.

New 2019 STAR requirements for individuals 65 and over

New York State Department of Taxation and Finance has announced changes to the 2019 STAR program. Property owners age 65 and over need to be aware of the following changes:

If you are already receiving the Enhanced STAR exemption and are already enrolled in the IVP, you do not need to take any action. The NYS Tax Department will contact you directly if any additional information is needed.

Individuals who are new homeowners or first time STAR applicants need to first register for the STAR credit with the NYS Tax Department instead of applying for the exemption. Additional information about the STAR credit can be obtained at www.tax.ny.gov/STAR.

Residents of Herkimer County who have questions about the changes in the STAR exemptions can contact the Herkimer County Real Property Office at 315-867-1153.

This information was provided by the NYS Department of Taxation and Finance. Visit their website at www.tax.ny.gov. For more information, please contact NY Connects or Office for the Aging at 867-1124 or visit our website at: www.herkimercounty.org; then Departments, then NY Connects.



Your health plan, your partner.

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



A plan for life.

Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 – March 31. From April 1 – 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 Advantage 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

March 10, 2019

**Don't forget to turn your
clocks forward!!!**

**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

Avoid slips and falls



- Walking on snow or ice is especially treacherous and wearing proper footwear is essential.
- A pair of well insulated boots with good rubber treads is a must for walking during or after a winter storm.
- Wear ice cleats on icy sidewalks or streets.
- When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.
- When you must walk in the street, walk against the traffic and as close to the curb as you can.
- Be on the lookout for vehicles which may have lost traction and are slipping towards you. Be aware that approaching vehicles may not be able to stop at crosswalks or traffic signals.
- Walk carefully inside buildings when you have wet boots. Brush snow off or remove wet boots. Walk carefully on wet floors inside buildings.
- At night, wear bright clothing or reflective gear, as dark clothing will make it difficult for motorists to see you. During the daytime, wear sunglasses to help you see better and avoid hazards.

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

Seniors and Vitamin D

Vitamin D is a vital nutrient that the body needs to function properly. Vitamin D deficiency is a fairly common, especially for those of us living in the Northeast. The primary source of vitamin D is the sun. Many seniors are unable to get out as much, especially during the winter months. As result they are at a greater to be deficient in Vitamin D.

The following are symptoms of Vitamin D deficiency that seniors and their families need to be aware of:

- **Muscle weakness:** For seniors, vitamin D deficiency is strongly linked to weak muscles. They may feel heaviness in their legs and have difficulty with standing up and climbing stairs.
- **Mood changes:** Vitamin D is not your average vitamin. Studies have shown that vitamin D is responsible for activating genes that control the release of neurotransmitters which affect the functions of the brain. Seniors who feel depressed and tired all the time may actually suffer from a vitamin D deficiency.
- **Fatigue:** Many seniors who feel tired may believe that it's a normal part of the aging process and fail to realize they might have a vitamin D deficiency. Individuals who have stiff joints and are constantly feeling fatigued might want to boost their intake of vitamin D. A vitamin D deficiency may also cause pain in the legs and difficulty with mobility.
- **Stomach problems:** Since vitamin D falls into the category of fat-soluble vitamins, an insufficiency may trigger severe gastrointestinal problems. Vitamin D deficiency can also lead to inflammatory bowel disease, which is a chronic illness that causes swelling and irritation in the digestive tract.

If an individual is experiencing symptoms of Vitamin D deficiency, they should contact their primary care doctor to see if a Vitamin D supplement may be appropriate. The Herkimer County Office for the Aging has a registered dietician on staff that can provide seniors with nutrition counseling on incorporating Vitamin D rich foods into their diet. Please contact OFA at 315-867-1124 for a referral.

This information was provided by www.agingcare.com. 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.



Office for the Aging Gift Tags for Seniors

Office for the Aging placed gift tags on the Christmas tree in the lobby of the County building in Herkimer. With the help of county employees, Legislators, and other community members Office for the Aging was able to distribute 50 Christmas gifts to older adults in Herkimer County. Many of these older adults who received the gifts did not have family and this was the only gift they received this holiday season.



Office for the Aging staff delivered the packages to the older adults. The staff were greeted with smiles and some tears after the older adults received their package. These individuals appreciated the generosity of all of those individuals who contributed to this effort.

We hope to continue this event in 2019 and hopefully we will be able to provide additional older adults a bit of Christmas cheer. Office for the Aging staff would like to thank all individuals who assisted with this effort.

For more information or for questions please contact the Office for The Aging/NY Connects office at 315-867-1415. Or visit the OFA website at www.herkimercounty.org, go to departments, then to Office for The Aging. If anyone is interested in volunteering please call.

CVA Student Council Hand Out Holiday Baskets

The Student Council at Central Valley Academy wanted to complete a community project to be able to give back to the Mohawk and Ilion communities. The students decided that they would like to help homebound older adults. The students worked with the Herkimer County Office for the Aging to locate older adults in the community who would like a little holiday cheer. The students gathered items and prepared Holiday baskets. On Wednesday, December 19, 2018 students from Central Valley Academy will deliver over thirty Holiday baskets. The delivery will begin at 8:30am and continue until all the baskets are delivered. The students did not want older adults to be forgotten and wanted to bring them some holiday cheer



HEAP 2018 - 2019 Season



Anyone over the age of 60 who received HEAP last year should have already received an application for the new HEAP season in the mail, unless they are now receiving SNAP or received SNAP last year. If you received HEAP last year, are not on SNAP and have not yet received a HEAP application, please call the Office for the Aging at 867-1195.

If you heat with oil, propane, or kerosene the maximum benefit is \$726. If you heat with wood, coal, or pellets the maximum benefit is \$576. If you heat with electric or natural gas the maximum benefit is \$401. Emergency benefits will not be available until after January 2, 2019. Please note that all HEAP benefits are distributed on a first come-first served basis.

The HEAP program officially open this year on November 13, 2018. If you are a Herkimer County resident age 60 or older and did not receive HEAP last year and would like an application, please call the Office for the Aging to have an application mailed to you after the official opening of November 13th.

Income guidelines are:

Household size of 1 person – monthly income \$2,391

Household size of 2 people – monthly income of \$3,127

Household size of 3 people – monthly income of \$3,863.



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.





The SHINE Program in Herkimer County

Molly Capito, MS, RD, is one of the four nutrition educators in New York State, who is facilitating the new program SHINE (Seniors Health Improvement and Nutrition Education). Molly is the facilitator for SHINE in Fulton, Herkimer and Montgomery counties. SHINE is a statewide SNAP-Ed (Supplemental Nutrition Assistance Program) program that promotes nutrition education and obesity prevention interventions among low-income older adults. One aspect of SHINE is the implementation of “Eat Healthy Be Active” community workshops.

During the month of October, Molly worked with over thirty seniors between two different locations-Nathan Galinsky Apartments in Herkimer and London Towers in Ilion. A huge thank you to Herkimer County Office for the Aging, who helped assist Molly in locating such successful locations for workshop facilitation in Herkimer County. Participants of the workshop series held at each site enjoyed learning about the latest dietary guidelines, tips for staying active, taste testing healthy foods and recipes, how to eat healthy on a budget and how to be more mindful in our era of supersized portions.

Please contact Molly Capito at (518) 843-2300 for more information on the SHINE program or to learn more about upcoming workshop locations. Also, feel free to contact Molly if you have ideas for a site where nutrition education may be of interest to those 60 or older, i.e.-churches, senior centers, congregate meal sites, senior housing, etc.

Please note: SHINE targets seniors, however, participants of all ages are more than welcome to attend any workshop or event!



Over 20 residents at Nathan Galinsky Apartments in Herkimer participated in the SHINE Program, attending all 4 nutrition workshops.



Pictured above are some of the participants of London Towers. Douglas Vibbard, holding his hand weights, won the workshop series raffle basket raffled off after workshop 4.



From the *RSVP Program*

JANUARY

1st Richard Gustin
Dave Manno
Joan Matteson
Patricia Wares
5th Donna Gentile
Nina Rumrill
6th Linda Vincent
7th Nancy Smith
11th Barbara Goodson
12th Barabara Cormia
Donna Sterling
13th Madeline Stephenson
15th Theresa Eykelhoff
Cathleen Treen
17th Mary Lou Reich
22nd Deacon Peter Manno
23rd Charlotte Pylman
24th Chistine Pettengill
Angela Richards
28th James Conover

FEBRUARY

1st Robert Marshall
3rd David Freytag
4th Mary Lee Lynch
8th Joan Van Slyke
Elizabeth Wilson
12th Marion Pizer
14th Mary Caiola
19th Clarissa Hoyland
22nd Martha Mamrosch
24th Gerald Fluharty
25th Douglas Capraro
26th Jean Stack

MARCH

1st William Parody
2nd Karen Noble
3rd Gordon Darling
5th Helen Nudo
6th Dorothy Bunce
David Near
8th Carole Jean Crimmins
19th Susan Thuener
20th Linda Wright
21st Barbara Holt
22nd Paula Cooper
23rd Rosemary View
29th Patricia Haberek
30th Cleo Adams
Eva Jean Cave
Susan Tucker
31st Ruth Solan



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Easy Brunch Casserole

Ingredients:

2 cups dry chicken stove top stuffing mix (from the canister)
2 cups milk
1 1/2 cups cubed ham (or use breakfast Sausage, cooked, drained well, and crumbled)
6 eggs, beaten
1 cup cheddar cheese, shredded
1/2 cup onion chopped
1/2 cup green peppers chopped
1/2 cup mushrooms sliced
1/2 tsp salt
1/2 tsp pepper



Directions:

Preheat oven to 350°F. Lightly grease 9x9 baking dish. Mix all ingredients together. Pour into baking dish. Bake for about 45 - 50 minutes or until set. (Double it for 9x13 pan.)

We are looking for volunteers to contribute to our newsletter, so if you have some recipes you would like to submit to us to share please email them to rmaxson@ccherkimer.org or mail them to
Rae Raffle-Maxson
Catholic Charities of Herkimer County
61 West St, Ilion NY 13357
Thank you!

Greek Style Lentil Soup

Ingredients:

4 cups water
4 cups vegetable broth
2 cups dried lentils, rinsed
2 medium carrots, chopped
1 small onion, chopped
1 celery rib, chopped
1 teaspoon dried oregano, divided
1 cup chopped fresh spinach
1/2 cup tomato sauce
1 can (2-1/4 ounces) sliced ripe olives, drained
3 tablespoons red wine vinegar
2 garlic cloves, minced
1/2 teaspoon salt
1/4 teaspoon pepper
Chopped red onion, chopped parsley and lemon wedges, optional

Directions:

Place the water, broth, lentils, carrots, onion, celery and 1/2 teaspoon oregano in a 5- or 6-qt. slow cooker. Cook, covered, on low until lentils are tender, 4-5 hours.

Stir in the spinach, tomato sauce, olives, vinegar, garlic, salt, pepper and remaining 1/2 teaspoon oregano. Cook, covered on low until spinach is wilted, about 1 hour longer. If desired, serve with red onion, parsley and lemon wedges.



Inspiration

I want to fly like the little butterfly -
I want to fly on Angel wings -
I want to fly and be guided by God's Holy
Love...
Let me be free like one of these

Oh, turn me loose and let me go-
Let me be free like one of these....
I want to fly like the little butterfly-
I want to fly on angel wings

I want to fly like the little butterfly-
I want to fly on angel wings-
Oh, turn me loose and let me go-
Let me be free like one of these -

Let me be free, like one of these-
Oh, let me go, let me be free-
I want to fly like the little butterfly-
I want to fly on angel wings.

Kitty Ivey



MAY LOVE AND LAUGHTER LIGHT YOUR DAYS,
AND WARM YOUR HEART AND HOME.

MAY GOOD AND FAITHFUL FRIENDS BE YOURS
WHEREVER YOU MAY ROAM.

MAY PEACE AND PLenty BLESS YOUR WORLD
WITH JOY THAT LONG ENDURES.

MAY ALL LIFE'S PASSING SEASONS
BRING THE BEST TO YOU AND YOURS!

FROM WITHINWINDLE TO YOU!

An Elder is a person who is still growing, still a learner, still filled with potential, and whose life continues to have within it promise for and connection to the future. An Elder is still in pursuit of happiness, joy and pleasure, and their birthright to these remains intact. Moreover, an Elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long-life experience and formulate this into a legacy for future generations.

Barry Barkan



Just For Fun!

Q: What starts with P, ends with an E, and has a million letters in it?

A: Post Office!

Q: Why do sea-gulls fly over the sea?

A: Because if they flew over the bay they would be bagels!

Q: What do you call a pig doing karate?

A: A pork chop!!!

Q: What is the smartest state?

A: Alabama, because it has four A's and one B!

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

IRISH
LUCK
GLOVER
MAGIC
SHAMROCK
POT

GREEN
TREASURE
LEPRECHAUN
GOLD
PINCH

MARCH
RAINBOW
PATRICK
TRADITION
CHARMS



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