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2019 Spring HIICAP News

Frequently Asked Question's (FAQ's)

What is HIICAP?

HIICAP is the Health Insurance Information, Counseling & Assistance Program. We have certified HIICAP Counselors that can help you understand and navigate through the Medicare system. Our services are free and unbiased to make sure you have the best coverage to meet your needs.

What is Medicare?

Medicare is the federal health insurance program administered by the Centers for Medicare and Medicaid services (CMS) for people who are: age 65 and older; disabled for more than 24 months or diagnosed with End Stage Renal Disease(ESRD).

Do I need to sign up for Medicare?

If you are already collecting Social Security at the time you become eligible for Medicare you will automatically be enrolled in Medicare, and you should receive your Medicare card in the mail about three months prior to your start date. If you do not receive your card you should contact Social Security.

If you are not collecting Social Security benefits you must contact Social Security to get signed up.

There are circumstances that allow you to delay signing up for Medicare Part B without a penalty, like if you have health insurance coverage from you or your spouses' employer (not a retiree plan) Please contact us for more information.

What is the Medicare Savings Program (MSP)?

The MSP Program is also known as Medicare Buy-In Program. This program can help

**Medicare
Savings
Programs**

pay your Medicare costs if you have limited income. If your gross income is less than **\$1,426** (single) or **\$1,923** (married) you may qualify. Some insurance premiums can be deducted from your income, so if you are over the income limits you should still contact us to see if you qualify.

What is Extra Help?

Extra Help is a program that will help you pay the monthly drug premium for your D plan or MAPD plan and it will also lower your prescription co-pays if you qualify.

.... Continued on page 3

The Newsletter Staff

Rae Raffle-Maxson, RSVP
Kathy Fox, OFA
Kaylynn Schaffer, OFA

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
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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 Apr-Jun 2019 edition:

Carol Waghorn Kathryn Bacher

Director's Chair

Happy Spring!

I hope this newsletter finds you all well and looking forward to some warmer weather! 2019 has been pretty good to us so far. We have been approved for our grant continuation (Year 2 of our 3 year RSVP grant)! We have also completed our first set of WISE classes and currently have two more in progress and two more scheduled (see the WISE article in this newsletter for more information).

Our RSVP volunteers had a very busy year. In 2018 we had 226 volunteers that contributed over 22,514 hours of service...WOW that is wonderful!!! To recognize your efforts on April 2, 2019 elected officials around the country are asked to recognize National Service Recognition Day to pay tribute to all the service provided by Senior Corp and AmeriCorp volunteers. In June we will be recognizing you and the service you provide to our community at our RSVP Volunteer Recognition Luncheon, be on the lookout for your invitations in May.

I am truly amazed at all you do....Thank you and if you know of any individuals that would be interested in join RSVP please tell them to give me a call!

Wishing you all good health and much happiness.

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

(If you qualify for the MSP, you automatically get Extra Help). If your income is less than **\$1,581**(single) and **\$2,134** (married) and your assets are less than **\$14,390** (single) and **\$28,720** (married) you may qualify.

What are Special Enrollment Period's?

Special Enrollment Period's(SEP's) allow you to make changes to your insurance at times other than the Annual Enrollment Period (Oct 15-Dec 7). Contact us to find out if you qualify for a SEP.

If you would like more information about these programs or any of the other services we provide, please contact us at **315-894-9917** and ask for the HIICAP Program.

NATIONAL
SERVICE
RECOGNITION
DAY



On April 2nd, elected officials across the country will again participate in the National Service Recognition Day. Last year **226 Retired and Senior Volunteer Program (RSVP) of Herkimer County**

volunteers contributed over 22,514 hours of service valued at \$555,871 in our community. Some of the notable contributions made in 2018 by our RSVP volunteers, include:

- * Providing **1,352** medical transports to Herkimer County's frail elderly residents covering over **61,529** miles.
- * Serving over **367,138** meals that were distributed to more than **27,695** individuals through the food pantries located in Ilion, Herkimer, Dolgeville, Little Falls, Newport, Old Forge, West Winfield and Van Hornesville/Jordanville.
- * Tutoring **37** elementary students through the America Reads program.
- * RSVP certified HIICAP counselors assisted **892** Medicare beneficiaries with applying for low income programs and Medicare enrollments.

Thank you to all of our wonderful RSVP volunteers for all you do in providing services and support to those in need here in Herkimer County!

YOU CAN MAKE A DIFFERENCE



Getting Outside with Limited Mobility

Spring is finally on the way and it's a great time for seniors to get out and enjoy the sunshine. However, this can be difficult for seniors who have limited mobility. They may feel that it is too much work to get outside or they may even feel embarrassed by their need to use a cane or a walker. Here are some suggestions about how to get your loved one out of the house:

- ◇ Suggest your loved one sit by an open window for a few minutes every morning. The feeling of fresh air may encourage them to go outside.
- ◇ Set up a bird feeder outside a window.
- ◇ Serve meals at the window.
- ◇ If space is available, consider planting a small garden or even just a few plants. New seedlings are exciting to watch as they grow.
- ◇ If your loved one's home has a private patio or porch, encourage them to sit outside for a few minutes every day.
- ◇ Encourage your loved one to go to the mailbox daily (either walking or in a wheelchair, if needed). This not only provide a few minutes of fresh air but also something to look forward too on a daily basis.

Once the senior feels more comfortable with getting outside, they may want to take one step further and take a short walk or trip to the park.

This information was provided by www.agingcare.com. If you have any questions 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.



Food \$en\$e – Saving money on groceries just makes sense!

Food \$en\$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars. Food \$en\$e provides a monthly box of 12-15 staple grocery items at a discounted price.

There are no qualifications, no subscriptions, and no requirements to participate in Food \$en\$e. Each package costs \$20.50 without limitation to the number of packages you may buy. While the items vary from month to month, the package always includes:

- 4-5 meat items like chicken, ground beef or fish
- 4-5 staple pantry items like pasta, soup, and rice
- 2 fresh produce items like apples, carrots or oranges



Rotating monthly specials like stuffed pork chops, American cheese, meatballs, lasagna, and chicken tenders can be purchased in addition to the basic unit.

To get started call Catholic Charities of Herkimer County at 315-894-9917 for more information.



The RSVP Program 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 given over a six week period.

Here's what our recent WISE graduates said about our program...

"Since starting the WISE program, I have changed my behaviors to promote a healthier life-style."

"If WISE is coming to your area, I would say very much so to go to it as it is fun and very informative!"

"Aging doesn't have to be a negative thing. I now feel much more positive about it!"

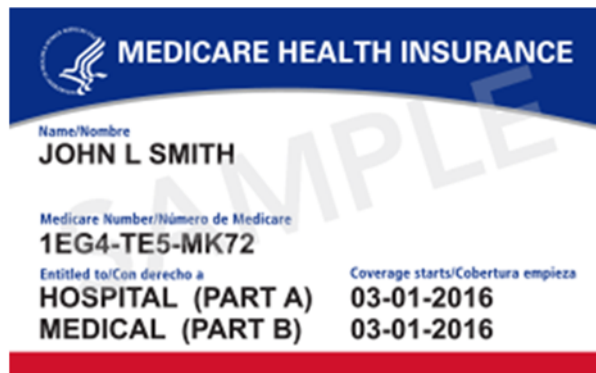
Our next set of classes will be hosted at the following locations:

- ♦ Galinsky Apartments- Tuesdays at 1:30 PM beginning April 2nd, 2019.
- ♦ Catholic Charities of Herkimer County- Wednesdays at 10:00 AM starting May 1st, 2019.

Free refreshments will be served and any program participant who attends all 6 classes will be eligible to enter a drawing to receive a free prize.

For more information about the WISE program or to sign up for the class, please contact Hollie Palmieri at 315-894-9917 Ext. 241. Seating is limited, so call and sign up today!

Are you still waiting for
your new Medicare
card?



The mailing of the new cards in our
area has been completed. If you
still have not received your new
Medicare card, with your new
Medicare number you should call
1-800-MEDICARE
(1-800-633-4227).

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



Save the Date

**The RSVP volunteer Recognition Luncheon
will be**

Thursday, June 13th 2019

**Invitations will be going out to all active
volunteers in May.**

Thank you for all you do!

Herkimer County Falls Prevention STEP UP TO STOP FALLS

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

Spring Fall Prevention Tips for the Elderly

After a particularly cold and wet winter, the transition between winter and spring can be very challenging for our elderly loved ones. In fact, due to the limited opportunities for physical activity caused by the long winter months, it is not uncommon for seniors to experience an increased risk of falling when Spring begins.

Fortunately, these 5 steps can help decrease the likelihood of your elderly loved one experiencing a fall this spring.

1. **Strength Training** – To rebuild your elderly loved one's strength, start them off with 15 minutes of daily simple [exercise](#) (Walking, swimming, gardening) and increase the time slowly.
2. **Visit the Doctor** – Studies have found that poor vision and hearing are top physical factors that can lead to a fall. We recommend scheduling a wellness checkup near the beginning of Spring.
3. **Eat Like Popeye** – A diet rich in vegetables and calcium will help your senior loved one build muscle and strengthen their bones.
4. **Spring Cleaning** – Having a clean living space is not only nice but it helps reduce the risk of falls. At a minimum you should remove clutter from indoor and outdoor walkways, rake up fallen leaves that still linger, and remove moss from sidewalks, porches and driveways.
5. **Check the Flooring** – Having a clean walkway is only part of the battle. Once you have cleared the clutter check the flooring throughout the house and repair loose or damaged floorboards, carpeting and mats.



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



Aging Mastery Program®

National Council on Aging



Aging Mastery Program®

Join the adventure!

Parkway Center will be running the all NEW **Aging Mastery Program®** (AMP.) AMP encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

**Special Class in Herkimer County—Nathan Galinsky
Apartments, 105 Protection Ave., Herkimer**

Thursdays, May 23rd through August 1st, 2:00-4:00pm

By participating in this program, you will:

- * Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.*
- * Get REAL incentives and rewards for taking small steps that can improve your well-being.*
- * Meet new friends, provide support and encouragement to your peers, and become more involved in your community.*

Class is NOW FREE for participants.

Limited spots available: Sign up now!

Call Debby at the Parkway Center—315.223.3973, Ext. 115

Funded in part by:



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Herkimer County Public Health

301 N. Washington St.

Herkimer N. Y. 13350

Phone (315) 867-1176 Fax (315) 867-1612

2019 Rabies Vaccination Schedule

1. All cats, dogs and ferrets three months or older must be vaccinated even if they stay indoors
2. Every dog and cat needs two rabies vaccinations one year apart then one every three years
3. Bring proof of the pet's vaccination history to receive a three year certificate
4. Ferrets must be vaccinated every year
5. Dogs should be on a leash, cats and ferrets should be in a carrier or pillowcase
6. NO EXAMS WILL BE GIVEN, Please help to move the clinic along, Thank you.
7. Owners are responsible to clean up after their animals, supplies are provided.
8. A \$5.00 donation per pet is suggested to defray costs, Thank you.



Date/Day/Time	Location
March 28th, Thursday 5:30- 7:00 pm	East Herkimer Fire Department 193 Main Rd. East Herkimer
April 11th, Thursday 5:30- 7:00 pm	Ohio Community Rec. Center 140 Nellis Rd, Town of Ohio
May 2nd, Thursday 5:30- 7:00 pm	Dolgeville Fire Department 20 S. Helmer Ave. Dolgeville
May 18th, Saturday 10:00-12:00 pm	East Herkimer Fire Department 193 Main Rd. East Herkimer
May 23rd, Thursday 5:30-7:00pm	Old Forge Fire Department 116 Fulton St. Old Forge
June 6th, Thursday 5:30- 7:00pm	Middleville Fire Department 41 North Main St. Middleville
June 19th, Wednesday 5:30 – 7:00pm	Ilion-Frankfort VFW Pavilion 4274 Acme Rd, Frankfort
July 11th, Thursday 5:30 – 7:00 pm	Danube Town Garage 438 Creek Rd. Little Falls
August 28th, Wednesday 5:30- 7:00pm	Salisbury Fire Department 2549 St. Rt. 29, Salisbury Center
September 19th, Thursday 5:30-7:00pm	Cedarville Fire Department 960 St. Rt. 51, Cedarville
October 3rd, Thursday 5:30-7:00 pm	Little Falls Town Garage 478 Flint Ave. Ext. Little Falls
November 2nd, Saturday 10:00-12:00	East Herkimer Fire Department 193 Main Rd. East Herkimer

To pre-register for a clinic please call 315-867-1176. Pre-registration will end at the close of business the day before all clinics.



April 27, 2019

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 Police Dept. 126 East Orchard St. Frankfort
Frankfort Town Hall 201 3rd Ave. Frankfort (9am-4pm)
Herkimer County Sheriff's Office 320 N. Main St. Herkimer (8am-5pm)
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)
Town of Webb Police Dept. 3139 NY-28 Old Forge (Please contact Dept. @315-369-6515)

For more information about the disposal of prescription drugs or other community concerns surrounding substance use and abuse, visit our website at www.CPCHC.org or Contact Nicole Head, DFC Project Coordinator at 315-894-9917 ext. 258.

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.



Safe Medicine Use

Many adults will begin to take more medications as they age, both prescription and over-the-counter. The increase in the number of medications taken by an individual can lead to potential medication errors. Here are a few tips on how to use medications safely:

- Know the names of your medications, the reason you take them and the possible side effects.
- Bring a list of all the medicines you take to each doctor's appointment. This list should include all prescription and over-the-counter medications, vitamins and herbal supplements.
- Take medicines as prescribed and **DO NOT** use more medication than you are prescribed.
- **DO NOT** take medication in the dark. Always take medication in a well-lighted room to make sure you are taking the correct medication at the dosage that is prescribed. If

you need glasses to read, wear them when taking medicine.

- Always keep medication locked up and out of the reach of children.



If you feel that a medication was not taken correctly or too much medicine was taken, you can contact Poison Help 24 hours a day, 7 days a week at 1-800-222-1222. You will be connected with a nurse, pharmacist or other poison expert at your local poison center.

For more information, please visit <https://poisonhelp.hrsa.gov> or contact NY Connects or Office for the Aging at 867-1415 or visit our website at: www.herkimercounty.org; then Departments, then NY Connects.



DO YOU HAVE **concerns** **about falling?**

Many older adults experience concerns about falling and restrict their activities. **The Parkway Center presents A MATTER OF BALANCE**, an award-winning program designed to manage falls and increase activity levels.

Classes at John Guy Prindle Apartments, 80 E. North St., Ilion, NY

Dates: Tuesdays—April 9, 16, 23, 30th; May 7, 14, 21, 28, 2019

Registration for 8-session class required.

Time: 10:00 am—12:00 noon

Location: Community Room, Prindle Apartments

Cost: Class is FREE

For more information or to sign up, please contact Jackie Murphy at 315-867-1371.



From the *RSVP Program*

APRIL

2nd Trudie Blackwell
Dorothy Siedsma
8th Patricia Bowker
11th Frances Stuble
14th Harriet Haines
15th Rose Zito
18th John O'Donnell
19th Janice Branch
RuthAnn Harrington
Patricia Peters
21st Helen Daly
24th Linda Quesnell
28th Shaon Daviau
30th Lydia Sexton

MAY

1st Volney Seeley
2nd Constance Ann Johnson
3rd Mary Mitchell
5th Evelyn Stephon
7th Martha Sirois
12th Charles Hand
14th Chirstine Teedale
15th Carol Clark
Mary Ratajack
18th Sharon Ferdula
25th Laurie Bowman
Elizabeth Hurteau
28th Bill Williczka
31st Joanne Favat

JUNE

2nd Margaret Streeter
4th Kathleen Smith
8th Patrick Whalen
9th Mary Tamburrino
12th Terry Leonard
Natalie Tickner
15th Marilyn Kitner
16th Etta Humphreville
Janet Vedder
18th Kenneth Haroldecki
20th Dennis Jones
21st Jackie Rogers
23rd Jo Anne Dellet
26th Paul Frezza
29th Nancy Bronson
30th Andrea Williams



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Chicken a la King in a Hurry

What You'll need:

- 3 tablespoons butter
- 8 ounces fresh mushrooms, sliced
- 1 (10– 3/4 ounce) can cream of chicken soup
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups chunked cooked chicken (about 2 boneless, skinless chicken breast)
- 1 cup frozen green peas, thawed
- 1 (2 ounce) jar diced pimientos, drained
- ♦ In a large skillet over medium heat, melt butter; sauté mushrooms 4 to 5 minutes, or until tender. Add soup, milk, salt, pepper, and chicken; mix well and cook 3 to 4 minutes, or until hot.
- Stir in peas and pimientos and continue cooking 5 to 7 minutes, or until warmed through.
- Serve over warm cooked egg noodles or buttermilk biscuits.



Creamy Bacon Pea Salad

- 1 lb peas, frozen
- 5 slices bacon, cooked, diced
- 1/4 red onion, diced
- 3 ounces cheddar, diced
- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1/4 cup ranch dressing
- 1 Tablespoon lemon juice
- as desired salt and pepper

1. Place frozen peas into a colander and place that into a bowl. Pour hot water over them to thaw them. Drain well.
2. In a bowl, the sour cream, onion, mayo, ranch dressing, lemon juice, salt and pepper. Mix well.
3. Place the peas into a bowl and mix the dressing into the peas. Fold half of the bacon and all of the cheese into the salad.
4. Garnish with remaining bacon. Cover and refrigerate for at least 1 hour to let the flavors settle.



Memorial Day Best BBQ Chicken Ever!

- | | | |
|-------------------------------|----------------------------|--|
| 1/2 cup Worcestershire sauce | 1 teaspoon Cajun seasoning | 1 teaspoon garlic powder |
| 2 1/2 tablespoons brown sugar | 1 1/2 tablespoons ketchup | 6 skinless, boneless chicken breast halves |

In a large bowl, blend the Worcestershire sauce, Cajun seasoning, garlic powder, brown sugar, and ketchup. Place the chicken in the bowl, and coat thoroughly with the sauce mixture. Cover, and refrigerate 8 hours or overnight.

Heat an outdoor grill for medium heat, and lightly oil grate.

Discard the marinade, and grill chicken 6 to 8 minutes per side on the prepared grill, or until no longer pink and juices run clear.



There are

Angels

God puts on this Earth

Who care for us and guide us.
You can feel their love and gentleness as
they walk through life beside us.

They do great things for us every day
they whisper in our ears,
they even hold us in their hearts
when we are filled with all our fears.

They are always there to give a hug
and try to make us smile.
They treat us with respect and love,
they treat us like their child.

God blessed me with an Angel,
I'm proud to call my own.
She's been with me throughout my
life, been with me as I've grown

She's guided me the best she can,
she's taught me like no other,
and I'm thankful I'm the lucky one
who get's to call her...



Mother

What is A Dad?

A dad is a person
Who's loving and kind.
And often he knows
What you have on your mind.

He's someone who listens,
Suggests and defends,...
A dad can be one
Of your very best friends!

He's proud of your triumphs,
But when things go wrong,
A dad can be patient
And helpful and strong.

In all that you do
A dad's love plays a part ~
There's always a place for him
Deep in your heart ~

And each year that passes,
You're even more glad,
More grateful and proud
Just to call him your dad!

-author unknown



Just For Fun!

Q: Why did God make only one Yogi Bear?
A: Because when he tried to make a second one he made a Boo-Boo

Q: How did the farmer mend his pants?
A: With cabbage patches!

Q: What did the digital watch say to his grandfather?
A: Look grandpa no hands!

Q: Why does a milking stool have only 3 legs?
A: Because the cow has the utter.

Silence is golden,
Duct tape is silver

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

BAR

BUNNY

CAKE

CANDY

CHIPS

COOKIES

DROPS

EGGS

FONDUE

FOUNTAIN

FUDGE

ICECREAM

MILK

PIE

PRETZELS

SAUCE

SPRINKLES

SYRUP

TART

TRUFFLE

WAFERS



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