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2019 Summer HIICAP News

HIICAP News Fall 2019

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, 2020.

What's new with Medicare?

The Medicare plan finder located on the Medicare.gov website has been updated and beginning in October HIICAP we will have to use the updated system to enroll beneficiaries into their 2020 plans. The new plan finder has different capabilities and encourages Medicare beneficiaries to create a MyMedicare account. There will no longer be a way to save RX lists or know if you have Extra Help without logging into the planfinder using your MyMedicare username and password. The HIICAP office is anticipating this new process will take us longer to assist beneficiaries, especially this year since it will be new for all of us. So if you already have a MyMedicare account, great but if you don't please contact us and we will be happy to assist you.

There are also some changes regarding Medicare Supplemental or Medigap plans for 2020. People newly eligible for Medicare in 2020 or later will **not** be able to purchase a Medigap

Plan C or F. But beneficiaries who have or are eligible for Medicare prior to 2020 will continue to have the right to purchase a Plan C or F. In addition, any company that is currently selling those plans will have to continue to do so.

Another change for this year is the elimination of the donut hole. Beginning in 2020 beneficiaries Initial Coverage limit increases from \$3820 to \$4020 and once that limit is reached you pay 25% of the cost of both generic and brand name drugs. This year you paid 37% of the generic cost in the donut hole. Of course if you have NYS EPIC or Extra Help those programs may provide additional cost savings to you. The income limit for EPIC is \$75,000 single and \$100,000 married. The limits for Extra Help are as follows

Extra	Income Limit	Asset Limit
Single (Full EH)	\$1,425	\$9,230
Single (Partial EH)	\$1,581	\$14,390
Married (Full EH)	\$1,922	\$14,600
Married (Partial EH)	\$2,134	\$28,720

The **Medicare Savings Program (MSP)**, is another program that may help reduce your costs. The benefits of quali-

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The Newsletter Staff

Rae Raffle-Maxson, RSVP
Kathy Fox, OFA
Kelly Lowell, OFA

Office for the Aging

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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 2019 edition:

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, Suite 1101
Herkimer, NY 13350
315-867-1121*

Director's Chair

Director's Chair Fall 2019

Fall is a beautiful time of the year! The beautiful colors and smells always bring a smile to my face. As we go through another season of change we are also experiencing some changes within RSVP and the Corporation for National Community Service.

Last year I mentioned CNCS had created a Transformation and Sustainability Plan to strengthen our programs and protect them for future years. Well, the changes are starting to take place. Over the last few months we have said goodbye to our State Program Officer, and some additional state staff including my Program Officer, Kim Judy. Kim was a great help to me and our program and I am very grateful to have had her and we wish her all the best on her next adventure. Another big change was our NY state office closed. Over the next couple of months our new regional office will be opening up in New Hampshire and I will be assigned a new Portfolio Manager. While change can be difficult at times I'm hopeful this will be good for our program so we can continue to serve those who need us.

From all of us at RSVP we wish you a Happy Fall and a wonderful Holiday season filled with good health and much happiness,

Rae Raffle-Maxson

Program Director

ifying for the MSP are: you will receive Medicare Part B(which currently is \$135.50) without paying for it and you will receive the full extra help benefit for your prescription coverage. If your gross monthly income is under **\$1,426** for a single individual and **\$1,923** 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 poli-

If you have any questions about Medicare, would like us to review your coverage for next year, or would like us to screen you for any of the cost savings programs please contact us at the Herkimer County HHCAP office at 315-894-9917 for assistance. Thank you!

cy, long term care insurance, or a Part D plan that is above the \$39.33 benchmark for 2019



Beginning in 2020 Providers **must** bill Medicare using your new Medicare Beneficiary Identifier. You should have received your new card in 2018, but if you still have not received it you can contact Medicare at 1-800-633-4227 for assistance.



October 26, 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 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.



Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. We would like to acknowledge the following RSVP volunteers who are Veterans and thank them for their service to our country: Ray Ber-nos ,Doug Capraro, Jim Conover, Gordon Darling, Ralph Dow, Jerry Fluharty,

Breakfast Club & Depression Boys

Information:

1. Membership: Free, any gender, anyone
2. Location: Foltsbrook, Washington St., Herkimer
3. Time: First Tuesday every other month—Jan., March, May, July, September, and November at 9:00 AM
4. Cost: \$5.00 for the breakfast and a donation of \$1.00 to go to local non-profit (library, humane society, and others)
5. Other information: There is a guest speaker after breakfast.

History:

Sometime during the early 1990's, Joe Kowalczyk organized The Depression Boys as an informal gathering of local men who grew up during the Great Depression (about 1929-1939). The number who met increased. The Depression Boys became more formal in their meetings. Foltsbrook (formerly Folts Center) offered the group an ongoing location for the breakfast meeting. Then as now, all members of the public are welcome to attend. For more information, contact Fran at 315-866-4181.

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

Come join us for a free breakfast and receive Important Information on the services available to older adults! Please come and receive information about services available and ways to save money on programs that you may be eligible for.

Herkimer County Public Health will have Flu Shots available. Please bring your insurance cards, cash or check. The Office for the Aging will hold a short public hearing about services for older adults and discuss the Needs Assessment that was conducted.

Date: Monday, November 4, 2019

Time: 10:00 AM – 12 PM

Location: The Travelodge

20 Albany Street Little Falls

(Free parking; handicapped accessible; If you need **any** special accommodations such as translation services or documents with larger print please let us know 3 business days prior to the meeting)

To reserve a seat call 315-867-1121, please RSVP by Wednesday October 30th. This information brought to you by **NY Connects, your link to Long Term Services and Supports**; www.herkimercounty.org, then departments, then Office for the Aging; phone 867-1121.

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

Come join us for free refreshments and receive Important Information on the services available to older adults! Please come and receive information about services available and ways to save money on programs that you may be eligible for.

Please share your thoughts on the services that Office for the Aging provides as well as any services that may be needed.

The Office for the Aging will hold a short public hearing about services for older adults and discuss the Needs Assessment that was conducted.

Date: Friday, November 8, 2019

Time: 11:00 AM – 1 PM

Location: Old Forge Library

**220 Crosby Blvd, Old Forge,
NY 13420**

(Free parking; handicapped accessible; If you need **any** special accommodations such as translation services or documents with larger print please let us know 3 business days prior to the meeting)

No sales, just information. **Free Night lights!!!**

Free coffee and refreshments for all who attend!

This information brought to you by **NY Connects, your link to Long Term Services and Supports**; www.herkimercounty.org, then departments, then NY Connects; phone 867-1121.



The RSVP Program of Herkimer County is proud to offer the Wellness Initiative for Senior Education (WISE) Program. WISE is an evidence based program which celebrates healthy aging and educates older adults through numerous interactive lessons given over a six week period.

Our next set of classes begin on Tuesday, October 8th @ 10am at:
Valley Residential Services
323 Pine Grove Rd.
Herkimer, NY 13350

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

A name you can trust.

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



A plan for life.

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

This is an advertisement.
Y0019_17_1684_C



Daylight Saving Time

November 3, 2019

**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

Checklist for Fall Prevention



Checklist To Prevent Falls Around the Home



Clear Cords

Phone cords or power cords can become hazardous if they are not removed from high traffic areas. Be sure lamps are close enough to the wall that there are no exposed cords.



Clear Clutter

Clutter such as boxes, low furniture, newspapers, pet bowls, or anything else that impedes walking can cause major problems. Be sure there is ample room to walk without dodging around things on the floor.



Doorsills and Steps

If your loved one's house has a raised doorsill make sure it is painted a different color or has reflective tape on it. This goes for the edge of steps as well. Check to see if there is loose carpeting, unstable wood, or erosion of any kind. Make any repair necessary.



Lighting

Lighting is one of the easiest fixes and one of the most important. This means that you should be using at least a 60-watt bulb wherever there is a lamp or light fixture. Check for areas in the house that aren't lit and add a lamp to the area. Steps and uneven flooring must be lit.



Bathrooms

It's important to have anti-slip mats to assist with getting in and out of the shower. Walk-in showers are ideal, but if a walk-in shower isn't an option, metal grab-bars inside and outside the bathtub reduce the risk of an accident.



Telephone Accessibility

Make sure there is a telephone in each room within reach. This way, your loved won't have to rush to answer the phone. Standing up too quickly can cause light-headedness/dizziness. Also, easy to reach phones are necessary to alert authorities in the case of an emergency.

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

Office for the Aging Senior Expo

2019



A great day at the Senior Expo!



Catholic Charities Retired and Senior
Volunteer Program of Herkimer County



Legal Services
of Central New
York



The Medicine Shoppe



Herkimer County Healthnet



Getting connected with NY connects

Hospital Admission or Observation Status

Just because your family member is in a hospital bed, on a hospital unit, eating hospital food, and undergoing hospital tests does not mean they are automatically admitted to the hospital. Sometimes doctors want to “observe” a patient for few hours and more hospitals are observing a patient rather than having them admitted.

A few things a person should know about admission vs. observation:

- Hospital admissions are covered under Medicare part A. Under Medicare Part A, after a one time deductible fee, all hospital costs are covered when a person is admitted as inpatient.
- Observation status or emergency room care (without admission) are considered outpatient care and are only covered by Medicare Part B. Medicare Part B treats each lab test, x-ray, and other services as individual items, each with a co-pay. Prescription drugs are not covered and may be a separate charge.

To be eligible for Medicare-covered skilled nursing facility services, the patient must have a hospital inpatient stay for at least three days. The observation period does not count.

Ask repeatedly if your family member has been officially admitted to the hospital, or if he/she is under an observation status.

Make a note of each staff person’s response including their name and date.

The hospital can retroactively (after the fact) change the patient’s status from inpatient to outpatient. This change is supposed to be made while a person is in the hospital, with written notification to the patient.

This information was provided by www.nextstepincare.org. Please contact Herkimer County Office for the Aging or NY connects for more information at: 315-867-1415 or www.herkimercounty.org go to departments then Office for the Aging.

Written by Jodi Dyn.



VOLUNTEER DRIVERS NEEDED

The RIDE Program of Catholic Charities is in need of caring individuals who are willing to give their time to transport seniors to their medical appointments. This is a completely volunteer program that works around your schedule.

The RIDE volunteers receive training, recognition, mileage reimbursement, and are covered through the program's CIMA insurance.

If you are interested, please contact Catholic Charities of Herkimer County today by calling **315-894-9917** and ask for RIDE! Thank You!

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.



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.



Attention ALL Aetna PDP members

In 2018 Wellcare acquired Aetna's standalone Prescription Drug Plans((PDP). If you have an Aetna PDP there will be no changes to your plan in 2019. **In 2020 your Aetna Plan will transition to a Wellcare PDP.** You will receive notices regarding the changes for 2020, if you do nothing you will automatically be enrolled in a Wellcare plan for 2020. If you have the auto payment set up for your Aetna plan you will have to set that up again for your new Wellcare plan. If you have any questions or would like a HIICAP counselor to review your options with you please contact Catholic Charities at 315-894-9917 and ask for the HIICAP Program.



From the *RSVP Program*

OCTOBER

1st Diane Bard
 3rd Martha L Welden
 4th Paula Peck
 5th Beverly L Findura
 13th Robert Bishop
 Darleen Paul
 16th Jeanette Frederick
 18th Jean Mihevc
 20th Hope M Carbone
 21st Nancie Carmody
 Barbara Currin
 26th Eileen Manno
 Miriam Marriott
 28th Carmelita Maddocks
 29th Warren Marriott
 31st Jayne Leclair

NOVEMBER

1st Barbara Schwartz
 Emily Sokol
 Caroline Stewart
 2nd Judith VanDuran
 3rd Margaret Blumenstock
 4th Ida Oliveri
 6th Norlee Hyde
 Kenneth Kotary
 8th Donald Brouillette
 Alice Peterson
 Walter Raffle
 11th James Spinner
 16th Barbara Hartness
 Shawn Latella
 22nd Mary Jane O'Donnell
 23rd Mary (Patty) Loiacano
 Edward Schrader
 24th Genevieve Fenton
 Carol Mocko
 Sharon Perry
 25th Patricia Sokol
 28th Barbara Ball

DECEMBER

1st Danielle Bernard
 Eleanor Stanton
 3rd Constance Pope
 5th Linda Edick
 Carol Murphy
 Sandra Rasmussen
 7th Irving Laurence Burket
 8th Eleanor Kudrewicz
 11th Judy Foley
 14th Patti Laymon
 Sharon Pardonek
 Francis Reina
 Edward Scouten
 15th Debra Dote
 19th Shirley 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

Leftover Turkey Tetrazzini

1 package (7 ounces) thin spaghetti, broken in half
2 cups cubed cooked turkey
1 cup sliced fresh mushrooms
1 small onion, chopped
3 tablespoons butter
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
1 cup whole milk
1/2 teaspoon poultry seasoning
1/8 teaspoon ground mustard
1 cup shredded cheddar cheese
1 cup shredded part-skim mozzarella cheese

Directions

1. Cook spaghetti according to package directions. Drain and place in a greased 11x7-in. baking dish. Top with turkey; set aside.
2. In a large skillet, sauté the mushrooms and onion in butter until tender. Whisk in the soup, milk, poultry seasoning and mustard until blended. Add cheddar cheese; cook and stir over medium heat until melted. Pour over turkey.
3. Sprinkle with mozzarella and Parmesan cheeses (dish will be full). Bake, uncovered, at 350° for 25-30 minutes or until heated through. Sprinkle with parsley.

Taste of Fall Salad

2/3 cup pecan halves
1/4 cup balsamic vinegar, divided
Dash cayenne pepper
Dash ground cinnamon
3 tablespoons sugar, divided
1 package (5 ounces) spring mix salad greens
1/4 cup olive oil
1 teaspoon Dijon mustard
1/8 teaspoon salt
1 medium pear, thinly sliced
1/4 cup shredded Parmesan cheese

Directions

1. In a large heavy skillet, cook the pecans, 2 tablespoons vinegar, cayenne and cinnamon over medium heat until nuts are toasted, about 4 minutes. Sprinkle with 1 tablespoon sugar. Cook and stir for 2-4 minutes or until sugar is melted. Spread on foil to cool.
2. Place salad greens in a large bowl. In a small bowl, whisk the oil, mustard, salt and remaining vinegar and sugar; drizzle over greens and toss to coat. Arrange the greens, pear slices and pecans on six salad plates. Sprinkle with cheese.

2 Ingredient Pumpkin Brownies

1 box brownie mix
1-15oz can of pumpkin puree

Preheat oven to 350. Line a 9"x9" in baking pan with parchment paper and grease with cooking spray..
Mix brownie mix and pumpkin in large bowl and pour into prepared pan and smooth top.
Bake for 25-28 minutes or until a toothpick inserted in the middle only has a few moist crumbs.
Let cool completely and add your favorite frosting or enjoy without!

Inspiration

If you look for Me at Christmas,

*You won't need a special star -
I'm no longer just in Bethlehem,
I'm right there where you are.*

*You may not be aware of Me
Amid the celebrations -
You'll have to look beyond the stores
And all the decorations.*

*But if you take a moment
From your list of things to do
And listen to your heart, you'll find
I'm waiting there for you.*

*You're the one I want to be with,
You're the reason that I came,
And you'll find Me in the stillness
As I'm whispering your name.*

Love,
Jesus

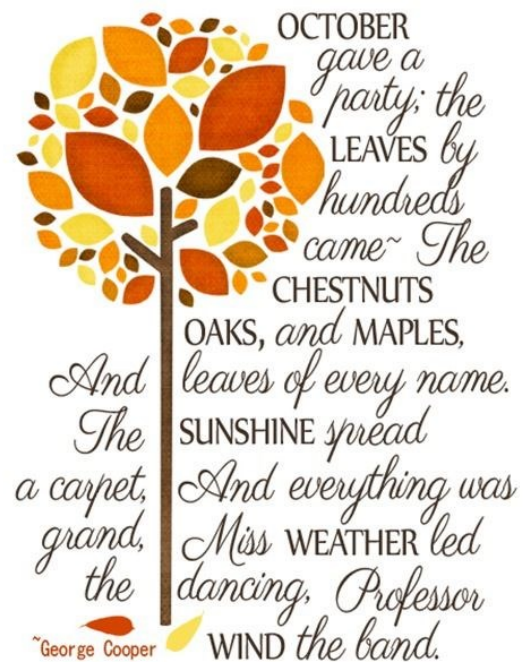


November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring.

By: Clyde Watson



Just For Fun!

Q: What did the tree say to autumn?

A: Leaf me alone.

As a scarecrow, people say I'm outstanding in my field.

But hay, it's in my jeans.

Q: What's red and moves up and down?

A: A tomato in an elevator.

Q: What do you call a Turkey with no feathers?

A: Thanksgiving dinner

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

AUTUMN
FAMILY
FEAST

FOOTBALL
GOBBLE
INDIAN

PILGRIM
STUFFING
THANKFUL

THANKSGIVING
THURSDAY
TURKEY



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](http://www.alz.org/cny)  [association](http://www.alz.org/cny)

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