

Sharing the Spirit

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

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2020 SPRING HIICAP

The Medicare Savings Programs (MSP), also known as the Medicare Buy-In programs, are programs which help you pay your Medicare premiums. If your gross monthly income is under \$1,456 for a single individual and \$1,960 for a couple, you may qualify for this benefit. There is no resource limit for the Medicare Savings Program. If your income is slightly higher than this, you may still qualify if you are paying for a medical premium, such as a Medigap policy, a dental policy, long term care insurance, or a Part D plan that is above the \$40.99 benchmark. The benefits of qualifying for the Medicare Savings Program is twofold: You will receive Part B Medicare without paying for it and you will receive the full Extra Help benefit for your prescription coverage.

The Extra Help benefit is a federal program that helps you pay for some or most of the costs of Medicare prescription drug coverage. If your monthly income is up to \$1,615 for singles (\$2,175 for couples) and your assets are below specified limits, you may be eligible for Extra Help. You can apply for this program on line at www.ssa.gov. If you are receiving Medicaid, Supplemental Security Income or the Medicare Savings Program you will automatically qualify for Extra Help. You will need to be enrolled into a Medicare Part D plan so if you have prescription drug coverage through a retiree plan you may want to discuss this with your current plan because you don't want to lose any other benefits that may be attached to that coverage.

Another program available to New York residents 65 and over is the EPIC program. EPIC's fee plan is for enrollees with incomes up to \$20,000 for singles, and \$26,000 for married couples. The Deductible Plan is for members with incomes ranging from \$20,001 to \$75,000 for singles, and \$26,001 to \$100,000 for couples. The benefit of having EPIC is that it gives Medicare beneficiaries a Special Enrollment Period to opt out of any plan during the calendar year. If you are on the EPIC's fee plan, EPIC will pay your Part D premium up to the benchmark amount. If you are on the deductible plan, but your income is up to \$23,000 if single and \$26,000 if married, EPIC will also pay your Part D premium up to the benchmark. The remaining EPIC enrollees on the deductible plan will have their EPIC deductible lowered by \$438. As you know, when EPIC is working, seniors pay between \$3 and \$20 for prescriptions. EPIC is secondary coverage, that is, Medicare beneficiaries must have a Medicare Part D plan for EPIC to pay as the secondary insurer.

If you would like to apply for or learn more about the Medicare Savings Program, Extra Help or EPIC please contact the Herkimer County HIICAP office at 315-894-9917.



The Newsletter Staff

Rae Raffle-Maxson, RSVP
Kathy Fox, OFA
Lori Waterbury OFA

Office for the Aging

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We thank all of you who made a donation toward the cost of the Sharing the Spirit for the April-June 2020 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

First, let me start this by saying **Thank You**. Thank you for everything you do every day and the impact you make in our community. I am so grateful for each and every one of you.

Right now we are all facing challenging issues that are unprecedented with the outbreak of the Coronavirus Disease (COVID-19). COVID 19 is impacting both those we serve and those who provide the service, let us do everything we can to keep everyone safe.

I know you have all been called to serve those in need and while I completely respect that I also want you to remember the health and safety of every one of you remains the top priority for our RSVP program.



Today is a day for all of us to come together and do what we do best by taking care of the most vulnerable population: our older neighbors. The majority of our RSVP volunteers are part of the vulnerable population that we are working so hard to protect, so please do your part to stay safe. For some of us that may mean we need to stop volunteering, to others it may mean we find a different way to volunteer, and to others it may mean we find a way to continue to safely volunteer at our station. Whatever it means for you please know we want you to be safe!

We have had to make some tough decisions and one is we have postponed our volunteer recognition luncheon that we usually have in June. I am hoping that we will be able to hold this event at a later date. This year is our 35th Anniversary and I am really looking forward to all of us getting together and celebrating all of your achievements.

We have started a couple of projects to keep us busy and keep us all connected (1) the Compassionate Connections project (more information in this newsletter) and (2) Comfort food project- send us your favorite family recipes and we will put together a COVID 19 Cookbook to provide some comfort while we are all quarantined.

.... Continued on page 3

Recipes can be emailed to rsvpvolunteer@ccherkimer.org or mailed to my attention at:

Catholic Charities of Herkimer County
61 West Street
Ilion, NY 13357
Program Director

Until we talk again I encourage all of you to follow the guidance of the CDC, state and local health officials. Wash your hands, don't touch your face and keep social distancing!

We are all in this together. Stay well!

Rae Raffle-Maxson

Program Director

ATTN: ALL FOOD SENSE CLIENTS:

The Food Sense Program has been suspended for the Month of April. We apologize for any hardship this may cause you. The Food Bank is constantly weighing the importance of continuing to offer this program while being cognizant of the public health concerns. We all appreciate your cooperation during this time.

If you are in need of food you can contact the food pantry in your area for assistance. We recommend you call them ahead since they may be doing things differently at this time. If you have any questions you can call Catholic Charities of Herkimer County at 315-894-9917 for more information.



New Medicare cards were mailed to beneficiaries in 2018, but your medical providers may have continued to use your old Medicare number until January 1, 2020. That was perfectly acceptable during the transition period. But as of January 1, 2020, providers must use your new Medicare number. You may find that at your next medical appointment, your providers are asking you to show your Medicare card so they can verify that they are using the correct number for billing purposes.

Remember to shred your old Medicare card because it has your Social Security number on it. Protect your new Medicare card just like your credit cards. Only give your Medicare Number to doctors, pharmacists, other health care providers, your insurer, or people you trust to work with Medicare on your behalf. If you suspect possible Medicare fraud call the **NYS State Wide Senior Action Council** at **800-333-4374** to report.

If you still have not received your new Medicare card please contact **Medicare** at **1-800-633-4227** for assistance.

Medicare covers COVID-19

- Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
- Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.
- At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).
- If you have a Medicare Advantage Plan, you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits beyond the ones described below. Check with your plan about your coverage and costs.
- Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. **As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!**
- **If you have questions call HHCAP at 315-894-9917 or Medicare at 1-800-633-4227.**



Please try and be mindful of how you're feeling during this pandemic. If you're feeling lonely or depressed and would like someone to check in on you or if you're needing something and can't find a way to get it, please call us at Catholic Charities 315-894-9917 and we will do what we can to help.

We know times are tough right now and many people are feeling more lonely and isolated than ever. While we are currently unable to see our friends and family in person

there are still ways that we can communicate. You could send them a letter or an email or if you'd like some more personal face to face communication, there are options for that too! You can still have coffee with friends in the morning. You can still have dinner with your family. We just have to get a bit creative during these trying times. Ask for visitors to come see you through the window! It may sound funny but many people have been doing this and they're really enjoying it. Some are even capturing photos social distancing through the window. If this is not an option, you could use a cell phone or a computer and download free video call apps. My favorite option for this is Zoom. Using zoom you can see as many people as you want on the screen and have a meeting for free for up to 40 minutes. You could set up a meeting with all of your loved ones from all over the world! You can find this in the app store of a cell phone or go to your browser and type in zoom.us. Some other options for 1 on 1 video calls are facetime for iphones, tango and skype.

Staying positive during this time can be difficult but it will make a world of difference in our mental state during this time. Let's remember all of the hard times we've gotten through in life and be grateful for all that we have. You are stronger than you think!

Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include older people who are at higher risk for severe illness from COVID-19. This may result in increased stress during a crisis. Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.



Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Feelings of numbness, disbelief, or anxiety.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

Things You Can do to Support Yourself

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them. The Center for Disease Control is an excellent resource during the COVID-19 outbreak.

- ♦ Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make you stronger:
- ♦ Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- ♦ Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy,
- ♦ Well balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- ♦ Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider if stress gets in the way of your daily activities for several days.

10 ways to safely help your community during COVID-19

1. donate to nonprofits



2. donate or volunteer safely with
food banks and pantries

3. deliver meals and groceries to
vulnerable seniors



4. help a local school



5. donate blood



6. become a medical
volunteer

7. donate medical supplies
or equipment



8. stay in touch

9. serve in your community



10. volunteer at home



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.
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SHARING THE SPIRIT

LIVING WELL PROGRAM

By: Jenny Flynn, Bassett Healthcare Living Well Program

**Find the supportive community
you need this spring.
Sign up today!**



The *Living Well with Chronic Conditions* 7-week workshop series offers people with arthritis, anxiety, depression, asthma, COPD, heart disease, or any chronic condition ways to take control of the day-to-day management of their health. Helpful information and practical skills for ways to improve strength, flexibility, and endurance, fall prevention, problem-solving, and goal-setting are provided. Caregivers can attend.

Program participants receive a book and audio CD to support the need to learn more. Trained peer leaders facilitate the interactive workshop that complements your current care.

Living Well with Chronic Conditions

* Stay tuned! Classes to be announced in the future.

This workshop series is open to the public, no need to be a resident of Prindle Apartments to register. There is no charge for the workshop series, just a commitment to meet for 2.5 hours once a week for seven weeks and willingness to learn more about your health.

To learn more or enroll: call 607-547-3948; email livingwellsessions@bassett.org; or visit: www.bassett.org/livingwell. Follow the Living Well Program on Facebook at www.facebook.com/BassettLivingWell.



**Herkimer County
Public Health**

301 N. Washington St., Herkimer, N.Y. 13350
Phone (315) 867-1176 Fax (315) 867-1612

2020 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 26th, Thursday 5:30 - 7:00 pm	East Herkimer Fire Department 193 Main Rd., East Herkimer 13350
April 9th, Thursday 5:30 - 7:00 pm	Ohio Community Rec. Center 140 Nellis Rd., Town of Ohio 13324
May 7th, Thursday 5:30 - 7:00 pm	Dolgeville Fire Department 20 S. Helmer Ave., Dolgeville 13329
May 16th, Saturday 1:30 - 3:30 pm	East Herkimer Fire Department 193 Main Rd., East Herkimer 13350
May 21st, Thursday 5:30 - 7:00 pm	Old Forge Fire Department 116 Fulton St., Old Forge 13420
June 4th, Thursday 5:30 - 7:00 pm	Norway Community Center 3114 Military Rd., Norway 13416
June 17th, Wednesday 5:30 - 7:00 pm	Ilion-Frankfort VFW Pavilion 4274 Acme Rd., Frankfort 13340
July 9th, Thursday 5:30 - 7:00 pm	Danube Town Garage 438 Creek Rd., Little Falls 13365
August 26th, Wednesday 5:30 - 7:00 pm	Salisbury Fire Department 2549 St. Rt. 29, Salisbury Center 13454
September 17th, Thursday 5:30 - 7:00 pm	Cedarville Fire Department 960 St. Rt. 51, Cedarville 13357
October 1st, Thursday 5:30 - 7:00 pm	Little Falls Town Garage 478 Flint Ave. Ext., Little Falls 13365
November 7th, Saturday 1:30 - 3:30 pm	East Herkimer Fire Department 193 Main Rd., East Herkimer 13350

To pre-register for a clinic, please call 315-867-1176.

Please note: Pre-registration will end at the close of business the day before all clinics.



As of Tuesday, March 17, 2020, local Social Security offices are closed to the public due to COVID-19 concerns. However, Social Security employees continue to work. **Social Security will NOT suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic.** Any communication you receive that says Social Security will do so is a scam, whether you receive it by letter, text, email, or phone call.

If you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond.

Disaster Distress Helpline

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

 **Call us:**
1-800-985-5990

 **Text:**
'TalkWithUs' to 66746

 **Visit:**
disasterdistress.samhsa.gov

 **Like us on Facebook:**
facebook.com/distresshelpline

 **Follow us on Twitter (@distressline):**
twitter.com/distressline

Disaster Distress Helpline
PHONE: 1-800-985-5990 TEXT: "TalkWithUs" to 66746

Call 1-800-985-5990 or text 'TalkWithUs' to 66746 to get help and support for any distress that you or someone you care about may be feeling related to any disaster.

The **Helpline** and **Text Service** are:

- Available 24 hours a day, 7 days a week, year-round
- Free (standard data/text messaging rates may apply for the texting service)
- Answered by trained crisis counselors.

TTY for Deaf / Hard of Hearing:
1-800-846-8517

Spanish-speakers:
Text **"Hablamos"** to 66746

Disaster Distress Helpline

PHONE: 1-800-985-5990
TEXT: "TalkWithUs" to 66746

If you or someone you know is struggling after a disaster, you are not alone.



"Ever since the tornado, I haven't been able to get a full night's sleep ..."

"I can't get the sounds of the gunshots out of my mind..."

"Things haven't been the same since my shop was flooded ..."

Talk With Us!



Administered by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Dept. of Health and Human Services (HHS).



Why be a Volunteer?

It's not for money, it's not for fame.
It's not for any personal gain.
It's just for love of fellowman.
It's just to give a tithe of self.
That's something you can't buy with wealth.
It's not medals won with pride.
It's for that feeling deep inside.
It's that reward down in your heart.
It's that feeling that you've been a part,
Of helping others far and near,
That makes you be a Volunteer!
-Author Unknown

Kateri's Thrift Store

Provides quality used clothing and household items to families and individuals regardless of income or geographic location.

Kateri's Thrift Store Address:

45 Furnace Street

Little Falls, NY 13365

For more information about Kateri's Thrift Store please call or email:

315-823-1793

Email: rmaxson@ccherkimer.org

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Want to [donate](#) or [volunteer](#)?



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.



Stay Healthy With SNAP

Many older adults in our community struggle with hunger. Some may skip meals so they can pay monthly bills. Others may have to decide between buying food and purchasing medicine or other necessities.

When seniors skip meals, they may put their health at risk. Hunger increases the risk of stroke and can worsen pre-existing conditions. Hunger affects mental health and can limit the usefulness of many medicines.

The Supplemental Nutrition Assistance Program (SNAP) formerly known as the Food Stamp Program can help. SNAP provides benefits to more than a half-million seniors in New York State. Seniors use those benefits to buy their groceries.

SNAP is easy to use. Monthly benefits are deposited on a debit card that can be used to purchase food items at local grocery stores, dollar stores, convenience stores, and farmers' markets.

SNAP works like Social Security or Medicare; if you are eligible, you will get your benefit without affecting benefits to others. SNAP also helps communities by increasing sales at local grocery stores and farmers' markets. Every SNAP dollar spent adds to the local economy by supporting local jobs and retail sales.

Free, confidential, one-on-one SNAP assistance is available in Herkimer County through the Nutrition Outreach and Education Program (NOEP) at Catholic Charities of Herkimer County. The NOEP coordinator can do a prescreening for SNAP eligibility either in person or over the telephone, and if it appears that the household/person is eligible, the NOEP can help complete the application, gather and copy the documents required to be submitted with the application, deliver the application and documents to the Department of Social Services, and follow up to assure the application is accurately processed. In instances where a person is unable to come to the NOEP office, the NOEP coordinator can arrange to meet the person at a location that is more convenient for the applicant.

After receiving the application the Department of Social Services will do a brief interview with the applicant, which can be done over the phone or in person at the County Office Building in Herkimer, whichever the applicant prefers.

Residents of Herkimer County who would like further information about SNAP or to find out if they may be eligible for SNAP should contact their local NOEP Coordinator at Catholic Charities of Herkimer County at 61 West Street in Ilion or call 315-894-9917, ext. 235 or toll free 1-877-304-0944.

Prepared by a project of Hunger Solutions New York; funded by NYSOTDA and USDA/FNS.
This Institution is an equal opportunity provider.





From the *RSVP Program*

APRIL

2nd Trudie Blackwell
Dorothy Siedsma
7th Mary Ellen Guerra
8th Patricia Bowker
14th Harriet Haines
15th Rose Zito
18th John O'Donnell
19th Janice Branck
RuthAnn Harrington
Patricia Peters
24th Linda Quesnelle
28th Sharon Daviau
30th Lydia Sexton

MAY

1st Volney Seeley
Constance Ann
2nd Johnson
3rd Mary Mitchell
5th Evenlyn Stephon
7th Martha Sirois
12th Charles Hand
14th Christine Teesdale
15th Carol Clark
Mary Ratajack
18th Sharon Ferdula
25th Laurie Bowman
Elizabeth Hurteau
26th Richard Barrett
28th Bill Wiliczka
31st Joanne Favat

JUNE

2nd Margaret Streeter
4th Kathleen Smith
8th Patrick Whalen
12th TerryLeonard
Natalie Tickner
15th Merilyn Kitner
Etta Humphre-
ville
16th Janet Vedder
20th Dennis Jones
21st Jackie Rogers
23rd Jo Anne Deller
26th Paul Frezza
29th Nancy Bronson
30th Andrea Williams



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Eggplant Parmesan Boats

2 medium eggplants
2 tablespoons olive oil
Salt and pepper to taste
½ lb Italian ground turkey sausage
1 onion, diced
2 cups marinara sauce
2 cloves garlic, minced
1 cup shredded low-fat mozzarella
½ cup grated parmesan cheese
Italian bread crumbs
fresh basil, for garnish

- Preheat oven to 400°F (200°C).
- Scoop out inside of eggplant leaving about ½-inch (1 cm) border inside. Brush with olive oil and sprinkle with salt and pepper. Bake for 10-15 min. Chop the remaining eggplant and reserve.
- Heat olive oil in medium skillet over medium heat. Add onions and garlic and cook until translucent. Add ground turkey and season with garlic powder, salt and pepper. Cook until the meat is browned. Add leftover eggplant pieces to ground turkey and onion. Cook for 5-8 minutes or until tender. Add marinara sauce and cook for another 3-5 minutes.
- Scoop meat sauce into the eggplants and sprinkle with mozzarella and parmesan and top with bread crumbs.
- Bake for 10-15 minutes, or until cheese is melted. Sprinkle with basil and serve.

Baked Caesar Chicken

4 chicken breasts boneless, skinless
1 cup [Caesar salad dressing](#)
½ cup sour cream (optional)
1-½ cup Parmesan cheese grated

- Heat oven to 375F and spray the inside of an 8" x 11" baking dish with cooking spray.
- If the breasts are uneven thickness, pound them to an even ¾"-1" thickness using a meat pounder. Sprinkle the breasts (both sides) with grated Parmesan cheese & freshly ground black pepper, and place them in the prepared baking dish.
- Whisk together Caesar dressing and sour cream in a small bowl. Pour the Caesar/sour cream mixture over each breasts then sprinkle grated Parmesan cheese on top.
- Place the prepared chicken in the oven and bake at 375F for 30 minutes or until a meat thermometer inserted in the thickest part of one of the middle breasts reads 150°F.
- Turn the oven to broil and broil the breasts an additional 2-4 minutes or until the chicken turns golden brown. It can burn quickly, so watch it closely. When done, a meat thermometer should register 165F when stuck into the thickest part of one of the middle breasts. Remove from the oven, cover loosely with foil and allow chicken to rest 5-10 minutes before serving.
- If desired, garnish with chopped parsley and serve with green salad.



A Prayer in Spring

Oh, give us pleasure in the flowers to-day;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And off a blossom in mid air stands still.

For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfil.



Spring, spring is coming soon,
Grass is green and flowers bloom,
Birds returning from the south,
Bees are buzzing all about,
Leaves are budding everywhere,
Spring, spring is finally here!

Q: Why did the gym close down?
A: It just didn't work out.

Q: What do you call a pony with a cough?

A: A little horse.

Q: What do you call a bee that can't make up its mind?

A: A Maybe.

Q: Why go to the paint store when you are on a diet?

A: You can get thinner there.

Just for Fun!

SPRING Flowers Word Search



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Jan- Mar 2020



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