

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 SUMMER HIICAP

HIICAP NEWS –SUMMER 2020

Need Help Paying for Medicare?

This is a good time to see whether or not you qualify for a low-income subsidy. This benefit could save you thousands of dollars on premiums and co-pays for your medications. There are two ways in which you may qualify:

Low-Income Subsidy (also called Extra Help) through the Social Security Administration (SSA). If your gross monthly income is under **\$1,456** if single, **\$1,960** married; and your resources are less than \$9,360 (single individual) and \$14,800 (married couple), you qualify for Full Extra Help through Social Security. If your gross monthly income is under **\$1,615** if single, **\$2,175** married; and your resources are less than \$14,610 (single individual) and \$29,160 (married couple), you qualify for partial extra help through Social Security. The application process is done on-line. If awarded this subsidy, you will pay between \$3.60 and \$8.95 for your prescriptions, you will never experience the donut hole, you will have a special enrollment period to switch plans at any time during the year, and your Part D premium will be covered up to \$36/month.

The second subsidy, the Medicare Savings Program, is offered through the local Department of Social Services. This simple application can qualify you for help paying your Part B

premium, which currently is \$144.60. 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 \$36 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. If you think you may qualify for either of these programs, contact the Herkimer County HIICAP office at 315-894-9917 to enroll.

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

.... Continued on page 3

The Newsletter Staff

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

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Catholic Charities

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We thank all of you who made a donation toward the cost of the Sharing the Spirit for the Jan-March 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

Director's Chair Summer 2020

Hi, I hope you are all doing well. I know many of you are still not able to volunteer at your stations and I promise you we are working to get you back, but we need to do it safely. Your safety and the safety of those we serve is our most important priority right now. We have been calling you and completing volunteer surveys with you over the phone to try and keep us all connected. I know it's not the same as getting out there, but it's the best way we know to keep everyone safe.

The food pantries have continued to serve clients throughout the pandemic and I thank you for your dedication and service to our community. Some of our other stations like the RIDE program, HOPE and Kateri's Thrift Store are open in limited capacity. Next week the Food Sense program will be opening back up, all with new COVID safety protocols. The HIICAP program has been running by serving clients 100% over the phone and we are gearing up for Medicare's Annual Election Period. So, programs and services are still being offered just in different ways and quite honestly I'm not sure how soon things will go back to the way they were before March 2020. But, I am a firm believer that laughter is the best medicine, so this is how I decided to come to work one day....

Thank you for all your hard work and support, we are very grateful to all of you. Please be patient as we figure out how to reconnect you with your volunteer work. If you have any questions or concerns please contact me 315-894-9917.

Wishing you all good health and happiness,

Rae Raffle-Maxson
Program Director



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 learn more about EPIC or enroll please contact the Herkimer County HHCAP office at 315-894-9917.

Social Security News

Social Security Field Offices continue to serve the public while providing limited in-person service in Field Offices. During the COVID-19 pandemic, the Social Security Administration will be taking **Medicare Part B enrollment applications online** for working aged individuals who qualify for a Special Enrollment Period (SEP). You may use this online enrollment application if you are 65 or older and you have or had group health plan (GHP) coverage within the last 8 months through your or your spouse's current employment. To complete this online enrollment application you will need:

- Your Medicare number
- Your current address and phone number
- A valid email address
- Documentation verifying your GHP coverage through your or your spouse's current employment.

IMPORTANT: You will need to digitally sign the form to complete your application. To complete your digital signature, you will need to provide an email address. You will receive an email from echosign@echosign.com asking you to confirm your digital signature. If you do not receive the confirmation email within a few minutes of submitting your email address, please check your email Junk folder in case the confirmation was delivered there instead of your inbox. **YOUR SIGNATURE IS NOT COMPLETE AND YOUR APPLICATION WILL NOT BE PROCESSED UNTIL YOU COMPLETE THE INSTRUCTIONS IN YOUR EMAIL.**



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.

Food \$en\$e – IS BACK!

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.



8 REASONS TO SENIOR CORPS

A program of the Corporation for National & Community Service

 <p>MORE THAN 200,000 VOLUNTEERS EACH YEAR</p>	 <p>50 MILLION HOURS SERVED EACH YEAR</p>	 <p>84% OF VOLUNTEERS REPORTED STABLE OR IMPROVING HEALTH</p>
 <p>KATRINA SANDY FLORENCE HARVEY AND MORE. RSVP HELPS COMMUNITIES RECOVER FROM DISASTER</p>	 <p>SeniorCorps.gov</p>	 <p>FOSTER GRANDPARENTS MENTOR STUDENTS WITH EXCEPTIONAL NEEDS</p>
 <p>SENIOR COMPANIONS HELP FELLOW SENIORS LIVE INDEPENDENTLY</p>	 <p>SENIOR CORPS VOLUNTEERS LIVE HAPPIER, HEALTHIER LIVES</p>	 <p>COMBATS ELDER ABUSE & OPIOID ADDICTION WITH SPECIAL INITIATIVES</p>



Join us for our Socially Distanced outdoor WISE classes!

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 six interactive lessons.

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 lifestyle."

"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!"



If you are interested in signing up or getting more information please contact **Hollie Raux** at **315-894-9917 Ext. 241**.

Daily Life & Coping Skills

Take breaks from watching, reading, or listening to news stories, including 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**.

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.



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.
Y0019_17_1684_C

Herkimer County

Virtual Senior Citizen's Picnic

Wednesday, October 21st, 2020



FOR: Herkimer County, 60+ individuals

TO SIGN UP: Call Michele @ 315-867-1152 by October 14th, 2020.

HOW IT WORKS: A free barbecue meal. The meals will be distributed at a location in Herkimer and one in Old Forge. We will be providing delivery for homebound clients who are unable to pick up their meal at one of the pick-up locations.

BINGO SESSIONS: We will also be providing an opportunity to participate in virtual bingo. Information on how to participate in the virtual bingo will be given at the time you pick up your meal.

DONATIONS: We are asking community members and organizations to donate gift certificates for local businesses that will be given as prizes for the senior picnic. We ask that the gift certificates be in \$10 increments. You are welcome to purchase several gift certificates to support your favorite local business. If any community member or organization would like to donate a gift certificate for a local business you can mail them to: Herkimer County Sheriff's Dept. at 320 N Main Street Suite 2900 Herkimer, NY 13350 or you can contact the Sheriff's Dept. with any questions at 315-867-1168.

thank you!

1-on-1 or Group Education Available *by Phone or Live Video Call*

Are you a SNAP recipient,
eligible for SNAP or on
Medicaid?



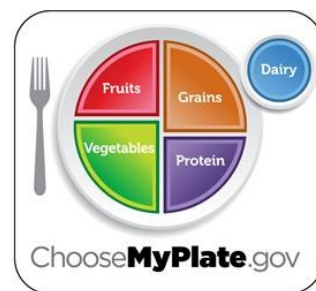
Our goal at SNAP-Ed NY is
to give you the tools, tips
and tricks that help you
make nutritious food choices
within a limited budget and
choose a physically active
lifestyle.

Join us for fun and interactive nutrition education at no cost!

Select *your* topic of choice—

- Reducing sugar sweetened beverages & hydration
 - Fruits and vegetables
 - Reducing sodium intake
- Varying your protein routine ... *and more!*

**Interested? Please call Molly Capito,
Registered Dietitian with SNAP-Ed NY
for Fulton, Herkimer
and Montgomery Counties
518-843-2300**



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

This institution is an equal opportunity provider.

If modifications are needed please contact in advance.

~THANK YOU~

To all of our dedicated RSVP Volunteers and Community Members for your never ending support. You have been the bright light for many of us as we navigate through this pandemic. We will get through this together!



The Herkimer County Hunger Coalition. Presented Gold Star Award banners to Herkimer County's pantry volunteers to recognize their outstanding community service.

Thank you to all our food pantry volunteers for always being there when we need you!

Ray Lenarcic was presented with a Certificate of Appreciation...*In gratitude for your many years of service to our community through your volunteerism and leadership with the Herkimer County Hunger Coalition. Your dedication to our community makes our world a better place. Thank you Ray and Congratulations!*





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.



More Fall Prevention information for Falls Month!

Tai Chi Principles- 2 important principles



1. Movement

The control of movements is one of the key elements that makes tai chi effective at improving balance, co-ordination and strength.

A: Do your movements slowly, smoothly and continuously. Make them continuous like water flowing in a river. Don't jerk. Maintain the same speed throughout.

B: Imagine you're moving against a gentle resistance. This will cultivate inner force (qi). Imagine the air around you is becoming denser and that every move you make is against a gentle resistance — almost like moving in water.

2. Body

Good structure of the body improves the quality of movements and internal components; it connects the movements to the internal and enhance balance.

A: Maintain an upright posture. It is important that you maintain a supple yet upright body, well aligned in a straight vertical line. This can be more challenging than you expect, especially when you start bending your knees. Very often when people bend their knees their body alignment becomes distorted. Test yourself, standing side-on to a mirror. Don't look at the mirror, bend your knees and look at the mirror now. Is your back in a vertical line to the ground? A good way to keep a good alignment as you do this is to imagine you're going to sit on an empty chair, bending both your knees and hip joints. Practise it side on with the mirror and check yourself every now and then. Once done right, your tai chi will improve greatly because qi flows best in an aligned body. Hunching forward will hinder the qi flow and compromise your balance and leaning backwards will create extra strain on the spine.

B: Be conscious of weight transference. This is important for improving mobility and coordination. Be aware of each step as you transfer your weight. When you move forward, for example, put your weight on one leg, while maintaining an upright posture. Touch down gently with the other heel first, and then gradually place the entire foot on the ground and then, slowly and consciously transfer your weight forward.

If you have any questions regarding Tai Chi for Arthritis or other fall prevention programs, you can contact Jackie at 315-867-1371.



From the *RSVP Program*

JULY

1st Dawn Hosney
Louise Williams
2nd Debra Falk
Robin Whitcomb
3rd Linda Rathbun
4th Teresa Riscica
Salvatore Simonette
11th Marjorie Chase
14th Elizabeth Harter
16th Kathryn Knewasser
18th Susan Harrington
22nd Deobrah Fitch
25th Roberta Farouche
27th Betty Lynch
Marilyn Salvaggio
31st MaryAnn Walrath

AUGUST

2nd Daniel Lassell
3rd Sharon Carlesimo
7th Valerie Duncan
Lucille Hand
8th Barbara Horwald
9th Carmelita Sgroi
Jack Sterling
12th Irene Czuryla
13th Diana Klastow
14th Peggy Henry
15th Jeff Maxson
Joan Merrick
17th Joan Varin
18th Ray Bernos
19th Robert Clifford
Christina Olson
24th Pam Gydesen
30th Kathleen Mazzara
31st Paul Lewis

SEPTEMBER

1st Gail Domion
Roy VanSlyke
2nd Linda Folsom
Karen Slocum
3rd RoseMary Parody
7th Regina Nicolette
9th Agnes Wilk
10th Helen Brandon
Patricia Church
Ronald Covey
May Annette
Disinger
11th Mindy Brandt
Ray Lenarcic
14th Ellen Culver
Linda Leonard
17th Jon Rice
19th Michele Hipkens
22nd Donna Cammann
Sandra
Englebrecht
23rd Cynthia Reles
24th Ralph Dow
Mary Anne Ransom



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Roasted Tomato sauce

Ingredients

3 tablespoons olive oil
4– 6 cloves garlic, rough chopped
1 shallot, diced
3 lbs ripe (med-large) tomatoes, cored and cut in half (for small tomatoes, see notes)
1 tablespoons fresh oregano (1 tsp dried)
1–2 tablespoon fresh basil, torn or chopped
1 ½ teaspoons salt (or to taste)
pepper to taste
1-2 tbsp balsamic vinegar (optional)

Instructions

Pre-heat oven to 400 F
Drizzle a large, rimmed baking sheet with olive oil. Sprinkle with garlic and shallot.
Place the sliced tomatoes cut-side down on the sheet pan and roast 30 minutes.
Add the oregano and basil and roast 10 more minutes, or until skins have lifted off the tomatoes.
Let cool, pull off the skins, then pour all the tomatoes and their roasting juices into a bowl. Mash with a fork or potato masher.
Season with salt and pepper. Sometimes, to bring the flavor around I'll add a little sugar. This depends on your palate and the tomatoes you are using (some are sweeter than others).
To use right away, reheat in a pan or pot. Or refrigerate for up to 5 days, or freeze.



Baked Apple Pie Dip

Ingredients

Pecan-Graham Streusel
2 tbsp all purpose flour
2 tbsp granulated sugar
2 tbsp brown sugar
1 tsp apple pie spice
2 tbsp cold butter, cut into small pieces
2 tbsp HONEY MAID Grahams crumbs
2 tbsp chopped pecans

Dip

8 oz light cream cheese softened
2 tbsp brown sugar
1 tbsp apple pie spice
1 1/4 cups chopped apples divided

Dippers

fresh apple slices
32 Grahams broken into quarters

Instructions

Preheat oven to 350°F.
Spray a small, shallow baking dish with cooking spray and set aside.

Pecan-Graham Streusel

Combine flour, sugars, and apple pie spice in a medium bowl. Cut in butter. Stir in graham cracker crumbs and chopped pecans.
Refrigerate streusel until you are ready for it.

Dip

In a medium bowl, beat cream cheese, brown sugar and apple pie spice into smooth and creamy. Stir in 3/4 cup chopped apples. Spread the mixture onto the bottom of the prepared dish. Sprinkle remaining apples on top. Top with streusel mixture.

Bake 12 to 15 minutes or until heated through. Serve with graham crackers and apple slices.

Inspiration

ENJOY
Life

Take a breath and
breathe the world,
taste the sweetness underneath.
Take in all you take for granted,
fill your soul with all there is.
For in this moment
no one else owns this piece of life, but you.
it is yours and yours alone
to hold and love.
This gift called Life.

THRIVE • NINA HEYEN

© www.NinaHeyen.com

“Try to be a
RAINBOW
in someone
else's cloud.”

MAYA ANGELOU

GH

Birds

I let my thoughts wander like Birds
unchained, uncaged
like the playful flow of my words.

for when it gets too dark
and a night falls
on the horizon of my heart

they guide me back home
to the abode of my Soul
a dwelling I've long known.

of unbound solitude
where my thoughts like Birds
flutter in gratitude..

© laughing_soul
Gitanjali Kapoor



Nojoto



Laughing_soul

YOU ARE
powerful.
beautiful.
brilliant
and brave

Q: What is the difference between a fish and a guitar?

A: You can't tuna fish.

Q: What do you call a baby monkey?

A: A chimp off the old block..

Q: Did you hear about the hungry clock?

A: It went back four seconds.

Q: What stays in the corner and travels all over the world?

A: A Stamp.

Just for Fun!



Birds



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

beak

crane

cuckoo bird

eagle

egg

feather

hawk

humming bird

kiwi

nest

ostrich

owl

parrot

pelican

penguin

pigeon

seagull

sparrow

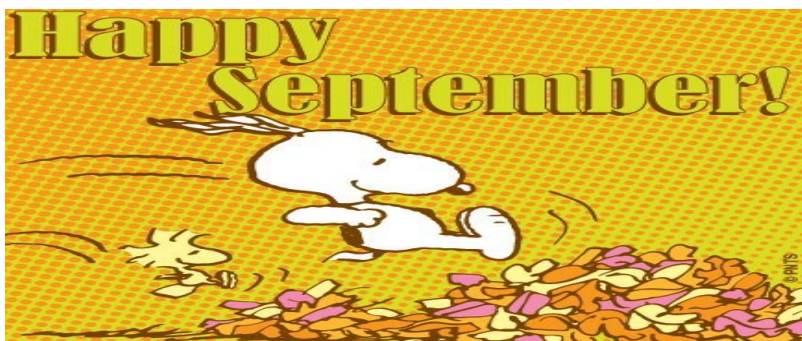
woodpecker



www.bogglesworldesl.com

goodbye July, hello

AUGUST



LABOR DAY



Attend an Alzheimer's Association Caregiver Support Group

Do you feel like you're all alone?

Would you like to learn from others
dealing with the same challenges as you?

Support groups provide emotional, educational
and social support for caregivers.

Join an Alzheimer's Association support group and
learn how the power of your peers can help you
navigate your journey.

Little Falls, NY

2nd Thursday of the month
6:00 PM

Little Falls Community Center
524 Main St, Little Falls NY
Starting December 8, 2016
www.alz.org/cny

alzheimer's  association

Lutheran Care Caregiver Support Group

Weller Library, 41 W Main St, Mohawk
1st & 3rd Wednesday of the month at
10:30am

Contact Patricia at 315-269-5266 or
315-235-7143 to register & arrange for
respite care

Alzheimer's Support Group FoltsBrook Center (Claxton)

104 N Washington St, Herkimer
1st Monday of the month at 5pm in
Claxton Conference Room

Contact Social Services Department at
315-866-6964 ext 260

Sharing the Spirit
61 West St.
Ilion, NY 13357