

2017 HIICAP News

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Time to Review Your Medicare Plan

In order to insure the best coverage for 2018, Medicare beneficiaries should review their current plan for any changes scheduled to take effect next year. Pay close attention to the cost of the premiums, your out-of-pocket expenses, and whether or not your medications will be covered.



Medicare's Open Enrollment 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 for the next year. Changes can include: going from Original Medicare to a Medicare Advantage (MA) Plan or switching back to Original Medicare from an MA plan. It can also include switching your current prescription coverage to another Medicare Part D plan as new plans come on board each year.

This is also a good time to see whether or not you qualify for additional programs that may save you some money. These programs could save you thousands of dollars on premiums and co-pays for your medications.

There are two ways in which you may qualify:

The first is **Extra Help/Low-Income Subsidy**. Extra Help is a federal assistance program that helps with the costs of the Medicare Drug benefit. See the chart below for income guidelines.

Extra Help (EH)	Income Limit	Asset Limit
Single (Full EH)	\$1,377	\$8,890
Single (Partial EH)	\$1,528	\$13,820
Married (Full EH)	\$1,847	\$14,090
Married (Partial EH)	\$2,050	\$27,600

The application process is completed on-line through the Social Security Website. If awarded this subsidy, you will pay between \$3.30/\$8.25 (\$3.35/\$8.35 in 2018) for your prescriptions, you will never experience the donut hole, you will have a special enrollment period to

.....Continued on page 3

The Newsletter Staff	
Rae Raffle-Maxson, RSVP Kathy Fox, OFA Kaylynn Schaffer, OFA Joan Matteson, RSVP Helen Nudo, RSVP	
Office for the Aging	
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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 Oct-Dec 2017 edition: Carol Waghorn

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*

Director's Chair

As I sit and write this I cannot believe September is almost over and its 80 degrees outside! This is my favorite time of the year. I love the beauty that Fall brings, but I must admit I don't really care for raking up the blanket of leaves that end up on my lawn! Thank goodness for teenagers.

Our RSVP program continues to do well. The America Reads tutoring programs at Barringer Road and Frankfort Schuyler Elementary Schools are getting ready to start up again soon. We have just been awarded a grant so that we can hire a Volunteer Coordinator to focus on the development of the HOPE Ministries Program. The HOPE Program currently has 3 volunteers and a long waiting list of potential clients who need assistance with light housekeeping, laundry, grocery shopping, companionship, etc. The RIDE program is getting busier transporting seniors to their doctor appointments. The HIICAP Program is gearing up for Open Enrollment. Last year HIICAP had over 700 phone calls during the Open Enrollment Period and that's not counting the in person and over the phone counseling that was completed. The Herkimer County food pantries and Food Sense Programs continue to provide food to our community. Our RSVP Program has 25 volunteer stations with different types of volunteer jobs at those stations. If anyone is interested in learning more information about the services we provide or what volunteer opportunities we have available, please contact me at 315-894-9917 or visit our website at herkimercountyrsvp.org.

I recently attended a HIICAP Conference and the New Medicare Cards that will begin to be distributed in April of 2018 were discussed. Please read the information in this newsletter regarding this and if you have any questions you can call the HIICAP office at 315-894-9917.

One last thing before I close...this will be our last newsletter before the holidays so my wish for you is I hope you are able to find some joy during this time of the year doing whatever it is that makes you happy. Thank you all again for everything you do to make our community a better place, and a much happier place for those we serve.

Wishing you all good health, happiness and the blessings of the season,

Rae Raffle-Maxson, Program Director

switch plans at any time during the year, and your Part D premium will be covered up to \$40.99 in 2017(\$38.98 in 2018).

The **Medicare Savings Program (MSP)**, is offered through the local Department of Social Services and is another program that may help reduce your costs. This simple application can qualify you for help paying your Part B premium, which currently is \$134.00 or less depending on when you went on Medicare Part B. If your gross monthly income is under \$1,377 for a single individual and \$1,847 for a couple, you may qualify for this benefit. There is no resource limit for the MSP. 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 for 2017 or \$38.98 for 2018. The benefits of qualifying for the MSP are: you will receive Medicare Part B without paying for it and you will receive the full extra help benefit for your prescription coverage. If you think you may qualify for EH or the MSP please contact the Herkimer County HIICAP office at 315-894-9917 and we can help enroll.



Another program available to New York resident's 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 \$492 for 2017. 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.



Finally, the Center for Medicare and Medicaid Services (CMS) wants to remind seniors to stay healthy by maintaining a healthy lifestyle which includes exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help by providing coverage for many preventative services that can help find health problems early, when treatment works best. Preventive services include exams, shots, lab tests, and screenings. They also include counseling and education to help you take care of your own health.

Medicare covers these preventive services:

- ♦ Annual Wellness Exam
- ♦ "Welcome to Medicare" Preventive Visit
- ♦ Abdominal Aortic Aneurysm Screening
- ♦ Alcohol Misuse Screening & Counseling
- ♦ Bone Mass Measurement

- ♦ Cardiovascular Disease Behavioral Therapy
- ♦ Cardiovascular Disease Screening
- ♦ Cervical Cancer Screening
- ♦ Colorectal Cancer Screenings
- ♦ Depression Screening
- ♦ Diabetes Screening
- ♦ Diabetes Self-management Training
- ♦ Flu Shot
- ♦ Glaucoma Screenings
- ♦ Hepatitis B Shot
- ♦ Hepatitis Screening
- ♦ HIV Screening
- ♦ Lung Cancer Screening
- ♦ Mammogram Screening
- ♦ Medical Nutrition Therapy
- ♦ Obesity Screening and Counseling
- ♦ Pneumococcal Shot
- ♦ Prostate Cancer Screen
- ♦ Smoking and Tobacco Cessation
- ♦ STD Screening and Counseling



If you have any questions about Medicare, please contact your Herkimer County HIICAP office at 315-894-9917 to get your questions answered. Thank you!



Loan Closets

Have you ever been in need of a walker or a wheelchair or other medical equipment and knew you would only need it for a short time and so you didn't want to buy it new or have your insurance buy it new? We have the answer for you. The Office for the Aging has a listing of all of the Loan Closets in Herkimer County.

What is a Loan Closet?

- ⇒ A place where you can borrow medical equipment that is needed. You can borrow for as long as you need it, either on a short term or long term basis.
- ⇒ There are no rental fees.

What kinds of things can I borrow?

- ⇒ walkers, canes, beds, crutches, commodes, bed pans, urinals, wheelchairs, and tub seats



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.

HEAP 2017 - 2018 Season



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

If you heat with oil, propane, or kerosene the maximum benefit is \$726. If you heat with wood, coal, or pellets the maximum benefit is \$576. If you heat with electric or natural gas the maximum benefit is \$401. Emergency benefits will not be available until after January 2, 2018. Please note that all

HEAP benefits are distributed on a first come-first served basis.

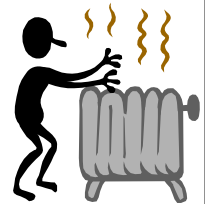
The HEAP program officially open this year on November 13, 2017. If you are a Herkimer County resident age 60 or older and did not receive HEAP last year and would like an application, please call the Office for the Aging to have an application mailed to you after the official opening of November 13th.

Income guidelines are:

Household size of 1 person – monthly income \$2,318

Household size of 2 people – monthly income of \$3,031

Household size of 3 people – monthly income of \$3,744.



Save Money with Food Sense

Food Sense is a great way for families to save money and purchase quality foods for less. Food Sense is a food co-op program offered through the Food Bank of Central New York and local non-profits. There are **no restrictions – everyone qualifies!** Each package or unit is filled with high-quality meats, vegetables, fruits and grocery items. **The cost of the Food Sense package is only \$15.50, yet the market value is closer to \$25-\$30**, depending upon the area where you shop.

Registration sites for the community Food Sense Program are as follows:

Ilion at the First Presbyterian Church, 90 Morgan St. Ilion, NY

Old Forge at the Niccolls Memorial Presbyterian Church, 228 Crosby Blvd.



Please contact Catholic Charities at 894-9917

for more information.



Volunteers Needed

The RSVP Program of Herkimer County is looking for individuals 55+ who are willing to give their time and talents to volunteer at one of our volunteer sites. We have many opportunities, including but not limited to: dispatching or driving for the RIDE program, educating Medicare beneficiaries about the Medicare system, tutoring children, working at a food pantry, food co-op or congregate meal site. If you are interested and would like more information please contact Rae @ 315-894-9917 or rmaxson@ccherkimer.org.



Feeding the Community



A name you can trust.

For information, call

(518) 641-3400 or

1-888-519-4455

TTY/TDD: 711



Our hours are 8 a.m. - 8 p.m. seven days a week, October 1 – February 14. From February 15 – 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 Choices depends on contract renewal.

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

This is an advertisement.

Y0019_17_1684 Accepted



Daylight Saving Time

November 5, 2017

**Don't forget to turn your clocks back!!!
Also don't forget to change your batteries
in your smoke detectors.**



Make Your Home Safer:

Most falls occur in or around the home.

Conduct a home safety check to look for hazards and changes you can make.

Typical hazards:

- Poor lighting
- Frayed or torn carpets
- Items or clutter in a path



- Throw rugs
- Electric cords



Things you can do:

- ♦ Keep floors and stairs clear of clutter.
- ♦ Make sure stairways have secure railings and are well lit.
- ♦ Add night lights and keep a clear path from bed to bathroom.
- ♦ Clearly mark any changes in floor levels.
- ♦ Remove any scatter rugs.
- ♦ Install grab bars and bath seats in bathrooms.
- ♦ Move frequently-used kitchen and household items to within easy reach.



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



**Herkimer County
Public Health**

2017

Adult Flu Clinics

*We accept most types of
insurance.*

*Bring current insurance
card to the clinic.*

*The cost of a flu shot for those
that are uninsured or have a
non-billable insurance is*

\$25.00 cash or check

\$35.00 for High-Dose

Date/Day/Time	Location
September 28 th , Thursday 1:00 – 2:00 pm	Midtown Apartments 315 North Prospect St, Herkimer
October 5 th , Thursday 1:00 – 3:00 pm	Nathan Galinsky Apartments 105 Protection Ave, Herkimer
October 12 th , Thursday 1:00 – 2:00 pm	John Guy Prindle Apartments 80 East North St, Ilion
October 19 th , Thursday 1:00 – 2:00 pm	Route Eighty Bowl Route 80, Van Hornesville
October 20 th , Friday 12:00 – 1:00 pm	Schuyler Town Hall 2090 State Rte. 5, Schuyler
October 26 th , Thursday 10:30 am – 12:00 pm	West Winfield Federated Church 452 East Main St, West Winfield
October 26 th , Thursday 1:00 – 2:00 pm	General Winfield Scott House 56 South St, West Winfield

No children's flu shots at the above listed clinics

Immunizations & flu shots for ALL AGES are available at our walk-in clinics

301 North Washington Street, Herkimer, Phone 315-867-1176

Tuesday 9:00 – 11:00am & 1:00 – 3:00pm (some evening clinics too!)

October is National Fire Prevention Month. Here are a few fire safety tips to help protect seniors:



- Never leave stoves unattended.
- Be very careful using alternative heat sources such as space heaters.
- Use extra precautions when smoking; empty ashtrays in a metal container so if a cigarette is still lit it won't catch anything on fire.
- Check your smoke detectors. Be sure to change the batteries each year.
- If oxygen tanks and compressors are in use, make sure you have signs in place to inform people that they may be dangerous in event of a fire.
- Make sure you are emptying the lint traps in your dryer as it can be a fire hazard.
- Develop a fire emergency plan. Know what to do in the event of a fire. If you are mobility impaired, make an escape route that you will be able to negotiate easily. If you live in an apartment building, know your buildings evacuation plan.
- Have fire extinguishers in places where there may be a hazard, such as the kitchen. Most importantly, learn how to use it!
- A Personal Emergency response system, such as Lifeline or Life Alert can provide twenty-four-hour, seven day per week assistance if help is needed. For seniors, it could be life saving.

This information was provided by The United States Fire Administration. Visit their website at www.usfa.fema.gov. For more information, please contact NY Connects or Office for the Aging at 867-1121 or visit our website at: www.herkimercounty.org; then Departments, then NY Connects.

Tai Chi Classes Available for All Levels, Beginners to Advance

Ilion Masonic Hall on Monday evenings at 6:30pm

United Methodist Church in Jordanville on Wednesday mornings at 11:00am

Instructed by Rolland "Bud" Miner and Assistant instructor Sharon Seamon

For more information call:
315-717-5810



Herkimer County Meals on Wheels Drivers Needed

If you like working with older adults we have an opportunity for you. Herkimer County Office for the Aging is looking for Paid and Volunteer Meals on Wheels Drivers for various routes in Herkimer County.

Positions available:

Substitute and Full time drivers

When: Monday-Friday

Hours: 2 to 3 hrs per day

For Paid drivers you receive Minimum Wage and mileage and Volunteer drivers receive mileage.

If you are interested, please contact Herkimer County Office for the Aging at 315-867-1414.



Senior Citizens and Alcohol Use

According to recent studies, roughly 40% of adults who are 65 or older consume alcohol. As the body ages, it's tolerance for alcohol may decrease which can lead to a greater risk of falling and injury for older adults when they are under the influence of alcohol.



There are a number of health problems, such as diabetes, high blood pressure, congestive heart failure and osteoporosis, that may become worse for older adults who consume alcohol.

Older adults must also consider how alcohol consumption may interact with their medications. Certain medications, prescription and over the counter, can be dangerous when mixed with alcohol. Some examples of medications that can have a negative interaction with alcohol are: aspirin, acetaminophen, cold/allergy medicine, pain medication and anxiety/depression medication.

It is recommended that healthy adults over the age of 65 who DO NOT take medication should not drink more than 3 drinks per day and no more than 7 drinks per week. If an older adult has health problems and takes medication they should discuss with their doctor what may be a safe amount of alcohol to consume.

This information was provided by www.niaaa.nih.gov. 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.

When is it time to stop driving?

For many people, driving is a sign of independence and is an important part of their identity. Driving provides older individuals freedom and allows them to socialize, access healthcare and shop, among other activities. Most older individuals would like to continue to drive as long as possible, however, there may come a time when it is no longer safe for them to do so. The following are some warning signs that indicate an individual may need to limit/stop driving either temporarily or permanently:



- ♦ Almost crashing and/or having frequent close calls
- ♦ Finding dents and/or scrapes on the car or outside areas around the home including mailboxes, fences garage doors, etc.
- ♦ Getting lost, even in familiar locations
- ♦ Having difficulty concentrating while driving and/or becoming easily distracted
- ♦ Difficulty turning to check mirrors while backing up and/or changing lanes
- ♦ Receiving multiple warnings and/or traffic tickets from law enforcement

If you notice any of the warning signs with the older individuals in your life, it may be time to discuss your concerns and assist with finding safe, alternative transportation.



This information was provided by www.aarp.org. 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.

5 Key Facts About Your NEW Medicare Cards

What Medicare beneficiaries should know!

1. Your new Medicare card will NOT have your SSN!

The Medicare Access and CHIP Reauthorization Act (MACRA) requires CMS (Centers for Medicare & Medicaid Services) to remove SSNs from all Medicare cards. The new cards will have a random 11 digit identifier that's a mix of numbers and letters.

2. You will not see your new cards before April 2018.

The transition period will begin no earlier than April 1, 2018 & run through December 31, 2019.

3. This change will take some time.

With over 55 million Medicare beneficiaries in the US, moving to new Medicare numbers and cards requires a lot of changes to the CMS systems!



4. Your benefits will stay the same.

The new Medicare numbers will NOT change anything in your coverage. You can start using your new card as soon as you receive it.

5. You do not need to do anything!

This change will be automatic. There is no need to confirm your personal information with Medicare. When CMS sends your new Medicare card, they will mail it to you.

SCAM ALERT

Scammers posing as Medicare reps will call asking for your current Medicare number & offer to send you a new card. Stay Alert. Never give your information to anyone suspicious over the phone!

**Contact the NY Senior Medicare Patrol at
877-678-4697 to report this!**

This project was supported, in part by grant number 90MP0238-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.





From the *RSVP Program*

OCTOBER

1st Diane Bard
3rd Martha Welden
4th Paula Peck
5th Beverly Findura
7th Jean Maneen
8th Charlotte Price
13th Darlene Paul
16th Jeanette Frederick
19th Gary Heft
Claudia Perrone
20th Hope Carbone
Kathy Lamanna
21st Nancie Carmody
Barbara Curran
Ruth Farrington
26th Eileen Manno
Miriam Marriott
27th Albert Blumenstock
28th Carmelita Maddocks
29th Gloria Bennett
Warren Marriott
31st Jayne LeClair

NOVEMBER

1st Donald Giffune
Barbara Schwartz
Emily Sokol
Caroline Stewart
2nd Judith VanDuren
3rd Margaret Blumenstock
4th Ida Oliveri
6th Norlee Hyde
Kenneth Kotary
8th Walter Raffle
11th Kay Caruso
James Spinner
12th Mary Alice Farrell
Vance Richards
16th Barbara Hartness
22nd Mary jane O'Donnell
23rd Mary (Patty) Loiacano
Edward Schrader
24th Genevieve Fenton
Carol Mocko
Sharon Perry
MaryJean Scudder
25th Louissette Lecours
Patricia Sokol
28th Barbara Ball
30th Darlene Kotary

DECEMBER

1st Eleanor Stanton
3rd Constance Pope
5th Linda Edick
Carol Murphy
Sandra Rasmussen
Irving Laurence
7th Burkert
Roger Kemler
8th Eleanor Kudrewicz
9th Elva Dundon
Karolyn Lado
14th Patti Laymon
Sharon Pardonek
Francis Reina
Edward Scouten
19th Shirley Lennon
Helen Maksymicz
23rd Kathryn Bacher
28th Elaine Ruggiero
30th Louise Carney
31st Eileen Drumm



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Upside-Down Chicken Pot Pie

1 package (7.5 oz.) refrigerated flaky butter-milk biscuits
 1 package (10 oz.) frozen mixed vegetables, thawed
 1 1/2 cups water
 1/2 cup milk
 1 package Knorr® Pasta Sides™ - Chicken flavor
 2 cups cut-up cooked chicken
 1 1/2 cups shredded cheddar cheese, divided



- Preheat oven to 450°. Spray deep dish pie plate with no-stick cooking spray. Pull biscuits apart and press in bottom and up sides of pie plate. Bake 8 minutes or until biscuits are golden; set aside. Decrease oven to 350°.
- Bring vegetables, water and milk to a boil in medium saucepan over high heat. Stir in Knorr® Pasta Sides™ - Chicken flavor and return to a boil over high heat. Reduce heat to medium and cook covered, stirring occasionally, 8 minutes or until pasta is tender. Stir in chicken and 1 cup cheese.
- Spoon into prepared pie plate, then sprinkle with remaining 1/2 cup cheese. Bake uncovered 10 minutes or until cheese is melted.

Snow Capped Pumpkin Pie

9" baked pastry shell
 1 1/2 c canned or cooked pumpkin
 3 egg yolks
 3/4 c sugar
 2/3 c (6oz can) evaporated milk
 2 tbsp. butter or margarine
 1 tsp. cinnamon
 1/2 tsp. salt
 1/4 tsp. ginger
 3 egg whites for meringue

- ◇ In medium saucepan, combine pumpkin, egg yolks, sugar, milk, butter, cinnamon, nutmeg, salt and ginger. Bring to a boil and cook, stirring constantly, until thick. Cool slightly.
- ◇ Pour into baked pastry shell. Top with meringue, sealing edges well. Sprinkle with additional nutmeg.
- ◇ Bake at 350° for 12-15 minutes until golden brown.



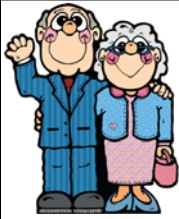
Baked Custard for Two

1 egg 1 c milk
 3 tbsp. sugar 3/4 tsp. vanilla
 1/8 tsp. salt 1/8 tsp. nutmeg

In a bowl, lightly beat the egg. Add milk, sugar, vanilla and salt. Pour into 2 ungreased 6oz custard cups. Sprinkle with nutmeg. Set in a pan containing 1" hot water. Bake at 350° for 35 minutes.



Inspiration



Couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too.'

Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

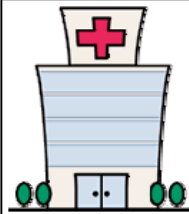
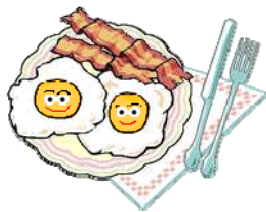
'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes,

The old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'



Hospital regulations require a wheel chair for patients being discharged. However,

while working as a

student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said 'She's still upstairs in the bathroom changing out of her hospital gown.'



Two elderly ladies had been friends since their 30s. Now in their 80s, they still got together a couple of times a week to play cards.

One day they were playing gin rummy and one of them said, "You know, we've been friends for many years and, please don't get mad, but for the life of me, I can't remember your name. Please tell me what it is."

Her friend glared at her. She continued to glare and stare at her for at least three minutes. Finally, she said, "How soon do you need to know?"



Just For Fun!

A senior citizen said to his eighty-year old buddy:
'So I hear you're getting married?'
'Yep!'
'Do I know her?'
'Nope!'
'This woman, is she good looking?'
'Not really.'
'Is she a good cook?'
'Naw, she can't cook too well.'
'Does she have lots of money?'
'Nope! Poor as a church mouse.'
'Well, why in the world do you want to marry her then?'
'Because she can still drive!'

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

Three old guys are out walking.
First one says, 'Windy, isn't it?'
Second one says, 'No, it's Thursday!'
Third one says, 'So am I. Let's go get a beer.'

BAT

BOO

CANDY

CAT

CAULDRON

COFFIN

COSTUME

FRANKSTEIN

GHOST

GRAVEYARD

HAUNTED

MONSTER

MOON

MUMMY

PARTY

SCREAM

SKELETON

SPOOKY

TOMB

TREAT

TRICK

VAMPIRE

WEREWOLF

WITCH



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
5:30 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
Folts Home (HomeLife at 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