

Sharing the Spirit

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

INSIDE THIS ISSUE:

From the
Directors Chair—
page 2

RSVP Luncheon
... page 3

RSVP Winners
... page 4

HOPE Award
... page 5

Save the
Date ...Page 6

Falls Prevention
... Page 7

OFA Award
Winners
... Page 8 & 9

Senior Picnic
.... Page 10

Spring Clean Up
.... Page 11
Birthdays
.... Page 12

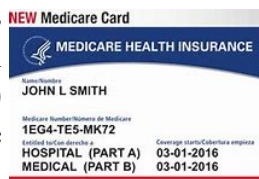
Get Cookin' with
Catholic
Charities
..... Page 13

Inspiration
... page 14

Just For Fun!
... page 15

2019 Summer HIICAP News

New Medicare Cards – Everyone should have received their new Medicare cards (without Social Security numbers) by now. Medicare beneficiaries can still use their old Medicare numbers through December 31, 2019 but starting in 2020, providers will only be able to bill Medicare with the new Medicare Beneficiary Identifier (MBI) found on the new cards. If you have not received your new card yet, you need to call 1-800-MEDICARE to request a new card. If Medicare does not have your current address on file you will need to call Social Security to update your address in order to receive your new card.



CMS Preclusion List – The CMS Preclusion List is a list of providers and prescribers who are precluded from receiving payment for services and items paid for by Medicare Advantage or Part D plans. Plans will not pay for any prescriptions written by providers on the Preclusion List.

Clients may be receiving letters noting they are seeing a provider on the List or have filled a prescription written by a provider on the List. Clients may also be told by their pharmacist that their plan won't pay for their prescriptions. It is im-

portant to note the problem may not be with their plan but with the provider who wrote the prescription.

Clients can still continue to access the same prescription medications, but may need to find a different prescriber if their provider is on the Preclusion List. The Preclusion List is not available to the general public but the Medicare Advantage and Part D Plans do have access to it.

Medicare Scams – Unfortunately, scammers tend to prey on Medicare beneficiaries so here's some information on two scams you need to be aware of Durable Medical Equipment (DME) and Genetic Testing.

Common DME Scams offer free or low cost DME (like back, shoulder, wrist and knee braces) that are medically unnecessary for free or low cost in exchange for your Medicare Beneficiary Identifier. DME suppliers are not allowed to cold call or visit you.

New Genetic testing scam originated in New Jersey. Representatives from "Good Samaritans of New Jersey" spoke to senior groups about genetic testing purportedly used to identify if you are at risk for a stroke, heart attack, etc... The genetic testing is not covered by Medicare as a routine screening but may be covered for

.... Continued on page 3

The Newsletter Staff

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

Office for the Aging

Information/Transportation	867-1121
Nutrition Program	867-1204
HEAP Program	867-1195
In Home Services	867-1124

Catholic Charities

Food Sense Program	894-9917
RSVP	894-9917
RIDE Program	894-9917
NOEP Program	894-9917
HIICAP Program	894-9917
Kateri's Thrift Store	823-1793

Other

Alternatives Unit	867-1322
Adult Protective Services	867-1231
Public Health Nursing	867-1176
Transportation (Medical/Non-Medical)	
Old Forge— Daily	369-2830

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

Happy Summer! By the time you receive this newsletter another school year will have come to an end, my son will be a high school graduate and summer will have officially begun! I'm hoping for more sunshine and less rain as I'm sure many of you are too.

This has been a busy time for us at the RSVP office. Our new WISE (Wellness Initiative for Senior Education) Program has gotten off to a great start. The feedback we have received is great, participants really enjoy it and Hol-lie and Lori make the class a lot of fun! We have some classes being set up for the fall, if you are interested in having one in your area, please let us know! One June 13th we held our annual RSVP volunteer luncheon. We recognized the volunteer work of the 226 RSVP volunteers donating over 22,500 hours at 25 volunteer stations in Herki-mer County. Here are some of the accomplishments we recognized:

- 25 RIDE volunteers donated 3,115 hours providing 1,352 rides over 61,529 miles to the frail elderly for their medical appointments
- 155 volunteers donated 8,622 hours distributing 367,138 meals at food pantries and an additional 15 volunteers donated 1,434 hours providing meals at con-gregate meal sites.
- 5 volunteers donated 597 hours counseling Medicare beneficiaries through the HIICAP program
- 18 volunteers donated 476 hours tutoring children in two elementary schools
- 16 volunteers gave 2,530 hours providing clothing and housewares from thrift stores

Our community is a much better place with you all in it. I think this sums up what a volunteer is pretty well..."Volunteers are just ordinary people with extraordi-nary hearts. They offer the gift of their time to teach, to listen, to help, to inspire, to build, to grow, to learn. They expect no pay, yet the value of their work knows no limit. They've known the unexpected joy of a simple hug. They've planted tiny seeds of love in countless lives. Vol-unteers are just ordinary people who reach out and take a hand and together make a difference that lasts a lifetime."

Thank you for all you do! Have a happy and healthy summer!

Rae Raffle-Maxson
Program Director, RSVP and Health and Assistance Programs

beneficiaries with particular medical conditions. Medicare was then billed for medically unnecessary tests.

Tips for Medicare Beneficiaries – Always speak to your doctor about your need for any medical services including DME and Lab tests. Protect your MBI like you would your credit card number. Always review your Medicare Summary Notice and report anything questionable.

Cost Savings – Medicare beneficiaries can save money if they qualify for the Medicare Savings Program, Extra Help or NYS EPIC. If you would like more information



about anything in this article please contact the HIICAP Office at 315-8945-9917 and a Certified HIICAP Counselor will be happy to assist you!

RSVP 2019 Volunteer Recognition Celebration

The Retired and Senior Volunteer Program of Herkimer County held its annual Volunteer Recognition Luncheon at Francesca's Banquet Hall in Ilion on Thursday, June 13, 2019. Honored were the 226 RSVP volunteers who served in Herkimer County, by donating over 22,500 hours assisting thousands of individuals in Herkimer County. RSVP volunteers provide many services including; transporting seniors to medical appointments, counseling Medicare beneficiaries on complicated health insurance issues, serving meals at nine emergency food pantries, tutoring at-risk students through the America Reads After-School Program as well as providing additional assistance at the 25 RSVP volunteer stations throughout

Herkimer County. RSVP volunteers target the communities' most critical needs, and are dedicated to making a difference in the lives of the most vulnerable populations.

Honored guests at this year's event included: Vince Colonno, Chief Executive Officer and Jack Simeone Chief Operating Officer of Catholic Charities of the Diocese of Albany; Father Paul Catena, Pastor of Annunciation and OLQA Parishes; Eric Radley and Rachele Pickett, Fidelis Care and Kathy Fox, Director of the Herkimer County Office for the Aging.

Rae Raffle-Maxson, RSVP Program Director, welcomed the guests to the event, followed by a salute to the flag led by Command Master Chief Ret. And Suicide Prevention Coordinator Michele Curtin. Following lunch, the following awards were presented:

Receiving the Hours for Others award was Louise Williams.

She began volunteering for the RSVP program 25 years ago. She joined RSVP when they mentioned a need for volunteers at the Food Pantry at her church and she has been volunteering for us ever since! Since then she has volunteered over 2,336 hours. Over the years she has volunteered for her church, helping with dinners and special events and working at their Consignment shop. She also is the Past President of the American Legion Auxiliary and still assists with their blood drives. Louise's motto is "keep moving". Volunteering has been a great way for her to make new friends and keep moving while helping others.



Receiving the Miles for Others Award was David Man-

no. He joined the RSVP program after he retired from being a CAN for over 30 years. He has only been a driver for the RIDE program for less than 2 years but in that short period of time he has volunteered 878 hours and driven thousands of miles. Dave started volunteering for RIDE because he wanted to help people. He knows it is needed and he loves meeting new people. HE said he gets as much out of it as he puts into it. That is why Dave is loved so much by the clients and volunteers alike!



Receiving the Hearts for Others Award was Carmelita

Sgroi. She began volunteering for her church over 30 years ago, counting money, baking cookies, and helping with special events. Then in 1999 she joined RSVP.

Since then she has donated over 1,940 hours serving her community by volunteering with Food Sense, Hospice, the American Cancer Society and the Frankfort/Ilion food pantry where she devotes her time today. Carm is always willing to help when we need it. She loves to volunteer because it gives her a purpose in life and touches her heart helping those who need her help.



Certificates of Appreciation were awarded to those volunteers with over 1,000 hours of service: Claudia Perrone. Certificates were also awarded to RSVP volunteers with over 500 hours of service which included: Grace Dudeck, RuthAnn Harrington, Ray Lenarcic,



David Manno, Jon Rice, Emily Sokol and Patricia Sokol.

The RSVP Service Pins for 25 years of service were awarded to Helen Daly and Louise Williams. In addition; Marjorie Chase, Ralph Dow and Sharon Perry were recognized for 20 years of service. Harriet Haines, Angela Richards, Vance Richards and Rosemary View were recognized for 15 years of service. Diane Bard, Gail Domion, Jean GAudin, Barbara Goodson, Michele Hipkens, Diana Klastow, Mary Lee Lynch, Kathleen Mazzara, Christina Olsen, Claudia Perrone, Martha Sirios, Evelyn Stephon, Mary Tamburrino, Natalie Tickner and Roy VanSlyke were recognized for 10 years of Service. Cleon Adams, Dorothy Bunce, Sandra Englebrecht, Elizabeth Hurteau, Carmelita Maddocks, Carol Mocko, JoAnn Moore-Cotter, Darlene Paul, Francis Reina and Barbara Schwartz were recognized for 5 years of service to the RSVP program.

The offices of Congressman Anthony Brindisi, Assemblyman Robert Smullen and Assemblyman Brian Miller also sent representatives and certificates for all of the award winners.

The Retired and Senior Volunteer Program is sponsored by Catholic Charities of Herkimer County, the Corporation for National and Community Service, the NYS Office for the Aging and the United Way of the Valley & the Greater Utica Area.

If you are interested in becoming an RSVP volunteer, please contact Rae Raffle-Maxson at 315-894-9917 for more information.



Congratulations Sue Tucker! - Sue was chosen as the volunteer of the year for Catholic Charities of Herkimer County and was recognized at the Catholic Charities Annual Gathering last month. For the past fifteen years Sue has been one of the most active and giving of volunteers. She runs the day to day operations at the Frankfort/Ilion Food pantry including

volunteer training, grant writing, maintaining inventory, coordination of food drives, volunteer and donor recognition. She also volunteers with the Food Sense Program and helps sorting and packing up the food on delivery day. She is a member of the Ecumenical Food and Shelter Council which serves as the Advisory Board for RSVP. She also serves on the Herkimer County Hunger Coalition whose mission is “to serve so that none go hungry.” Sue also manages Kateri’s Thrift Store and the Little Falls food pantry.

Sue has dedicated herself to serving those in need in Herkimer County in so many ways. She does so much never expecting or wanting anything in return. Catholic Charities and the RSVP program are very lucky to have her as part of their team. Congratulations Sue!

HOPE Ministries Program chosen as recipient of Kathleen Picotte Memorial Award. -

The Picotte Award was named in honor of a true supporter of Catholic Charities. Kathleen Picotte embodied the mission of Catholic Charities through her generosity and concern for the vulnerable. To honor her memory this award is given each year to a program within Catholic Charities which has met challenges in its own creative and innovative manner, while prioritizing the mission and those we serve. Every year Catholic Charities of the Albany Diocese selects a program to receive this honor and this year HOPE Ministries was selected to receive this honor. The HOPE Ministries Program provides services to our senior population through caring volunteers.

The Kathleen Picotte award was presented to the HOPE program volunteers at our Annual RSVP volunteer recognition luncheon. “For outstanding service to the poor and vulnerable embodying the virtues of mercy and justice.” Congratulations to the HOPE volunteers: Danielle Bernard, Carole Jean Crimmins, Ellen Culver, Elizabeth Harter, Dennis Jones, Betty Lynch, Barbara Manno, Helen Nowak, Darleen Paul, Linda Rathbun, Lydia Sexton, Karen Slocum, Cathy Treen and the Program Coordinator Lori Joy. Thank you for all you do to serve those in need! Congratulations on your award!



Happy 100th Birthday

Ellen Ball and her husband owned a farm in the Town of Litchfield, NY, where they raised four children. She worked along side Stanley for almost 40 years.

She has 14 grandchildren, 24 great grandchildren and 7 great great grandchildren that she loves very much.

She appreciates everything her family and friends do for her, and hopes to be able to spend many more moments with them.

Ellen
celebrating her
100th birth-
day.



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This is an advertisement.

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Save the Date

**Herkimer County Office for the Aging & NY Connects
Presents: 2019 Senior Expo**

Friday, August 23, 2019 From: 10 am—2 pm

Herkimer VFW, 129 Mohawk St., Herkimer, NY 13350

For more information contact: Jodi Dyn at 315-867-1124



Herkimer County Falls Prevention STEP UP TO STOP FALLS

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

Summer Safety Tips for Fall Prevention



Have you given enough thought to summer safety? The cold temperatures of winter often increase the risk for fall-related injuries, according to a report by the World Health Organization. This doesn't mean you should lower your guard when the weather gets warmer, though. Summer poses its own risks for seniors. The ice and snow may have melted, but the risk for falls doesn't disappear when spring arrives. Here are five fall risks you may face this summer, and how to avoid them:

1. **Don't get overheated.** Heat-related illnesses and dehydration are leading causes of summer falls, and seniors are at an increased risk. Both conditions can lead to dizziness and disorientation, and falls often follow. Prevent overheating by drinking enough water and planning outdoor activities in the morning or evening hours.
2. **The weather isn't all sunshine.** Spring and summer bring a lot of rain and mud, which can lead to slippery surfaces. Thunderstorms can also scatter your yard with branches that become tripping hazards. Remain inside during severe weather and pick up any items in your yard as soon as possible to prevent falls.
3. **You're more likely to be active outside.** You're probably mostly familiar with the terrain inside your home. Once you're outdoors, though, all bets are off. When the weather is nice, you're going to spend more time outdoors. Pay attention to incline changes, watch for holes, and beware of tripping hazards to reduce your risk of falling.
4. **More water-related activities means more slipping hazards.** Pay more attention to where you're stepping in the summer, in case water has been tracked indoors. A tile floor at the gym can become a fall hazard when children track water inside from the pool. With increased rain chances, you may also find puddles inside your favorite restaurant or grocery store.
5. **Wearing the wrong shoes.** Winter requires warm boots, many of which feature slip-resistant soles. In summer, backless sandals, flip-flops, and shoes with leather soles all come into fashion. These shoes can all increase your fall risk. Instead, stick to running shoes or other rubber-soled shoes that offer support.

Summer brings its own safety hazards, and it pays to be aware of them. Being proactive can save you a lot of pain and suffering. Fall prevention efforts and other summer safety measures are critical for staying safe and healthy while the weather is warm.

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

**Office for the
Aging**
**Senior Citizen of
the Year 2019:**
Martin Sorensen



Pictured to the left is award winner Martin Sorensen and Kathy Fox



Martin Sorensen is 91 years old, who resides in Herkimer, NY 13350.

Martin is an American through and through and has been a devoted Herkimer County resident for his entire life. He has been an active member of the VFW and American Legion for more than 75 years, rarely missing meetings or events. He was the East Herkimer VFW Post Commander for many years and played an integral role as an officer until the merger with the Herkimer VFW Post.

Martin's other accomplishments include: Boy Scout Troop Leader, Volunteer with Clear Path for Veterans, and a volunteer at the Herkimer Reform Church.

Martin has always answered a call where help was needed and provided his skilled workmanship with plumbing, masonry, painting, roofing, etc. He has taught others willing to learn his talents as a tradesman. Martin is an extremely accomplished handyman, He can fix just about anything!

Martin has also provided, at his own expense, rides for people in need to get to chemotherapy and radiation treatments. He is the kind of man who gives of himself and does not expect anything in return. He is willing to help those that need a "hand up" to get through a time when help is needed most.

Martin portrays the essence of Americanism at its finest. His daughter states "I am proud to be his daughter; he has taught me well what it means to be community minded, a good person, and what it means to be American."

Martin is a WWII Navy Veteran who served our country with respect and pride. He served in the Pacific Theatre and remembers seeing the aftermath of Hiroshima and Pearl Harbor.

Martin is a selfless, honest and compassionate man, who deserves to be recognized.

Martin has four children, eight grandchildren, and three great grandchildren.

Martin says "Volunteering is interesting. Try to help and give people a hand up."



Office for the Aging
Outstanding
Contribution
Award 2019:
Margaret Delinder



Pictured to the left
is award winner
Margaret
VanDelinder and
Director Kathy
Fox

**OFFICE FOR
THE AGING**
ADVISORY COUNCIL
**ANNUAL AWARDS
GIVEN**

Margaret VanDelinder is full-blooded Irish and was born on St. Patrick's Day, March 17, 1949. She resides in Old Forge, NY.

Margaret has spent many years working for the Home Aide Services of the Central Adirondacks, Inc. (HASCA). She is no stranger to assisting with the needs of the aging population. She has volunteered for Hospice for over 20 years and has compassionately supported many families and individuals as they navigate through end-of-life issues.

Margaret serves on the board of directors for the Community Health & Wellness Fund, an organization dedicated to sustaining the availability of basic health care in our community, particularly critical for seniors, as well as sponsors our area senior social program, known as SHARP.

Margaret also volunteers with the area not-for-profit thrift shop called The Mission Boutique. She helps sort through donations and display them. This is an important shop for the community as all items are available on a donation-only basis and allows all the community, including seniors on a fixed income, to easily acquire good quality clothing and household goods.

Margaret has served on the Town of Webb Historical Society. She also has volunteered for the Polar Bear Ski Club which provides support to the youth of the community to learn

how to ski. Margaret assisted the club with fund raising and assisted with ski events that the club supported for the youth in Old Forge.

Margaret is a volunteer for the weekly Senior Health, Activity and Recreation Program (SHARP). She has a good sense of humor and doesn't seem to ever have a "bad" day. She is a dependable, active volunteer, ready to help out nearly every week. Many of our liveliest seniors really look forward to playing cards with Margaret. She is often found using her skills in the kitchen when cooking is needed, sharing other life skills with the participants and also helping with serving lunch and cleaning up. Often she brings in special surprise treats to go with the season, like a homemade heart cake on Valentine's Day or candy corn at Halloween time. Of course, she goes all out when she has total control over the St. Patrick's Day decorating and events. One year she even did an Irish dance for us!

Margaret and husband Jim have 3 children and 3 grandchildren.

Margaret states she has always loved helping others in her community and Old Forge is a great place to live.

Margaret says, "It feels good to help someone else, it keeps you active and moving."



Everyone is enjoying themselves at the Senior Picnic on June 19, 2019



Right is Legislator Mr. Manno & Sheriff Farber announcing June 19, 2019 as Senior Citizen Day in Herkimer County



Left is OFA employee's helping out



Left is Alpine residents getting ready to play BINGO

Right is CVA Color Guard presenting the flags



Left is everyone standing for the Pledge of Allegiance



Left is Jake Ferdula singing "God Bless America" with Sheriff Farber watching on



Left is Valley Residential residents enjoying their day

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.



OFA 4th Annual Spring Intergenerational Clean-Up Day 2019

On Saturday, May 4th the 4th Annual Herkimer County Intergenerational Clean-Up Day was held. Volunteers of all ages helped older adults who live in their homes, but may need a little help with yard clean-up. Over 20 houses in the area received assistance from the volunteer effort. The Herkimer County Office for the Aging planned the volunteer event that was a huge success. We would like to thank all of the volunteers which included; Herkimer County Employees to include volunteers from Mental Health, Probation, and Office for the Aging. In addition we had volunteers from Herkimer County Office for the Aging's Advisory Council, Little Falls Hospital, the Office for People with Developmental Disabilities, ARC Herkimer, Feldmeier Equipment, Inc, and students from Herkimer County Community College. We would like to send a special thank you to the Herkimer County Highway and Maintenance Departments for allowing our group to use rakes, brooms, and shovels. Hannaford in Herkimer donated items for the event. Keep Mohawk Valley Beautiful also donated items to assist with the volunteer effort. Eileen and Peter Manno also donated funds to support the event. Without our volunteers and the community support we would not be able to assist these older adults. The volunteer effort not only helped with Spring Clean Up but showed older adults that people care and are there to help. One older adult said that, "My lawn looks great and I could not have done this without you."

We all know an older adult that may need a little assistance. I would encourage everyone to lend a helping hand if you can. You will find that it is not only good for the older adult but it also brings you joy. Thank you to all who assisted us with this project.

Picture below is OFA workers: Nora Stever, Jean Wheeler, and Jackie Murphy



Picture above is Volunteers, Christine Siri and Rick Fox with a client, Joanna Lanphier, who got her lawn cleaned



Picture above is volunteers from Little Falls Hospital



From the *RSVP Program*

JULY

1st Dawn Hosney
Louise Williams
2nd Robin Whitcomb
3rd Linda Rathbun
4th Teresa Riscica
Salvatore Simonette
8th Robert Haberek
10th Camille Fisher
11th Marjorie Chase
Grace Dudeck
14th Elizabeth Harter
16th Kathryn Knewasser
18th Susan Harrington
21st JoAnn Moore-Cotter
Bonnie Ricci
22nd Deborah Fitch
Darwin Laymon
25th Roberta Farouche
Maureen Harrer
27th Betty Lynch
Marilyn Salvaggio
28th Donna Tabor
31st Mary Ann Walrath
Alice Wineberg

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 Remigio (Ray) Bernos
19th Robert Clifford
Christina Olson
20th Claudia Coman
24th Pam Gydesen
30th Kathleen Mazzara
31st Paul Lewis

SEPTEMBER

1st Gail Domion
Roy VanSlyke
2nd Linda Folsom
Karen Slocum
3rd RoseMary Parody
4th Jean Gaudin
7th Regina Nicolette
9th Agnes Wilk
10th Helen Brandon
Ronald Covey
Joseph Enjem
11th Mindy Brandt
Ray Lenarcic
14th Ellen Culver
Linda Leonard
17th Jon Rice
Vincenza Terricola
19th Michele Hipkens
22nd Donna Cammann
Sandra Englebrecht
23rd Cynthia Reles
24th Raplh Dow
Mary Anne Ranson
28th Jean Marie Verri



Get Cookin' With OFA

Recipes compliments of Catholic Charities Staff

Garden Pizza

1/2 cup chopped zucchini
 1/2 cup chopped sweet red pepper
 1/2 cup chopped green pepper
 2 tablespoons chopped onion
 2 tablespoons chopped carrot
 1 garlic clove, minced
 2 teaspoons butter
 1/8 teaspoon Italian seasoning
 1/8 teaspoon dried oregano
 Dash pepper
 1 prebaked mini pizza crust
 1/3 cup chopped seeded tomato
 1/3 cup shredded Italian cheese blend

In a large skillet, saute the zucchini, peppers, onion, carrot and garlic in butter for 8-10 minutes or until tender. Sprinkle with Italian seasoning, oregano and pepper; toss to coat.

Place the crust on an ungreased baking sheet or pizza pan. Spoon vegetable mixture onto crust to within 1/2 in. of edges. Top with tomato and cheese. Bake at 450° for 8-10 minutes or until cheese is melted.



BLT Pasta Salad

1 lb. elbow macaroni
 3 slices bacon, chopped
 1/2 c. Shredded romaine lettuce
 1 c. cherry tomatoes, halved
 kosher salt
 Freshly ground black pepper
 1/2 c. ranch dressing



In a large pot of salted boiling water, cook macaroni according to package directions until al dente. Drain, then transfer to a large serving bowl.

In the meantime, cook bacon until crispy. Drain and set aside.

Add cooled bacon, lettuce, and tomato to serving bowl. Season with salt and pepper then toss with Ranch dressing and serve.

Fruit Salad

1 pint fresh strawberries, sliced
 1 pound seedless green grapes, halved
 3 bananas, peeled and sliced
 1 (8 ounce) container strawberry yogurt

In a large bowl, toss together strawberries, grapes, bananas, and strawberry yogurt. Serve immediately



Inspiration

SUMMER: The Promenade Queen

Summer is here! The Promenade Queen,
Displaying her gown with delight;
Adorning her beautiful colours of joy,
She dances long into the night.

*Welcome Your Majesty,
please lead the way.
Thank you for sharing
your lovely display.*

She wears, as her crown, the brightest jewel.
It sparkles without limitations:
Holding it high, a family heirloom
Handed down through generations.

*Welcome Your Majesty,
thank you for sharing
The warmth from the dazzling
crown that you're wearing.*

The chorus of harmonies up in the trees
Accompanies Queen Summer's dance.

The flowers join in
with a royal curtsy,
Adding a touch of romance.

*Thanks for your company,
Queen of Pure Bliss;
For knighting the*



*world with such
beauty as this.*

By Angela Yardy

Summer's End

No flowers to plant,
No garden to tend,
As summertime lazily
Comes to an end.

It's time to sit back
and deliciously savor
The beauty of the season
and the fruits of our labor.

Farewell to summer;
for autumn make way,
With this last celebration
We call Labor Day.

By: Nancy
Hughes



Grandpa

My best friend is my Grandpa
His best friend is me.

When we hike the woods together
I see things he doesn't see.

We whisper and we listen
to the forest old and wise.

Grandpa knows the bird songs
and I am Grandpa's eyes.

By: Amy Ludwig VanDerwater



Just For Fun!

Q: What does the Statue of Liberty stand for?

A: It can't sit down.

"When you are dissatisfied and would like to go back to youth, think of Algebra."

Will Rogers

I'm a walking storeroom of facts....

I've just lost the storeroom.

Q: What often falls but never gets hurt?

A: Rain

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

LABOR

LONG

USA

DAY

WEEKEND

TRAVEL

HOLIDAY

ENDING

AMERICAN

SEPTEMBER

SUMMER

MONDAY

WORK

NATIONAL

OFF



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