

# 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 Winter HIICAP News

### HIICAP NEWS -WINTER 2020

**Thank you** to all of you for your patience with us during the Annual Election Period(AEP). While the AEP is always a busy time for us, this year was particularly challenging with the new Medicare Plan Finder. A special thank you to our wonderful dedicated RSVP volunteers Ellen Culver, Dave Freytag, Chuck Hand and Jean Mihvec. Our program and our clients are very lucky to have you!

### 2020 Medicare Amounts

The standard Medicare Part B monthly premium will increase from \$135.500 in 2019 to **\$144.60** in 2020. The Part B annual deductible will increase from \$185 in 2019 to **\$198** in 2020.

Most Medicare beneficiaries qualify for premium free Part A thorough their own or their spouses work history, but those who do not will be able to purchase Part A for those with less than 30 quarters of Medicare-covered employment in 2020 for \$458 per month. The Part A deductible will also be increasing from \$1,364 to **\$1,408** per benefit period.

If you qualify for the **Medicare Savings Program** (2019 income limits - \$1426/single or \$1923/married) all or some of these costs may be eliminated). The 2020 program limits will be released later this year.

### Medicare Advantage Open Enrollment Period

January – March of each year is the Medicare Advantage (MA) Open Enrollment Period. Anyone in a MA plan on January 1 will be able to make one

additional change to how they receive their Medicare benefits. Beneficiaries can change to a different Medicare Advantage plan, or switch to Original Medicare (with or without a Part D plan).

### General Enrollment Period

The General Enrollment Period is an opportunity for people who did not enroll in Medicare Part B when first eligible, and who don't qualify for a Special Enrollment Period, to enroll in Part B. The GEP runs from January – March of each calendar year, with Part B becoming effective July 1. A late enrollment penalty of 10% of the standard Part B premium may apply for each 12 months that one went without Part B coverage.

### Medicare Supplemental Plan Changes

There some changes regarding Medicare Supplemental or Medigap plans for 2020. People newly eligible for Medicare in 2020 or later will **not** be able to purchase a Medigap Plan C or F. But beneficiaries who have or are eligible for Medicare prior to 2020 will continue to have the right to purchase a Plan C or F.

Also, CDPHP "retired" individual Medicare Supplemental products effective December 15, 2019. Current members will be guaranteed continued coverage and renewal as long as they keep their coverage active. CDPHP members will also continue to have the ability to switch to a different CDPHP Medigap plan on their anniversary date.

### Special Enrollment Periods (SEP)

All people with EPIC are entitled to a Special Enrollment Period (SEP) that al-

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### The Newsletter Staff

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

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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\*

Happy New Year!

Wow I cannot believe it's 2020 already! This past year has been a very busy one for us at RSVP. Through October of last year we had 226 volunteers, serve over 17,000 hours – thank you! Because of you and all of your time and talents you dedicate to your volunteer station we are able to continue to meet the needs of our community- thank you! I look forward to working with you all in 2020 as we continue to make our community a better place.

*"A Blessed New Year"*

*May the road you walk be a smooth one,*

*May your troubles be few-if any,*

*May the days and years that lie ahead*

*Be healthy, happy and many.*

*May yo have friends in abundance,*

*May the sun shine bright around you.*

*May the world be a wonderful place to live,*

*And my God's love always surround you.*

Wishing you a Healthy and Happy New Year filled with countless Blessings and New Adventures,

Rae Raffle-Maxson  
Program Director

lows them to enroll in or switch their Part D plan (which could be part of a Medicare Advantage plan) one time per year to be effective the 1<sup>st</sup> of the following month.

Also, people with Medicare who receive any level of Extra Help have a SEP that allows them to switch their Part D plan (which could be part of a Medicare Advantage plan) at any time to be effective the 1<sup>st</sup> of the following

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

#### Volunteers needed for RIDE program

The RIDE Program is seeking caring individuals to transport seniors to medical appointments. Seniors have told us that they 'couldn't keep appointments without this service', while others 'pray that this service will continue'. RIDE is a completely volunteer program that is focused on helping seniors maintain their independence in the community. Volunteers receive training, recognition, mileage reimbursement, and are covered through the program's CIMA insurance. Please contact the RIDE Program at Catholic Charities of Herkimer County today by calling 315-894-9917 and ask for Rae. You will become part of a team of valued volunteers who are working to meet a critical need in Herkimer County. Thank you!



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.

December 16, 2019

The Student Council at Central Valley Academy wanted to complete a community project to be able to give back to the Mohawk and Ilion communities. For the past four years the students decided that they would like to help homebound older adults. The students worked with the Herkimer County Office for the Aging to locate older adults in the community who would like a little holiday cheer. The students gathered items and prepared Holiday baskets. On Wednesday, December 18, 2019 students from Central Valley Academy will deliver over thirty Holiday baskets. The delivery will begin at 8:30am and continue until all the baskets are delivered. The students did not want older adults to be forgotten and wanted to bring them some holiday cheer.



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

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!"

## Fraud Prevention Tip - 2020

Consumer advocates, auditors and police departments around the country have been issuing a warning: When you write a date on a document, don't shorthand the year 2020 to just "20." Write out the entire year 2020. When the year 2020 is abbreviated on official forms and documents, those looking to exploit unsuspecting people can easily manipulate those numbers and leave people potentially vulnerable to fraud. It's still early in the year and there's no evidence yet that anyone has been scammed in this manner. But it's better to be safe than sorry!



## **SHINE Community Workshops**

### **Seniors' Health Improvement and Nutrition Education**

*Eat Smart, Live Strong Workshop Series*

#### **Workshop 1**

***Reach Your Goals, Step by Step*** allows participants to review the amount of fruits and vegetables appropriate for their age, activity level and gender. This session encourages behavior change by providing participants with an opportunity to set goals and track achievement.

#### **Workshop 2**

***Challenges and Solutions*** offers many suggestions to help older adults adapt their eating and physical activity behaviors to reach their goals.

#### **Workshop 3**

***Colorful and Classic Favorites*** provides hands-on experiences in updating classic recipes by adding fruits and vegetables. Easy-to-make recipes are provided to help participants make classic dishes at home.

#### **Tues., April 7—Workshop 4**

***Eat Smart, Spend Less*** increases awareness about the variety of nutrition assistance programs available to low-income older adults. Participants and the educator identify resources within their community to help them obtain fruits and vegetables on a limited budget.

**Location**—London Towers Apartments, 100 W Main St., Ilion

**When**— February 7,14,21,28

**Time**— 2 PM - 3 PM

**Questions?** Call Molly, Nutrition Outreach Coordinator for SHINE at 518-843-2300.

**Dates are weather permitting.**

Call Melissa at Ilion Housing Authority, 315-894-2159 x15, to learn about a workshop cancellation and rescheduling!

**Location**— Nathan Galinsky Apts, 105 Protection Ave, Herkimer

**When**—January 7,14,21,28

**Start Time**— 2 pm

Join Molly Capito, Nutrition Outreach Coordinator for SHINE!

Questions? Call 518-843-2300

**Location**—John Guy Prindle Apartments, 80 E North Street, Ilion

**When**—Feb. 25, March 10,24 April 7

**Time**— 3 - 4 PM

**Interested?**

Please let Susan Westfield at Prindle Apts know if you are interested.



## SHINE On!

With the start of the New Year, why not consider adopting a few healthy habits?! In doing so you may improve your health and well-being. Not sure where to start? SHINE (Seniors' Health Improvement and Nutrition Education) will be continuing to provide a series of four nutrition workshops that are targeted towards older adults in a variety of locations. Yes, they have been taking place throughout Herkimer County since 2018. Not only will lessons continue to occur with the original curriculum, an additional curriculum has been added as of January 2020! These will be available at locations where the Eat Healthy Be Active Workshops have already taken place.

Eat Smart, Live Strong- nutrition education for older adults

This additional set of workshops is designed to help participants improve their fruit and vegetable consumption and physical activity- two simple behaviors that support health! These workshops will give you the tools to help you achieve your eating and physical activity goals.

Please call Molly, Nutrition Outreach Coordinator for Herkimer, Fulton and Montgomery County SHINE at 518-843-2300, call Herkimer County OFA or be on the lookout for SHINE ads in your local paper to learn about a SHINE workshop series nearest you!

Already scheduled *Eat Smart, Live Strong* workshop locations for 2020:

Nathan Galinsky Apartments

London Towers Apartments

...more to come!



# 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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**It is not too late to sign up! Join us at any time– Call Jackie at 315-867-1371**



**Herkimer County  
Falls Prevention  
STEP UP TO STOP FALLS**  
The Community Foundation of Herkimer & Oneida Counties and  
Wesley & Marion Small Fund



**Tai Chi Exercise Classes**

Begins on  
Thursday, January 9th, 2020

Valley Residential Services

323 Pine Grove Rd, Herkimer, NY 13350

From 10—11AM

The class will run every Tuesday and Thursday for  
8 weeks (16 sessions total)

**No class on Tuesday, January 21st 2020**

If you want to improve your strength & balance  
come join us!

Please call to register for the class. There will be a  
limit of 25 participants, so Register Early!

Call Herkimer County Office For the Aging  
At **315-867-1371**

The instructor will be  
Jackie N. Murphy



**Happy New Year - don't forget to get your screenings!**

## **Medicare Preventative Services**

**Annual Wellness Exam** - Once every 12 months after your first full year of Medicare Part B enrollment

**“Welcome to Medicare” Preventive Visit** - Once within the first 12 months that you have Medicare Part B

**Alcohol Misuse Screening and Counseling** - One screening per year. If doctor recommended, up to 4 face-to-face visits per year with qualified doctor

**Abdominal Aortic Aneurysm Screening** - One-time screening ultrasound. Referral provided at their Welcome to Medicare visit

**Bone Mass Measurement** - Once every 24 months for those with certain medical conditions

**Cardiovascular Disease Behavioral Therapy** - One visit per year Medicare pays 100%

**Cardiovascular Disease Screening** - Once every 5 years Medicare pays 100%

**Cervical Cancer Screening** - (Pap Smear and Pelvic Exam) Once every 24 months or every 12 months for those at-risk

**Colorectal Cancer Screening** - Frequency based on test for those age 50 and older

**Depression Screening** - One screening per year done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals

**Diabetes Screening** - One to two per year based on risk factors

**Diabetes Self-Management Training Education** - For those with diabetes—doctor must provide written order

**Flu Shot** - Once per Flu Season

**Glaucoma Screenings** - Once every 12 months for those at-risk

**Hepatitis B Shot** - Based on risk factors, Ask your Doctor

**Hepatitis C Screening** - One-time for adults who do not meet the high risk definition, but were born from 1945 through 1965

**HIV Screening** - Once every 12 months, or up to 3 times per year during pregnancy

**Lung Cancer Screening** - Once every 12 months for ages between 55-77, current smoker or quit smoking within the last 15 years

**Mammogram Screening** - Every 12 months for women age 40 and older

**Medical Nutrition Therapy** - Three hours per year for people with diabetes, renal disease or kidney transplant. Two hours per year after that

**Obesity Screening and Counseling** - Counseling is covered for anyone found to have a body mass index of 30 or more

**Pneumococcal Shot** - Usually once in lifetime

**Prostate Cancer Screening** - Once every 12 months

**Smoking and Tobacco Cessation** - Up to 8 face-to-face visits per year





Contact: Kathy L. Fox

December 19, 2019

867-1121

**Office for the Aging placed gift tags on the Christmas tree in the lobby of the County building in Herkimer. With the help of county employees, Legislators, the local Save A Lot and other community members the Office for the Aging was able to distribute 85 Christmas gifts to older adults in Herkimer County. Many of these older adults who received the gifts would not have received gifts during the holiday.**

**Office for the Aging staff delivered the packages to the older adults. The staff were greeted with smiles and the older adults were so thankful that someone thought of them during the holiday season. These individuals appreciated the generosity of all of those individuals who contributed to this effort.**

**We hope to continue this event in 2020 and hopefully we will be able to provide additional older adults a bit of Christmas cheer. Office for the Aging staff would like to thank all individuals who assisted with this effort.**





## **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.



# MAKE YOUR NEW YEAR'S RESOLUTION FOR LIVING WELL

By: Jenny Flynn, Bassett Healthcare Living Well Program

## Join a supportive community to improve your health.

Personal experience has shown me we can all learn ways to manage symptoms of ongoing health conditions. Choose one of three 7-week wellness workshops. The *Living Well with Chronic Conditions* workshop series offers people with Asthma, COPD, heart disease, anxiety, or any chronic condition ways to take control of the day-to-day management of their health. People with prediabetes, Type 1 or Type 2 diabetes come together in small groups to learn and practice skills to manage their diabetes on a day-to-day basis in the *Living Well with Diabetes* workshop series. Patients and community members gain confidence in their ability to control symptoms in the *Living Well with Chronic Pain* workshop series. Caregivers are welcome.

Program participants receive a book and audio CD to support their need to learn more. Trained peer leaders facilitate the interactive workshop series that complement the care you receive now.

### **Living Well with Chronic Pain**

Tuesdays 5-7:30pm starting 3/24 at the Herkimer County Chamber of Commerce

Wednesdays 2-4:30m starting 3/25 at the Little Falls Hospital

### **Living Well with Diabetes**

Tuesdays 5-7:30pm starting 5/12 at the Little Falls Hospital

### **Living Well with Chronic Conditions**

Wednesdays 9:30am-12pm starting 5/13 at John Guy Prindle Apartments in Ilion

These are the Herkimer County locations. See the full schedule for all 2020 workshops. There is no charge for the workshop series, just a commitment to meet for 2.5 hours once a week for 7 weeks and willingness to learn more about managing your health. Registration required.

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



From the *RSVP Program*

### JANUARY

1st Richard Gustin  
Dave Manno  
Patricia Wares  
5th Donna Gentile  
Nina Rumrill  
6th Linda Vincent  
7th Nancy Smith  
12th Barbara Cornia  
Madeline Stephen-  
13th son  
15th Cathleen Treen  
17th Marylou Reich  
23rd Charlotte Pylman  
24th Christine Pettengill  
Angela Richards  
Ruth White  
28th James Conover

### FEBRUARY

1st Robert Marsall  
3rd Heidi Benson  
David Freytag  
4th Mary Lee Lynch  
8th Joan VanSlyke  
Elizabeth Wilson  
14th Mary Caiola  
Joann Joy  
19th Clarissa Hoyland  
20th Beverly Sullivan  
22nd Martha Mamrosch  
Dolores McGraw  
24th Gerald Fluharty  
25th Douglas Capraro  
26th Jean Stack

### MARCH

1st William Parody  
2nd Karen Noble  
3rd Gordon Darling  
4th Beth Margulis  
5th Helen Nudo  
6th Dorothy Bunce  
David Near  
8th Carole Jean  
19th Susan Thuener  
Marianne  
20th O'Donnell  
22nd Paula Cooper  
23rd Rosemary View  
29th Patricia Haberek  
30th Cleo Adams





# \*Get Cookin' With OFA\*

Recipes compliments of Catholic Charities Staff

## Jack Pot Casserole

1 lb. hamburger  
2tbs butter  
¼ cup chopped onion  
1 can tomato soup  
¼ cup chopped black olives  
1 ½ cup water  
½ 8oz. pkg. noodles (uncooked)  
1 can creamed corn  
1 cup grated cheese

### Directions:

Brown meat and onions in butter. Add soup, water, and noodles. Cook until noodles tender. Add corn, olives and cheese. Pour into greased Casserole. Sprinkle with additional cheese. Bake @ 350 for 45 minutes.

## One-Pan Artichoke Chicken Provencal

4 small boneless skinless chicken breasts (1 lb.), pounded to 1/4-inch thickness  
1 can (14 oz.) small artichoke hearts, drained, halved  
1 cup grape tomatoes, halved  
1/4 cup quartered pitted Kalamata olives  
1/4 cup zesty Italian Dressing  
1/4 cup water  
4 cloves garlic, minced  
1/4 tsp. crushed red pepper  
1/4 cup Crumbled Feta Cheese

### Directions:

Cook chicken in large deep skillet sprayed with cooking spray on medium-high heat 2 min. on each side or until evenly browned on both sides. Remove from skillet; cover to keep warm. Combine all remaining ingredients except cheese in skillet. Bring to boil. Return chicken to skillet; cover. Simmer on medium-low heat 6 to 8 min. or until chicken is done (165°F). Top with cheese.

## St. Patrick's Day Bailey Cheesecake Bars

### **Crust**

20-25 chocolate sandwich cookies (crushed)  
3 tablespoons melted butter  
1/3 cup sugar

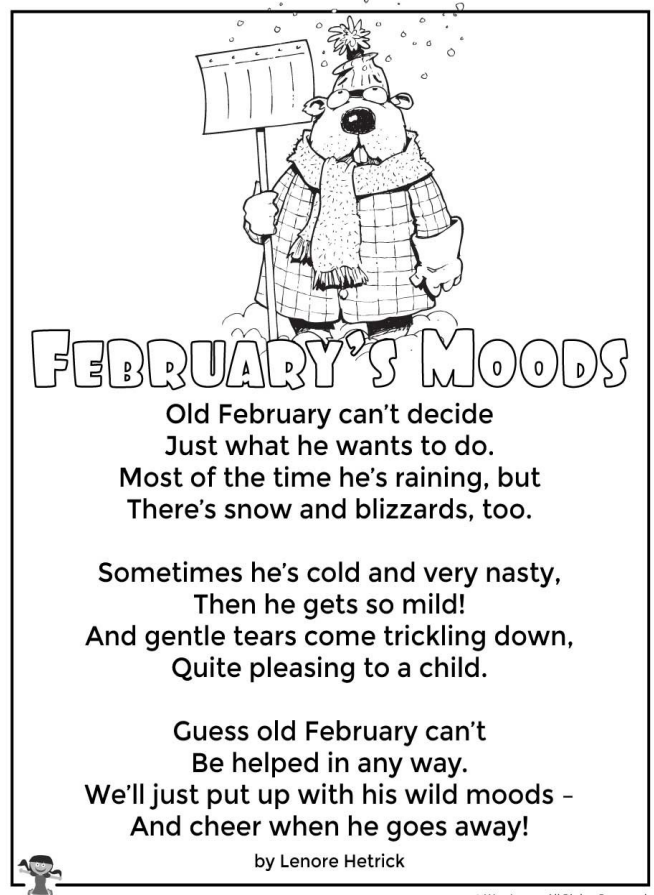
### **Filling**

24 oz. cream cheese, softened  
3/4 cup sugar  
3 large eggs  
3/4 cup sour cream  
2 teaspoons vanilla extract  
1/2 teaspoon salt  
1/2 cup Baileys Irish Cream

### Directions:

Combine the cookie crumbs, melted butter and sugar together and then pour the cookie mixture into a 9 x 13 baking pan lined with parchment paper. Firmly press the crust evenly on the bottom and sides of the baking pan and set aside. In a large mixing bowl, beat softened cream cheese until creamy and then add in sugar and mix well. One by one, add in eggs and then add in sour cream, salt, vanilla, flour and Baileys and continue mixing until you have a creamy filling. Transfer 1 1/3 cup of cheesecake filling evenly into two separate bowls and add light green food coloring to one bowl and regular green food coloring to the other. Mix the food coloring into the batter to combine. Pour the white cheesecake filling on top of the cookie crust and smooth until even. Using a spoon, pour alternating lines of light green cheesecake filling and dark green cheesecake filling down the length of the cheesecake. Swirl the colors into the cheesecake filling using the back of knife (or a chopstick!) to create a beautiful swirl pattern being sure not to swirl all the way down the crust. The more swirls, the better. Bake in 325 degree oven for 50-55 minutes or until center is no longer wobbly. When baking time is done, turn off oven, open oven door and let your St. Patrick's Day Baileys Cheesecake Bars sit for one hour in the open oven. Remove from oven and refrigerate

# Inspiration





Q: How come the cookie went to the doctor?

A: It felt crumby.

Q: Why can't you say a joke while standing on ice?

Because it might crack up.

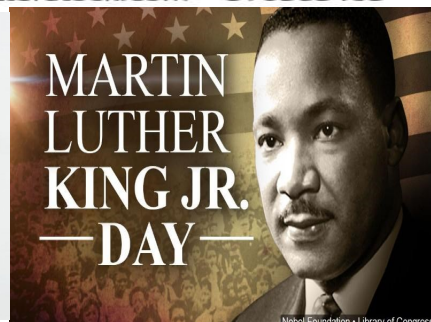
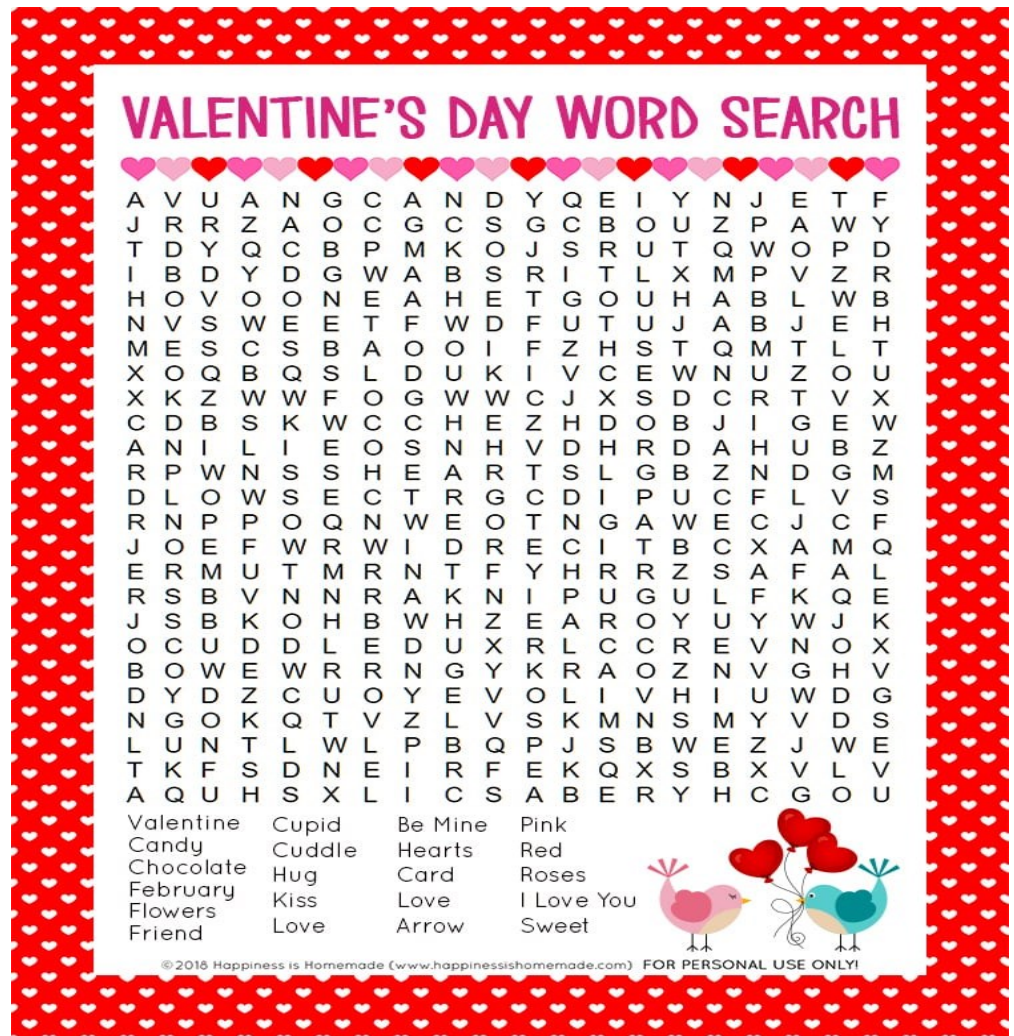
Q: Why did the computer squeak?

A: Someone stepped on its mouse.

Q: What did the lawyer name its daughter?

A: Sue

# Just for Fun!



## 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](http://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