

# 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*

*CVOID Vac-  
cine Scam Tips  
... page 3*

*Food Sense/  
Bonus dessert  
recipe ... page  
4*

*Tips for reduc-  
ing stress ...  
Page 5*

*Happy Wellness  
Wednesday  
... Page 7*

*Living Well  
from Home  
... Page 8*

*Thank you's  
Volunteers/  
.... Page 9*

*NEW transpor-  
tation option  
.... Page 11*

*Birthday's  
..... Page 12*

*Recipes....Page  
13*

*Inspiration  
... page 14*

*Just For Fun!  
... page 15*

## 2021 SPRING HIICAP

### News HIICAP NEWS for Spring 2021

The Medicare Savings Programs (MSP), also known as the Medicare Buy-In programs, are programs which help you pay your Medicare premiums. We expect the new 2021 income limits to be released soon but as of right now 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 \$42.27 benchmark. The benefits of qualifying for the Medicare Savings Program is two-fold: You will receive Part B Medicare without paying for it and you will receive the full Extra Help benefit for your prescription coverage.

The Extra Help benefit is a federal program that helps you pay for some or most of the costs of Medicare prescription drug coverage. If your monthly income is up to \$1,630 for singles (\$2,198 for couples) and your assets are below specified limits, you

may be eligible for Extra Help. You can apply for this program on line at [www.ssa.gov](http://www.ssa.gov). If you are receiving Medicaid, Supplemental Security Income or the Medicare Savings Program you will automatically qualify for Extra Help. You will need to be enrolled into a Medicare Part D plan so if you have prescription drug coverage through a retiree plan you may want to discuss this with your current plan because you don't want to lose any other benefits that may be attached to that coverage.

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

.... Continued on page 3

### The Newsletter Staff

Rae Raffle-Maxson, RSVP  
Kathy Fox, OFA  
Kelly Lowell OFA

### Office for the Aging

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

### Catholic Charities

Food Sense Program	894-9917
RSVP	894-9917
RIDE Program	894-9917
NOEP Program	894-9917
HIICAP Program	894-9917

### Other

Kateri's Thrift Store	823-1793
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!

***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 Spring to all of you! I hope you are all doing well. As I'm sure you all remember this time last year NY was put on pause. Some of our volunteer stations were paused too as well as many businesses. Our agency here sent most of our staff home and a few essential workers were tasked with running our essential programs without our volunteers.

Last March some of you had to figure out how to run your volunteer stations with a small number of volunteers. We all had to adapt to new COVID protocols and ensure the safety of our staff, volunteers and clients. We missed our celebrations and vacations spent with family and friends. It has been a lot. We have watched family members and friends battle COVID, some of us have lost loved ones, but through it all we have worked together to continue to take care of our community and each other and for that I am eternally grateful.

I hope that when we can sit back and reflect on this most difficult time we will remember all of the good things that came out of this too. The generosity of our community has been incredible. Volunteers that had their volunteer station paused made masks or found other ways to help. We worked together to figure out how to do more work with less help. People showed their true compassion for helping each other. Families were able to slow down and spend more time together. The Halloween candy chute was invented. There were drive by birthday parties and zoom family gatherings, none of which will ever replace a hug, but the point is we worked together to try and make things better for each other. We made each other laugh. We supported each other and helped to get us through the rough days. We inspired one another. When I think back on this time I am going to think of you and how you have encouraged and inspired me and given me Hope when I needed it the most....thank you!

Wishing you all good health and much happiness,

Rae Raffle-Maxson

Program Director

their EPIC deductible lowered by \$507. As you know, when EPIC is working, seniors pay between \$3 and \$20 for prescriptions. EPIC is secondary coverage, that is, Medicare beneficiaries must have a Medicare Part D plan for EPIC to pay as the secondary insurer.

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



### **Please be aware and avoid the COVID-19 vaccine scams...**

1. You can't pay to put your name on a list to get the vaccine. That's a scam.
2. You can't pay to get early access to the vaccine. That's a scam.
3. Nobody legit will call, text, or email about the vaccine and ask for your Social Security, bank account, or credit card number. That's a scam.

## **One Way to Avoid COVID-19 Vaccine Scams**

On Medicare? You don't have to pay to get the COVID-19 vaccine. Medicare has you covered.

Learn more at [ftc.gov/coronavirus/scams](https://ftc.gov/coronavirus/scams)  
or call **877-355-0213**



FEDERAL TRADE  
COMMISSION

## Food \$en\$e – Saving money on groceries just makes sense!

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. For more information call Catholic Charities of Herkimer County at 315-894-9917.

## Rhubarb Cream Cheese Bars

### INGREDIENTS

#### CRUST:

- 1 1/2 Cups flour
- 1/2 cup sugar
- 3/4 cup butter

#### RHUBARB LAYER:

- 4 cups chopped rhubarb
- 1 cup sugar
- 4 tablespoons flour

#### CREAM CHEESE FILLING:

- 1 1/2 (12-ounce) packages cream cheese
- 3/4 cup sugar
- 3 eggs

#### GLAZE:

- 3/4 cup sour cream
- 2 teaspoon vanilla

### PREPARATION

1. Combine crust ingredients spread into a 9x13-inch pan and **bake** at 375°F for 10 minutes.
2. Toss together ingredients for rhubarb layer and pour over crust. Bake for 15 minutes at 375°F.
3. Mix together cream cheese and sugar. Beat eggs in one at a time pour mixture over rhubarb and bake 25 minutes at 375°F.

## 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.



*"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."*

- Marie Curie

## TIPS FOR REDUCING STRESS

THE KEY TO **REDUCING STRESS** IS BEING ABLE TO CHANGE YOUR PERCEPTION. THOUGHTS INFLUENCE FEELINGS. FEELINGS INFLUENCE BEHAVIORS. BEHAVIORS INFLUENCE RESULTS. Develop a positive attitude (instead of "I can't" think "How can I?")

Refrain from blame

Welcome challenges and obstacles as opportunities for growth

Develop communication skills and assertiveness techniques

Learn effective conflict resolution strategies

Be flexible

Take care of your needs: physical, emotional, mental and spiritual

Learn to say "no"

Practice the four S's:

*See things differently*

*Slow down*

*Simplify*

*Be silly and play*



# 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

## 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



# Happy Wellness Wednesday!

## Brain Work

### *Keeping It Active*

Our brains are one of the most important parts of our bodies. Just like other parts of our body, our brains need exercise and activity to stay strong and healthy as we age.

### *Can you teach an old dog* **NEW TRICKS?**

You sure can! It's never too late to start a new hobby! Older adults can learn multiple new skills at the same time, and doing so may improve their cognitive functioning.



## *Ideas for Brain Work*

- Word Games like crosswords, word finds and Sudoku improve word association and recall memory.
- Gardening can stimulate your brain by planning out how you will tend to your garden and you'll also be outdoors getting Vitamin D.
- Any and all exercise increases blood and oxygen throughout the body. Whether you choose golf, walking around the block or taking a swim, a healthy body leads to a healthy brain.
- Have you always wanted to learn how to play the guitar? Now is the perfect time to learn! Playing an instrument and learning new songs will stimulate the brain and give you a sense of accomplishment. If you pick the drums, check with your neighbors first.
- Board Games & Jigsaw Puzzles promote problem solving skills and you can invite others to play along with you.
- Hobbies & Crafts: Art focused activities like knitting, photography and drawing have a big impact on mental sharpness.



# LIVING WELL FROM HOME

By: Jenny Flynn, Bassett Healthcare Living Well Program



The **Living Well with Chronic Conditions** 6-week workshop series offers people ways to take control of their health outside the doctor's office. People with asthma, COPD, heart disease, arthritis, anxiety, depression, or any ongoing health condition will gain helpful information and practical skills. You will learn ways to improve strength, flexibility, and endurance, prevent falls, problem-solve, and use action plans to set goals. We also offer **Living Well with Diabetes** and **Living Well with Chronic Pain** workshop series.

"The books we received are packed with lots of great information. Getting together in a group to discuss problems, come up with solutions and talk over ideas, is invaluable. This course was packed with information, support, and new friends!"

Living Well with Chronic Pain participant



There is no charge for the workshop series, just a commitment for six weeks and a willingness to learn more about managing your condition. Choose the delivery mode that works for you:

- Mailed toolkit with or without phone support
- Online using Zoom platform with small group
- Online independent study

To learn more and enroll: call 607-547-3948; email [livingwellsessions@bassett.org](mailto:livingwellsessions@bassett.org); or visit: [www.bassett.org/livingwell](http://www.bassett.org/livingwell).



## **Thank you RSVP Volunteers!**

Since March of 2020 we have had 151 RSVP volunteers serve 9737 hours providing much needed serves to our community. You provided food through your work at our emergency feeding programs. You provided medical transportation to much needed doctor and COVID vaccination appointments. You provided Medicare counseling to those needing assistance with their insurance. You coordinated blood drives for our community. You provided companionship and so much more to those needing support. But most of all you have given us all HOPE. The majority of you are part of the vulnerable population that we were trying to protect during this pandemic and you were the ones showing us how to get through it. Thank you for your kindness, your compassion for others, and your strength! You all make our community and our world a better place!

*The smallest act of kindness is worth  
more than the grandest intention.*

*-Oscar Wilde*

## **Volunteering Improves Seniors Health!**

Do you want to feel better while providing service to those in need in our community?

**Join RSVP!**

Retired and Senior Volunteer Program of Herkimer County

Volunteering is a win-win! It not only provides benefits to those being served, it can also improve or stabilize the health of the volunteer. Volunteering has also been shown to reduce feelings of depression and social isolation, which we are all feeling to some degree right now because of the pandemic

If you would like more information and are interested in joining our awesome group of RSVP volunteers please contact us at **315-894-9917**.



## **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.





**THE MOHAWK HOMESTEAD**  
WHERE YOUR FAMILY BECOMES A MEMBER OF OURS.

**The Mohawk Homestead is pleased to announce transportation to Medicaid recipients for non-emergency medical appointments. Our operating hours are 7 am -7pm, 7 days a week.**

**We provide service to Residents in Frankfort, Herkimer, Ilion,  
Little Falls and Mohawk.**

**Persons in need of our service should inquire by calling  
The Mohawk Homestead Transportation Department at:**

**315-360-3296**

**We follow all CDC guidelines for the COVID-19 Virus:**

**We are fully licensed and insured, drivers have received the Covid-19 vaccine and are tested weekly. There is a plastic barrier between the driver and the riders for safety.**

**Our vehicles are thoroughly cleaned and sanitized after each trip.**

**We look forward to expanding our services to those in need and building a lasting relationship within our community.**

**The Mohawk Homestead's mission is to facilitate the most comfortable and safest transportation to all Medicaid persons in need.**



# Happy Birthday!

From the *RSVP Program*

## April

- 1 Deb Nolan
- 2 Dorothy Siedsma
- 7 Mary Ellen Guerra
- 14 Harriet Haines
- 15 Rose Zito
- 18 Nancy Cooper
- John O'Donnell
- 19 Janice Branck
- RuthAnn Harrington
- Patricia Peters
- 24 Linda Quesnelle
- 25 Cynthia Richards
- 28 Sharon Deviau
- 30 Lydia Sexton

## May

- 1 Volney "Spike" Seeley
- 2 Constance Johnson
- 3 Mary Mitchell
- 5 Evelyn Stephon
- 7 Martha Sirios
- 10 Helen Christian
- 12 Charles Hand
- 14 Christine Teesdale
- 15 Carol Clark
- Mary Retajack
- 18 Sharon Ferdula
- 21 Nora Cool-Guinup
- 22 Dennis Rizzo
- 25 Laurie Bowman
- 26 Rihard Barrett
- 28 Bill Wiliczka
- 31 Joanne Favet

## June

- 2 Margaret Streeter
- 4 Kathleen Smith
- 12 Terry Leonard
- Natalie Tickner
- 15 Marilyn Kitner
- 16 Etta Humphreville
- 26 Paul Frezza
- 29 Nancy Bronson
- 30 Andrea Williams





# **\*Get Cookin' With OFA\***

Recipes compliments of Catholic Charities Staff

## **Bruschetta Grilled Chicken**

### **INGREDIENTS:**

4 tbsp. extra-virgin olive oil  
Juice of 1 lemon,  
salt  
black pepper  
1 tsp. Italian seasoning or dried oregano  
4 boneless skinless antibiotic free chicken breasts, pounded to even thickness  
3 slicing tomatoes,  
chopped 2 cloves garlic, minced 1 tbsp.  
freshly chopped basil  
4 slices mozzarella  
Freshly grated Parmesan, for serving

### **DIRECTIONS:**

In a small bowl, combine oil, half the lemon juice, 1 teaspoon salt, 1/4 teaspoon pepper, and Italian seasoning (or oregano) and whisk to combine. Transfer to a large re-sealable bag along with chicken; seal and refrigerate for 30 minutes. Heat grill over medium-high then add chicken, discarding excess marinade. Grill until charred and cooked to an internal temperature of 165°, about 5 to 7 minutes. Meanwhile, combine tomatoes, garlic, basil, and remaining lemon juice, and season with salt and pepper. While chicken is still on grill, top each breast with 1 slice mozzarella and cover until cheese is melted, 2 to 3 minutes, then remove. Top chicken with tomato mixture. Garnish with Parmesan and serve.

## **Overnight Oats**

Yield: 1 serving size

### **Ingredients:**

1/3 cup old-fashioned oats  
1/4 teaspoon ground cinnamon  
1 tablespoon [chia seeds](#)  
1 tablespoon almond butter or peanut butter  
1/2 cup milk of choice for a very thick consistency, or up to 2/3 cup milk for a lighter consistency  
1/2 cup fruit (I like fresh or frozen blueberries or raspberries, or sliced fresh strawberries)  
Drizzle of maple syrup or honey, if desired

### **INSTRUCTIONS**

In a jar or bowl (a working jar or 1-pint mason jar is perfect), combine old-fashioned oats and cinnamon, chia seeds and nut butter or peanut butter. Add a splash of the milk and mix the nut butter into the oats. Then add the rest of the milk and stir to combine.

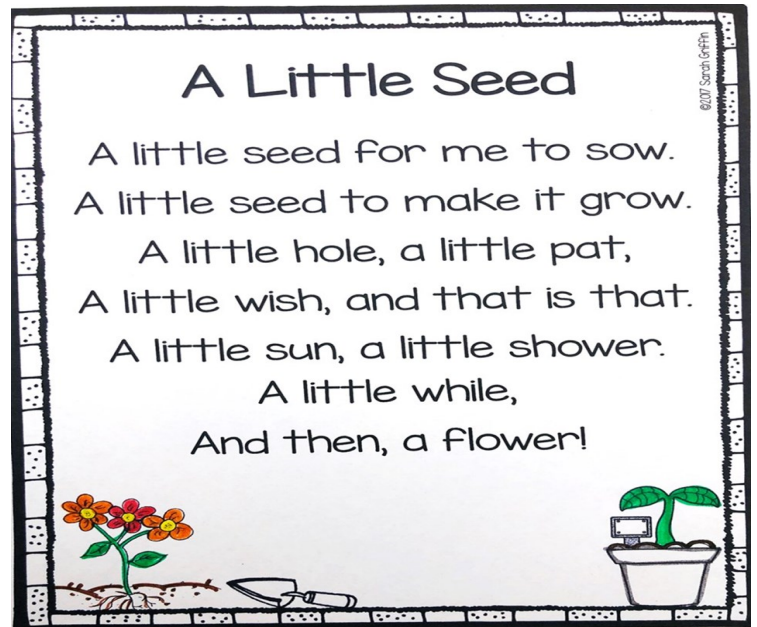
1. Top with your fruit of choice. (If you used more milk than 1/2 cup and you want your fruit to stay on top, wait to top the oats until you're ready to serve. If you're using fruit that doesn't store well, like sliced apple or banana, wait to top the oats until you're ready to serve.)

Place the lid on the jar and refrigerate overnight, or up to 5 days. When you're ready to serve, add a drizzle of maple syrup or honey if you'd like, and enjoy chilled.

## ~HOPE~

A one syllable word that will keep you going when all of the other more impressive words have failed to sustain you.

- Joni Aldrich



“Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people.”

— Roy T. Bennett

# Just for Fun!



## Spring Word Search



Find the words  
below in the  
grid to the right:



April  
April Fool's Day  
bloom  
bud  
Buddha's Birthday  
cherry blossom  
crops  
daffodil  
Earth Day

Easter  
farmer  
flower  
grow  
June  
May  
melt  
Mother's Day  
new leaves

plant  
plow  
seed  
shower  
sprout  
thaw  
tulip  
wake up  
warm

Q Why don't ants  
ever get sick ?

A: They have little  
anty bodies.

Q: What gets cov-  
ered in dirt but is  
always clean?

A: Soap.

Q: What does a  
house wear?

A: Address

Q: How does  
NASA organize a  
party?

A: They planet

## Attend an Alzheimer's Association Caregiver Support Group

Little Falls, NY

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 Community Center  
524 Main St, Little Falls NY

[www.alz.org/cny](http://www.alz.org/cny)

[alzheimers association](http://www.alz.org/cny)

### Lutheran Care Caregiver Support Group

Weller Library, 41 W Main St, Mohawk  
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

**Due to Covid-19 this support  
group has temporarily transi-  
tioned to a Zoom format.**

Please contact the Alzheimer's Asso-  
ciation at 800.272.3900 to register for  
the group

Sharing the Spirit  
61 West St.  
Ilion, NY 13357