

Sharing the Spirit

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

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2021 SUMMER HIICAP

HIICAP News for Summer 2021

The 2021 Medicare Savings Program (MSP), income limits have been released. If your gross monthly income is under \$1,469 for a single individual and \$1,980 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 (\$148.50/mo) 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 or if you are receiving Medicaid, Supplemental Security Income or the Medicare Savings Program you will automatically qualify for Extra Help.

Another program available to New York residents 65 and over is the EPIC program. If your income is be-

low \$75,000 for singles, and \$100,000 for couples you would qualify for the EPIC program. 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. There are additional EPIC benefits you may qualify for depending on if you qualify for the fee or deductible EPIC plan.

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

Coronavirus (COVID-19) Vaccine

.... Continued on page 3

July –September 2021

The Newsletter Staff

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

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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

I hope this newsletter finds you all doing well. I don't know about you, but I have been enjoying the sunshine and getting outside again. I'm not too crazy about getting dirty or bugs(yuck) but I do enjoy watching my flowers, vegetables and herbs grow. I hope you are doing something you enjoy too!

This is the issue where I usually spotlight our volunteer luncheon and how much our community benefits from all of you. While we were not able to have a volunteer luncheon again this year we will figure out other ways to recognize all of you. Since last April, during a pandemic, you have donated over 11,300 hours in service to our community...thank you for all that you do!

I think the best way to show you the positive impact you have on our community is to share a few of the comments clients have said about the services you provided to them over the past year:

Nice to see people smile and make a personal effort to make one feel welcome and cared about.

The help of the food pantry has brought relief and security within my household. You have a wonderful service.

We thank and appreciate all the help from the volunteers here with our safety and helping keep our family from going hungry.

The people are very kind and compassionate, never patronizing. I appreciate all of the help from all these people who are community organizers and most of all volunteers.

Grateful for the food and the kindness of the volunteers here. Thank you for everything!

They always make me feel like family; always asking if there is anything else our family needs.

I heard of Food Sense by a relative and tried it out. I am extremely happy with the service and staff that have afforded us the opportunity to eat healthy and save money at the same time. I certainly have spread the word.

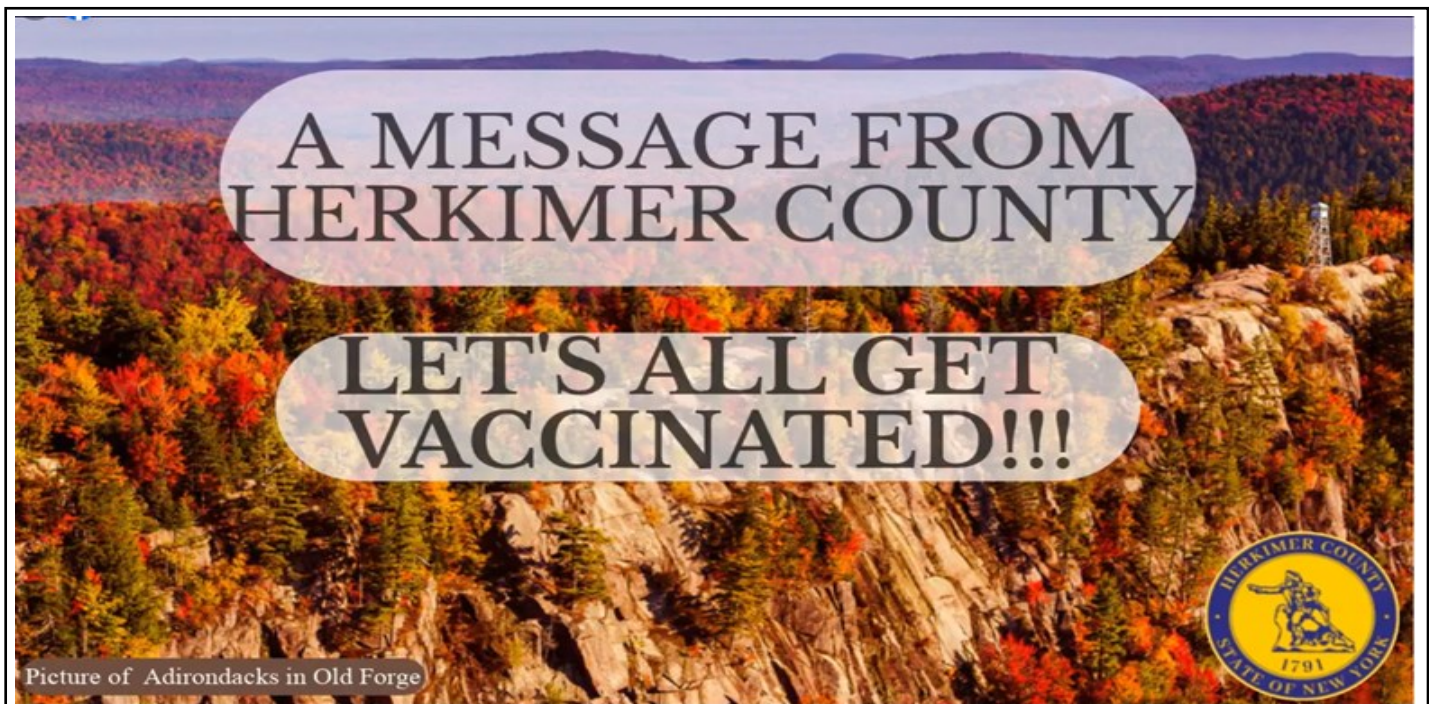
- *Please continue to do the fantastic job that you have always done!*
 - *I was very happy with all the help you gave me. Thank you, you're life savers!*
 - *Keep up the good work that you have been doing. God bless.*
 - *The program provides services to seniors who have no one to assist them with necessary transportation to maintain their health. God bless them.*
- Transportation is excellent. It has been more than great for us with our medical appointments.

As you can see from these comments our clients are extremely appreciative of the many services you provide to them. Whether it be providing them food or clothing, assisting them to a medical appointment, helping them navigate through the Medicare system, or one of our other services everything you do makes this world a better place to be! Thank you!

Wishing you all good health and happiness,

Rae Raffle-Maxson
Program Director

Depression Screening
Diabetes Prevention Program
Diabetes Screening
Diabetes Self-management Training
Flu Shot
Glaucoma Screenings
Hepatitis B Shot & Screening
Hepatitis C Screening
HIV Screening



The Herkimer County Office for the Aging has started a video series of those who want to share their experience with receiving the COVID-19 vaccine. There are 3 “Let’s Get Vaccinated” videos posted on the Herkimer County Office for the Aging Facebook page currently. If you or someone you know is interested in being on video sharing the vaccine experience, please reach out to our office at 315-867-1121.

Kateri's Thrift Store

45 Furnace Street, Little Falls NY 13365
315-823-1793

Hours of Operation
Tuesday through Friday
11 a.m. to 2 p.m.

All COVID protocols must be followed,
including wearing a mask.

Donations of gently used items
can be dropped off at the store during
business hour

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 gro-
cery dollars. Food \$en\$e provides a monthly
box of 12-15 staple grocery items at a dis-
counted price of \$20.50. There are no qual-
ifications, no subscriptions, and no require-
ments to participate in Food \$en\$e.

Rotating monthly specials can be purchased
in addition to the basic unit. For more infor-
mation call Catholic Charities of Herkimer
County at 315-894-9917.

HOPE Ministries is a volunteer
program designed to help the frail elderly to
remain independent in their homes. Be-
cause of the COVID19 pandemic, services
are limited to: grocery shopping with or for a
client, telephone reassurance/friendly con-
versation, and non-medical transportation.
If you or someone you know is in need of
our services or you are interested in volun-
teering and would like more information,
please contact Lori Joy, Essential Programs
Coordinator 315-894-9917 ext. 254 or
ljjoy@ccherkimer.org.

*“We shall never know
all the good that a sim-
ple smile can do.”*

- Mother Teresa

Donating Safely

Many people enjoy donating money to charity, especially after a disaster or during the holiday season. When donating to charities, it is important to make sure the charity you are donating to is legitimate. Here are some tips to ensure you are donating to a reputable charity:

- Check with the charity to make sure they have authorized the individual/group to collect donations on their behalf.
- Avoid donating cash (if possible). If you do write a check, make sure it is made out directly to the charity and not the individual person collecting.
- Don't be afraid to ask questions. Get the name and contact information for the charity and check them out beforehand.
- Never provide personal information such as Social Security number or Driver's License number when making a donation.
- Do not feel pressured donating. It may be helpful to decide what charities you would like to donate to in advance and stick with it.

Always remember to get a receipt that includes the name of the charity and the amount of the donation for your records.

This information was provided by the Department of Finance Services at www.dfs.ny.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.

Getting Outside with Limited Mobility

Summer is finally on the way and it's a great time for seniors to get out and enjoy the sunshine. However, this can be difficult for seniors who have limited mobility. They may feel that it is too much work to get outside or they may even feel embarrassed by their need to use a cane or a walker. Here are some suggestions about how to get your loved one out of the house:

- ♦ Suggest your loved one sit by an open window for a few minutes every morning. The feeling of fresh air may encourage them to go outside.
- ♦ Set up a bird feeder outside a window.
- ♦ Serve meals at the window.
- ♦ If space is available, consider planting small garden or even just a few plants. New seedlings are exciting to watch as they grow.
- ♦ If your loved one's home has a private patio or porch, encourage them to sit outside for a few minutes every day. They may feel more comfortable being alone outside, neighbors or strangers around.
- ♦ Encourage your loved one to go to the mailbox daily (either walking or in a wheelchair, if needed). This not only provide a few minutes of fresh air but also something to look forward to on a daily basis.

Once the senior feels more comfortable with getting outside, they may want to take one step further and take a short walk or trip to the park.

This information was provided by www.agingcare.com.

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

EXTREME HEAT WHAT CAN YOU DO?



STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

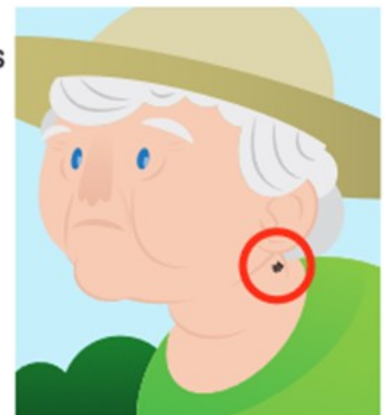
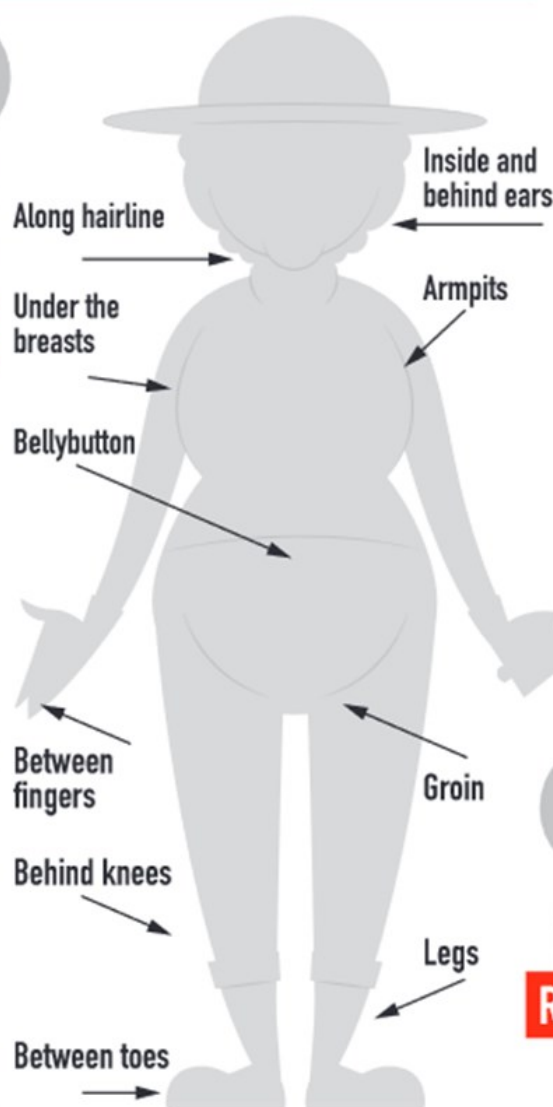


STAY INFORMED

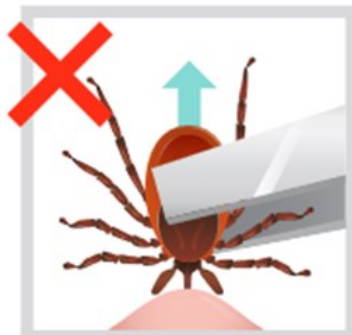
- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness



LIVE IN TICK COUNTRY? DO A DAILY TICK CHECK!



Use a mirror to inspect those hard to see areas



If a tick is found



dontgetickedny.org • nysipm.cornell.edu



Funded by NYS Senate Task Force on Lyme and Tick-Borne Diseases.

Illustrations by Christopher Madden, Coburn Design.



Introducing our newest RSVP volunteer...Rexi.

Most of Rexi's friends are extinct, but our Rexi knows all of the great health benefits of volunteering. She keeps herself healthy and happy by volunteering her time at the food pantry, counseling Medicare beneficiaries through the HIICAP program, providing office support at Catholic Charities and facilitating WISE classes and sharing her love for all things related to wellness.

If you want to join Rexi and volunteer for RSVP give Rae a call at **315-894-9917**.

We can't wait to hear from you!



Volunteering Improves Seniors Health!

Join RSVP!

Retired and Senior Volunteer Program
of Herkimer County

 **AmeriCorps Seniors**

For more information call
315-894-9917



As you all know Senior Corps is now **AmeriCorps Seniors**. Our RSVP program is currently transitioning to the new AmeriCorps Seniors logo. As part of our volunteer recruitment and rebranding initiatives we now have a bill board on 5S between Frankfort and Utica and we will be placing some yard signs around using the same design. So, if you see a sign like this one, it's just us trying to find more great volunteers like all of you!



Senior Corps
is now
AmeriCorps Seniors

 **AmeriCorps Seniors**

We are so happy to see so many of our volunteers coming back to their volunteer stations!

Thank you to all those who never stopped volunteering during this pandemic and thank you to the volunteers who now feel safe enough to come back—we missed you!



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 program helps seniors maintain their health, independence and overall well-being.

If you are a senior in need of RIDE services or you are a volunteer looking for a rewarding volunteer opportunity please contact the RIDE program at 315-894-9917.



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.



***AWARD CRITERIA for
Herkimer County Office for the Aging's Advisory Council
Senior Citizen of the Year Award and Outstanding Contribution Award***

Nominations for our annual awards need to include

- the name, address and birth date of candidate
- a description of why the person should receive the award. Limit narrative to less than 400 words.
- Please also include the name, address and phone number of the person submitting the nomination.
- Mail or deliver the nomination to:
Advisory Council, Herkimer County OFA
109 Mary St., Suite 1101 Herkimer, NY 13350
Fax: 315.867.1448

Nominations may also be submitted electronically to
hcofa@herkimercounty.org and kathyfox@herkimercounty.org

Nominations must be received by Wednesday, July 14 2021.

Nominees must:

- Be at least 60 years old.
- Have participated in community service.
- Must have a record of interest and service to senior citizens.
- Self-nominations will not be accepted.
- Active members of the Herkimer County Office for the Aging Advisory Council may not receive awards.
- The person submitting a nomination must also include their name, address, and telephone number.
- If a person received a previous award for "Senior Citizen of the Year" or "Senior Citizen Making the Most Outstanding Contribution" they could be nominated for the other award. No one can receive the same award more than once.
- People nominated previously can be re-nominated
- A person does not need to be alive at the time of their nomination.
- Nominees must be residents of Herkimer County.
- To avoid any appearance of conflict of interest, no Herkimer County Office for the Aging Advisory Council member may nominate anyone for either of these awards.

**Herkimer County OFA
Phone: 315.867.1121**

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From the *RSVP Program*

JULY

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

AUGUST

- 2 Daniel Lassell
- 3 Sharon Carlesimo
- 5 David Buss
- 7 Valerie Duncan
Lucille Hand
- 8 Barbara Horwald
- 9 Carmelita Sgroi
Jack Sterling
- 12 Irene Czuryla
- 14 Monica Edwards
Peggy Henry
- 15 Jeff Maxson
Joan Merrick
- 17 Joan Varin
- 18 Remigio "Ray" Bernos
- 19 Robert Clifford
Christina Olson
- 24 Pam Gydesen
- 30 Kathleen Mazzara
- 31 Paul Lewis

SEPTEMBER

- 1 Susan Backus
Gail Domion
Roy VanSlyke
- 2 Linda Folom
Karen Slocum
- 3 RoseMary Parody
- 7 Regina Nicolette
- 9 Agnes Wilk
- 10 Helen Brandon
Patricia Church
Ronald Covey
Mary A Disinger
- 11 Mindy Brandt
Ray Lenarcic
- 14 Ellen Culver
Linda Leonard
Nancy Melville
- 17 Jon Rice
- 19 Michele Hipkens
- 22 Donna Cammann
Sandra Englebrecht
- 23 Cynthia Reles
- 24 Ralph Dow
Mary Anne Random



Get Cookin' With OFA

Mediterranean Chopped Salad Pitas

1 small head romaine lettuce, chopped
1 (15 ounce) can chickpeas, drained and rinsed
1 tomato, diced
1 small cucumber, diced
1 small red pepper, diced
1/2 small red onion, diced
3/4 cup chopped kalamata olives
3/4 cup feta crumbles
2 tablespoons chopped fresh dill
Pita bread, for serving

Dressing:

1/4 cup olive oil
2 tablespoons red wine vinegar
1/2 teaspoon dried Italian seasoning
1/2 teaspoon salt
1/4 teaspoon black pepper

Add dressing ingredients to a large bowl and whisk until combined. Next, add all remaining chopped salad ingredients to the bowl and stir until everything is mixed together. Spoon chopped salad mixture into warm pita bread and enjoy!

Frozen Margarita Mousse

1 can (14oz) sweetened condensed milk
1/2 cup ready-to-drink margarita mix
1 tablespoon sugar
1-1/2 teaspoons grated lime zest
1 tablespoon lime juice
5 drops green food coloring, optional
1 carton (8oz) frozen whipped topping, thawed
PRETZEL TOPPING:
1/3 cup finely crushed pretzels
4 teaspoons butter, melted
1 tablespoon sugar
Lime slices

Combine first five ingredients; mix well. If desired, add green food coloring; fold in thawed whipped topping.

For pretzel topping, combine pretzels, butter and sugar. Spoon lime mixture into 6 glasses; top each with about 1 tablespoon pretzel topping. Freeze until firm, 4-6 hours. Serve frozen with lime slices.

5-Ingredient Bacon Asparagus Pasta

1/2 lb. (8 oz.) uncooked pasta
1/2 lb. (about 8 strips) uncooked bacon, diced
1/2 lb. (8 oz.) fresh asparagus, ends trimmed and cut into 2-inch pieces
1/2 cup dry white wine
1/2 cup grated or flaked Parmesan cheese

1. Cook the pasta in a large pot of generously-salted water al dente according to package instructions.
2. Meanwhile, add bacon to a medium saute pan. Cook over medium-high heat, stirring occasionally, until crispy. Remove the bacon with a slotted spoon and set aside. Add asparagus to the pan and saute in the bacon grease for about 5-6 minutes, stirring occasionally, until cooked. Remove asparagus with a slotted spoon, and set aside with the bacon. Slowly add the white wine to the pan, and scrape the bottom of the pan with a spoon to deglaze the pan and pick up all of those yummy brown bits. Continue cooking for 5 minutes, or until the wine has reduced by about half.
3. When the pasta is cooked, drain it. Then add the pasta, asparagus, bacon and 1/4 cup Parmesan cheese to the saute pan, and toss until combined. Sprinkle pasta with the remaining Parmesan cheese and serve immediately
4. *If the pasta seems too dry, add in 1/4 cup of the pasta water after adding in the asparagus and bacon and toss to combine.

Inspiration

“When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you.”

— Shannon L. Alder



*“Being Happy
Never Goes
Out of Style”*

Lilly Pulitzer

Just for Fun!



Q How do you wrap a cloud?

A: With a rainbow

Q: Why do melons have weddings?

A: Because they cantaloupe!

Q: What do you call a fake noodle?

A: An impasta!

Q: How do you steal a coat?

A: You Jacket!

Attend an Alzheimer's Association Caregiver Support Group

Do you feel like you're all alone?

Little Falls, NY

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

[alzheimersassociation](http://alzheimersassociation.org)

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

