



# Sharing the Spirit

April—June 2024

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



Graduates of the WISE Program held at John Guy Prindle Apartments

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ing up on June  
12th.

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A welcome to our  
new volunteers, plus  
some quotes from  
clients.

## Director's Chair

Happy Spring!

I hope this newsletter finds you all well and enjoying this Spring weather! We wrapped up another program year in March and now RSVP is beginning its 39<sup>th</sup> year, here in Herkimer County. I thought this might be a good time to share some program statistics with all of you. Last year we had 160 RSVP volunteers serve over 15,000 hours in service to our community. The average age of our volunteers is 76, and 77% are female. 62% of our RSVP volunteers help us tackle food insecurity by working at a local food pantry and 28% of our volunteers serve at more than one volunteer site. We are also very proud to say we have 24 veterans

that serve as volunteers for RSVP. We have many volunteer opportunities available, so if anyone is interested in joining this wonderful group of individuals please let us know, we would love to have you.

Wishing you all good health and much happiness,

Rae Raffle-Maxson

Director of RSVP,  
Health and  
Assistance  
Programs



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Alternatives Unit	315-867-1322
Adult Protective Services	315-867-1231
Public Health Nursing	315-867-1176
Transportation (Medical/Non-Medical) Old Forge—Daily	315-369-2830

### Upcoming Holidays and Events:

**May 12th:** Mother's Day  
**May 27th:** Memorial Day  
**June 12th:** Herkimer County Senior Citizen's Picnic  
**June 14th:** Flag Day  
**June 16th:** Father's Day  
**June 19th:** Juneteenth

If you would like to help support Sharing the Spirit, or if you have additional comments, questions, or suggestions, please contact:  
 Herkimer County Office for the Aging,  
 Sharing the Spirit  
 109 Mary Street, Suite 1101  
 Herkimer, NY 13350

**315-867-1121**

# HIICAP News for Spring 2024

The 2024 Medicare Savings Program (MSP), income limits have been released. If your gross monthly income is under **\$2,355** for a single individual and **\$3,189** 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. The benefits of qualifying for the Medicare Savings Program is twofold: You will receive Medicare Part B without paying the monthly premium and you will receive the 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 **\$1,903** for singles (**\$2,575** 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) 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 below \$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 change their Medicare 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.

If you have any questions about Medicare, or would like to apply for or learn more about the Medicare Savings Program, Extra Help or EPIC please contact your Herkimer County HIICAP office at Catholic Charities **315-894-9917** to get your questions answered. Thank you!

## Test your Knowledge!

**Income Guidelines for Medicare Savings Program**

**\$1,903 Single, \$2,575 Couple**

**Income Guidelines for Extra Help**

**\$2,355 Single, \$3,189 Couple**

**Income Guidelines for EPIC Program**

**FREE**

**Cost for Contacting HIICAP for help**

**\$75,000 Single, \$100,000 Couple**

# Herkimer County

## Senior Citizen's Picnic

### Herkimer County Fair Grounds

**Wednesday, June 12th, 2024**

**From 11AM—3PM**

**For:** Any Herkimer County Resident 60 or older.

**How it Works:** Coffee & Donuts served at 10AM. You may provide your own lunch, or you can purchase a ticket for lunch, which is being provided by K-Dogs BBQ (boneless chicken, potatoes, coleslaw, & roll) at a cost of \$6 per meal.

**To Sign Up:** Call Michele @ 315-867-1152 by **June 5th**, 2024. Payment is necessary when picking up tickets. Tickets can be picked up at the Herkimer County Treasurer's Office (109 Mary St., Suite 2419, Herkimer) *Checks should be made payable to: Herkimer County Treasurer.*

**BINGO:** The Picnic will also feature BINGO and an opportunity to win prizes. We are asking community members and organizations to donate gift certificates for local businesses that will be given as prizes. We ask that gift certificates be in \$10 increments. You are welcome to purchase several gift certificates to support your favorite local businesses. If any community member or organization would like to donate a gift certificate for a local business you can mail them to: Herkimer County Sheriff's Dept. at 320 N Main St., Suite 2900, Herkimer or you can contact the Sheriff's Dept. with any questions @ 315-867-1168.





# 2024 Herkimer County Local Food Map

The 2024 Herkimer County Local Food Map is now available from Cornell Cooperative Extension of Herkimer County in East Herkimer. There are sixty-seven producers on the map along with seven Herkimer County Farmers' Markets. It will be distributed throughout Herkimer County at various outlets including farmers' markets this summer. To view an online version of this map, please visit <https://blogs.cornell.edu/cceherkimer/programs/local-foods/herkimer-county-local-foods-map/>

For more information or to pick up a map, please call Cornell Cooperative Extension at (315) 866-7920 or email [herkimer@cornell.edu](mailto:herkimer@cornell.edu).



Support for updating and printing the map was provided by a grant from Herkimer County Mental Health through the Farm Family Assistance Project.

*"I am such a fan of anything combining lemon and pasta, this recipe really spoke to me."*  
-Hannah Napier

## Recipes

### Lemon-y Tortellini Soup with Spinach and Dill

Servings: 4

1 bunch mature spinach (9-12 oz)

1 small bunch dill

1 Tbsp. plus 1 1/2 tsp. vegetable bouillon paste or 4 cubes bouillon

10 oz cheese, spinach, or mushroom tortellini

1/4 cup lemon juice (1-2 lemons)

4 large eggs

1 tsp. freshly ground black pepper, plus more

Salt

Extra-virgin olive oil and parmesan (for serving)

**Step 1:** Trim roots and leggy stalks from spinach. Wash well and pat dry then coarsely chop. Coarsely chop leaves and tender stems from dill to make 1/2 cup. Set a few tender sprigs aside for serving.

**Step 2:** Boil 8 cups of water in large pot/Dutch oven. Add 1 Tbsp. and 1 1/2 tsp.

vegetable bouillon paste or 4 cubes bouillon, whisk to dissolve. Add tortellini and cook 3 mins, then remove from heat and place in 4 bowls.

**Step 3:** Whisk lemon juice, eggs, and 1 tsp. pepper in a medium bowl to combine.

**Step 4:** Return broth to gentle simmer, scoop out about 1 cup and very gradually whisk into egg mixture. The egg mixture should be quite warm to the touch, if not, whisk in more broth.

**Step 5:** Whisking constantly, gradually pour egg mixture into broth in pot. Cook, whisking often, over medium heat, until slightly thickened, 5-7 minutes (Do not boil). Taste and season with salt and pepper if needed.

**Step 6:** Remove from heat, add spinach and chopped dill.

**Step 7:** Ladle broth into bowls with tortellini, drizzle with extra-virgin olive oil, and shave parmesan over. Sprinkle with pepper and dill sprigs, and enjoy!

# Volunteer News

Last year 160 RSVP volunteers served 15,851 hours in service to our community by providing over 347,000 meals at food pantries, driving older adults over 34,830 miles to their medical appointments, provided assistance to 749 Medicare beneficiaries and so much more.

All of this couldn't be done without the hard work and dedication of our volunteers, so thank you. Not only do we appreciate you, but the clients do as well. Here are some of the things they are saying about the volunteers:

*"It's nice to be treated with respect and dignity, they care about us."*

*"The volunteers are so kind and welcoming"*

*"The volunteer drivers are nice; I feel very relaxed riding with them."*

## Welcome to our new volunteers!

Josephine Bates

Marie Ingalls

Robert Kennedy

Debra LaMondie

Susan Martin

Angela Thurston



**AmeriCorps  
Seniors**

## RSVP Volunteer Recognition Dinner



**Thursday September 19th, 2024**

Hope to see you there!

More information to follow.

*"Everyone at the pantry is extremely personable! Great group of individuals, helpful & caring."*

*"You're all so amazing, it makes a big change in people's lives."*

*"These volunteers need to be commended for the dedication, care, and service. This pantry is a great blessing to our lives!"*

*"Every interaction I have had has been positive, respectful, and educating. Your service is great to us"*

*"Very pleased with the volunteer drivers, they are wonderful. Thank you and I appreciate you taking the time and helping me."*

*"We are always treated with kindness and respect when we come to the pantry."*

Thank you to everyone who filled out these surveys, and thank you once again to our amazing volunteers. Your effort and time are noticed by us and everyone you serve, Herkimer County continues to improve with the support of our volunteers!

**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.**

To place an online order with the Food \$en\$e Program or learn more about the Food \$en\$e Program, including the monthly menu, please visit:

[www.foodbankcny.org](http://www.foodbankcny.org)

For more information call Catholic Charities of Herkimer County at

**315-894-9917x254**

# Financial Exploitation

*Hosted by: Herkimer County OFA, NY Connects, Sherriff's Department, & Vera House*

Please come learn about ways to protect yourself & others from scams, elder abuse, neglect, & financial exploitation!



**Wednesday, June 19th, 2024**

**Newport Fire House**

**7370 Main Street**

**Newport, NY 13416**

**12:00PM**

**LUNCH WILL BE PROVIDED**

Please call or email to RSVP:

315-867-1371

[kheansel@herkimercounty.org](mailto:kheansel@herkimercounty.org)

## Herkimer County Rabies Clinic Schedule

**June 6th 5:30-7PM @ Norway Community Center**

**June 26th 5:30-7PM @ Ilion-Frankfort VFW Pavilion**

**July 18th 5:30-7PM @ Danube Town Garage**

**August 22nd 5:30-7PM @ Salisbury Fire Department**

**September 12th 5:30-7PM @ Cedarville Fire Department**

**October 3rd 5:30-7PM @ Little Falls Town Garage**

**November 16th 10AM-12PM @ East Herkimer Fire Department**

Dogs must be on a leash, cats and ferrets must be in a carrier or pillowcase. NO VET EXAMS

WALK-IN and PRE-REGISTRATION available for all clinics: **315-867-1176**

**Donation of \$5 per pet is suggested**

# May is Mental Health Awareness Month

## **Mental Illness is NOT a Normal Part of Aging**

How common is mental illness? **One in five** Americans will experience it in their lifetime. For older adults, that figure is **one in four**. Given the nation's large aging population, the number of older adults with mental health disorders is expected to double by the year 2030. Despite being so widespread, mental illness remains seriously underdiagnosed and undertreated in older people. In fact, two-thirds of older adults with mental health problems do not receive the treatment they need.

Older adults face a higher risk for mental health problems due to a number of reasons, including loss of a loved one, loneliness/social isolation, chronic illness or disability, certain medications, and stress of caregiving

Anxiety and depression are among the most common mental health disorders affecting older adults.

Severe anxiety that disrupts your daily functioning can lead to a lower quality of life and even physical health problems. Between 3% and 14% of older adults meet the criteria for an anxiety disorder.

Anxiety is highly treatable through therapy, medication, or a combination of both. Treatment plans and needs vary for each person.

Depression is a mood disorder defined by feelings of intense sadness and despair that last for weeks or even months at a time. More than 2 million Americans age 65 and older suffer from some form of depression,<sup>4</sup> with many also experiencing anxiety.

Depression can severely limit one's quality of life and ability to take care of themselves. It can also lead to physical health problems, such as slower recovery from physical illness. In addition, depressed people are at a greater risk for suicidal thoughts and actions. Like anxiety, depression is a very treatable disorder, with medication and psychotherapy—or a mix of the two—being the main avenues of treatment.

If you or someone you know is in crisis and would like to talk to a trained counselor, dial or text 988 from your phone to reach the National Suicide Prevention Lifeline. This service is free, confidential, and available 24/7.

*Source: <https://www.ncoa.org/article/mental-illness-is-not-a-normal-part-of-aging>*

### **Access free training and resources to help you build skills and confidence to provide care at home!**

New York's online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.

#### **Sign up free today!**

New York Caregiving Portal Powered By Trualta - <https://newyork-caregivers.com/>

You can call Herkimer County Office for the Aging/NY Connects at **315-867-1121** for more information on local services and supports for caregivers in Herkimer County or visit **[herkimercounty.org](http://herkimercounty.org)**—click on departments then Office for the Aging.



## Free Virtual Classes By Older Adults, For Older Adults

NYS Office for the Aging and the Association on Aging in New York (AgingNY) have partnered with GetSetUp to offer interactive online programming for older New Yorkers specifically designed to increase activity and wellness, help individuals effectively use digital technology, and find other learning opportunities. To take a class, visit the New York partnership page at:



[www.getsetup.io/partner/nystate](http://www.getsetup.io/partner/nystate)

GetSetUp is on a mission to help those over 55 learn new skills, connect with others, and unlock new life experiences. The social learning platform helps over 4.6 million older adults in 160 countries stay mentally and physically fit, creates economic opportunities through jobs and reskilling, and provides a community where people find meaning and purpose by sharing their knowledge and passions and forming new connections. Classes are taught by older adults on a highly interactive custom-built video platform where older adults can connect during and in between classes. Classes are taught in English, Spanish, Hindi, and Mandarin.

*"For mother's day I've decided to expose one of my mother's secret recipes: blondies. They're basically brownies without cocoa powder, and they're amazing!" -Hannah Napier*

### Recipes

Servings: 15

- 1 cup unsalted butter (melted)
- 1 1/4 cup brown sugar (tightly packed)
- 1/2 cup sugar
- 2 large eggs + 1 egg yolk (room temp)
- 2 teaspoons vanilla extract
- 2 1/4 cups all-purpose flour
- 2 teaspoons cornstarch
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 2/3 cup white chocolate chips
- 1 cup chopped walnuts

**Step 1:** Preheat oven to 350F and line a 13x9 pan with parchment paper

**Step 2:** Combine melted butter and sugar in a large bowl, stir well.

**Step 3:** Add eggs, egg yolk, and vanilla extract and stir until completely combined. Set aside.

**Step 4:** In a separate bowl, whisk together flour, cornstarch, baking powder, and salt.

**Step 5:** Gradually stir dry ingredients into wet until completely combined.

**Step 6:** Fold in white chocolate chips and nuts, if using (*Editor's Note: I like peanut butter chips better than white chocolate!*)

**Step 7:** Spread blondie batter into prepared pan and transfer to oven.

**Step 8:** Bake for 25-30 minutes, or until toothpick inserted in the center comes out clean.

**Step 9:** Allow to cool before cutting and enjoying.

# Volunteer Birthdays

April	May	June
<b>4</b> John "Jack" Whittaker	<b>1</b> Volney M. Seeley	<b>2</b> Margaret F. Streeter
<b>11</b> Stewart Lyman	<b>2</b> Constance Ann Johnson	<b>4</b> Kathleen M. Smith
<b>18</b> Nancy Cooper	<b>3</b> Patricia Johnson	<b>12</b> Terry Leonard
<b>18</b> John O'Donnell	<b>3</b> Mary S. Mitchell	<b>13</b> Mary Evans
<b>18</b> Bobby Russell	<b>4</b> James Edwards	<b>15</b> Clifford Cuda
<b>19</b> Janice Branck	<b>5</b> Robert Kennedy	<b>16</b> Etta Humphreville
<b>19</b> RuthAnn Harrington	<b>5</b> Evelyn Stephon	<b>17</b> Ruth Hall
<b>19</b> Patricia Peters	<b>10</b> Helen Christian	<b>25</b> Marie Ingalls
<b>24</b> Sylvia Taylor	<b>11</b> David Lawrence	<b>26</b> Paul Frezza
<b>25</b> Cynthia Richards	<b>12</b> Teresa Cool	<b>29</b> Nancy Bronson
<b>28</b> Sharon Daviau	<b>14</b> Christine Teesdale	<b>30</b> Andrea Williams
<b>30</b> Lydia Sexton	<b>18</b> Sharon Ferdula	
	<b>21</b> Nora Cool-Guinup	
	<b>22</b> Dennis Rizzo	
	<b>25</b> Laurie Bowman	
	<b>25</b> Joyce Fransman	
	<b>26</b> Thelma Martin	
	<b>31</b> Joanne Favat	



**Spot the Difference!**

Can you find all 8 differences?



## The Enkindled Spring

By D.H. Lawrence

This spring as it comes bursts up in bonfires  
 green,  
 Wild puffing of emerald trees, and flame-filled  
 bushes,  
 Thorn-blossom lifting in wreaths of smoke  
 between  
 Where the wood fumes up and the watery,  
 flickering rushes.

I am amazed at this spring, this conflagration  
 Of green fires lit on the soil of the earth, this  
 blaze  
 Of growing, and sparks that puff in wild gyration,  
 Faces of people streaming across my gaze.

And I, what fountain of fire am I among  
 This leaping combustion of spring? My spirit is  
 tossed  
 About like a shadow buffeted in the throng  
 Of flames, a shadow that's gone astray, and is  
 lost.

Why was the bird arrested  
 by the police?

*He was a robin!*

### Spring Word Scramble

SRAGS \_\_\_\_\_

WFEOLRS \_\_\_\_\_

OOLMB \_\_\_\_\_

HGWORT \_\_\_\_\_

HWSSEOR \_\_\_\_\_

NDRGAE \_\_\_\_\_

## Just for Fun!

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

**BIRDS**

**RAIN**

**SUNSHINE**

**WARM**

**BUTTERFLY**

**FLOWERS**

**RAINBOW**

**GARDEN**

**MARCH**

**NEST**

**SEASON**

**BEEES**

		4		5				6
3								
7	6	2	1	8	4			3
9			2			6	5	
5	4		7		6	9	8	
		6						
	8				1		3	
	1	3	8					5
6		9			3		4	

**Join us today!**

For more information  
contact Hannah at  
**315-894-9917 x233**

Or check out our website!  
**wiseherkimercounty.org**



RSVP of Herkimer County is proud to offer the **Wellness Initiative for Senior Education (WISE)** Program. **WISE** is a FREE 6-week program that celebrates healthy aging and empowers older adults to make healthy choices through interactive lessons.

Some topics covered in the WISE Program include Health & Wellness, Depression, Substance Misuse, Medication Safety, and Stress Management. Call us today for an opportunity to engage with your peers as you take charge of your health!

Sharing the Spirit  
61 West Street  
Ilion, NY 13357

