



# Sharing the Spirit

July—September 2024

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



Older adults enjoying the 2024 Herkimer County Senior Picnic

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Exclusive interview with Catholic Charities new HIICAP staff person.

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Herkimer County Senior Picnic with lots of photos!

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The Herkimer County OFA has a new way for community members to keep updated.

## Director's Chair

Hello Volunteers-

I hope this newsletter finds you all enjoying a beautiful summer day and doing something that brings you joy. As I write this I am in shock that it's already July. It's been pretty busy around here, but the time just goes by too fast! We recently had some staff changes, Alice Curtis our HIICAP counselor retired at the end of May and in June, Lynn Olmstead began as our new HIICAP Coordinator. Chic Scaparo also accepted the new Volunteer Coordinator position so he will be reaching out to your volunteer stations to get some new photos of all of you doing the great work you

do. We have also been planning the Annual RSVP recognition dinner. The invitations for the dinner will be going out in August to all those volunteers who have served hours over the past year. We can't wait to see you! We have many volunteer opportunities available, so if anyone is interested in joining the RSVP Program please let us know, we would love to have you.

Wishing you all good health and happiness,

*Rae Raffle-Maxson*

Director of RSVP, Health and Assistance Programs

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### Sharing the Spirit Newsletter Staff

|  |                  |
|--|------------------|
| Rae Raffle-Maxson, RSVP                              | Kathy Fox, OFA   |
| Hannah Napier, WISE                                  | Gina Pizzo, OFA  |
| Brittany Demorest, OFA                               |                  |
| <b>Office for the Aging</b>                          |                  |
| Information/Transportation                           | 315-867-1121     |
| Nutrition Program                                    | 315-867-1204     |
| HEAP Program   | 315-867-1195     |
| In Home Services                                     | 315-867-1124     |
| <b>Catholic Charities of Herkimer County</b>         |                  |
| Food Sense Program                                   | 315-894-9917x254 |
| RSVP   | 315-894-9917x236 |
| RIDE Program   | 315-894-9917x251 |
| NOEP Program   | 315-894-9917x235 |
| HIICAP Program                                       | 315-894-9917x252 |
| Kateri's Thrift Store                                | 315-823-1793     |
| <b>Other</b>   |                  |
| 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:

**July 4th:** Independence Day

**July 19th:** Ilion Days Doo-Dah Parade

**August 13th-18th:** Herkimer County Fair

**September 2nd:** Labor Day

**September 19th:** RSVP Volunteer Recognition Dinner

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 Summer 2024

Congratulations on your well deserved retirement Alice!

Alice joined Catholic Charities in 2016 and for the past 6 years we have been blessed to have her in our HIICAP program. On behalf of all of us at Catholic Charities thank you for all you have done! We hope you have a wonderful summer and enjoy your retirement!

*Happy Retirement*

The Medicare Savings Program (MSP), can assist people with limited income in paying their Medicare premiums. If your gross monthly income is under \$2,355 for an individual or \$3,189 for a couple, you may qualify for this benefit. There is no resource limit for MSP. If your income is slightly higher than this, you may still qualify if you are paying for a health insurance premium. If you would like to apply for the MSP or have questions about Medicare please contact your HIICAP Office at **315-894-9917 ext. 252**



Meet our new HIICAP Coordinator,  
Lynn Olmstead!

**Question:** Tell our readers about yourself.

**Answer:** I've been working in the field of Medicare for 20 years. I also have a background as a high school English teacher, and I really love to educate others. I live in Cedarville with my husband, and I have three kids and six grandkids. I love to crochet, travel, and watch true crime shows.

**Q:** What are you looking forward to the most with this position?

**A:** I am looking forward to giving our seniors the best information available so that they feel comfortable with their choices with insurance. I am also looking forward to my first AEP this year!

**Q:** Will you be doing information sessions in the community?

**A:** Yes, whenever and wherever anyone would like information provided to a group about Medicare, I will be available to help. If any groups or organizations would like more information, please reach out to me!

**315-894-9917x252**

## Attention EPIC members:

EPIC will be sending out letters to SOME EPIC members between July and September. If you receive the letter it is important you respond to it or your EPIC will be cancelled. Not every person with EPIC will be getting a letter. If you have any questions you can contact the HIICAP office at **315-894-9917 ext. 252**

New York State  
**EPIC** and Medicare Working Together

**BILL MEDICARE FIRST**

RxBIN 012345 RxPCN P024012345  
Rx Grp NYEPIC  
Issuer (80840)

EPIC ID# EP1234567  
NAME JANE SMITH  
ISSUE DATE 3/1/2010

Coverage is valid only for the individual named above.

# Herkimer County Senior Citizen's Picnic

Herkimer County held a "Senior Picnic" on June 12, 2024. This picnic was organized with the help of all county departments and it was an all hands on deck approach. We had a great turn out for the event and over 430 people participated.

The participants were provided donuts, coffee, soda, ice cream, & were able to purchase a meal from K-Dogs BBQ for \$6. We had many lively sessions of Bingo and 215 gift cards were distributed to the lucky winners. The gifts cards were donated by legislators, county employees, the county administration, community members, and local businesses. There were also over 80 prizes donated that included flowers, clothing, a pair of eyeglasses, car care kits, lottery tickets to name a few. Valley Cinema in Little Falls donated 550 movie passes, enough for each attendee to receive one. The donuts were also paid for by a few very generous community members. Tractor Supply donated over \$5,000 in various items for those who attended. We would like to thank all of those who donated gift cards, prizes, and other items for this event. This event is a community wide effort.

We would also like to thank the Mr. Bunce & the Central Valley Academy Choir for their stunning performance. Maria Robb, an older adult from Little Falls volunteered her time to provide music at the picnic. Thank you to Maria for being the DJ for the picnic. Thank you to all the volunteers that planned the event and volunteered the day of the event. We had local, state, & federal elected officials that volunteered the day of the picnic



that helped serve food, drinks, & ice cream. Thank you to the Herkimer County Fairgrounds and all the staff that assisted us. It is wonderful to see so many people come out to support the older adults that live in Herkimer County.



Thank you to all the older adults that attended the picnic. It was great to see everyone. We are starting our planning for the 2025 Senior Picnic and look forward to another successful picnic.

For more information about services that are available to older adults for please contact the Office for The Aging/NY Connects office at 315-867-1415. Or visit the OFA website at [www.herkimercounty.org](http://www.herkimercounty.org), go to departments, then to Office for The Aging. If anyone is interested in volunteering please call. *For more photos go to:* <https://photos.app.goo.gl/XMcSqSkCpLVqqGTg8>



# Volunteer News

## New Staff

We are happy to welcome Chic Scaparo as our new Volunteer Coordinator! In this role, he will be responsible for volunteer recruitment and retention. He also will be visiting the various volunteer stations throughout Herkimer County to meet the current volunteers, thank them personally for the hard work they put in to volunteering, and collect the stories of our volunteers to share with the community.

As a Film Studies graduate, Chic enjoys having people tell their stories through video, and is looking forward to hearing more from our amazing volunteers.

If you or someone you know is interested in volunteering, please reach out to us at:

**315-894-9917x241**

## Welcome to our new volunteers!

Brian Bunce

Joyce Fransman

James Kramas

Stephanie Michaud

Bobby Russell

Mary Tubia



**AmeriCorps  
Seniors**

## RSVP Volunteer Recognition Dinner



**Thursday September 19th, 2024**

Hope to see you there!

Active volunteers can expect to receive their invitations in August.

## We need volunteers!

Hope Ministries is in search of more volunteers. HOPE volunteers only need to donate a few hours each month. Their time will be spent assisting older adults remain independent by providing services such as laundry assistance, light housekeeping, meal preparation, non-medical transportation, shopping with/for HOPE clients, friendly visits, and more! HOPE volunteers get to decide what assistance they feel most comfortable providing.

HOPE volunteers can enjoy the satisfaction of knowing they are making a difference in the lives of their fellow community members. If you are looking for an exciting and rewarding volunteer experience, consider joining the HOPE Ministries Program.

*For more information please contact:*

Lori Joy

315-894-9917x254

**Hope**   
**Ministries**

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.



**Join us today!**

For more information

contact Hannah at

**315-894-9917 x233**

Or check out our website!

**wiseherkimercounty.org**



# A New Way to Stay in Touch

Herkimer County Office for the Aging/NY Connects is launching “Blooming Health” a new communication service for you to receive timely information and alerts about our programs and activities.

These messages will be sent either to home phone via Voice message, a text message to your cell phone, or an e-mail.

If you would like to sign up it is easy. Just provide: Name, Phone Number or E-Mail, Language, & your preference of communication.

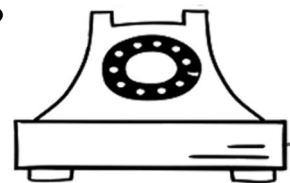
Once you provide your information you will begin receiving communications from Herkimer County Office for the Aging from the following numbers: 315-860-0271 & 315-860-0272

Questions? Ready to Sign up?

Go to [herkimercounty.org](http://herkimercounty.org) then

Office for the Aging or Call:

**315-867-1121**



## Come see our Catholic Charities Staff at some of these upcoming community events!

**July 13:** Herkimer Town Park Ribbon Cutting and Grand Opening

**July 14th:** Brookwood Market

**July 19th:** Ilion Days Doo-Dah Parade

**July 25th:** Diamond Dawgs Game

**August 2nd:** Old Forge Farmer's Market

**August 9th:** Little Falls Canal Days Parade

**August 10th:** Herkimer Diamond Days

**August 13th-18th:** Herkimer County Fair

**August 24th:** Ride for Recovery

**August 31st:** International Overdose Awareness Day



# Veggie Van Schedule



SNAP FMNP and FCC Accepted

June 18th-Oct. 31st

Featuring West End Farm of Herkimer



Powered by Cornell Cooperative Extension of Herkimer County, UpMobility Foundation, Excellus BlueCross BlueShield, Herkimer County HealthNet, and The Community Foundation

**TUES**

10AM-1PM

**GALINSKY APARTMENTS**

105 Protection Ave, Herkimer

**TUES**

3PM-7PM

**EASTERN PARK**

Waverly Place, Little Falls  
Across from Little Falls Library

**THURS**

10AM-1PM

**LONDON TOWERS**

100 West Main St., Ilion

**THURS**

3PM-7PM

**THE RED DOOR**

661 US-20, West Winfield

## What is SNAP?

The Supplemental Nutrition Assistance Program helps low-income families, seniors, students, people with disabilities, veterans, and others stretch their grocery budget and buy the food they need to stay healthy.



## How can someone apply?

The Nutrition Outreach and Education Program (NOEP) can help you learn if you may be eligible and complete and submit a SNAP application on your behalf. These services are free and confidential.

If you are struggling with hunger, please contact NOEP Coordinator Wendy today at Catholic Charities of Herkimer County

**315-894-9917x235**

[wdeluca@ccherkimer.org](mailto:wdeluca@ccherkimer.org)

**Serving Herkimer County**

Prepared by a project of Hunger Solutions New York; funded by NYSOTDA and USDA/FNS. This institution is an equal opportunity provider.



Herkimer County Office for the Aging/NY Connects has partnered with Lifespan to provide a SCAMS 101 presentation at two locations:

**Galinsky Apartments    Prindle Apartments**

105 Protection Ave.,      80 E. North Street,  
Herkimer                      Ilion

Wed. August 21st      Wed. August 21st

**10:30AM**

**1:00PM**

This will be an interactive program to educate attendees on scams. Find out how to protect yourself & others from scams.

**\$** Class is **FREE** for participants, and a light breakfast will be provided. **\$**

Limited spots available: Sign up now!

Call Kelly at the OFA: **315-867-1371**

**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** 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.

*"This is a family favorite that you can enjoy any time of the year!" -Lori Joy*

*Recipes*

**Authentic German Potato Salad**

4 pounds red potatoes, diced

1 pound sliced bacon, diced

1 small onion, diced

1/2 cup white vinegar

1 teaspoon salt

1 teaspoon pepper

Step 1:

Place the potatoes in a pot, with enough water to cover. Bring to a boil and cook for about 10 minutes, or until easily pierced with a fork.

Drain, set aside to cool in a large dutch oven/ baking dish.

Step 2:

Place the diced bacon in a large deep skillet over medium-high heat and set aside, grease and all!! (do not drain the bacon, you will use the bacon grease!)

Step 3:

Place small chopped onion in a frying pan with some of the bacon grease, and cook over medium high heat until browned.

Step 4:

Add the vinegar, salt, pepper, and onion to the pan of diced potatoes. Then add all the bacon and grease and stir well to combine. Serve warm and enjoy!

# Volunteer Birthdays

| July |                    | August |                      | September |                       |
|------|--------------------|--------|----------------------|-----------|-----------------------|
| 2    | Debra Falk         | 2      | Daniel Lassell       | 1         | Susan Backus          |
| 2    | Catherine Marrotta | 4      | Kathleen Coye        | 1         | Gail Domion           |
| 2    | Robin Whitcomb     | 7      | Valeria Duncan       | 1         | Roy VanSlyke          |
| 3    | Linda Rathbun      | 7      | Lucille Hand         | 3         | RoseMary Parody       |
| 4    | Teresa Riscica     | 8      | Barbara Horwald      | 5         | Patricia Bono         |
| 5    | Maureen Scialdo    | 12     | Donna Horan          | 7         | Diane D'Amelio        |
| 11   | Robert Prill       | 14     | Monica Edwards       | 7         | Regina Nicolette      |
| 15   | Alan Vincent       | 14     | Peggy Henry          | 9         | Agnes Wilk            |
| 22   | Deborah Fitch      | 15     | Jeff Maxson          | 10        | Patricia Church       |
| 22   | Marvin Nellenback  | 18     | Remigio "Ray" Bernos | 10        | Mary Annette Disinger |
| 25   | Roberta Farouche   | 19     | Robert Clifford      | 11        | Mindy Brandt          |
| 27   | Betty Lynch        | 19     | Christina Olson      | 11        | Ray Lenarcic          |
| 27   | Marilyn Salvaggio  | 24     | Mary Tubia           | 13        | Thomas Lester         |
| 28   | Robert Royce       | 28     | Robert Mocko         | 14        | Ellen Culver          |
| 31   | Brian Bunce        |        |                      | 14        | Linda Leonard         |



1. 
$$\frac{\text{LEM}}{\text{ADE}}$$

2. **SECRET** ←  
**SECRET**  
**SECRET**

3. **M1Y L111F1E**

4. **VICE + VICE**

5. thanks thanks  
thanks thanks  
thanks thanks  
thanks thanks  
thanks thanks

**Rebus Puzzles: Can you guess the words and expressions? Answers on the back!**

# Just for Fun!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 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 |   |

What do you get when you cross an elephant with a fish?

*Swimming trunks!*

What kind of sandals do frogs wear?

*Open-toed!*

## Moonlight, Summer Moonlight

*By Emily Jane Brontë*

'Tis moonlight, summer moonlight,  
All soft and still and fair;  
The solemn hour of midnight  
Breathes sweet thoughts  
everywhere,

But most where trees are sending  
Their breezy boughs on high,  
Or stooping low are lending  
A shelter from the sky.

And there in those wild bowers  
A lovely form is laid;  
Green grass and dew-steeped  
flowers  
Wave gently round her head.

BALL BEACH CLAM CRAB FUN HOT PLAY SAND SEA SHELL SUN SWIM



# FOOD *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.**

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

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

Orders can also be placed in person with cash and EBT/SNAP, for more information call Catholic Charities of Herkimer County at:

**315-894-9917x254**

*Rebus Answers: 1. Lemonade 2. Top Secret 3. For once in my life 4. Advice 5. Thanks a lot/Many thanks*

Sharing the Spirit  
61 West Street  
Ilion, NY 13357

